

Lytton First Nation

May 25 2020

Message from the EOC

Bridge Labourers Assisting During Ferry Closure

The Lytton Ferry is now closed until the water levels go down. In the meantime, labourers have been hired to help carry items across the pedestrian bridge.

Hours are:

11am to 7pm on Weekdays

10am to 6pm on Weekends

If you require assistance, please let them know.

Sign up for the Ready-to-Hire List for EOC

The EOC is compiling a list of men and women who could assist the EOC with various jobs and tasks. Examples include installing signage, security, ditch digging, cleaning, delivering supplies, etc.

If you would like to put your name on the list, please email your interest to eocinfo@lfn.band. Include your name, phone number, and email. We will contact people on the Ready-to-Hire List for help with jobs and tasks as they come up.

There is an immediate opening for two bridge labourers for the weekend shifts. Saturday/Sunday 10am to 6pm. Please email eocinfo@lfn.band if interested.

Stay safe, and Thank you,
The EOC Team



918 Main St
PO Box 20
Lytton, BC
V0K 1Z0

PHONE 250.455.2304
FAX 250.455.2291
EMAIL EOCinfo@lfn.band
WEBSITE www.lfn.band/covid-19-info

Lytton First Nation

May 15 2020

Message from the EOC

COVID-19 Testing Now Available through LFN Health Centre:

If you require testing, you can be tested at the doctor's office in Lytton. As of this week, you can now also get tested by Lisa from the LFN Health Centre. Lisa may even be able to come to your home to do a test.

Who Needs a Test?

If you suspect you have had contact with someone infected with COVID-19 then your household needs to self-isolate and may need testing.

If you have any of the following COVID-19 symptoms you may need testing:

- fever
- chills
- cough
- shortness of breath
- sore throat
- painful swallowing
- runny nose
- congestion
- loss of sense of smell
- headache
- muscle aches
- fatigue

If you have any questions about whether you need a test, call the LFN Health Centre at 250.455.2115 or dial 8-1-1 or do the self-assessment on the COVID-19 app that you can download on your cell phone.

How to Arrange Testing:

If you have been directed to get a test or have any symptoms **stay home and call the LFN Health Centre or dial 8-1-1** to get directions. It is important not to show up without notice to a doctor's office or health clinic if you have symptoms. Please call ahead and make a plan.

Thank you from the EOC Team



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Lytton First Nation

May 11 2020

Message from the EOC

Food Deliveries Happening This Week:

The Good Food Bag Team from Social Development and the EOC Food Task Force have joined forces to deliver food to every household in LFN this week. Even the BC Wildfire Crews are pitching in to help! The goal is to give everybody a little extra help to deal with the stress of Covid-19 and to help reduce the number of shopping trips you need to make.

What to Expect:

Along with your groceries, we are also including information on how to protect ourselves and our community from Covid-19. If you have any health questions please call the LFN Health Centre at 250.455.2115 or visit www.lfn.band/covid-19-info.

The Teams are going to be briefed by the LFN Health Team on how to safely handle and deliver these supplies. Deliveries will be left outside your doors, and no one will come inside your house.

How to Prepare:

If you are not going to be home, please leave a cooler outside your door. Feel free to greet and talk to the delivery team. But please keep your distance. Physical Distancing and frequent handwashing are the best ways to prevent virus spread.

What if you do not receive food?

If you do not receive a food delivery by the end of the day Friday, please email EOCinfo@lfn.band or call the LFN Band office at 250.455.2304. We will make sure to get you a delivery the following week.

Thank you from the EOC Team



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Lytton First Nation

May 8 2020

Message from the EOC Part 1 of 2

LFN Information Broadcast System Test Today

The EOC has activated the LFN Information Broadcast System. We will be using this system to send you important information about the pandemic, floods, fires, and LFN.

Our next test is Friday May 8th.

Text Messages will be sent from: 778.655.9579 or 778.655.9580 or 778.655.9485

Landline messages will be sent from: 781.776.6999

Who Should Sign Up?

