



# **Coronavirus Pandemic: Healthcare Resource Guide**

The ongoing coronavirus pandemic poses many challenges to the residents of Central Virginia. During this difficult time, I'm committed to doing everything I possibly can to keep you safe, prepared, and well-informed.

I'm working with federal, state, and local officials to coordinate assistance and connect you with the information you need.

I hope this guide is a helpful resource as we all navigate uncertain times. If your question or concern is not addressed here, please don't hesitate to call us at (202) 225-2815 or (804) 401-4110.

Sincerely,



Abigail D. Spanberger  
Member of Congress

#### Reliable Resources

World Health Organization: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Centers for Disease Control and Prevention: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

National Institutes of Health: <https://www.nih.gov/health-information/coronavirus>

Virginia Department of Health: <http://www.vdh.virginia.gov/coronavirus/>

Rep. Spanberger's Website: <https://spanberger.house.gov/services/coronavirus.htm>

## Quick Guide

For an immediate, life-threatening emergency, call 9-1-1. For all other health concerns, call 2-1-1.

### **CDC**

800-232-4636; online at <https://www.cdc.gov/coronavirus/2019-ncov/>

### **Virginia Department of Health**

804-864-7000; online at <http://www.vdh.virginia.gov/coronavirus/>

### **Amelia County Health Department**

804-561-2711; online at <http://www.vdh.virginia.gov/piedmont/>

### **Chesterfield County Health Department**

804-748-1691 or 804-316-8633; online at <http://www.vdh.virginia.gov/chesterfield/>

### **Culpeper County Health Department**

540-829-7350; online at <http://www.vdh.virginia.gov/rappahannock-rapidan/office-locations/>

### **Goochland County Health Department**

804-556-5843; online at <http://www.vdh.virginia.gov/chickahominy/goochland/>

### **Henrico County Health Department**

804-501-4522 or 804-501-1610; online at <https://henrico.us/health/>

### **Louisa County Health Department**

540-967-3703; online at <http://www.vdh.virginia.gov/thomas-jefferson/>

### **Nottoway County Health Department**

434-645-7595; online at <https://nottoway.org/government/county/departments/health-department/>

### **Orange County Health Department**

540-672-1291; online at <http://www.vdh.virginia.gov/rappahannock-rapidan/office-locations/>

### **Powhatan County Health Department**

804-598-5680; online at <http://www.vdh.virginia.gov/chesterfield/powhatan-health-department/>

### **Spotsylvania County Health Department**

540-507-7400; online at <http://www.vdh.virginia.gov/rappahannock/>

For the most up-to date information from the **Centers for Disease Control and Prevention (CDC)**, please refer to the links below:

**Travel Information**

Online at <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

**Preventing COVID-19 Spread in Communities**

Online at <https://www.cdc.gov/coronavirus/2019-ncov/community/index.html>

**Higher Risk & Special Populations**

Online at <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/index.html>

**Healthcare Professionals**

Online at <https://www.cdc.gov/coronavirus/2019-nCoV/hcp/index.html>

**Resources for Healthcare Facilities**

Online at <https://www.cdc.gov/coronavirus/2019-ncov/healthcare-facilities/index.html>

**Resources for Health Departments**

Online at <https://www.cdc.gov/coronavirus/2019-ncov/php/index.html>

**Laboratories**

Online at <https://www.cdc.gov/coronavirus/2019-nCoV/lab/index.html>

**Communication Resources**

Online at <https://www.cdc.gov/coronavirus/2019-ncov/communication/index.html>

## Background on Coronavirus (COVID-19)

COVID-19 is a new respiratory illness that can spread from person to person. Because it's so new, we don't yet have a vaccine or cure for it. Most people who get COVID-19 will recover on their own. But we know that some people can have serious complications that require medical care or hospitalization.

This pandemic is impacting countries all over the world. As COVID-19 spreads, your life may be disrupted in a variety of ways. Keep yourself and household healthy by being prepared.

