


# Focused on Modoc County Senior Citizens



Modoc County cares about our senior citizens. Statistics are showing that this virus is causing serious health complications in the following populations: seniors and other people in all age groups with serious pre-existing medical conditions.



MODOC COUNTY COVID-19 INCIDENT  
**#233.1350**  
EMERGENCY OPERATIONS CENTER  
**PHONE LINE**  
Have Questions?  
Looking for Help?  
We are here for you  
HOURS OF OPERATION  
Monday-Friday 8 am-5pm



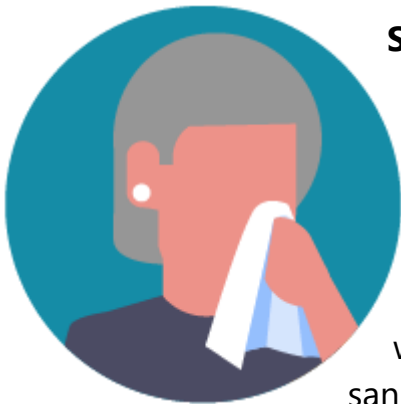
## You are not alone

For information about how to protect yourself, to request assistance or information on how your public servants are responding to this issue, please call 530-233-1350. Staff at the Emergency Operations Center may be able to provide assistance on needs related to COVID 19.

**If you are having an emergency and need immediate assistance, please call 911.**

**If you are self isolating as a precaution against COVID 19, TEACH can help with meals and other needs you have. If you need help, please call the 24-HR Crisis Line at (855) 855-6745**

## Recommended precautions



**Stay home** if you are sick and seek medical care.

**Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.

**Throw used tissues** in the trash. Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



**Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

**If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.