

Coronavirus – ANV Update

March 13, 2020

Dear Village Members and Volunteers,

At Arlington Neighborhood Village, we are all closely monitoring the novel coronavirus outbreak and working closely with our partners to share important and timely information. **The health and wellbeing of our ANV members and volunteers is our most important priority.** We will stay vigilant as the situation continues to evolve. We will communicate with you regularly, usually through email, but our members are always welcome to call the office at 703-509-8057 with any questions they have.

What are we doing?

Stay informed

We are all monitoring how the coronavirus is impacting our community and are working closely with our partners to share important information. First, there are very good websites where you can find factual information. [Arlington County' website](#) provides important information and steps you can take to protect yourself and your family, and the Center for Disease Control and Prevention's [website](#) includes more information.

Follow the advice of health experts

We have all heard these tips daily: wash your hands regularly, avoid crowds, avoid close contact with people who are sick. If you are a member and are ill, and have a service request pending, please let the office know. If you are a volunteer and you are ill, please inform the office and we can find someone else.

If you feel ill, contact your health provider. The symptoms of novel coronavirus may appear 2 to 14 days after exposure and may include cough, fever, and shortness of breath. Know that Medicare covers virtual visits with doctors, so you may not need to visit your doctor in person. Contact your physician's office to learn about this possible option.

Be prepared

In addition to all of the very good public health tips, ANV also advises our members to make sure that you have enough medications and a good supply of non-perishable food and other essential items in your home.

If you need help going to the store or pharmacy, or would like a **volunteer to run an errand for you**, call the office at 703-509-8057.

Know your next door neighbors

The ANV office and volunteers are ready to help you. But this is also a good opportunity to make sure that you have contact information for your nearby neighbors. Call, leave a note, or go knock on your neighbor's door and introduce yourself if you don't already know them and make sure that you can get in touch with them, if necessary.

ANV also has a service where members can receive a daily check-in call – members can email or call the office on a daily basis and if we don't hear from you, we will reach out following the instructions that you shared with us. If you'd like to be a part of this service, call the office.

Update emergency contact with ANV

ANV has emergency contact information on file for all of our members. If you'd like to make sure that it is up to date, call the office. As well, make sure that you have a list of emergency contacts easily available in your home.

Avoid unnecessary gatherings

We have made the difficult decision to cancel all of our ANV Social events through March 31, following the general advice to avoid unnecessary gatherings. Most experts are advising people over 60 to stay home as much as possible. We will keep you informed as we get closer to April regarding our future actions.

We appreciate our volunteers and members

We are so grateful to our volunteers who continue to support our members in this difficult time. The ANV office is open from 10am to 3pm, Monday through Friday, and we monitor our Office email in-box throughout the day. We will do our very best to be responsive in a timely manner. Please know that you can call or email the office with your questions at Office@arlnvil.org or 703-509-8057.

ANV is doing do our very best to support our members and volunteers in this difficult time. Thank you for your understanding and support.



Wendy Zenker
Executive Director