



COVID-19 UPDATES
~OCTOBER 5, 2020~

Coping with Stress and Staying Connected



COVID-19 has brought many changes to daily life. Even people who felt like they were coping well with COVID-19 early on are feeling the stress of this event as it continues.

You may be worried about work, paying bills or children returning to school (at home or in person). You may be

grieving old or new losses. This stress may show up in a number of ways.

The Virginia Department of Health has a few tips on how to best deal with this type of stress:

- **Stay Connected to Others**
 - Physical distancing does not mean social isolation. Reach out through social media, texts, video chats and phone calls. Take the time to check in with family, friends, neighbors and co-workers – not just those living alone – but to anyone who may be having a hard time.

- **Have safe visits with neighborhood friends and family**
- **Help Others**
 - Some people find they feel better when they do something to help others.
- **Create New Routines, Relax and Take Care of Yourself**
- **Set a Positive Example and Provide Support for Children and Teens**
- **Ask for Help if You are Struggling**

[Learn More About These Tips](#)

REMINDER: Virginia Rent and Mortgage Relief Program Expanded for Landlords

Last month, Governor Northam announced the expansion of the Rent and Mortgage Relief Program (RMRP), which first [launched at the end of June](#) with \$50 million in federal Coronavirus Aid, Relief, and Economic Security (CARES) Act funding to assist households facing eviction or foreclosure due to COVID-19.



Landlords can now apply to receive financial assistance for current and past-due rental payments dating back to April 1, 2020 on behalf of their tenants who qualify for RMRP. This new application is available in addition to the existing tenant-based application.

To find out if you may be eligible, visit www.dhcd.virginia.gov/eligibility. If you have additional questions, please contact 2-1-1 VIRGINIA by dialing 2-1-1 on your phone or by visiting www.211virginia.org.

Access the [Tenant-Initiated](#) and the [Landlord-Initiated Applications](#).

Meal Giveaway This Saturday, October 10th

SATURDAY, OCTOBER 10TH | 10AM-NOON

MEAL GIVEAWAY

COME CATCH A MEAL
WHILE SUPPLIES LAST - NO ID Required
 GRAB A FRESH PRODUCE BOX | DAIRY & MEAT
 DRIVE THRU SERVICE | CDC GUIDELINES
 FOR THOSE IMPACTED BY COVID19

BILL ALLEN FIELD
 22281 Sterling Blvd. Sterling, VA 20164

500
 FRESH FOOD BOXES
While Supplies Last

School Supply Giveaway

PRESENTED BY Seahawks WR Legend
 Darrell Jackson - STERLING YOUTH FOUNDATION

Former NFL Seattle Seahawks player, Darrell Jackson, founder of The Sterling Youth Foundation, will host another Catch a Meal Event in honor of Breast Cancer Awareness.

The event will be at the **Bill Allen Field this Saturday, October 10th from 10:00am - 12:00 pm**, while supplies last. Mr. Jackson wants everyone to feel supported during this difficult time and no ID will be required.

The fresh produce boxes will include over 25lbs of an array of fresh fruits, vegetables, meats, and dairy. In addition, we will be providing families with needed school supplies as our partner Books Over Everything has

donated over 1000 school supply items.

The event will take place in the heart of Sterling, VA at the home of The Lower Loudoun Boy's Football League: 22281 S. Sterling Blvd.

In accordance with local CDC guidelines, all food will be available to people in vehicles via a drive-through system that allows for social distancing. People will need to remain in their vehicles as volunteers load the boxes into vehicles.

For Media and Partnering with The Catch A Meal Program contact April Taylor at thesvefirm@gmail.com.

Voting 2020: How to Vote From Home

Step 1: Request Your Ballot

Registered voters may request their ballot online through the state webpage at vote.elections.virginia.gov.

You may also have an application mailed to you by contacting the Loudoun County Office of Elections at [703-777-0380](tel:703-777-0380).

Step 2: Vote

The Loudoun Office of Elections and Voter Registration began mailing the first batches of requested voter ballots on Friday, September 18th.

