

SPECIAL EDITION NEWSLETTER



Volume 66 No. 3 Supplement

Town Offices and Community Center

6401 Forest Road, Cheverly, MD 20785-3197

March 2020

301-773-8360

This Special Edition Newsletter is a collection of articles from various health professionals and health organizations regarding the Coronavirus COVID-19. Sources: Prince George's County Health Department, Center for Disease Control and Prevention, Maryland Department of Health, US Department of Health and Human Services, John Hopkins Medicine as of 3-14-2020. Updated to COVID-19 are ongoing.

Hello Cheverly Neighbors and Friends,

Residents of Prince George's County have tested positive for COVID-19. Some of those diagnosed have been identified as community-spread. This means that the individuals have not traveled outside of the country and have no known contacts with anyone identified as having COVID-19.

As we navigate what it means to have the Novel Coronavirus in our communities, our Town will continue to share well-sourced and reliable information with community. As your local government, we owe it to you to be transparent, communicative, and responsive to the greatest extent possible.

- **In situations like this, being informed is being empowered. There is much we can do to help lessen each other's risk and, as a community, we share responsibility to do what we can. The threat posed by Novel Coronavirus is real.**
- **Be aware that the risk of getting very sick is greater for seniors than for people of other ages. Other risk factors include conditions that suppress the immune system or that cause weakened lungs or other organs.**

- **Now is one of those times when I am most proud to call our community home. We have an incredible capacity to come together, to be kind, to do good. Please, let's not forget who we are as we navigate the challenges of COVID-19 within our community.**
- **At the March 12 Town Meeting, Mayor and Town Council passed an emergency ordinance supporting continuity of operations, allowing for changes in service delivery as conditions warrant, supporting community and staff health, and providing economic support for our staff.**

As always, and especially during this time, please reach out. The Town is here to serve and your Councilmembers enjoy hearing from you. I am almost always available by text or call at 202-258-6167 and you can email me at mayor@cheverly-md.gov. I welcome your call and will do my best to address your concerns or get back to you with needed information.

Yours in service,
Laila Riazi
Mayor
Town of Cheverly

Coronavirus (COVID-19) Updates as of March 14, 2020

On March 12, 2020 Governor Hogan announced the closing of all government buildings for public access and the closing of **all public schools in the state for the next two weeks (March 16 – 27)** in order to slow down the spread of the virus.

Changes in Operations/Cancellations in Cheverly

The goal of any changes in operations or cancellations is to implement social distancing and slow the communal spread of the disease. The Town is constantly monitoring the situation and will continue to follow guidance/orders from the CDC, the State of Maryland and Prince George's County.

Given the growing number of confirmed coronavirus cases, **effective immediately**, the Town will:

- Cancel all in-person Town sponsored (or co-sponsored) events. **This cancellation will extend until March 31st.** At

the end of March, we will reevaluate and determine if conditions warrant an extension.

- Restrict Public Access to Town Facilities (Town Hall, Police Department, Public Works Building) to authorized personnel. All key fobs have been temporarily deactivated; we will inform you when building access is reinstated. Please call the appropriate department directly if you have questions or concerns:

Town Hall	301-773-8360
Police Department	301-341-1055
Public Works	301-773-2666

- Until further notice, the current Elder Watch protocol has been suspended. The new protocol will require officers to call the resident directly. Failure to reach the individual by phone will prompt the officer to utilize their emergency contact.

Updates continued

- Governor Hogan passed legislation extending the expiration date of all licenses, permits, registrations, and authorizations until 30 days after the state of emergency for Maryland is lifted. As such, enforcement of expiration laws for any licenses/registrations, to include driver's licenses and vehicle registrations, are suspended until further notice.

TOWN COUNCIL MEETING

Town Council meetings will continue take place, but the public is encouraged to view the meetings on television and/or our website.

Information will be provided in advance for community participation.

How to get current information

Visit the town of Cheverly website (www.cheverly.gov). Also please sign up for the News and Announcements emails.

We are also sharing information via Facebook: <https://www.facebook.com/Town-of-Cheverly-MD-100731471406679>. To receive our CodeRed notification, visit <https://public.coderedweb.com/CNE/en-US/BF05350699FE>

What is Coronavirus?

