

BE READY, ALEXANDRIA!

Prepare Yourself. Protect Your Community. Prevent the Spread.

COVID-19

The COVID-19 coronavirus outbreak could have a major impact on all our lives. We need to be prepared. Places and organizations you rely on—like government offices, stores, schools, transportation, health care and other services—may not be as available as usual. Here are steps you can take right now to prepare.

GET TO KNOW YOUR NEIGHBORS & COMMUNITY

- **Who can help you?** Identify neighbors, friends, family and coworkers who could help you in the event of an emergency.
- **Who can you help?** Identify neighbors, friends, family and co-workers who are older adults, have special needs, don't understand English well or are new to the area.
- **Volunteer with local groups.** Join groups like the Medical Reserve Corps and the Citizen Corps or those associated with schools, civic associations and houses of worship to assist during emergencies.
- **Stay Informed.** Sign up for alexandriava.gov/eNews to get free information, including emergency alerts from the City of Alexandria.

PLAN YOUR WORK

During the COVID-19 coronavirus outbreak, businesses may not operate on normal schedules. Be sure to ask your employer what their plan is if schedules have to change.

- Ask how your supervisor will contact you about changes to your work or office.
- Ask how family and sick leave will be handled.
- Ask if there are plans to work from home or elsewhere.

PREVENT INFECTION

- Wash your hands often by rubbing them together with soap and warm water for at least 20 seconds. If soap and water are not available, use hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Clean and disinfect frequently touched surfaces and objects, such as toys and doorknobs, especially if someone is sick.
- Avoid close contact with people who have cold or flu-like symptoms (e.g. fever, cough, sore throat, shortness of breath) - do not shake hands or hug others.

IF YOU GET SICK

If you experience symptoms such as fever, cough or shortness of breath, the Alexandria Health Department advises seeking healthcare as you would for any other respiratory virus, like the flu. Call the healthcare provider or clinic before you go and advise them of your symptoms and potential exposures so that precautions can be undertaken to prevent the spread of germs.

- **Stay away.** Stay home, do not go out in public, including stores and restaurants.
- **Use your elbow.** Cough and sneeze into your elbow, not your hand. Alternatively, cough and sneeze into a tissue, then throw the tissue in the trash, and wash your hands.
- **Listen to your doctor.** During a pandemic, follow the advice of public health officials.
- **Practice good habits.** Get plenty of sleep. Be physically active. Manage stress. Drink plenty of fluids. Eat nutritious foods. Stop smoking to help decrease the risk of serious consequences if you do become ill with flu-like symptoms.

[ALEXANDRIAVA.GOV/CORONAVIRUS](https://alexandriava.gov/coronavirus)

