



LEHIGH COUNTY

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Press Release

FOR IMMEDIATE RELEASE:

April 6, 2020

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COVID-19 Resources for Lehigh County Residents

Lehigh County's Office of Emergency Management provides resources residents can use during pandemic.

Lehigh County, PA- Lehigh County's Office of Emergency Management would like to remind residents that resources remain available during the COVID-19 pandemic. These resources and tips include access to human and health services, food banks, behavioral support, and scam prevention.

Please note in the case of an emergency residents should immediately call 9-1-1.

PENNSYLVANIA 211 EAST

Pennsylvania 211 East is a free, confidential, non-emergency, comprehensive information and referral service that connects Lehigh County residents with the health and human services they need.

211 Connects You to Information About:

Aging Services
Clothing
Counseling
Food Resources

Health Services
Housing/Shelter
Substance Abuse
Support Groups

You can reach 211 by dialing 211 or (855) 567-5341 or visit their website at <http://www.pa211east.org/Lehigh>

SECOND HARVEST FOOD BANK of the Lehigh Valley and Northeast Pennsylvania

You can find the closest Second Harvest Food Bank by dialing 484-287-4015 or going on their website at <http://shfblv.org/find-a-food-pantry/>

SUNSHINE Boxes are Second Harvest Food Bank's distribution of food through the Commodity Supplemental Food Program (CSFP), a federally-funded program that is designed to improve the health and nutrition of low-income senior citizens, post-partum mothers, and children. A supply of staple foods, provided by the USDA, are packed into boxes and distributed once a month to registered participants.

MEDICATIONS

Older adults and those with chronic health conditions should check on their available supply of prescription drugs in case you are at home for a prolonged time. It's always a good idea to keep a 30-day supply of medication and medical supplies on hand during this mandatory stay-at-home order.

Remember, it will take 1-3 days to refill a prescription.

Your physician may bump up your prescription from a 30-day supply to a 90-day supply. If so, call your pharmacy to make sure it can fill it. If you don't have access to a larger supply and want to refill your medication before the refill date, call your prescription plan and explain your situation of the stay-at-home order. The insurer may be able to type in a special code to alert the pharmacist that an early refill has been approved.

Call your pharmacy to find out if they will deliver while you are staying at home.

General tips about your medications:

- Get prescriptions refilled early enough to avoid running out of medicine, which may cause problems with your medication schedule.
- Organize your medicines at home. Many people use a chart or written schedule to keep track of their medicines. Some find containers with different colored caps, different sections or with alarms that go off at set times helpful.
- If there are children in your home, remember to put medicines out of their sight and reach, and don't take medicines in front of them.
- If you buy medicines on the Internet, check the web site for the Verified Internet Pharmacy Practice Sites (VIPPS) program and seal of approval to make sure the site is properly licensed and has been successfully reviewed and inspected by the National Association of Boards of Pharmacy (www.nabp.net).

BEHAVIORAL HEALTH SERVICES –

Lehigh County Crisis Intervention. Licensed telephone and mobile crisis services that provide mental health assessments regardless of income or insurance. Crisis Intervention operates 24-hour/7 days a week. Lehigh County Crisis Intervention can be contacted at 610-782-3127.

Staff from the Office of Mental Health are available to answer questions about the programs and services available. If you are actively receiving mental health services in the County system, they can assist you. If you are not currently registered in the County Mental Health system and wish to access County funded/supportive services, please call Information and referral at 610-782-3200.

Other Resources available to Pennsylvanians in need of support:

- Greater Lehigh Valley Warmline 6:00 AM – 2:00 AM, 7 days a week: 610-820-8451
- Statewide Support & Referral Helpline: 1-855-284-2494. For TTY, dial 724-631-5600
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- Línea Nacional de Prevención del Suicidio: 1-888-628-9454
- Crisis Text Line: Text "PA" to 741-741
- Safe2Say: 1-844-723-2729 or www.safe2saypa.org
- Veteran Crisis Line: 1-800-273-TALK (8255)
- Disaster Distress Helpline: 1-800-985-5990
- Get Help Now Hotline (for substance use disorders): 1-800-662-4357

BEWARE OF TELEPHONE AND EMAIL SCAMS or HOAXES:

As the novel coronavirus (COVID-19) pandemic continues to impact the United States, phone scammers have seized the opportunity to prey on you. Hoax text message campaigns and scam robocalls offering free home testing kits, promoting bogus cures, selling health insurance, and preying on virus-related fears. Scammers are also using robocalls to target consumers during this national emergency.

- Text message hoaxes may claim that the government will order a mandatory national two-week quarantine, or instruct you to go out and stock up on supplies. The messages can appear to be from a "next-door neighbor."
- As many consumers will be receiving checks as part of the federal government response to the coronavirus. No one will call or text you to verify your personal information or bank account details to "release" the funds. The Treasury Department will issue payments via direct-deposit, based on information from your 2018 tax filings.

Ways to protect yourself from scams, including coronavirus:

- Do not respond to calls or texts from unknown numbers, or any others that appear suspicious.
- Never share your personal or financial information via email, text messages, or over the phone.
- Be cautious if you're being pressured to share any information or make a payment immediately.
- Scammers often set-up phone numbers to trick you into answering or responding. Remember that government agencies will never call you to ask for personal information or money.
- Do not click any links in a text message. If a friend sends you a text with a suspicious link that seems out of character, call them to make sure they weren't hacked.

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