

Senior Spirit



Douglas County Senior Services 1329 Waterloo Lane, Gardnerville 782-5500 Ext. 3

COVID-19 and Center Closure

Written by Sheryl Christian, Community Services Manager

As you know, the Douglas County Community & Senior Center closed to the public starting March 17 due to the COVID-19. Douglas County is actively monitoring and managing the COVID-19 level of risk in our community. Those most vulnerable to the impacts of COVID-19 include older adults and people who have chronic medical conditions such as heart disease, diabetes, and lung disease. Call your doctor if you think you have been exposed to COVID-19 and develop a fever and symptoms, such as a cough or difficulty breathing.

Everyone is asked to:

- Stay home when you are sick.
- Put distance between yourself and others. Keep at least 6 feet between you and other people.
- Stay home as much as possible. Avoid shaking hands.
- Do not go to the emergency department unless it is essential. Emergency departments need to be able to serve those with the most critical needs.
- If you have a mild cough, fever, or other respiratory symptoms, contact your doctor first.
- Practice everyday preventive actions to help prevent the spread of respiratory viruses:
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth.
- Avoid close contact with people who are sick.
- Cover your cough and sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

Our main goal is to keep you safe and healthy, and provide information on how to deal with COVID-19. We will continue essential services including DART Transportation, Meals-on-Wheels with a pick-up option, limited Homemaker Services, and wellness checks via telephone calls.

We have dedicated April's newsletter with resources and information to help you during this time. Information include a list of restaurant that are offer dining out pick-up, resource contacts, Covid-19 information, Hotline number and information on on-going senior services. We also added some fun activities to keep you busy. We miss seeing our seniors every day, and together we will get through this!

Take Care.

April 2020

Senior Services

DART

Douglas County DART Dial-A-Ride services remain open but are restricted to scheduled appointments only. All DART transportation users including seniors or persons with a disability, and who are not already enrolled in the Dial-a-Ride program, are encouraged to contact DART transportation at 775-783-6456. All transit riders will be required to pass a phone screening. Anyone suspected of having COVID-19 virus and requiring transportation should call 911.

Meals-on-Wheels

Meals on Wheels will continue as usual with modified safety practices in place. Extended enrollment in that program is being encouraged for all of those that normally attend congregate dining or are otherwise concerned about having access to prepared food. Seniors wishing to receive this service are asked to contact the Senior Center at 775-782-5500 ext. 1 to arrange drive up food pick up at the center or home delivery. Drive up food delivery will be available (see schedule below).

Pick-up Locations

Meals on Wheels Pick Up locations are open from 11am-1pm at the Senior Center Monday through Friday and are available to Seniors ages 60 and over for a suggested donation of \$3 per meal. Meals packages consist of seven frozen meals, snacks, fruits, veggies and milk.

If you are a Senior who does not drive or cannot come in person, a family member or neighbor can pick up for you

Douglas County Senior Center – Monday - Friday
1329 Waterloo Lane, Gardnerville

North County - Wednesdays
3394 James Lee Park

Topaz Ranch Estates Community Center - Thursdays.
1311 Carter Drive, Wellington

For more information, please call 775-782-5500 ext. 1

Homemaker Services

The Homemakers will be calling their current clients and Meals-on-Wheels clients for daily contact. During this time, the Homemakers will not be entering any home for cleaning; however, they are available to pick up food from the food closet, shop, and delivery supplies as needed.

For more information, please call 775-782-5500 ext. 1



WE WOULD LOVE TO TALK TO YOU TODAY!

For those of you who are feeling alone and isolated, we want you to know that we know what you are going through and we would love to chat with you.

Give us a call, tell us how you are feeling, tell us your concerns and let one of our friendly staff bring a smile to your face today!

Tell us about your family, your pets, or your hobbies, we would love to hear from you. just call to say hello and tell us how you are doing!

We can't wait to hear from you!

775-782-5500 Ext. 1



Special Store Hours

For Seniors and Vulnerable Populations

Target on Topsy

Wednesdays 8:00am-9:00am is dedicated for vulnerable guests.

Smith's Food and Drug

Mondays, Wednesdays, and Fridays from 7am-8am are solely dedicated to senior citizens.

Raley's in Gardnerville

Is creating "Essential Bags" for seniors and at-risk customers. Raley's team members will create the bags each night and have them at the front of the store each morning at 7:00am. Bags are \$20.

Costco

Costco will open its doors for members 60 years and older every Tuesday and Thursday from 8am-9am. The Pharmacy will also be open.

