

Hello Everyone,

Due to the unfortunate circumstances, we are not doing an official newsletter this month. We are sending out this letter with resources. Due to the Coronavirus (COVID-19) pandemic, we have decided to close the senior center and cease all activities through April 30<sup>th</sup>, 2020 because we care about you and your health. As we draw closer to the end of April, we will keep you informed through our answering machine at the center and updated signs on our doors. We appreciate you and your understanding during this difficult time.

Stay well,

Chenoa and the City of Germantown

(937) 855-4191

With the senior center closed, I want to give you some resources in case you need them:

\*Montgomery Co. Health Department- (937) 225-5700

\*Montgomery Co. COVID-19 Hotline- (937) 225-6217

\*Ohio Dept. of Health COVID-19 Hotline- 1-833-427-5634

\*Area Agency on Aging- (937) 223-4357

\*Senior Resource Connection- (937) 223-8246, senior meal delivery

\*Montgomery Co. Board of Elections- (937) 225-5666, with the election postponed until June 2, you can call them and they will send you an absentee ballot. Absentee vote by mail is available until May 26, 2020.

Local Help:

(937) 313-1844, Chief McGill and (937) 313-1845, Major Burns- Police and Council have graciously stepped in and will help with groceries and meds. If there is a need during this time and you can't get out, please call this number.

(937) 855-2632, The Farmer in the Deli- They have added an extra day delivery to their \$5 senior meals. They now deliver on Mon, Wed, and Fri. They will also help with groceries. Call them a day in advance.

(937) 855-7150, KJ's- They are now offering delivery (\$2 fee with a \$5 min. order).

(937) 855-4160, Don's, Delivery available

(937) 396-7331, Papa Johns, Delivery available

(937) 855-7174, Captain 9's, Delivery available

(937) 895-4392, Cracker Jaks- Delivery begins at 5 pm.

# COVID-19 CORONAVIRUS



Dayton &  
Montgomery  
County

## Public Health Advisory

### SYMPTOMS



FEVER



COUGH



SHORTNESS  
OF BREATH

### HOW IT SPREADS



CLOSE CONTACT  
WITH PEOPLE  
WHO ARE SICK



SYMPTOMS  
MAY SHOW UP  
2-14 DAYS LATER



THERE IS  
NO VACCINE YET



For the latest guidance for  
returning travelers visit  
[www.cdc.gov](http://www.cdc.gov)

### PREVENTION



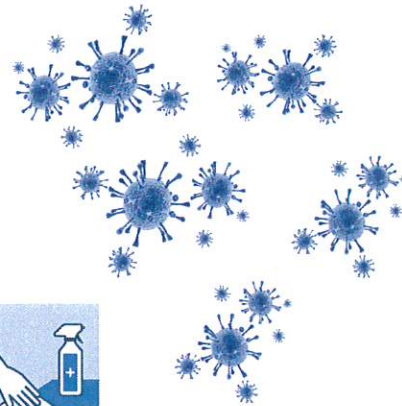
WASH HANDS WITH  
WATER AND  
SOAP/SANITIZER,  
AT LEAST 20 SECONDS



AVOID CONTACT  
WITH SICK PEOPLE



DON'T TOUCH EYES,  
NOSE OR MOUTH WITH  
UNWASHED HANDS



### IF YOU ARE SICK



STAY AT HOME



AVOID CONTACT  
WITH OTHERS



COVER YOUR NOSE  
AND MOUTH WHEN  
SNEEZING



KEEP OBJECTS AND  
SURFACES CLEAN

If you have recently visited China and are exhibiting symptoms, **phone your healthcare provider** for instructions.



People should not be excluded from activities based on their race or country of origin.

### TRAVEL ADVICE



AVOID TRAVELLING TO  
AFFECTED AREAS  
UNLESS NECESSARY



MAKE SURE YOU HAVE  
ALL NECESSARY  
VACCINATIONS AND  
TRAVEL MEDICATION



SEEK ADVICE FROM  
YOUR HEALTHCARE  
PROVIDER



DON'T TRAVEL  
IF YOU HAVE FEVER  
AND COUGH



IF YOU BECOME SICK  
WHILE TRAVELLING  
SEEK MEDICAL CARE  
IMMEDIATELY

For more information visit [www.phdmc.org](http://www.phdmc.org)

2/21/2020

# Coronavirus (COVID-19)

## Guidance for Helping Older Adults

### Public Health Advisory

#### Older Adults Should Take Preventive Actions

- Adults 65 and older and those with chronic medical conditions such as heart disease, diabetes and lung disease should stay home if possible and only go out if absolutely necessary. Family and friends should communicate on a regular basis and make sure older adults stay informed and have everything they need to stay healthy and safe.
- If you must go out, take everyday preventive actions:
  - Clean hands often.
  - Wash hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, or having been in a public place.
  - If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
  - If possible, avoid touching high-touch surfaces in public places – elevator buttons, door handles, handrails, handshaking with people, etc. Use a tissue or your sleeve to cover your hand or finger if you must touch something.
  - Avoid touching your face, nose, eyes, etc.
  - Clean and disinfect your home to remove germs: practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones).
  - Avoid crowds, especially in poorly ventilated spaces. Your risk of exposure to respiratory viruses like COVID-19 may increase in crowded, closed-in settings with little air circulation if there are people in the crowd who are sick.
  - Avoid all non-essential travel including plane trips, and especially avoid embarking on cruise ships.

#### Have Adequate Supplies on Hand

- A 2-week supply of food and water (canned goods are a good idea).
- Adequate supplies of all prescription drugs. Contact your healthcare provider if you are concerned you may not have enough.
- Adequate supplies of non-prescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes (like Gatorade) and vitamins.
- Adequate supplies of paper products, toiletries, disinfectants and hand sanitizers.
- Family and friends should talk with older adults about the things they need and offer to help.

#### Have a Plan If Older Adults Get Sick

- Make sure they consult with their health care provider for more information about monitoring their health for symptoms suggestive of COVID-19.
- Stay in touch with others by phone or email. Make sure to provide any help that is needed if they become sick.
- Determine who can provide care for them if their caregiver gets sick.

#### Watch for Symptoms and Emergency Warning Signs

- Paying attention for potential COVID-19 symptoms including, fever, cough, and shortness of breath. If symptoms develop, call the doctor.
- If they develop emergency warning signs for COVID-19, get medical attention immediately - emergency warning signs include:
  - Difficulty breathing or shortness of breath.
  - Persistent pain or pressure in the chest.
  - New confusion or inability to arouse.
  - Bluish lips or face.
- Consult their medical provider for any other symptoms that are severe or concerning.

