Community Connections - Special Edition
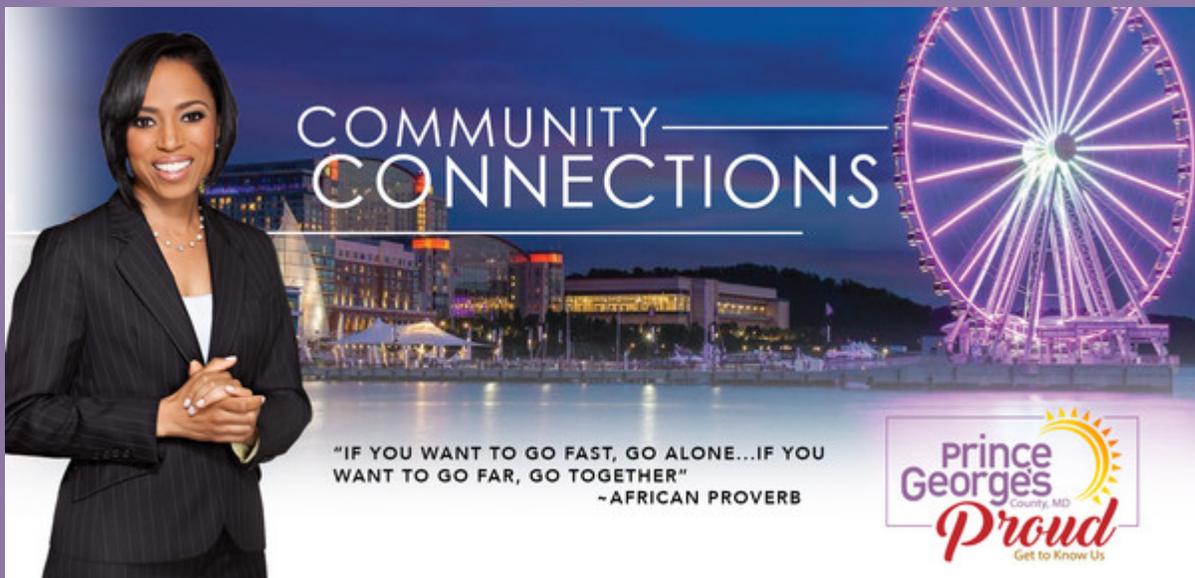
Prince George's County Maryland sent this bulletin at 03/11/2020 06:57 PM EDT

Wednesday, March 11, 2020

An Update on COVID-19: Prince George's County Confirms First Positive Cases

Dear Prince Georgians:

During the evening of Monday, March 9, the Maryland Department of Health confirmed that a Prince George's County resident tested positive for the novel coronavirus, COVID-19. Yesterday morning, prior to hosting our press conference to update the community, we learned that two more residents tested positive for COVID-19. At this time, Prince George's County has a total of 3 confirmed cases of COVID-19.

We are aware that you may be concerned, but be assured that your County Government is prepared and well-equipped to keep Prince Georgians safe and healthy. We are reaching out to provide our community with an update and let you know what you can do to help prevent the spread of this virus.

The first confirmed case is a patient who contracted the virus while traveling to Boston, and that resident is at home and in good condition. The resident is in her 50s, has had no contact with children, does not have children in the school system, and her family members that live with her are self-quarantined at home and in good condition as well.

The second and third cases are a couple who recently returned from an international cruise. The couple is self-quarantined at home and in good condition. This couple also does not have any connection to our school system. A contact tracing investigation is underway in all of these cases to determine exposure within the County, and we are working with the State of Maryland and our Health Department to take the appropriate precautions.

In addition, today Prince George's County Public Schools (PGCPS) was notified that an individual affiliated with Eleanor Roosevelt High School and College Park Academy had close contact with someone who traveled to a country under a high-risk coronavirus (COVID-19) warning. As a precaution, both schools will be closed Thursday, March 12 and Friday, March 13 for cleaning and sanitizing. The closures affect all programming at the school, including before and after-school activities and all athletic, extracurricular and weekend events. Students and staff will return Monday, March 16.

As with the confirmed cases mentioned above, the Prince George's County Health Department is conducting an investigation and gathering important information from the individual to help keep the public safe and healthy.

Prince George's County Public Schools (PGCPS) is hosting a COVID-19 telephone town hall tomorrow, March 12, from 6:30 PM to 7:30 PM. This event will feature PGCPS CEO Dr. Monica Goldson, Health Officer Dr. Ernest Carter, and Deputy Chief Administrative Officer for Health, Human Services and Education Dr. George Askew.

Parents and employees will receive a call at 6:30 PM. Answer and follow the prompts to join. Or, you can call 855-756-7520, ext. 56844#, if you don't receive a call. Please consider joining this call if you have questions about COVID-19, especially as they relate to our school system.

