Coronavirus: What Lake County Seniors Need to Know

The spread of the coronavirus throughout our country suggests that we should take reasonable steps to prepare in the event that the illness affects our local community. Now is the time to get informed without creating unwarranted fear and anxiety. Our team at the Lake County Council on Aging is monitoring the situation closely through credible sources including the Lake County General Health District, the Western Reserve Area Agency on Aging, Meals on Wheels America and the Centers for Disease Control and Prevention (CDC).

As a reminder, we follow health officials recommended steps to protect against coronavirus similarly to how we prevent the spread of other illnesses. Staff, volunteers, visitors and anyone who works with or near our food supplies are trained in frequent hand-washing, covering coughs and sneezes, cleaning and disinfecting areas frequently and staying home when ill.

The CDC advises all of us to practice these suggestions for staying healthy:

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

CORONAVIRUS HOTLINE: 1 (833) 427-5634

IMPORTANT: If you or a loved one have any concerns, the Ohio Department of Health has opened a call center to answer questions about Coronavirus, and is open seven days a week from 9:00 a.m. to 8:00 p.m.

The call center staff includes licensed nurses and infectious disease experts.