



October 14, 2020

Here at Shalom I and II, it is up to each of us to work together to keep all residents safe from COVID-19. I encourage each of you to read through the enclosed information sheets from the Centers for Disease Control.

Please keep in mind, that if you are outside of your apartment, in the hallways and common areas of Shalom I and II, you and your visitors must wear a face mask and keep a social distance of 6 feet from others, at all times.

Here are additional helpful hints for keeping yourself and others safe:

- Always wear your mask over your nose and mouth when in hallways and common areas.
- Use a tissue or your elbow to press elevator buttons.
- Wash your hands thoroughly and frequently or use an FDA approved alcohol-based hand sanitizer.
- Get a flu shot.
- Stay inside your apartment if you are feeling unwell.
- Identify a "wellness buddy," who you can notify if you are feeling unwell, and who can check on you by phone regularly.
- If you think you might need to get tested, call the RI DOH at 401-222-8022.

If you do find yourself needing to stay home, resources are available to help you. Many medical appointments can be conducted by tele-health. Additionally, you might find the attached resource lists helpful. Shana Prohofsky, the Shalom resident life assistant, is also available by phone for help locating resources at 401-428-4084 Wednesdays and Fridays from 9 a.m. to 1:30 p.m.

Adoption Options • Case Management • Celebrations Adult Day Services • Friends of Jewish Seniors • JERI • Kosher Nutrition
Lifeline RI • Moes Chitim • Partners in Care • Shalom Apartments • The Counseling Center • The Keshet Program
The Louis and Goldie Chester Full Plate Kosher Food Pantry • The Phyllis Siperstein Tamarisk Assisted Living Residence

Oct. 30,2020

FOR YOUR SAFETY, DUE TO THE RISE IN COVID-19 CASES, PLEASE NOTE THE FOLLOWING CHANGES IN OFFICE PROCEDURES:

- 1) KNOCK FIRST. DO NOT WALK IN. When the office opens the door, please step behind the BLUE line.
- 2) Work order forms can be completed in the hallway or issues can be called into the office at 738.4414.
- 3) Rent checks can be placed in the manila envelope on the door.
- 4) Recertifications will be done in the Computer room across the hall from the office. When you are scheduled to meet, wear your mask.
- 5) Routine inquiries will be handled by phone. Call the office at 738.4414.
- 6) For Appointments with Shana on Wed. or Fridays, call first to schedule a meeting at 401.428.4084.

REMEMBER TO WEAR YOUR MASK AND SOCIALLY
DISTANCE AT LEAST 6 ft.

WASH YOUR HANDS!

I SEE SOMEONE NOT WEARING A MASK, WHAT SHOULD I DO?

SEE SOMETHING, SAY SOMETHING

Try these phrases for reminding others that we all need to keep each other safe:

- “Please put your mask on.”
- “It looks like you forgot your mask. Remember, we all need to wear them outside of our apartments.”
- “Wearing a mask protects you and others.”
- “I know they’re uncomfortable, but we’ve all got to wear them.”
- “You’re only half dressed. Remember, your nose and mouth.”

Be a role model. Always wear your mask correctly, covering your nose and mouth.

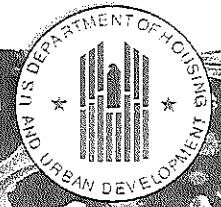
Consider carrying an extra paper mask for those who might not have a clean one available.

If someone refuses, you can move further away from them or leave the area.

Remember, be gentle, and do not shame anyone. Wearing a mask is all part of the adjustment.

COVID-19 PREVENTION

MAY 2020



COVID-19 IS A SERIOUS RESPIRATORY ILLNESS THAT CAN SPREAD FROM PERSON TO PERSON

You're at a **HIGHER RISK** if you or your family members are...

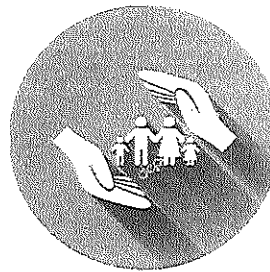
- Elderly (60+ years of age)
- Pregnant or breastfeeding
- Immunocompromised
- Dealing with a serious health condition, such as HIV, heart disease, lung disease, asthma, or cancer



Find creative ways to socially distance, release energy, and stay well:

- Read, do arts and crafts, exercise, meditate, and find other ways to positively reduce stress.
- Avoid playground equipment.
- Use online social networking.

