



EMPLOYMENT &  
HUMAN SERVICES

## MEMORANDUM

Kathy Gallagher, Director

40 Douglas Drive, Martinez, CA 94553 • (925) 608-5000 • Fax (925) 313-9748 • [www.ehsd.org](http://www.ehsd.org)

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To: All Staff, Code 2A

Date: March 13, 2020

From: Tish Gallegos, Community Relations

Subject: COVID-19 – Tips for Seniors & Other Resources

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Below is an EHSD tool [Tips for Seniors and the People Who Care for Them](#) that you can share, and it will soon be available in Spanish. You can also find it on the new [COVID-19 page](#) on the department's website. We will be updating this website page with information specific to EHSD's programs and services.

Please continue referring our customers to [Contra Costa Health Services](#) and the [County website](#) as the primary sources for Contra Costa health information and resources.

Thank you.

# Coronavirus (COVID-19)



If you or someone you care for is over age 50, has a disability or an underlying medical condition (such as heart, lung, or kidney disease, diabetes, cancer, and weak immune system), there is greater risk for serious illness from the coronavirus (COVID-19). While it is understandable to be concerned, it is important to focus on facts and preparation, not fear.

## Ways to prevent illness:

- Contra Costa Health Services (CCHS) recommends avoiding mass gatherings such as religious services, parades, sporting events, concerts or any event where others are “closer than arm’s length.”
- Stay at home as much as possible.
- Wash your hands often with soap and water for at least 20 seconds.
- Use a hand sanitizer with at least 60 percent alcohol.
- Cover your sneeze or cough with tissue, then throw it away and wash your hands.
- Avoid touching your eyes, nose and mouth.
- Avoid contact with people who are sick.

## If you feel sick:

- Stay home and rest.
- Do not visit older family members or friends.
- Do not visit senior residences or facilities.
- Check in with your older friends and family members often by phone, email, Skype or video-chat.
- Call a doctor or advice nurse before going to the hospital. Call 911 if you feel very sick.
- Keep medical providers’ contact numbers handy.

- Masks are for sick people. CCHS advises there is no evidence that wearing a mask will prevent a healthy person from catching novel coronavirus.

## Prepare

- Make sure you have access to several weeks of medications and supplies in case you need to stay home for a prolonged period of time.
- Plan now for what you will do if you, or people you rely on for support, become ill.
- If you know an older adult who lives alone, reach out to them now to check in.

Sources: [Centers for Disease Control](#),  
[Administration for Community Living](#),  
[Contra Costa Health Services](#)

March 12, 2020