All LFN Members should sign up. Even if you are a Member that does not live in Lytton, we will send you information relating to Covid supports and membership.

How to Receive Messages

If you already filled out the Covid Support form on the LFN web page and entered your phone numbers, you will be automatically added to this system.

You can also submit your phone numbers to the Broadcast System by visiting www.lfn.band/broadcast-system and filling in your numbers. If you received a voicemail on your mobile phone and would prefer to receive text messages instead, complete this form so that we know your preferences.

Thank you for signing up for the LFN Information Broadcast System, we hope this technology will be a useful tool for LFN to keep you informed and safe.

The EOC Team



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Lytton First Nation

May 8 2020

Message from the EOC Part 2

What does Easing Restrictions Look Like?

The Province is very carefully planning to ease restrictions. It is important to understand that things are not returning to normal until:

1. A treatment for Covid-19 has been developed; or,
2. Everyone is vaccinated.

The timeline for vaccination is approximately 2 years. So far, Physical distancing and staying home has worked to protect our Elders and communities. The spread of COVID-19 has slowed.

Sadly we can not return to normal as the risk for infection would be too high. We can do a trial of easing restrictions and see if it can be done without increasing the rate of infection. But we must be flexible and prepared to return to stricter measures if BC experiences COVID-19 outbreak.

The New Normal (for now):

- Not shaking hands
- Frequent hand washing and covering your cough
- Maintaining physical distancing (2 meters or 6 feet) between yourself and people outside of your household)
- Using a non-medical mask or face covering when you cannot maintain a 6-foot distance or are in a confined space such as a vehicle or an office with people you do not live with.
- Stay home and self-isolate if you get any flu-like symptoms. See the Self-isolation pamphlet for more details on how to do this
- Guidelines for interacting with people outside your household:
 - Expand your social circle by max 6 people outside your household
 - Keep physical distancing (2 meters or 6 feet) while visiting

If you are at greater risk (older than 60, compromised immune system, underlying chronic medical conditions) please apply extra precautions and heightened vigilance

Everyone must be committed to this New Normal to keep us safe.

Thank you from the EOC Team



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Lytton First Nation

May 4 2020

Message from the EOC

LFN Information Broadcast System is now being Tested

The EOC has activated the LFN Information Broadcast System. We will be using this system to send you important information about the pandemic, floods, fires, and LFN.

We sent out our first test message to 816 phone numbers this morning. Our next test will be at the end of this week.

Who Should Sign Up?

All LFN Members should sign up. Even if you are a Member that does not live in Lytton, we will send you information relating to Covid supports and membership.

How to Receive Messages

If you already filled out the Covid Support form on the LFN web page and entered your phone numbers, you will be automatically added to this system.

You can also submit your phone numbers to the Broadcast System by visiting www.lfn.band/broadcast-system and filling in your numbers.

If you received a voicemail on your mobile phone, and would prefer to receive text messages to your mobile phone, please let us know by filling out the form at www.lfn.band/broadcast-system.

Thank you for signing up for the LFN Information Broadcast System, we hope this technology will be a useful tool for LFN to keep you informed and safe.

The EOC Director



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Lytton First Nation

May 1 2020

Message from the EOC

LFN Information Broadcast System

The EOC is about to activate a new way to communicate important information to our Members. We now have the capability to send mass text messages to mobile phones and voicemails to landline telephones. We will be using this system to send you important information about the pandemic. We will also be using this system to send you updates about the flood and fire situations, along with any other priority information that you may need to know quickly during a crisis.

How to Receive Messages

If you already filled out the Covid Support form and entered your phone numbers, you will be automatically added to this system.

You can also submit your phone numbers by visiting www.lfn.band/broadcastsystem.

You can also call LFN at 250.455.2304 and Pauline will add you to the list.

Who Should Sign Up?

All LFN Members should sign up. Even if you are a Member that does not live in the Lytton, we will send you information relating to covid supports and membership.

