



### WHAT IS CORONAVIRUS, COVID-19?

In early 2020, after a December 2019 outbreak in China, the World Health Organization (WHO) identified a new type of virus – 2019 novel coronavirus (2019-nCoV), which can be fatal. The organization named the virus severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) and named the disease it causes COVID-19. The outbreak quickly moved from China around the world.

### WHAT ARE THE SYMPTOMS?

The symptoms of most coronaviruses are similar to any other upper respiratory infection, including runny nose, coughing, sore throat, sometimes a fever and possibly difficulty breathing. In most cases, you won't know whether you have a coronavirus or a different cold-causing virus, such as rhinovirus.

### HOW DOES IT SPREAD?

Most coronaviruses spread the same way other cold-causing viruses do: through infected people coughing and sneezing, by touching an infected person's hands or face, or by touching things such as doorknobs that infected people have touched.

### CORONAVIRUS PREVENTION:

- Wash your hands thoroughly with soap and warm water or with an alcohol-based hand sanitizer for at least 20 seconds.
- Keep your hands and fingers away from your eyes, nose, and mouth.
- Avoid close contact with people who are infected.
- Stay 6 feet away from others while out in public (e.g., at the grocery store).

### WHAT IS SOCIAL DISTANCING?

**Social distancing** is a public health practice that aims to prevent sick people from coming in close contact with healthy people in order to reduce opportunities for disease transmission. It can include large-scale measures like canceling group events or closing public spaces, as well as individual decisions such as avoiding crowds.

### TREATMENT OF CORONAVIRUS:

You treat a coronavirus infection the same way you treat a cold:

- Get plenty of rest.
- Drink fluids.
- Take over-the-counter medicine for a sore throat and fever. Don't give aspirin or ibuprofen to children or teens younger than 19; use acetaminophen instead.

IF YOU FEEL SICK, stay home. Do not go to work. Contact your medical provider.

IF YOUR CHILDREN ARE SICK, keep them at home. Contact your medical provider.

IF SOMEONE IN YOUR HOUSEHOLD HAS TESTED POSITIVE for the coronavirus, keep the entire household at home. Do not go to work. Do not go to school. Contact your medical provider.

IF YOU ARE AN OLDER PERSON, stay home and away from other people.

IF YOU ARE A PERSON WITH A SERIOUS UNDERLYING HEALTH CONDITION that can put you at an increased risk (for example, a condition that impairs your lung or heart function or weakens your immune system), stay home and away from other people.

EVEN IF YOU ARE YOUNG AND OTHERWISE HEALTHY, you are at risk and your activities can increase the risk of passing the virus onto others. It is critical that you do your part to stop the spread of the coronavirus by following these guidelines:

- Work or engage in schooling from home whenever possible.
- If you work in a critical infrastructure industry, as defined by the Department of Homeland Security, such as healthcare services and pharmaceutical and food supply, you have a special responsibility to maintain your normal work schedule. You and your employers should follow CDC guidance to protect your health at work.
- Avoid social gatherings in groups of more than 10 people.
- Avoid eating or drinking in bars, restaurants, and food courts – use drive-thru, pickup, or delivery options.
- Avoid discretionary travel, shopping trips, and social visits.
- Do not visit nursing homes or retirement or long-term care facilities unless to provide critical assistance.

TELEHEALTH: CENTRA 24/7

<https://pchp.net/index.php/group-coverage-members/commercial-247-telehealth.html>

CENTRA COVID-19 HOTLINE for Employers who have specific needs or questions. Please dial our main line at **434-200-6933** and follow the prompts. Individuals who have symptoms should dial **434-200-1225**.

#### **OTHER ITEMS RELATED TO AVAILABILITY AND DISTRICT (ALL ARE SUBJECT TO CHANGE)**

**COMCAST** is offering 60 days of free internet for qualifying new internet essentials customers. Phone numbers: 1-855-846-8376 for English and 1-855-765-6995 for Spanish.

