

Help Prevent the Spread of Coronavirus (and other contagious diseases)



**Wash Your Hands
Frequently - for
20 Seconds**

**Cough or Sneeze
into Your Sleeve**

Achooo!



**If You are Sick,
Stay Home**

- If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth.
- Avoid close contact with people who are sick.
- Cover your cough and sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

Symptoms

Fever
Cough
Difficulty Breathing
Muscle Pain
Tiredness

People who think they may have been exposed to the Coronavirus should contact their healthcare provider immediately.

For more information, go to:
www.cdc.gov/coronavirus or
www.washoecounty.us/health.
Dial 311 to reach the Washoe County Information Line.

Disclaimer: This information is not guaranteed nor is it being recommended. The church is not responsible. Please Choose all things at your own risk.

Here Is A List Of Basic Needs:

Below Is A Basic List For Every Member To Build On. Of Course It Should Be Tailored To Fit Individual Needs/Tastes (Based Upon Product Availability).

FOOD

Rice

Beans

Canned Fruit, Apple Sauce Cups, Fruit Cups

Canned Or Dried Vegetables

Canned Meat (Chicken, Tuna, Sardines)

Peanut Butter Or Nutella (A Must Have High Fat, High Calorie Shelf

Stable Item That Can Sustain A Person)

Oatmeal/Cereal/Crackers

Dried Fruit, Nuts, Trail Mix, Raisins, Granola Bars

Cooking Oil

Canned Soup, Ravioli

Food Seasonings - Salt - Sugar

Coffee/Tea/Juice Boxes Or Drink Mix Of Choice

Boxed Milk Item (Parmalat, Almond Milk)

HEALTH

Drinking Water**

Thermometer

Medications**

Pepto Bismal

Cough Drops

Cold Medicine

SAFETY

Flashlight

Batteries

Candles

Matches

Battery Powered or crank radio

TOILETRIES

Paper Towels

Soap

Deodorant

Wet Wipes (body & house cleaning)

Toothpaste

Toilette Paper

Essential Information about the State of Coronavirus (COVID-19) in NYC

NYC Dept. of Health and Mental Hygiene

24-Hour Coronavirus hotline: 1-888-364-3065

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