System Test Happening Soon

We will be conducting a test of the system this weekend and also next week. We will always identify ourselves as LFN. Our messages will always come from one of two designated phone numbers so you know it is not a scam. The LFN Information Broadcast System numbers are 778.655.9579 and 781.577.6999

Please continue to keep our community safe by practicing Physical Distancing.

If you have covid symptoms dial 8-1-1.

If you have an emergency dial 9-1-1.



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Lytton First Nation

April 27th 2020

Message from the EOC

Physical Distancing is working. It keeps us all physically safe during the pandemic. But it can also be very isolating and lonely during an incredibly stressful time. Now is the time to call your friends and family and check in on them. It can be an especially hard time for elders and people living alone.

We need to keep our mental health just as strong as our physical health. So how do we do that when we are supposed to Physically Distance? Don't worry, there are plenty of helpful people that you can access from your phone or computer. And if you need to see someone in person, a safe plan could be made to allow you to do that.

Start by calling Tl'Kemtsin Community Health Centre (LFN Health) at 250-455-2115. The Health Team connecting with everyone at home to see how you are doing, dropping off newsletters, and seeing if you need anything. They can also connect you to mental health supports and make referrals. Please feel welcome to reach out.

The First Nations Health Authority has also set up counselors through Telehealth so that you can access someone to talk to without needing to see them in person. Yolanda Hall (250) 455-6654 is currently available to anyone living in Lytton. How to set up Telehealth:

<https://www.fnha.ca/benefits/health-benefits-news/how-to-access-mental-health-services-using-telehealth>

There are so many wonderful phone lines you call as well. Please do not struggle alone. This is a stressful time and someone to talk to is a phone call away.

KUU-US Crisis Services

The KUU-US Crisis line is available 24/7 to provide support to Indigenous people in BC.

For more information visit: <http://www.kuu-uscrisisline.ca/>

Toll Free: 1-800-KUU-US17 (1-800-588-8717)

Adult/Elder: 1-250-723-4050

Child/Youth: 1-250-723-2040

Mental Health Support Phone Line

#310 6789 (no need to dial area code)

Emergency #911



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First Nations and Inuit Hope for Wellness Help

Telephone and On-line Counselling Service

The Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention to all Indigenous people across Canada.

Toll-Free: 1-855-242-3310

Hope for Wellness Chat Line:

www.hopeforwellness.ca

Kids Help Phone

Kids Help Phone is a 24/7 national support service offering professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French.

1-800-668-6868 to speak to a professional counsellor.

Text the word "connect" to 686868 to access text support.

National Indian Residential School Crisis Line

Indigenous Services Canada offers a national Indian Residential School Crisis Line to support former Residential School students. The crisis line provides emotional and crisis referral services 24 hours per day.

Toll-Free: 1-866-925-4419

Provincial Alcohol and Drug Information Referral

Service. This Service provides free, confidential information and referral services to British Columbians in need of support with any kind of substance use issue (alcohol or other drugs).

Toll-free: 1-800-663-1441

Lower Mainland: 604-660-9382

We all need to take extra care of one another right now. If you see anyone in need, please share these resources with them.

Sincerely,

EOC Director and the LFN Health Team



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Lytton First Nation

April 24th 2020

Message from the EOC

Compounding Emergencies:

A Compounding Emergency is when one or more emergencies happen at the same time. In addition to a pandemic, Lytton is now experiencing forest fire season and the possibility of flooding. The ability to respond to floods and fires has dramatically changed due to the pandemic. It is going to be more difficult to fill sandbags while physical distancing, more difficult to dispatch fire crews safely, and more difficult to deal with evacuations.

Fire Ban In Effect:

The BC Wildfire Service has implemented a ban on all open burning and canceled all prescribed burns until the fall. You may still have a small campfire, but it must be smaller than 50cm tall by 50 cm wide. Lytton fire crews have already responded to 8 human-caused fires this spring.

To Report a Wildfire dial 1 800 663-5555 or *5555 from a cell phone

Water Levels:

The River Forecast Centre of BC has stated that our April snowpack is the highest since 1999, and records do not exist before that. As the snowpack melts, we will see water levels rise. The Lytton Ferry is already closed overnight and soon will be closed permanently.