Seeking and sharing accurate information during a time of heightened concern is one of the best things we can do to keep our families and communities healthy and safe. As new information emerges, please remember that the risk of COVID-19 is NOT connected with race, ethnicity or nationality. Stigma will not help to fight the illness.

### What are the symptoms of COVID-19? How does it spread?

- Symptoms of COVID-19 primarily include fever, cough, and shortness of breath. These symptoms may appear two to 14 days after exposure to the disease.
- COVID-19 spreads between people who are in close contact with one another (about six feet) via coughs or sneezes. It may also be spread by touching a surface or object with the virus on it.
- People are thought to be most contagious when they are the sickest, although some spread is possible before people show symptoms.

### How can I prevent spreading COVID-19?

- Prevention starts with practicing good personal health habits:
  - Wash your hands often with soap and water.
  - Cover your coughs and sneezes with a tissue.
  - Clean and disinfect frequently touched surfaces and objects daily.
- Stay home when you're sick.
- Getting plenty of rest, drinking fluids, eating healthy foods, and managing your stress may help you prevent getting COVID-19 and recover from it if you do.
- The CDC website offers more details on these [preventive steps](#).

### How do I plan ahead for COVID-19?

- Make an emergency plan of action with members of your household, relatives, and friends. The CDC website offers [commonsense guidance](#) for preparing you and your family for emergencies.
- Check in with your work about sick leave and telework options should you need to stay home because you are sick or need to take care of a household member.
- Make a list of emergency contacts—family, friends, neighbors, carpool drivers, healthcare providers, teachers, employers, local public health departments, and community resources.
- Gather extra supplies, such as soap, tissues, and alcohol-based hand sanitizer. If you or one of your household members have a chronic condition and regularly take prescription drugs,

talk to your health provider, pharmacist, and insurance provider about keeping an emergency supply of medications at home.

**What do I do if I have suspected or confirmed COVID-19?**

- Monitor your symptoms (fever, cough, shortness of breath). Call your healthcare provider before visiting the office. If you have an appointment, be sure you tell them about your symptoms.
- Stay home, except for getting medical care. If you have mild symptoms, you may not need to seek medical care.
- Separate yourself from other people and animals in your home.
- Do not go to work, school, or public areas.
- Avoid using public transportation, taxis, or ride-share.
- If you have a face mask, wear it around other people or pets and before entering a healthcare provider's office.
- If you can't wear a mask because it's hard for you to breathe while wearing one, keep people who live with you out of your room, or have them wear a face mask if they enter your room.
- Cover coughs and sneezes with a tissue, then throw the tissue away in a lined trash can. Wash hands thoroughly afterwards. Soap and water are best.
- Avoid sharing personal household items like dishes, glasses, or bedding.
- Wash your hands often with soap and water for 20 seconds. If you can't wash your hands, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Rub hands together until dry.
- Clean all "high touch" surfaces -- counters, tables, doorknobs, bathroom fixtures, phones, and keyboards -- daily.
- Use household cleaning products, following the manufacturer's recommendations.
- If you are having a medical emergency, call 9-1-1. Notify dispatch that you have or may have COVID-19.
- Remain in home isolation for seven days AND until 72 hours after your fever has resolved AND your other symptoms have improved.

**What do I do if I was potentially exposed to someone with confirmed COVID-19?**

- First, know that you generally need to be in close contact with someone with COVID-19 to get infected. Close contact includes scenarios like living with, or caring for, a person with confirmed COVID-19, being within six feet of a person with confirmed COVID-19 for about 10 minutes, or if someone with COVID-19 coughed on you, kissed you, shared utensils with you, or you had direct contact with their body secretions.

**If you may have had close contact with a person with COVID-19 but are not sick**

- Monitor your health for fever, cough, and shortness of breath for 14 days after your last contact with the ill person.
- Do not go to school or work. Avoid public places for 14 days.