Coronaviruses are a type of virus. There are many different viruses in the coronavirus family that can cause illness in both humans and animals. Several coronaviruses commonly circulate among people all of the time, and cause mild to moderate illnesses, such as the common cold. Other coronaviruses commonly circulate only in animals. Rarely, animal coronaviruses can evolve and infect people and then spread between people as has been seen with MERS and SARS. COVID-19 is a newly identified type of coronavirus and has caused a recent outbreak of respiratory illness.

What is coronavirus disease 2019 (COVID-19)? Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China. This is a new virus that hasn't caused illness in humans before.

How is COVID-19 spread?

Recent information indicates COVID-19 may be passed from person to person. There are still a lot of unknowns, including how contagious it might be.

The spread of this new coronavirus is being monitored by the Centers for Disease Control (CDC), the World Health Organization and health organizations like Johns Hopkins across the globe. On Jan. 30, the World Health Organization declared the COVID-19 outbreak a public health emergency.

How is COVID-19 spread to the US?

Yes. There are confirmed cases in the U.S. The Centers for Disease Control (CDC) is keeping track of how many at this website: www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html.

How COVID-19 Spreads

Person-to-person spread

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Can someone spread the virus without being sick? (It is recommended that people practice social distancing)

- People are thought to be most contagious when they are most symptomatic (the sickest).
- Some spread might be possible before people show symptoms; there have been reports of this occurring with this new coronavirus, but this is not thought to be the main way the virus spreads.

Spread from contact with contaminated surfaces or objects

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

How easily the virus spreads

How easily a virus spreads from person-to-person can vary. Some viruses are highly contagious (spread easily), like measles, while other viruses do not spread as easily. Another factor is whether the spread is sustained, spreading continually without stopping.

The virus that causes COVID-19 seems to be spreading easily and sustainably in the community ("community spread") in some affected geographic areas.

The information in this article is sourced from <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>

Community spread means people have been infected with the virus in an area, including some who are not sure how or where they became infected.

People at Risk for Serious Illness from COVID-19

Who is at Higher Risks?



- Older adults
- People who have serious chronic medical conditions like:
 - Heart disease
 - Diabetes
 - Lung disease

If a COVID-19 outbreak happens in your community, it

could last for a long time. (An outbreak is when a large number of people suddenly get sick.) Depending on how severe the outbreak is, public health officials may recommend community actions to reduce people's risk of being exposed to COVID-19. These actions can slow the spread and reduce the impact of disease.

If you are at higher risk for serious illness from COVID-19 because of your age or because you have a serious long-term health problem, it is extra important for you to take actions to reduce your risk of getting sick with the disease.

If you are at higher risk of getting very sick from COVID-19, you should:

- **Stock up on supplies.**
- **Take everyday precautions to keep space between yourself and others.**
- **When you go out in public, keep away from others who are sick, limit close contact and wash your hands often.**
- **Avoid crowds as much as possible.**
- **Avoid cruise travel and non-essential air travel.**
- **During a COVID-19 outbreak in your community, stay home as much as possible to further reduce your risk of being exposed.**

Get Ready for COVID-19 Now

- **Have supplies on handy**
- Contact your healthcare provider to ask about obtaining extra necessary medications to have on hand in case there is an outbreak of COVID-19 in your community and you need to stay home for a prolonged period of time.
- If you cannot get extra medications, consider using mail-order for medications.
- Be sure you have over-the-counter medicines and medical supplies symptoms. Most people will be able to recover from COVID-19 at home.

- Have enough household items and groceries on hand so that you will be prepared to stay at home for a period of time.

- **Take everyday precautions**

- Avoid close contact with people who are sick
- Take everyday preventive actions
- Clean your hands often
- Wash your hands often with soap and water for **at least 20 seconds**, especially after blowing your nose, coughing, or sneezing, or having been in a public place.
- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- To the extent possible, avoid touching high-touch surfaces in public places – elevator buttons, door handles, handrails, handshaking with people, etc. Use a tissue or your sleeve to cover your hand or finger if you must touch something.
- Wash your hands after touching surfaces in public places.
- Avoid touching your face, nose, eyes, etc.
- Clean and disinfect your home to remove germs: practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones)
- Avoid crowds, especially in poorly ventilated spaces. Your risk of exposure to respiratory viruses like COVID-19 may increase in crowded, closed-in settings with little air circulation if there are people in the crowd who are sick.
- Avoid all non-essential travel including plane trips, and especially avoid embarking on cruise ships.