Dollar General

The first hour of every business day is dedicated to senior shoppers.





Warning Signs of Suicide

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss or change.

- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself, such as searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawn or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings
- Preoccupation with death
- Suddenly happier, calmer
- Loss of interest in things one cared about
- Visiting or calling people to say goodbye
- Making arrangements; setting one's affairs in order
- Giving things away, such as prized possessions

What to do when someone is suicidal?

When someone you know appears suicidal, you might not know what to do. Learn warning signs, what questions to ask and how to get help. You may not be sure what to do to help, whether you should take talk of suicide seriously. Taking action is *always* the best choice.

Here's what to do. Start by asking questions. The first step is to find out whether the person is in danger of acting on suicidal feelings.

Be sensitive, but ask direct questions, such as:

Do you ever feel like just giving up?

Are you thinking about dying?

Are you thinking about hurting yourself or someone else?

Are you thinking about suicide?

Have you thought about how you would do it?

Do you have the means to do it?

CALL 911 IF IN DOUBT

If you believe someone is in immediate danger of attempting suicide or has had previous suicide attempts:

- Do not leave the person alone.
- Call 911 or your local emergency number right away. Or, if you think you can do so safely, take the person to the nearest hospital emergency room yourself.
- Try to find out if he or she is under the influence of alcohol or drugs or may have taken an overdose.
- Tell a family member or friend right away what is going on.
- If a friend or family member talks or behaves in a way that makes you believe he or she might end their life, don't try to handle the situation without help. Get help from a trained professional as quickly as possible.

**When it hurts to live...
It helps to talk.**

If you or someone you know is in immediate danger because of thoughts of suicide ...

Please call 911 NOW

There is help for you! Stay on the phone with the operator and wait for help to arrive. Do not hesitate to call. Your life is extremely valuable, and people care about you. Please reach out for help. Never act on your thoughts of suicide. **NEVER!**

You are not alone!

Suicide Prevention Hotlines:

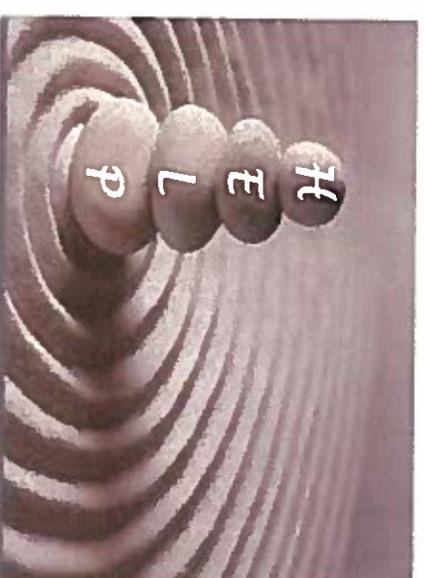
1-800-273-TALK (8255)

en español. 1-888-628-9454

Crisis Text Line:

Text "GO" to 741741

Take action. Speak up. Reach out.



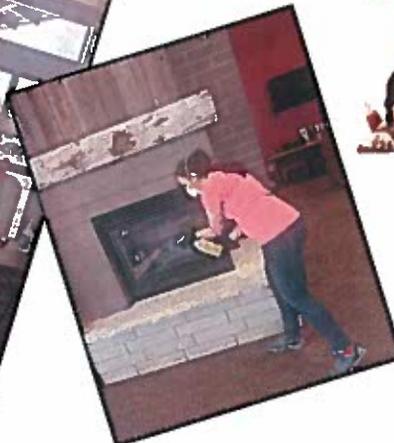
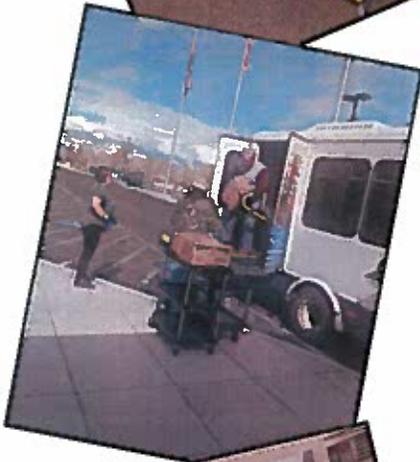
What's Going on in the Building:

A special thank you to the kitchen staff who have been working long hours in cooking and preparing frozen meals for the Meals-on Wheels program.

