

www.Coronavirus.Ohio

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<https://www.rcjfs.net/>

Richland County 211

www.cdc.gov

Independent Living Center
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IN RESPONSE TO COVID-19

As a Center for Independent Living and an essential organization in this community, we have been working diligently to set important measures into place to continue and expand our ability to remain in communication with our consumer base. We will do our best to keep you informed with updates of our organization and program, as well as the national pandemic. The horizon is ever changing, so as we all know, it is difficult at best to stay abreast of the constant changes.

As many organizations, we are hearing from people who are fearful and concerned about COVID-19 (Coronavirus) and how their lives are changing. With that in mind, **we want to tell you to not panic.** We will get through this, we need to be smart about it. **That means taking control of the situation as much as you can. Here are some simple steps to lower your risk.** *Please note: This information does not take the place of information from your doctor. These methods are suggested by the CDC.*

1. Wash your hands often with soap and water for at least 20 seconds. If you are not sure how long 20 seconds is, try singing the "Happy Birthday" song two times. If you do not have soap and water handy, use a hand sanitizer that has at least 60% alcohol in it. Rub your hands together until they feel dry. Use a paper towel or a cloth towel that is yours and yours only to dry your hands.
2. Try not to touch your eyes, nose and mouth with your hands if possible.
3. Try to keep at least 6 feet away from people. This is what is meant by "social distancing", which we are hearing a lot about on the news.
4. Cover your mouth and nose when you sneeze with a tissue or by using the inside of your elbow. Then throw the used tissue away. Wash your hands right away.
5. If you are sick.....please stay home so you don't infect others. If you have to be around others, wear a face-mask if you can. It is really important that you not be around others but sometimes this cannot be helped in case you need to go to the doctors, etc.

PERSONAL EMERGENCY PLANS

From our recent Newsletter; did you consider putting together your personal emergency plan? **Now is the time to review your personal emergency plan.** If you did not put one in place, you should. A personal emergency plan is a plan that you develop in case of medical emergency or disaster. Some people may need to leave their home while others may be able to "shelter in place" or stay in their own homes.

As mentioned in the above paragraph, it helps to take control where you can. This means being prepared. Imagine yourself being told that you need to self-quarantine for two weeks! What if your caregivers get sick? These are all questions we are hearing, prepare for these situations as much as you can.

1. Make sure you have enough groceries and paper products (toilet paper, towels, disinfecting wipes, soap etc) to last you for a week or maybe even two. When you go grocery store, stock up on essential items. You don't need to hoard but you need enough to get you thru. Think in terms of canned, boxed and frozen foods. Do you have water?
2. Do you have enough medication and medical supplies to get thru? Can these items be delivered to you?
3. Do you have extra cash on hand? It is always a good practice to have extra cash available.
4. Do you have access to medical information, insurance and doctors' numbers, credit card numbers etc.
5. Do you have enough pet food and supplies? You certainly don't want to run out of cat litter!
6. How solid is your back-up system for caregivers and service providers? Now might be the time to talk with your caregivers regarding a back-up plan. Are there any neighbors or friends nearby who can help?
7. Other than formal caregivers, who in your life can help you with grocery shopping, transportation, interpreting needs, going to get your medications if they are not delivered etc.? Think outside the box.

OFFICE AND PROGRAM UPDATES

Our hours of operation have been changed. Due to COVID, our office has been closed to the public for the safety of both our staff and consumers. We will do our best to be of assistance to you.

If you are in need of emergency assistance or services, please call the office and leave a message with your return number, do not assume we have it on file. The process may take extra steps and more time, but we will do our best to serve you.

Our Spring Newsletter will be mailed soon with information and updates to all of our programs and activities based on the status of the pandemic. We are moving onward in a positive direction while continuing to develop and plan a great calendar of events for the upcoming months. We look forward to hosting our summer programs and we are excited to announce two new summer programs.

FOR ANSWERS TO YOUR COVID-19 QUESTIONS, call 1-833-4-ASK-ODH (1-833-427-5634).

If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available. Call the Disaster Distress Helpline at 1-800-985-5990 (1-800-846-8517 TTY); connect with a trained counselor through the Ohio Crisis Text Line by texting the keyword "4HOPE" to 741 741; or call the Ohio Department of Mental Health and Addiction Services help line at 1-877-275-6364 to find resources in your community.

Follow us on facebook at Independent Living Center of NCO <https://www.facebook.com/ilcnco419/> or go to our website for information, forms and updates at <http://www.ilcnco.org> including a link for our FB page. We will continue to post all of our program updates on the website! If you do not have access to the internet, feel free to give us a call.

REMEMBER: WE'RE IN IT WITH YOU!!

