



Oakland Mapleville Fire Department

46 Oakland School Street
Oakland, RI 02858
401-568-5720

ATTENTION OAKLAND MAPLEVILLE FIRE DISTRICT RESIDENTS

Who is at a higher risk for Coronavirus?

- Older adults over 60 years of age
- People who have serious chronic medical conditions like:
 - o Heart Disease
 - o Diabetes
 - o Lung Disease – e.g. Asthma, COPD, CHF, etc.

If you are at **higher risk for serious illness from COVID-19** because of your age or because you have a serious long term health problem, it is extra important for you to take actions to reduce your risk of getting sick with the disease.

- Stock up on supplies, but do not hoard, consider online shopping or special grocery store hours (6am – 7:30am at Stop and Shop starting 3/19 and 7am to 8am at Dave’s Marketplace starting 3/20)
- Take everyday precautions to keep space between yourself and others
- If you must go out in public, keep away from others who are sick, limit close contact and wash your hands often.
- Avoid crowds as much as possible
- During a COVID-19 outbreak in your community, stay home as much as possible to further reduce your risk of being exposed.

Consult with your health care provider for more information about monitoring your health for symptoms suggestive of COVID-19.

Rhode Island Department of Health has a hotline you can contact **for any COVID-19 questions (401) 222-8022** or go online at <https://health.ri.gov/diseases/ncov2019/>

Please determine who can care for you if your caregiver gets sick.

If there is anything that you may need assistance with, you can contact the Oakland Mapleville Fire Department at 401-568-5720 and we will attempt to help you in any way we can.

Chief Joseph Bertholic