An average of 500 meals a day have been prepared as well as salad bags and snacks. Meals-on-Wheels Pick-up has given an average of 105 meals per day at the Community and Senior Center location, 294 at Topaz Ranch Estates Community Center and 238 at North County, James Lee Park. Frozen meals are available to all seniors age 60 and over for a suggested donation of \$3 per meal. If you or someone you know is in need of meals please call 782-5500 ext. 1.



While the building is closed we want you to know that we are working hard, from a safe distance of each other, to make sure the building is deep cleaned and sanitized! On any given day there is a staff member cleaning, packing meals, handing out frozen meals and answering phone calls. The carpets are getting deep cleaned as well as every item top to bottom inside the building. DART buses are being sanitized after each transport. Homemakers are making daily phone calls to check in on our homebound seniors. The preschool has been closed and sanitized. And don't you worry, we even saw Frank masked up and feeding our fish! Admin staff are working hard to make sure that we have a safe and smooth transition when we get to open back up. We miss you all and can't wait to celebrate when the building opens and we get to see you all again!



DOUGLAS COUNTY SOCIAL SERVICES RESOURCE LIST

Access to Healthcare Network	www.accesstohealthcare.org	877.385.2345
Adult Protective Services	445 Apple St., Suite 104, Reno	Reports: 888.729.0571
Aging Services	3416 Goni Rd., Bldg. D, #132, Carson City	775.687.4210
Alzheimer's Association	Northern NV Chapter Helpline	800.272.3900
Austin's House (Youth Emerg. Housing)	https://austinhousenv.org/	775.267.6711
Boys & Girls Club of Carson Valley	Pau-Wa-Lu Middle School, 701 Long Valley Rd.	775.443.7642
Cancer Resource Center	1535 Medical Pkwy., Carson City, NV 89703	775.445.7500
Care Chest of Sierra Nevada	7910 N. Virginia St., Reno NV 89506	775.829.2273
Carson City Health & Human Services	900 E. Long St., Carson City NV 89706	775.887.2110
Carson City Senior Center	911 Beverly Dr., Carson City NV 89706	775.883.0703
Carson Valley Adult Day Club	1329 Waterloo Lane, Gardnerville	(ext. 9) 775.782.5500
Carson Valley Community Food Closet	1255 Waterloo Lane, Gardnerville	775.782.3711
CASA		775.782.6247
Child Protective Services	2533 N. Carson St., Ste. 100, Carson City	775.684.1930
Child Support	300 E. 2 nd St., Ste. 1200, Reno NV 89501	775.448.5150
Children's Cabinet	2527 N. Carson St., Ste. 255, Carson City	775.684.0880
City of Refuge	Resources for Pregnant Women	775.782.2034
Consumer Credit Counseling		775.322.6557
Consumer Health Assistance	555 E. Washington Ave., Las Vegas, NV	888.333.1597
DART Transportation	<i>Call for a schedule or to arrange for pick-up</i>	775.783.6456
Douglas Counseling & Supportive Services	1528 Hwy 395 N., Ste. 100, Gardnerville	775.782.3671
Energy Assistance Program	2527 N. Carson St., Ste. 260, Carson City	775.684.0731
Family Support Council	1255 Waterloo Ln., Unit A	775.782.8692
F.I.S.H.	1561 Hwy 395, Minden	775.882.8448
Good neighbor Program	Douglas County Sherriff	775.434.4099
Job Connect	1929 N. Carson St., Carson City	775.684.0400
Job Opportunities in NV (JOIN)	716 N. Carson St., Ste. 108, Carson City	775.283.0125
Medicaid Transportation	7am to 5pm Monday – Friday	844.879.7341
Medicare	www.medicare.gov	800.633.4227
Money Management International	Moneymanagement.org	866.515.2227
Mobile Outreach Safety Team (MOST)	Mental Health Awareness & Assistance	775.782.5126
NV Legal Services	299 Arlington St., Reno NV 89509	775.329.2727
NV Rural Housing Authority	3695 Desatoya Dr., Carson City	775.887.1795
NV State Health Inspections	Carson City	775.684.1030
NV State Welfare	2533 N. Carson St., #200, Carson City	775.684.7200
NV Vocational Rehabilitation	1929 N. Carson St., Carson City	775.684.0425
Ron Wood Family Resource Center	212 E. Winnie Ln., Carson City NV 89706	775.884.2269
Salvation Army	661 Colorado, Carson City	775.887.9120
Senior Center, Douglas County	1329 Waterloo Ln., Gardnerville	775.782.5500
Social Security Administration	1170 Harvard Way, Reno NV 89502	800.772.1213
Suicide Prevention of Douglas County		775.783.1510
Suicide Prevention Crisis Call Line		800.992.5757
Tahoe Youth & Family Services	1512 Hwy 395 N., Ste. 3, Gardnerville	775.782.4202
Tahoe Youth & Family Crisis Line		800.870.8937
Veteran's Affairs (Department of)	5460 Reno Corporate Dr., Reno 89511	800.827.1000
Veteran's Resource Center	305 N. Carson St., Carson City	775.360.2155
Victims of Violent Crimes	4600 Kietzke Ln., Bldg. D, Ste. 135, Reno	775.688.2900
Volunteer Attorneys for Rural NV (VARN)	904 N. Nevada St., Carson City	775.883.8278
Washoe Tribe – Native TANF	1559 Watasheamu, Gardnerville NV 89410	775.265.4382
Welcome All Veterans (WAVE)		775.843.7490
Women, Infants, Children (WIC)	1524 Hwy 395, Ste. 8, Gardnerville NV 89410	775.283.4772