Protect yourself and your family by knowing **common symptoms** of COVID-19, such as:

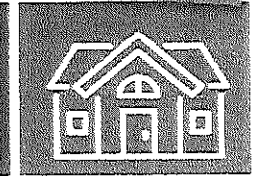
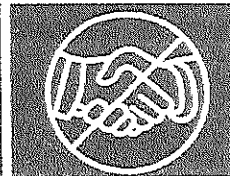
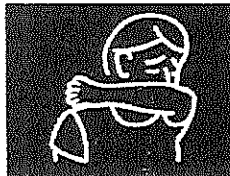
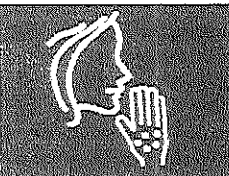
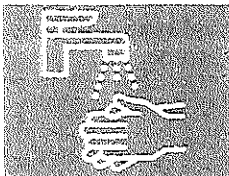


- Fever or chills
- Diarrhea
- Difficulty breathing
- Shortness of breath
- Coughing, sneezing
- Sore throat
- New loss of taste or smell

If you suspect you have COVID-19, call a doctor or 911 right away. Stay away from others.

Steps to keep yourself safe and prevent the further spread of COVID-19:

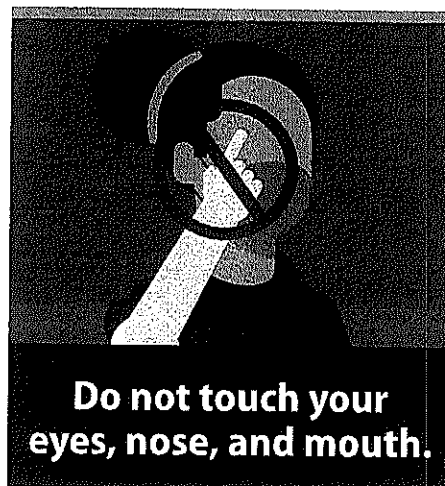
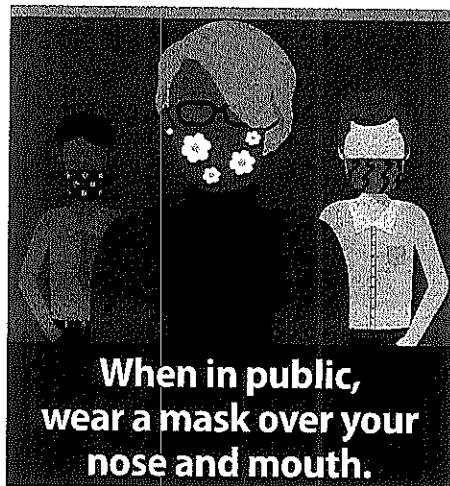
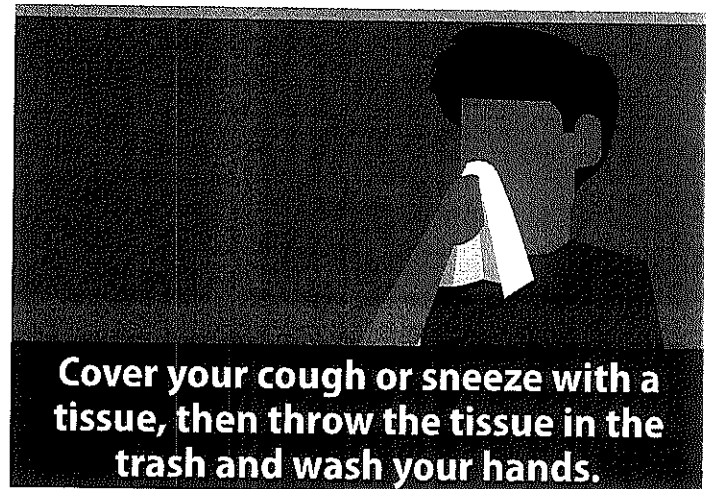
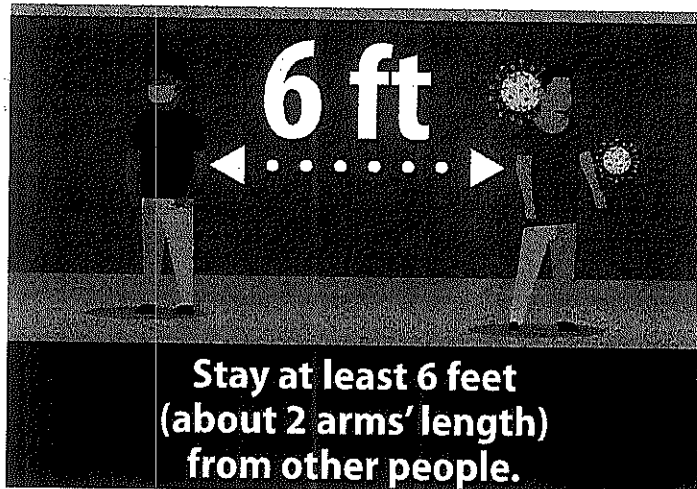
1. Stay home unless absolutely necessary.
2. Wear masks or coverings over your mouth and nose outside the home. Avoid touching your face.
3. Keep space (6 feet or more) between yourself and others.
4. Regularly wash your hands with soap and water for 20 seconds.
5. Cover your cough and sneezes.
6. Clean and disinfect frequently touched surfaces including delivered packages.
7. Avoid gathering in groups more than 6.



