TIPS for the Coral Gables Adults 50+ to Stay Safe Against COVID-19

WE ARE HERE TO HELP!
For Coral Gables Seniors with any needs, including COVID-19 testing concerns.

Senior Residents Hotline: 305-460-5401

Miami-Dade County COVID-19 Testing Appointments: 305-499-8767
Call promptly at 9 a.m.

Department of Health COVID-19 Hotline: 866-779-6121
Email: covid-19@flhealth.gov

Local Grocery Stores & Pharmacies
Special Shopping Hours:

**Publix** (Ages 65 and older)
Tuesdays and Wednesdays, 7 a.m. - 8 a.m.

**Whole Foods Market** (Ages 60 and older)
Daily, 7 a.m. - 8 a.m.

**BJ’s** (Club members ages 60+ years old)
Daily, 8 a.m. - 9 a.m.

**Costco** (for club members ages 60+ years old)
Tuesdays, Wednesdays and Thursdays, 8 a.m. - 9 a.m.

**Walgreens**
Tuesdays, 8 a.m. - 9 a.m.

The above stores also welcome people with physical impairments or vulnerabilities during these special hours.

Everyday actions that you can do to STAY HEALTHY:

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, or having been in a public place.
- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- To the extent possible, avoid touching high-touch surfaces in public places – elevator buttons, door handles, handrails, handshaking with people, etc. Use a tissue or your sleeve to cover your hand or finger if you must touch something.
- Avoid touching your face, nose, eyes, etc.
- Avoid crowds, especially in poorly ventilated spaces. Your risk of exposure to respiratory viruses like COVID-19 may increase in crowded, closed-in settings with little air circulation if there are people in the crowd who are sick.
- If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

Stay up to date with COVID-19 check the City website at www.coralgables.com/emergency