## MEAL AVAILABILITY – LYNCHBURG / SURROUNDING AREAS

One Community, One Voice is packing and delivering boxes of food for the elderly and people who can't afford to buy supplies on their own.

The LFCN food pantry is a client choice facility, providing anyone in need of food assistance. Please call 434.515.1413 to schedule an appointment.

DAWN (sponsored by the Altavista Area Ministerial Association), 7781 Wards Road, Altavista, VA 24517, 434-369-7937.

Lynchburg Area Food Bank, Lynchburg 434-845-4099

Blue Ridge Food Banks, Lynchburg 434-455-4099

Solid Rock Church Food Bank, Madison Heights 434-238-7691

Timberlake United Methodist Church's food pantry, "The Fillin' Station," will be open each Monday starting March 23. NO APPOINTMENT NEEDED on these dates:

3/23/20 5:30-7:30p

3/30/20 5:00-7:00p

4/6/20 5:30-7:30p

4/13/20 1:30-3:30p

4/20/20 5:00-7:00p

4/27/20 5:30-7:30p

Also, for those who need food outside these hours, a fully-stocked Blessing Box located on the lawn of the church: 21649 Timberlake Road, Lynchburg, VA 24502. Phone 434-239-1348, <https://www.timberlakeumc.org/calendar>.

### AREA SCHOOL MEAL DELIVERY AND PICKUP LOCATIONS:

**Amherst County Public Schools (ACPS)** [ams.amherst.k12.va.us](https://ams.amherst.k12.va.us)

#### **ACPS Student Meal Distribution Plan, as of 3/20/2020**

##### 1) Bus Locations

ACPS will begin delivering meals to community-based locations on Thursday, March 19, 2020. Look for the ACPS school bus at these locations to obtain your meals. ACPS buses will be used to deliver breakfast and lunch meals from 9:00AM to 10:30AM at:

Central Elementary School  
575 Union Hill Rd. Amherst, VA 24521  
434-946-9700

Elon Elementary School  
147 Younger Drive Madison Heights, VA 24572  
434-528-6496

Scott Zion Baptist Church  
2602 Galts Mill Rd, Madison Heights, VA 24572  
(434) 846-7263

Madison Heights Baptist Church  
329 Main St, Madison Heights, VA 24572  
(434) 846-5914

Amherst Church of God  
2608 Richmond Hwy, Gladstone, VA 24553

Tanglewood Mobile Home Park  
325 Tanglewood Dr; Madison Heights, Virginia 24572  
(540) 439-4656

## 2) School Locations

ACPS will continue to provide curbside meals from 8:30 AM - 9:30 AM and 12:00 PM - 1:00 PM. Breakfast and lunch meals will be available at either of the pickup times. Locations are:

Amherst County High School  
139 Lancer Lane Amherst, VA 24521  
434-946-2898

Monelison Middle School  
257 Trojan Rd. Madison Heights, VA 24572  
434-846-1307

Temperance Elementary School  
1981 Lowesville Rd. Amherst, VA 24521  
434-946-2811

\* ACPS wants the community to be aware that all children in Amherst County under the age of 18 are eligible to receive meals during the state-mandated school closure regardless of whether the child attends Amherst County Public Schools.

\*\*A final reminder: ACPS will continue to monitor and adjust our mealtimes and locations to best meet the needs of the community.

**Appomattox County Public Schools:** Breakfast and lunch will be available to all Appomattox children up to age 18 regardless of income level. One breakfast and one lunch per student may be picked up each weekday from 10 am to 1 pm at Appomattox Elementary School for the duration of the mandatory school closure period.

Please Note: USDA regulations require that students must be in the vehicle at the time of pickup to receive these meals. We are not allowed to give these meals to parents or other adults to bring back to their children. Children may not pick up meals for other children.

Meals will be served “drive through style” in the normal car rider lane at AES. Watch for signs and follow directions of staff on the meal pick-up days.