Low Income Housing

HUD – Rural Housing	3695 Desatoya Dr., Carson City	775.887.1795
Clock Tower Apartments	806 Tillman Lane, Gardnerville	775.782.9797
Crestmore Apartments	1330 Stodick Pkwy., Gardnerville	775.782.8108
Highland Manor	3501 Vista Grande Blvd. (Indian Hills)	775.267.3319
Kingsbuty Manor	1770 Pinewood Dr., Minden (Manager #10)	775.782.8877
Lake Vista/Meadowbrook Apts.	129 Market Street, Stateline NV	775.586.1663
Mahogany Court Apartments	894 Mahogany Dr., Minden	775.782.9772
Parkway Vista Senior Community	1330 Crestmore Dr., Gardnerville	775.782.2147
Rancho Vista Apartments	1386 Village Way, Gardnerville	775.782.2752
Summit Crest Apartments	921 Mica Dr., Carson City (Indian Hills)	775.267.2268

Tenant/Renters Rights

<http://portal.hud.gov/hudportal/HUD?src=/states/nevada/renting/tenantrights>

Medical & Dental

Absolute Dental	Topsy Lane, Carson City	775.884.4888
Cash Clinical (Low Cost Labwork)	2310 Carson St., Ste. 7A, Carson City	775.883.4000
Douglas County Community Health	1329 Waterloo Lane, Gardnerville NV 89410	775.782.9038
Healthy Smiles	120 Bovard St., Yerington	775.463.1800
In Jesus Name Medical Ministry	https://www.injesusnamefreeclinic.org/index.html	775.782.1073
Minden Family Medicine	1649 Lucerne St., Minden NV 89423	775.782.1603
Ross Clinic	<i>Please call FISH</i>	775.882.3474
Sierra Family Health Center	3325 Research Way, Carson City NV 89706	775.887.5140
Topaz Ranch Medical Clinic	3919 Carter Dr. Wellington, NV	775.783.3096
TMCC Dental Hygiene Program	7000 Dandini Blvd., Reno	775.673.8247
VA Carson Valley Clinic	1330 Waterloo Ln., #101, Gardnerville	775.328.1453
Washoe Tribal Health Center	1559 Watasheamu, Gardnerville	775.265.4215