The County's Emergency Operations Center (EOC) and Joint Information Center (JIC) were activated at an enhanced level on March 4, 2020, prior to any confirmed cases in the State of Maryland. Yesterday I increased the activation level to a partial activation, which will allow us to continue taking the appropriate steps to respond to this evolving situation.

The County Health Department is emphasizing that the potential risk of illness to the general public is still low. Our public health experts, along with emergency management officials, continue to work closely with state and federal health officials on a regular basis.

As residents, there are several things you can do to partner with us to help prevent the spread of respiratory illnesses like COVID-19. We continue to encourage the public to practice every day, preventative actions such as:

- Wash your hands often with soap and warm water for at least 20 seconds.
- Use an alcohol-based hand sanitizer with at least 60 percent alcohol if soap and water are not available.
- Cover your cough or sneeze with a tissue.
- Avoid touching your eyes, nose, and mouth.
- Avoid close contact with people who are sick.

- If you are sick, stay home except to get medical care.
- The CDC recommends travelers, particularly those with underlying health issues, defer all cruise ship travel worldwide.

For those at higher risk, it is especially important for you to take actions to reduce your risk of exposure. According to the CDC, higher risk people are older adults and people who have severe chronic medical conditions like lung, heart, or kidney disease. We advise these groups take additional precautions:

- Stay at home as much as possible.
- When you go out in public, keep away from others who are sick, limit close contact and wash your hands often.
- Make sure you have access to several weeks of medications and supplies.

Patients with COVID-19 have experienced mild to severe respiratory illness. Symptoms can include fever, cough and shortness of breath. Symptoms may appear 2-14 days after exposure. Seek medical advice if you develop symptoms and have been in close contact with a person known to have COVID-19, or if you live in or have recently been in high exposure areas.

I want to thank our County Government agencies and employees who have been working hard for several weeks to prepare for this coronavirus, ensuring we have the proper plans in place. We always knew it was not a question of if but when COVID-19 would reach Prince George's County. If you would like to see all of our preparations to date, please click here.

In addition, we are reviewing all events hosted by the County Government and canceling or postponing events on a case-by-case basis. Below we have listed several events from our office, as well as our Office of Community Relations, that have been canceled or postponed. We will be sure to update the community as we make decisions regarding future events.

Again, we want you to know that your County Government is doing everything we can to respond to this rapidly evolving situation. The health and safety of every Prince Georgian is our top priority, and we will continue to take the appropriate steps and provide the latest updates to protect the well-being of all our residents.

Information and updates about COVID-19 in Prince George's County are available at health.mypgc.us/coronavirus. Residents can also call the County's Health Department hotline at 301-883-6627 with questions or concerns about COVID-19.

We also ask residents to only call 911 for medical emergencies, not for coronavirus information or questions.

This is a concerning challenge for Prince George's County, but I know that by working together, we are fully prepared and well-equipped to handle this situation.

Yours in service,

Angela Alsobrooks

Prince George's County Executive

Postponed/Canceled Events

Canceled: 311 Day of Action

Postponed: Census Fact Check Workshop

Canceled: Youth Speaks Forum

Postponed: Women's History Month Luncheon

THE 35TH ANNUAL PRINCE GEORGE'S COUNTY
WOMEN'S HISTORY MONTH LUNCHEON

POSTPONED

Thursday, March 26, 2020 ~ 11:30am

Martin's Crosswinds
7400 GREENWAY CENTER DRIVE, GREENBELT, MD

$60.00 per person
GENERAL ASSIGNED SEATING

For sponsorship opportunities
and ticket sales: http://bit.ly/WHML2020

For general questions email us:
SONJA WELBORNE-RICE, EVENT CHAIR
pgcwhml@co.pg.md.us

Please note: Tickets already purchased for the Women's History Month Luncheon will be honored when a new date is set.

Postponed: Census Block Party

YOU ARE INVITED TO JOIN US FOR OUR

CENSUS 2020

MARCH MADNESS

BLOCK PARTY

Sat. March 28~10am-2pm

FOOD & ENTERTAINMENT
FAMILY-FRIENDLY ACTIVITIES
SPECIAL GUEST DJ

POSTPONED

Skate/Fit Mobile

Come out and play kids area

Parriots Technology videogame tournament

Mini Basketball Clinic (for youth ages 6-15)

RSVP by Monday, March 23, 2020
https://proudtobecountedblockparty.eventbrite.com

Parks & Recreation
M-N-C-P-P-C
live more, play more
pgparks.com

Angela D. Alsobrooks
County Executive

Proud to be Counted

Prince George's county
Office of Community Relations
connecting people, connecting resources

Prince George's County Public Schools is not sponsoring, endorsing or recommending the activities in this flyer.

