



Covid-19 Recommendation Updates for Clients, Volunteers, and Staff

April 17, 2020

The purpose of this document is to provide Gabriel Network residents, clients, staff, and volunteers with updated safety practices and precautions regarding the Covid-19 pandemic. We have included recent executive orders for both Maryland and DC residents.

These recommendations are not medical or legal advice. Be sure to contact your doctor if you have medical concerns, and familiarize yourself with changing local requirements. Stay informed about what's happening in your community and follow the directions of state and local authorities.

WHAT'S NEW?

- Stay at home and closure of essential businesses orders remain in effect, with DC's extended to May 15th. Gabriel Network is an essential business and remains in operation under new safety policies.
- Face Coverings must be worn in certain public places (see below for details).

[Maryland Executive Orders](#)

[DC Executive Orders and Guidance](#)

Gov. Hogan's Executive Order For All Maryland Residents ([available here](#))

Gov. Larry Hogan announced an executive order requiring the wearing of masks or face coverings when inside retail establishments, grocery stores or when riding any form of public transportation in Maryland.

This order announced **will go into effect at 7 a.m. Saturday, April 18.**

The new order also requires all essential retail establishments to make staff wear face coverings and put in place appropriate social distancing measures.

Mayor Bowser's Executive Order For All Washington D.C. Retailers, Customers and Residents.

Washington, D.C., Mayor Muriel Bowser is directing all grocery stores and food markets in the city to require customers to wear face masks before entering.

The decision specifically requires masks to be worn by hotel workers, guests and visitors, as well as by those using taxis, ride-share vehicles or other private transportation. Customers of food sellers and restaurant workers are also required to wear the masks. Additionally, the order strongly urges anyone using public transportation to follow suit.

HELP SLOW THE SPREAD OF COVID-19

Please continue to follow these steps to help keep yourself and others safe:

- **Stay home** if you can and avoid any non-essential travel. Avoid social gatherings of more than 10 people.
- **Practice social distancing** by keeping at least 6 feet — about two arm lengths — away from others if you must go out in public. Stay connected with loved ones through video and phone calls, texts and social media. Avoid close contact with people who are sick.
- **Wash your hands often** with soap and water for at least 20 seconds, especially after being in a public place, or after blowing your nose, coughing or sneezing. If soap and water are not readily available, use a hand sanitizer with at least 60% alcohol.
Avoid touching your eyes, nose and mouth with unwashed hands.
- **Cover your coughs and sneezes.** Use a tissue to cover your nose and mouth and throw used tissues in a lined trash can. If a tissue isn't available, cough or sneeze into your elbow — not your hands. Wash your hands immediately.

MASK GUIDELINES

The CDC now advises everyone to wear a cloth face cover when going out in public, such as going to the grocery store or to pick up other necessities.

- The cloth face cover is meant to protect other people in case you are infected. You could spread COVID-19 to others even if you do not feel sick.
- Do NOT place cloth face coverings on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.
- For more information, see [CDC guidelines](#), including [how to create](#) your own cloth face cover.

A significant portion of individuals with coronavirus lack symptoms (“asymptomatic”). Those who eventually develop symptoms (“pre-symptomatic”) can transmit the virus to others before showing symptoms. This means that the virus can spread between people interacting in close proximity—for example, speaking, coughing, or sneezing—even if those people are not

exhibiting symptoms. In light of this new evidence, the CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies) especially in areas of significant community-based transmission.

IF YOU ARE SICK

According to the CDC, COVID-19 symptoms include fever, shortness of breath and a cough. Keep track of your symptoms, which may appear two to 14 days after exposure, and call to seek medical attention if your symptoms worsen, such as difficulty breathing.

Mild Illness

Most people have mild illness and are able to recover at home. If you think you are sick:

- **Stay home and call your doctor** for medical advice if you think you have been exposed to COVID-19 and develop symptoms. Older adults and people of any age with serious underlying medical conditions should call a health care provider as soon as symptoms start.
Separate yourself from other people in your home. On your own, clean and disinfect all surfaces daily and high-touch surfaces frequently throughout the day in your sick room and designated bathroom. Have a healthy household member do the same for surfaces in other parts of the home.
- **Wear a [cloth face cover](#)** if you are around other people (e.g., sharing a room or vehicle) and before you enter a health care provider's office. See [CDC guidelines](#).

Emergency Warning Signs

If your symptoms become severe, call to get medical attention immediately. Warning signs include:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

This list is not all inclusive. Consult your medical provider for any other symptoms that are severe or concerning. Review [CDC guidance](#) for more information.

FINDING UP-TO-DATE INFORMATION Visit [redcross.org/coronavirus](https://www.redcross.org/coronavirus) for more information on COVID-19 safety. For the latest information, please visit the CDC website at [cdc.gov/covid19](https://www.cdc.gov/covid19).