



COVID-19 (Coronavirus)

There is a lot of fear right now because of COVID-19. Feeding America and the Regional Food Bank of Northeastern New York are carefully monitoring developments regarding the global spread of COVID-19. It is important to stay calm and make the right decisions and know there are definite steps you can take to protect yourself and others.

- Wash your hands with soap and water before eating, after coughing/sneezing, and after using the restroom. If soap and water is not available, alcohol-based hand sanitizer that is at least 60% alcohol may be used if not preparing food for others.
- Avoid touching your face, eyes, nose, or mouth.
- Keep 3 feet away from anyone sneezing or coughing.
- Cough or sneeze into your elbow; if not, wash hands immediately.
- Instead of shaking hands when meeting people, try the new "elbow bump."
- If you have come into contact with someone who is suspected or confirmed to have COVID-19, frequently disinfect all hard surfaces with a solution of 1/3 cup regular chlorine bleach to 1 gallon of lukewarm water. (DONOT use scented, low-splash or splash-less bleach)
- Masks are not effective in protecting you from the virus, and should not be used by healthy individuals.
- Symptoms of COVID-19 include cough, fever, and difficulty breathing. It is especially dangerous to those who have underlying health issues.
- If you are sick, STAY HOME.
- Get up to date information and recommendations from reputable sources such as Centers for Disease Control at www.cdc.gov, the World Health Organization at www.who.int or New York State Department of Health at www.health.ny.gov/diseases/communicable/coronavirus/

Here is a suggestion for food pantries and soup kitchens so that you can continue to serve people in need of food:

- Consider having sick people, or those who are worried about becoming sick, ring the doorbell or call ahead instead of coming in. You can then leave the food pantry package or a takeout container of food for them at the door.