

Adopt a Neighbor Checklist

Here is a checklist with tips and key information to record if you are in need of support from a trusted neighbor, friend or family member if you become ill or need their support during COVID-19. The key to being successful is to plan ahead of time in partnership with a neighbor or a friend, before you become ill. If you become ill, please refer to guidelines from the Minnesota Department of Health at <https://www.health.state.mn.us/diseases/coronavirus/sick.html>

Emergency Contact Information	
Do you have family members who are local?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Where do your family members live?	City/State: _____
Are you willing to share a phone number or email of a family member in case you need an emergency contact?	Name: _____ Phone: _____ Email: _____
Food Needs	
How are you getting your groceries?	
Do you need help with grocery shopping?	<input type="checkbox"/> Yes <input type="checkbox"/> No
What are your favorite and least favorite foods?	Favorite foods: _____ Least favorite foods: _____
Do you have any food allergies?	<input type="checkbox"/> Yes <input type="checkbox"/> No If yes, list your allergies: _____
Are you experiencing challenges with paying for groceries during this time?	<input type="checkbox"/> Yes <input type="checkbox"/> No Comments: Do you want to get connected to VEAP food shelf services? <input type="checkbox"/> Yes <input type="checkbox"/> No
<p>Information on COVID-19 food resources can be found here: https://www.bloomingtonmn.gov/ph/covid-19-general-resources</p>	
<p>Key tips:</p> <ul style="list-style-type: none"> Special shopping hours reserved for vulnerable populations are listed below. Consider bringing nonperishable food items to your neighbor so that they can be on hand if the person falls ill. Consolidate your trips as much as possible. Consider partnering with a neighbor before they go shopping to see if they can pick up some things for you while they are out. 	
Health Background	
Are you comfortable sharing if you have any chronic health conditions?	<input type="checkbox"/> Yes <input type="checkbox"/> No Health Conditions: _____
Do you have prescriptions that you need picked up on a regular basis?	<input type="checkbox"/> Yes <input type="checkbox"/> No Prescription: _____ Pharmacy: _____ How often does it need to be picked up? _____

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Considerations for Multi-Unit or Congregate Living Situations	
<p>Would you like help with accessing your mail if you become sick and need to quarantine?</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>If in an apartment building, consider having an extra mail key made. If an individual is ill and provides a mail key to a person outside of their household, refer to Centers for Disease Control and Prevention and MN Department of Health guidelines for cleaning and disinfecting hard surface items. The goal is to keep the COVID-positive resident safe in their unit.</p>
<p>Do you have a plan in place to allow you to stay in your home if you become ill?</p> <p><i>People who might have been exposed, are experiencing symptoms or have tested positive are asked to separate from people to protect the public. This is voluntary and important for slowing the spread of the disease. More information is available at https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine-isolation.html</i></p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>COVID-19 Quarantine Plan Details:</p>
Social Connectedness & Mental Health	
<p>How are you connecting with others in a distancing environment (friends, family, and neighbors)?</p>	<p>Details:</p> <p>Are you interested in connecting with someone regularly? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Method (e.g., phone call, video chat): _____</p> <p>How often (e.g., daily, weekly)? _____</p> <p>What is a good time of day? _____</p>
<p>Are you comfortable using technology such as Facetime, Zoom, Skype or Google Hangouts to connect virtually?</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>If no, can someone help walk you through how to use technology?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>
<p>Identify favorite hobbies and interests.</p>	<p>Hobbies:</p> <p>Interest in movies, music, books, podcasts, etc. (favorites, genre, etc.):</p> <p>Games:</p> <p><i>Note: It is easy to find online resources for playing games virtually.</i></p>
Additional Considerations	
<ul style="list-style-type: none"> • Pets: Pet-owners are encouraged to have a plan for their pet in case they are sick or have to leave the home. Think about necessary items to have on hand including pet food and medications. Contact between a pet and their owner should be limited when possible. • Transportation: People who are sick or experiencing symptoms are advised to avoid public transportation, ride shares or taxis. If you don't have a vehicle and need to be transported to the hospital, call 911. 	

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Shopping Hours for Vulnerable Populations

Store	Special Hours
Lunds & Byerlys	7 a.m. to 8 a.m. daily
Cub Foods	6 a.m. to 7:30 a.m. daily
Target	1 st hour of shopping every Tuesday and Wednesday
Sam's Club	7 a.m. to 9 a.m. every Tuesday and Thursday
Aldi	8:30 a.m. to 9:30 a.m. every Tuesday and Thursday
Trader Joe's	First hour store is open daily
Walgreens	8 a.m. to 9 a.m. Tuesday
Walmart	7 a.m. to 8 a.m. Tuesday

Note: Hours are subject to change. Several grocery store chains offer online ordering and curbside pickup. Grocery delivery options include, but are not limited to the following organizations: Store 2 Door, Instacart, and VEAP food shelf. Some organizations add a delivery fee for this service.

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