

Dear Members,

In light of the growing concerns and precautions surrounding the Coronavirus (COVID-19), the Village to Village Network, to which the Village on College Hill belongs, hosted an hour-long webinar about COVID-19. A leading physician from the Washington Metro area, Dr. David Gehring, answered questions and offered advice.

Watch the webinar here: <https://youtu.be/hcZd6eoHCFo>.

Based on this guidance, we at Village on College Hill are taking action and making sensible recommendations to help keep us all as safe as possible.

Going forward:

- All Village programs will be cancelled/rescheduled for the next two weeks. We are postponing weekly drumming and tai chi classes. Walking will likely not be cancelled, but email monica.seligmann@gmail.com to check.
- **March 18 Solving Gerrymandering/Learn about Fair Districts Program will be postponed till a later date.**
- **March 24 Potluck Dinner with Lafayette Aging Studies students will be postponed till a later date.**

PREPARING FOR COVID-19 CHECKLIST

What you can do now to care for you, loved ones, friends, and neighbors:

- Wash your hands with soap and water for at least 20 seconds (sing Happy Birthday twice). Wash especially after blowing your nose, coughing, sneezing, or first thing when you come home after work, school, or errands.
- Use hand sanitizer only when you cannot wash your hands with soap and water. The CDC recommends using sanitizer with at least 60% alcohol. When you're out, use it when you return to your car. At the grocery store, use the wipes to clean the cart handle and child seat, and use another one when you leave the store.

- Avoid touching your face, nose, and eyes unless you just washed your hands.
- If you cough or sneeze, use a tissue and throw it away.
- In public, avoid high-touch surfaces like elevator buttons, door handles, handrails, and touch elbows rather than shaking hands. If you must touch something, use your sleeve or a tissue to cover your hand or finger; then toss the tissue.
- Use household detergent and water every day to clean surfaces and objects you touch regularly (tables, countertops, light switches, doorknobs, and cabinet handles).
- Utilize a system to deliver groceries, medications and pet supplies

Note: All airlines are waiving fees as well as are most other travel partners should you need to cancel a trip.

- The CDC recommends you prepare to separate yourself and loved ones from others (social distancing) to reduce your risk of infection.
- Prepare now for staying home for two weeks or more.
- Get your prescriptions filled for a couple of months. Or sign up for the no extra cost pill packaging and delivery directly to you. Ask your medical insurer whether your coverage includes “extended-day supply.”

RevolutionMeds:

<http://revmedsrx.com/>

CVS:

<https://www.cvs.com/content/multidose>

PillPack from Amazon:

<https://www.pillpack.com/>

- Stock up on supplies you’ll need if you get sick. Over-the-counter meds (for fever, aches, coughs) and medical supplies (tissues, thermometer, lozenges).
- Stock up on soap for handwashing as well as household cleaners, paper goods (tissue, towels, toilet paper), trash

bags, dishwasher soap, and laundry detergent. Get a new toothbrush.

- Plan your meals for a few weeks and lay in supplies. Consider making a few meals and freezing them. Maybe a big pot of chili to share with a healthy neighbor or friend in exchange for some homemade lasagna. Cook ahead and you can use what is fresh. Unlike a storm, you can expect to have a working freezer, so use it.
- Make a list of your emergency contacts - family, friends, doctors, pharmacy, and your designated medical agent - and the prescription drugs you take. In an emergency, consider exchanging/sharing your list with neighbors, family, or friends.
- Consider your pets. Stock up on food, litter, and meds.
- If you live with someone, make a sick room so the ill one can be separated.
- Think about your family or friends who might be alone and check on them.
- Encourage them to begin their preparations and then compare notes
- Sign up now with a grocery delivery service so it is ready if you need it.

Giant:

<https://www.peapod.com/>

Wegmans/CVS/Target/Shoprite/PetCo

- <https://www.instacart.com>

Aldi:

<https://www.aldi.us/en/shop-now/grocery-delivery/>

CDC:

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

- Write down contact information for your local and state health departments

- If your neighborhood has a webpage or a social media page, such as Nextdoor, consider signing up to stay informed.
- If you are on social media, connect with your local and state health departments to get up-to-date information.
- Staying home for an extended period, may be welcomed at first, but will soon lead to boredom. Consider downloading apps to entertain or inform you. Your public library has books to download. Maybe games or exercises. Restock your knitting, painting, or woodworking supplies. Plan your vegetable garden. Write a letter of gratitude to someone you appreciate. Learn a new card game. Write postcards.

With acknowledgments to the CDC, Consumer Reports, The Washington Post