

Dear Groton Neighbor,

Coronavirus is on most people's minds these days. While much is still unknown, we do know:

1. COVID-19 is airborne and enters the body through your mouth, nose, and eyes from touching your face without washing your hands.
2. Symptoms are typical of cold and flu.
3. Risk of contagion is vastly reduced when common-sense measures are taken to limit contact with infected persons, wearing a mask, and frequent hand-washing and cleaning of surfaces.

We offer the following guidelines:

General Guideline

- Maintain Social Distance: (6-10 feet is suggested)
 - Wear a Mask
 - Wash Hand Frequently
- If you have any concern at all about requesting or providing a service, simply don't do it.

Transportation Requests cannot be filled at this time

When requesting a service

- If you are sick or have flu-like symptoms, do not request a service.
- If you need medical assistance, contact your primary care provider.
- If you are sick and have a medical emergency, call 911.
- If you are ill and need a home delivery, we will try to accommodate.
- Keep hand sanitizer available at your door and ask people to use it.

When providing a service

- If you are sick or have flu-like symptoms, do not provide services.
- Greet people with a warm smile, not a touch.
- Carry hand sanitizer or wipes and use appropriately.
- Wash your hands often with soap for 20 seconds.
- Call requesting member to arrange a NO CONTACT delivery.

Click on the following links for the most current information:

Center for Disease Control: [CDC](https://www.cdc.gov)

World Health Organization: [WHO](https://www.who.int)

Mass Dept of Public Health: [Mass.gov](https://www.mass.gov)