For generations, Aroostook County residents have helped neighbors through challenging times.

The mission of the Aroostook Agency on Aging is to improve the quality of life, maximize the independence and promote the well-being of older people in our communities. The underlying duty of this mission it to ensure older residents of northern Maine have adequate food and shelter. This promise is even more critical during the Covid-19 Pandemic that is impacting our communities and country.

Our staff and corps of dedicated volunteers are working hard to deliver on our mission. Because of the rising needs in our community, we need more hands to ensure all basic needs are met.

We now reach out to a wider audience in hopes of attracting willing and able volunteers to aid us in serving the most at risk among us... our older neighbors and their caregivers.

If you belong to a community organization that has members who are seeking ways to help their community in a time of need, now is the perfect time to assist the Aroostook Agency on Aging!

Please call our main office at 207-764-3396 or toll free at 1-800-439-1789 now to connect your team with ours. Working together we can keep our community strong!
Home-Delivered Meals

Home-delivered Meals on Wheels are available throughout Aroostook County for individuals aged 60 and above or disabled persons who are both:
• homebound (even temporarily during the Covid-19 Pandemic) and
• having difficulty making a meal.

Qualifying individuals in some towns receive hot meals daily (Monday through Friday) and in other towns receive ten frozen meals biweekly along with homemade whole wheat bread and milk. All meals meet Heart Healthy criteria and special meals are available for those with dietary restrictions due to chronic diseases like diabetes.

We never ask for payment; our funding source requires us to offer the opportunity for those who participate to donate. The suggested donation is $3.00 per meal. This helps the program to serve the most people possible.

To assure confidentiality, recipients are given a small envelope each week. They then return the envelope with the amount they can afford to give.

The Aroostook Agency on Aging has answers for many of your needs, from meals to help with Medicare to access to in-home supports. Well-trained staff are available to help older adults remain independent and live safely in their own home.

Please call the Agency at 207-764-3396 or 1-800-439-1789 and tell us what you need. We are here to serve you.
Diseases can make anyone sick regardless of their race or ethnicity.

For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath
 Seek medical advice if you develop symptoms AND
- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

For up-to-date information, visit CDC’s coronavirus disease 2019 web page.
STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Avoid touching your eyes, nose, and mouth.

Clean and disinfect frequently touched objects and surfaces.

Stay home when you are sick, except to get medical care.

Wash your hands often with soap and water for at least 20 seconds.

cdc.gov/COVID19
10 ways to manage respiratory symptoms at home

If you have fever, cough, or shortness of breath, call your healthcare provider. They may tell you to manage your care from home. Follow these tips:

1. **Stay home** from work, school, and away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.

2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.

3. **Get rest and stay hydrated.**

4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.

5. **For medical emergencies**, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.

6. **Cover your cough and sneezes.**

7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.

9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.

10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.

For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)
How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

Duration of the entire procedure: 40-60 seconds

0. Wet hands with water;

1. Apply enough soap to cover all hand surfaces;

2. Rub hands palm to palm;

3. Right palm over left dorsum with interlaced fingers and vice versa;

4. Palm to palm with fingers interlaced;

5. Backs of fingers to opposing palms with fingers interlocked;

6. Rotational rubbing of left thumb clasped in right palm and vice versa;

7. Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

8. Rinse hands with water;

9. Dry hands thoroughly with a single use towel;

10. Use towel to turn off faucet;

11. Your hands are now safe.

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