

**A Message from Megan Poindexter at the Senior Resource Center for Douglas County**

March 11, 2020

In response to the wide-spread discussion about the new virus which causes COVID-19, commonly referred to as *coronavirus*, I share this message with you today.

***Seniors I speak with tell me they have lived through many frightening times.*** Many told me their earliest memories were during the polio outbreaks in the 1940s and '50s. They remember practicing hiding under their desks in case of a nuclear bomb. They recall the rise and fall of many health crises, as well as social and political turmoil. They told me they do not scare easily!

***Because of their vast experience, they know the way through is to be smart.***

According to Dr. Jay Butler, Deputy Director for Infectious Disease at the CDC, older adults and those with severe chronic medical conditions may be at higher risk for severe illness from COVID-19. ***This includes people with heart, lung and kidney disease, as well as those with diabetes.*** He suggests you take the following actions now to reduce your risk.

- **Take care of your own health.** Wash your hands frequently for 20 seconds or more. Use an alcohol-based hand sanitizer. Use tissues if you cough or sneeze, or the crook of your elbow.
- **Keep your home clean.** Especially after receiving visitors, wipe down counters and doorknobs using sprays or wipes according to the directions on the container.
- **Make a care plan.** If you have a personal caregiver, identify a plan in case your caregiver gets sick. Ask your doctor to help you acquire additional prescriptions for medications and talk with your pharmacist about home delivery for medications. Have enough food and other necessary supplies which would allow you to be at home for a few weeks.
- **Pay attention to your local community's health information.** If COVID-19 begins spreading in our local community, stay home or practice "social distancing" (staying at least 4 feet away from anyone else).

***But most of all, pay attention to your health.***

Call your doctor if you develop the following symptoms:

- Fever
- Cough
- Shortness of breath

Call 911 if you develop the following more severe symptoms:

- Persistent pain or pressure in your chest
- Difficulty breathing
- Confusion
- Blueness of lips or face

At SRC, we will be following all these same precautions. We will follow any directives which come from the Lawrence-Douglas County Health Department and LMH Health. If SRC needs to cancel any activities or events, or even temporarily close, we will communicate to the best of our ability using our Facebook page and website. You are welcome to call before traveling to SRC at 785-842-0543 to check the status of your activity.

Seniors of Douglas County, you are important to us! Take good care of yourselves and your loved ones. I encourage you to keep up your smart practices because I want you to enjoy SRC and all we have to offer you for many years to come!

Yours in good health,

