

# FOR EMERGENCY DIAL 911

NAME: \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_

ADDRESS \_\_\_\_\_  
\_\_\_\_\_

TELEPHONE \_\_\_\_\_

## MEDICAL DATA

PHYSICIAN \_\_\_\_\_

TELEPHONE \_\_\_\_\_

## MEDICAL ISSUES

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

ALLERGIES \_\_\_\_\_

## LIST OF MEDICATION

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## EMERGENCY CONTACTS

NAME \_\_\_\_\_ TELEPHONE \_\_\_\_\_

NAME \_\_\_\_\_ TELEPHONE \_\_\_\_\_



# COVID-19 /CORONAVIRUS COMMUNITY RESOURCE LIST

825 FALMOUTH ROAD, HYANNIS, MA 02601

508 862 4750

## COMMUNITY SUPPORTS

### EMERGENCY SERVICES 911

BARNSTABLE POLICE NON EMERGENCY 508 775 0387

HYANNIS FIRE DEPARTMENT 508 775 1300

BARNSTABLE FIRE DEPARTMENT 508 362 3312

WEST BARNSTABLE FIRE DEPARTMENT 508 362 3241

COMM 508 790 2375

CENTERVILLE FIRE DEPARTMENT 508 790 2375

OSTERVILLE FIRE DEPARTMENT 508 428 3311

MARSTON MILLS FIRE DEPARTMENT 508 428 3300

COTUIT FIRE DEPARTMENT 508 428 2210

### LOCAL RESOURCES

BARNSTABLE COUNCIL ON AGING 508 862 4750

ELDER SERVICES OF CAPE COD AND THE ISLANDS 508 394 4630

SAINT VINCENT DE PAUL 508 775 3073

RED CROSS 508 775 1540

CATHOLIC SOCIAL SERVICES 508 771 6771

### TRANSPORTATION

CCTRA CAPE COD TRANSIT AUTHORITY 508 775 8504 OR  
1 800 352 7155 [capecodtransit.org](http://capecodtransit.org)

## CORONAVIRUS DISEASE 2019/COVID-19

### CDC-

### CENTERS FOR DISEASE CONTROL AND PREVENTION

#### TAKE STEPS TO PROTECT YOURSELF

- **WASH YOUR HANDS OFTEN WITH SOAP AND-WATER FOR AT LEAST 20 SECONDS ESPECIALLY AFTER BLOWING YOUR NOSE, COUGHING , OR SNEEZING, GOING TO THE BATHROOM; AND BEING IN PUBLIC PLACES.**
- **IF SOAP IS NOT AVAILABLE HAND SANITZER THAT CONTAINS AT LEAST 60% ALCOHOL. COVER ALL-SURFACES OF YOUR HANDS AND RUB THEM TO-GETHER UNTIL THEY FEEL DRY.**
- **AVOID TOUCHING YOUR EYES, NOSE AND MOUTH WITH UNWASHED HANDS.**

#### CLEAN AND DISINFECT

- **CLEAN AND DISINFECT FREQUENTLY TOUCHED SURFACES. THIS INCLUDES TABLES, DOORKNOBS, LIGHT SWITCHES, COUNTERTOPS, DESKS, PHONE, KEYBOARDS, TOILETS, FAUCETS AND SINKS.**
- **IF SURFACES ARE DIRTY CLEAN THEM. USE DETERGENT OR SOAP AND WATER PRIOR TO DISINFECTION.**

## **CORONAVIRUS DISEASE 2019/COVID-19**

**CDC-**

**CENTERS FOR DISEASE CONTROL AND PREVENTION**

**KNOW HOW ITS SPREADS**

- **THERE IS CURRENTLY NO VACCINE TO PREVENT COVID-19.**
- **THE BEST WAY TO PREVENT ILLNESS IS TO AVOID BEING EXPOSED TO THIS VIRUS.**
- **THE VIRUS IS THOUGHT TO SPREAD MAINLY FROM PERSON TO PERSON.**
- **BETWEEN PEOPLE WHO ARE CLOSE CONTACT WITH ONE ANOTHER WITHIN 6 FEET.**
- **THROUGH RESPIRATORY DROPLETS PRODUCED WHEN AN INFECTED PERSON COUGHS OR SNEEZES.**

**THE SYMPTOMS**

- **FEVER**
- **COUGH**
- **SHORTNESS OF BREATH**

## **BARNSTABLE PHARMACIES**

**HOME DELIVERIES AVAILABLE**

**CREDIT CARD MAY NEEDED FOR HOME DELIVERIES**

WALGREENS 520 WEST MAIN STREET, HYANNIS, MA 508 775 9211

WALGREENS BARNSTABLE ROAD, HYANNIS, MA 508 771 6511

WALGREENS 3848 FALMOUTH ROAD, MARSTON MILLS, MA  
508 428 3525

WALGREENS.COM

CVS 176 NORTH STREET, HYANNIS, MA 508 775 8462

CVS 411 BARNSTABLE ROAD, HYANNIS, MA 508 771 4753

CVS 1030 PUTNAM AVE, MARSTON MILLS, MA 508 428 9638

CVS 1080 FALMOUTH ROAD,CORNER OF STRAWBERRY HILL ROAD  
HYANNIS, MA 508 778 4064

CVS.COM 1800SHOPCVS 1800 746 7287

**HOME DELIVERIES AND CURB SIDE PICK UP**

CAPE COD HEALTHCARE PHARMACY CAPE COD HOSPITAL  
508 862 9000

**IN STORE PICK UP ONLY**

STOP AND SHOP PHARMACY 145 ATTUCKS LANE , HYANNIS, MA  
508 790 2182

WHOLE HEALTH PHARMACY

596 WEST MAIN STREET, HYANNIS, MA 508 778 5928

## **COMMUNITY SUPPORTS**

### **CAREGIVER SUPPORT**

BARNSTABLE COUNCIL ON AGING 508 862 4750

ELDER SERVICES OF CAPE COD AND THE ISLANDS 508 394 4630

ALZHEIMER'S ASSOCIATION 1 800 272 3900

DEMENTIA AND ALZHEIMER'S CAREGIVER SUPPORT 774 552 6080

ALZHEIMER'S OF CAPE COD FAMILY SUPPORT CENTER 508 896 5170

### **MENTAL HEALTH**

BARNSTABLE COUNTY HUMAN SERVICES 508 375 6628

DUFFY HEALTH CENTER 508 771 9511

PARENTAL STRESS HOT LINE 1 800 632 8188

VETERAN CRISIS LINE 1 800273 8255 PRESS 1

DISASTER DISTRESS HOT LINE 1 800 985 5990

### **MEDICAL/PUBLIC HEALTH**

CAPE COD HEALTHCARE 508 771 1800

CDC CENTER FOR DISEASE CONTROL 1 800 232 4636

BARNSTABLE BOARD OF HEALTH 508 862 4644

## **COMMUNITY SUPPORTS**

### **FOOD PANTRIES**

ST. VINCENT DE PAUL FOOD PANTRY 508 775 1846

SALVATION ARMY HYANNIS PANTRY AND KITCHEN 508 775 0364

FIRST BAPTIST CHURCH 508 775 1846

BROWN BAG FOR SENIORS AND FAMILIES 508 862 4757

### **FOOD / GROCERY DELIVERY SERVICES**

SHAWS.COM POWERED BY INSTA CART

GUARANTEED FRESH 508 771 0904

GRUBHUB .COM

DOORDASH.COM