This flyer was created as a resource for HUD residents.
Learn more at [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus).

Stop the Spread of Germs

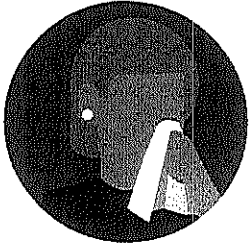
Help prevent the spread of respiratory diseases like COVID-19.



How to Protect Yourself and Others

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

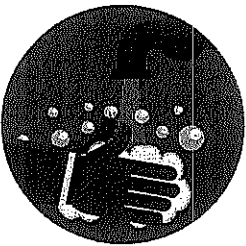
Know how it spreads



- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
 - » Between people who are in close contact with one another (within about 6 feet).
 - » Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - » These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - » COVID-19 may be spread by people who are not showing symptoms.

Everyone should

Clean your hands often



- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol.** Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Avoid close contact

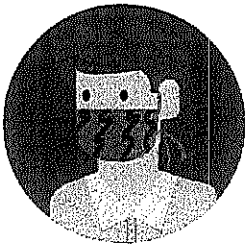


- **Limit contact with others as much as possible.**
- **Avoid close contact** with people who are sick.
- **Put distance between yourself and other people.**
 - » Remember that some people without symptoms may be able to spread virus.
 - » This is especially important for **people who are at higher risk of getting very sick.** www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html



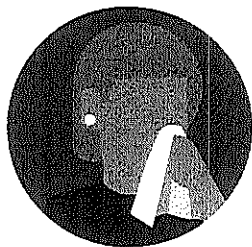
cdc.gov/coronavirus

Cover your mouth and nose with a mask when around others



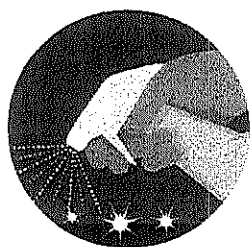
- **You could spread COVID-19 to others** even if you do not feel sick.
- **Everyone should wear a mask in public settings** and when around people not living in their household, especially when social distancing is difficult to maintain.
 - » Masks should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- **The mask is meant to protect other people** in case you are infected.
- Do **NOT** use a facemask meant for a healthcare worker.
- Continue to **keep about 6 feet between yourself and others**. The mask is not a substitute for social distancing.

Cover coughs and sneezes



- **Always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and disinfect



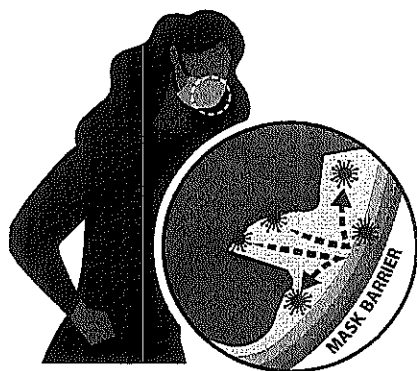
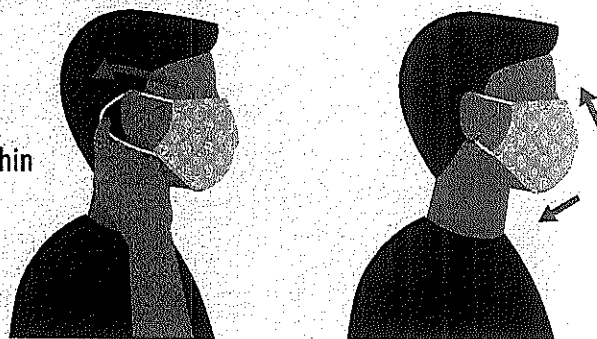
- **Clean AND disinfect frequently touched surfaces** daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.
- **Then, use a household disinfectant.** You can see a list of [EPA-registered household disinfectants here](#).

