

# **Important Information About COVID-19 (Coronavirus)**

The Area Agency on Aging District 7 (AAA7) reminds the public that AAA7 and its network of service providers are considered part of the essential services during the COVID-19 (coronavirus) pandemic. The AAA7 serves the most vulnerable populations according to the Centers for Disease Control (CDC), covering ten counties in Southern Ohio including Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton.

While the Agency has had to make some modifications with business operations, the AAA7 remains open and ready to respond to the needs of older adults, their caregivers, those living with a disability, and individuals with chronic diseases. Due to the current pandemic and protocols in the State of Ohio for physical distancing, AAA7 local offices in Rio Grande, Waverly, West Union and Wheelersburg are no longer open to the public for “walk in” appointments; however, the Agency Resource Center is available via phone (1-800-582-7277) to answer questions or provide information on resources in the community. Phone lines will be open Monday through Friday from 8:00 am until 4:30 pm, or you can e-mail the Agency at [info@aaa7.org](mailto:info@aaa7.org).

Assistance the AAA7 can provide over the telephone includes community resources during the pandemic, information on long term care community-based services for seniors and those with disabilities, and general information about service providers and contacts in your local community that provide services for long-term care in the home.

Please note that the AAA7 cannot provide medical advice over the telephone. Medical questions need to be directed to your primary care physician or local healthcare facility. For questions regarding the coronavirus (COVID-19), please call the Ohio Department of Health at 1-833-4-ASK-ODH (1-833-427-5634). A vast amount of information is also available on the Ohio Department of Health special website that is updated daily at [www.coronavirus.ohio.gov](http://www.coronavirus.ohio.gov). The AAA7 will also continue to post special and helpful information at its website located at [www.aaa7.org](http://www.aaa7.org) on the Home Page under “Happening Now”, and the AAA7 Facebook page. Information below from the CDC.

## **Keeping the home safe**

### **Encourage your family members to...**

#### **All households**



- Clean hands at the door and at regular intervals
- Create habits and reminders to avoid touching their face and cover coughs and sneezes
- Disinfect surfaces like doorknobs, tables, and handrails regularly
- Increase ventilation by opening windows or adjusting air conditioning

#### **Households with vulnerable seniors or those with significant underlying conditions**



*Significant underlying conditions include heart, lung, kidney disease; diabetes; and conditions that suppress the immune system*

- Have the healthy people in the household conduct themselves as if they were a significant risk to the person with underlying conditions. For example, wash hands frequently before interacting with the person, such as by feeding or caring for the person
- If possible, provide a protected space for vulnerable household members
- Ensure all utensils and surfaces are cleaned regularly

#### **Households with sick family members**



- Give sick members their own room if possible, and keep the door closed
- Have only one family member care for them
- Consider providing additional protections or more intensive care for household members over 65 years old or with underlying conditions

**What every American and community can do now to decrease the spread of the coronavirus**

## QUICK QUIZ

*Even healthy people are conscious of lung disease because of the high rate of illness and death it can cause. Read the issue and answer True or False to questions below.*

1. *Chronic Obstructive Pulmonary Disease (COPD) is long-term blockage of air movement in the lungs. T F*
2. *Mold generally doesn't bother people with COPD. T F*
3. *Most people with COPD have both emphysema and chronic bronchitis. T F*
4. *Most COPD is inherited. T F*
5. *Relaxation techniques such as meditation, or tensing and relaxing muscle groups, are very helpful in relieving the stress that accompanies shortness of breath. T F*
6. *Cigarette smoking is the leading cause of COPD. T F*
7. *The first symptom of COPD is usually coughing that produces mucus, followed by shortness of breath after activities such as climbing the stairs. T F*
8. *People with COPD may eventually get tired dressing and bathing, lose the ability to concentrate, and put strain on their heart because their lungs are not processing enough oxygen. T F*
9. *Very mild agitation may seem like a personality change in which a person with Alzheimer's acts in ways that are uncharacteristic for him or her, such as being very stubborn, worried, or nervous. T F*
10. *Many people with lung disease become sick during flu season, and the flu can lead to pneumonia. T F*

**KEY:** 1. T 2. F 3. T 4. F 5. T 6. T 7. T 8. T 9. T 10. T