

APRIL 2020

In with the old

OUT WITH

**COVID-19
EMERGENCY
PREPAREDNESS
EDITION**

NEWS

**IN THIS ISSUE:
ARE YOU WASHING YOUR
HANDS PROPERLY?**

**FOOD PANTRY LIST
DIRECTORY**

**IMPORTANT PHONE
NUMBERS**

**HOW TO ORDER
GROCERIES ONLINE**

What you need to know NOW:

Get your Prescriptions Refilled NOW!

Call Ahead to your pharmacy to have them ready, use the drive through is possible. Many insurance companies are waving time restrictions and you are able to refill your prescriptions sooner! Take advantage of this!

Limit leaving your home as much as possible.

The best way to stop the spread is to limit your exposure to other people. Stay inside!

Call ahead to your doctors if you have symptoms.

Call your primary care doctor and describe what your symptoms are. They will have specific recommendations for you.

Cancel all unnecessary appointments.

I know you have been waiting months to see that specialist, but if it can wait, reschedule. Cancel your hair appointments as well!

Contact Us:

Jefferson County Office for the Aging
175 Arsenal St.
2nd Floor
Watertown NY 13601

Telephone: 315-785- 3191
Fax: 315-785-5095

Find us on Facebook!

IMPORTANT PHONE NUMBERS

IF YOU ARE IN IMMEDIATE DANGER PLEASE CALL 911

ORGANIZATION

NUMBER

Adult Protective Services	315-785-3210
American Red Cross	315-782-4410
Association for the Blind	315-782-2451
Crisis Response (24hr Line)	315-782-2327
Catholic Charities	315-788-4330
Community Action Planning Council	315-782-4900
Community Clinic of Jefferson County	315-782-7445
Jefferson County DSS	315-782-9030
Jefferson County Public Health	315-755-3770
Emergency HEAP	315-785-3229
Fidelis Care	315-434-2157
JRC (The Arc Jefferson- St.Lawrence)	315-788-2730
Meals on Wheels	315-782-5555
Medicaid Transport	1-866-558-0757
Medicare	1-800-633-4227
National Grid	315-460-7671
Office for the Aging	315-785-3191
Disabled Persons Action Organization	315-782-3577
Samaritan Summit Village	315-782-6800
Samaritan Keep Home	315-785-4400
Samaritan COVID-19 Resource Line	315-755-3100

How to order Food ONLINE

Step 1: Visit on of the following sites:

Walmart: <https://grocery.walmart.com/>

Target: <https://www.target.com/c/grocery/-/N-5xt1a>

Aldis: <https://www.aldi.us/en/shop-now/grocery-pickup/>

Step 2: Pick Your Products

All websites have a "search bar" toward the top of the page. *Type in the product you are looking for* (example: Cereal) and then hit ENTER and your options will appear on the page. Click ADD TO CART when you find the product you want. Repeat this step until you have all the items you need.

Step 3: Check Out and Pay

Click on the "CHECK OUT" button. This will prompt a new page to open. Unless you need more items, *click the Continue to Check Out button*. You will be asked if you would like to schedule a time to pick up your groceries or have them delivered. Continue with the prompts, including adding your payment information. You are done!

Don't forget to go to the store to pick up your groceries at the time you selected. All stores have a designated parking area for pick ups- YOU DO NOT NEED TO LEAVE YOUR CAR!

If you do not consider yourself "tech savvy", call a family member or ask a neighbor for help! They will be able to assist you over the phone!

Grocery Stores

Due to the circumstances, many other grocery stores ("mom and pop" stores included!) are delivering or hosting hours specifically for the elderly to shop.

Please call your local store to see if they offer these services.

Watertown Area:

Aldi: (855) 955-2534

Hannaford: (315) 782-7456

TOPS: (315) 779-0144

The Mustard Seed: (315) 788-2463

General Store: (315) 788-6841

Price Chopper: (315) 788-1645

Walmart: (315) 427-7895

Carthage Area:

Aldi: (855) 955-2534

Carthage Market: (315) 493-2854

Dollar General: (585) 666-2750

Stewart's Shops: (315) 493-2287

Price Chopper: (315) 493-6668

Walmart: (315) 629-2124- Evans Mills

Adams Area:

TOPS: (315) 232-2222

Mercer's: (315) 232-4214

Dollar General: (315) 872-1464

Freeway Grocery: (315) 232-2614

Sharp's Bulk Foods: (315) 846-5337

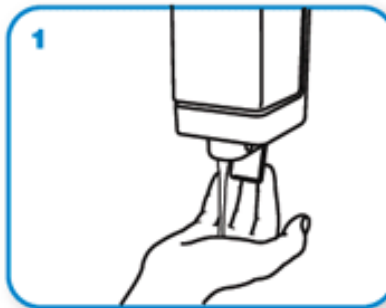
Are you washing your hands *correctly*?