- **If COVID-19 is spreading in your community, take extra measures to put distance between yourself and other people to further reduce your risk of being exposed to this new virus.**

- Stay home as much as possible.
- ◆ Consider ways of getting food brought to your house through family, social, or commercial networks

- **Have a plan for if you get sick:**

- Consult with your health care provider for more information about** monitoring your health for symptoms suggestive of COVID-19.
- Stay in touch with others by phone or email. You may need to ask for help from friends, family, neighbors, community health workers, etc. if you become sick.
- Determine who can provide you with care if your caregiver gets sick.

Watch for symptoms and emergency warning signs

- Pay attention for potential COVID-19 symptoms including, fever, cough, and shortness of breath. If you feel like you are developing symptoms, call your doctor.
- If you develop emergency warning signs for COVID-19 get medical attention immediately. In adults, emergency warning signs*:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

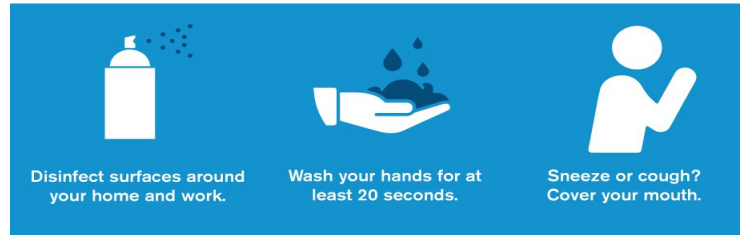
*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

The information in this article is sourced from <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

CORONAVIRUS SAFETY



Follow these easy steps to help prevent the spread of COVID-19.



What to Do if You Get Sick

- Stay home and call your doctor
- Call your healthcare provider and let them know about your symptoms. Tell them that you have or may have COVID-19. This will help them take care of you and keep other people from getting infected or exposed.
- If you are not sick enough to be hospitalized, you can recover at home. Follow CDC instructions for how to take care of yourself at home.
- Know when to get emergency help
- Get medical attention immediately if you have any of the emergency warning signs listed above.

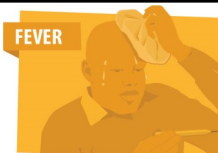
Symptoms

Watch for symptoms

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases.

The following symptoms may appear **2-14 days after exposure.**

- Fever
- Cough
- Shortness of breath



Prevent the spread of COVID-19 if you are sick

Call your doctor: If you think you have been exposed to COVID-19 and develop a fever and symptoms of respiratory illness, such as cough or difficulty breathing, call your healthcare provider immediately.



The information in this article is sourced from <https://www.cdc.gov/coronavirus/2019-ncov/about/symptoms.html>

Related Links:

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

<https://www.cdc.gov/coronavirus/2019-ncov/summary.html>

Household Members and Caring for Someone who is Sick

Wear a facemask if you are sick

- **If you are sick:** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office.
- **If you are caring for others:** If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then people who live with the person who is sick should not stay in the same room with them, or they should wear a facemask if they enter a room with the person who is sick.

Cover your coughs and sneezes

- **Cover:** Cover your mouth and nose with a tissue when you cough or sneeze.
- **Dispose:** Throw used tissues in a lined trash can.
- **Wash hands:** Immediately wash your hands with soap and water for at least 20 seconds or, if soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

Clean your hands often

- **Wash hands:** Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Hand sanitizer:** If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water:** Soap and water are the best option if hands are visibly dirty.
- **Avoid touching:** Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items

- **Do not share:** You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home.
- **Wash thoroughly after use:** After using these items, they should be washed thoroughly with soap and water.

Clean all "high-touch" surfaces everyday

- **Clean and disinfect:** Practice routine cleaning of high touch surfaces.

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bed-

side tables.

- **Disinfect areas with bodily fluids:** Also, clean any surfaces that may have blood, stool, or body fluids on them.
- **Household cleaners:** Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms

- **Seek medical attention:** Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing).
- **Call your doctor:** Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19.
- **Wear a facemask when sick:** Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.
- **Alert health department:** Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

Call 911 if you have a medical emergency: If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation

- **Stay at home until instructed to leave:** Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low.
- **Talk to your healthcare provider:** The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.

