

March 19th, 2020

the SPILLWAY express



Rotary Club of Redding
District 5160 | Club Number 456

Jeff Avery
Club President

Tina Akins
District Governor

Time to Read the Spillway Express and Stay Home



Message from Joe Ayer

I hope that this email finds you all doing well. As we continue to navigate our current national situation around the Coronavirus COVID-19, I wanted to offer something that everyone who is healthy can do. Donate blood. You may or may not have seen in the news, that over the last few days, more than 130,000 people have canceled their lifesaving blood donation appointments, and 4,000 mobile blood drive sponsors, like Rotary, also had to cancel. For context, the Far North area of California (Yuba City to the Oregon Border) collects about 30,000 blood products in a year.

This puts an enormous strain on the blood supply in our country and our health care partners. If you are healthy, and able, please consider donating blood today. We are open 7 days a week.

You can make an appointment online at www.vitalant.org. We need you now!!!

Reach out to me at joe.ayer@bloodsource.org if you have questions or concerns, I will do my best to provide the answers.



Coronavirus—What to Know

Know How it Spreads



- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Take steps to protect yourself



Clean your hands often

- **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**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.



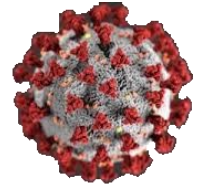
Avoid close contact

- **Avoid close contact** with people who are sick
- Put **distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for [people who are at higher risk of getting very sick](#).



Older adults and people who have severe underlying chronic medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness. Please consult with your health care provider about additional steps you may be able to take to protect yourself.

Coronavirus Links for Information



Governor Newsom: Stay at Home [Click HERE](#)

World Health Organization: [Click HERE](#)

Center for Disease Control: [Click HERE](#)

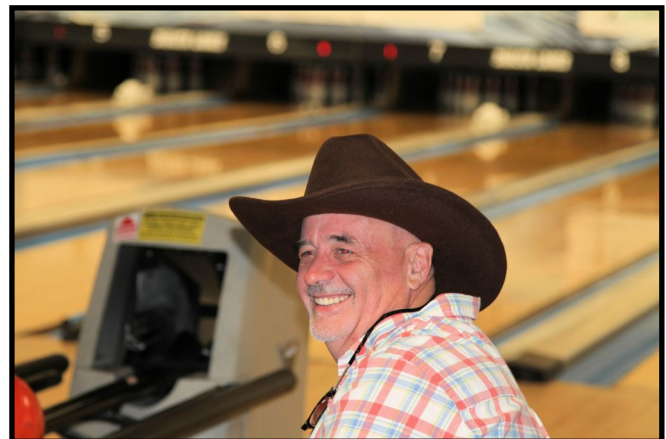
General Information: [Click HERE](#)



Governor Newsom—Stay Home

A note from Redding Rotary - Jason Montague's mother, Mary, died peacefully in her sleep on her birthday in Redding, California. She was 88 years old. Our thoughts are with Jason and family.

Bowlathon Pictures — A Great Time



Bowlathon - Western Theme



Calendar

March 26th

Read the April Spillway

April 2nd

Read the Spillway Express

April 9th

Read the Spillway Express

April 16th

Read the Spillway Express



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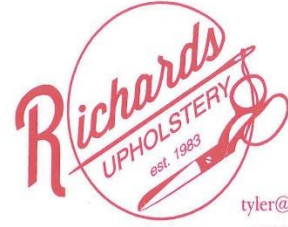
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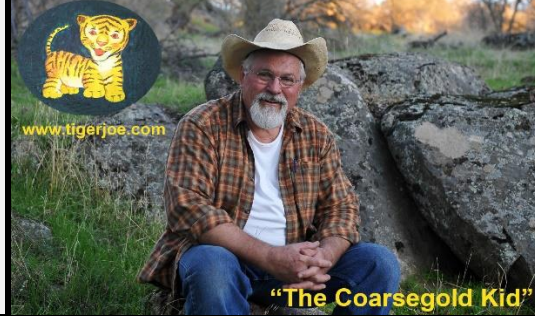
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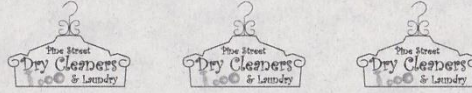
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