



IMPORTANT COVID-19 INFORMATION

Register for **Code Red**, the town's emergency notification system: Visit www.grafton-ma.gov and click on the CodeRed box (located on the bottom left corner of the website) to register; or call Code Red at **1-866-939-0911** and inform them you are from the Town of Grafton and wish to register for all notifications.

Massachusetts Information & Referral Hotline: **2-1-1**; or <http://mass211.org/>;
Website Information: www.mass.gov

Disaster Distress Helpline: 1-800-985-5990 - A 24/7, 365-day-a-year, national hotline dedicated to providing immediate confidential crisis counseling for people experiencing emotional distress related to the COVID-19 outbreak.

Worcester Regional Public Health's COVID-19 Information Line: 508-799-1019

Elder Services of Worcester

Information Referral Unit: 508-756-1545; email: irinfo@eswa.org; website: www.eswa.org/contact-us/
Meals on Wheels: 508-852-3205 to sign up to receive Meals On Wheels. A donation of \$2.50/meal is suggested.

Food

Grafton Food Bank: 508-277-4535
Project Bread: 1-800-645-8333

Transportation

- Worcester Yellow Cab: 508-754-3211
- GoGo Grandparents: 855-464-6872
- Reliable Medical Transport: 508-322-1870/508-963-2865

CVS: 508-839-2240 - CVS will deliver prescriptions if you have a credit card on file. They don't deliver refrigerated medications or narcotics. Delivery is by postal service. CVS calls the post office by 4:00 pm for pickup. Once the post office picks up the order it takes one or two days for delivery.

Stop & Shop: 508-887-9500 - Stop & Shop is currently not offering curbside pickup. The shopping hours for those over 60 years of age or immunocompromised are from 6:00 am - 7:30 am.

Fuel Assistance: South Middlesex County (SMOC) - 508-620-2342

- Leave a message and someone will get back to you.

TOWN OF GRAFTON IMPORTANT PHONE NUMBERS

Grafton Municipal Center: 508-839-5335
Grafton Senior Center: 508-839-9242

Grafton Police Dept. (non-emergency): 508-839-2858
Grafton Public Schools: 508-839-5421

10 ways to manage respiratory symptoms at home

If you have fever, cough, or shortness of breath, call your healthcare provider. They may tell you to manage your care from home. Follow these tips:

1. **Stay home** from work, school, and away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



3. **Get rest and stay hydrated.**



4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



6. **Cover your cough and sneezes.**



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



For more information: www.cdc.gov/COVID19