How to Safely Wear and Take Off a Mask

Accessible: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

WEAR YOUR MASK CORRECTLY

- Wash your hands before putting on your mask
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Do not place a mask on a child younger than 2

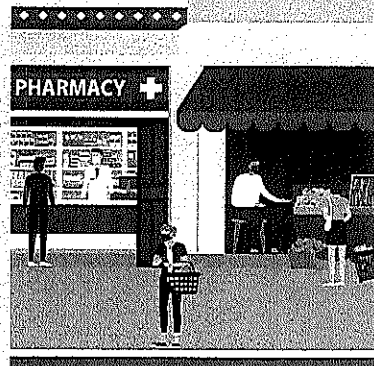


USE A MASK TO HELP PROTECT OTHERS

- Wear a mask to help protect others in case you're infected but don't have symptoms
- Keep the mask on your face the entire time you're in public
- Don't put the mask around your neck or up on your forehead
- Don't touch the mask, and, if you do, clean your hands

FOLLOW EVERYDAY HEALTH HABITS

- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available



TAKE OFF YOUR MASK CAREFULLY, WHEN YOU'RE HOME

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place mask in the washing machine
- Wash your hands with soap and water

Personal masks are not surgical masks or N-95 respirators, both of which should be saved for health care workers and other medical first responders.

For instructions on making a mask, see:

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



Handwashing and Hand Sanitizer Use

at Home, at Play, and Out and About



Germ is everywhere! They can get onto hands and items we touch during daily activities and make you sick. Cleaning hands at key times with soap and water or hand sanitizer is one of the most important steps you can take to avoid getting sick and spreading germs to those around you.

There are important differences between washing hands with soap and water and cleaning them with hand sanitizer. For example, alcohol-based hand sanitizers don't kill ALL types of germs, such as a stomach bug called norovirus, some parasites, and *Clostridium difficile*, which causes severe diarrhea. Hand sanitizers also may not remove harmful chemicals, such as pesticides and heavy metals like lead. Handwashing reduces the amounts of all types of germs, pesticides, and metals on hands. Knowing when to clean your hands and which method to use will give you the best chance of preventing sickness.

When should I use?

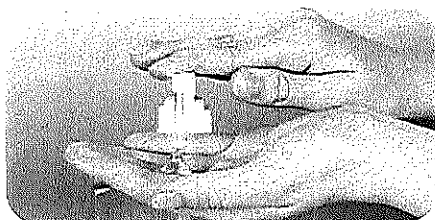
Soap and Water

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the bathroom, changing diapers, or cleaning up a child who has used the bathroom
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal food or treats, animal cages, or animal waste
- After touching garbage
- If your hands are visibly dirty or greasy

Alcohol-Based Hand Sanitizer

- Before and after visiting a friend or a loved one in a hospital or nursing home, unless the person is sick with *Clostridium difficile* (if so, use soap and water to wash hands).
- If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol, and wash with soap and water as soon as you can.

* Do **NOT** use hand sanitizer if your hands are visibly dirty or greasy: for example, after gardening, playing outdoors, or after fishing or camping (unless a handwashing station is not available). Wash your hands with soap and water instead.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

How should I use?

