**Independence Halt Corona Coalition**

**Goals:**

* Protect our community by reducing risk of exposure and illness from Coronavirus, COVID-19
* Provide network to support need for social distancing during peak virus spread
* Slow disease spread - allowing health and public service systems to develop adequate screening, treatment, methods, and maintain ability to care for the most ill

**Understanding the virus:**

* Highly contagious-sneezing, coughing, hand to hand, hand to face, eyes, nose, mouth.
* Most people with minimal symptoms
* Healthy children are less affected
* Age >65, anyone with chronic health conditions - highest risk for serious illness
* Lives on hard surfaces for >14 hours

**Stop the Spread:**

* Stay home and limit who comes into your home- only the same small group of people.
* Avoid close contact with others, especially with illness symptoms
* Don't touch eyes, nose, mouth prior to washing hands thoroughly
* Most clinics can arrange a telephone visit with the nurse or provider for non-emergency concerns.
* Either cover coughs and sneezes with paper tissue or place nose and mouth deeply into the shoulder area - like Dracula covering his face
* Keep all surfaces in your home, car, clean - use regular household cleaning products or wipes. Keep plastic bags in the car to have a safe place to dispose of used tissues, also can be used to protect hands
* The virus can live on hard surfaces-floors, counters. Take your shoes off outside of your home, wipe down purses, packs
* Hand washing-soap and water, 20 seconds, dry to avoid chafing; if unable to wash, use hand sanitizer containing 60 % alcohol and rub in thoroughly.
* Wash hands after any contact with others, after use of any public items:

grocery carts, door handles, gas pumps, credit card keypads, pens, bathrooms, etc.

**Wise use of health care-hospitals and clinics: Call ahead to clinic, hospital, urgent care.**

* **If** you are mildly ill -stay home. If you are worried about your health, call your regular clinic and they will guide you on how to proceed. This helps you avoid becoming ill and it allows the healthcare team to take care of the most ill.
* **Reasons to go** - chest pain, shortness of breath (can’t walk or talk with ease), serious injuries, stroke symptoms, loss of consciousness, high fever.
* **Reasons not to go** - Milder illness symptoms, sore throat/cough with cold symptoms
* **Testing** is currently done according to strict criteria until testing kits widely available. Most likely will be drive-in test sites.  **Clinics are trying to minimize risk of spread in crowded waiting areas with at-risk persons so call ahead before heading to the clinic or test site**

**Social Distancing:**

* **This means physically** - stay home. Have one person, the healthiest, most able to maintain a 6-foot distance from others who uses hand sanitizer/hand washing and disinfecting wipes while out doing **essential errands only. There are people in our community willing and able to help.**
* **This does not mean emotionally -** humans need contact, even if by phone, Facebook, or a card or letter.

**Support the economy:**

* Shop local
* Don’t hoard
* Water supply is not threatened

**Community Support for Assistance or Personal Needs:**

Contact Doreen Olson @ 715-985-2660 or Linda Baxa @ 715-985-3406 to place a community member on a list or to volunteer to connect with a person who has a need. We will be focusing on the following:

* Identifying community members who cannot or should not be out shopping for groceries, household items, prescriptions, stamps, etc. Help with these services as well as having social contact
* Connect the community member with a trusting neighbor or a high school student to help and/or call to assure the community member is ok or needs something
* Limit the number of people in our community shopping to prevent the spread of the virus.

**Children and Family Supports:**

* **Meal Options for Students**: During the closure, starting Monday, March 23rd, Independence School District will provide lunch and breakfast pick up between 11:00am-12:30pm through a drive up at the cafetorium doors for families who have requested meals (we need to have accurate numbers to prepare so please contact the school if you plan to participate). ANY child in the community age 18 and under can receive meals for FREE on school days. A meal request form was sent home with elementary students on March 16 to solicit feedback and is also available on our Facebook page and the website. Contact the school at 715-985-3172 if you have questions.
* **Weekend Food for Kids:** Discontinued at this time but we are hoping we can continue this program at some point. Please watch for further communication via Independence Public School Facebook, and our [website.](https://www.indps.k12.wi.us/)
* **Homeless Students:** An administrator will be at Independence Public School during school hours for any support needed for students experiencing homelessness.
* Check your school’s websites for information
* Working parents-consider small clusters of children and parents who share care and make pact to maintain social distancing as a unit
* Activity lists - Various organizations now have lists available such as Scholastic has a week of learning activities for specific ages. You can obtain them at [www.scholastic.com/learnathome](http://www.scholastic.com/learnathome)
* Outdoor play-limit the number of children in the park. Keep social distance as much as possible.

**Good Neighbors Network:**

* Who lives on your street to who needs to assistance
* Own a side or section to do check-ins with community members
* Yard work helpers

**Upcoming Election:**

* It is recommended to vote by Absentee Ballot in the upcoming election
* Registered voters can request an absentee ballot online at [https://myvote.wi.gov](https://myvote.wi.gov/?fbclid=IwAR1t554re8TQzrL9HsVN1uSIf4MKm-CAoS61pBEBaamKsXcOt-cOaPKFDg8) by clicking "Vote Absentee"
* Absentee ballot requests must be made no later than 5:00 p.m. on Thursday, April 2. The voter should request a ballot as soon as possible to ensure enough time for mailing.
* All ballots need to be returned to the City Hall by Election Day, April 7th. Please keep mailing times in mind.