Resources

COVID-19 Fact Sheet

WHAT YOU NEED TO KNOW ABOUT

CORONAVIRUS (COVID-19)

WHAT IS CORONAVIRUS? (COVID-19)

Coronavirus disease 2019 (COVID-19) is caused by a respiratory virus first identified in Wuhan, Hubei Province, China. This is a new virus that hasn't caused illness in humans before.

HAS THIS CORONAVIRUS 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

DOES ANYONE IN MARYLAND HAVE THE VIRUS NOW?

The Maryland Department of Health is keeping a current list of confirmed cases in the state at this webpage: https://phpa.health.maryland.gov/Pages/Novel-coronavirus.aspx

WHAT IS THE RISK TO THE PUBLIC RIGHT NOW?

For the general American public, who are unlikely to be exposed to this virus at this time, the immediate health risk from coronavirus is low. Globally, the CDC says the potential public health threat posed by this coronavirus is high. Strong public health measures now may slow down the impact of the virus in the U.S. later.

HOW DOES THIS CORONAVIRUS SPREAD?

Current understanding about how the virus spreads is largely based on what is known about similar coronaviruses. COVID-19 is a new disease and there is more to learn about how it spreads, the severity of illness it causes, and to what extent it may spread in the United States.

The virus is thought to spread mainly from person-to-person in the following ways:

- 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.

WHAT ARE THE SYMPTOMS OF THE VIRUS?

FEVER   SHORTNESS OF BREATH   COUGH

SHOULD I WEAR A FACE MASK WHEN I GO OUT IN PUBLIC?

The CDC does not recommend people who are well wear a face mask to protect themselves from respiratory illnesses, including COVID-19. You should only wear a mask if a healthcare professional recommends it. A face mask should be used by people who have COVID-19 and are showing symptoms. This is to protect others from the risk of getting infected.

WHAT CAN I DO TO PROTECT MYSELF AND OTHERS?

Take everyday preventive steps that are always recommended to slow the spread of respiratory illnesses like colds, flu, and this virus:

- Wash your hands often with soap and warm water for at least 20 seconds.

- Use an alcohol-based hand sanitizer with at least 60 percent alcohol if soap and water are not available.

- Cover your coughs and sneezes with a tissue, your sleeve, or your elbow.

- Avoid touching your eyes, nose and mouth.

- Clean and disinfect frequently touched objects and surfaces using standard cleaning practices.

- Avoid close contact with people who are sick. If you are sick, stay home except to get medical care.

HOW DO I STAY INFORMED?

Continue to monitor the Health Department's coronavirus webpage (health.mypgc.us/coronavirus) as well as the coronavirus webpages for the Maryland Department of Health (health.maryland.gov/coronavirus) and the CDC (https://www.cdc.gov/coronavirus/).

Additional Resources: www.cdc.gov/nCoV
Sources: Centers for Disease Control and Prevention; Maryland Department of Health.

Prince George's Proud   HEALTH DEPARTMENT Prince George's County

LO QUE NECESITA SABER SOBRE EL

CORONAVIRUS (COVID-19)

¿QUÉ ES EL CORONAVIRUS (COVID-19)?

La enfermedad del coronavirus 2019 (COVID-19) es causada por un virus respiratorio que se identificó por primera vez en la provincia de Wuhan, Hubei, China. Este es un virus nuevo que no ha enfermado a humanos anteriormente.

¿SE HA PROPAGADO ESTE CORONAVIRUS A LOS ESTADOS UNIDOS?

Sí. Se han confirmado casos en Estados Unidos. Los Centros para el Control y la Prevención de Enfermedades (CDC) llevan un registro de la cantidad de casos en esta

¿CUÁLES SON LOS SÍNTOMAS DEL VIRUS?

FIEBRE   FALTA DE RESPIRACIÓN   TOS

¿DEBO DE USAR MASCARILLA CUANDO

¿ALGUIEN EN MARYLAND TIENE EL VIRUS AHORA?

El Departamento de Salud de Maryland lleva una lista actualizada de los casos confirmados en el estado en esta página de internet: https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html

¿CUÁL ES EL RIESGO PARA EL PÚBLICO ACTUALMENTE?

Para el público estadounidense general, que probablemente no ha estado expuesto al virus actualmente, el riesgo inmediato de contraer el coronavirus es bajo. A nivel global, los CDC informan que la potencial amenaza generada por este coronavirus para la salud pública es alta. Tomar medidas de salud pública firmes ahora puede ralentizar el impacto del virus en Estados Unidos más tarde.

¿CÓMO SE PROPAGA ESTE CORONAVIRUS?

