

**We have always held to the hope, the belief, the conviction that there is a better life, a better world, beyond the horizon.**

-Franklin D. Roosevelt

Photo by Shira Sagan CC-BY

## From the Office

The world around us is changing due to the pandemic. We are doing our part in slowing down the transmission of COVID 19. Despite that our office is currently closed to the public, we are still working to ensure that your assistance continues. Contact your specific caseworker to determine when they are in the office.

## Practice Social Distancing

- Buy groceries and medicine, go to the doctor and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout to limit in-person contact as much as possible.

**Protect yourself and others from getting sick**

## Wash your hands



- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



# DO YOUR PART TO SLOW THE SPREAD OF THE CORONAVIRUS

For more info about the FSS program, contact Bow Rice at 530-895-4474 extension 234.



# KNOW THE DIFFERENCE

**A** Sneezing  
Itchy eyes/nose  
**L** Runny/stuffy nose  
**L** Water, red or swollen eyes  
**E** Shortness of breath  
**R** Wheezing  
**g** Cough  
**I** Rash/hives  
**E** Nausea/vomiting  
**S** Dry/red/cracked skin

**F** Fever  
**L** Cough  
**U** Sore throat  
Runny/stuffy nose  
Muscle pain/body aches  
Headache  
fatigue

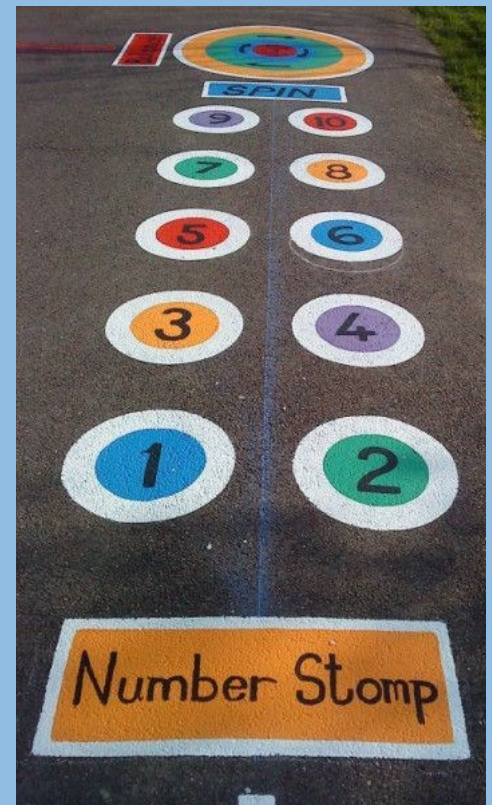
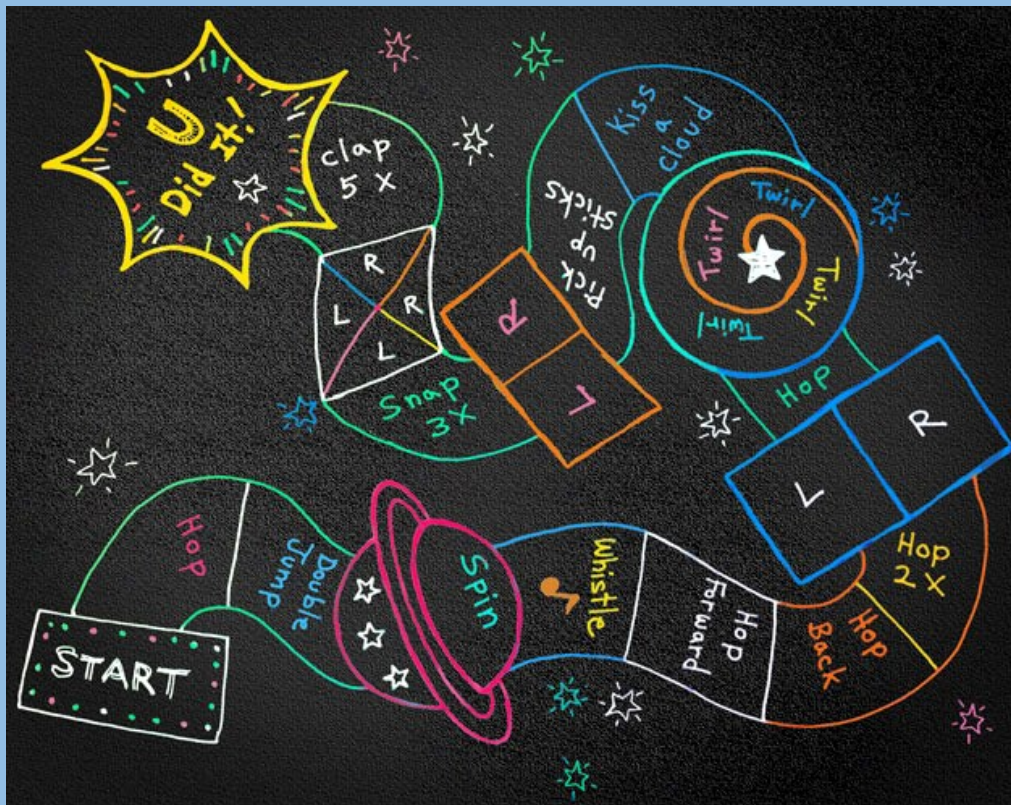
**C** Fever (100.4 + F)  
**O** Cough  
**V** Shortness of breath  
**I** Phlegm production  
**D** Fatigue  
Sore throat  
Headache  
Muscle/joint pain  
Chills  
**1** Nausea/committing  
**9** Nasal congestion

Sources: Report of the WHO-China Joint Mission on Coronavirus Disease 2019 (COVID-19), CDC

## The Facts

Coronavirus (COVID 19) is an illness caused by a virus that can spread from person to person. The virus that causes COVID 19 is a new coronavirus that has spread everywhere. COVID 19 symptoms can range from mild (or no symptoms) to severe.

## CREATE YOUR OWN CHALK ON SIDEWALK GAMES



## PRACTICE KINDNESS

<https://inspirekindness.com/blog/practicing-kindness-during-the-coronavirus>

- Be a good neighbor
- Support local businesses
- Remember the caretakers
- Be generous
- Help others
- Be goofy
- Reconnect
- Pick up the phone
- Stay calm
- Feel your emotions

