

! 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

MANHATTAN 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.

Catholic Charities - St. Rose of Lima

512 W 165th St., New York, NY 10032
Phone: 646-630-2390
Hours: Thu 10:00 AM - 4:00 PM

New York City Love Kitchen

3816 9th Ave., NY 10034
Phone: 212-942-4204
Hours: Soup Kitchen: Mon - Fri 4:30 PM - 6:30 PM
Pantry: 1st, 2nd, 3rd Thu 2:00 PM - 3:00 PM

Our Lady of Good Counsel

230 East 90th Street, NY, NY 10128
Phone: 212-289-1742
Soup Kitchen: Sat 7:00 AM - 8:00 AM

Unitarian Church of All Souls

1157 Lexington Ave., NY, NY 10075
Phone: 212-628-8568
Soup Kitchen: Mon 7:00 PM - 8:00 PM,
Fri 12:00 PM - 1:00 PM

Temple Shaaray Tefila

250 East 79th St., NY, NY 10075
Phone: 212 535 8008
Soup Kitchen: Wed 11:30 AM - 12:30 PM

Hope for our Neighbors in Need at Church of the Village

201 W. 13 St., NY 10011
Phone: 212 243 5470
Soup Kitchen: Sat 12:00 PM - 3:00 PM
Food Pantry: Tue 12:00 PM - 3:00 PM

The Bowery Mission

227 Bowery, NY, NY 10002
Phone: 212 674 3456
Hours: Soup Kitchen:
Everyday breakfast 8:00 AM - 9:00 AM
Lunch 1:00 PM - 2:00 PM
Dinner 6:00 PM - 7:00 PM
Food Pantry: Mon - Fri 9:00 AM - 11:00 AM

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>

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



New York State Covid-19 Emotional Support Helpline

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

