



Public Health
Prevent. Promote. Protect.

SAFER AT HOME RESOURCES

SeniorCare Meals on Wheels

(978) 281-1750

The Open Door

(978) 283-6776

Nutritious groceries available for pickup or delivery

Outpatient Mental Health Assistance

(781) 540-3329

Free help accessing Outpatient Mental Health Care for Adults and Youth

Prescription Medication Delivery

Please call your pharmacy to arrange for delivery

CVS 6 Thatcher Road 978-283-7480

CVS Gloucester Crossing 978-281-2450

Walgreens 201 E Main St 978-283-7361

Walgreens 127 Eastern Ave 978-281-2720

Action, Inc

(978) 282-1000 (Main Number)

Business hours M-F 9am-5pm

Energy & Heating Assistance

978-281-3900

fuelassistance@actioninc.org

COVID-19 Resources

actioninc.org/covid-19-resources/

Elder Abuse Hotline

(800) 922-2275

If you or a neighbor feel unsafe at home, you can call 24/7

JUST WEAR IT



MASKS ARE FOR EVERYONE



 PUBLIC HEALTH ADVISORY

Safer at Home

mass.gov/saferathome

HEALTH DEPARTMENT

3 Pond Rd, City Hall Annex, Gloucester, MA 01930

Phone: 978-325-5260 website: www.gloucester-ma.gov



ALLERGIES, COLD, FLU AND COVID-19

Most common symptoms for each

SYMPTOMS	Allergies	Cold	Flu	COVID-19
Body aches		✓		sometimes
Chills		rarely	✓	sometimes
Dry cough	✓	✓	✓	✓
Fatigue	sometimes	✓	✓	✓
Fever		rarely	✓	✓
Headache	✓	rarely	✓	sometimes
Itchy eyes	✓			
Loss of taste/smell	sometimes	rarely	sometimes	✓
Nasal congestion	✓	✓	✓	rarely
Nausea/vomiting/ diarrhea		sometimes	sometimes	sometimes
Runny nose	✓	✓	✓	rarely
Sneezing	✓	✓	✓	sometimes
Sore throat	sometimes	✓	✓	sometimes
Shortness of breath	sometimes	rarely	✓	✓

[COVID-19 Testing Sites](https://www.mass.gov/stopthespread) [mass.gov/stopthespread](https://www.mass.gov/stopthespread)