



**COVID-19 UPDATES**  
~JULY 1, 2020~

**Governor Northam Prohibits Congregating in Bars, Stresses Caution As Virginia Moves to Phase Three**



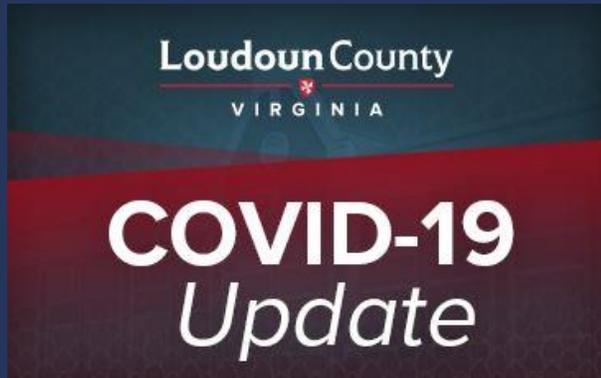
Governor Ralph Northam announced that bar seating will remain prohibited in restaurants as the Commonwealth moves into Phase Three at midnight tonight. While key health indicators in Virginia are improving, the Governor made clear that he is taking a cautious approach and is prepared to implement tighter restrictions if needed.

[Read the Full Press Release](#)

**Loudoun & Northern Virginia Enter Phase Three of 'Reopening' Today, July 1st**

Highlights of Phase Three, in accordance of a number of guidelines include:

- Increasing the number of people allowed to gather in groups of up to **250 people**
- Allowing **restaurants, breweries, wineries,** to offer indoor service
- Allowing brick and mortar **retail stores and personal grooming businesses** to operate
- Allowing **fitness centers, gymnasiums, etc.,** to operate while limiting the total number of attendees to 75% of the facility's occupancy capacity
- Allowing outdoor and indoor **swimming pools** to open at 75% capacity
- Allowing people to attend **religious services** that seat attendees six feet apart (except for family members), and disinfecting frequently-contacted surfaces before and after services
- Allowing **entertainment venues** to reopen at 50% of the facility's occupancy capacity, up to 1,000 people
- Allowing **child care facilities** to open
- Allowing indoor and outdoor **recreational sports** to take place with ten feet of physical distance between all instructors, participants, and spectators, where practicable; and with some attendance limitations.



[Learn More About Phase 3](#)

**Reminder: 2019 Federal Income Tax Filing and Payment Deadline Approaching**



The Treasury Department and the Internal Revenue Service (IRS) are providing special tax filing and payment relief to individuals and businesses in response to the COVID-19 outbreak.

The filing deadline for tax returns has been extended from April 15 to July 15, 2020.

For those who can't file by the July 15, 2020 deadline, the IRS reminds individual taxpayers that everyone is eligible to request an extension to file their return.

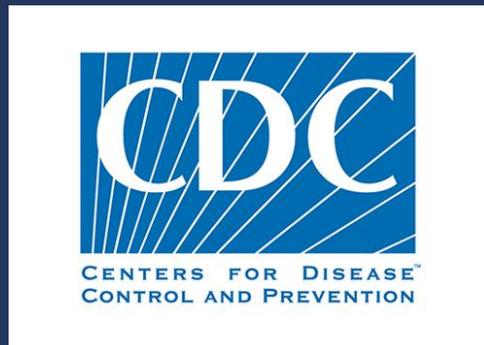
[Visit the IRS Website for Details](#)

## **CDC Update: People Who Are at Increased Risk for Severe Illness**

On June 25, the CDC updated and expanded its list of who is at increased risk for getting severely ill from COVID-19.

Older adults and people with underlying medical conditions remain at increased risk for severe illness, but now CDC has further defined age-and condition-related risks. CDC has removed the specific age threshold from the older adult classification.

CDC now warns that among adults, risk increases steadily as you age, and it's not just those over the age of 65 who are at increased risk for severe illness. CDC also updated the list of underlying medical conditions that increase risk of severe illness after reviewing published reports, pre-print studies, and various other data sources.



[Learn More](#)

**Metro Service Plans for July 4, 2020**



Metro announced service changes due to the July 4 holiday with extended service at selected stations following the fireworks display on the National Mall, more frequent trains, and service extended beyond 9 p.m. at designated stations closest to the National Mall.

All MetroAccess subscription trips will be cancelled July 3 and July 4. Customers should book trips utilizing the online reservation system or call the MetroAccess Reservations Center.

Subscription trips will return to normal operation on July 5.

[Get More Details](#)

## COVID-19 Task Force Website for Frontline Professionals

Governor Northam's COVID-19 Task Force has taken action to address the fact that frontline healthcare workers have faced a disproportionate toll on their mental health over the course of this pandemic.



Even the most dedicated and competent frontline professionals are vulnerable to emotional trauma and negative mental health effects such as anxiety, depression, and insomnia. Traumatic stress, left unaddressed, can have serious consequences. The COVID-19 Task Force has established a website dedicated to supporting the mental health of our frontline healthcare workers.

The website provides information and resources for challenges related to direct care, mental health, workplace stresses, and coping mechanisms.

Additionally, the website provides an opportunity to [thank a healthcare worker](#), and for healthcare workers to [tell their stories](#).

