



MONTA LOMA NEIGHBORHOOD NEWS

NEIGHBORHOOD UPDATE FOR COVID-19

From MLNA President Tricia DelGaudio

We are all facing unique challenges right now and for some those challenges are greater than others. I am so heartened by the way our neighbors are responding to the challenges of the COVID-19 situation with offers of help and tips on the MLN email list and Nextdoor.

In order to help support your efforts, Monta Loma Neighborhood Association board members have been compiling these offers, plus a list of other helpful resources, at www.montaloma.org.

We have also employed the technical resources of our organization to set up a centralized errand-running support list. More information on how to help as a volunteer and to make requests is summarized below.

Future plans have also come into question. Will we be able to have the annual meeting, neighborhood garage sale, block parties, or the beloved ice cream social? We hope so, but we will follow the advice of our local and state governments. Your safety is our priority.

In these trying times, check in on one another with an email or phone call. Thank those who are working in grocery stores, pharmacies, and hospitals. Be safe, stay healthy and know that we will get through this, together.

—Tricia DelGaudio
and the MLNA board

Errand-running help list

How it works: Volunteer Errand Runners on the list will receive the requests and be able to respond to each other about who will do the errand, and also communicate back directly to the requester when they will receive the items and arrange payments.

Think of it how a taxi service dispatch works—the dispatch (in this case [mlna-covid-needs](mailto:mlna-covid-needs@montaloma.org) email list) receives

the request, the volunteers can communicate together about who will pick it up, and then the volunteer coordinates directly with the requester. There is no guarantee all requests can be filled or the timing of the requests, but we hope this will help give neighbors an easy way to work together.

Willing to volunteer as an Errand Runner?

Add on to your already planned trips and help a neighbor at the same time.

1. Contact Andre Valente at treasurer@montaloma.org to be added to the volunteer dispatch list. (mlna-covid-needs@montaloma.org)
2. When requests come in to the list, and it's one you're able to help with, email back to the dispatch list to let the others know you're on it.
3. Reply directly to the requester to let them know when to expect their delivery and arrange payment.

Need help with a simple errand?

If you are unable or uncomfortable going out and need help, the volunteers may be able to help you out.

1. Email the volunteer dispatch list with your request: mlna-covid-needs@montaloma.org
2. Include: your name, email/phone number (and if texting is OK), the item(s) needed from which store, drop-off address, and if specific timing applies.
3. If you do not have internet access, you can call the board phone number with the above information, and your request will be forwarded. (650) 691-5258

**Please keep in mind, your neighbors are the volunteers. Keep the requests reasonable and pay promptly.*

Online Resource List

Visit montaloma.org/mlna-covid-resources/ for links to essential services, ways to help, and education and entertainment while we navigate this situation together.

Phone Support

Dial 2-1-1 to access the county's COVID-19 support line. Services are available 24/7 in 150 languages.

Check in on Your Neighbors.

Print a copy and share it with those who may not have internet access or who may not be on the MLN email list.

What you need to know about coronavirus disease 2019 (COVID-19)

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.



[cdc.gov/COVID19](https://www.cdc.gov/COVID19)