



In this difficult time, SPRING RIDGE Transitional & Memory Care would like to reach out and share information regarding Coronavirus.

### **What is Coronavirus or COVID-19?**

There are many types of human coronaviruses that commonly cause mild to severe upper-respiratory tract illnesses. COVID-19 is an infectious disease caused by a new virus has no treatment at this time.

### **How does it Spread?**

*The virus is thought to be spreading person to person.*

- Between people who are in contact with one another (within 6 feet)
- Through respiratory droplets produced when infected person coughs or sneezes.

### **How can I protect myself?**

*Do the FIVE:*

- Wash your hands for at least 20 seconds
- 6 feet distance between you and others.
- Cover coughs and sneezes.
- Avoid touching your face.
- STAY HOME as much as you can.

### **WATCH FOR SYMPTOMS:**

Stay home and speak to your healthcare provider if you develop any of these symptoms. These symptoms may appear 2-14 days after exposure.

- Fever
- Cough
- Shortness of breath

### **STRESS and COPING:**

Mental Health is as important as Physical Health. Please take good care of yourself and find ways to cope with stress. Such as taking a walk, listening to music, doing art or crafts projects, spend time with your pet, complete puzzles, gardening, and even organize your cabinets/shelves.

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We have provided a list of grocery stores in Pierce County with specific hours for seniors, individuals with underlying conditions and pregnant women to shop:

**Safeway** - Tues & Thurs, 6am - 9am

**Fred Meyer** - Mon, Tues, Wed, Thurs, 7am - 8am

**Winco** - Tues & Thurs, 6am - 7:30am

**Target** - Wed, 7am - 8am

**Albertson's** - Tues & Thurs, 6am - 9am

**Costco** - Tues & Thurs, 8am - 9am

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***PLEASE STAY HOME AND STAY HEALTHY.***  
***Spread the word not the virus.***