



All About Algonkian

Juli E. Briskman | Algonkian District Supervisor



COVID-19 Update

COVID-19 NUMBERS

VIRGINIA	LOUDOUN
 20,256	 998
 2,773	 100
 713	 24

Governor's Updates

At today's press conference, Governor Ralph Northam reiterated his desire to begin Phase I of reopening on May 15. The Commonwealth is currently on track to meet CDC guidelines that stipulate the rate of daily new cases must decline for 14

consecutive days before reopening can be considered.

However, Governor Northam stated that localities will be given flexibility to maintain additional restrictions if they feel doing so will help control the spread of COVID-19. To learn about the Governor's Blue Print for reopening, [click here](#).

Governor Northam also announced that two poultry companies are conducting mass COVID-19 testing for plant workers and results are expected in the next few days. A CDC team is assisting in these efforts and the Virginia Department of Health will test communities near such poultry plants.

Furthermore, the Virginia National Guard assisted with 12 mass testing events throughout the Commonwealth. The federal government is helping to finance these operations and Virginia will continue receiving this assistance until the end of May. Governor Northam has asked for an extension.

Thank you to the National Guard Soldiers and Airmen who collected samples for COVID-19 testing at the Falcon's Landing Retirement Community.



County Staff Has Been Asked to Report on PPE Procurement

During our regular Board of Supervisors meeting last night, it was revealed that the county has lost PPE orders through federal diversion and outbidding. County staff has been asked to report

to the board such interruptions to our efforts to acquire PPE for our front line workers. In the midst of a uniformly failed national response to this pandemic and subsequent pressure on states and local governments to fend for ourselves during this crisis, it is imperative that our county document its efforts to keep our community safe and any systematic interruptions to those efforts.



Loudoun Continues to Seek Monetary Donations

Loudoun County is renewing its call for monetary donations to be used to purchase personal protective equipment (PPE) that can be distributed to long-term care facilities and other health care providers facing a critical need for PPE. Monetary donations allow the county to use its buying power to purchase PPE in bulk to create a sustainable supply that can be provided to Loudoun-based agencies,

including those caring for people who are most vulnerable to COVID-19, such as the elderly.

Loudoun residents and businesses have responded generously to the county's requests for donations of PPE as well as monetary donations. More than 17,000 pieces of PPE have been donated since the program began March 27, 2020, and more than \$20,000 since the county began accepting monetary donations April 23, 2020.

Online: Electronic donations may be made through the Loudoun County website at loudoun.gov/ppe. All major credit cards and PayPal are accepted. The processor will deduct a transaction fee from each online donation.

By mail: Checks with "COVID-19 Donations" noted in the memo line may be sent to:

Loudoun County Treasurer's Office
COVID-19 Donations
PO Box 347
Leesburg, VA 20178



Loudoun Medical Reserve Corps Seeks Volunteers

Members of the Loudoun County Medical Reserve Corps (MRC) are actively supporting COVID-19 response efforts. Anyone, medical and non-medical, who wants to be eligible to assist in the response should go to the [website](#) for more information. Please remember that you must be a credentialed member of

an organization such as the MRC to be able to assist now or in the future. Spontaneous volunteers are strongly discouraged. "New Volunteer" training can be completed [online](#).

Currently, there are 1,982 members in the Loudoun MRC. This is an increase of 600 members in the past three months. We encourage everyone over the age of 16 to consider joining.



COVID-19 and Mental Health

May is mental health awareness month, and with the fear and uncertainty about COVID-19, there is never a better time to focus on your mental health. Take care of yourself, your friends and your family by identifying and using coping strategies that work for you. Helping others cope with their stress can also make your community stronger.

Be mindful of your exposure to information

Get up-to-date information from trusted sources. You can find information from Loudoun County at [Loudoun.gov/coronavirus](https://loudoun.gov/coronavirus). Make sure you have access to media but limit excessive exposure. If you're feeling anxious, consider turning off social media feeds, automatic notifications and updates on COVID-19.

Identify feelings and talk about them

Identify the feelings you are experiencing. Understand that your feelings are normal and talk about them with others. Be sure not to isolate yourself. Personal relationships are crucial in maintaining perspective, elevating mood and allowing distraction away from concerns that trouble us. Combat loneliness and keep talking by phone or video chat.

Keep healthy habits

Stay healthy by maintaining a routine, sleeping regularly, eating right, avoiding alcohol and other drugs, exercising, relaxing and doing things you enjoy. Laugh, have fun and let yourself cry. Deep breathing exercises or anti-stress stretches may help you stay calm. [Instructions for breathing exercises and stretches are available here.](#)

Ask for help when you need it

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression or anxiety, or feel like you want to harm yourself or others, 24/7 help is available.

- Call [PRC CrisisLink](#) at 703.527.4077 or text CONNECT to 85511.
- Call the [National Suicide Prevention Lifeline](#) at 1-800-273-8255.
 - [En Espanol](#): 1-888-628-9454.

If you are having trouble paying your utilities because of COVID-19, visit the County's webpage on [COVID-19 Utilities](#). You will find program information on:

Columbia Gas
Dominion Power
Loudoun Water
NOVEC

Washington Gas
Wi-fi Connectivity

For More Current COVID-19 Information

Visit: www.loudoun.gov/CoronaVirus

Call: (703) 737-8300

Email: Health@Loudoun.gov

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