Prescription Assistance Programs

www.needymeds.org

www.NVseniorrx.nv.gov

www.RXHelp4NV.org

Restaurants Available for Take Out or Delivery

A Slice of Heaven Pizzeria

811 Short Ct. Unit E Gardnerville NV 89460

(775) 392-3851

Open for Take Out & Delivery

American Ni Sushi

1657 Lucerne St, Minden NV 89423

(775) 783-1112

Open Take Out & Delivery & Free Delivery
for Seniors 11am-8pm

Battle Born Wine

1448 US-395, Gardnerville NV 89410

(775) 782-7684

Offering Curbside Service

Bella Vita Bistro

1304 S Stewart St, Carson City NV 89701

(775) 515-4300

Curbside Pickup & Deliveries

Bently Ranch Butcher Shop

1350 Buckeye Rd., Minden NV 89423

(775) 782-6328

Offering Curbside Service

Blind Dog Coffee

1276 Pit Rd., Suite 8, Gardnerville NV 89460

(775) 265-2176

15% off for shipping & Pickup by Appt Only

Carson Valley Country Club Restaurant

1029 Riverview Dr., Gardnerville, NV 89460

(775) 265-3715

To Go Menu offered w/daily specials

Chocolate Shoppe

1363 US Hwy 395 N., #7 Gardnerville NV 89410

(775) 267-1002

Open for pick-up and online ordering
available

CoCoMoes Q and Catering

795 Tillman Lane, Gardnerville NV 89460

(775) 392-0404

Open on 3/20 Friday 11-7 for Drive
Thru Only

Coffee on Main

1572 US Hwy 395 N., Minden NV 89423

(775) 782-8090

Open for Drive Through

Cook'D

1644 US Hwy 395 N., Minden NV 89423

(775) 392-4000

Offering To-Go Pickup Service

Domino's Pizza

1645 US Hwy 395 N., Minden, NV 89423

(775) 392-4343

Open for delivery & Curbside

DST Coffee

1411 Main St. #4212 Gardnerville NV 89410

(775) 392-4455

To Go Orders Only

El Agaveno 1776 US Hwy 395 N. Minden NV 89423 (775) 392-4136	To-Go & Pickup Service
Francisco's Mexian 1588 US Hwy 395 N. Minden NV 89423 (775) 782-6496	Open for Pickup
Jack in 'the Box 1345 US Hwy 395 N., Gardnerville NV 89410 (775) 360-2609	Drive Thru Open
Jethro's Bar & Grill 1281 Kimmerling Rd., Gardnerville NV 89460 (775) 265-2215	Open for carry out, curb side To-go and delivery through DoorDash, Grub Hub and Uber Eats from 11am-8pm.
JJ's Mexican Food 1532 US Hwy 395 N., Gardnerville NV 89410 (775) 783-6700	To Go and Curbside Only
Kentucky Fried Chicken 1338 US Hwy 395N. Gardnerville NV 89410 (775) 782-9684	Take out & Drive Up Open
Khristopher's Ristorante 1599 Esmeralda Ave. Minden NV 89423 (775) 267-4809	Curbside take out
Lake Tahoe AleWorX 31 US-50 #105, Stateline, NV 89449 (775) 580-6168	Curbside & Deliveries
McDonalds 1666 US Hwy 395 N., Minden NV 89423 (775) 782-8822	Drive Thru Open
Minden Meat and Deli 1595 US Hwy 395 N., Minden NV 89423 (775) 783-9999	Curbside To-Go Pickup
Papa Murphy's 1363 US Hwy 395 N #10 Gardnerville NV 89410	Business As Usual Watching Social Distancing
Philadelphia Seafood 1281 Kimmerling Rd., Gardnerville NV 89460 (775) 392-3370	Offering take out only (May offer local deliveries but not yet)
Pho Chopstix 1329 US Hwy 395 N. #8, Gardnerville NV 89410 (775) 783-8888	Pick up & to go orders

Pizza Hutt

1362 US Hwy 395 N, Suite 101 Gardnerville NV 89140

(775) 782-8167

Port of Subs

1329 US Hwy 395 N. #9, Gardnerville NV 89410

(775) 782-9505

Round Table Pizza

1327 US Hwy 395 N., Gardnerville NV 89410

(775) 783-9777

Saku Sushi

1352 US Hwy 395 N., #112 Gardnerville NV 89410

(775) 782-3302

Sierra Chef

2292 Main Street in Genoa

775.392.4417

Events@SierraChef.com

Sonic Drive-In

1652 US Hwy 395 N., Minden NV 89423

Starbucks Coffee Company

1734 US Hwy 395 N., Minden NV 89423

(775) 783-9348

1327 US Hwy 395 N, A Gardnerville NV 89410

(775) 783-0831

Subway

1680 US Hwy 395 N. Minden NV 89423

(775) 783-8050

1328 US Hwy 395 N., Suite 101 Gardnerville NV 89410

(775) 783-7260

Super Burrito

1670 US Hwy 395N. Minden NV 89423

(775) 783-8431

Taco Bell

1343 Hwy 395 N. Gardnerville NV 89410

(775) 782-2404

Pick up & Deliveries

Open for Online orders & Delivery

Curbside pick-up and delivery

Open for To-Go, Curbside Pickup & delivery within 5 miles. Hours T-Fri 12pm-7pm Sat/Sun 4pm-7pm

Send an email to Events@SierraChef.com and we will send you back the Gourmet To-Go form which has our current menu (you can always add ala carte items). It also has a credit card form for the order and any future orders. We will bring your order out to your car.

