

# 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 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!

## 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

## Stores Opening Early for Seniors

Stores with Dedicated Shopping Hours for Vulnerable Populations



**Dollar General**  
Regular store hours:  
8 AM - 9 PM

**For Seniors only**  
8 AM - 9 AM



**Giant**  
Regular store hours:  
6 AM - 12 AM

**For Seniors only**  
6 AM - 7 AM



**The Fresh Market**  
Regular store hours:  
8 AM - 9 PM

**For Seniors only**  
8 AM - 9 AM, Monday - Friday



**Walmart**  
Regular store hours:  
7 AM - 8:30 PM

**For Seniors only**  
7 AM - 8 AM, Every Tuesday



**Safeway**  
Regular store hours:  
5 AM - 12 AM

**For Seniors only**  
Tuesdays and Thursdays  
7 AM - 9 AM



**Target**  
Open each Wednesday during  
the first hour of shopping

\*Store opening hours vary - check your local Target for hours of operation



**Whole Foods**  
Open during the first  
hour of shopping

\*Store opening hours vary - check your local Whole Foods for hours of operation



**ALDI**  
Regular store hours:  
9 AM - 7 pm

**For Seniors only**  
Tuesdays and Thursdays  
8:30 AM - 9:30 AM

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DC GOVERNMENT OF THE DISTRICT OF COLUMBIA  
DC MURIEL BOWSER, MAYOR