The information in this article is sourced from <https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html> and <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html#precautions>

Call your doctor if you develop symptoms, and have been in close contact with a person known to have COVID-19 or have recently traveled from an area with widespread or ongoing community spread of COVID-19.

COVID-19 (Coronavirus)

STOP THE SPREAD OF GERMS



HOTLINE
301-883-6627

Help prevent the spread of respiratory diseases like COVID-19.

1

Avoid close contact

with people who are **sick.**



Cover your cough or sneeze

2

with a tissue, then throw the **tissue in the trash.**

3

Avoid

touching your **eyes, nose, and mouth.**



4

Clean

& Disinfect



frequently touched **objects and surfaces.**



Stay Home!

5

when you are sick, except to get **medical care.**

6

Wash your hands often

with soap and water **for at least 20 seconds.**



Use alcohol-based **hand sanitizer** with 60% alcohol if soap and water aren't available.



HEALTH
DEPARTMENT
Prince George's County

Prince
Georges
Proud



Angela D. Alsobrooks
County Executive

COVID-19 (Coronavirus)

DETENENGE LA PROPAGACIÓN
DE GÉRMENES



LINEA DIRECTA
301-883-6627

Ayuda a prevenir la propagación de enfermedades respiratorias como el
Coronavirus (COVID-19)

1 Evite contacto cercano

con personas que están **enfermas.**



2 Cubre su tos

con una servilleta,
y luego,
**tírela en
la basura.**



Lávese las manos con frecuencia

3



con agua y jabón
**por 20
segundos.**



4 Limpiar

y Desinfectar



objetos y superficies
frecuentemente tocados.

Si no hay agua y jabón disponible,
use **desinfectante**

para las manos que tenga una base de alcohol de 60%.

Quedarse en su casa!

5

si está enfermo,
EXCEPTO para recibir
**atención
médica.**



6 Evite

tocarse los
**ojos, la nariz
y la boca.**



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Angela D. Alsobrooks
County Executive

Steps to Prevent Illness



Frequent hand washing can help prevent spreading the virus to others.

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).

The best way to prevent illness is to avoid being exposed to this virus.

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Older adults and people who have severe underlying chronic medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness. Please consult with your health care provider about additional steps you may be able to take to protect yourself.

Take Steps to Protect Yourself



Clean your hands often

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.



Avoid close contact

- Avoid close contact with people who are sick
- Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

Take Steps to Protect Others

Stay home if you're sick

- Stay home if you are sick, except to get medical care. Learn what to do if you are sick.



Cover coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



Wear a facemask if you are sick

If you are sick: You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. Learn what to do if you are sick.

- If you are NOT sick: You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.



Clean and disinfect

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

For Updated Information or Questions about COVID-19 Contact:

Prince George County Health Department

- Maryland hotline: 211
- Prince George's County hotline: 301-883-6627 or 311
- Visit <https://www.pgcps.org/coronavirus/>



State of Maryland Department of Health

- Call 1-877-463-3464
- Visit <https://phpa.health.maryland.gov/Pages/Novel-coronavirus.aspx>

Center for Disease Control

- Visit [CDC-INFO](https://www.cdc.gov/coronavirus/)
- Call 800-232-4636

World Health Organization

- Visit <https://www.who.int/health-topics/coronavirus>

Coronavirus Hotline: 301-883-6627

Governor Hogan's 12 March Press Conference: <https://www.facebook.com/GovLarryHogan/videos/1118019165256974/>

Prince George's County Public Schools: <https://www.pgcps.org/coronavirus/>

PG County Department of Health: <https://www.princegeorgescountymd.gov/3397/Coronavirus>

Maryland Department of Health: <https://phpa.health.maryland.gov/Pages/Novel-coronavirus.aspx>

CDC: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

State Dept: <https://www.state.gov/coronavirus/>

WHO: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

The below organizations serve Cheverly, but are not official departments of the Town of Cheverly. We are simply relaying information provided by the organizations named below.

