

A Message from the Department on Disability Services
CORONAVIRUS: Prevention & Preparedness

Viruses don't discriminate,
and neither should we.

dchealth.dc.gov/coronavirus

DC HEALTH
GOVERNMENT OF THE DISTRICT OF COLUMBIA

GOVERNMENT OF THE
DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR

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March 6, 2020

Dear Providers:

On Friday, February 28, DC Mayor Muriel Bowser signed a [Mayor's Order](#) outlining the District's monitoring, preparation, and response to the coronavirus (COVID-19). The Order named DC Health and the DC Homeland Security and Emergency Management Agency responsible for coordinating the District's emergency response planning for any potential impacts from coronavirus. On Tuesday, March 3, Mayor Bowser held a [press briefing](#) in which she was joined by leaders from emergency management and public safety agencies, DC Health, and the Department of Forensic Science.

There have been no confirmed cases of the virus in the District of Columbia. During the briefing, health officials outlined the protocols the District has in place to ensure that residents are informed and remain safe. DC Health is working closely with the Centers for Disease Control and Prevention (CDC) to provide updated information and awareness on coronavirus as it becomes available.

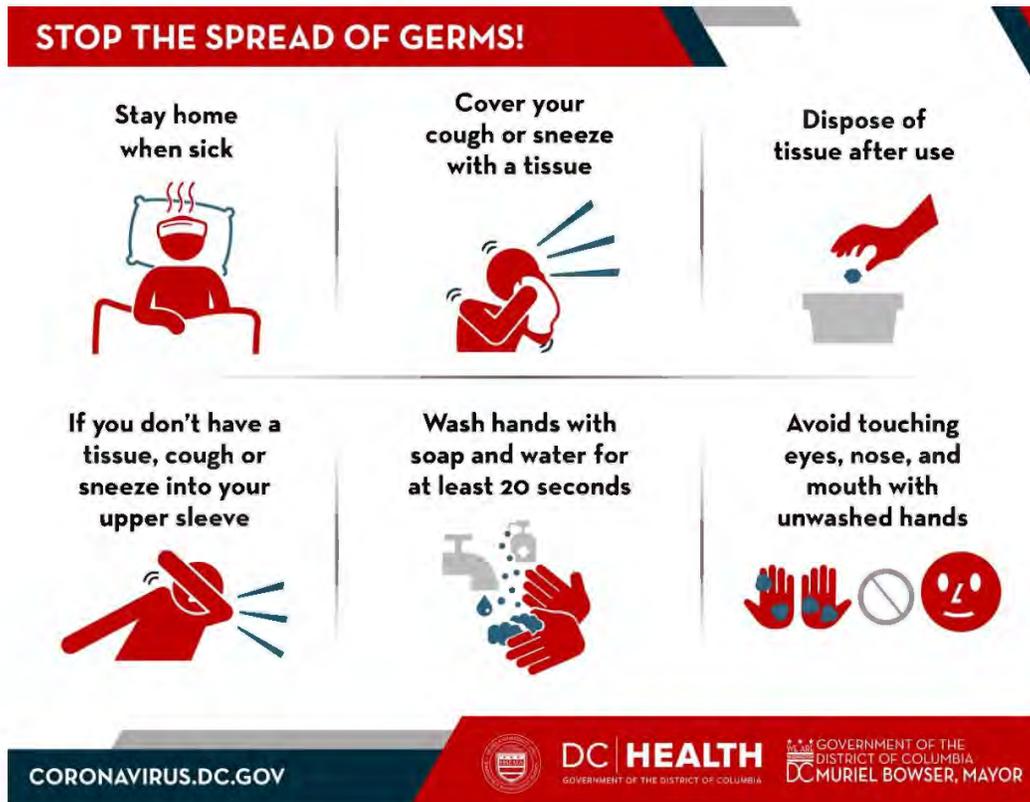
Prevention is key at this time. Common coronaviruses can cause symptoms similar to the common cold, such as fever, cough, sore throat, and feeling unwell. The symptoms that are currently being seen with COVID-19 are fever and respiratory symptoms such as cough and shortness of breath.

Help stop the spread of germs by:

- Staying home from work until you are free of fever, signs of a fever, and any other symptoms for at least 24 hours and without the use of fever-reducing or other symptom-altering medicants.
- Seeking medical attention – if you have reason to believe you have been exposed to coronavirus or influenza. Call your healthcare provider before visiting a healthcare facility.
- Washing your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing.
- Avoiding close contact with people who are sick.
- Avoiding touching your eyes, nose, and mouth with unwashed hands.
- Cleaning and disinfecting frequently touched objects and surfaces.

- Using an alcohol-based hand sanitizer with at least 60% alcohol, if you have symptoms of acute respiratory illness.

Please share the information below with your staff and the people your agency supports. To stay up to date on the latest COVID-19 information in the District visit: <https://dchealth.dc.gov/coronavirus>.



Additionally, it is recommended that you and your household are prepared for the possible impact COVID-19 may have in our community:

- Have an adequate supply of nonprescription drugs and other health supplies on hand – pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- Check on your regular prescription drugs to make sure you have an adequate supply, and refill your prescriptions as needed.
- Have a thermometer, tissues, soap, and hand sanitizer.
- Have extra non-perishable food items at home.

Resources:

- [Stop the Spread of Germs Flyer - English](#)
- [Stop the Spread of Germs Flyer - Multiple Languages](#)
- [List of COVID-19 Fighting Products](#)
- [Videos - DC Government Preparedness Updates](#)
- [Coronavirus Fact Sheet for Businesses - English](#)
- [Coronavirus Fact Sheet for Businesses - Spanish \(Español\)](#)

