

! 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

QUEENS 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.

Crisis Action Center

115-47 Supthin Blvd, Jamaica, NY 11434
Hours: Everyday 10:00 AM - 9:00 PM
Dinner- Everyday 7:00 PM - 9:00 PM
Phone: 929-320-3911 or 877-577-8855 (24 hrs)

Gospel Assembly Queens Food Pantry

109-14 Farmers Blvd, Queens, NY 11412
Phone: 718-454-0102
Hours: Tues, Thurs, & Sat from 12:00 PM - 2:00 PM

Salvation Army Queens Temple Food Pantry

86-07 35th Avenue Queens, NY 11372
Phone: 718- 335-3693
Hours: Pantry Wed 8:30 AM - 9:30 AM
Lunch Mon - Fri, 12:00 PM

St. Camillus-St. Virgilius Parish

99-15 Rockaway Beach Blvd., 11694
Phone: 718-634-8229
Hours: Wed 10:00 AM - 2:00 PM

Beach Church

224 Beach 97th St., 11693
Phone: 718-634-2424
Hours: Sat 10:00 AM - 2:00 PM

Jamaica Service Program for Older Adults

92-47 165th St., 11433
Phone: 718 657 6618
Hours: Mon - Fri 8:30 AM - 4:30 PM

The Harding Ford Vision, Inc

157-22 South Road, 11433
Phone: 347-661-7382
Hours: Wed 10:00 AM -12:00 PM
Sat 2:00 PM - 4:00 PM
Soup Kitchen: Wed 10:00 am - 12:00 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 your 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

Capsule

20 W 36th St, New York, NY 10018
Phone: 212- 675-3900

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