

# So... You're in Quarantine

You may have just returned from out of state and are in a 14-day quarantine, or are feeling sick, or you are part of a high-risk group that needs to stay home.



As Homer takes steps to slow the spread of COVID-19, people are facing new challenges about how to meet basic household needs.



This pamphlet provides information on how to get your essential errands done in a safe manner.



## Need to Prepare?

Go to [www.cdc.gov](http://www.cdc.gov) for a wide range of guidelines, including:

- How to create a household plan
- How to protect yourself & others when self-isolating/quaranting in a shared household or have pets
- Cleaning & disinfecting your home
- What to do if you're sick

## Questions?



**COVID-19  
Homer Call Line  
907-435-3197**

Staffed Monday - Friday 8am-5pm  
to answer questions & connect you to  
local assistance you may need



**Alaska 2-1-1  
or 1-800-478-2221**

For general questions about COVID-19 &  
info on a variety of State-wide services

COVID-19 Updates

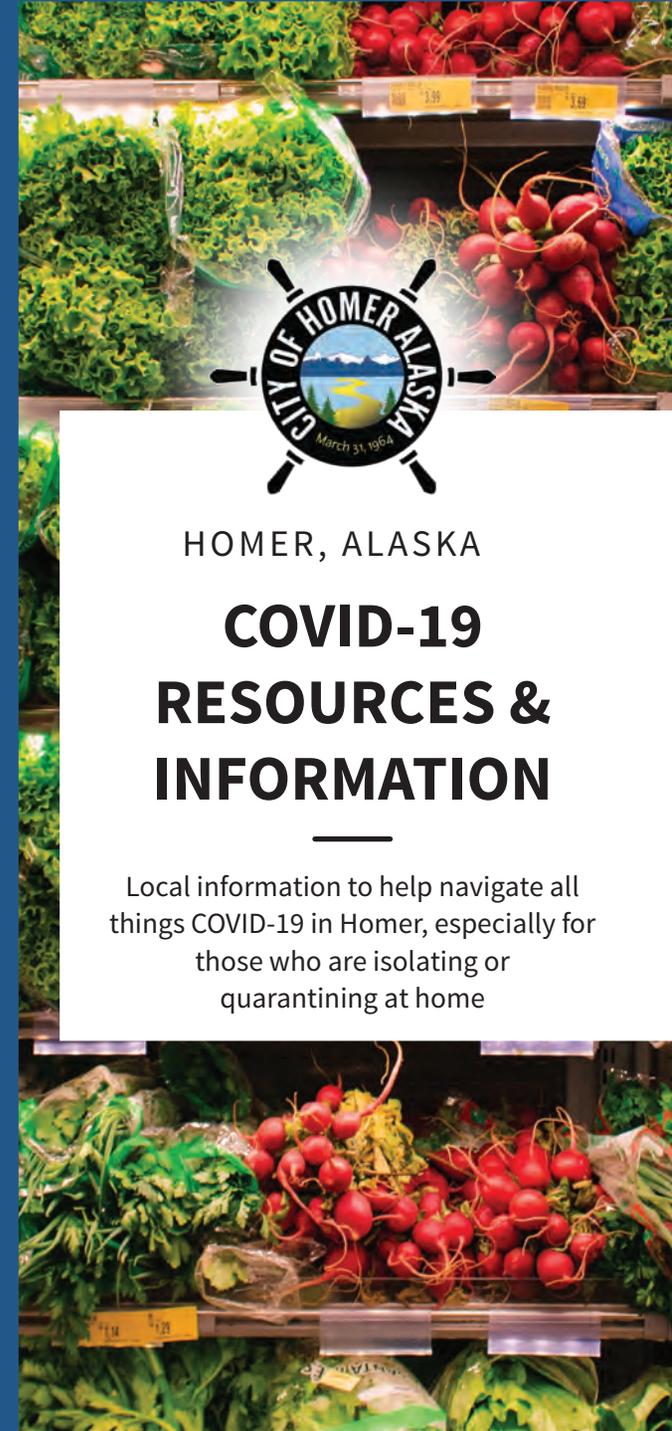
**City Website  
[cityofhomer-ak.gov/covid19](http://cityofhomer-ak.gov/covid19)**