Soap and Water

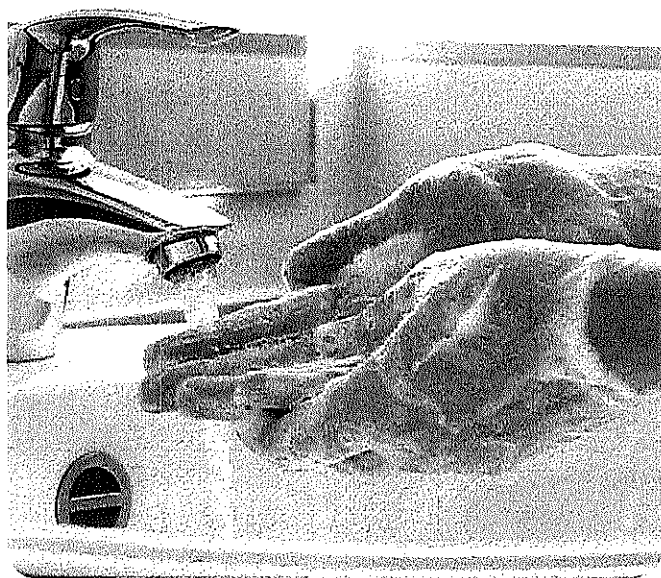
- **Wet** your hands with clean running water (warm or cold) and apply soap.
- **Lather** your hands by rubbing them together with the soap.
- **Scrub** all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for 20 seconds. Need a timer? Hum the "Happy Birthday" song twice.
- **Rinse** your hands under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

Alcohol-Based Hand Sanitizer

Use an alcohol-based hand sanitizer that contains at least 60% alcohol. Supervise young children when they use hand sanitizer to prevent swallowing alcohol, especially in schools and childcare facilities.

- **Apply.** Put enough product on hands to cover all surfaces.
- **Rub** hands together, until hands feel dry. This should take around 20 seconds.

Note: Do not rinse or wipe off the hand sanitizer before it's dry; it may not work as well against germs.



For more information, visit the CDC handwashing website, www.cdc.gov/handwashing.

Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

Seek medical care immediately if someone has emergency warning signs of COVID-19.

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.



cdc.gov/coronavirus

3 Key Steps to Take While Waiting for Your COVID-19 Test Result

To help stop the spread of COVID-19, take these **3 key steps NOW** while waiting for your test results:

1 Stay home and monitor your health.

Stay home and monitor your health to help protect your friends, family, and others from possibly getting COVID-19 from you.

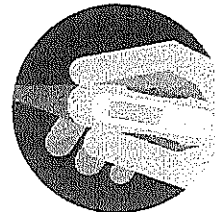
Stay home and away from others:

- If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19, such as older adults and people with other medical conditions.
- If you have been in contact with someone with COVID-19, stay home and away from others for 14 days after your last contact with that person.
- If you have a fever, cough or other symptoms of COVID-19, stay home and away from others (except to get medical care).



Monitor your health:

- Watch for fever, cough, shortness of breath, or other symptoms of COVID-19. Remember, symptoms may appear 2-14 days after exposure to COVID-19 and can include:
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Tiredness
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea



2 Think about the people you have recently been around.

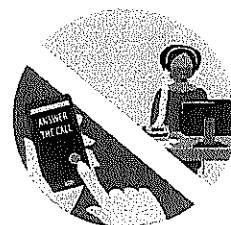
If you are diagnosed with COVID-19, a public health worker may call you to check on your health, discuss who you have been around, and ask where you spent time while you may have been able to spread COVID-19 to others. While you wait for your COVID-19 test result, think about everyone you have been around recently. This will be important information to give health workers if your test is positive.

Complete the information on the back of this page to help you remember everyone you have been around.

3 Answer the phone call from the health department.

If a public health worker calls you, answer the call to help slow the spread of COVID-19 in your community.

- Discussions with health department staff are **confidential**. This means that your personal and medical information will be kept private and only shared with those who may need to know, like your health care provider.
- Your name will not be shared with those you came in contact with. The health department will only notify people you were in close contact with (within 6 feet for more than 15 minutes) that they might have been exposed to COVID-19.



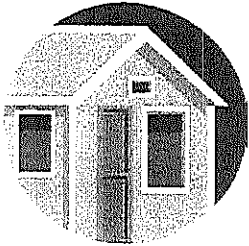
[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Think About The People You Have Recently Been Around

If you test positive and are diagnosed with COVID-19, someone from the health department may call to check-in on your health, discuss who you have been around, and ask where you spent time while you may have been able to spread COVID-19 to others. This form can help you think about people you have recently been around so you will be ready if a public health worker calls you.

Things to think about. Have you:

- Gone to work or school?
- Gotten together with others (eaten out at a restaurant, gone out for drinks, exercised with others or gone to a gym, had friends or family over to your house, volunteered, gone to a party, pool, or park)?
- Gone to a store in person (e.g., grocery store, mall)?
- Gone to in-person appointments (e.g., salon, barber, doctor's or dentist's office)?
- Ridden in a car with others (e.g., Uber or Lyft) or took public transportation?
- Been inside a church, synagogue, mosque or other places of worship?