Things you can do to Prepare:

Prepare your property for wildfire

Prepare your property for flooding

Make an Emergency Plan and go-bags in case you get evacuated

If you live on the West Side, ensure you have enough supplies to self-isolate for up to several weeks if you develop covid symptoms.

Health Services Still Available to West Side:

The LFN Health Team is prepared to provide pandemic health care to you, despite compounding emergencies. If you need assistance, please call the LFN Health Team.

If you have flu-like symptoms, dial 8-1-1

If you have an emergency dial 9-1-1



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Lytton First Nation

April 20 2020

Message from the EOC

You may think that since there has not been a massive Covid-19 outbreak in our area yet, that you can stop working so hard to Physically Distance. But it important to understand that because **Physical Distancing is working** to slow the rate of infection of Covid-19, now is the time to commit more than ever.

Everyone in Lytton has a responsibility to practice Physical Distancing. This is important because young healthy people infected with COVID-19 can spread the virus for days before developing symptoms. And some infected people never show symptoms at all but can still infect others.

It is important to:

- Keep a physical distance of at least 6 feet or 2 meters between yourself and anyone that you do not live with.
- Please assign only one person from your household, who does not have any flu-like symptoms, to go out for essential errands.
- Do not share rides or carpool and avoid taxis if possible. The virus can circulate in the air of an enclosed space for a long time. If you do need to ride share or take a taxi: wear a mask, wash your hands before and after the ride, and don't touch your face.

It is also important at this time to **avoid public gatherings, visiting other houses, entertaining visitors, or playdates for kids.**

Staying Safe is simple: Wash your hands, clean the things you touch, avoid people (and the things people touch).

If you experience flu like symptoms, please stay home and call 8-1-1
If you experience an emergency or a disturbance, please dial 9-1-1



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Lytton First Nation

April 17 2020

Message from the EOC

To date, there have been over 780 forms submitted for the \$200 financial support from LFN. The Finance Department is working tirelessly to process all the payments via cheque or direct deposit. Please be patient. The team is working so hard to support you.

The Finance Team would like you to know that the best way to guarantee your direct deposit arrives is to fill out the online form correctly. You can also email a photo of a cheque to EOCinfo@lfn.band after you complete the form and the picture will be attached to your form for payment processing.

If you do not fill out your banking information, or if the banking information is filled out incorrectly, a cheque will be mailed to the address you provided in the form.

We also want to direct you to the Covid-19 information page on the LFN website. Here you will find information on other financial supports available to you. Find all the information at www.lfn.band/covid-19-info.

You will need to create a My Service Canada Account to apply. We have posted a video on the webpage showing you how to do that. Service Canada has also set up a new phone line you can call to ask questions and get help if you do not have access to a computer at 1-877-631-2657.

The EOC would like to thank you for doing your part to protect the community by practicing Physical Distancing.

If you experience flu like symptoms, please stay home and call 8-1-1
If you experience an emergency or a disturbance, please dial 9-1-1



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Lytton First Nation

April 9 2020

Message from the EOC

We would like to share a message from our TI'Kemtsin Community Health Centre Staff:

"Easter weekend is normally a chance for families and friends to get together and celebrate a beautiful time of year.

This Easter weekend is different. Because of COVID-19 we must stay home, stay in our communities and stay a safe physical distance from others when outside. This is how we are going to keep our elders and at-risk people safe.

There are many ways to connect with family and friends without leaving your home: video chats, phone calls and social media are all options.

Thank you for protecting our community, your loved ones, our elders and our health-care workers. Happy Easter!"

Long Weekend Visitors and Tourists:

To help us limit the number of visitors to the community, BC Parks and Rec Sites and Trails BC have closed all parks and campsites to the public. Signs have gone up around our community asking visitors to stay away. And the EOC has tasked two respected community members to join RCMP in responding to calls of parties, gatherings, and visitor camping groups to help educate and explain the importance of Physical Distancing.

