



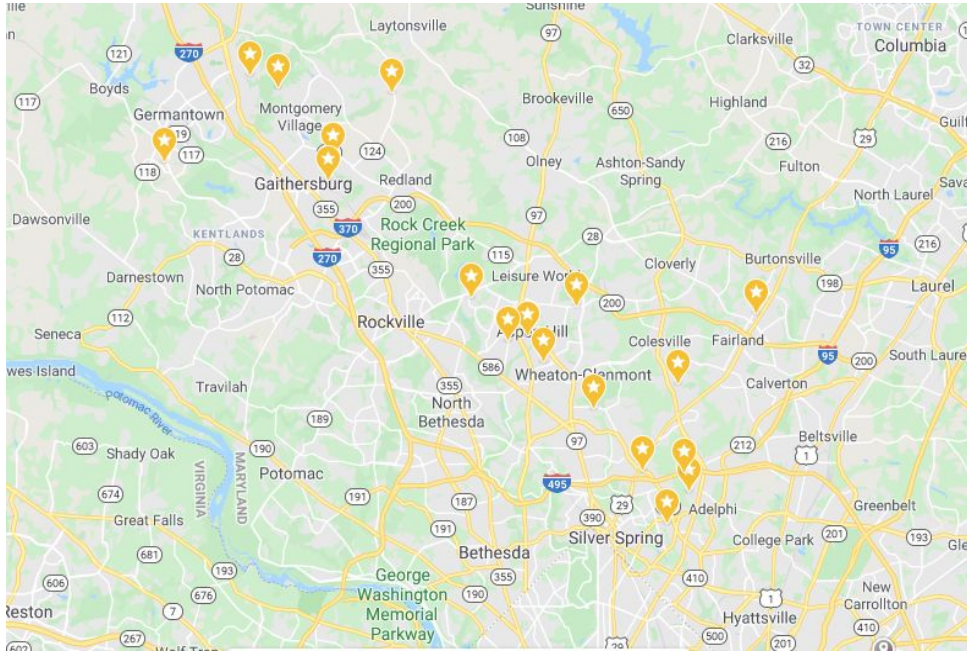
Nourish Now's operations are continuing. We are closely monitoring the situation and taking the necessary precautions. As of Tuesday, March 17th clients will be served in their vehicles, only staff and designated volunteers will be our warehouse. We will be serving clients with appointments outside or curbside for the foreseeable future. We are still taking volunteers as per our usual volunteer program hours and protocols. We are asking staff and volunteers to follow CDC guidelines on handwashing, sanitizing and staying home if they are feeling unwell, and practice safe social distancing between each other. We are committed to continuing food recovery and serving food insecure individuals and families in the county. Please refer to these resources and information about the virus and what you can do to help protect yourself and your family.

### **As of Monday, March 16th:**

#### **Current Situation:**

- Maryland's total number of cases is currently 31 (as of 3/16/2020). There are currently 12 cases in Montgomery County (as of 3/16/2020).
- There are currently at least 3,602 cases of the virus reported in the United States (as of 3/16/2020). Forty-nine states are reporting cases. There have now been at least 66 deaths in the United States from COVID-19 (as of 3/16/2020).
- County Health Officer Dr. Travis Gayles advised (3/15/2020) for residents to follow these CDC guidelines regarding testing: those who have symptoms AND travel history in the past 14 days to specific countries where COVID-19 is widespread (China, Iran, Italy, Japan, and South Korea) or symptoms AND close contact with a known confirmed case.
- All Montgomery County Public Schools will be closed on March 16-27. Effective immediately, Montgomery County will be following the state's guidelines of a limit of no more than 250 people for public gatherings.
- MCPS is now providing grab-and-go meals for children up to 18 years of age Monday-Friday 11 am - 1 pm at multiple locations in the county during the school closure. Please refer to this [list](#) for locations and details. The pickup locations are listed below with a map.

## MCPS Distribution Sites:



### **Arcola**

1820 Franwall Avenue  
Silver Spring, MD 20902

### **Captain James Daly**

20301 Brandermill Dr.  
Germantown, MD 20876

### **Harmony Hill**

13407 Lydia St.  
Silver Spring, MD 20906

### **Jackson Road**

900 Jackson Rd.  
Silver Spring, MD 20904

### **JoAnn Leleck at Broad Acres**

710 Beacon Rd.  
Silver Spring, MD 20903

### **Rolling Terrace**

705 Bayfield St.  
Silver Spring, MD 20903

### **Roscoe Nix**

1100 Corliss St.  
Silver Spring, MD 20903

### **Judith Resnik**

7301 Hadley Farms Dr.  
Gaithersburg, MD 20879

### **Weller Road**

3301 Weller Rd.  
Silver Spring, MD 20906

### **Montgomery Blair**

51 University Blvd, East  
Silver Spring, MD 20901

### **Clarksburg**

22500 Wims Rd.  
Clarksburg, MD 20871

### **Albert Einstein**

11135 Newport Mill Rd.  
Kensington, MD 20895

### **Northwest**

13501 Richter Farm Rd.  
Germantown, MD 20874

### **Paint Branch**

14121 Old Columbia Pike  
Burtonsville, MD 20866

### **Watkins Mill**

10301 Apple Ridge Rd.  
Gaithersburg, MD 20879

### **Argyle**

2400 Bel Pre Rd.  
Silver Spring, MD 20906

### **Forest Oak**

651 Saybrooke Oaks Blvd.  
Gaithersburg, MD 20877

### **Gaithersburg**

2 Teachers Way  
Gaithersburg, MD 20877

### **Parkland**

4610 W Frankfort Dr.

## MCPS Distribution Sites:

Rockville, MD 20853  
**Earle B. Wood**

14615 Bauer Dr.  
Rockville, MD 20853

### **Coronavirus Information:**

- People in places where ongoing community spread of the virus that causes COVID-19 has been reported are at elevated risk of exposure, with the level of risk dependent on the location.
- Older adults and people of any age with underlying health conditions, such as diabetes, lung disease, or heart disease, are at greater risk of severe illness from COVID-19.
- COVID-19 is spread just like colds or flu through:
  - coughing and sneezing, which creates respiratory droplets
  - close personal contact, such as touching or shaking hands
  - touching an object or surface with the virus on it

### **What you can do:**

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- If you are sick: You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- The virus is thought to spread mainly from person-to-person.
  - Between people who are in close contact with one another (within about 6 feet). Maintain social distancing to protect yourself and others.
- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks
- If you develop emergency warning signs for COVID-19 get medical attention immediately. In adults, emergency warning signs include:
  - Difficulty breathing or shortness of breath
  - Persistent pain or pressure in the chest
  - New confusion or inability to arouse
  - Bluish lips or face