



Queen Anne's at Home – Covid-19 Update 14 March 2020

Greetings, dear QA@H Community Members and Friends! As we mentioned last time, with the coronavirus situation is changing hourly, we are carefully monitoring federal, state and local health agencies as well as what other Villages are doing. We want to update you with QA@H's plans and actions.

The first thing to note is that to support the efforts of our federal, state and local health departments, **QA@H is suspending direct-contact services effective immediately for at least the next 2 weeks.** Our wonderful team of volunteers is also in a vulnerable category and our first duty is to protect all our members to the extent possible.

Here's what we *ARE* doing. QA@H is implementing several programs to support the CDC's recommendations for community mitigation strategies.

- **QA@H will help communicate where to get reliable information**

1. We shared several links last time that will help you stay informed:
 - Federal CDC: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
 - MD State Health Dept: <https://phpa.health.maryland.gov/Pages/Novel-coronavirus.aspx>
 - Specifically for QACounty: <https://health.maryland.gov/qahealth/Pages/qacdoh-home.aspx> This link will give you the most current data about Queen Anne's County.
2. If you have (non-medical) questions, call the QA@H Office. If we don't have the answers, we will try our very best to find out who does and put you in touch with them. We are in close touch with our County services and hope to help you access what you need. If you have medical questions, call your physician directly.
3. Be skeptical of information from unaffiliated sources. There's a lot of screwy information making the rounds. Remember QA@H's SNAP Chapter on scams and fake news? Always check the facts! Here are a few of the links that were provided to QA@H during that presentation:
 - <https://www.factcheck.org/>
 - <https://www.truthorfiction.com/>
 - <https://www.hoax-slayer.com/>
 - <https://www.snopes.com/>

- **Know the signs and symptoms of COVID-19 and what to do if symptomatic:**

WHAT TO DO IF YOU FEEL UNWELL

If you think you have been exposed to COVID-19 and develop a **FEVER** and symptoms such as **COUGH** or **DIFFICULTY BREATHING**, **Call your doctor for medical advice.**

CONTACT YOUR HEALTH PROVIDER DIRECTLY BEFORE you go to his/her office. Your doctor will advise you on the next steps you should take.

- **QA@H will help households create a plan of action in case of illness in the household or disruption of daily activities due to COVID-19 in the community.**

1. NOW IS THE TIME TO **GET YOUR SNAP BINDER ORGANIZED!!** The current situation is exactly what SNAP is intended for. Be proactive and get your emergency contacts, medical history, prescriptions and the rest of the SNAP tool documented and in place.

If you need help with your SNAP, call the QA@H Office

2. Consider getting your **critical prescriptions filled ahead of time**. Call your pharmacy for more information and to learn about delivery and prescription-by-mail options.

- **Edwards Pharmacy: 410-758-1715.** If they fill the prescription, free delivery. Can transfer prescriptions over to Edwards and will then deliver.
- **Safeway Pharmacy: 410-604-0981.** Free delivery Monday thru Friday. If call before noon, same day delivery. If prescription called in after noon, next day delivery.
- **CVS Pharmacy: 410-643-3007 (Chester).** Mail delivery, 1 to 2 days for delivery. Fee currently waved

3. Here's where you can arrange to get supplies via **local delivery services**. (more soon!)

- **Safeway: 410-604-0656.** Has online ordering and delivery. www.safeway.com .
- **Acme: 443-262-9150.** Has online ordering and delivery, called Instacart. www.instacart.com .
- **Food Lion:** Does NOT have online ordering and delivery.

- **Establish ways to communicate with others**

QA@H will curtail our in-person events for the next few weeks, reevaluating as things unfold.

But social distance does not mean we should feel isolated from each other. In fact, a sense of isolation has been shown to drastically increase feelings of anxiety – not good! QA@H's strength is our special community, which we believe will actually strengthen as we work together to meet this challenge. Here are some things we're going to put in place

- **SAVE THE DATE: Sat. 28 March, 3:00pm: QA@H first remote COFFEE-and-CONVERSATION**
We are evaluating platforms that will allow us to continue this wonderful activity remotely. Whatever we do will be easy for both our computer lovers and computer not-so-lovers.
- **Member-to-member calls.** We've been talking about this for some time, so we're just going to jump in. Feelings of isolation are a very real risk, and we need to help each other continue to feel connected.

True, these are not the best circumstances, but **you can help!** Doing something positive for others is one of the best cures for anxiety that has ever been discovered.

- ✓ **Participate in our remote conversations** – we'll tell you how in our next message.
- ✓ **Sign up for our member-to-member call system** – to receive or provide a call, or both!
- ✓ **Let us know how we're doing.** What you'd like to see QA@H do to help you during this difficult and fast-changing time?

**Together, the QA@H community can continue to help fulfill
our mission of "helping each other thrive at home".**