The EOC Team would like to wish you all a safe and healthy Easter Weekend. If you require assistance:

If you experience flu like symptoms, please stay home and call 8-1-1

If you experience an emergency or a disturbance, please dial 9-1-1

If you need to contact the EOC team over the weekend, please email

EOCdirector@lfn.band.



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Lytton First Nation

April 6, 2020

Message from EOC:

The EOC is working hard to understand Member needs and develop action plans to support you. To date, we have created a form that all LFN Members can fill out and submit to the EOC. This form went live on the LFN website on Friday and you can fill out this online form by visiting www.lfn.band/covid-support-form.

LFN Members were also able to submit this form by email to EOCinfo@lfn.band.

We received over 400 online submissions on the weekend and LFN is working hard to process payments.

Starting Wednesday April 8th, the EOC will also provide a staff person to help Members complete their form over the phone. You can call 250.455.2304 during business hours. Pauline will take your name and number down and a staff person will call you back to complete the form with you.

In addition, the LFN Health Team will have clipboards with the forms on them when they deliver the Elder Newsletters and their Family Newsletters to Members living on the reserves. They will be able to stand outside your door at a safe distance and take your information down in person. This service is for LFN members who are not able to fill out the form online or over the phone.

The EOC Team is very grateful for everyone's patience as we process this high volume of form submissions and gain a better understanding of the Membership's needs.

The Lytton Chief and Council would like you to know that the best way to protect families and elders is to practice Physical Distancing and not undertake any unnecessary travel.

Visit www.lfn.band/covid-19 regularly for information on the pandemic, government financial supports, and other LFN Member Supports.



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Lytton First Nation

April 3, 2020

Message from EOC:

During this serious Covid-19 Crisis, the LFN Chief and Council implemented and supported the two recommendations from the Administration:

- 1) COVID-19 Pandemic Emergency Response Plan Activated by LFN Chief & Council, which activated a Level 2 Emergency Operations Centre and an EOC Team.
- 2) Chief & Council also Authorized "That the Lytton First Nation (LFN 705) Chief and Council supports the one-time cash disbursement of \$200.00 per registered Lytton First Nation Member on or off-reserve."

HOW TO APPLY FOR YOUR \$200:

You must fill out the Contact Form on the website at www.lfn.band/covidsupportform in order to receive this financial support. If you are not able to fill out the form on the website for any reason, please email EOCinfo@lfn.band or call 250.455.2304 to fill it out over the phone.

LFN youth (age 14 to 18 years old) who are independent and do not live with their parents can apply for these emergency response funds for him or herself.

Your \$200 will be sent by regular mail or direct deposit. These immediate funds for LFN 705 Band Members can be used for any of your needs such as food, cleaning supplies, etc. **You have until midnight, July 3rd, 2020 to apply.**

The Lytton Chief and Council would like you to know that the best way to protect families and elders is to practice Physical Distancing and not undertake any unnecessary travel.

Visit www.lfn.band/covid-19 regularly for information on the pandemic, government financial supports, and other LFN Member Supports.



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Lytton First Nation

Mar 30, 2020

From the Office of the EOC March 30th, 2020:

Physical Distancing:

We are all in this together. Currently, the EOC is asking everyone in our community to practice Physical Distancing to prevent the spread of Covid-19. If you show any symptoms (dry cough, fever, sore throat) please begin Self-Isolation for your entire household and call 8-1-1 for further guidance.

Additional Community Updates:

- The playground equipment at Stein Valley School will be closed for now. It cannot be sanitized well enough or often enough to protect your children.
- The LFN Band Office is still closed to allow Staff and Chief and Council to work from home and monitor themselves for symptoms. However, the LFN phone line is being answered from 8am to 4pm.
- The EOC Team is meeting virtually for now in an effort to physically distance.

EOC Updates and Support for Members:

Lytton First Nation EOC Team are developing a strategy to assist members in dealing with the impacts of COVID-19 pandemic. The EOC has received confirmation that funds will be available to assist in 3 different allocations:

1. Immediate needs - income assistance clients
2. Emergency coordination
3. All Member support

EOC management team is working closely with LFN Finance Committee and Leadership to define how these funds are going to be disbursed. In the coming days this strategy will be communicated to members. Check www.lfn.band for up to date information. You can also email EOCinfo@lfn.band.

