

3/5/2020

Wallingford Community Senior Center COVID-19 Update:

King County Public Health recommends that those at higher risk of severe illness stay home as much as possible. This includes those 60 or older and those with underlying health conditions. To be cautious and to encourage seniors to stay home to protect themselves, **WCSC is cancelling all of its regular programming starting 3/6/2020 until further notice.** We look forward to getting through this with you and are hard at work on our April-June newsletter, including lots of exciting programming! In the meantime, our doors will stay open for now and you can call us Monday-Friday, 9 am - 5 pm at 206-461-7825 with concerns or just to talk. Check our website at wallingfordseniors.org for further updates.

As you are staying home to avoid exposure to COVID-19, reach out to family, friends, and neighbors and talk with them about how you may be able to help each other. Perhaps they can pick up groceries for you and drop them off on your doorstep or help to arrange delivery of supplies via an online retailer. Perhaps you can schedule daily phone calls to check in and socialize. If your neighborhood has a website or social media page, consider joining it to stay connected to neighbors, information, and resources.

Thank you for your understanding and patience. Please continue to follow King County Public Health recommendations to keep safe and healthy. kingcounty.gov/depts/health/communicable-diseases/disease-control/novel-coronavirus/protection.aspx

- Even if you are not ill, avoid visiting hospitals, long term care facilities or nursing homes to the extent possible. If you do need to visit one of these facilities limit your time there and keep 6 feet away from patients.
- **Do not go to the emergency room unless essential.** Emergency rooms need to be able to serve those with the most critical needs. If you have symptoms like cough, fever, or other respiratory problems, contact your regular doctor first.
- Stay home when sick.
- Practice excellent personal hygiene habits, including washing your hands with soap and water frequently, coughing into a tissue or your elbow, and avoid touching your eyes, nose, or mouth.
- Stay away from people who are ill, especially if you are at higher risk for contracting coronavirus.
- Clean frequently touched surfaces and objects (like doorknobs and light switches). Regular household cleaners are effective.
- Avoid touching your eyes, nose, and mouth unless you've just washed your hands.
- Get plenty of rest, drink plenty of fluids, eat healthy foods, and manage your stress to keep your immunity strong.

Other resources:

By Phone:

WA Warm Line, 1-877-500-WARM (9276): Confidential peer support line for those experiencing anxiety, loneliness, etc. Wednesday-Sunday, 5 – 9 pm.

Community Living Connections, 206-962-8467 or toll free 1-844-348-5464 (KING): Get objective, confidential information about community resources and service options.

Washington State Novel Coronavirus Call Center, 800-525-0127: For general questions about COVID-19 or the state's response. 8 am – 7 pm.

King County Novel Coronavirus Call Center, 206-477-3977: If you believe you were exposed to a confirmed case of COVID-19.

Online:

King County Public Health: kingcounty.gov/covid

Washington State Department of Health: doh.wa.gov/Emergencies/Coronavirus

Center for Disease Control: cdc.gov/coronavirus/2019-nCoV/summary.html