Cheverly CERT (Community Emergency Response Team) is working to provide the most up-to-date information to the community and assisting various groups during COVID19. We are working in the Prince George's County Emergency Operations Center's Call Center to help the County direct the concerns of schools, parents, physicians, business owners, etc. We will play a supportive role, as other organizations are also doing, in the Connect Cheverly effort. Connect Cheverly is a group of organizations and individual volunteers. We will provide assistance to Cheverly United Methodist Church with the community food pantry and Cheverly Village with meal deliveries. We will continue to share pertinent information from the State of Maryland, Prince George's County, and Cheverly town groups through the various platforms provided here in Cheverly such as: Cheverly Exchange Google Group, One Cheverly Facebook, Connect Cheverly website and Cheverly PCAB Facebook. If you are an at-risk individual choosing to self-isolate and could use support due to COVID19, Connect Cheverly is offering phone support, grocery/supply delivery, technology advice, and social connect. Please contact them at www.connectcheverly.com connectcheverly@gmail.com 301-531-4571.

Cheverly:

Food Pantry: Call Help-By-Phone to receive food from the Cheverly United Methodist Church: 301-699-9009. Let them know you want to receive your food from Cheverly.

If you have any other questions, please email: CheverlyCERT19@gmail.com

**Town of Cheverly
Maryland**

Uncodified Emergency Ordinance 2020-01

An uncodified Ordinance whereby the Town of Cheverly confirms the Town Administrator's authority to take all appropriate and reasonable actions necessary to prevent and/or reduce the impact of the outbreak of disease caused by the coronavirus (COVID-19) on the efficient operation of the Town's government in order to protect the health, safety, and welfare of its residents.

What Seniors Need to Know About:

CORONAVIRUS (COVID-19)

Who is at Higher Risk?

Older adults and people who have **severe chronic medical conditions** like lung, heart, or kidney disease seem to be **at higher risk for serious coronavirus illness**. It is especially important for you to **take actions to reduce your risk of exposure** if you are at higher risk.

For further information visit health.mypgc.us/coronavirus or call (301) 883-6627.



Angela D. Abubrooks
County Executive

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CURRENT CDC GUIDELINES For Those At Higher Risk:



Stay at home as much as possible.



In public, keep away from others who are sick, **and wash your hands often.**



Avoid crowds.



Have access to several weeks of **medications and supplies.**



Stay up to date on **CDC Travel Health Notices.**

Take Everyday, Preventative Actions



Wash your hands for **20 seconds** or sing the Happy Birthday Song, **especially** after blowing your nose, coughing, sneezing or having been in a public place.



Use **soap and water**. If soap is **not** available, use **hand sanitizer** with at least 60 percent alcohol.



Avoid touching your face, nose and eyes.



If you go out in public, **keep your distance** from others who are sick, wash your hands often.



Consider ways of **safely getting food brought to your house** through family, social, or commercial networks.

Plan Ahead in Case You Get Sick



Stay in touch with others.



Develop a contact list of friends, family, neighbors, community health workers, etc.



Determine who can provide you with care if your caregiver gets sick.



Listen to your body. If you are feeling sick, stay home and call your health care provider.



Family and Caregiver Support

- Know what medications your loved one is taking and help them prepare to have extra on hand.
- Monitor food and essential medical supplies needed and create a back-up plan.
- If you care for a loved one living in a care facility, monitor the situation, ask about the health of the other residents frequently and know the protocol if there is an outbreak.



What To Do If You Get Sick

STAY HOME

- **Call your health care provider**, let them know about your symptoms. They will assess if you need testing and provide next steps for care.

Qué Deben Saber Las Personas Mayores Sobre: CORONAVIRUS (COVID-19)

¿Quién está en Mayor Riesgo?

Las personas mayores y aquellas que padecen de condiciones de salud crónicas, como son las enfermedades del pulmón, corazón y los riñones, parecen estar en mayor riesgo de sufrir los efectos más serios de la enfermedad. Es sumamente importante que usted tome medidas para reducir el riesgo de exponerse si es de aquellas personas con mayor riesgo.

Para más información, visite health.mypgc.us/coronavirus o llame al (301) 883-6627.



Angela D. Abotbrooks
County Executive

HEALTH
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Prince George's County



¿Qué hacer si usted está en mayor riesgo? El CDC recomienda:



Permanezca en su hogar lo más que pueda.



Cuando esté en público, manténgase alejado de quienes estén enfermos y lávese las manos con frecuencia.



Evite grupos grandes de personas.



Tenga acceso a medicinas, medicamentos y artículos de primera necesidad que le puedan durar varias semanas.



Manténgase al día con los avisos que publica el CDC a través del [CDC Travel Health Notices](#).

