

April 28, 2020

Dear Falcons Landing Residents,

The Virginia National Guard arrived this morning, right on schedule at 8:30, to set-up for our COVID-19 Point-Prevalence Survey of staff and residents at the Johnson Center and West Falls Center. They brought a total of 37 members of their unit and they have split them into five testing teams. Two teams will begin at West Falls Center and three at the Johnson Center. When the West Falls teams complete testing there, they will join the other teams to finish up at the Johnson Center. They hope to have test-collection complete by mid-afternoon and will then depart. They will transport the 200 tests to the laboratory at the University of Virginia for analysis. We hope to have the results back within 48-hours.

This widespread health-centers testing will provide additional information on the status of our COVID-19 outbreak, and identify any residents or staff members who are COVID-19 positive but show no discernible symptoms of infection. We anticipate with wider testing we will identify additional positive cases, since studies have shown that a significant percentage of COVID-19 positive cases are asymptomatic. Many who are asymptomatic but positive later develop symptoms, but they can spread the virus before symptoms develop. That is why identifying all positives will help us contain the virus and further mitigate risk.

Any residents who test positive will be placed in isolation, and any staff members who test positive will be quarantined at home and not allowed to return to work until they have had completed two consecutive negative tests within a 2-3-day timeframe.

We are very fortunate that our request for state assistance in testing of all health center staff and residents coincided with this new program. We are the first Northern Virginia site chosen to participate.

We have coordinated changes to some restrictions for Independent Living residents with Dr. Ann. I am delighted to announce that Dr. Ann believes allowing residents to leave the community and return for essential trips is relatively low risk, if residents carefully observe the appropriate precautions. If you leave the campus, just as if you leave your home, you must wear a mask in public, maintain strict social distancing of at least 6 ft. or more from others and maintain good hygiene. Anyone who is feeling ill should not, of course, leave their home or campus and should report their symptoms to the Wellness Center. Those who return to campus after an essential trip do not need to stay in their homes for 14-days of quarantine. They may return to their now-normal activities: wearing a mask at all times when outside the home, strict social distancing and hand hygiene. This new guidance is for residents of both cottages and apartments. Apartment-dwellers should be careful to check that there are not others in the hallway before entering the hallway in order to maintain 6ft. of separation.

I know this comes as welcome news and this should be safe if everyone observes the remaining guidelines. This does not mean you should go on and off campus for non-essential trips, but an

occasional trip to the grocery store would be permissible. Please see the attached precautions for grocery shopping if you intend to do this.

Cases are still rising at a steady rate in Northern Virginia at this time, so please continue to exercise care and caution. If there is no increase in illness among IL residents, and if there are a decreasing number of new cases in Virginia in Virginia, we will look at some of the other restrictions and consider additional changes as soon as appropriate.

If you have any questions, please forward them to Erinn at ebrown@falconslanding.org or (703) 404-5104 and I will provide answers, either at my next Broadcast on Thursday or sooner if needed.

Cheers and happy day!

Barb

CDC Guidance on Running Essential Errands

Grocery Shopping, Take-Out, Banking, Getting Gas, and Doctor Visits

As communities across the United States take steps to slow the spread of COVID-19 by limiting close contact, people are facing new challenges and questions about how to meet basic household needs, such as buying groceries and medicine, and completing banking activities. The following information provides advice about how to meet these household needs in a safe and healthy manner.

Shopping for food and other household essentials

1. Stay home if sick
2. Avoid shopping if you are sick or have symptoms of COVID-19, which include a fever, cough, or shortness of breath.
3. If you can, order online for delivery of groceries and other items for home delivery. We will continue to deliver from the front gate to your residence. Only visit the grocery store, or other stores selling household essentials, in person when you absolutely need to. This will limit your potential exposure to others and the virus that causes COVID-19.
4. Protect yourself while shopping.
5. Stay at least 6 feet away from others while shopping and in lines.
6. Cover your mouth and nose with a cloth face covering when you have to go out in public.
7. When you do have to visit in person, go during hours when fewer people will be there (for example, early morning or late night).
8. Since you are at higher risk for severe illness, find out if the store has special hours for people at higher risk. If they do, try to shop during those hours. People at higher risk for severe illness

include adults 65 or older and people of any age who have serious underlying medical conditions.

9. Disinfect the shopping cart, use disinfecting wipes if available.
10. Do not touch your eyes, nose, or mouth.
11. If possible, use touchless payment (pay without touching money, a card, or a keypad). If you must handle money, a card, or use a keypad, use hand sanitizer right after paying.
12. Use hand sanitizer after leaving the store, use hand sanitizer. When you get home, wash your hands with soap and water for at least 20 seconds.
13. At home, follow food safety guidelines: clean, separate, cook, chill external icon. There is no evidence that food or food packaging has been linked to getting sick from COVID-19.

Accepting Deliveries and Takeout Orders

1. Wash your hands or use hand sanitizer after accepting deliveries or collecting mail
2. After receiving your delivery or bringing your food into your home, wash your hands with soap and water for 20 seconds.
3. After collecting mail from your door or from the mailbox, wash your hands with soap and water for at least 20 seconds or use a hand sanitizer with at least 60% alcohol.

Banking

1. Bank online whenever possible
2. If you must visit the bank, use the drive-through ATM if one is available. Clean the ATM keyboard with a disinfecting wipe before you use it
3. When you are done, use a hand sanitizer with at least 60% alcohol. Wash your hands with soap and water for at least 20 seconds when you get home.

Getting Gasoline

1. Use disinfecting wipes on handles or buttons before you touch them
2. After fueling, use a hand sanitizer with at least 60% alcohol. Wash your hands for at least 20 seconds when you get home or somewhere with soap and water.

Going to the doctor or Getting medicine

1. Use telemedicine or communicate with your doctor or nurse by phone or e-mail.

2. Talk to your doctor about rescheduling procedures that are not urgently needed.
1. If you must visit in-person, protect yourself and others
2. If you think you have COVID-19, let the office know and follow guidance.
3. Cover your mouth and nose with a cloth face covering when you have to go out in public
4. Do not touch your eyes, nose, or mouth.
5. Use disinfecting wipes on frequently touched surfaces such as handles, knobs, touchpads (if available).
6. Stay at least 6 feet away from others while inside and in lines.
7. When paying, use touchless payment methods if possible. If you cannot use touchless payment, sanitize your hands after paying with card, cash, or check. Wash your hands with soap and water for at least 20 seconds when you get home.
8. Limit in-person visits to the pharmacy.
9. Plan to order and pick up all your prescriptions at the same time.
10. If possible, call prescription orders in ahead of time. Use drive-thru windows, curbside services (wait in your car until the prescription is ready), mail-order, or other delivery services. Do the same for pet medicine.
11. Check with your doctor and pharmacist to see if you can get a larger supply of your medicines so you do not have to visit the pharmacy as often.
12. If you or a member of your household has signs of COVID-19, call your doctor first, instead of going to the office or the emergency department.
13. Call 911 if you believe it is an emergency.