



217-328-3663 | www.eifoodbank.org

We value the health of our community. Please help us stop the possible spread of contagious viruses.

As a precaution, please...

DO NOT:

- Enter the building if you aren't feeling well, especially if you have a fever or cough.
- Enter the building if you or someone close to you have been to countries on the CDC watch list:
wwwnc.cdc.gov/travel/notices

DO:

- Wash your hands frequently in our restrooms and use hand sanitizer.
- Wave at a friend or new acquaintance rather than hug or shake hands.
- Cover your nose and mouth if you sneeze or cough (and then wash your hands).
- Follow updated best practices by going to CDC.gov.

Thank you.

CORONAVIRUS (COVID-19) STEPS TO PREVENT ILLNESS

STEPS TO PROTECT YOURSELF & OTHERS

Clean your hands often

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, after blowing your nose, coughing, or sneezing, before eating, and after using the bathroom.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.



Cover coughs and sneezes

• **Cover your mouth and nose**

with a tissue when you cough or sneeze or use the inside of your elbow.



• **Throw used tissues** in the trash.

• Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Avoid close contact

- **Avoid close contact** with people who are sick.
- Put **distance between yourself and other people**. For COVID-19, the recommendation is 6 feet. This is especially important for people who are at higher risk of getting very sick.



Wear a facemask if you are sick

- **If you are sick**, you should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. Learn what to do if you are sick.
- **If you are NOT sick**, you do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.



Stay home if you're sick

- **Stay home** if you are sick, except to get medical care.



Clean and disinfect

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.



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www.cdc.gov/COVID19

CORONAVIRUS (COVID-19)

PREVENCION DE ENFERMEDAD

En la actualidad no existe una vacuna para prevenir la enfermedad del coronavirus 2019 (COVID-19). La mejor forma de prevenir la enfermedad es evitar la exposición a este virus. Sin embargo, como recordatorio, el CDC siempre recomienda medidas preventivas cotidianas para ayudar a prevenir la propagación de enfermedades respiratorias. Estas medidas incluyen:



- **Lávese las manos frecuentemente** con agua y jabón por al menos 20 segundos, especialmente después de ir al baño, antes de comer, y después de sonarse la nariz, toser o

estornudar.

- Si no cuenta con agua ni jabón, **use un desinfectante de manos que contenga al menos un 60 % de alcohol**. Lávese las manos siempre con agua y jabón si están visiblemente sucias.

- **Evitar tocarse los ojos, la nariz y la boca.**



- Evitar el contacto cercano con personas enfermas. La recomendación es una distancia de 2 metros.



- Quedarse **en casa** si está enfermo.

- **Cubrirse** la nariz y la boca con un pañuelo desechable al toser o estornudar y luego botarlo a la basura.



- Las personas que presentan síntomas del COVID-19 deberían usar **mascarillas** para ayudar a prevenir la propagación de la enfermedad a los demás. El uso de mascarillas es también esencial para los trabajadores de la salud (en inglés) y las personas que cuidan de alguien en un entorno cerrado (en la casa o en un establecimiento de atención médica) (en inglés).

- El CDC no ha hecho recomendaciones para que las personas que no están enfermas usen mascarillas para protegerse de enfermedades respiratorias, incluso del COVID-19.



- **Limpiar y desinfectar** los objetos y las superficies que se tocan frecuentemente, usando un producto común de limpieza de uso doméstico en rociador o toallita.



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CORONAVIRUS / COVID-19

Prevent the Spread of Virus at Food Distribution Sites

Eastern Illinois Foodbank is monitoring Coronavirus / COVID 19 using information provided by the CDC, State of Illinois and the Champaign-Urbana Public Health District. Our goal, as it also is with Flu and Cold Viruses, is to continue to remain proactive and take the recommended precautions by these agencies to prevent the spread of the Coronavirus and other Viruses throughout our food distribution network. The recommended practices are already being used by Eastern Illinois Foodbank as part of our normal course of work to ensure that we can balance the prevention of spreading the virus while also feeding those who are hungry.

Prevention at Food Distribution Sites - Primary Methods

Use the same preventative strategies for Coronavirus / COVID-19 as used during the flu and cold seasons. Clients, Volunteers and Staff should:

Wash your hands often and prior to coming to the distribution site with warm water and soap for 20 seconds. If using hand sanitizers, it should contain at least 60% alcohol.

Cover coughs and sneezes with tissue paper or by coughing inside of your elbow. Step away from the distribution line if you need to cough or sneeze, or if at an inside site, step outside. Be sure to dispose of the tissue paper in trash can immediately.

Social Distancing recommendations ask each household to only send 1 person to receive food at distribution site/line. Family members waiting for food assistance should wait outside or in the car. This will help decrease the amount of people in the distribution line while still allowing those who need food assistance to receive it.

MOST IMPORTANT: if you are experiencing the following symptoms - Stay home until the symptoms have cleared and seek medical care (see WWW.CDC.GOV/COVID19 for more information)

- o Coughing, Sneezing and/or have a Fever
- o If you need food assistance, please send someone on your behalf to receive your food and deliver it to you at your home

For more information, contact Eastern Illinois Foodbank: 217-328-3663, 2405 North Shore Dr, Urbana, IL 61802, www.eifoodbank.org



CORONAVIRUS / COVID-19

Prevenga la Propagación de Virus en los Sitios de Distribución de Alimentos

Eastern Illinois Foodbank está monitoreando Coronavirus/COVID-19 usando información provista por CDC, el estado de Illinois y el Departamento de Salud Pública del condado de Champaign-Urbana Public Health District. Nuestro objetivo, como también lo es con los virus de la gripe y el resfriado, es seguir siendo proactivos y tomar las precauciones recomendadas por estas agencias para evitar la propagación del coronavirus y otros virus a través de nuestra red de distribución de alimentos. Eastern Illinois Foodbank ya está utilizando las prácticas recomendadas como parte de nuestro curso normal de trabajo para garantizar que podamos equilibrar la prevención de la propagación del virus al mismo tiempo que también alimentar a los que necesiten alimentos.

Prevención en los Sitios de Distribución de AlimentosMétodos Primarios:

Use las mismas estrategias preventivas para el Coronavirus/COVID-19 que se usan durante las temporadas de gripe y resfriado. Los clientes, voluntarios y personal deben:

Lavarse las manos con frecuencia y antes de venir al sitio de distribución con agua tibia y jabón durante 20 segundos. Si usa desinfectantes para las manos, debe contener al menos 60% de alcohol.

Cubra la tos y los estornudos con papel pañuelo desechable o tosiendo dentro del antebrazo. Aléjese de la línea de distribución si necesita toser o estornudar, o si se encuentra en un sitio interno, por favor salga afuera. Asegúrese de tirar el papel pañuelo desechable a la basura inmediatamente.

MAS IMPORTANTE: Si experimenta los siguientes síntomas: Quédese en su casa hasta que los síntomas hayan desaparecido y busque atención médica (Para obtener más información consulte WWW.CDC.GOV/COVID19) o Tos, Estornudos y o Fiebre.

o Si estas enfermo y necesita asistencia alimentaria, envíe a alguien en su nombre para que reciba su comida y se la entregue en su hogar.

Para obtener más información comuníquese con Eastern Illinois Foodbank: 217-328-3663, 2405 North Shore Dr, Urbana, IL 61802, www.eifoodbank.org