



Yarnell Regional Community Center

COVID -19 Alert: Reducing the Risk

In response to the Covid-19 virus pandemic, the YRCC is adopting the following measures to protect our clients, customers, staff and volunteers. Please help to spread the word about these changes. Thanking you in advance for your understanding, following safety precautions (see below), and helping where you can. Let's continue to be the resilient, caring communities we love.

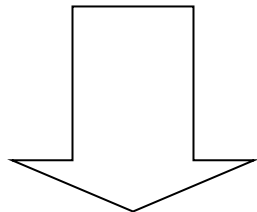
TOP PRIORITY: Meals-on-Wheels clients. Starting next week, we will be shifting to a 1x a week delivery for all of our clients, leaving 5 frozen meals at each client home. (Some adaptations may be necessary if a client doesn't have freezer capacity for all of the meals.) All drivers will be informed of the protocols required by the State for safe handling/delivery of the meals. We are also organizing a phone wellness check to reduce the isolation our homebound residents may be experiencing. *(If you can help make phone calls to help our homebound neighbors feel cared for, please contact Board member David Devaney, 210-400-8744 or devaneydavid9@gmail.com or MOW Driver Jerry Florman 602-399-1679 or jerryflorman@gmail.com).*

CONGREGATE MEALS: Effective today, Friday, March 20, 2020, we are discontinuing the dining room meals until further notice. We encourage folks who regularly eat together to stay in touch by phone. We will consider curb-side service when we have prepared sufficiently for our top priority, home delivered meals. we'll publicize if/when we are able to offer that.

THRIFT STORE: Effective Monday, March 23, 2020, the Thrift Store will be closed until further notice. PLEASE DO NOT LEAVE DONATIONS as you will only be creating trash for us to pay to haul away. If you want to donate items, please set them aside until further notice. The virus can live on objects for several hours to several days; we cannot put our customers or volunteers at risk. LEAVING DONATIONS WITHOUT PRIOR APPROVAL spreads the risk, costs the YRCC much needed money, CONSTITUTES ILLEGAL DUMPING and is punishable by law.

CLUB YARNELL events are cancelled – both indoor and outdoor activities – until further notice. BLOOD PRESSURE CHECKS will be available at the Fire Administration Building (22555 State Route 89) between 11-12 on Tuesdays, unless you are displaying cold-like symptoms.

MARCH for MEALS is cancelled – we hope to reschedule in the Fall.



On behalf of the YRCC Board of Directors, Staff and volunteers,
Frances Lechner, President

Yes, we want to reduce the risk of COVID -19 appearing in the communities we serve. And yes, we want to find ways to connect and help one another. If you can help with packaging frozen meals, please call 928-427-6347 and leave a message.

Check our Website for more information as it becomes available: yarnellcommunitycenter.org

We offer this advice from the CDC for older adults and those with chronic health conditions (Diabetes, Heart disease, and especially lung disease)

1. **FOLLOW THE EVERYDAY PRECAUTIONS** (see below).
2. **When you go out in public**, keep away from others who are sick, limit close contact and wash your hands often.
3. **Avoid crowds** as much as possible; a 6' distance between people is recommended.
4. **Stay home** as much as possible to further reduce your risk of being exposed.

EVERY DAY PRECAUTIONS:

1. **Wash your hands often** with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, or having been in a public place.
2. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
3. Cover your coughs and sneezes with tissues; throw tissues away right after use; cough or sneeze into your elbow if you don't have a tissue.
4. **To the extent possible, avoid touching high-touch surfaces in public places** – elevator buttons, door handles, handrails, handshaking with people, etc. Use a tissue or your sleeve to cover your hand or finger if you must touch something.
5. If you can't avoid touching public surfaces - wash your hands after touching surfaces in public places.
6. **Avoid touching your face**, nose, eyes, etc. with unwashed hands
7. **Clean and disinfect** to remove germs: practice routine cleaning of frequently touched surfaces (for example: tables, countertops, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones).

TO DISINFECT:

For a bleach solution, mix 5 TBSP of bleach (1/3 cup) per gallon of water or 4 teaspoons of bleach per quart of water. NEVER MIX bleach with ammonia or any other cleanser.

You can also use alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants (Chlorox foams and wipes, Lysol, and Simple Green, for example.)