

**SUGGESTIONS FOR HELPERS and DONORS  
for those shut in due to the pandemic**

**So grateful for our community and how much all of you care.  
Below are some precautionary instructions.  
We will continue to be prepared for any future needs.**

**THANK YOU and STAY WELL!  
Denise Ricciardi, Former Town Councilor, NH State Senator**

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. Please consider wearing a mask in public places as the virus is still active.