Lytton First Nation is a strong and resilient community who has weathered our way through many challenges. With our teachings and our values, we can work together in these challenging times. Let's stay calm, stay practical, and look after for each other.

EOC Director Jason Robertson



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Lytton First Nation

Mar 27, 2020

Message from the EOC Director March 27th, 2020:

We have a concern of COVID-19 cases in our community and we all now have a role to play in keeping our community safe.

To reduce the rate of infection, the LFN Band office is currently closed to allow staff and Council to self-isolate for 14 days and monitor themselves for symptoms. It is important that LFN have a healthy staff and council to lead the community and support essential services. During the closure, emails and phone calls will be forwarded during office hours to staff at home. The closure will be reassessed on or before April 9th. Processing and direct deposit of cheques will continue uninterrupted.

LFN has an Emergency Response Plan and through that activated a Level 2 Emergency Operations Centre. The EOC will take over the essential operations of LFN and will develop plans of action to prepare and coordinate LFN resources to best serve our membership and their families.

The goals of the EOC are to:

- 1) Provide for the safety and health of all responders
- 2) Save lives
- 3) Reduce suffering
- 4) Protect public health
- 5) Protection critical infrastructure
- 6) Protect property
- 7) Protect the environment
- 8) Reduce economic and social losses

The COVID-19 Pandemic is an unprecedented global crisis that is changing hourly. Our first goal is to provide accurate, up to date, and critical information to the community. We will improve our communications daily, but for now we are starting a web page that has information regarding:

- How the COVID-19 Pandemic affects you
- Steps you can take to help keep your family and the community safe
- What to do if you or someone in your family suspects a COVID-19 infection
- Priority messages from health agencies, and government agencies
- Information and supports for families, employees, and businesses

Please visit www.lfn.band for information. Please **check this website regularly** for information.

Lytton First Nation is a strong and resilient community who has weathered our way through many challenges. With our teachings and our values, we can work together in these challenging times. Let's stay calm, stay practical, and look after for each other.

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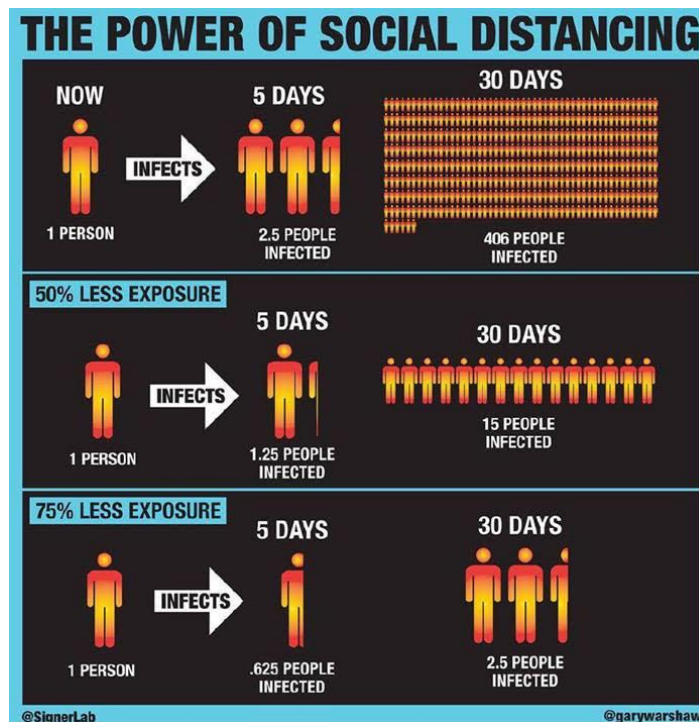
Lytton First Nation

EOC Recommendations March 27th 2020

Social/Physical Distancing

At this time, we need everyone in LFN to practice physical distancing. COVID-19 can spread very quickly, even through people that have no symptoms. There is currently no treatment and no cure. Most healthy adults will experience mild to moderate symptoms but can be contagious and spread the disease to the elderly and those at higher risk for complications. The very best way to prevent virus spread and protect your community is to practice physical distancing.

