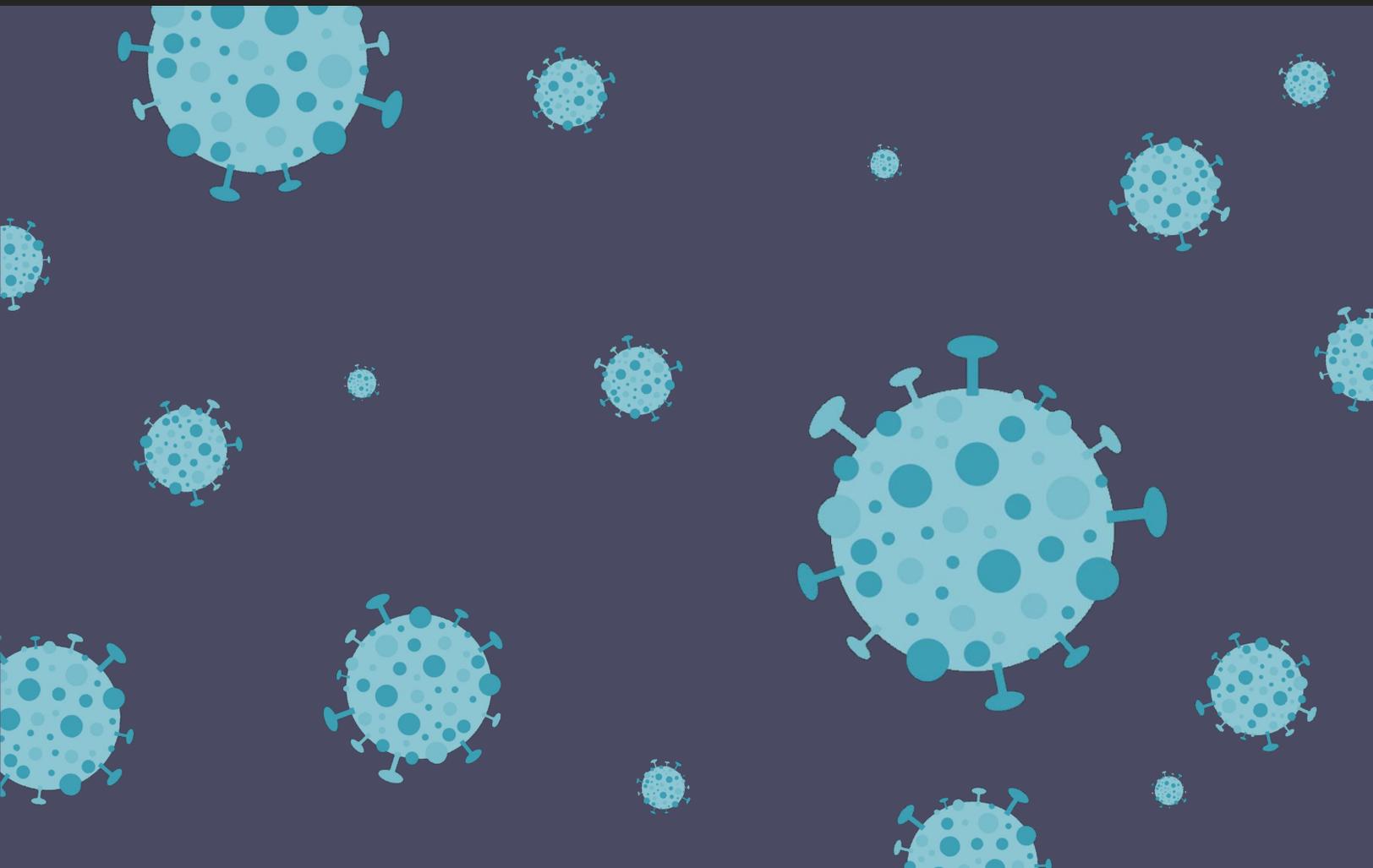
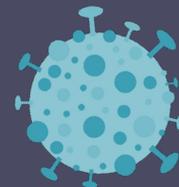




CORONAVIRUS GUIDE

FOR PEOPLE WITH I/DD





WHAT IS CORONAVIRUS? WHAT CAN I DO IF I THINK I HAVE IT?

Coronavirus, also known as COVID-19, is a new illness. Many people around the world have it. Many people in New Jersey and throughout the United States have it as well. Some people who have it are very sick and have to go to the hospital. Some people have died. Other people who have the virus just need to stay home for a few weeks to get better.