****The deadline to request a ballot to be mailed to you is Friday, October 23rd.****

Step 3: Submit Your Ballot

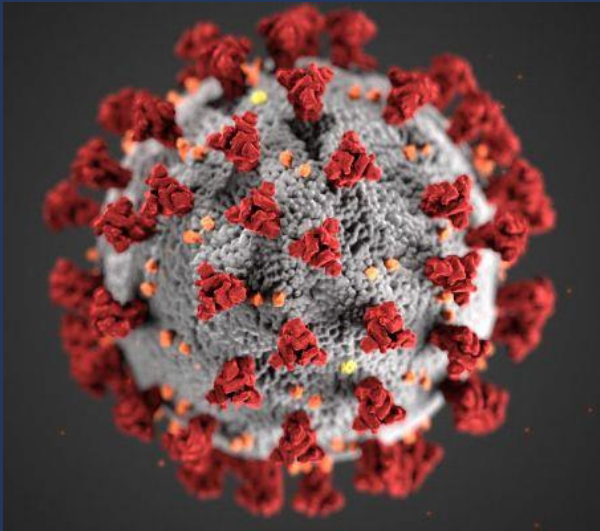
Have your ballot mailed back or physically dropped off at the Loudoun Office of Elections in Leesburg by Tuesday, November 3rd at 7:00 pm.

Make sure that your ballot is postmarked by Tuesday, November 3rd and received by the Loudoun Office of Elections by November 6th at 12:00 pm.

[More Information on Voting in the 2020 General Election](#)



"Demystifying COVID-19" Lecture Series



Get the facts about the COVID-19 pandemic from "Demystifying COVID-19," a three-part virtual lecture series presented by LCPL and Janelia Research Campus with virologist Angela Rasmussen of the Columbia University Mailman School of Public Health.

While the first two installments have already been held, the remaining sessions will occur this Wednesday, October 1st. See details below.

Part Three of Three: SARS-CoV2 Therapeutics and Vaccines

Wednesday, October 7th from 7:00-8:00 pm

In the final talk in this series, Rasmussen will review some of the different treatments and vaccines in development, and what to expect from these ameliorative efforts.

[Register Here to Receive the Event Link](#)


Inova COVID-19 and Flu Testing Options

Inova makes it convenient for patients to get tested for both COVID-19 and the flu with vehicle-side testing and walk-in screening and testing.

Options are available to individuals who are experiencing COVID-19 and flu symptoms, and asymptomatic patients required to get COVID-19 testing before an upcoming surgery or procedure.

COVID-19 and Flu Testing

All Inova Facilities Below Available 7 days a week from 8 a.m. to 8 p.m.



I have been screened for COVID-19 and have a medical provider's order to undergo COVID-19 and/or flu testing	Inova offers three vehicle side testing locations across Northern Virginia: Western Ashburn Health/Plex parking lot, located at 22506 Landmark Ct., Ashburn, VA 20148. *No testing will be available on or before October 15th. Central: 2990 Telesar Court, Falls Church, VA 22042, parking lot Eastern: Victory Center parking lot, located at 5001 Eisenhower Ave., Alexandria, VA 22304
I have symptoms of COVID-19/flu and I do not have a primary healthcare provider	Inova offers two Respiratory Illness Clinic (RIC) locations: • Inova Urgent Care – N. Arlington at 4600 Lee Hwy., Arlington, VA 22207 - Inova Urgent Care – Tysons at 8307 Leesburg Pike, Vienna, VA 22182 • Both RIC locations will offer walk-in evaluations and screening for flu and/or COVID-19. • Both locations are operating as dedicated RICs and are not providing walk-in urgent care services at this time. • Providers may also order in-clinic COVID-19 and/or flu testing at these locations. <small>*Note: With the opening of Inova's western, central and eastern testing locations, Inova Primary Care - Old Town will no longer provide RIC services.</small>
I need to see a healthcare provider today and I do not have symptoms of COVID-19 or flu	Visit Inova's Urgent Care Clinics - More information on Inova's urgent care clinics, including locations, hours and services offered at - https://www.inova.org/urgentcare

WHAT IF? I don't have a primary care provider but would like to find one? - Visit www.inova.org/primarycare to access a list of healthcare providers.
I'm uninsured or have Medicaid coverage? - Contact Inova Care Clinics for Families at www.inova.org/virtual for Virtual COVID-19 screening.
I'm an Inova Team Member? - All Inova team members must continue to follow existing COVID-19 safety protocol by contacting Team Member Health at 571-472-0190.

