

Thank you for volunteering. In an effort to keep everyone safe during the pandemic, please follow these guidelines:

Please don't volunteer for 14 days if you answer 'Yes' to any of the following questions:

1. Have you traveled outside of the Upper Peninsula in the last 14 days?
2. Have you experienced any of the following symptoms in the last 14 days?
Fever or chills, Cough, Shortness of breath or difficulty breathing, Fatigue, Muscle or body aches, Headache, New loss of taste or smell, Sore Throat, Congestion or Runny Nose, Nausea or vomiting, Diarrhea.
3. Have you been in close contact with someone you know or suspect to be infected with Covid-19?

Please **STOP** volunteering at the first signs of sickness and only resume after 2 weeks of being symptom free.

Practice No Contact Deliveries. Knock to make sure the elder is home, then leave the parcel on their doorstep. Do not leave the parcel without confirming they are home. If the parcel is undeliverable - please return it to Little Brothers.

Visit outside or with a door or window in between each other. Please do not enter the home of the Forever Friend.

Practice social distancing. Stay at least 6 feet apart from each other.

Wear a mask. Face masks are available for you at the office.

Wash your hands often or use hand sanitizer.

CHANCES OF COVID-19 INFECTION

VERY HIGH

HIGH

MEDIUM

LOW

6 FEET

VERY LOW

NONE

Wearing a Cloth Face Covering can feel like a hard thing to do. Luckily, you can do hard things.

WEAR A CLOTH FACE COVERING. KEEP 6 FEET APART. STAY HOME.

Stay Home, Save Lives.

COVID-19 HOTLINE: 434-972-6261

VDH VIRAL DISEASE PREVENTION & CONTROL

UPPER PENINSULA HEALTH DEPARTMENT