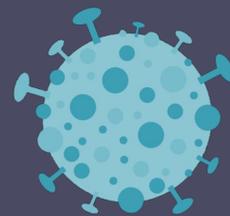
HOW DO YOU GET IT?

- Someone with COVID-19 gives you their germs.
- When they cough or sneeze, their germs get in the air, on you, and on things such as desks, computer keyboards and cell phones.
- Germs get into your body through your mouth, nose, and your eyes. The germs can last for several days.
- It's very important to wash your hands for 20 seconds, if you touch your face, rub your eyes, nose or mouth.
- People who are elderly or have healthcare issues should be extra careful.

HOW CAN I PREVENT MYSELF FROM GETTING IT?

- Do not shake hands or hug people
- Social distancing - stay at least six feet away from one another
- Wash your hands as often as you can
- Stay away from people as much as you can
- Stay out of crowds that have more than 10 people
- Use hand sanitizer only when you are not able to wash your hands





FIVE STEPS TO WASHING YOUR HANDS THE RIGHT WAY

Washing your hands is easy and one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community - from your home and workplace to childcare facilities and hospitals.

FOLLOW THESE FIVE STEPS EVERY TIME

1



Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

2



Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.

3



Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.

4



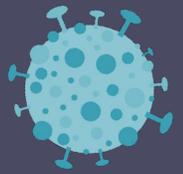
Rinse your hands well under clean, running water.

5



Dry your hands using a clean towel or air dry them.

Use hand sanitizer when you can't use soap and water. You can use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.



SONGS YOU CAN SING WHILE WASHING YOUR HANDS FOR 20 SECONDS

"MY SHARONA" BY THE KNACK

Ooh, my little pretty one, my pretty one
When you gonna give me some time, Sharona
Ooh, you make my motor run, my motor run
Got it coming off o' the line, Sharona
Never gonna stop, give it up, such a dirty mind
I always get it up, for the touch of the younger
kind

My, my, my, aye-aye, whoa!

M-m-m-my Sharona

<https://youtu.be/BR2JtsVumFA>



"RASPBERRY BERET" BY PRINCE

She wore a
Raspberry beret
The kind you find in a second hand store
Raspberry beret
And if it was warm she wouldn't wear much
more
Raspberry beret
I think I love her

https://youtu.be/I7vRSu_wsNc



"LOVE ON TOP" BY BEYONCE

Baby it's you
You're the one I love
You're the one I need
You're the only one I see
Come on baby it's you
You're the one that gives your all
You're the one I can always call
When I need to make everything stop
Finally you put my love on top

<https://youtu.be/Ob7vObnFUJc>



"AFRICA" BY TOTO

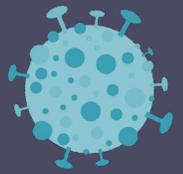
It's gonna take a lot to drag me away from you
There's nothing that a hundred men or more
could ever do
I bless the rains down in Africa
Gonna take some time to do the things we
never had (ooh, ooh)

<https://youtu.be/FTQbiNvZqaY>



...OR JUST SING YOUR "ABC'S" TWICE!

SONGS YOU CAN SING WHILE WASHING YOUR HANDS FOR 20 SECONDS



While you may want to clean your smartphone, some substances can damage the device. It is okay to wipe down your smartphone with soap and water.

- <https://slate.com/technology/2020/03/coronavirus-clean-phone-wash-hands.html>

SYMPTOMS OF THE CORONAVIRUS

- Fever of 100.4° or higher
- Dry cough
- Hard time breathing

If these things happen to you, it does not mean you have coronavirus. Many people get a fever or cough. You could just have a cold or the flu.



I FEEL SICK...WHAT SHOULD I DO?

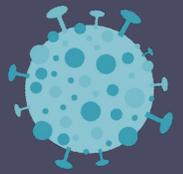
- You have a fever over 100.4°
- You have been with someone who has the virus, but don't feel sick.

CALL YOUR DOCTOR IF...

- You have been at a place where people with COVID-19 got medical treatment.

HOW WILL I FEEL IF I GET SICK?

- Most people do not get very sick. It is like having a cold or the flu.
- Some older people and people with disabilities may get really sick. They may end up in a hospital.



SONGS YOU CAN SING WHILE WASHING YOUR HANDS FOR 20 SECONDS

COVID-19 SYMPTOM CHECKER - Use this self-assessment tool to determine what actions you can take to protect you and your loved ones' health and help determine whether you should be tested for COVID-19. Testing is limited to individuals who have developed symptoms of COVID-19. You can complete this assessment for yourself or on behalf of someone else, if they are not able. Your answers will also enable us to protect your community. Please answer all questions as accurately as possible.

