

SUGGESTIONS FOR HELPERS and DONORS

**So grateful for our community and how much all of you care.
Below are some precautionary instructions and a list of items needed.
We are gearing up for what may be.**

**THANK YOU and STAY WELL!
Denise Ricciardi, Town Councilor**

- All supplies are to be dropped off at 29 Magazine St. and will be delivered to the appropriate recipients.
- Hand sanitizer and pump bottles, or other types of bottles that can dispense the sanitizer, are needed for first responders.
- Foods items needed are:

Canned Beans
Canned Fruits
Canned Mushrooms
Canned Tuna or Chicken
Canned Soups
Canned Vegetables
Cereal
Dried Beans, Peas
Graham Crackers
Granola Bars
Pasta (all kinds)
Pasta Sauces (all kinds, cans and jars)
Peanut Butter

Bedford Cares has now expanded to reach out and help Vice President Jim Eriquezzo of Meals on Wheels. They are also in need of the above food supplies and in addition, **adult diapers**.

For those who will be shopping, delivering medicines or other supplies to people who have asked for help, the following measures may sound drastic. However, you need to keep yourself safe while you perform these services. Remember this is being done so those in isolation are kept safe and do not have to go out.

1. Do not make direct contact with the person to whom you are delivering. Do not enter the person's home. Avoid touching things they have touched. Keep your distance if they come to the door. Arrange where to leave those items, such as front steps, porch etc.
2. Contact them by phone just beforehand to make sure you have worked out details for how they will pay you for the items you have picked up. If you both have PayPal for example, it would be an ideal way not to have to handle paper money. You might consider using your own credit card, cleaning it afterward and then having them send you money online.
3. If picking up medications, the pharmacy may need them to call in details of their insurance cards, etc. If you should need to take their cards with you, please sanitize them before handing them back.
4. If they have a shopping list, see if they can email it to you so you don't have to take it from them.
5. Use precautions in any public place. Wash your hands after you have been in the market, post office, pharmacy.
6. For now, please **hold off** on sending cards and messages through the mail until we get more information.