

Syracuse Housing Authority

Neighborhood News

Special Edition - COVID-19

& Lifestyles



Coronavirus (COVID-19) Facts & Resources

Special Edition in partnership with Upstate Medical University



Dear Residents,

By now most of you are aware that the City of Syracuse and Onondaga County have declared a State of Emergency due to the spread of COVID-19, commonly called the Coronavirus. As a result of this situation, Syracuse Housing Authority has had to change many of our daily operations. We regret the delays this shift in service may cause, but feel that the health and safety of our residents, employees and the community require this step.

We ask for your patience and cooperation as we implement the following changes:

Property Management Offices will remain open but available by telephone only. Many leasing functions can be completed through a combination of telephone, mail or email. Nevertheless, we will be relaxing deadlines for annual and interim certifications, inspections and other leasing related functions.

Rent Payments: You may still pay rent by mail or at any of the rent collection locations.

Report Income Changes: If you have had a reduction in income or employment loss please call your property management office as soon as possible.

Emergency Work Orders: Until further notice SHA maintenance staff will only enter housing units for emergency repair work.

Restricted Visitation Policy: SHA is restricting visitors in its high rise buildings. Contact your property manager to obtain permission for a visitor to gain permission to enter the building.

Please Call 911 for Emergencies:

A list of SHA and community resources are included in this newsletter I encourage you to take the public health information contained in this newsletter seriously. It will take a full community effort to get through this public health crisis with minimal loss of life.

Sincerely,

William Simmons

William J. Simmons,
Executive Director

COVID-19 (coronavirus) FACTS

How does it spread? Coronavirus spreads mostly from person-to-person. People who are in close contact with one another (6 feet) through droplets in the air from coughs or sneezes. It can also spread by touching a surface or object that has the virus on it and then touching your face (mouth, nose, eyes).

Can you get the virus twice? No, the reports of people who had the virus twice were actually people who never fully recovered from the virus and symptoms got worse again.

What does community spread mean? People in the area have been infected with the virus and are unsure how they got it because they were not traveling or around sick people.

Should I go for a walk? If you feel safe going outside for a walk, yes. Getting out of the house and getting exercise is healthy. Avoid sick people and stay 6 feet away from others. Please do not walk or gather inside apartment buildings.

Why is it on the news so much? What news can I trust? The news is reporting the virus a lot because it is new. We don't have any vaccines for it yet. The more awareness and knowledge about the virus, the better you can protect yourself. *Centers for Disease Control (CDC), World Health Organization (WHO), and hospital websites (Upstate.edu) are all trust worthy sources.*

Reduce your risk of **coronavirus** infection:



Frequently clean hands by using alcohol-based hand rub or soap and water

When coughing and sneezing cover mouth and nose with flexed elbow or tissue – throw tissue away immediately and wash hands



Avoid close contact with anyone that has fever and cough



 World Health Organization

WHEN TO USE A MASK

For healthy people wear a mask **only if you are taking care of a person with suspected coronavirus infection**

Wear a mask, **if you are coughing or sneezing**

Masks are effective **only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water**

If you wear a mask then you **must know how to use it and dispose of it properly**



 World Health Organization

For additional questions you may email shematters@upstate.edu , message us on Facebook/Instagram, or call an RHA in your building



Should I wear a MASK? By Rachel Ryan, Upstate Medical University

Hi, Rachel, the Upstate Medical She Matters Program Coordinator here!

You've probably heard a lot of different info about masks! I'm here to help clear it up!

There is a limited supply of Personal Protective Equipment (PPE) so many people have been making, donating, and wearing homemade masks. Homemade masks will only be used in the hospital if we run out of medical grade PPE.

However, homemade masks can be used in public. The Center for Disease Control and Prevention (CDC) recommends wearing cloth masks in public places such as grocery stores where social distancing is difficult to maintain. Cloth masks can slow the spread of the virus and help people who may have the virus and do not know it from spreading it to others.

