



Nourish Now's operations are continuing. We are closely monitoring the situation and taking the necessary precautions. As of Tuesday, March 17th we will be serving clients with appointments curbside; for the foreseeable future, only staff and designated volunteers will be allowed in the warehouse. 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 we are practicing 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 Wednesday, March 25th:**

#### **Current Situation:**

- Maryland's total number of cases is currently 349 and there are currently 107 cases in Montgomery County. There have been 3 confirmed deaths in Maryland as a result of COVID-19 (as of 3/24/2020).
- There are currently at least 54,453 cases of the virus reported in the United States (as of 3/21/2020). All 50 states are reporting cases. There have now been at least 737 deaths in the United States from COVID-19 (as of 3/24/2020).
- Governor Hogan has enacted an emergency order to close all non-essential businesses across the state, effective at 5 pm today. (3/23/2020)
- This is in addition to the (3/16/2020) a statewide emergency order closing all bars, restaurants, fitness Centers and theatres. Governor Hogan expanded the prohibition on gatherings to those of more than 10 people (3/20/2020). The Governor is also asking citizens to reduce their exposure outside, by avoiding crowded areas, playgrounds, and parks.
- As of (3/25/2020) The closure of all Montgomery County Public Schools has been extended with all schools being closed until April 24th. A plan for online learning is starting to be rolled out with MCPS beginning to distribute laptops to students tomorrow, Thursday, March 26. Please follow this [link](#) for more information.

- 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. New distribution sites were added (3/23/2020)

### **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
- People who suspect they have COVID-19 should contact their health care provider, who will determine if that patient has signs and symptoms compatible with COVID-19 and will decide to refer the patients for lab testing.

### **Social Distancing: Help Stop the Spread**

- The CDC and the White House have released official guidelines for residents to help slow the spread.
  - Work or engage in school from home as much as possible.
  - Avoid social gatherings, unnecessary travel and limit discretionary trips from home such as to the store.
  - Stay 6 feet away from other people, even when you yourself are not experiencing symptoms
- Follow guidelines and updates from your local authorities on limits to social interactions and public facility closures.

### **Keeping You and Your Family Healthy:**

- 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.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

- 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