Drive Thru Open

Drive Thru Open & Grab-N-Go pickup

Open Take Out & Delivery

Drive Thru Open

Drive Thru Open and delivery available through Grubhub.com

Taildragger Café
1150 Airport Road Minden NV 89423
(775) 782-9500

Curbside service and reduced hours Offering
Breakfast & Lunch ALL Day

The Fox & Hound Brewpub
310 S. Carson St.
Carson City, NV
(775) 883-1369

Delivery, curbside & to go!!!
call the fox @ 775-883-1369
hours 11am to 7pm (for now)
we sell beer & wine to go!
bring your growler for a
refill or any sealable
container and w
e will fill it! (64oz LIMIT)

The Grill Next Door
1302 Langley Dr. Gardnerville NV 89460
(775) 265-8841

Open for Take-out & Curbside pickup &
Free local Delivery

The Human Bean
1652 US Hwy 395 Minden NV 89423
(775) 392-4578

Curbside pickup open-reduced hours
5am-5pm

The Pink House, Inc.
193 Genoa Lane Genoa NV 89411
(775) 392-4279

Grab & Go Sandwiches & Dinner To-Go
Pickup

Wild Horse Bar & Grill
1679 US Hwy 395 N. Minden NV 89423
(775) 782-7208

To Go Orders Only

Woodett's Diner
1492 US Hwy 395 #101 Gardnerville NV 89410
(775) 782-0351

Open for To-Go Orders

Yogurt Beach
1330 Waterloo Ln. #102 Gardnerville NV
(775) 782-4956

Grab & Go Only



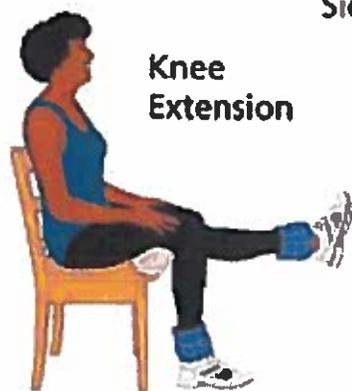
Wide Leg Squat



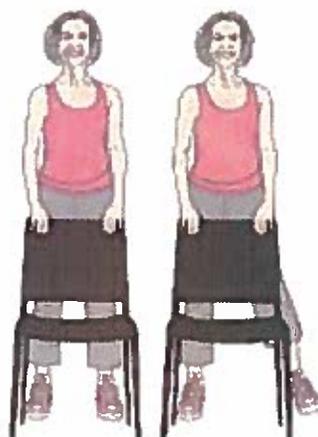
Standing Leg Curl



Knee Extension



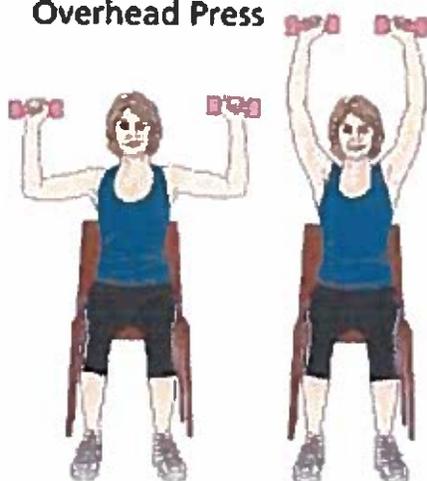
Side Leg Raise



Biceps Curl



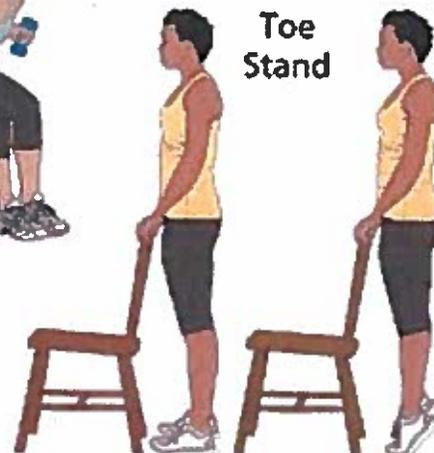
Overhead Press



Seated Row



Toe Stand



Stay Strong, Stay Healthy is adapted from The Strong Women Program, A National Fitness Program for Women, John Hancock Center for Physical Activity and Nutrition, Friedman School of Nutrition Science and Policy, © 2008 Tufts University, Boston Massachusetts

Illustrations by J. Bintzer, University of Missouri Extension
New 07/08; Revised 12/15/00

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

S
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D
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K
U

The Rules of Sudoku

While solving Sudoku puzzles can be significant challenge, the rules for traditional solution finding are quite straight forward:

