

Hello all,

As news travels fast I'm sure most have already heard of the Governor's orders for the state of WV. Starting immediately there is a "stay at home" order. Starting at or by 8pm tomorrow all "non-essential" businesses are ordered to close. We are all working to sustain what this means for us and we will come up with an updated plan in the very near future but we WILL REMAIN IN OPERATION. This ordinance came due mainly to the fact that a case in a nursing home was confirmed and it did not involve travel much like the first few confirmed cases. So, it is considered community spread. With that being said we have all been told time and time again but it is very important to remain vigilant in our own hygiene. Wash your hands, sanitize often touched items multiple times daily, stay 6 feet away from other individuals, cough into a tissue and wash your hands immediately. We all perform essential work at the Food Bank and our Member agencies. I strongly advise that while not at work we also listen to instructions for the stay at home order. These things include per the office of the Governor:

What you can do:

- Go to the grocery store (limit your trips and stock up for a week or more)
- Go to the pharmacy to pick up medications
- Go to medical appointments but do not bring anyone with you unless absolutely needed
- Go to restaurants for curbside and pick up (again limit these trips or consolidate)
- Take a walk, hike, jog, ride your bike for exercise but limit to the 6 feet space (this is very important for physical and mental health!)
- Walk your pets and take them to the vet if necessary
- Help someone to get necessary supplies
- Receive supplies from businesses that deliver

You Should Not

- Go to work unless you are providing essential services as defined by the order (this does include us and as I stated before we will make plans in the near future should things change)
- Visit friends and family if there is not urgent need
- Maintain less than 6 feet of distance from others when you go out
- Visit loved ones in the hospital, nursing home, etc... (while it may seem extreme it is for their safety. Look into facetime, phone calls, or other forms of visitation being offered)

FOR FOOD PANTRY MEMBER AGENCIES

We are committed to your safety in this escalated time of need as well as best assisting your clients. Food pantries will be able to stay open. Most pantries are doing drive through distributions or you can set out a box on the “porch” of your pantries for the recipient to pick up. Any form of distribution that minimizes contact with others is acceptable. If you need ideas or have concerns please call the food bank. Here are some tips we have for your agency:

- It is safe to continue to distribute food.
- Wear gloves if you have accessibility to them otherwise continue to keep washing your hands and using hand sanitizer often.
- Keep a 6 feet distance between you and those you serve at all times. Walk forward, place the box, walk back, and they can pick it up. No contact.
- No signatures- You can sign for individuals who supply ID or some sort of identification or if you know the individual you may sign for them.
- It is fair to ask questions: if you see someone who looks under the weather or sick, it is fair to ask if they have a fever, cough, or shortness of breath.

If we all listen to these advisories the quicker and safer we can get out of this situation. The General of the National Guard in our state he has stated the guard will be activated in full capacity. More details will come from that in the future. Thank you for all you do in partnership with the foodbank! This is an evolving issue and things will change day to day but it is most important to remain safe, smart, and clean!