[Visit the Site](#)

## Veterans Affairs Launches COVID-19 Screening Tool



**VA** | U.S. Department  
of Veterans Affairs

Earlier this week, the U.S. Department of Veterans Affairs announced the launching of a digital COVID-19 screening tool to streamline Veteran access to medical care during the coronavirus pandemic.

Veterans, their caregivers and VA health care employees can use this tool on their mobile phones before entering facilities. It takes less than a minute to complete and helps reduce wait times, lowers exposure risk and eases patient stress. It also helps Veterans gain confidence with increased digital interactions as part of their VA health care experience.

[More Details](#)

## Virginia Department of Health Urges Virginians to Engage with Legitimate Contact Tracers, Avoid Scams

The Commonwealth employs contact tracers to notify individuals who have been exposed to known cases of COVID-19. Contact tracers will offer information, encourage individuals to monitor themselves for symptoms, and refer those who develop symptoms for medical evaluation and testing to help contain the spread in Virginia.

Recognizing the signs of a scam is important. Contact tracers will not ask for money or information such as a Social Security Number (SSN), bank account details, or credit card numbers. The Commonwealth does not charge individuals for contact tracing services.



[Learn More About Avoid These Scams](#)

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## Planning Air Travel?



All travelers, including those flying, will need to follow the [Centers for Disease Control and Prevention travel guidance](#) regarding COVID-19.

In airports, Transportation Security Administration (TSA) officers will now ask travelers to place their boarding pass on the reader and briefly adjust their mask to make sure their photo ID is that of the passenger.

[Learn More About TSA Procedures](#)

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## Fireworks Safety Tips

Fireworks are often used to celebrate special events and holidays. However, that does not mean they are safe to use. Every year fireworks cause thousands of burns and eye injuries.

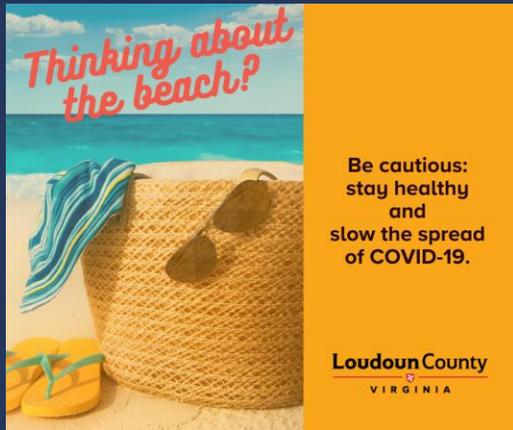


While the safest way to enjoy fireworks is to attend a public display conducted by trained professionals, there are no public fireworks displays scheduled at this time due to the COVID-19 pandemic. See the link below for safety tips when conducting your own fireworks displays.

[Tips for Doing Your Own Fireworks](#)

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## Thinking of Going to the Beach? Loudoun Officials Urge Caution



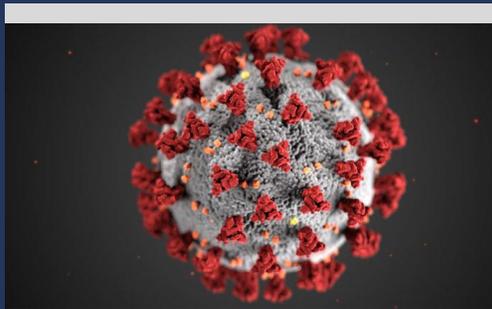
There have been a number of COVID-19 "hot spots" emerging at beach popular beach destinations in our region. Parents of teens participating in senior beach week or other group gatherings should be particular aware of the necessary precautions.

If you're planning a beach trip, there are steps you should take to keep your family safe and to prevent the spread of the virus from region to region.

[Read more of the county's cautions for beach trips](#)

## Stay Informed!

Keeping with the Board of Supervisors' policy, regularly scheduled meetings of the Board's [advisory boards, commissions and committees](#) are canceled while Loudoun County Public Schools are closed. The county will provide updated information on meeting status as this rapidly evolving situation continues. For the most current schedule, please visit [loudoun.gov/calendar](http://loudoun.gov/calendar).



The county continues to encourage everyone in the community to take steps to limit the spread of COVID-19, which include:

- Wash your hands often with soap and water for at least 20 seconds.

**LOUDOUN  
COUNTY**  
—  —  
**VIRGINIA**

Loudoun County encourages residents to stay informed about COVID-19

- To receive email updates on COVID-19, visit [loudoun.gov/coronavirus](http://loudoun.gov/coronavirus).

Use an alcohol-based hand sanitizer only if soap and water are not available.

- Avoid touching your eyes, nose and mouth.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Clean and disinfect frequently touched objects and surfaces.
- Stay home when you are sick.
- Avoid contact with sick people.
- Avoid non-essential travel.

- Text **LCCOVID19** to **888777** to receive text alerts from Loudoun County about COVID-19.

- Envíe un mensaje de texto con **LCCOVIDESP** al **888777** para actualizaciones diaras relacionadas con el coronavirus (COVID-19) en el condado de Loudoun.

Residents with questions about COVID-19 may call the Loudoun County Health Department's information line, 703-737-8300, or email [health@loudoun.gov](mailto:health@loudoun.gov).

## Supervisor Koran T. Saines

Sterling District Supervisor  
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STAY CONNECTED



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