

As we prepare for our third week of COVID-19 “Social Distancing” with uncertainty of how long our new way of life will last, many of us may start to experience difficulty with our basic needs. It is times like this that we as a parish and community come together to help each other. It is critical that we all do our best to control the spread of COVID-19 especially when it comes to those who are a high-risk (elderly, compromised immune system, diabetic, ....).

There are individuals and groups of our neighbors helping out or looking to help, while others may be in need of assistance. The St. Mary’s Outreach Team is working to gather information regarding these groups or individuals. If you are willing and able to help others, already involved, or are in need of assistance, please contact us at [stmarysoutreachdenver@gmail.com](mailto:stmarysoutreachdenver@gmail.com) or call 973-627-0269 Ext.810

Some areas to focus on are listed below.

- † Shopping
- † Restaurant take out meal pick-up
- † Donations
- † Neighborhood Groups
- † Medical appointments
- † Social Calls
- † Social Email communication
- † Social Letter
- † Technical help to assist with communications

Please be aware that while we cannot commit to providing the services listed above at this time, we plan to do our best to help where we can. This will only be possible with your cooperation.

These are unsettling times, but despite the pervasive uncertainty, you can be sure we will get through this together.

**Stay Safe and Healthy**

- ✓ The best way to prevent illness is to avoid being exposed to this virus
- ✓ Do not come in close contact with one another (within about 6 feet)
- ✓ Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing
- ✓ If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- ✓ Avoid touching your eyes, nose, and mouth with unwashed hands
- ✓ Stay home if you are sick, except to get medical care
- ✓ Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow
- ✓ Clean and disinfect frequently touched surfaces. (tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks..).

God Bless