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We are also asking volunteers to cancel non-essential direct contact with members, such as walking-buddies, technology support, etc.  Feel free to stay in touch by phone.**  **Mandatory Shelter In Place in Effect Starting Today**  **HOWEVER; we implore you to self-isolate starting today. There are around 40 KNOWN cases of Corvid-19 in San Francisco, and 257 in The Bay Area.  Many people who have been walking around without symptoms will most likely be identified this week as their symptoms develop. If we self-isolate, it will help diminish exposure and reduce the spread. If you become ill, who will take care of you?**  **Of course, we may all need to isolate for 8 weeks or more, and as adults over 65, with every outing, you are putting your health at risk.**  **Buddy System and phone check-in**  **We will be calling all members every few days to check in. If you are a member or volunteer and would like to be responsible for calling a small number of people, please let Jacqueline Jones know. Call her at  415-888-2868 or by email at** [info@nextvillagesf.org](mailto:info@nextvillagesf.org) **or** [jjones@nextvillagesf.org](mailto:jjones@nextvillagesf.org)  **Groceries and Prescriptions**  **We have volunteers standing by to bring you necessary items such as groceries and prescriptions and such, so please contact us at 415-888-2868 or by email at** [info@nextvillagesf.org](mailto:info@nextvillagesf.org) **or** [jjones@nextvillagesf.org](mailto:jjones@nextvillagesf.org) **and we will do our level best to honor your request. We heard that Safeway has a one-week lag time for delivery, and Trader Joe’s will be limiting their hours so their employees can restock their shelves.**  **Volunteers will be encouraged to have minimal contact with members, so please be cautious when they drop off groceries and you are paying them. Can receipts and checks be slid under the door? We will make an effort to bag so that they are light enough for you to pick up from outside your door. Prepare a list of groceries that you generally purchase so it’s ready for us to share with the volunteers. At this time, grocery stores have a lag time for delivery, so, all the more reason to let us know now if you need something. If/when The City sets up ‘soup kitchens’, we will do our best to arrange delivery.  If you are feeling ill, please let us know so we can prioritize your request.**  **Neighbors who aren’t members of NEXT can receive support from us**  **If you have neighbors who are elderly, have no support system, or cannot afford the minimum $120 fee to join NEXT, please let them know that we are willing to support them temporarily at no cost.  They can apply online as a subsidized member and we will enroll them while the crisis is in play. If they wish to pay to join, that is fine, as well, but our goal is to be as helpful as possible to as many as possible.**  **Important Website Resources**  **NEW CITYWIDE WEBSITE:** [https://sf.gov/](https://nextvillagesf.us8.list-manage.com/track/click?u=0cf71669002ffd8432c1066a2&id=bb0ad6a277&e=a2fb763317)  **緊急衛生命令: 在2020年3月17日午夜12時01分開始，三藩市民眾應留在家中除非是因為一些必須的活動:** [https//sf.gov/](https://nextvillagesf.us8.list-manage.com/track/click?u=0cf71669002ffd8432c1066a2&id=dc18ccdb08&e=a2fb763317)  **Starting today, you can check our website for important updates:** [www.nextvillagesf.org](https://nextvillagesf.us8.list-manage.com/track/click?u=0cf71669002ffd8432c1066a2&id=9e34e83962&e=a2fb763317) Support is coming from North Beach Neighbors, Telegraph Hill Dwellers, Marina Community Association, Cow Hollow Association, and others in Districts 2 & 3.  **Symptoms to look for and who is most at risk  According to the WHO, the most common symptoms are fever, fatigue and a dry cough. Some patients may experience aches and pains, nasal congestion, a runny nose, sore throat or diarrhea. If you develop difficulty breathing, please contact your doctor immediately.**  **Current estimates of the incubation period - the amount of time between infection and the onset of symptoms - range from one to 14 days. Most infected people show symptoms within five to six days. However, infected patients can also be asymptomatic, not displaying symptoms despite having the virus in their system.**  **The elderly, and those with underlying medical problems such as high blood pressure, heart problems or diabetes, are more likely to develop serious illness.** | | |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | | | |  |  |  | | --- | --- | | |  | | --- | |  | | | | |