

# HARRIETSTOWN HOUSING AUTHORITY

14 KIWASSA ROAD STE 1  
SARANAC LAKE, NEW YORK 12983-2373

LAKE FLOWER APARTMENTS  
ALGONQUIN APARTMENTS  
SECTION 8 RENTAL ASSISTANCE



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**TO: ALL RESIDENTS**  
**FR: SARAH A. CLARKIN, EXECUTIVE DIRECTOR**  
**RE: OUR HEALTH – PREVENT, YET PREPARE**  
**DT: MARCH 5, 2020**

If you've listened to or watched any national/international news recently, you've no doubt heard reports about the Coronavirus, also known as COVID-19. A respiratory disease, COVID-19 is new to us. To my knowledge, at this time, there are no known cases anywhere near Saranac Lake.

Knowing a number of people who have bad colds or the flu, and, thinking of respiratory diseases more generally, for everyone's information, I've attached information from the Centers for Disease Control and Prevention (CDC) regarding steps we should take to help prevent the spread of all respiratory diseases. Please read carefully and post at a visible location in your home.

At this time, the CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19. Facemasks should be used by people who show symptoms to help prevent the spread of any respiratory disease to others. Facemasks should also be used by those who are taking care of someone in a close setting, like a home.

In addition to taking steps to prevent the spread of germs, it's always a good idea to be prepared for an unexpected situation. We, in the Adirondacks, know it's important to be ready for big snowstorms, power outages, etc. Having enough supplies on hand is smart. Also attached, please find New York State's recommendation for items to have on hand – this list applies to all emergencies.

The Housing Authority will remain in contact with residents, sharing new information as it arrives.

**ATTACHMENT 1: CDC FLYER – STOP THE SPREAD OF GERMS**  
**ATTACHMENT 2: NYS RECOMMENDATION FOR EMERGENCY KIT ITEMS (ALL EMERGENCIES)**

# STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

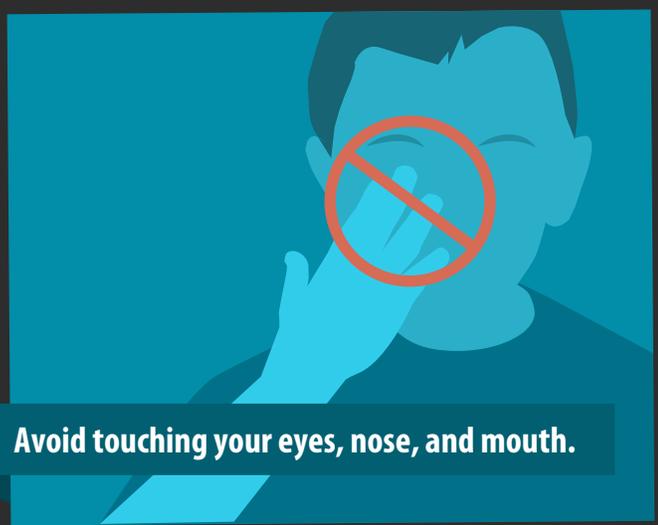
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)



## 4 Steps to Preparedness

### Step 1: Make a Plan

### Step 2: Prepare an Emergency Kit

Often during an emergency, electricity, water, heat, air conditioning or telephone service may not work. All New Yorkers should have some basic supplies on hand in order for a family to survive if an emergency occurs. The emergency supply kit should be robust and contain enough food, water, medications and other consumables to last seven to ten days. Following is a list of basic items (based on a family of four to survive for seven to ten days) that every emergency supply kit should include.

### Food and Water



- Bottled water - one gallon per person per day, collapsible, sterile water container.
- Ready-to-eat canned foods - vegetables, fruits, beans, meat, fish, poultry, pasta, soup, juice.
- Milk - powdered, canned or shelf-stable brick pack.
- High energy foods - peanut butter, jelly, nuts, dried meat (for example, jerky), granola, trail mix, energy bars.
- Staples - sugar, salt, pepper, instant coffee, tea bags, cocoa.
- Candy - chocolate bars, hard candy.
- Infant and small children's needs - baby food, formula, disposable diapers.
- Specialty food - for elderly or people on special diets.
- Pet food (if needed).

### Health and Hygiene Supplies

- Prescription medication - at least one week's supply.
- Toilet paper.
- Pre-moistened hand wipes - pre-moistened baby wipes.
- Hand sanitizer
- Toiletries - toothpaste, deodorant.
- Feminine hygiene supplies.

- A list of family physicians, important medical information, and the style and serial number of medical devices such as pacemakers.

## Personal Supplies

- A change of clothing, rain gear and sturdy shoes for each family member. Sleeping bags, bedding or blankets for each family member.
- An extra pair of glasses or contact lenses and solution (be sure to check expiration dates).
- Document Holder with identification, credit cards/traveler's checks/cash, and photocopies of important family documents including home insurance information.

## Household Supplies and Equipment



- One gallon liquid chlorine bleach.
- Battery-powered radio or TV.
- Flashlights - one for each room of the house.
- Lantern LED
- Glow sticks
- Extra fresh batteries for radio, TV, lantern and flashlights.
- Whistle
- Gasoline (if you plan to use a generator outdoors).
- Propane fuel (if you plan to use a grill or camp stove outdoors).
- Charcoal (if you plan to use a barbecue grill outdoors).
- Disposable tableware, including paper towels and napkins.
- Manual can opener.
- Plastic bags - zip sealing, garbage.
- Fire extinguisher (small canister A-B-C type).
- Food thermometer - able to measure temperature from 0 to 220 degrees Fahrenheit.

## Tools

- Rope (for rescue, tow, tying down property)
- Shovel
- Hammer and nails
- Multi-Tool with pliers
- 4 in 1 Emergency Tool (with gas and water shut off)
- Reflective Vests
- Work gloves
- Eye Goggles
- Utility Tape
- Electrical tape
- Clean-up supplies
- Broom
- Buckets (5 gal min, with lids)
- N-95 particulate masks
- Disinfecting spray
- Mop
- Paper towels
- Rags (to clean with)
- Rubber gloves
- Scrub brush
- Sponges
- Garbage bags with ties



## Emergency First Aid Kit

Have these supplies on hand: First aid manual, assortment of sterile gauze pads and adhesive bandages, medical tape, ace bandage, CPR mask, Quik Clot, over-the-counter drugs (aspirin, antidiarrheal medications, and activated charcoal), antiseptic ointment, soap, nitrile gloves, SAM splint, oropharyngeal airways set, thermometer, tweezers and needles, and tongue depressors.

### For More Information

- [New York State Office of Counter Terrorism](#)
- [New York State Office of Emergency Management](#)
- [New York State Department of Health](#)
- [New York State Police](#)
- [New York State Thruway Authority](#)
- [New York State Department of Transportation](#)
- [American Red Cross](#)

Step 3: Be Aware

Step 4: Get Involved