Governor Northam Issues Statewide Stay-at-Home Order

For Immediate Release: March 30, 2020
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RICHMOND—Governor Ralph Northam today issued a statewide Stay at Home order to protect the health and safety of Virginians and mitigate the spread of the novel coronavirus, or COVID-19. The executive order takes effect immediately and will remain in place until June 10, 2020, unless amended or rescinded by a further executive order.

The order directs all Virginians to stay home except in extremely limited circumstances. Individuals may leave their residence for allowable travel, including to seek medical attention, work, care for family or household members, obtain goods and services like groceries, prescriptions, and others as outlined in Executive Order Fifty-Three, and engage in outdoor activity with strict social distancing requirements.

The executive order also directs all Virginia institutions of higher education to stop in-person classes and instruction. Private campgrounds must close for short-term stays, and beaches will be closed statewide except for fishing and exercise.

“We are in a public health crisis, and we need everyone to take this seriously and act responsibly,” said Governor Northam. “Our message to Virginians is clear: stay home. We know this virus spreads primarily through human-to-human contact, and that’s why it’s so important that people follow this order and practice social distancing. I’m deeply grateful to everyone for their cooperation during this unprecedented and difficult time.”

The full text of Executive Order Fifty-Five can be found here. View the Spanish version here.

Last week, Governor Northam issued Executive Order Fifty-Three closing certain non-essential businesses, prohibiting public gatherings of more than 10 people, and directing all K-12 schools to remain closed for the rest of the academic year. A Frequently Asked Questions guide about Executive Order Fifty-Three can be found here.

For the latest information about the COVID-19 outbreak, visit virginia.gov/coronavirus or CDC.gov/coronavirus.
Hi Everyone,

The new coronavirus, also known as COVID-19, continues to grab headlines in all the news everywhere throughout the United States and the world. The governors of most of the 50 states have issued stay-at-home orders for everyone’s protection. Our own governor, Ralph Northam, has issued a stay-at-home order for the commonwealth of Virginia, effective through June 10. There are indications that this order could be extended even longer. An article about this order is on the front page of this newsletter, along with links to the actual order and other vital information.

It is vital that you obey this order so that you can stay safe and healthy. This disease is very easily transmitted by human contact. Please do not risk your health by attending large gatherings of people. If you do need to go out to run errands or go to medical appointments, make sure you observe social distancing by staying six feet away from other people. Wash your hands and follow all the recommendations to help yourself stay well.

NVAD has responded to this order by cancelling both the May 2 general meeting and the June 6 general meeting and Strawberry Festival. NVAD’s 75th Anniversary celebration, which was tentatively scheduled for September 19, 2020, has been postponed until 2021 because the outlook for this year is so uncertain. We will continue to do our best to update you of other cancellations as soon as possible. Check your email, NVAD’s page on the VAD website, and NVAD’s Facebook page.

The best and most reliable source of information continues to be the Centers for Disease Control’s (CDC) website at https://www.cdc.gov. You can also check the websites of The Washington Post (www.washingtonpost.com), INOVA (www.inova.org), the National Association of the Deaf (www.nad.org), and the Northern Virginia Resource Center for Deaf and Hard of Hearing Persons (www.nvrc.org).

One other important bit of breaking news that I just learned is that the Dulles Expo Center will be used as an alternative care facility during the pandemic. This is to ease the load on local hospitals so that they can provide care to COVID-19 patients. This article is at www.insidenova.com.

My husband Steve and I have been housebound since March 10 with only occasional ventures out in the car. It is hard, but we have faith and hope that this will end eventually. God is in control. We wish all of you the best of health during this stressful time. Continue to take care of each other.

Melanie Williams
President, NVAD
Cancellations and Postponement due to COVID-19
And the Governor’s Stay-at-Home Order

Cancellations
May 2, 2020
NVAD General Meeting
June 6, 2020
NVAD General Meeting and Strawberry Festival

Postponement
September 19, 2020 (tentative)
NVAD’s 75th Anniversary Celebration
Postponed until 2021 because the outlook for the remainder of 2020 is uncertain.

For more information, contact NVAD President Melanie Williams at melaniedywilliams@gmail.com.

For news of other possible future changes to events, watch for announcements via email, NVAD’s Facebook page, and its website at www.vad.org/nvad.html.
Coronavirus Disease 2019

Centers for Disease Control and Prevention (CDC) has a page on Coronavirus [COVID-19]:

For information about COVID-19, see:

Best way to protect yourself - Clean your hands often. See https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html for how to protect yourself.