Who lives with you?

Who have you been around (within 6 feet for more than 15 minutes) in the last 10 days? (You may have more people to list than the space provided. If so, write on the front of this sheet or a separate piece of paper.)

Name	Phone Number	Date you last saw them	Where you last saw them
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What have you done in the last 10 days with other people?

Activity	Location	Date
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I Need A COVID Test. Where Do I Go?

Do you have symptoms?

YES

NO

Stay home, and:

- Call your primary care provider; or
- Call a community health clinic or respiratory clinic

If you fall into any of these categories, you can sign up for a free test at [PORTAL.RI.GOV](https://portal.ri.gov)

- Close-contact worker
- 18-39 years old
- Traveling to a state that requires a test
- Returning from a state with >5% positive rate
- Recently attended a large protest or demonstration

Questions? Call the RIDOH COVID Hotline at (401) 222-8022

The Rhode Island Office of Healthy Aging (OHA) is working closely with the Rhode Island Department of Health and Rhode Island Emergency Management Agency to coordinate the state's response to coronavirus disease 2019 (COVID-19). Older Rhode Islanders and individuals with underlying conditions are at higher risk of severe COVID-19 illness. Governor Raimondo and the Rhode Island Department of Health are encouraging our higher-risk populations to practice social distancing during this time and use technology, whenever possible, to remain in touch with family and friends.

CITY/TOWN	LOCAL CENTER/CONTACT	PHONE NUMBER
Barrington	Barrington Senior Center	401-247-1926
Bristol	Town of Bristol	401-253-2310
Burrillville	Burrillville Senior Services	401-710-7429
Central Falls	Central Falls Mayor's Office	401-727-7400 ext. 5
Charlestown	Charlestown Sr. Community Center	401-364-6998
Coventry	Coventry Resource and Senior Center	401-822-9175
Cranston	Cranston Senior Services	401-780-6000
Cumberland	Cumberland senior center	401-334-2555
East Greenwich	East Greenwich Senior Center	401-886-8669
East Providence	East Providence Senior Center	401-435-7800
Exeter	Exeter Social Services	401-294-3176
Foster	Foster Human Services	401-392-9208
Glocester	Glocester Senior Services	401-567-4557
Hopkinton	Crandall House	401-377-7795
Jamestown	Jamestown Senior Services	401-423-9804
Johnston	Johnston Senior Center	401-944-3343
Lincoln	Lincoln Senior Center	401-753-7000
Little Compton	Little Compton Town Hall	401-635-4400
Middletown	Middletown Senior Center	401-849-8823
Narragansett	Narragansett Senior Association	401-782-0675
New Shoreham	New Shoreham Senior Services	401-468-9278
Newport	Edward King House	401-846-7426
North Kingstown	Beechwood/North Kingstown	401-268-1593
North Providence	North Providence Mancini Center	401-231-0742
North Smithfield	North Smithfield	401-766-3734
Pawtucket	Leon Mathieu Senior Center	401-312-0266
Portsmouth	Town of Portsmouth	401-643-0499
Providence	Providence Mayor's Office	311
Richmond	Richmond Senior & Community Center	401-491-9404
Scituate	Scituate Senior Center	401-647-2662
Smithfield	Smithfield Senior Center	401-949-4590
South Kingstown	South Kingstown Senior	401-789-0268
Tiverton	Tiverton Senior Center	401-625-6790
Warren	Warren Senior Center	401-247-1930
Warwick	Pilgrim Senior Center	401-468-4077
West Greenwich	West Greenwich Town Hall	401-392-3800
West Warwick	West Warwick Senior Center	401-822-4450
Westerly	Westerly Senior Center	401-596-2404
Woonsocket	Woonsocket City Hall	401-762-6400

If you are part of this higher-risk population, or caring for someone who is, please contact our healthy aging helpdesk, Point, at 401.462.4444 with questions or to learn about resources available to you. Ensuring our elders and those in need have access to food and other critical resources at this time is a special concern; OHA is working closely with communities and many partners to help. Below is a current contact list of senior centers and other local agencies available to assist older adults around the state (click the city name to access its website):

Tips during this time:

- ✓ Stay home whenever possible
- ✓ Limit in-person interaction with other people
- ✓ Wash your hands often
- ✓ Call the doctor if you are feeling sick
- ✓ Call the Point if you need help with food or other resources

For COVID-19 information and the latest guidance, call 401.222.8022 or visit www.health.ri.gov/covid.