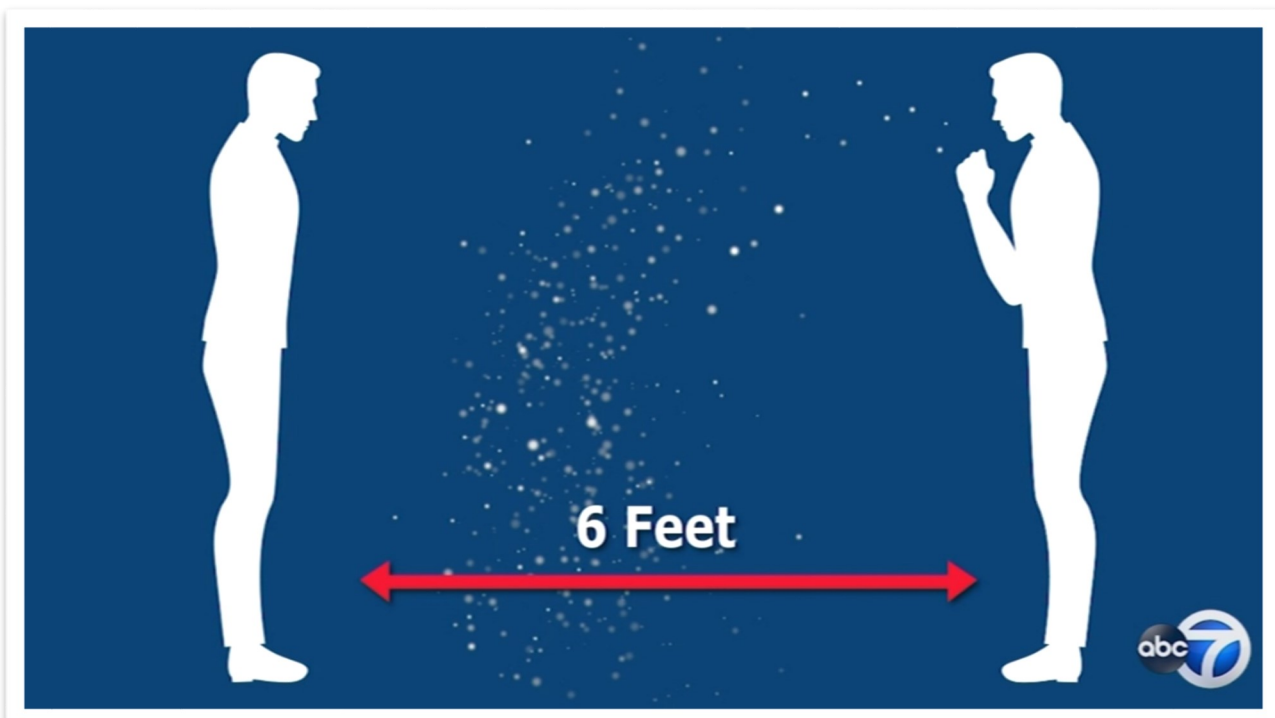
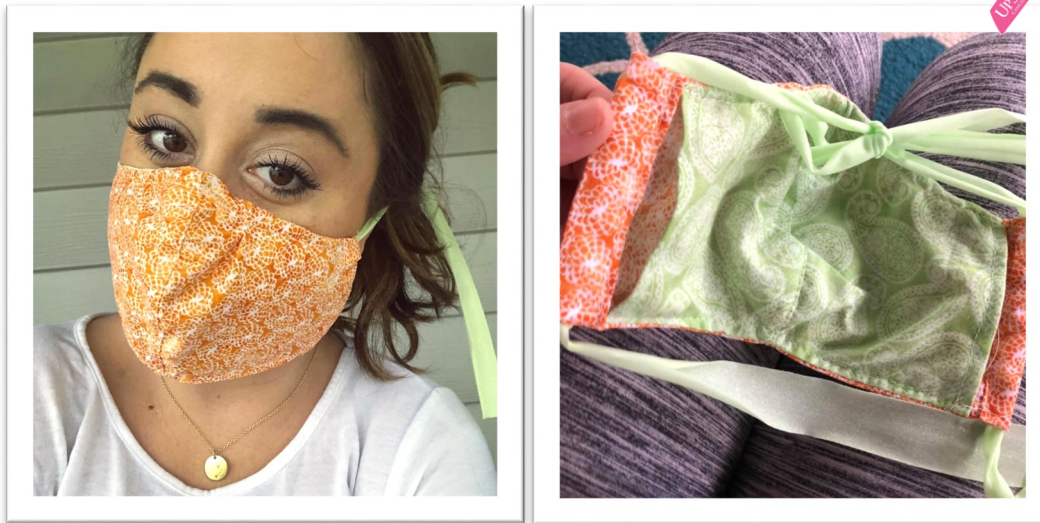
Cloth masks should be washed regularly in a washing machine. Avoid touching your face while wearing the mask and taking it off. Always wash your hands after handling a mask.

