

# Buffalo Senior Center

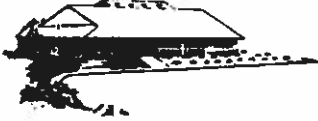
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March 16, 2020

Statement from the Buffalo Senior Center:

Due to the recent guidelines from the CDC, the Buffalo Senior Center will be closing our congregate meal site (meals served at the senior center) and all of our activities, effective Monday, March 16. The site will be closed for three weeks and will tentatively re-open April 6.

Services will still be available from the Buffalo Senior Center: Home delivered meals, in-home services, and public transportation.

During this closure meals can be delivered. Please call the senior center at 307-684-9551 for questions, concerns or to order a meal.

## **COVID-19 Precautions for Seniors and Volunteers (Recommendation based on CDC guidelines).**

Please help us keep the most vulnerable population safe during this time. Seniors and people with a history of heart disease, lung disease, and diabetes are at highest risk for COVID-19. There is no need to panic at this time so please stay calm. Complying with the following information will help us all stay as healthy as possible over the upcoming weeks.

**-Stay home** unless absolutely necessary for you to leave your house

-Get meals delivered. The Buffalo Senior Center will continue to provide Meals on Wheels at this time, please contact the Buffalo Senior Center if you are in need of meals

-Avoid restaurants and public places, consider delivery or carryout. Multiple restaurants in Buffalo are offering carry out at this time.

-Get groceries delivered if possible. If you do need to go out, wash your hands, keep your distance from others.

-Have at least two months of medication available if possible, contact your healthcare provider to make sure you have refills or your pharmacy as many will mail medications to you or deliver if possible

-Stay in touch with others through phone calls, FaceTime, etc. Do not meet up in groups other places as this defeats the purpose of social distancing

-Wash your hands frequently

For those Delivering Meals: Thank you for your willingness to help out during this time, make sure to keep yourself safe as well

- Leave meals on the doorstep outside, do not go into houses if possible to reduce the risk of transmission. Please make this a contactless system as much as possible
- Wash your hands or use hand sanitizer before and after you drop off each meal
- Cover your cough and sneeze into your elbow. Do not use your hand.
- Avoid touching your face
- If you are sick at all or have any symptoms please do not deliver meals, call the Senior Center and we will find someone else to deliver meals
- Try to practice social distancing - please stay 6 feet away from others
- Reduce any contact including shaking hands, hugging, etc

If you become sick, stay home and please contact health care providers. Call the clinic at 307-684-2228 or the hospital 307-684-5521, do not show up to the ER or clinic without calling first so we can appropriately designate the best course of action at this time.

- If you develop a fever, cough and shortness of breath or chest pain please seek medical attention
- Have a plan to have another caregiver available if yours becomes sick
- Stay in touch with healthcare provider regarding symptoms
- Stay in touch with family, friends by phone or email

This may seem to be a great deal of precaution but we MUST do all we can to protect each other and particularly those who are high risk. Our seniors are likely the most at risk in the community of Buffalo.

For more information please visit:

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>