Tome Medidas Preventivas a Diario y en todo Momento



Lávese las manos durante 20 segundos (que es lo mismo que le tomaría cantar una canción de cumpleaños), especialmente luego de soplarse la nariz, toser, estornudar o haber estado en algún lugar público.



Utilice agua y jabón. Si no hay jabón disponible, utilice desinfectante de manos que tenga una concentración de alcohol de al menos 60%.



Evite tocarse la cara, nariz y los ojos.



Si sale a lugares públicos, manténgase alejado de aquellos que estén enfermos y lávese las manos a menudo.

Considere formas seguras para que le hagan llegar comida a su casa a través de familiares, redes sociales y alternativas comerciales.



Qué Hacer Si Usted Se Enferma

Permanezca en su Casa

- Llame a su médico o proveedor de salud, déjele saber cuáles son sus síntomas. Ellos determinarán si usted necesitara someterse a exámenes y determinarán cuáles son los pasos a seguir.

Planifique Para el Caso en Que Usted se Enferme



Manténgase en comunicación con otras personas.



Establezca una lista de contactos que incluya amigos, familiares y profesionales de salud de la comunidad, entre otros.



Determine quién puede proveerle atención médica en caso de que su proveedor o la persona que le atiende se enferme.



Haga caso a su cuerpo. Si usted se siente enfermo, quédese en su casa y llame a su médico o proveedor de salud.



Apoyo de Familiares y Cuidadores

- Sepa qué medicamentos toma su querido y ayúdele a tener a la mano cantidades extra.
- Monitoree qué comida y artículos de primera necesidad médica necesita y desarrolle un plan de contingencia.
- Si usted tiene a algún querido en una égida o centro de cuidado para envejecientes, monitoree la situación, pregunte sobre la salud de los otros residentes frecuentemente y conozca los protocolos en caso de que haya un brote.

Cheverly Newsletter

March 2020 Special Edition

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HYATTSVILLE MD
PERMIT NO. 1563
Cheverly, MD

Mayor: Laila Riazi	202-258-6167
Ward 1: Eric Radloff	703-505-8802
Ward 2: Micah Watson	240-603-9366
Ward 3: Nicole Bryner	301-892-6384
Ward 4: Kayce Simmons Munyeneh	240-478-4077
Ward 5: Jenny Garcia	240-604-1081
Ward 6: Amy Fry	301-678-3796

Town Administrator:	Dylan Galloway	301-773-8360
Public Works Director:	Steve Brayman	301-773-2666
Police Chief:	Jarod Towers	301-341-1055

Town Offices Hours	M-F, 9AM-5PM
Town Hall	301-773-8360
Police Headquarters Hours	M-F, 7AM-7PM Sat, 8AM-4PM
Police Headquarters	301-341-1055
Police Tip Line	301-789-5090
Code Compliance	240-770-7647
Photo Enforcement	240-770-7641
Public Works Hours	M-F, 7:30AM-4PM
Public Works	301-773-2666
Maryland Relay	711
FAX	301-773-0173
Police Dispatch (Non-Emergency)	301-352-1200
Website:	www.cheverly-md.gov
Email "Contact The Town" button on the Website	

**POSTAL CUSTOMER
CARRIER ROUTE
CHEVERLY, MD 20785**



Steps to Help Prevent the Spread of COVID-19 if You are Sick

Call your doctor: If you think you have been exposed to COVID-19 and develop a fever and symptoms of respiratory illness, such as cough or difficulty breathing, call your healthcare provider immediately.

Stay home except to get medical care

- **Stay home:** People who are mildly ill with COVID-19 are able to isolate at home during their illness. You should restrict activities outside your home, except for getting medical care.
- **Avoid public areas:** Do not go to work, school, or public areas.
- **Avoid public transportation:** Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

- **Stay away from others:** As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.
- **Limit contact with pets & animals:** You should restrict contact with pets and other animals while you are sick with COVID-19, just like you

would around other people. Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people sick with COVID-19 limit contact with animals until more information is known about the virus.

- When possible, have another member of your household care for your animals while you are sick. If you are sick with COVID-19, avoid contact with your pet, including petting, snuggling, being kissed or licked, and sharing food. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets and wear a facemask. See COVID-19 and Animals for more information.

Call ahead before visiting your doctor

- **Call ahead:** If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

The information in this article is sourced from <https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html>