

# COVID POSITIVE OR WAITING FOR TEST RESULTS? WHAT NOW?



ADAMS COUNTY  
FOOD POLICY COUNCIL  
*connect. support. educate. change.*

## ADAMS COUNTY RESOURCE GUIDE

### IF SOMEONE IN YOUR HOME IS SICK

*Sick or not, this applies to everyone at home.*

#### DO:

- stay at home
- identify a "sick" room
- cover coughs and sneezes
- wash hands frequently
- clean surfaces often
- monitor symptoms
- stay in touch with your doctor

#### DO NOT:

- run errands
- use public transportation
- shop for groceries
- touch your face, nose, or mouth
- share personal items
- allow visitors

### SEEK IMMEDIATE MEDICAL ATTENTION IF:



- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or disorientation
- Bluish lips or face

### FEELING SAD, NERVOUS, OR ANXIOUS? WE ARE HERE TO TALK.

WellSpan/Philhaven: 717-812-5405

WellSpan Crisis Intervention: 717-851-5320

TrueNorth Wellness Crisis Intervention: 1-866-325-0339 or 717-637-7633

# LOCAL RESOURCES WITH NO-CONTACT DELIVERY

*If you have been asked to self-isolate, please do not leave your home.*

## Grocery:

- **Giant Direct**  
www.peapod.com
- **Weis Markets**  
www.weismarkets.com

## Pharmacy:

- **Choice Family Pharmacy**  
(Monday – Friday Delivery)  
www.choicefamilypharmacy.com  
717-630-2000 8 S. Sixth Street  
McSherrystown, PA  
*Free delivery in McSherrystown and Hanover  
\$1 delivery fee if outside of the area*
- **East Berlin Pharmacy**  
(Monday – Friday Delivery)  
www.eastberlinpharmacy.com  
717-259-0421  
335 W. King Street, East Berlin, PA  
*Free delivery in Adams County*

## Restaurants:

Check your favorite eateries online to see if they deliver, or use one of the delivery services listed below to see if they deliver:

- **Ubereats.com**
- **www.doordash.com**
- **www.grubhub.com**
  
- **LasLows** (Monday – Friday Delivery)  
www.laslowrx.com  
717-337-0881  
6 Springs Avenue, Gettysburg, PA  
*Will deliver within a 10-mile radius  
Delivery charge of \$1 - \$3 depending  
on location*
- **CVS** (Monday – Friday Delivery)  
www.cvs.com  
717-337-2812  
1310 York Road, Gettysburg, PA

To be added to this list email [jgastley2@wellspan.org](mailto:jgastley2@wellspan.org)

## Food Pantries \*Delivery upon request for all pantries listed below

### SCCAP (South Central Community Action Programs) Food Pantry

151 N Stratton St, Gettysburg, PA  
717-334-7634, ext. 131  
Available Monday, Wednesday, Thursday,  
9 a.m. – 3:45 p.m.

### New Hope Ministries Food Pantry

1113 Frederick Pike, Littlestown, PA  
717-848-0885, Available Wednesday, 9 a.m. – 4 p.m.

117 West King St., East Berlin, PA  
Available the first Wednesday of every month, 3 – 5 p.m.

120 N. Peters St., New Oxford, PA 717-624-4700  
Available Monday through Friday, 9 a.m. – 4 p.m.

### Fairfield Food Pantry

Fairfield Mennonite Church  
201 W Main St, Fairfield, PA 17320  
717-642-8936, Available the third Friday of every  
month, 1 – 5 p.m.

### Tips to help you get what you need without leaving home:

Plan ahead: Due to high demand, grocery store orders may be delayed, so plan ahead and place orders in advance.

Ask a friend: If you need something urgently, ask a friend to pick up. When they deliver, they should leave the item(s) at your door so there is no direct contact.

For more resources visit [www.adamsfoodpolicy.org](http://www.adamsfoodpolicy.org)

You can also call 2-1-1, 24 hours a day, 7 days a week.