

# Jefferson County WV Community Organizations Active in Disaster (COAD)

Please visit our website for more resources and information

[jeffersoncountywvcoad.org](http://jeffersoncountywvcoad.org)

## NEED ASSISTANCE

**211** is a free, confidential referral and **information** helpline and website that connects people of all ages and from all communities to the essential health and human services they need, 24 hours a day, seven days a week. **211** can be accessed by phone or [computer.is](http://computer.is)

Call 2-1-1

Text your zip code to 898-211

Visit <http://www.wv211.org/contact>

Call toll-free 1-833-848-9905

## RED CROSS IN NEED OF BLOOD

**Critical need for blood and platelet donations.** Click on the link below for more information on blood drives and where to donate.

<https://www.redcrossblood.org/give.html/find-drive>

## QUICK FACTS ON THE GOVERNORS "STAY-AT-HOME" ORDER, WHAT DOES IT MEAN

<https://dhhr.wv.gov/COVID-19/Pages/Governor-Issues-Stay-at-Home-Order.aspx>

**WV DHHR Coronavirus Hotline** This toll-free hotline is open 24/7. **1-800-887-4304**

You can ask questions about the coronavirus and symptoms, and when testing is recommended or allowed. You can also get other general information.

**THIS IS NOT A COMPLAINT LINE!**

**If you already have a fever, cough, tiredness, and difficulty breathing - call**

WVU Medicine East COVID-19 Triage Hotline: **304-596-2890**

Hours of operation: Monday thru Friday 8 am to 8 pm, Saturday and Sunday 8 am to 4:30 pm.

If you have been exposed to someone who might have the Coronavirus but you have no symptoms, please seek further medical advice. To be safe, isolate yourself for 14 days to monitor your symptoms and to make sure you do not infect others. And if you do get tested, isolate yourself until you get the results. At all times, stay at least 6 feet from others and wash your hands as frequently as possible.

## **Information about Testing**

**Seek testing only when you begin having symptoms. Currently, there are two local sites. Others are expected to open soon.**

**WVU Medicine Berkeley Medical Center**, 2500 Hospital Dr., Martinsburg, WV 25401

**Hours: Mon-Sun 10 am-4pm.**

To be tested, you need a valid doctor's order. If you do not have one, call your primary care provider or the **WVU Medicine East COVID-19 Triage Hotline at 304-596-2890.**

Several private reference laboratory companies are processing the specimens that WVU Medicine collects from patients. Patients will typically learn test results in seven-to-nine days, although timing may vary based on the volume of tests being performed.

**Martinsburg MedExpress Urgent Care**, 83 Retail Commons Parkway, Martinsburg, WV 25403

**HOURS: Mon-Sun 8 am – 8 pm.**

Testing at this COVID-19 designated location is subject to availability of supplies. If you have symptoms, please call 204-264-9730 before leaving your home. If no symptoms, please search the website for the nearest alternative care location.

**Payment for Testing**

**If you have Medicaid or Medicare, there is no charge to be tested. If uninsured, Berkeley Medical Center will provide the testing free of charge as a community service.**

**JEFFERSON COUNTY HEALTH DEPARTMENT FAQ ABOUT COVID-19**

<https://www.jchdww.org/covid-19-coronavirus-faqs/>

**HOW TO SANITIZE YOUR HOUSE SURFICES AND GROCERIES DURING COVID-**

**19** <https://www.newscentermaine.com/article/news/health/coronavirus/how-to-sanitize-your-groceries-and-house-surfaces-during-covid-19/97-96307c78-8f45-4006-8096-dc44438e1711>

**HOW TO CLEAN YOUR CELL PHONE THE RIGHT WAY ACCORDING TO A GERM EXPERT**

<https://www.prevention.com/health/a31248367/how-to-clean-cell-phone/>

**HOW TO MAKE NO SEW MASKS**

<https://news.wttw.com/2020/04/06/surgeon-general-has-best-hack-making-no-sew-masks>

**HOW TO MAKE SANITIZER**

<https://www.healthline.com/health/how-to-make-hand-sanitizer>