El conocimiento actual de la forma en que se propaga el virus se basa mayormente en lo que se conoce sobre otros coronavirus similares. El COVID-19 es una nueva enfermedad y aún hay más por aprender sobre cómo se propaga, la gravedad de la enfermedad que genera y hasta dónde se puede propagar en Estados Unidos.

Se cree que el virus se propaga principalmente de persona a persona de las siguientes formas:

- entre personas que están en contacto cercano con otras personas (alrededor de seis pies de distancia);

- a través de las gotitas respiratorias producidas cuando una persona infectada tose o estornuda. Las gotitas pueden caer en la boca o nariz de personas que estén cerca, o posiblemente ser inhalados hacia sus pulmones.

ESTOY EN PUBLICO?

Los CDC no recomiendan que las personas que están sanas usen mascarillas para protegerse de enfermedades respiratorias, incluido el COVID-19. Solo debe usar mascarilla si un profesional de la salud lo recomienda. Las personas que tienen COVID-19 y están demostrando síntomas deben utilizar mascarilla. Este es para proteger a los demás del riesgo de contagiarse.

¿QUÉ PUEDO HACER PARA PROTEGERME A MÍ Y A LOS DEMÁS?

- lávese las manos frecuentemente con jabón y agua tibia durante al menos 20 segundos;

- use un desinfectante de manos a base de alcohol, con una concentración de al menos 60 % de alcohol si no tiene agua y jabón a su disposición;

- cúbrase la boca con un pañuelo desechable, con su manga o su codo al toser o estornudar.

- evite tocarse los ojos, la nariz y la boca;

- limpie y desinfecte los objetos y las superficies que se tocan frecuentemente usando prácticas de limpieza estándar;

- evite el contacto cercano con personas que estén enfermas. Si está enfermo, permanezca en casa, excepto cuando vaya a recibir atención médica.
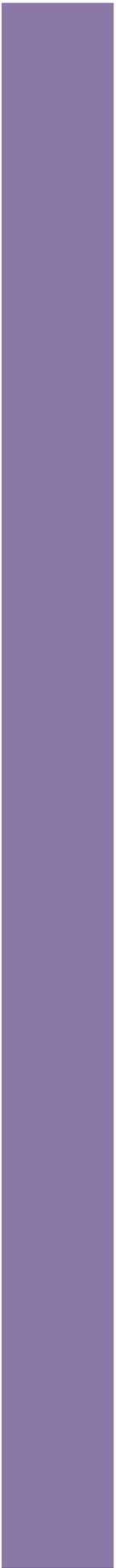
¿CÓMO ME MANTENGO INFORMADO?

Continúe consultando la página de internet del Departamento de Salud (health.mypgc.us/coronavirus), así como las páginas de internet del Departamento de Salud sobre el coronavirus (health.maryland.gov/ coronavirus) y los CDC (https://www.cdc.gov/coronavirus/).

How to Prevent the Spread of Germs

C�VID-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.**

2 Cover your cough

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

Wash your hands often **3**

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

If soap and water aren't available, use alcohol-based **hand sanitizer** with 60% alcohol.

4 Clean

& Disinfect

frequently touched **objects and surfaces.**

Stay Home! **5**

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

6 Avoid

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

HEALTH DEPARTMENT
Prince George's County

prince Georges Proud

Angela D. Alsobrooks
County Executive

C�VID-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.**

Si no hay agua y jabón disponible, use **desinfectante** para las manos que tenga una base de alcohol de 60%.

4 **Limpiar y Desinfectar objetos y superficies** frecuentemente tocados.

Quedarse en su casa! 5

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

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

HEALTH DEPARTMENT
Prince George's County

Prince George's Proud

Angela D. Alsobrooks
County Executive

COVID-19 Senior Fact Sheet
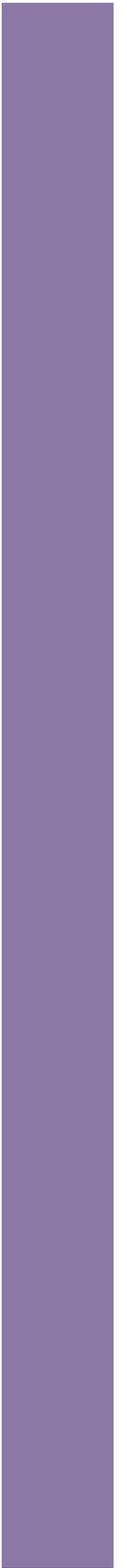
What Seniors Need to Know About:
CORONAVIRUS (COVID-19)

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.

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.

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.

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.

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.

¿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**.

Wayne K. Curry County Administration Building

1301 McCormick Drive, Suite 4000
Largo, Maryland 20774