1. Each row, column, and nonet can contain each number (typically 1 to 9) exactly once.
2. The sum of all numbers in any nonet, row, or column must match the small number printed in its corner. For traditional Sudoku puzzles featuring the numbers 1 to 9, this sum is equal to 45

7		8				3		
			2		1			
5								
	4						2	6
3				8				
			1				9	
	9		6					4
				7		5		

United States Word Search



Find all 50 state names and circle to complete

N F T R S Q R E N E W J E R S E Y D Y B V F E I I N
A L K V P E N N S Y L V A N I A X W J S L N C T V E
R O D A P N K L M X D E L A W A R E I I L E I E E W
I R H X N S P K I I H A L A S K A W I S R W O N R M
Z I N L U S M N N L C S L Q F Y D Y D R C Y W N M E
O D J S I Q A O P T L H T E X A S O A H G O A E O X
N A M I N N E S O T A I I F K F K M H O D R N S N I
A S O U T H D A K O T A N G R Q V I O D G K H S T C
Y G V O H I O S W S B P S O A V H N Q E P H Q E I O
N E W H A M P S H I R E N G I N P G Z I W T E E M N
L O D O A C O L O R A D O M I S S I S S I P P I A W
C R G R L K E N T U C K Y Z L E U N C L S C I N S E
O G Z E A A B Z X E K U M B O O L X O A N E N O S S
N I P G B O N A F R O V T A L K V H H N E M D R A T
N A N O A H A W A I I P I A R O L E I D V O I T C V
E P L N M V B K W A H T F R H Y U A B A A N A H H I
C E J S A B A R K A N S A S G C L I H P D T N D U R
T S O U T H C A R O L I N A I I M A S O A A A A S G
I N O R T H C A R O L I N A O A N A N I M N Y K E I
C D R C O B C A L I F O R N I A X I I D A A V O T N
U L L D E N E B R A S K A T X H A Y A N P N Z T T I
T W A S H I N G T O N H M I S S O U R I E R A A S A

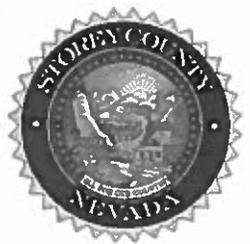
ALABAMA
ALASKA
ARIZONA
ARKANSAS
CALIFORNIA
COLORADO
CONNECTICUT
DELAWARE
FLORIDA
GEORGIA

HAWAII
IDAHO
ILLINOIS
INDIANA
IOWA
KANSAS
KENTUCKY
LOUISIANA
MAINE
MARYLAND

MASSACHUSETTS
MICHIGAN
MINNESOTA
MISSISSIPPI
MISSOURI
MONTANA
NEBRASKA
NEVADA
NEW HAMPSHIRE
NEW JERSEY

NEW MEXICO
NEW YORK
NORTH CAROLINA
NORTH DAKOTA
OHIO
OKLAHOMA
OREGON
PENNSYLVANIA
RHODE ISLAND
SOUTH CAROLINA

SOUTH DAKOTA
TENNESSEE
TEXAS
UTAH
VERMONT
VIRGINIA
WASHINGTON
WEST VIRGINIA
WISCONSIN
WYOMING



COVID-19 HOTLINE

QUESTIONS OR CONCERNS ABOUT COVID - 19

The hotline will service Carson City, Douglas, Lyon, and Storey County.

**Call us (775) 283-4789 or visit
GethealthyCarsonCity.org**

If you are experiencing symptoms, please contact your healthcare provider **BY PHONE** first. If your healthcare provider is unable to assist you please contact the hotline.



Carson City Health and Human Services opened a public hotline devoted to keeping the community up-to-date and informed about COVID-19.

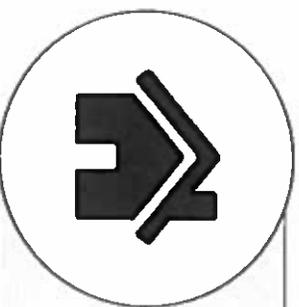


The hotline is (775) 283-4789, and staffed Sunday-Saturday, 8 a.m. to 4:30 p.m., to answer all non-emergency questions related to COVID-19. Remember, 9-1-1 is for life threatening emergencies only!

Keeping the home safe

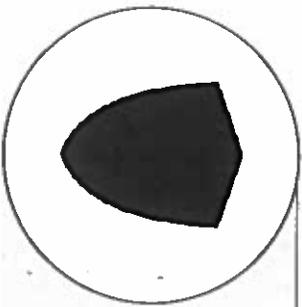
Encourage your family members to...

