

! 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

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 RESOURCE GUIDE

LONG ISLAND NASSAU COUNTY EDITION

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



FOOD PANTRIES

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

Long Island Council Of Churches

230 Hanse Avenue Freeport, NY 11520
Hours: 9:30 AM -12:00 PM
1:00 PM - 3:30 PM Mon - Fri
Phone: 516-868-4989

St. Raphael Parish Social Min

600 Newbridge Road East Meadow, NY 11554
Hours: 10:00 AM - 3:00 PM Mon - Fri
Phone: 516-308-3808

JCC Of The Greater Five Towns

1012 Central Ave Woodmere, NY 11598
Phone: 516-569-6733
Hours: 10:00 AM - 3:00 PM Mon - Tues
Thurs - Wed 1:00 PM - 8:00 PM,
Fri 10:00 AM - 2:00 PM (Kosher Foods Available)

Faith Mission Food Pantry @ Pope Francis Hospitality Ctr.

1510 DePaul St Elmont, NY 11003
Phone: 516-992-5063
Hours: 9:00 AM - 1:30 PM Sat

Agape Ministries Food Pantry

281 Clinton Street Hempstead, NY 11550
Phone: 516-669-4581
Hours: 6:00 PM - 8:00 PM Wed

St. Joseph's Church/SVDP

1379 Noel Ave Hewlett, NY 11557
Phone: 516-569-0834
Hours: 9:30 AM - 10:30 AM
7:00PM - 8:30PM Wednesdays

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

Town Pharmacy

Phone: 516-439-5380
Website: <https://www.townpharmacy.care>

CVS Pharmacy

254 Hillside Ave, Williston Pk, NY 11596
Phone: 516-739-2980

Deliver My Meds

Phone: 833-323-6337
Website: <https://www.delivermymeds.com>



New York State COVID-19 Emotional Support Helpline

Phone: 1-844-863-9314
Hours: 8 AM - 10 PM, 7 days a week

Not feeling well?

Check with your doctor to see if they are doing Teladoc.

If not, here's a resource you can use.



Phone: 800-835-2362
Website: www.teladoc.com