**If you are a close contact of a person with confirmed COVID-19 and are sick**

- If you are sick with fever, cough, or shortness of breath—even if your symptoms are mild—isolate yourself.
- If you are at higher risk for severe illness (over 60, with underlying health conditions such as heart disease, lung disease, or diabetes, have a weakened immune system or are pregnant) call your healthcare provider and tell them you were exposed to someone with COVID-19. They may want to monitor your health more closely or test you for COVID-19.
- If you have symptoms but are not in a high-risk category, talk with your healthcare provider. They will help you determine if you need to be evaluated in person or tested.

**What do I do if I have COVID-19 symptoms but haven't been around anyone who has been diagnosed with COVID-19?**

- The most common symptoms of COVID-19 are fever, cough, and shortness of breath. These can be symptoms of other respiratory illnesses as well as COVID-19.
- If you are in a high-risk category and have symptoms of COVID-19, call your healthcare provider and ask if you need to be evaluated in person. If you are at risk for serious illness, your healthcare provider may want to monitor your health more closely or test you for COVID-19 or influenza.
- If you do not have a high-risk condition and your symptoms are mild, you do not need to be evaluated in person and do not need to be tested for COVID-19. Stay at home if you are sick, practice excellent hygiene, and wear a face mask if possible when you are around other people.
- Cover coughs and sneezes. Avoid sharing personal household items. Clean your hands often. Clean all "high-touch" surfaces daily.
- Monitor your symptoms and seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Before you seek care, call your healthcare provider and tell them that your symptoms are consistent with COVID-19.
- Stay home and avoid others for 72 hours after your fever goes away without the use of fever-reducing medications and your respiratory symptoms improve.

**Should I wear a face mask when I go out in public?**

- The CDC is currently reviewing their guidance on public use of face masks.
- At this time, face masks are not recommended for the general public, though masks can be useful in some settings — such as in a hospital or clinic waiting room — to prevent someone who has a respiratory illness from spreading it to others.
- You should only wear a face mask if a healthcare professional recommends it. A face mask should be used by people who have COVID-19 and are showing symptoms. This is to protect others from the risk of getting infected. The use of face masks is also crucial for health workers and other people who are taking care of someone infected with COVID-19 in close settings (at home or in a healthcare facility).

**What can I do to protect myself and others if COVID-19 is spreading in my community?**

- Take everyday preventive steps to slow the spread of COVID-19:
- Wash your hands often with soap and warm water for at least 20 seconds.

- Use an alcohol-based hand sanitizer with at least 60 percent alcohol if soap and water are not available.
- Cover your coughs and sneezes with a tissue, your sleeve, or your elbow.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces using standard cleaning practices.
- Avoid close contact with people who are sick.
- If you are sick, stay home, except when seeking medical care.
- Practice social distancing — keep distance between yourself and others and avoid crowds.

**What is social distancing?**

- The best way to slow the spread of COVID-19 is through “social distancing,” which means avoiding close contact with others. Social distancing can take many forms, depending on your lifestyle and your family or living situation. Social distancing can include the following habits and steps:
  - Avoid handshaking, hugging, and other intimate types of greeting
  - Avoid non-essential travel (your healthcare provider may have specific guidance for your situation)
  - Avoid crowds, especially in poorly ventilated spaces
  - Avoid unnecessary errands — consider ways to have essential items, like food and other household supplies, brought to you through delivery services or through family or social networks.

As a preventive measure to slow COVID-19 outbreaks, Governor Northam has banned gatherings of more than 10 people, and he has ordered restaurants, bars and movie theaters to close. Schools are also closed for the remainder of the academic year to avoid social contact with schoolchildren and staff.

It is recommended that those at a high risk of becoming seriously ill from COVID-19 stay home as much as possible and contact their healthcare provider.

**Is there a vaccine or medicine I can get for COVID-19?**

- Not yet, because COVID-19 is a new disease. However, many experts are at work developing one. As with any new vaccine, it must be tested to make certain it is safe and effective. It may take more than a year for a COVID-19 vaccine to become readily available. There is also no specific medicine currently available to cure COVID-19. However, people who have COVID-19 should seek medical care to help lessen the severity of their symptoms.

