



STAY SAFE

SCI & COVID-19

Coronavirus (COVID-19) is a rapidly emerging disease with elevated risks for persons with mobility related disabilities, such as spinal cord injury.

Adaptive Expeditions will provide *delivery services* of groceries, personal protective equipment, and personal care supplies right to your doorway. All AE volunteers will wear personal protective equipment, remove all non-essential packaging, and disinfect all product surfaces at your entryway.

Need essential repairs? Adaptive Expeditions can safely perform emergency and essential repair to wheelchair ramps or other exterior access equipment.

Using Tel-A-Ride? Adaptive Expeditions will help offset the cost of any documented and essential **Tel-A-Ride** travel to doctor's appointments, pharmacy, or durable medical provider during this crisis.

For specific instructions, please email – Joe@AEOutdoors.org



Adaptive Expeditions is here to help you stay safe and stay healthy!

Order what you need from home (call the store or order products online) and then AE will collect, disinfect, and deliver to your door!

We're all in this together!

Your Health is our #1 Priority



How does COVID-19 SPREAD?

Coronavirus spreads by respiratory droplets and person to person contact with a carrier's saliva, tears, or other bodily fluids

Symptoms are cough, fever, difficult or painful breathing

Tips for staying safe!

- Stay home and/or keep a distance of at least *6 feet* from others when you have an essential need to leave home
- *WASH HANDS* for at least *20 seconds* and *as often as possible*
- *Disinfect hand-rims and joysticks!*
- Check your temperature regularly
- Respond immediately if you develop symptoms

Adaptive Expeditions Can Help!

Groceries, toiletries, personal goods - When AE delivers goods to your home, volunteers wear PPE, disinfect all product surfaces at your entryway, and leave you with a face mask and spray bottle filled with 70% disinfecting alcohol. Please wait 1-hour before bringing products inside.

If you have a cough..

Call your healthcare provider.
Screening for COVID-19 is FREE

During delivery visits, Adaptive Expeditions will take household trash & recycling bins down to the street or other collection area



For specific participation instructions, please contact AE via email – Joe@AEOutdoors.org