All households



- Clean hands at the door and at regular intervals
- Create habits and reminders to avoid touching their face and cover coughs and sneezes
- Disinfect surfaces like doorknobs, tables, and handrails regularly
- Increase ventilation by opening windows or adjusting air conditioning

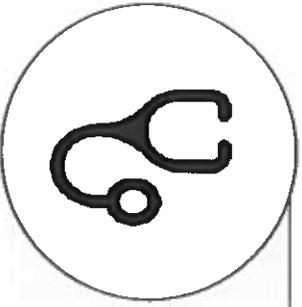
Households with vulnerable seniors or those with significant underlying conditions



Significant underlying conditions include heart, lung, kidney disease; diabetes; and conditions that suppress the immune system

- Have the healthy people in the household conduct themselves as if they were a significant risk to the person with underlying conditions. For example, wash hands frequently before interacting with the person, such as by feeding or caring for the person
- If possible, provide a protected space for vulnerable household members
- Ensure all utensils and surfaces are cleaned regularly

Households with sick family members



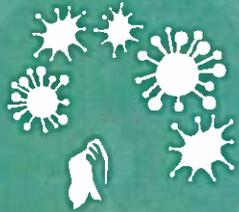
- Give sick members their own room if possible, and keep the door closed
- Have only one family member care for them
- Consider providing additional protections or more intensive care for household members over 65 years old or with underlying conditions

What every American and community can do now to decrease the spread of the coronavirus

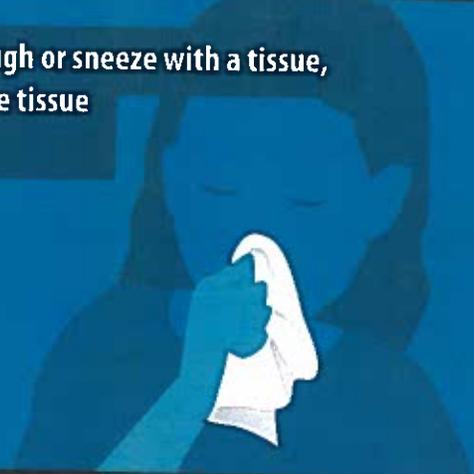
STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

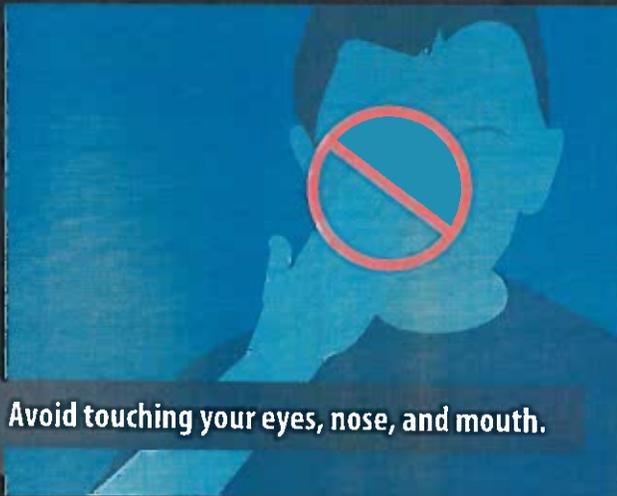
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



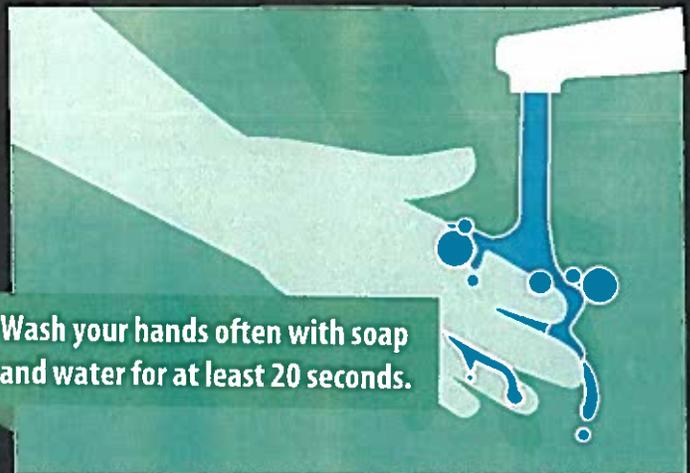
Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: www.cdc.gov/COVID19

What you need to know about coronavirus disease 2019 (COVID-19)

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

