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Ohio Association of Area Agencies on Aging (o4a)

*Advocacy. Action. Answers on Aging.*

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March 18, 2020 | Visit our website: [www.ohioaging.org](http://www.ohioaging.org)

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## A message from the Ohio Association of Area Agencies on Aging

The Ohio Association of Area Agencies on Aging is working diligently to support Ohio's Area Agencies on Aging and the aging and disability network to understand the challenges they face to maintain the health and safety of staff and the individuals they serve during this time.

We applaud Governor Mike DeWine's and Ohio Department of Health Director Amy Acton's leadership, and the guidance received on a daily basis from the Ohio Departments of Aging and Medicaid and local authorities as we ensure that older Ohioans who are most vulnerable and at high risk continue to be served.

We are closely monitoring the ever-changing developments of COVID-19, commonly known as Coronavirus. The State of Ohio is taking measures to prevent the spread of the virus, and we are following the guidance and recommendations of state and health experts to prevent illness.

Older adults requiring assistance due to COVID-19 can call their local Area Agency on Aging (<http://ohioaging.org/area-agencies/>), their [local public health department](#), or their local 211 for resources.

How can you help? Here are a few ways –

- Look for volunteer opportunities – Meals on Wheels, food pantries, and other providers of services are likely to need help with home deliveries (dropped at the door); organizing drive up services (e.g. grab and go meals) or stocking supplies. They can also use donations (cash, not food). Look for online information about ways to help.
- Think about ways to help diminish social isolation, especially for older individuals, like [this terrific idea](#). Keep connected through phone calls, emails, and social media. You could even try writing letters!
- Help keep people informed with science-based information and connect them to available resources as needed. Check our o4a Resource Page at <http://ohioaging.org/covid-19-resources/> for a list of websites with resources and information. If you have suggestions for additional information to be posted let us know.

- Follow the CDC's recommendations and the Governor's orders!

Visit the Ohio Department of Health's Coronavirus webpage at [coronavirus.ohio.gov](https://coronavirus.ohio.gov) for more up-to-date information on Coronavirus in Ohio and a number of [checklists](#) to help you prepare for or prevent Coronavirus. Contact the ODH hotline for questions at 1-833-4-ASK-ODH (833-427-5634).

Centers for Disease Control and Prevention (CDC) Recommendations:

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, or having been in a public place.
- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- To the extent possible, avoid touching high-touch surfaces in public places – elevator buttons, door handles, handrails, handshaking with people, etc. Use a tissue or your sleeve to cover your hand or finger if you must touch something.
- Wash your hands after touching surfaces in public places.
- Avoid touching your face, nose, eyes, etc.
- Clean and disinfect your home to remove germs: practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones)

Have a plan for if you get sick:

- Stay in touch with others by phone or email. You may need to ask for help from friends, family, neighbors, community health workers, etc. if you become sick.
- Determine who can provide you with care if your caregiver gets sick

Watch for symptoms and emergency warning signs

- Pay attention for potential COVID-19 symptoms including fever, cough, and shortness of breath. If you feel like you are developing symptoms, call your doctor.
- If you develop emergency warning signs for COVID-19 get medical attention immediately. In adults, emergency warning signs include\*:
  - Difficulty breathing or shortness of breath
  - Persistent pain or pressure in the chest
  - New confusion or inability to arouse
  - Bluish lips or face

\*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

### **What to Do If You Are Sick\***

- Stay home except to get medical care
- Separate yourself as much as possible from other people and animals in your home
- Call ahead before visiting your doctor
- Wear a face mask if you are sick
- Cover your coughs and sneezes
- Cover your mouth and nose with a tissue
- Throw used tissues in a lined trash can
- Wash hands immediately after
- Clean your hands often
- Avoid sharing personal household items
- Clean all “high-touch” surfaces daily
- Monitor your symptoms

*\*Information provided by the Centers for Disease Control and Prevention [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)*

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