Access this information online at:
www.oha.ri.gov/resources

Community Action Agencies:

Blackstone Valley Community Action Program | 401-723-4520 | www.bvcap.org

Area: Pawtucket, Central Falls, Lincoln, Cumberland, Woonsocket

Community Action Partnership of Providence | 401-273-2000 | www.cappri.org | Area: Providence

Community Care Alliance | 401-235-7000 | www.CommunityCareRI.org | Area: Woonsocket

Comprehensive Community Action | 401-467-9610 | www.comcap.org | Area: Cranston, Foster, Scituate, Coventry

Eastbay Community Action - Lower Bay | 401- 847-7821 | www.ebcap.org

Area: Newport, Portsmouth, Tiverton, Middletown, Jamestown, Little Compton

Eastbay Community Action - Upper Bay | 401-437-1000 | www.ebcap.org | Area: East Providence, Warren, Bristol, Barrington

Tri-County Community Action Agency - Northern | 401-351-2750 | www.tricountyri.org

Area: North Providence, Johnston, North Smithfield, Smithfield, Burrillville, Glocester

Tri-County Community Action Agency - Southern | 401-789-3016 | www.tricountyri.org

Area: Exeter, Charlestown, Narragansett, Westerly, Hopkinton, North/South Kingstown, Richmond, West Greenwich, New Shoreham

Westbay Community Action Partnership | 401-732-4660 | www.westbaycap.org | Area: Warwick, West Warwick, East Greenwich

Food & Supplies Resources:

Boxed Lunch Programs (limited quantities available)

OHA is continuing its lunch program across senior centers and community agencies during this time. For more information about participating locations and hours, call the Point at 401.462.4444 or visit www.oha.ri.gov.

Home-Delivered Meals (for elders with high need)

Meals on Wheels is continuing to serve its current clients across the state and is working with OHA and local communities to increase services during this time. If you are age 65 or older, homebound and need assistance making meals, call Meals on Wheels at 401.351.6700.

Emergency Meals/Supplies (open to all people in need)

Visit www.rifoodbank.org for a complete list of food pantries across Rhode Island.

Early Morning Grocery Market Hours (limited to high-risk populations)

The following grocery markets are offering special shopping hours and/or programs to assist older Rhode Islanders and those with chronic medical conditions in accessing needed supplies during this time. Contact individual markets for more information about these programs and/or visit www.oha.ri.gov/markethours for the latest list of participating markets:

Brigido's Fresh Markets	7:00a – 10:00a	Richmond Farms Fresh Market	7:30a – 8:00a
Clements Market	7:00a – 8:00a	Roch's Fresh Foods	Free delivery
Dave's Marketplace	7:00a – 8:00a	Save-A-Lot	8:00a – 9:00a
Dave's Marketplace (small locations)	8:00a – 9:00a	Shaw's	7:00a – 9:00a (T/Th)
Dollar General	6:00a – 7:30a	Stop & Shop	6:00a – 7:30a
Jerry's Market	7:00a – 8:00a	Target	7:00a – 8:00a (W)
Ma & Pa's in Hope Valley	Curbside pickup	Whole Foods	8:00a – 9:00a

Local Restaurants

Restaurants throughout the state are offering take-out and/or delivery options. Visit www.eatdrinkri.com for a complete list of restaurants statewide with online or take-out ordering or call your favorite local restaurant for information about available services.