**How can I be more prepared for COVID-19?**

- Have an adequate supply of nonprescriptive drugs and other health supplies on hand, including pain relievers, stomach remedies, and cough and cold medicines.
- Check your regular prescription drugs to make sure you have an adequate supply; refill your prescriptions if needed.

- Have a thermometer, tissues, and hand sanitizer on hand in case you become ill and must stay at home to recover.
- Talk with family members and loved ones about how they would be cared for if they got sick and what will be needed to care for them at home.
- Have a two-week supply of water and food available at home.

### **Can I get tested for COVID-19?**

- Not everyone needs testing for COVID-19. If you have a fever and are experiencing a cough or shortness of breath, call your healthcare provider. They will ask you some questions to determine whether you need a test. Stay home and avoid close contact with others if you are feeling ill, unless your medical provider tells you to go for a test or come to the office for treatment.

## **Federal Resources**

### **U.S. Department of Health and Human Services**

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

### **Centers for Medicare and Medicaid Services**

<https://www.cms.gov/medicare/quality-safety-oversight-general-information/coronavirus>

**The U.S. Food and Drug Administration's (FDA's) hotline (1-888-INFO-FDA) is available 24 hours a day for labs to call regarding difficulties obtaining supplies for collecting patient samples for COVID-19 testing—including swabs and media needed for transport and conservation of samples.**

For labs with any questions related to diagnostic development, please reach out to [CDRH-EUA-Templates@fda.hhs.gov](mailto:CDRH-EUA-Templates@fda.hhs.gov)

**The FDA's online frequently asked questions page can be found at**

<https://www.fda.gov/emergency-preparedness-and-response/mcm-issues/coronavirus-disease-2019-co-vid-19-frequently-asked-questions>

**Health alerts can be found for specific countries online at**

<https://travel.state.gov/content/travel/en/international-travel.html>

**The CDC can be reached at 800-CDC-INFO (800-232-4636).**

This is a hotline for the public with questions about anything related to the CDC. Information online at <https://www.cdc.gov/cdc-info/index.html>

**The Occupational Safety and Health Administration (OSHA) has published guidance on preparing workplaces for COVID-19**

Call: 1-800-321-OSHA. Online at <https://www.osha.gov/Publications/OSHA3990.pdf>

**If you have a question about a treatment or test found online, talk to your healthcare provider or doctor. If you have a question about a medication, call your pharmacist or the FDA.**

The FDA's [Division of Drug Information \(DDI\)](#) will answer almost any drug question. DDI pharmacists are available by email, [druginfo@fda.hhs.gov](mailto:druginfo@fda.hhs.gov), and by phone, 1-855-543-DRUG (3784) and 301-796-3400.

**The Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.**

Call 1-800-985-5990 or text "TalkWithUs" to 66746 to connect with a trained crisis counselor, or visit them online at <https://www.samhsa.gov/find-help/disaster-distress-helpline>

**If you are experiencing difficulties with a federal agency, please contact Rep. Spanberger's office for assistance at 804-401-4110; online at <https://spanberger.house.gov>**

## Statewide Resources

### Virginia Department of Health

804-864-7000; online at <http://www.vdh.virginia.gov/coronavirus/>

### COVID-19 in Virginia

For up-to-date information regarding the following:

#### [Public Health & Safety](#)

- Public & Private Gatherings
- Public Health
- Diagnostic Testing
- Transportation

#### [Healthcare & Health Professionals](#)

- Medicaid
- Vulnerable Populations
- Certificate of Public Need Waiver
- Justice-Involved Population

## Veterans Health Resources

For the most current information related to veterans and COVID-19, please visit [www.va.gov/coronavirus](http://www.va.gov/coronavirus). Guidance from local Department of Veterans Affairs (VA) medical facilities about their current operating status is available on each facility's website, which can be found through VA's facility locator tool: <https://www.va.gov/find-locations>.

