

INFORMATION



J. Ryan McMahon, II
Onondaga County
Executive



Lisa D. Alford
Commissioner
Onondaga County
Department of Adult &
Long Term Care Services



Onondaga County Office for Aging
John H. Mulroy Civic Center
421 Montgomery Street, 10th Floor
Syracuse, NY 13202
315-435-2362
www.ongov.net/aging



**Information For
Older Americans.**

- Be Prepared
- Health & Wellness
- Emergency Supplies
- Information

**Onondaga County
Office for Aging
315-435-2362**

Onondaga County
Health Department
315-435-8727
<http://www.ongov.net/health>

New York State
Department of Health
1-888-364-3065

Dial 211 for Community and
Government Services
<https://211cny.com>

Centers for Disease Control and
Prevention (CDC)
<https://www.cdc.gov>

**If you are feeling ill call your
Primary Care Physician or
Urgent Care.**

**In the case of a life threatening
emergency call 911.**

BE PREPARED



1. Identify & discuss potential emergencies with your family
2. Create an emergency plan
3. Pick two places where you and your family will meet during an emergency
4. Know where & how to get important information during an emergency.
5. Work with your neighbors
6. Gather & safeguard important documents
7. A plan for family members you care for should you become ill
8. Make a list of important numbers:
Emergency Contact

Physician (PCP)

Utility Provider

Pharmacy

Health Insurer

HEALTH/WELLNESS

Medications:

Make an up-to-date list of your current medications. Include over-the-counter pills that you take on a daily basis.



Handwashing: 20 SECONDS

Sing "Happy Birthday" TWICE

- Before, during & after food prep
- Before eating food
- Before & after caring for the sick
- After using the bathroom
- After blowing nose/coughing/sneezing
- After touching a pet
- After touching garbage

IF soap and water are not available use hand sanitizer.

Do **not** shake hands during virus outbreaks.
Keep a social distance of 6 feet.

Avoid crowds especially if you have a weakened immune system or chronic medical condition.

EMERGENCY SUPPLIES

- Household cleaning spray or wipes
- Hand soap
- Hand sanitizer with at least 60% alcohol
- Tissues
- Toilet paper
- Detergent
- Dish soap
- Adult incontinence products
- Non-electric can opener
- **A two-week supply of nonperishable food & snacks**
- **Water - One gallon per person per day**
- Pet food
- Cat litter
- Prescription medications
- Vitamins that you normally take
- Over-the-counter medications such as pain relievers and stomach treatments
- Fluids with electrolytes
- Batteries/Hearing aid batteries
- Battery powered radio/TV
- First Aid Kit
- Oxygen (if used)