



9 March 2020

NOVEL CORONAVIRUS

Your QA@H Board wants you to be aware that we are actively tracking COVID-19 developments and proactively connecting with Queen Anne's County Emergency Medical personnel to adjust our policies and practices to reflect this fast-evolving situation. We are also reaching out to other Villages to get ideas about how we can best support our QA@H community.

Please remember that our first commitment is to keep you and the community safe. We'll be in touch as the situation evolves. In the meantime, please feel free to contact the office for any additional information.

QA@H EVENTS

So far, QA@H has **not** been advised to cancel any events. That being said, however, the **April SNAP, scheduled for Tuesday 3/10/2020, will be postponed** due to a shortage of sign-ups.

We will continue to monitor advice about event scheduling and let you know if that affects any of our programs. It is even more imperative than ever that you **PREREGISTER** for any event you wish to attend so that we can make timely decisions about whether to go forward with the event.

QA@H SERVICES

Until advised to the contrary by County health officials, QA@H is continuing to provide services to our members. Please take note of the following measures:

Members requesting services: When requesting a service, please consider your health and the health of volunteers. If you have *any* respiratory illness, please stay home and wait until you are well before requesting a service. *If you are in need of medical assistance, contact your primary care provider.* If you are ill and need a home delivery, please call the office (410-653-4045) and we will see how to arrange to accommodate you. Keep hand sanitizer available at your door and ask people to use it. Take your temperature to find out if you have a fever.

Volunteers: When filling a service request, please consider your health and the health of the QA@H member you are helping. Wash your hands often with soap for 20 seconds, carry hand sanitizer with you and use it appropriately, greet people with a warm smile rather than a touch. If you have a respiratory illness, please stay home. Please call your person to find out if everyone is well in the household before you depart for your service session.



GENERAL INFO on COVID-19

RESOURCES: Here are some links if you'd like to get updates on your own:

- **US Centers for Disease Control (CDC):** <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- **MD Dept. of Health:** <https://phpa.health.maryland.gov/Pages/Novel-coronavirus.aspx>
- **Queen Anne's County Emergency Services:** <https://www.facebook.com/qacdes>
- **World Health Organization (WHO) worldwide updates:** <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports>
- **Overseas travel alerts:** <https://travel.state.gov/content/travel/en/traveladvisories/ea/novel-coronavirus-hubei-province--china.html>
- **SmartPhone App for current travel alerts:** www.mytravelhealthapp.com

PREVENTION: There is currently no vaccine to prevent COVID-19. The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.
 - CDC does **not** recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
 - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for [health workers](#) and [people who are taking care of someone in close settings](#) (at home or in a health care facility).
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
 - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

And as always, help maintain your resistance by practicing good health habits. That means proper nutrition, exercise and rest.