**What should veterans do if they think they have COVID-19?**

Before visiting local VA medical facilities, community providers, urgent care centers, or emergency departments in their communities, veterans experiencing COVID-19 symptoms—such as fever, cough, and shortness of breath—are encouraged to call their VA medical facility or call MyVA311 (844-698-2311, press #3 to be connected). Veterans can also send secure messages to their healthcare providers via [MyhealthVet](#), the VA's online patient portal. VA clinicians will evaluate veterans' symptoms and direct them to the most appropriate providers for further evaluation and treatment. This process may include referral to state or local health departments for COVID-19 testing.

**What about routine appointments and previously scheduled procedures?**

The VA is encouraging all veterans to call their local VA facility before seeking any care—even previously scheduled medical visits, mental health appointments, or surgical procedures. Veterans can also send secure messages to their healthcare providers via [MyhealthVet](#) and find out whether they should still come in for their scheduled appointments. VA providers may arrange to convert appointments to [video visits](#), where possible.

**Can visitors still access VA medical facilities?**

Many VA medical facilities have cancelled public events for the time being, and the VA is urging all visitors who do not feel well to postpone their visits to local VA medical facilities. Facilities have also been directed to limit the number of entrances through which visitors can enter. Upon arrival, all patients, visitors, and employees will be screened for COVID-19 symptoms and possible exposure.

**What about VA nursing homes and spinal cord injury units?**

On March 10, 2020, the [VA announced](#) that its 134 nursing homes (also called VA community living centers) and 24 spinal cord injury and disorder centers will be closed to all outside visitors. All clinical staff will be screened for COVID-19 daily before entering the nursing home or spinal cord injury units, and staff will work only within those units to limit possible transmission of the virus. Exceptions to the visitor policy will only be made for cases when veterans are in their last stages of life in hospice units or inpatient spinal cord injury units.

**What if I have a pending service-connected disability claim?**

Due to COVID-19, there are instances when claimants are asking to cancel or postpone scheduling their examination appointments because of social distancing practices. The VA will not deny a claim solely for a failure to report for an exam at this time. Veterans and servicemembers who wish to reschedule an exam due to COVID-19 concerns should contact the exam vendor directly and then call to notify the VA after.

**Will GI benefits continue without interruption?**

Any and all updates will be sent via direct email campaigns and social media regarding the VA's efforts to implement any new changes.

**County-Specific Health Resources**

For general questions about COVID-19 or Virginia's response, please visit:

<http://www.vdh.virginia.gov/coronavirus/>

**Amelia County Resources**

Amelia County Health Department

804-561-2711

<http://www.vdh.virginia.gov/piedmont/>

**Hospitals**

Centra Southside Community Hospital

800 Oak St Farmville, VA 23901

434-392-8811

<https://www.centrahealth.com/SCH>

St. Francis Medical Center

13710 St. Francis Boulevard Midlothian, Virginia 23114

804-594-7300

<https://www.bonsecours.com/locations/hospitals-medical-centers/richmond/st-francis-medical-center>

**Chesterfield County Resources**

Chesterfield County Health Department

804-748-1691 or 804-316-8633

<http://www.vdh.virginia.gov/chesterfield/>

**Hospitals**

Johnston-Willis

1401 Johnston-Willis Dr Richmond, VA 23235

804-483-5000

<https://johnstonwillismed.com/>

Chippenham Hospital

7101 Jahnke Rd, Richmond, VA 23225

804-483-0000

<https://hcavirginia.com/location/chippenham-hospital>

St. Francis Medical Center

13710 St. Francis Boulevard Midlothian, Virginia 23114

804-594-7300

<https://www.bonsecours.com/locations/hospitals-medical-centers/richmond/st-francis-medical-center>

St. Mary's Hospital

5801 Bremono Road Richmond, Virginia 23226

804-285-2011

<https://www.bonsecours.com/locations/hospitals-medical-centers/richmond/st-marys-hospital>

