Coronavirus Facts for DC Seniors

What is SARS-CoV-2?
SARS-CoV-2 (Coronavirus) is a novel virus with the potential to cause life-threatening pneumonia. Although everybody can get it, seniors are particularly susceptible, especially those with the following medical conditions:
- Lung Diseases like Asthma and COPD
- Congestive Heart Failure (CHF)
- HIV infection with low CD4 or not on HAART
- Individuals taking steroids or chemotherapy
- Diabetes and Obesity
- Chronic Kidney Disease on Dialysis
- Chronic Liver Disease

What if I get sick?
If you begin to experience cough or fever, call your doctor for advice.
If you begin to experience trouble breathing, chest pressure or pain, confusion or excessive sleepiness, or blue lips and face, call your doctor and an ER immediately, and they will tell you how to proceed.

How can I stay connected?
Physical isolation does not need to mean social isolation!
- Set up Skype, or Zoom, or FaceTime on your computer or phone to keep in touch with loved ones
- Find a religious podcast or website to stay connected to your spirituality
- Call your doctor if you find it hard to cope with the increased stress and anxiety

What should I do?
Washington, DC, Maryland, and Virginia have all issued stay-at-home ordinances to limit the spread of this deadly disease, and the most important things you can do to stay safe include:
- Stay home as much as possible
- Do not allow others to enter your home
- If you must go outside, for groceries or important medical needs, wear a cloth mask at all times
- Shop for groceries and medications during senior hours, as shown below
- Use delivery services, like Giant Delivery, Amazon, and Hungry Harvest, as much as possible
- Wash your hands with soap and warm water for at least 20 seconds, as often as possible
- Wipe down frequently-used surfaces like doorknobs and faucet handles with disinfectant as often as possible
- Stay Positive!

Stores Opening Early for Seniors
Stores with Dedicated Shopping Hours for Vulnerable Populations

<table>
<thead>
<tr>
<th>Store</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dollar General</td>
<td>8 AM - 9 AM</td>
</tr>
<tr>
<td>Giant</td>
<td>6 AM - 9 AM</td>
</tr>
<tr>
<td>Fresh Market</td>
<td>8 AM - 9 PM</td>
</tr>
<tr>
<td>Safeway</td>
<td>5 AM - 9 AM</td>
</tr>
<tr>
<td>Target</td>
<td>6 AM - 9 AM</td>
</tr>
<tr>
<td>Whole Foods</td>
<td>Open during the first hour of shopping</td>
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</tbody>
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