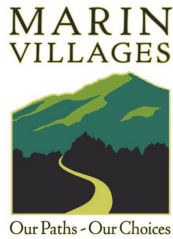


March 10, 2020



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Dear Marin Villages Members and Volunteers:

The coronavirus situation—including advice about what to do (or not), and information on what might be expected to happen—continues to evolve almost daily. But we do know older adults and individuals with serious chronic health issues are more vulnerable and have higher risk of getting very sick from the virus.

In light of the uncertainty about the coronavirus situation and how serious it may or may not become in Marin, we hope each of you will review your food and medicine supplies at home. Do you have enough food and medicine in reserve for at least one or two full weeks if you were unable to get out to shop? If not, please schedule a date on the dashboard now so we may assist you in making sure you have these reserves. While we don't know if this sort of "emergency reserve supply" will be needed, as with any emergency-preparedness situation, it's better to be safe than sorry.

You may also want to consider the advice from the Marin County Health and Human Services Department which is encouraging older adults to remain home and avoid large gatherings of people. And you may want to consider the possibility of taking advantage not only of the services from Marin Villages volunteers but also the grocery and food delivery services in Marin. Some of our volunteers will be investigating these services so we can provide more information on them later.

Meanwhile, we continue to strongly recommend these common-sense precautions:

- Wash your hands frequently and use alcohol-based hand sanitizers with at least 60% alcohol
- Cough or sneeze into a tissue or the crook of your elbow
- Avoid touching your eyes, nose, or mouth with your unwashed hands
- Stay home if you are sick and avoid public spaces until you are well
- Avoid person-to-person touching (i.e., handshakes, embraces)

The following national, state, and local links can be used to learn more:

For more about the coronavirus from the **Centers for Disease Control and Prevention** (CDC), including prevention, symptoms, and testing, <https://www.cdc.gov/coronavirus/2019-ncov/index.html>. For CDC recommendations of how to prepare your household, <https://tinyurl.com/rongjwh>. (Please note that this is a shortened URL for the very long one at the site, and entering it into your browser will take you to the CDC page.)

Find **California Department of Public Health** information at <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>.

For the latest local updates from **Marin Health and Human Services**, <https://www.marinhhs.org/coronavirus>.

My best to you all,

Peter Lee
Interim Executive Director
Marin Villages

MARIN VILLAGES
4340 Redwood Hwy
Suite F-142
San Rafael, CA 94903
415-457-4633
info@marinvillages.org
www.marinvillages.org
Marin Villages is a 501(c)(3)