Pharmacies Offering Delivery of Medications	
Pharmacy	Comments
Anthony's Pharmacy 219 Manton Ave, Providence	<ul style="list-style-type: none"> • Next day delivery unless emergency
Asthenis Pharmacy 206 Cranston St, Providence	<ul style="list-style-type: none"> • Next day delivery Monday-Saturday; same day depending on time of day and location • Flu shots may be provided in patient's home
Bayview Pharmacy 3844 Post Rd, Warwick	<ul style="list-style-type: none"> • Require the prescription and confirmation from the patient about pricing prior to compounding and shipping. Generally, this is a 2-day process
Benzer Pharmacy 265 Waterman St, Providence	<ul style="list-style-type: none"> • Depending on patient's insurance/location, may deliver via USPS or delivery driver Monday-Friday (closed on weekends)
Blackstone Pharmacy 38 East Ave, Pawtucket	<ul style="list-style-type: none"> • Number is (401) 642-2093 • Delivery on Tuesdays and Saturdays ONLY; must call 24 hours in advance
CVS Pharmacy	<p>All stores EXCEPT:</p> <ul style="list-style-type: none"> • Clinton Street (Woonsocket) • Fortin Road (Kingston) • Thayer Street (Providence) • Kennedy Plaza (Providence)
Genoa Healthcare 75 Lambert Lind Hwy #125, Warwick 2 Old County Rd, Barrington	<ul style="list-style-type: none"> • Same delivery routine as usual: scheduled deliveries
Greenline Apothecary 203 Main St, Wakefield 905 N Main St, Providence	<ul style="list-style-type: none"> • Free delivery every day, including Sunday
JB Pharmacy & Compounding 1165 Main Ave, Warwick	<ul style="list-style-type: none"> • Mail/home delivery for compounded medication with nominal charge
Lifespan Pharmacy 593 Eddy St, Providence	<ul style="list-style-type: none"> • USPS next day delivery, though may take a couple days
Matt's Local Pharmacy 88 E Main Rd, Middletown	<ul style="list-style-type: none"> • Free delivery Monday-Friday • Same day or next day delivery depending on time of day and location
McQuade's Pharmacy 106 Main Street, Westerly	<ul style="list-style-type: none"> • Free delivery via driver Monday-Saturday
Option Care 49 Freeway Dr Suite A, Cranston	<ul style="list-style-type: none"> • Home infusion only; no delivery of medications
Phusion RX 17 Shoppers Park, Coventry	<ul style="list-style-type: none"> • Limited with third party coverage: only Blue Cross • Next day delivery via driver
QOL Meds Pawtucket 101 Bacon St, Pawtucket	<ul style="list-style-type: none"> • Delivery via USPS Monday-Friday
Seaside Pharmacy 224 Post Rd, Westerly	<ul style="list-style-type: none"> • Free delivery Monday-Friday to Westerly ONLY
Shaw's Pharmacy 15 Smithfield Rd, North Providence	<ul style="list-style-type: none"> • Free deliveries Monday-Friday until May (deliveries will no longer be free after this)
Simpson's Pharmacy 10 Newport Ave, Pawtucket	<ul style="list-style-type: none"> • Free deliveries Monday-Friday, including prescription medications, OTC products, and durable medical equipment
Walgreens Pharmacy	<ul style="list-style-type: none"> • Patient needs to give credit card number and delivery will be via FedEx
Walmart Home Delivery Pharmacy	<ul style="list-style-type: none"> • 1-800-2REFILL (1-800-273-3455); note that Walmart Pharmacy stores do NOT deliver • Free standard delivery (5-7 business days); \$8 second day delivery; \$15 overnight delivery
White Cross Pharmacy 1057 Mineral Spring Ave, North Providence	<ul style="list-style-type: none"> • Same day delivery Monday-Friday if requested by 3pm

RI Seniors Shopping Hours

revised March 23, 2020

Source: WPRI 12.com

BJ's Wholesale Club

8 a.m. – 9 a.m.

Clements Market, Portsmouth

7 a.m. – 8 a.m.

Dave's Marketplace (Large Locations)

7 a.m. – 8 a.m.

Dave's Marketplace (Small Locations)

8 a.m. – 9 a.m.

Dollar General

6 a.m. – 7:30 a.m.

Jerry's Market, West Warwick

7 a.m. – 8 a.m.

Market Basket

Tuesdays-Wednesdays-Thursdays

5:30 a.m. – 7 a.m.

Richmond Farms Fresh Market

7:30 a.m. – 8 a.m.

Save-A-Lot

8 a.m. – 9 a.m.

Shaw's

Tuesdays and Thursdays

7 a.m. – 9 a.m.

Stop and Shop

6 a.m. – 7:30 a.m.

Target

Wednesdays

7 a.m. – 8 a.m.

Trader Joe's

9 a.m. – 10 a.m.

Walmart

Tuesdays through April 28

One hour before store's regular opening time

Walgreens

Tuesdays

8 a.m. – 9 a.m.

Whole Foods Market

8 a.m. – 9 a.m.

Source: WPRI 12.com

<https://www.wpri.com/health/coronavirus/list-senior-shopping-times-at-local-stores/>