



Villages of San Mateo County

NEIGHBORS HELPING NEIGHBORS



Mid Peninsula Village

March 9, 2020

Dear Village Members and Volunteers:

The overwhelming uncertainty surrounding the Coronavirus requires Villages of San Mateo County to provide some precautionary guidelines to its Members and Volunteers. Based on communications from San Mateo County Health and other organizations, VSMC recommends the following:

- Practice Exceptional Hand Hygiene - be intentional in washing hands frequently front and back for 20 seconds.
- Follow appropriate cough and sneeze etiquette – it's best to cough or sneeze into a tissue and then discard immediately. When tissues are unavailable, sneezing into your elbow has been recommended by some to reduce airborne risks.
- Don't touch your face, eyes, nose or mouth with unwashed hands.
- Maintain social distance and avoid shaking hands or giving hugs.
- Avoid direct hand contact with frequently touched surfaces in public places. If you must touch, then wash or sanitize hands as soon as possible.
- Don't attend meetings, classes or social events if you feel ill.
- Avoid exposure to others who are sick.

Villages appreciates your making a special effort to respect yourself and those around you by making thoughtful decisions and practicing "surgical" hand washing and other sound practices to minimize risks.

Whether to participate in a Service Request is a personal decision by both the member and the volunteer. We do ask that if you (member or volunteer) are experiencing flu-like symptoms including fever or cough, please call the office to cancel yourself from the Service Request.

Because we care, in the near term, Villages will minimize non-essential meetings and provide remote participation options to whatever extent possible. We want everyone to exercise their own best judgement. We will let you know in advance if any special events are canceled. We don't want to isolate - we want to move forward thoughtfully. Thank you for your understanding and compliance during this time of uncertainty.

Please note that the above guidelines are not a substitute for advice and recommendations from your personal healthcare provider. If you deem yourself a high risk individual, please contact your primary healthcare provider for specific instructions. Thank you for your understanding and compliance during this time of uncertainty.

Sincerely,

Linda Burroughs
Executive Director