The mask I'm wearing is double layered and has a pocket you can put a coffee filter in for extra protection! If you would like to make your own, the pattern and instructions for this mask is available on Upstate's website (link below)!

https://www.upstate.edu/emergencymgt/pdf/mask_how_to_3_25rr.pdf?fbclid=IwAR13iM17x50LQv0MbrRjIpZ3AReZq5KeJW1CkSOXRPCwsRAYlCwHyW0qDxU



Or watch an Online tutorial at: <https://youtu.be/V110Yo5pJ-4>



Procedures if someone in your household is sick

<p>Stay separated</p> <p>The sick person should eat (or be fed) in their room if possible.</p>	<p>Wash dishes and utensils using gloves and hot water</p> <p>Handle any non-disposable used food service items with gloves and wash with hot water or in a dishwasher.</p>
<p>Wash your hands often</p> <p>with soap and water for 20 seconds.</p>	<p>Keep separate bedroom and bathroom for sick person (if possible)</p> <p>The sick person should stay separated from other people in the home (as much as possible).</p>
<p>For clothing, towels, linens and other items</p> <p>Wear disposable gloves.</p> <p>Wash hands with soap and water as soon as you remove the gloves.</p>	<p>Keep a dedicated, lined trash can</p> <p>If possible, dedicate a lined trash can for the sick person.</p> <p>Use gloves when removing garbage bags, and handling and disposing of trash.</p>
<p>Clean surfaces using soap and water</p> <p>Practice routine cleaning of frequently touched surfaces.</p>	

FLU SEASON IS HERE

WASH

PROPER HAND HYGIENE HELPS PREVENT THE FLU FROM SPREADING

Community Number related to the COVID-19/Coronavirus Assistance

If you are sick please **contact your primary care physician** and describe your symptoms. Follow their advice. They will tell you if you should be tested.

If you do not have a primary care doctor or are uninsured, call Upstate Medical University at 315-464-3979 and someone will tell you if you should be tested. The number will be available from 7 a.m. until 11 p.m.

Emergency Food Services for Senior Citizens – age 55+ Call 315 218-1987

Emergency Food for Children & Adults – Please call 211 to find a location closest to you.



CORONAVIRUS DISEASE 2019 (COVID-19)

Social distancing means putting space between yourself and others.

cdc.gov/COVID19



Thank you Avis Hatcher of AOT for making and donating over 100 facemasks! These cloth facemasks are being distributed to residents and essential SHA staff. Maintenance worker Coery Loucks is keeping a social distance and working hard to clean and sanitize SHA apartment buildings.

High Rise Apartment Building - Limiting Visitors

Syracuse Housing Authority manages ten high-rise apartment buildings. The majority of these 1,200 residents of these buildings are senior citizens and/or persons with a disability. The Coronavirus (COVID-19) is especially dangerous to older people and people with chronic health conditions. For this reason, SHA is exercising our right to severely restrict visitors to these apartment buildings.

Social Distancing means putting space between yourself and others. Please do not congregate in building community rooms or lobbies.

COVID-19 VISITOR ALERT

ESSENTIAL VISITORS ONLY

PROVIDING A SAFE AND HEALTHY ENVIRONMENT FOR OUR RESIDENTS IS OUR TOP PRIORITY. AT THIS TIME, THAT MEANS DOING ALL THAT WE CAN DO TO LIMIT POTENTIAL EXPOSURE TO THE COVID-19 VIRUS. WHICH THE WORLD HEALTH ORGANIZATION (WHO) DECLARED A PANDEMIC AS OF MARCH 11, 2020

TO HELP OUR RESIDENTS, WE ARE IMPLEMENTING THE FOLLOWING VISITATION RESTRICTIONS IN OUR SENIOR HOUSING BUILDINGS EFFECTIVE MARCH 25, 2020.

THESE RESTRICTIONS WILL REMAIN IN EFFECT UNTIL FURTHER NOTICE. ENTRY WILL BE LIMITED TO ESSENTIAL VISITORS ONLY (Those necessary for resident care and community operations)

ROUTINE SOCIAL VISITS ARE SUSPENDED UNTIL FURTHER NOTICE.

ANY ONE WHO IS EXHIBITING SIGNS OF ILLNESS OR HAS RECENTLY TRAVELED TO AN AREA UNDER A LEVEL 2 OR 3 CDC TRAVEL RESTRICTION SHOULD REFRAIN FROM ENTERING

TIPS IF YOU AREN'T ABLE TO STAY HOME FROM WORK

Rachel Ryan, Upstate Medical University She Matters Program Coordinator

Workplace Protections

Whenever possible stay 6 ft away from all customers and coworkers

Wear gloves and change them often

Wash your hands or sanitize regularly

Avoid touching your face

If you believe you have come into contact with someone who has COVID-19 or if you feel sick, wear a mask for 14 days.

What is flattening the curve?

Flattening the curve is the slowing down of the spread of disease. By social distancing and staying at home when you can, the virus should spread slower. The slowing of the spread will help so that healthcare systems do not get overwhelmed with too many patients at once. People will receive better care and better outcomes.