Properly washing your hands is your best defense against getting sick!



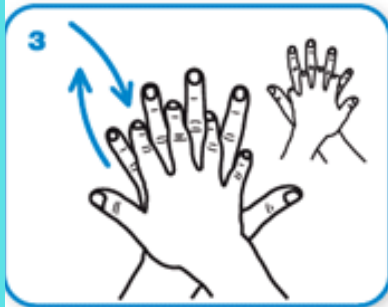
Wet hands with water



apply enough soap to cover all hand surfaces.



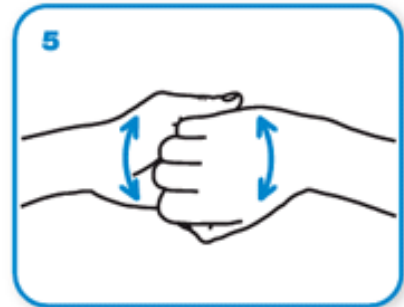
Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



palm to palm with fingers interlaced



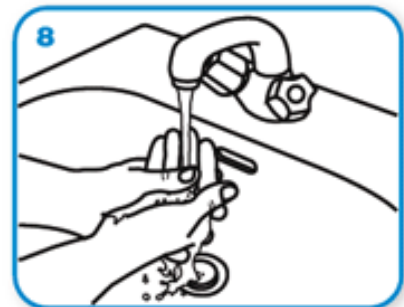
backs of fingers to opposing palms with fingers interlocked



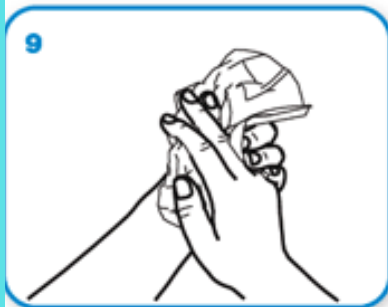
rotational rubbing of left thumb clasped in right palm and vice versa



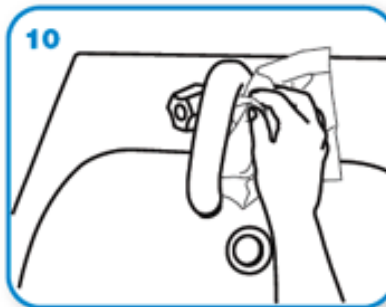
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



...and your hands are safe.

NOVEL CORONAVIRUS (COVID-19)



WHERE IS IT?

COVID-19 is an expanding global outbreak. The virus has been detected in almost 70 international locations, including the U.S.



HOW IS IT SPREAD?

The virus is spread when an infected person coughs or sneezes and tiny droplets land on people nearby - just like colds and the flu.



WHAT ARE THE SYMPTOMS?

- Fever
- Cough
- Shortness of breath



HOW DO I PREVENT IT?

There is no vaccine for novel coronavirus. Prevention is the same as for colds and flu: Clean your hands frequently; Cover coughs and sneezes; Contain germs - stay home when ill.



AM I AT RISK?

Risk is associated with travel to affected areas. For most lowans, who are unlikely to be exposed to this virus at this time, the immediate health risk from COVID-19 is considered low.

Kinney Drugs Will Deliver!

Kinney Drugs has volunteered to deliver anything in their store (*excluding alcohol, lotto, and tobacco*) to your home for a \$2.00 delivery fee or FREE when delivering a perscription!

Watertown (Coffeen St Location):

315-788-9366

Adams:

(315) 232-4562

Carthage:

(315) 493-0150

Clayton:

(315) 686-5121

Gouverneur:

(315) 287-2900

Where should you get your information from?

