



## COVID-19 UPDATES ~JULY 20, 2020~

### **VDOT Continues to Seek Input on Route 28 and Dulles Toll Road/Greenway Interchange Improvement Study**

The Virginia Department of Transportation (VDOT) continues to invite the public to learn more about and provide input on traffic operations and safety improvements being evaluated as part of a study to improve the Route 28 and Dulles Toll Road/Dulles Greenway interchange area.



Interested residents and travelers are encouraged to [view the online presentation](#), [review supporting materials and maps](#), and [provide input by completing an online survey](#) by August 2, 2020.

Study details, the presentation, and online survey are available on the [project webpage](#). Comments and questions can also be sent by:

- [Emailing](#) (reference Route 28 DTR Greenway Study in the subject line)
- Mailing to VDOT's Northern Virginia District Office at 4975 Alliance Drive, Fairfax, Va 22030 (attention Abi Lerner, P.E., Project Manager)

**All input and comments must be received by no later than August 2, 2020 to be included in the formal comment period.**

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## **CDC: Cruise Ship No Sail Order Extended Through September 2020**



The Centers for Disease Control and Prevention (CDC) announced today the extension of a No Sail Order for cruise ships through September 30, 2020. This order continues to suspend passenger operations on cruise ships with the capacity to carry at least 250 passengers in waters subject to U.S. jurisdiction.

CDC is also publishing a notice that requests information from the public regarding cruise ship planning and infrastructure, safe resumption of passenger operations, and summary questions. CDC is accepting comments on the Request for Information in the Federal Register, once published.

[Learn More](#)

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## **Excessive Heat: How to Stay Cool in Hot Weather**

As the hot weather continues in Loudoun, make sure to stay hydrated and take precautions against the heat.

You can take these steps to prevent heat-related illnesses, injuries, and deaths during hot weather:

- Stay cool indoors.
- Drink plenty of fluids.
- Replace salt and minerals.
- Wear appropriate clothing and sunscreen.
- Schedule outdoor activities carefully.
- Pace yourself.
- Monitor people at high risk.
- Do not leave children or pets in cars.
- Use common sense.



[Get More Tips on Staying Cool, Excessive Heat Air Quality & More](#)

## CDC: When to Wear Gloves



someone who is sick.

The CDC recently released updated information regarding When to Wear Gloves, reminding the general public that wearing gloves is not necessary in most situations, like running errands, using a shopping cart, or using an ATM. CDC recommends wearing gloves when you are cleaning or caring for

Practice everyday preventive actions like keeping social distance (at least 6 feet) from others, washing your hands with soap and water for 20 seconds (or using a hand sanitizer with at least 60% alcohol), and wearing a cloth face covering when you have to go out in public.

[Find Out More on When to Wear Gloves and How to Protect Yourself in Other Ways](#)

## Free School Physicals for Uninsured Children

The Sterling Inova Care Clinic for Families is offering free physicals for uninsured children. Appointments are required to receive this service.

To make an appointment, call [703-698-2550](tel:703-698-2550).

To ensure social distancing, only one parent and one child will be allowed to attend the physical.

Face masks are required for everyone involved with the physical.

The Sterling Inova Care Clinic for Families is located at 46440 Benedict Drive, Suite 208, Sterling, VA 20164.



**FREE SCHOOL PHYSICALS FOR UNINSURED CHILDREN**

APPOINTMENT REQUIRED  
CALL TODAY!!!

 **703-698-2550** 

 To ensure social distancing, just the child and one parent should attend.

 Mask are required for all participants.

 Sterling - Inova Cares Clinic for Families  
46440 Benedict Dr. Suite 208  
Sterling VA 20164



## Loudoun County Spanish-Language Text Messages on COVID-19



Loudoun County  
VIRGINIA

Sign up for **text updates**  
in **Spanish**

Text **LCCOVIDESP**  
to **888777**



The Loudoun County Department of Public Affairs and Communications continues its series of Spanish text messages to keep Loudoun's Spanish-speaking residents informed about COVID-19 prevention and treatment as well as county services and news updates.

The county first launched this service in April to provide an additional, easy-to-use way for members of our Spanish-speaking community to receive information about COVID-19, county programs and services to assist residents during the pandemic, key news updates and other timely and educational messages.

The county reminds residents to rely on trusted sources for information on COVID-19, including the county's website, which can be [translated into Spanish](#) and many other languages. In addition, resources in Spanish are posted

at [loudoun.gov/COVIDespanol](https://loudoun.gov/COVIDespanol) for Spanish-speaking residents and for our partners serving this community.

Please share this info with family members, friends, and neighbors who speak Spanish and could utilize this service.

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## **Metro to Add More, Buses, Trains and Extended Hours as Part of COVID-19 Recovery Plan**

Metro will add more buses, more trains, and more hours of service beginning on Sunday, August 16, 2020, restoring most service to pre-COVID levels while maintaining a strong response posture to COVID-19. Metrorail will add 15 hours more service per week, with opening times returning to normal and the system closing two hours later each night in anticipation of potential increases in ridership after Labor Day.



Metro today also announced a significant investment to support the region's overnight workers by doubling the discount customers receive when using Lyft during times Metro is not available.

[Read More](#)

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## **Natural Disasters, Severe Weather, and COVID-19**



Planning and preparing for hurricanes and other natural disasters can be stressful, even more so during the COVID-19 pandemic. Know how this pandemic can affect disaster preparedness and recovery, and what you can do to keep yourself and others safe.

The CDC also offers links to resources and information that public health professionals, healthcare workers, and emergency responders can use to help people stay safe during and after a natural disaster amid the COVID-19 pandemic.

[Get More Info](#)

## **Veterans Affairs Expands Funding for Emergency Response for Veterans Experiencing or at Risk of Homelessness During COVID-19 Pandemic**

The U.S. Department of Veterans Affairs recently announced that it is allocating an additional \$400 million of its coronavirus relief funding to be used for the Supportive Services for Veteran Families Program, which offers several ways to secure housing for Veterans experiencing or at risk of homelessness during the coronavirus pandemic.



**VA**

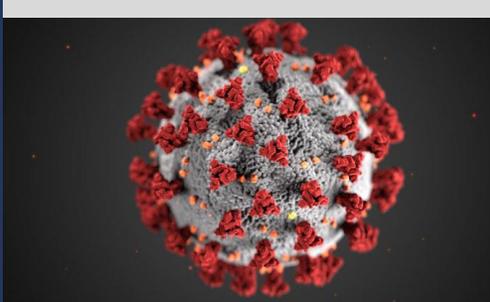
U.S. Department  
of Veterans Affairs

In total, \$602 million of coronavirus relief funding has now been allocated for this program, which will also help the Housing and Urban Development-VA Supportive Housing Program place Veterans in safe housing to isolate them from the virus.

[Learn More](#)

## 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. 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.



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).
- 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).

- Stay home when you are sick.
- Avoid contact with sick people.
- Avoid non-essential travel.

## Supervisor Koran T. Saines

Sterling District Supervisor  
Loudoun County Board of Supervisors  
[703-777-0204](tel:703-777-0204)

[Loudoun County Government](#)

[Sterling District Supervisor Page](#)

[Email Koran T. Saines](#)

**STAY CONNECTED**



Sterling District | 1 Harrison Street, S.E., 5th Floor, Leesburg, VA 20177

[About our service provider](#)

Sent by [koran.saines@loudoun.gov](mailto:koran.saines@loudoun.gov) powered by