Complete local COVID-19 information &  
links to State/Federal info & resources



**State of Alaska  
COVID-19 Website  
[covid19.alaska.gov](http://covid19.alaska.gov)**

Resources from State departments  
including Health Mandates, current case  
counts, & economic/business info



# Groceries & Delivery



## Save-U-More

- Call 235-8661 if you have questions.
- Email grocery list to [sumhomer@yahoo.com](mailto:sumhomer@yahoo.com) with the subject "Bush Order".
- Request delivery: Save-U-More has a delivery person and is working with volunteers.
- Order and/or delivery fees may apply.
- Orders are fulfilled in the order they are received, Monday thru Friday 8:00-4:00 pm.



## Safeway

- Call 226-7000, option 8 if you have questions.
- Email grocery list to [s1832c90@safeway.com](mailto:s1832c90@safeway.com).
- Request delivery: Safeway is working with volunteers and cab companies to deliver.
- Order and/or delivery fees may apply.
- Please limit orders to 30 items or less.



## Homer Community Food Pantry

- Food service is drive-thru only every Monday from 11:30 am to 3:00 pm.
- Delivery options available! Call or text 235-1968 to set up a delivery.
- [www.homerfoodpantry.org](http://www.homerfoodpantry.org) for more info.



## Salvation Army

- Salvation Army's Drive-thru Food Pantry is open every Monday from 2:00-4:00 pm.
- Call 310-990-3455 between 11:00 am-1:00 pm to schedule a delivery.
- Providing free delivery service for grocery orders placed directly with Save-U-More or Safeway. When you make your order, request Salvation Army for delivery, they will text/call you when the order is on its way.

# Feeling Sick?



Stay home, take care of yourself, stay in touch with your healthcare provider, and monitor your symptoms



Separate yourself from other people and pets in your home; avoid sharing household items



Clean your hands and all "high-touch" surfaces everyday



If you must be around other people or pets, wear a cloth face mask



Monitor your symptoms and ALWAYS call your provider first before going in

## Got Symptoms? Get Tested!

If you are having **ANY** COVID-19 symptoms **even a cough, sore throat, or fever**, get tested.

- South Peninsula Hospital offers FREE, drive-up testing 24/7. Call the COVID-19 Nurse Line at 907-235-0235 or visit [sphosp.org](http://sphosp.org) for testing locations
- Call Homer Public Health at 907-235-8857
- Call any local healthcare provider

For current symptom and testing info visit [www.cityofhomer-ak.gov/covid19](http://www.cityofhomer-ak.gov/covid19)



## Sewn Cloth Face Masks

Contact Dawn Cabana at Skiff Chicks for Mask Availability 907-399-6005

Masks can also be made at home! Visit [www.cdc.gov](http://www.cdc.gov) to learn more

# Need Help With Errands?

## Call 310-803-0588

Homer volunteers are stepping up to help run errands for those that need to remain at home. Coordination and volunteer vetting is being done by Salvation Army.

## Ask Your Store Or Pharmacy About Delivery Options

Many local businesses in Homer are offering home delivery, either with their own services or through volunteer efforts.

## Talk To Your Insurance Provider About Telemedicine & Prescription-By-Mail

Many insurance providers offer ways to sign up for telemedicine and getting your prescriptions by mail. Contact your insurance and see if it's an option for you.

## Other Resources

Visit the City of Homer's COVID-19 page for a list of other resources including financial relief info, family support, and COVID-19 legal advice. [cityofhomer-ak.gov/covid19](http://cityofhomer-ak.gov/covid19) or 907-435-3197

## Support Local Restaurants!

Many restaurants in Homer are open and providing to-go orders in Homer.

To learn more, contact them directly or visit [homer.alaska.org/homer-to-go.html](http://homer.alaska.org/homer-to-go.html)

Can't pick up the food? Cab companies will pick up and deliver for you!