

ALAMEDA COUNTY DEPARTMENT OF ADULT & AGING SERVICES GUIDANCE FOR SENIORS & ADULTS WITH DISABILITIES POPULATIONS IN RESPONSE TO THE CORONAVIRUS (COVID-19)

Recent events concerning the Coronavirus are impacting our daily lives in ways we have never imagined. Seniors and adults with disabilities are greatly affected with the shelter in place order and social distancing recommendations. The County is utmost concerned with the safety and well-being of these vulnerable populations. Please note 10 suggestions to support our seniors and adults with disabilities in navigating during this unsettling time:

- Have a family/friend/support communication plan. Be sure your contact information is correct for everyone and for yourself. Include the name and number of a support person out of town, if possible in case local phone lines are not working.
- Make sure your IHSS Provider discusses an emergency plan with you and be sure to know their emergency plan and how they will assist you.
- Post emergency numbers somewhere you can easily get to them and see them. If you have a mobile phone, you can also save important numbers in your contacts.
- Keep copies of your vital records and current medications in a safe and easily accessible location.
- If you start to experience symptoms of the Coronavirus (i.e., fever, cough, shortness of breath and breathing difficulties) contact your doctor or clinic. Follow their instructions carefully.
- Be mindful to wash your hands regularly with soap and warm water for at least 20 seconds. You can also use hand sanitizer with at least 70% alcohol content. Wipe down high traffic surfaces in your home with disinfectants regularly.
- Stay informed. Things are changing daily, so it is important to get reliable and updated news. If you do not have a television or access to online news sources, get a battery operated radio and set it to a news station to stay informed of what is happening.

Do not respond to scams with people calling asking for your credit card number or social security number in exchange for much needed supplies or support. Hang up the call **immediately** once they ask for money or credit cards. Support systems will never email you and ask you for money or credit cards.

Call your trusted supports (family, friends, neighbors) or emergency contact each day to let them know how you are doing. Stay connected!

Make sure your family/friends/IHSS Provider is able to get the food and supplies that you need. It is a good idea to have an emergency kit with 7 days worth of food, water, medications, a flashlight, batteries, radio, mask, disinfectant wipes, etc. If you are having a difficult time getting food, contact the Alameda County Community Food Bank at (510) 635-3663.

The County's Adult & Aging Services Department is here to assist should you have questions or concerns. Please do not hesitate to contact us 24 hours a day at (866) 225-5277.