- Wash hands often with soap and water for at least 20 seconds after being in a public place or after sneezing, coughing
- If soap and water not available, use hand sanitizer
- Avoid touching eyes, nose and mouth with unwashed hands

Watch for symptoms that may appear 2-14 days after exposure:
- Fever
- Cough
- Shortness of breath


- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

For explanation about COVID-19 in ASL, see:
- https://youtu.be/HYlPsgTMAng (ASL Services)
- https://youtu.be/KEuEfI682DUE (ASL Video Series)
- https://coronavirus.gallaudet.edu/ (Gallaudet)
- https://www.nad.org/2020/03/12/coronavirus/ (National Association of the Deaf)
- https://youtu.be/Q8bUdMEsiPQ (Minnesota Department of Health)

Resources:
- https://www.cnbc.com/video/2020/03/13/weve-been-prepared-for-coronavirus-for-weeks-says-inova-health-systems-ceo.html (J. Stephen Jones, MD, President and CEO of Inova appeared on CNBC’s “Squawk Box” to discuss the pandemic and Inova’s response)
- https://www.dailymoth.com/ (Daily Moth)
- https://coronavirus.gallaudet.edu/resources/ (Gallaudet)
- https://www.fairfaxcounty.gov/health/novel-coronavirus (Fairfax County)
- https://www.loudoun.gov/5307/Coronavirus (Loudoun County)
- https://emergency.pwcgov.org/ (Prince William County)
Stay Connected
Stay Safe

The staff of NVRC hopes you are all staying well.

We are particularly concerned that our senior citizen population be safe during this COVID-19 pandemic period. We would like to ask our seniors who might be interested to let us know if you would like an NVRC staff person or volunteer to check in on you from time to time during this period. We can be available to seniors as a text, phone or video phone “buddy.”

If interested, please send your name, email, phone or VP number to seniors@nvrc.org. You may also call the office and leave a message with this information. The VP number is 571-350-8656.

See ASL Video.

2020 Census Information

In mid-March, homes across the country began receiving invitations to complete the 2020 Census [https://2020census.gov/]. Once you receive the invitation, you can respond for your home in one of three ways: online, by phone, or by mail. Below is key information about the 2020 Census:

- Important Dates: https://2020census.gov/en/important-dates.html
- Who is required to respond: https://2020census.gov/en/am-i-required.html
- Why is data important: https://2020census.gov/en/census-data.html

Here is guide for how to respond to the 2020 Census Paper Questionnaire:

Here is link for ASL Video Guide to completing the 2020 Census online:
Zoom, the popular video conferencing site, has become more and more popular as a result of the coronavirus (COVID-19) pandemic. People cannot physically get together to have meetings or attend classes, so many are resorting to using Zoom. However, Zoom has been found to have its own security risks. There have been stories of people breaking into Zoom gatherings to disrupt meetings, create chaos, steal passwords, display pornography or other inappropriate images, and hurl racial epithets. A number of articles have been published about this scenario.

I have listed below links to several articles for your information.

- [https://www.washingtonpost.com/technology/2020/04/03/thousands-zoom-video-calls-left-exposed-open-web/](https://www.washingtonpost.com/technology/2020/04/03/thousands-zoom-video-calls-left-exposed-open-web/)

These last three articles have information on how to set up your Zoom accounts so that you and any other attendees are protected.

- [https://www.washingtonpost.com/technology/2020/04/03/zoom-video-set-up/](https://www.washingtonpost.com/technology/2020/04/03/zoom-video-set-up/)

Be very careful when using Zoom so that your personal information is not at risk.

Can’t find hand sanitizer to purchase? Don’t fret — because you can make your own. Anne Marie Helmenstine, who holds a Ph.D. in biomedical sciences, recently shared how to make homemade hand sanitizer [https://www.thespruce.com/make-your-own-homemade-hand-sanitizer-606145].
NVAD Advertisement Rates

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<td>3 times = $10 each</td>
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<td>1 time = $25</td>
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<td>3 times = $15 each</td>
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Please make the check payable to NVAD, and send it to the address below:
NVAD Treasurer; c/o NVRC; 3951 Pender Drive, Suite 130; Fairfax VA 22030
Also, please put in memo what the check is for (i.e.; 3-time ad)

For more information, contact Pat Beech at pgbeech@aol.com.