



COVID-19 UPDATES
~MAY 6, 2020~

**Governor Outlines Phased Plan to Safely,
Gradually Ease Restrictions**



On Monday, Governor Ralph Northam outlined a three-phase plan to ease restrictions on businesses and gatherings, when health data supports doing so.

Governor Northam said he will extend key provisions of Executive Order 53, which places restrictions on businesses and gatherings of more than 10 people, at least through next Thursday, May 14, at midnight.

[Read More](#)

May is Mental Health Awareness Month

May is mental health awareness month, and with the fear and uncertainty about COVID-19, there is never a better time to focus on your mental health.

Fear and uncertainty can cause strong emotions in children and adults and can manifest in more ways than you might think.

Take care of yourself, your friends and your family by identifying and using coping strategies that work for you. Helping others cope with their stress can also make your community stronger.



[Read More on Coping with COVID-19 Fear and Uncertainty](#)

Spring Cleaning: Cleaning And Disinfecting Your Home

6 Home Cleaning Tips for Practicing Good Hygiene



TIP #1

When you clean, wear disposable gloves



TIP #4

For laundry, use the warmest water allowable



TIP #2

Clean high-touch surfaces often



TIP #5

Wash your hands carefully when you're done



TIP #3

Use soap or detergent, then disinfect



TIP #6

Use alcohol solutions with at least 70% alcohol

HHS.gov

Spring cleaning takes on a new importance this year. Cleaning *and* disinfecting your home is one way to help slow the spread of COVID-19.

Cleaning does not kill germs, but by removing them, it lowers their numbers and the risk of

spreading infection. If a surface may have gotten the virus on it from a person with or suspected to have COVID-19, the surface should be cleaned and disinfected. Disinfecting kills germs on surfaces.

[Learn More About Properly Cleaning & Disinfecting](#)

National Nurses Week

We are extremely thankful for our nurses and other healthcare workers over the last few months while they battle the coronavirus on the front line.

For National Nurses Week, we in Loudoun County are sending special thanks to the public health nurses who work here!

Nurses help keep the community safe by tracking outbreaks of communicable diseases - not just COVID-19, but also the flu, TB, and others. They also see patients in our health clinics to provide immunizations and other health services.

As we all continue to work through these difficult times, please keep our nurses and healthcare professionals in your thoughts.



Loudoun Continues to Seek Monetary Donations for Personal Protective Equipment



Loudoun County is renewing its call for monetary donations to be used to purchase personal protective equipment (PPE) that can be distributed to long-term care facilities and other health care providers facing a critical need for PPE.

Monetary donations allow the county to use its buying power to purchase PPE in bulk to create a sustainable supply that can be provided to Loudoun-based agencies, including those caring for people who are most vulnerable to COVID-19, such as the elderly.

[Find Out How to Donate Money or Gear](#)

Volunteer for the Loudoun Medical Reserve Corps

The Loudoun Medical Reserve Corps is looking for volunteers who want to help the Loudoun County Health Department protect the public's health during the COVID-19 pandemic.

Medical Reserve Corps (MRC) volunteers, both nonmedical and medical, staff sites, perform key clinic roles, and assist with other public health responses in our community. No medical experience is necessary.



[Find Out More](#)

Don't Put Off Urgent Medical Care

Know the Signs of STROKE

B.E. F.A.S.T.



If someone is experiencing any of these symptoms, call 911.

inova.org/stroke

INOVA

Determining when to go to the hospital or seek medical care can be a challenge, particularly during the COVID-19 pandemic. You may find yourself afraid to go, even when it's necessary. If you need emergency care, don't delay.

Now more than ever, it is important to keep yourself healthy. Keeping yourself healthy means addressing health problems as they arise. Getting urgent help when needed is especially important for strokes, heart attacks and life-threatening emergencies. Outcomes for these medical emergencies are tied to how quickly the patient receives care, so delaying getting treatment due to coronavirus fears can have serious

consequences.

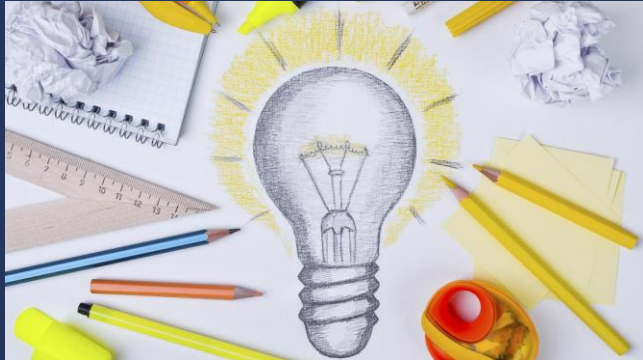
It has been reported that COVID-19 has caused strokes in younger people having mild coronavirus symptoms. See the attached photo to [know the signs of stroke](#).

[Learn More about the Emergency Warning Signs of Coronavirus](#)

\$1 Million Innovation Fund

Do you want to solve an urgent social issue created by COVID-19? Apply for a Booz Allen Foundation Innovation Grant and make change that counts.

The Booz Allen Foundation has established a \$1 million Innovation Fund to help nonprofits, entrepreneurs, thought leaders, innovators at colleges and universities, and startups and small businesses harness the power of data, technology, and diverse intellectual capital to improve COVID-19 relief efforts and make a difference.



