



Hanover County Department of Community Resources  
12310 Washington Highway  
Ashland, VA 23005  
804-365-4300  
[www.HanoverVolunteers.org](http://www.HanoverVolunteers.org)

## Covid-19 Resources for Seniors (to be updated as information changes)

Per the CDC:

COVID-19 is a new disease and there is limited information regarding risk factors for severe disease. Based on currently available information and clinical expertise, **older adults and people of any age who have serious underlying medical conditions** might be at higher risk for severe illness from COVID-19.

**(Remember to stay at home when possible to reduce potential exposure or spread)**

### Questions related to COVID-19

- Chickahominy Health District's Corona Virus Hotline at 804- 365-3340
- Visit [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)
- [www.vdh.virginia.gov/coronavirus](http://www.vdh.virginia.gov/coronavirus)
- <https://www.virginia.gov/coronavirus-updates/>

### Transportation

Hanover DASH is still operational and available for trips to the essential places such as routine medical appointments, grocery stores, pharmacy, and your bank. Questions: call 804 365 DASH (3274). To apply online visit: [www.HanoverDASH.org](http://www.HanoverDASH.org)

### Shopping

*Many local and online retailers provide online ordering and delivery to your home*

*Various stores have hours specifically dedicated for seniors age 60 and over to shop*

Remember to call to confirm business changes/hours of operation:

**As of 3/20/2020 Some EXAMPLES of Businesses that have Special Senior Shopping Hours:**

- Dollar General call local branch to confirm
- Publix Tuesdays and Wednesdays 7:00am – 8:00am
- Walmart Tuesdays 6:00 am - 7:00 am
- Target Wednesdays 8:00 am – 9:00 am



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## Food Resources

- Call Hanover Community Resources 804-365-4300 for current list of Hanover Food Pantries
- Call Senior Connections 804- 343-3000 and leave a message. Their Nutrition and Wellness Department will return your call to assist with Home Delivered meals/ Meals on Wheels application or other resources.
- Call FeedMore's Hunger Hotline at 804-521-2500 ext. 631

## Telehealth

- "Telehealth" is a way to use computer/phone to consult with a physician remotely, may be an available option for seniors. Consult with your physician to see if this alternative may be available for you.