

Do you have questions about the coronavirus?

The best source of accurate, up to date information about the corona virus is the Centers for Disease Control at www.cdc.gov. Both South Orange and Maplewood are continually updating their websites with information: <http://southorange.org/> and <https://www.twp.maplewood.nj.us/>. In addition, AARP and the National Council on Aging have up to date recommendations and news for older residents at <https://www.aarp.org/> www.ncoa.org

NJ Department of Health:

- 24-hour public hotline: 1-800-222-1222

How to Prevent the Spread:

Using the same practices for the cold and flu season are very effective in preventing your exposure to this and other germs:

Avoid crowded places. Go shopping off peak or consider ordering food deliveries online:

King's: www.kingsdelivers.com

Whole Foods: www.delivery.WFM.com

Stop & Shop: www.peapod.com

Amazon.com

Cover your cough (or your sneeze) with the elbow of your sleeve or with a tissue and throw it away.

Wash your hands for 20 seconds - it is the soap and rubbing action under water that removes the germs.

Use a paper towel to open the door if you are in a public space or use hand sanitizer.

Wash your hands every time after being in a public space.

Stay home if you are sick.

Avoid touching your face, eyes, nose and mouth.

Continue your health routines - get plenty of sleep, stay hydrated, eat well and continue to take all of your medications.

If you are not feeling well, CALL your doctor before going to the office.

What does social isolation mean?

We keep hearing this term on the news and in information on how to prevent the spread of coronavirus.

Social distancing means keeping a greater physical distance from other people. Avoid crowds and large groups. Do not shake hands, and keep about 6 feet away from others. How can you do this:

If you go shopping, try to go when the store is not busy and keep a shopping cart's length between you and other shoppers

This might not be the time to have visitors. Do not invite people over unless you know they are healthy and careful.

Staying Connected and Fighting Isolation

Just because we can't get together in person, doesn't mean we can't stay connected.

Consider calling friends, neighbors and members of any groups you are part of.

Now is a good time to learn facetime or other apps that let you do video calling

You can talk to neighbors outside, just keep your distance. Talk to someone from your front steps.

Connect with friends you haven't called in a while.

Want to Make new Connections: NJV & Umbrella's Modern Pen Pal Project: Quarantalk with Chinese homebound students

Food Delivery

If you are concerned about going out, now may be a good time to use online food delivery services:

Online:

King's: www.kingsdelivers.com

Whole Foods: www.delivery.WFM.com

- Stop & Shop: www.peapod.com

By Phone:

Ashley Market-South Orange Avenue

Free delivery for orders \$25 or more

7 Days a week, 10am – 6 pm

Call (973) 762-5200 x1 to place an order