[Learn More](#)

Free Coronavirus Testing



The [ACHN](#) clinic provides free primary care for people who do not have insurance and are low income.

ACHN will start drive through COVID-19 testing every Saturday, beginning this Saturday, May 2nd from 2:00-3:00 pm at 44121 Harry Byrd Hwy, Ashburn VA 20147.

Patients can call (703) 542-3366 or email contact@achnhealth.org to schedule a test.

ACHN will need to confirm that patients do not have health insurance and are low-income.

New Dates Added! Virtual Coffee with a Career Counselor

If you're wondering whether you should continue or even begin your job search during the coronavirus pandemic, the answer is YES!

Join one of the [Loudoun Workforce Resource Center's](#) GoToMeeting sessions for an overview of the current job market, resume tips and a Q&A discussion.



Each session will be facilitated by Ms. Stephanie Wolo, Employment Coach:

- Wednesday, May 13, 2020, 9:30 a.m. and 11:30 a.m.
- Wednesday, May 27, 2020, 9:30 a.m. and 11:30 a.m.

[Register Here](#)

Loudoun County's Information and Referral Line



Loudoun County's Information and Referral Line specialists help individuals and families better understand the range of options to assist them in making informed decisions.

Information and Referral specialists assess the situation and together with the caller, help to identify options to meet the primary

service/resource needs. The County has one I&R Line specialist who speaks Spanish and if the employee is on another call, our contracted language line is used by the other call-takers. The message is in both English and Spanish.

Contact Information and Referral Monday-Friday, 8:30 am–5:00 pm at [703-777-0420](tel:703-777-0420) or [online](#).

Pandemic Unemployment Assistance

The CARES Act includes a provision of temporary benefits for individuals who are not eligible for regular/traditional unemployment insurance.



These individuals may include those who are self-employed, independent contractors, gig economy workers, clergy and those working for religious organizations as well as others who may not be covered by the regular/traditional UI program.

[Find Out More](#)

MADD Loudoun Virtual Walk & On-Line Auction May 16, 2020



Loudoun's annual 5K non-competitive Walk and Silent Auction Fundraiser (Walk Like MADD) will have some new twists this year due to the COVID-19 pandemic.

This year's auction will be done on-line. There is a reason that this year's event is being modified rather than being cancelled. While the pandemic has caused a curtailing of many activities, even during it the crime of impaired driving is proving to be an ongoing threat to our community.

Saturday May 16 at 9:00 am: Opening Ceremony (including the Star-Spangled Banner, loosening-up exercises, etc) (via Zoom)

- Following the Opening Ceremony, at approximately 10am, the virtual walk will start in all participants' respective neighborhoods. In light of the virtual nature of the event, should the weather on Sat May 16 be undesirable for walking, feel free to then do it on Sun May 17!

Sunday May 17 at 4:00 pm: Closing Ceremony (including the recognition of Victims, event teams, funds raised and awards (via Zoom)

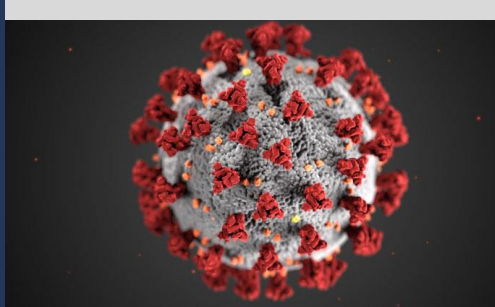
The on-line auction is already in progress. Register to take part in Walk Like MADD 2020 and you will receive an invitation to be a part of it!

[On-line registration](#) is open until 8:30 am on Sat., May 16th

Please contact Susan Cleveland (703-470-1053 or maddloudoun@aol.com) with any questions.

Stay Informed!

Keeping with the Board of Supervisors' policy, regularly scheduled meetings of the Board's [advisory boards, commissions and committees](#) are canceled while Loudoun County Public Schools are closed. The county will provide updated information on meeting status as this rapidly evolving situation continues. For the most current schedule, please visit loudoun.gov/calendar.



The county continues to encourage everyone in the community to take steps to limit the spread of COVID-19, which include:

- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer only if soap and water are not available.
- Avoid touching your eyes, nose and mouth.
- Cover your mouth and nose with a tissue or your sleeve (not your

**LOUDOUN
COUNTY**
—  —
VIRGINIA

Loudoun County encourages residents to stay informed about COVID-19

- To receive email updates on COVID-19, visit loudoun.gov/coronavirus.
- Text **LCCOVID19** to **888777** to receive text alerts from Loudoun County about COVID-19.
- Envíe un mensaje de texto con **LCCOVIDESP** al **888777** para actualizaciones diaras relacionadas con el coronavirus (COVID-19) en el condado de Loudoun.

hands) when coughing or sneezing.

- Clean and disinfect frequently touched objects and surfaces.
- Stay home when you are sick.
- Avoid contact with sick people.
- Avoid non-essential travel.

Residents with questions about COVID-19 may call the Loudoun County Health Department's information line, 703-737-8300, or email health@loudoun.gov.

Supervisor Koran T. Saines

Sterling District Supervisor
Loudoun County Board of Supervisors
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[Loudoun County Government](#)

[Sterling District Supervisor Page](#)

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STAY CONNECTED



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