VCU Medical Center

1250 E. Marshall St Richmond, VA 23219

1-800-762-6161

<https://www.vcuhealth.org/locations/location-details?practice=10>

Richmond Community Hospital

1500 N. 28th Street Richmond, Virginia 23223

804-225-1700

<https://www.bonsecours.com/locations/hospitals-medical-centers/richmond/richmond-community-hospital>

### **Culpeper County Resources**

Culpeper County Health Department

540-829-7350; online at <http://www.vdh.virginia.gov/rappahannock-rapidan/office-locations/>

### **Hospital**

Culpeper Medical Center

501 Sunset Lane, Culpeper, VA 22701

540-829-4100

<https://www.novanthhealthuva.org/locations/medical-centers--emergency-rooms/culpeper-medical-center.aspx>

### **Goochland County Resources**

Goochland County Health Department

804-556-5843; online at <http://www.vdh.virginia.gov/chickahominy/goochland/>

### **Hospitals**

St. Mary's Hospital

5801 Bremono Road Richmond, Virginia 23226

804-285-2011

<https://www.bonsecours.com/locations/hospitals-medical-centers/richmond/st-marys-hospital>

VCU Medical Center

1250 E. Marshall St Richmond, VA 23219

1-800-762-6161

<https://www.vcuhealth.org/locations/location-details?practice=10>

Richmond Community Hospital  
1500 N. 28th Street Richmond, Virginia 23223  
804-225-1700

<https://www.bonsecours.com/locations/hospitals-medical-centers/richmond/richmond-community-hospital>

### **Henrico County Resources**

Henrico County Health Department  
804-501-4522 or 804-501-1610; online at <https://henrico.us/health/>

### **Hospitals**

Parham Doctor's Hospital  
7700 East Parham Rd Richmond, VA 23294  
804-747-5600  
<https://parhamdoctors.com/>

Henrico Doctor's Hospital  
1602 Skipwith Rd Richmond, VA 23229  
804-289-4500  
<https://henricodoctors.com/>

Retreat Doctor's Hospital  
2621 Grove Ave Richmond, VA 23220  
804-254-5100  
<https://retreatdoctors.com/>

St. Marys Hospital  
5801 Bremo Road Richmond, Virginia 23226  
804-285-2011  
<https://www.bonsecours.com/locations/hospitals-medical-centers/richmond/st-marys-hospital>

VCU Medical Center  
1250 E. Marshall St Richmond, VA 23219  
1-800-762-6161  
<https://www.vcuhealth.org/locations/location-details?practice=10>

Richmond Community Hospital  
1500 N. 28th Street Richmond, Virginia 23223  
804-225-1700  
<https://www.bonsecours.com/locations/hospitals-medical-centers/richmond/richmond-community-hospital>

### **Louisa County Resources**

Louisa County Health Department

540-967-3703; online at <http://www.vdh.virginia.gov/thomas-jefferson/>

### **Hospitals**

Central Virginia Health Services  
115 Jefferson Hwy, Suite 9 Louisa, VA  
540-967-9401  
<https://cvhsinc.org/locations/hwcl>

Medical Associates of Louisa  
575 Industrial Dr. Louisa, VA 23093  
540-967-2011  
<https://uvahealth.com/locations/profile/medical-associates-of-louisa>

Sentara Martha Jefferson Hospital  
500 Martha Jefferson Drive Charlottesville, VA 22911  
434-654-7000  
<https://www.sentara.com/charlottesville-virginia/hospitalslocations/locations/martha-jefferson-hospital/>

### **Nottoway County Resources**

Nottoway County Health Department  
434-645-7595; online at  
<https://nottoway.org/government/county/departments/health-department/>

### **Hospitals**

Centra Southside Community Hospital  
800 Oak St Farmville, VA 23901  
434-392-8811  
<https://www.centrahealth.com/SCH>

Johnston-Willis  
1401 Johnston-Willis Dr Richmond, VA 23235  
804-483-5000 <https://johnstonwillismed.com/>

