

## ! CORONAVIRUS DISEASE 2019 (COVID-19)

### KNOW THE SIGNS AND SYMPTOMS OF COVID-19 AND WHAT TO DO IF SYMPTOMATIC

- ✓ Stay home when you are sick
- ✓ Call your health care provider's office in advance of a visit
- ✓ Limit movement in the community
- ✓ Limit visitors check circle solid icon

### TAKE STEPS FOR THOSE AT HIGHER RISK

Know what additional measures for those at higher risk and who are vulnerable should take

### PROTECT YOURSELF & FAMILY

Implement steps to prevent illness (e.g., stay home when sick, hand washing, respiratory etiquette, clean frequently touched surfaces daily)

### SELF CARE

If you have mild symptoms, stay at home until you've recovered. You can relive your symptoms if you:

- ✓ Rest and sleep
- ✓ Keep warm
- ✓ Drink plenty of liquids
- ✓ Use room humidifier
- ✓ Take a hot shower to help ease a sore throat and cough

### MEDICAL TREATMENTS

If you develop fever, cough, and have difficulty breathing, promptly seek medical care by first calling your doctor

Call in advance and tell your health provider of any recent travel or recent contact with travelers

### STAY INFORMED

#### Department of Health

<https://coronavirus.health.ny.gov/home>

#### Centers of Disease Control and Prevention

<https://www.cdc.gov/coronavirus>

#### World Health Organization

<https://www.who.int/emergencies>



*Where innovate healing, teaching,  
and discovery come together*

### CONTACT US

44 Varet Street Brooklyn, NY 11206  
718-388-0220 ext. 363 or 330

Social Media     

Join our #CircleofCare on social media!

Follow @CABSHOMECARE

on Facebook, YouTube, Instagram, Pinterest, Twitter  
Visit us online at [www.cabshomecare.org](http://www.cabshomecare.org)

### PREVENT THE SPREAD OF COVID-19 IN

## 7 STEPS

- 1** Wash your hands frequently
- 2** Avoid touching your eyes, nose, and mouth
- 3** Cover your cough using the bend of your elbow or tissue
- 4** Avoid crowded places and close contact with anyone that has fever or cough
- 5** Stay at home if you feel unwell
- 6** if you have fever, cough, and difficulty breathing seek medical care early - but call first
- 7** Get information from trusted sources



SOURCE:  
WORLD HEALTH ORGANIZATION



## CORONAVIRUS RESCUE GUIDE

**BRONX**  
EDITION

*We care because you are  
part of our "circle of care"*



## FOOD PANTRIES/ SOUP KITCHENS

*If you're experiencing food insecurities in your area, these locations offer food pantries.*

### **Black Forum of CO-OP City Emergency Food Pantry**

920 Baychester Ave, Bronx, NY 10475  
Phone: 718-320-035  
Hours: Tue, Thu, Fri 10:00 AM - 12:00 PM  
Thu 5:30 PM - 7:00 PM

### **East 233rd Street Senior Center**

732 E. 233rd St., NY 10466  
Phone: 718-653-2326  
Hours: Soup Kitchen- Tue 4:00 PM - 6:00 PM  
Wed, Thu 9:30 AM - 10:30 AM and 12:00 PM - 1:15 PM

### **Creston Avenue Baptist Church**

114 E. 188th St., NY 10468  
Phone: 718-367-1754  
Soup Kitchen: Sat 12:00 PM - 2:00 PM  
Food Pantry: Mon, Wed, Fri 12:00 PM - 2:00 PM

### **The Love Kitchen of St. Peter's Church - Westchester Square**

2500 Westchester Ave, NY 10461  
Phone: 718-931-9270  
Hours: Soup Kitchen Thu 12:00 PM - 1:30 PM  
Food Pantry: 1st, 3rd Tue 10:00 AM - 12:00 PM

### **Grace Episcopal Church**

1909 Vyse Ave., NY 10460  
Phone: 718-542-1946  
Hours: Soup Kitchen Tue, Sat 12:00 PM - 1:30 PM  
Food Pantry: Thu 9:00 AM - 1:00 PM

### **Community Food Pantry at Highbridge**

1363 Ogden Ave., NY 10452  
Phone: 718-960-2262  
Hours: Food Pantry - Tue 10:00 AM - 12:00 PM  
Thu 1:00 - 3:00 PM; 1st Sat 10:00 AM - 12:00 PM

### **The Campaign Against Hunger at Andrew Jackson Housing Dev.**

785 Courtlandt Ave, NY 10451  
Phone: 718-773-3551  
Hours: Food Pantry Thu 12:00 PM - 2:00 PM

## MENTAL HEALTH AND SERVICES

*If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call:*

### **Substance Abuse and Mental Health**

Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746 (TTY 1-800-846-8517)

If you are looking for a friend to talk to or someone you can call to chat with, you can call:

### **Institute of Aging: Friendship Hotline**

800-971-0016 (24-hours and toll free)

## MEAL DELIVERY SERVICES

*If you're unable to leave you home, here are some organizations/services that deliver hot meals to your door. Your insurance plans may qualify you for these services or you can pay out of pocket.*

### **God's Love We Deliver**

Phone: 212-294-8100  
Website: <https://www.glwd.org>  
Hours: 9:00 AM - 5:00 PM Mon - Fri

### **Meals on Wheels**

Phone: 516-539-0150  
Website: <https://www.mealsonwheelsamerica.org>  
Hours: 9:00 AM - 5:00 PM Mon - Fri

### **Mom's Meals (Nation-Wide)**

Phone: 877-508-6667  
Website: <https://www.momsmeals.com>  
Hours: 7:00 am - 5:00 pm Mon-Fri

## VIEW RELIGIOUS SERVICES ONLINE

Practice your faith in the comfort of your home by watching services on the web. You should also speak to your own place of worship about online services

**Catholic** Website: <https://thesundaymass.org>

**Pentacostal** Website: <http://www.emmanuelcog.com>

**Baptist** Website: <https://fcbcnyc.org/worship/live>

**Jewish** Website: <https://www.centralsynagogue.org>

**Muslim** Website: <http://www.virtualmosque.com>



## MEDICATION DELIVERED TO YOUR HOME

### **Medly Pharmacy**

104 Graham Ave. Brooklyn, NY 11206  
Phone: 718-782-7539  
Hours: Mon - Fri 9:00 AM - 9:00 PM  
Weekends 10:00 AM - 7:00 PM

- ✓ Accepts most insurance plans
- ✓ Delivers to all 5 boroughs!

### **Capsule**

20 W 36th St, New York, NY 10018  
Phone: 212-675-3900  
Hours: Mon - Fri 8:00 AM - 10:00 PM  
Weekends 10:00 AM - 6:00 PM  
Website: <https://www.capsulecares.com>

- ✓ Accepts most insurance plans
- ✓ Delivers everywhere in NYC within two hours

### **SmartRx Specialty Pharmacy**

1706 Lexington Avenue NY, NY 10029  
Hours: Mon - Thurs 9:00 AM - 7:00 PM  
Fri 9:00 AM - 5:00 PM Sun 10:00 AM - 5:00 PM  
Phone: 718-742-7622

- ✓ Accepts most insurance plans
- ✓ Delivers all to 5 boroughs