- self.covid19.nj.gov

COVID-19 TESTING SITES IN NJ - If you think you have these symptoms go to this link to find a testing center

- covid19.nj.gov/faqs/nj-information/testing-information/where-are-testing-centers-in-new-jersey

COMPANIES THAT CAN DELIVER YOUR MEDICATIONS QUICKLY

EXPRESS SCRIPT - The largest independent manager of pharmacy benefits in the United States and one of the country's largest pharmacies, serving more than 85 million people

- express-scripts.com

WALGREENS

- walgreens.com

CVS HEALTH

- [cv.com/content/delivery](https://www.cvs.com/content/delivery)

PILL PACK - A full-service online pharmacy that packages your medication and delivers to your door every month

- [pillpack.com](https://www.pillpack.com)

LOCAL AND COUNTY RESOURCES

SALEM COUNTY HEALTH DEPARTMENT

- <https://health.salemcountynj.gov/>

COUNTY CORONAVIRUS INFORMATION

- <https://health.salemcountynj.gov/coronavirus-disease-2019-covid-19/>

FACEBOOK

- <https://www.facebook.com/SalemCountyHealth>

NJ DEPARTMENT OF HEALTH

- nj.gov/health
- 24-hour hotline: Dial 2-1-1 or 1-800-962-1253 (*You may have to wait a bit*)
- 800-222-1222
- ncov@doh.nj.gov

NJ DIVISION OF DISABILITY SERVICES (DDS) - Within the Department of Human Services, DDS provides a single point of entry for those seeking disability-related information in New Jersey.

- nj.gov/humanservices/coronavirus.html
- 1-888-285-3036

MENTAL HEALTH - New Jersey “Warm Line” to help individuals experiencing mental health concerns.

- 877-294-HELP

CENTER FOR DISEASE CONTROL AND PREVENTION (CDC) - The Centers for

Disease Control and Prevention is the leading national public health institute of the United States. It is also a United States federal agency under the Department of Health and Human Services and is located in Atlanta, Georgia.

- cdc.gov/coronavirus/2019-ncov/index.html
- cdc.gov/coronavirus/2019-ncov/cases-updates/summary.html

FOOD RESOURCES & FOOD PANTRIES

Better Tomorrows- 40 Eaton Road, Pennsville, NJ, 08070, Phone: (856) 322-0185

Contact: Joann Fida - Every 2nd Thursday 10:00am - 2:00pm

Calvary Community Development Corp.- Second Baptist Church of Pedricktown, 26 Pennsville-Pedricktown Rd., Pedricktown, NJ 08067, Phone: (856) 299-5144

Contact: Cleo Johnson - 2nd Saturday 9:00 -11:00 am

Catholic Charities- 114 State St., Penns Grove, NJ 08069, Phone: (856) 299-1296

Contact: Emma Burj - Social Service Referral needed initially-

Appointment needed-no one turned anyone away, Limited to 1 time every 3 months

Open Monday – Friday 9am-12 and 1pm – 3pm

Catholic Charities- 25 Oak St., Salem, NJ 08079, Phone: (856) 339-4102
Social Service Referral needed initially, Appointment needed, Limited
to 1 time every 3 months

Disciples Pantry- Asbury UMC, 149 S. Main Street, Woodstown, NJ
08098, Phone: (856) 769-2484, Open Tuesday: 10 am – Noon and 4 – 6
pm, Proof of Residency Required

First Assembly of God- 430 Route 45, Salem, NJ, 08079, Phone: (856)
935-0060

Contact: Paula Corkum, 2nd & 4th Monday 10 am – 12 pm, Photo ID,
proof of Residency & additional assistance

First Baptist Church - Mickey Bowman Food Pantry, 130 W. Broadway,
Salem, NJ, 08079

Phone: (856) 935-0531, Contact: Ben Griffith, 2nd Saturday 8:00 am -
12:00 pm

Mid-Atlantic States Career and Education Center- 391 South Broadway,
Pennsville New Jersey 08070, Phone: (856) 514-2200, Every Tuesday
11:30 am – 1 pm, Currently Drive Up

Mt. Calvary SDA Church- 5 Union Street, Salem, NJ, 08079, Phone: (856)
935-5172

Contact: Stephen Fields, Pantry: Every Tuesday Noon - 2:00 pm & 3rd
Thursday 4 pm – 6 pm

Senior Pantry Program- Contact: Carmen Tunis 856-397-7054 for
eligibility, Proof of address, income and photo ID required.