There is alot of misinformation being spread about the COVID-19 Pandemic. Below are TRUSTED sources to recieve information

Samaritan Medical Center
WWW.SAMARITANHEALTH.COM
COVID-19 RESOURCE LINE: 315-755-3100

New York State
WWW.NY.GOV
COVID-19 Hotline: 1-888-364-3065

Center for Disease Control
WWW.CDC.GOV
800-232-4636

**PREVENTION OF COVID-19 SPREAD:
SOCIAL DISTANCING** 

 **LIMIT CLOSE CONTACT WITH PEOPLE**

- Limit physical contact, including handshakes.
- Wash your hands and avoid touching your eyes, nose or mouth.
- Limit in-person meetings to your direct team, and utilize Webex, phone calls, and other tools when possible.

STAY HOME IF YOU ARE SICK

- Do not report to work if you are ill:
 - Fever of 100° or higher
 - Cough
 - Shortness of breath
 - Sore throat





 **AVOID CROWDS
(ESPECIALLY IN POORLY VENTILATED SPACES)**


LIMIT NON-ESSENTIAL TRAVEL 

Please visit [cdc.gov](https://www.cdc.gov) for the latest updates and resources on COVID-19

What are the symptoms of COVID-19?

 **Cough**

 **Fever greater than 100.4°F**

 **Shortness of breath**

If you have any of the symptoms above, Call your Doctor immediately and limit your contact with others

LOCAL FOOD PANTRIES

Pantry Site	Address	Phone	Hours
CAPC	518 Davidson St. Watertown 13601	(315) 782-4900 Fax: (315) 788-8251	Monday- Friday 10am-4pm
Urban Mission	247 Factory St. Watertown 13601	(315) 782-8440 Fax: (315) 782-8441	Monday- Friday 9am-3pm
Adams	Rohde Cntr. 2E. Church St. Adams 13605	(315) 232-2621	Mon, Thurs + Friday @ 9:30-12:45 Tues @ 11-2 & 3-6:45
Alexandria Bay	42601 ST RT 12 Alex Bay 13607	(315) 686-3008 Emergency: (315) 486-9322	Thursday from 10-6
Antwerp	45 Main St. Antwerp 13608	Emergency: (315) 783-7527	Mondays from 5-7
Calcium	Calcium Community Church	Church: 315-788-3823	*Phone calls only*
Cape Vincent	159 Esselstyne St. (PO Box 474) Cape Vincent 13618	(315) 775-4117	1 st Wednesday of month from 4-5 2 nd Wednesday of month from 10-11 3 rd Wednesday of month from 6-7:30
Carthage	V.E.M. Food Pantry 452 S. Washington St. Carthage 13619/ St. James Church	Office: (315) 493-1341 Church: (315) 493-3229 Emergency: (315) 804-2564	Monday & Wednesday from 1-3 Tuesday from 6-8 Phone St James for assistance
Chaumont	Chaumont Presbyterian Church	Pantry: (315) 649-2424	Thursday 11am-12pm
Clayton	St. Mary's Catholic Church 251 James St. Clayton 13624	Emergency: (315) 686-4809	Monday & Wednesday from 1-3:30 Thursday from 6-8
Depauville	A New Life 32498 Rt 12 Depauville 13632	(315) 658-4768 (315) 771-6665	Mondays from 9-3
Dexter	Dexter United Methodist Church 210 W. Kirby St. Dexter	(315) 639-4263 (315) 639-6953	2 nd Wed of month from 2-3 3 rd & 4 th Wed of month from 6-7
Evans Mills	St. Mary's Catholic Church 8412 Main ST. Evans Mills 13637	(315) 629-4458	Saturdays from 3-5
Lafargeville	Orleans Outreach Building	(315) 658-4796	Saturday from 9-12 or by appointment
Philadelphia	Indian River Baptist Church 42 Main St. Philly 13673	(315) 642-3122	Wednesday from 4-6, Saturdays from 9-11 or by appointment
Redwood	St. Paul's Fellowship Hall	(315) 482-2931/(315) 482-2914	Wednesday 1:30-3 or by appointment
Sackets Harbor	St. Andrew's Catholic Church 110 E. Main St. Sackets Harbor	(315) 646-3564	Monday & Thursday from 11-1
Theresa	High Falls Baptist Church	(315) 628-1902	Thursday from 9-12 & Saturday from 10-1