

Good afternoon partners,

We hope everyone has been staying safe and informed during this critical time! On behalf of the Roanoke City and Alleghany Health Districts, I wanted to make you aware of several additional updates to help you stay informed.

Coronavirus: a community conversation

Please tune in to tonight's (4/6/20) Coronavirus: a community conversation at 7pm. This panel discussion includes our very own Dr. Molly O'Dell, Director of Communicable Disease for RCAHD. In addition, there will be representatives from Carilion Clinic, Lewis-Gale Medical Center, and the Salem VA Medical Center.

The event will be streamed live from the following media outlets: WDBJ7, WFXR News, ABC 13 – WSET, WSLS 10, and Blue Ridge PBS. In addition, three regional radio stations will broadcast the live panel: WFIR, WLNI, and WVTF Music and Radio IQ. This community event is bringing many partners together in a joint effort to flatten the curve!

Governor's Executive Order #55: Stay At Home

As a reminder, we are currently following the Governor's Executive Order #55 to Stay At Home. Details can be found here:

[https://www.governor.virginia.gov/media/governorvirginiagov/executive-actions/EO-55-Temporary-Stay-at-Home-Order-Due-to-Novel-Coronavirus-\(COVID-19\).pdf](https://www.governor.virginia.gov/media/governorvirginiagov/executive-actions/EO-55-Temporary-Stay-at-Home-Order-Due-to-Novel-Coronavirus-(COVID-19).pdf)

As a leader in your community, we need your help. Please use your positions to spread the simple message of "Stay at home"! In addition, please help spread the word that time in public should be minimized, and we should avoid groupings of greater than 10 people at less than a six foot distance apart. We all need to stay at home, with the exception of obtaining essentials (food, water, medications, etc.) and providing critical job functions. Staying home isn't easy, but it's essential to protecting the health of our communities.

CDC Recommendation's Regarding the Use of Cloth Face Coverings

This has been a topic of much discussion over the past few days in our community. CDC has created recommendations for use of cloth face coverings. Please see below:

CDC continues to study the spread and effects of the novel coronavirus across the United States. We now know from [recent studies](#) that a significant portion of individuals with coronavirus lack symptoms ("asymptomatic") and that even those

who eventually develop symptoms (“pre-symptomatic”) can transmit the virus to others before showing symptoms. This means that the virus can spread between people interacting in close proximity—for example, speaking, coughing, or sneezing—even if those people are not exhibiting symptoms. In light of this new evidence, CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies) especially in areas of significant community-based transmission.

It is critical to emphasize that maintaining 6-foot social distancing remains important to slowing the spread of the virus. CDC is additionally advising the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

The link below will bring you to a CDC video on how to make a cloth face mask:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html>

Regional Call Center

RCAHD has established a Regional Call Center, available to the PUBLIC Monday – Friday from 8:00 am – 6:00 pm at 1-855-949-8378. The VDH Call Center is available as well: 1-877-ASK-VDH3.

Local Health Departments

- Alleghany/Covington Health Department: 962-2173
- Botetourt County Health Department: 473-8240
- Clifton Forge Health Department: 962-2173
- Craig County Health Department: 864-5136
- Roanoke City Health Department: 283-5050
- Roanoke County/Salem Health Department: 387-5530
- Roanoke County/Vinton Health Department: 857-7800

Websites

The COVID-19 Pandemic is a rapidly evolving situation. For the latest information on COVID-19 please use the following websites:

- Virginia Department of Health (VDH) - www.vdh.virginia.gov/coronavirus

- Centers for Disease Control and Prevention (CDC)
- www.cdc.gov/coronavirus/2019-nCoV
- World Health Organization (WHO)
- www.who.int/emergencies/diseases/novel-coronavirus-2019

Social Media

RCAHD, VDH, CDC, and WHO also have active social media pages. If you are on social media please 'like' these pages and help us by sharing posts from these trusted sources.

Resources in Spanish / Recursos en español

CDC websites on COVID-19 are available in Spanish. Visit the CDC websites today.

Las páginas web de los CDC sobre el COVID-19 están disponibles en español. Visita las páginas web de los CDC hoy.

- <https://espanol.cdc.gov/enes/coronavirus/2019-ncov/index.html>
- <https://www.youtube.com/playlist?list=PLvvp9iOILTQZdKZTcAaYdyu4wKmhGCJNc>

Thank you for your support. Please don't hesitate to reply to this email if you have any questions or concerns. We are here to help!