Mt. Hope UM Church- 364 E. Broadway, Salem, NJ, 08079, Phone: (856) 935-2091

Contact: Rhonda Lusby, 3rd Saturday 9:00am - 1:00pm

Penns Grove Hope Mobile- 1 Helms Cove Lane, Penns Grove, NJ, 08069

Second Friday of the Month 9:30 am-11:30pm, Serving zip code 08069

residents only. All clients must bring a photo id. All new clients must also bring proof of income and proof of residency. Copy of pay stubs, Family First card, or Social Security statement are considered forms of proof of income. Copy of electric bill, telephone bill, bank statements are types of proof of residency

Pennsville Church of the Nazarene- 172 Churchtown Road, Pennsville, NJ, 08070

Phone: (856) 678-5803, Contact: Pastor Chris Baker, 4th Saturday 8:30 am - 12:30 pm

Peter's Pantry, Elmer United Methodist Church- 21 S. Main St., Elmer, NJ 08318

Phone: (856) 358-0135, 3rd Tuesday of month at 6:30 pm, provides food and voucher for church's thrift shop, Photo id required.

Salvation Army- 115 ½ W. Broadway, Salem, NJ 08079, Phone: (856) 935-0305

Appointments Preferred. Tuesday, Wednesday and Thursday 10-2, must call ahead. Limited to 1 visit a month, Photo ID and proof of income required.

Spencer UAME Church- 314 Bailey Street, Woodstown, NJ 08098, Phone: (856) 769-0525

Contact: Rev. Sharon Ghee, Every 4th Saturday 9:00 – 1pm

St. John Full Gospel Outreach Ministries, Inc.- 220 Shell Rd., Carney's Point, NJ, 08069

Phone: (856) 299-6400, Contact: Jeffrey Ledbetter Monday, Tuesday and Wednesday 11 am – 2pm and every 3rd and 4th Saturday 11:00am-3:00pm

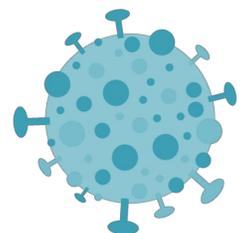
St. John's Pentecostal Outreach Church- 22 New Market Street, Salem, NJ, 08079

Phone: (856) 935-1445, Contact: Sonita Johnson, Every Wednesday at 1 pm and 3rd and 4th Friday of the Month 11:00am-3:00pm, Emergency Food: Weekdays 8am - 10am and by appointment after hours. Food box commodity program for those over 60. Anyone interested just go to St. John's Pentecostal Outreach or call (856) 935-1445.

Victory Assembly of God- 317 Harding Hwy (Rt. 40), Pittsgrove, NJ 08318

Phone: (856) 332-0241, Contact: Connie Thompson, 3rd Saturday 10 am - 2 pm, Must bring proof of income and bills or government assistance to determine eligibility and photo ID.

Woodstown Hope Mobile- Bailey Street Corner Townhomes, 10 Bailey Street, Pilesgrove, NJ, 08098, Phone: (856) 662-4884, 2nd Thursday of the Month 9am-11am, Serving Zip Codes: 08098, 08318, 08343



SNAP PROGRAM (FOOD STAMPS) – NJ SNAP

- <https://www.nj.gov/humanservices/dfd/programs/njsnap/>

NJ211 - Non-emergency assistance and access to community services

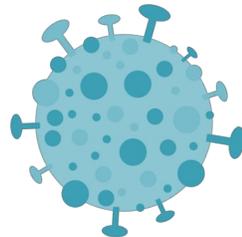
- NJ211.org
- Dial 2-2-1
- Text COVID19 to 898-211 to receive text alerts

911 - For emergencies only!

- Dial 9-1-1

DURABLE MEDICAL EQUIPMENT

- drnj.org/atacprogram.htm
- goodwillhomemedical.org
- ppch.org/give-and-get-help/missions



LOW COST INTERNET SERVICES FOR PEOPLE WITH LOW INCOME

- highspeedinternet.com/resources/are-there-government-programs-to-help-me-get-internet-service

INTERNET ESSENTIALS

- <https://www.internetessentials.com/covid19>

REGISTER READY: NEW JERSEY'S SPECIAL NEEDS REGISTRY FOR DISASTERS -

Allows New Jersey residents with disabilities or access and functional needs and their families, friends, caregivers and associates an opportunity to provide information to emergency response agencies so emergency responders can better plan to serve them in a disaster or other emergency.

- www13.state.nj.us/SpecialNeeds
- Dial 2-1-1