Physical Distancing slows the rate a virus can spread. [Click this link](#) to see an interactive demonstration of how important it is for 75% of the community to stay home and not interact with anyone else right now. This important so that people who develop severe complications will have access to specialized care. The 25% of the community that needs to move around are health care workers and other essential service providers. If you are not in this group, please stay home. Social Distancing works!



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What does Social or Physical Distancing mean for me?

Stay Home. Please.

- Monitor yourself and the people you live with for symptoms of COVID-19 (fever, dry cough, sore throat, difficulty breathing, sneezing).
- Wash your hands with soap and water frequently. Use hand sanitizer if soap and water are not available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cough and sneeze into your elbow or sleeve
- When out in public, keep 2 metres or 6 feet, minimum between you and anyone else.
- Frequently sanitize all high-touch surfaces such as doorknobs, light switches, TV remotes, phones, computers, bedside tables, coffee tables, bathroom and kitchen surfaces.
- Frequently sanitize children's toys and high touch surfaces.
- Do not visit friends or have anyone over to your house.
- No playdates for kids and don't let children play on playground equipment or any other spot that other people outside of your house may touch.
- Do not visit the elderly or people who are in a high-risk category. Do not take children to visit any elderly people.
- Do not carpool or give rides to anyone



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- Send only one person from your house, who does not have any symptoms, to go out in public when necessary for food, medicine, and supplies.
- Gather enough supplies, medicine, diapers if possible to be self-isolating for two weeks if anyone in your house develops symptoms.
- **If anyone in your house develops even mild symptoms**, everyone in the house **must Self- Isolate for a period of 14 days**. If during that time, anyone else in the house develops symptoms, then start the 14-day clock back at zero. Your house can only stop self-isolating once no new symptoms have been observed for 14 days. Even after mild cases of COVID-19, a person can have a persistent cough for quite a while. A persistent cough will not restart the 14-day clock if all other symptoms have resolved.
- Please download the BC Covid-19 Support App or visit the website to have access to up to date information and a self-assessment tool

For iPhone

<https://apps.apple.com/ca/app/BC-COVID-19-Support/id1502907052>

For Android

<https://play.google.com/store/apps/details?id=ca.bc.gov.health.hlbc.COVID19>

For web app

<https://bc.thrive.health/covid19app>

- If you have questions, the Public Health Agency of Canada has set up a telephone information line about COVID-19. It can be reached by calling 1-833-784-4397. In BC, you can receive **health advice** in 130 languages by **dialing 8-1-1**.
- If someone develops severe symptoms, difficulty breathing, or in **an emergency situation, dial 9-1-1**



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Lytton First Nation

EOC Recommendation March 27th 2020

Tips for Shopping Safely

1. Elders and those at high-risk should avoid public places like grocery stores. Offer to do an elder's shopping and drop it off at their doorstep, you could be saving their life.
2. Keep 2 meters between yourself and other shoppers. Frequently wash hands with soap or use hand sanitizer.
3. Have only the necessary person go shopping, no extra people getting possibly exposed.
4. Only people who live in the same house should be riding in the same car! If you don't have a car in your household, please no catching a ride with someone else for shopping. Instead, give them your list, money, and ask them to drop the grocery bags on your doorstep. Sitting close together in a car is a great way for covid-19 to pass from person to person, and then from house to house. Remember, people can be contagious days before having symptoms.
5. If you are borrowing someone else's car to get groceries, drive home with the windows down, and afterwards clean with bleach anywhere you may have touched: door handles, steering wheel, gear shift, seatbelts, radio and heat knobs, etc.
6. Use disposable bags only. When you get home, unpack and sanitize your items and then wash your hands well. Throw away the shopping bags, or store them out of reach of anyone in your house for several days. The virus has been shown to live on plastic for up to 3-5 days.
7. Thanks for reading!



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