

STAYING HEALTHY DURING CORONAVIRUS

If you are diagnosed with COVID-19, you and others living in your home should not go out as everyone may have the virus but not be showing symptoms.

Clean your hands often.



Wash your hands frequently with soap and water for 20 seconds, or use hand sanitizer with at least 60% alcohol. Avoid touching your eyes, nose, and mouth.

Wear a cloth covering over your nose and mouth.



Stay at home, but if you **must** go out (for food, your job, or to a doctor's appointment), cover your nose and mouth with a medical mask, a scarf, or bandana. Always wear a mask or cloth covering **if you are sick**. Make sure the mask fits snugly around your nose and mouth, and is secured with ties or ear loops.

Clean all "high-touch" surfaces every day.



High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables. If you don't have cleaning solutions, use a bleach solution of 1/3 cup of bleach per gallon of water. If you are making a smaller batch, use 4 teaspoons of bleach for a quart of water. **WARNING: Never mix household bleach with ammonia.**

Launder items using the warmest water possible.

Do not shake laundry, and disinfect hampers and carrying carts thoroughly.

What to do if you are sick



If you have a **cough, sore throat, trouble breathing, fever**, or other symptoms, **call your primary care doctor** for instructions on what to do.

If you are a patient at **Lynn Community Health Center**, contact your doctor using **MyChart** or call **781-581-3900**. Appointments are preferred, but walk-ins are available.

If you are a patient of **North Shore Physician's Group**, contact your doctor using **Patient Gateway** or call **844-839-8299**.

If you do not have a primary care doctor, you can establish care with Lynn Community Health Center. You **will not** be asked about your immigration status. You **do not** have to have health insurance. Call 781-581-3900 for a new patient appointment.

If you develop **emergency warning signs** for COVID-19 (trouble breathing, pain or chest pressure, confusion or inability to arouse, bluish lips and face), get **medical attention immediately or call 911**.



Food assistance for Lynn residents



Boxes of food are available Monday – Friday 9:00 am–12:00 pm at the Salvation Army, in partnership with the Lynn City Council and the Mayor's Office , 1 Franklin Street, Lynn, MA. Boxes are packed for households of 3; more is available for larger households. Seniors/Disabled/Quarantined residents call 781-586-6740 to arrange for a box to be delivered. **Limit one box of food per household per week.**