**Bedford County Public Schools** will be closed March 17 through March 31. SACP and all school activities will be cancelled. During the extended closure there will be sites where students can receive breakfast and lunch at the following sites:

Breakfast will be served 8:00 AM-8:30 AM. Lunch will be served 11:30 AM-12:00 PM.

- Learning Way
- Cascade Elementary
- Community Elementary
- Community Middle
- Eakin
- East Side
- Southside

You must stay in your car. Meals are available for ANY child ages 2-18. Children must be present in order to receive meals. Children may go to any feeding site and do not have to be enrolled in Bedford County Schools in order to eat.

**Campbell County Public Schools:** Meals will be served “drive-through-style” in the school parking lots. Altavista, Brookneal, Concord, Leesville Road, Tomahawk, Rustburg and Yellow Branch Elementary Schools from 10AM-1PM. Breakfasts and lunches can be picked up.

**Lynchburg City Public Schools:** Bus stop delivery between 11:00 a.m. and 1:00 p.m., Monday through Friday. You can also pick up meals curbside at the following sites between 11:00 a.m. and noon:

- Heritage High School
- E. C. Glass High School
- Dunbar Middle School
- Linkhorne Middle School

Please note that USDA guidelines do not allow us to put the meals in the hands of parents or other adults to bring back to their children. Children cannot pickup for other children. Each child gets one bagged meal.

Meals will be delivered to elementary school bus stops beginning at 11:00 a.m. You may not necessarily pick up at your regular bus stop. You would pick up at the stop designated as the elementary school for which your address is zoned. If you have a child who attends a school outside your zone, you will still pick up at the neighborhood elementary bus stop that they would be attending based on your address. If you have children only in middle or high school, they would pick up meals at the elementary bus stop located nearest to them. (Example 1: A Dearington Elementary School for Innovation student zoned for Paul Munro would pick up at the nearest Paul Munro bus stop. Example 2: A Dunbar Middle School student would pick up at the elementary bus stop location in their neighborhood.)

For students who walk to school, the first drop-off site will be directly outside their school at 11:00 a.m. All other stops would follow.

**Amherst County Chamber of Commerce Links for COVID** - <https://www.amherstvachamber.com/>

#### **Community Resources:**

- [Amherst County Public Schools](#) - Valuable information regarding the schools in Amherst County at <http://www.amherst.k12.va.us/COVID19>.

[Amherst County](#) - Closures and Cancellations <https://www.countyofamherst.com/egov/apps/document/center.egov?view=item;id=4971>

[Center for Disease Control](#) - <https://www.cdc.gov/coronavirus/2019-ncov/index.html> and <https://www.cdc.gov/coronavirus/2019-nCoV/summary.html> (updated regularly)

[How to protect yourself](#) - <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>

[Small Business Resources](#) - <https://www.uschamber.com/co/start/strategy/small-business-resources-for-surviving-coronavirus/amp>

[Virginia Department of Health](#) - <http://www.vdh.virginia.gov/coronavirus/>

[World Health Organization](#) - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

#### **Those In Need (including meals):**

**Blue Ledge, Inc. - Meals on Wheels of Amherst County** - <http://www.blueledge.org/>

**Neighbors Helping Neighbors** - <https://www.nhnamherst.org/>

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Additional links for employers with employee groups throughout Virginia and/or the United States include:

#### CDC

Interim Guidance For Employer On How To Plan, Prepare, and Respond to the Coronavirus

What to do if you are sick: <https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html>

What to do if you are sick: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

#### Department of Health

[Tips for First Responders](#)

<https://www.health.state.mn.us/diseases/coronavirus/responders.html>

#### VDH

<http://www.vdh.virginia.gov/surveillance-and-investigation/novel-coronavirus/>

#### Department of Labor

General Page- <https://www.osha.gov/SLTC/covid-19/>

Workers' Rights/Employers Responsibilities- <https://www.osha.gov/SLTC/covid-19/standards.html#workers>

<https://www.centrahealth.com/coronavirus>

<https://www.cdc.gov>

<https://www.who.int>

<https://www.webmd.com/lung/coronavirus>