These options are available 7 days a week from 8 a.m. to 8 p.m. Test results are provided within 3-5 days.

[Learn More](#)

Cruise Ship No Sail Order Extended Through October 31, 2020



The Centers for Disease Control and Prevention (CDC) recently announced the extension of a [No Sail Order](#) for cruise ships through October 31, 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.

Recent outbreaks on cruise ships overseas provide current evidence that cruise ship travel continues to transmit and amplify the spread of COVID-19—even when ships sail at reduced passenger capacities—and would likely spread the infection into U.S. communities if passenger operations were to resume prematurely in the United States.

[Read the Full Report](#)

TopGolf Event to Benefit WGB!

There is still time to purchase your tickets to play in the Women Giving Back (WGB) fundraiser at Topgolf Loudoun on **Wednesday, October 14th from 4:00-7:00 pm!**

Women Giving Back sprang into action when the pandemic began by ending their clothing donation operations and providing food, diapers, and supplies to our community's most vulnerable for months. Now, WGB could use your help to raise funds to continue their many fantastic programs and initiatives.

Safety Measures:

Guests are required to wear a facemask at Topgolf Loudoun upon entry to the venue until you get to your bay and while moving throughout the venue. When in your bay at a safe social distance from other guests who are not in your group, you are not required to wear a mask - this includes while eating, drinking or hitting. Masks are not required for children under the age of 10 or for those with underlying health conditions.

[Sign Up Here](#)

Tee off for WGB!
Benefiting Women Giving Back

Presenting Sponsor
MS. FIXIT
A HERITAGE COMPANY

3rd Annual TopGolf Fundraiser
Wednesday, Oct. 14, 2020
4-7 pm at TopGolf Loudoun

Individual player tickets, bays and sponsorship opportunities are available at WomenGivingBack.org

Open bar and food included. Bring your family, friends, team and colleagues.
Not a golfer? We have social tickets for \$100 so you can enjoy eating, drinking and safe socializing in our private open air rooftop terrace.

Donations of Personal Protective Equipment Still Needed

Personal Protective Equipment



> **Donate or request equipment**
loudoun.gov/PPE

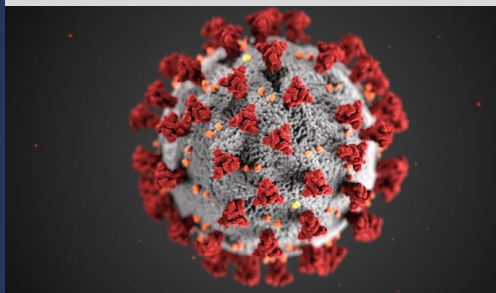
Over 44,000 pieces of PPE have been donated since the program began in March, but the need for donations to support the pandemic response is ongoing.

The county is also still taking requests from Loudoun-based health care providers & facilities that are in need of PPE.

Due to a reduced rate of donations over the past few weeks, Loudoun County will also close one of its two donation drop-off sites next week. Donations will continue to be accepted at the county's Leesburg site.

[Learn How to Donate or Request PPE](#)

Stay Informed!



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

- Wear a mask/face covering ([see requirements](#))
- 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.

**LOUDOUN
COUNTY**
—  —
VIRGINIA

Loudoun County encourages residents to stay informed about COVID-19

- To receive email updates on COVID-19, visit 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.

- Clean and disinfect frequently touched objects and surfaces.
- 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](#)

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Koran T. Saines](#)

STAY CONNECTED



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

[About our service provider](#)

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