

Riverside Church

An Alliance of Baptists and Ecumenical Congregation
699 Maine Ave., S.W., DC
Washington, DC, 20024



Coronavirus disease (COVID-19)

KEY POINTS

- Sustained community spread [of respiratory illness caused by the novel \(new\) coronavirus \(COVID-19\)](#) is occurring globally. Some countries have widespread sustained spread.
- Older adults and people of any age with serious chronic medical conditions are at increased risk for severe disease and should consider postponing nonessential travel.

Use your head — Slow the spread

- Wash your hands often with soap and water
- Cover your mouth and nose while sneezing or coughing
- Avoid touching your eyes, nose and mouth
- Avoid contact with sick people
- If you are sick, stay home and call your health care provider
- Practice social distancing — keep distance between yourself and others and avoid crowds
- Clean AND disinfect [frequently touched surfaces](#) daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

RESOURCES & INFORMATION

- Call the Hunger Lifeline for personalized recommendations to community food resources over the phone: 202-644-9807 (Monday-Friday 9 am - 5 pm)
- Search for any of the services in food, health-care, housing, job training and more. If you do not know your zip code, you can quickly find it here www.whatismyzip.com by entering your address.

District of Columbia

- <https://coronavirus.dc.gov/>

Virginia

- <http://www.vdh.virginia.gov/surveillance-and-investigation/novel-coronavirus/>

Maryland

- <https://coronavirus.maryland.gov/>

- [COVID-19 in the United States Centers for Disease Control and Prevention](https://www.cdc.gov/coronavirus/2019-ncov/)

- [Coronavirus advisory information](#)
- [World Health Organization](#)
- [Who.int/emergencies](https://www.who.int/emergencies)