Tips for prepping your home during the Covid-19 (coronavirus) pandemic:

If you can, stock up on a 2 week supply of food. Potatoes, pasta, sauces, rice, beans, soups, cereals, frozen vegetables, and other non-perishables are a good place to start.

Avoid buying more than 2 toiletries, fresh fruits and vegetables, meats, eggs (think of others who also need these).

Make sure your prescriptions are filled and you have additional medicines such as vitamins, Advil, DayQuil, etc. in case you get sick.

Stress due to Covid-19 may look like:

Fear and worry

Changes in sleep or eating patterns

Difficulty sleeping or concentrating

Worsening of chronic health problems

Increased use of alcohol, tobacco, or other drugs

Self Care includes:

Take breaks from the news and social media

Take care of your body: eat well, stay physically active, get plenty of sleep, avoid drugs and alcohol.

Take deep breaths, stretch, meditate.

Do activities you enjoy.

Connect with others by calls, text and video chats.

Make Storytime Anytime

Connie Gregory, Resident Engagement Specialist

Healthy Neighbors Partnership Regular
Storytime cancelled due to COVID19



Have Fun and Games Fun!!!
Reading Resources for families

<https://readaloud.org>

www.gettingsmart.com/2017/11/national-family-literacy-day/

www.StartwithaBook.org

www.ReadingRockets.org/book/fun

Humor Helps - Laugh Often!

When do them kids,
go back to school?



Phone Numbers for Emotional Support



911 for Emergencies
211 for information and Service Needs
211cny.com website access to local service lists
315-251-0600 Local Hotline for Emotional Support
800-273 TALK (8255) National Suicide Prevention
Text 741741 Text for stress and emotional support

Onondaga County Department of
Adult & Long Term Care Services
315-435-3355
www.ongov.net/adult



SHA MAINTENANCE REQUESTS DURING COVID 19 SHELTER IN PLACE ORDER:

Due to the State, County and City guidelines we will be limiting work-orders to an **emergency-needs basis only** until further notice.

Emergencies are defined as plumbing issues (sewers, floods, non-working toilets), no heat or hot water, no power or alarm electrical issues and elevators.

Pest concerns will be handled upon your request, however; regular follow up during this health crisis will be reduced. Your cooperation and understanding during this stressful time is appreciated.

Before Maintenance enters any unit the occupants will be asked if you or anyone in your household has been tested for the Coronavirus or is under a mandatory self-quarantine or isolation order.

Please be aware that this questioning is not only for your family's benefit but for those workers who will be called in.

SHA Encourages Residents to Self-Report COVID-19 Positive Test Results

If you or anyone in your household tests positive for the Coronavirus (COVID-19) please call your property management office or the Resident Support Services telephone line. Calls are **judgement free** and we will respect your privacy. By letting us know your status, we may be able to provide you with extra supports and assistance.

Resident Support Services During COVID –19 Pandemic

We care about our neighbors and want to help where we can. SHA Service Coordinators are available by telephone, to assist residents who have questions about accessing essential services during this health crisis. We do not have all the answers during this unprecedented time, but we pledge to do our best to support you through this difficult period.

SHA SERVICE THROUGH THE COVID-19 PANDEMIC

SHA offices are still open for business but closed to in person appointments. Most leasing functions can be accomplished through telephone, email or post. During this time, HUD is allowing us to relax our deadlines for recertifications and many other required documentation.

SHA Security - Remember to call 911 for Emergencies
315-475-6181 Ext. 5

Emergency Work Orders / Maintenance
315-475-6181 Ext. 3

Resident Support Services /Social Work
315-475-6181 Ext. 6

Leasing / Property Management Offices

Toomey Abbot Towers
315-428-0187

Central Village, Almus Oliver Towers & McKinney Manor
315-478-1671

Ross Towers, Vinette Towers, Fahey Ct & Eastwood Heights315-422-0408

James Geddes & Benderson Heights & Scattered Sites
315-470-4421

Pioneer Homes
315 473-6810

Freedom Commons
315-470-0556

Eastwood Homes, Leonard Buildings & Homes of Syracuse
315-433-126

Housing Choice Voucher Program (Section 8)
315-470-4400 for an informational message
or 315-470-4460 to leave a message



SYRACUSE HOUSING AUTHORITY

516 Burt Street
Syracuse NY 13202

Special Edition - COVID-19 Pandemic Response



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Catherine Holmes Patricia McBride

Executive Director
William J. Simmons

Syracuse Housing Authority
516 Burt Street
Syracuse, NY 13202
(315) 475-6181

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