Chippenham Hospital  
7101 Jahnke Rd, Richmond, VA 23225  
804-483-0000  
<https://hcavirginia.com/location/chippenham-hospital>

### **Orange County Resources**

Orange County Health Department  
540-672-1291; online at <http://www.vdh.virginia.gov/rappahannock-rapidan/office-locations/>

### **Hospitals**

University Physicians Orange

661 University Ln. Ste. B Orange, VA 22960  
540-661-3004  
<https://uvahealth.com/locations/profile/university-physicians-orange>

Mary Washington Hospital  
1001 Sam Perry Blvd Fredericksburg, VA 22401  
540-741-1100  
<https://www.marywashingtonhealthcare.com/Mary-Washington-Hospital.aspx>

Stafford Hospital  
101 Hospital Center Blvd Stafford, VA 22554  
540-741-9000  
<https://www.marywashingtonhealthcare.com/Stafford-Hospital.aspx>

**Powhatan County Resources**

Powhatan County Health Department  
804-598-5680; online at <http://www.vdh.virginia.gov/chesterfield/powhatan-health-department/>

**Hospitals**

Johnston-Willis Hospital  
1401 Johnston-Willis Dr Richmond, VA 23235  
804-483-5000  
<https://johnstonwillismed.com/>

St. Francis Medical Center  
13710 St. Francis Boulevard Midlothian, Virginia 23114  
804-594-7300  
<https://www.bonsecours.com/locations/hospitals-medical-centers/richmond/st-francis-medical-center>

**Spotsylvania County Resources**

Spotsylvania County Health Department  
540-507-7400; online at <http://www.vdh.virginia.gov/rappahannock/>

**Hospitals**

Mary Washington Hospital  
1001 Sam Perry Blvd Fredericksburg, VA 22401  
540-741-1100  
<https://www.marywashingtonhealthcare.com/Mary-Washington-Hospital.aspx>

Stafford Hospital  
101 Hospital Center Blvd Stafford, VA 22554  
540-741-9000  
<https://www.marywashingtonhealthcare.com/Stafford-Hospital.aspx>

Spotsylvania Regional Medical Center  
4600 Spotsylvania Pkwy Fredericksburg, VA 22408  
540-498-4000  
<https://spotsrmc.com/>

## Resources in Other Languages

The CDC has provided print resources in various languages to inform individuals about COVID-19. Online at <https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html>

### English

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet.pdf>

### Spanish

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet-sp.pdf>

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet-sp.pdf>

### Vietnamese

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet-vietnamese.pdf>

### Chinese

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet-chinese.pdf>

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet-chinese.pdf>

### French

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet-french.pdf>

### Arabic

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet-arabic.pdf>

### Russian

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet-russian.pdf>

### Dari

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet-dari.pdf>

### Farsi

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet-farsi.pdf>

Swahili

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet-swahili.pdf>

Ukrainian

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet-ukrainian.pdf>

## How Can You Help?

If you are looking for ways to help our nation in its response to COVID-19, refer to the Federal Emergency Management Agency's (FEMA's) "How to Help" guidance:

<https://www.fema.gov/coronavirus/how-to-help>

### **Donations**

You can find vetted non-profit organizations supporting COVID-19 response efforts at [www.NVOAD.org](http://www.NVOAD.org).

If you have medical supplies or equipment to donate, please email FEMA's National Business Emergency Operations Center at [nbeoc@fema.dhs.gov](mailto:nbeoc@fema.dhs.gov).

### **Volunteering**

Trained medical volunteers can offer their services by registering with a National National Voluntary Organizations Active in Disaster member on [www.NVOAD.org](http://www.NVOAD.org). You will be contacted once resources are matched with unmet needs.

Virginia Medical Reserve Corps are medical, public health, and community volunteers who support the community in the event of a public health emergency, such as COVID-19. Several MRC units serve VA-07. Volunteer at <http://www.vdh.virginia.gov/mrc/>.

Adequate supplies of blood are needed to treat patients in hospitals, but many blood drives have been cancelled. Donating blood is a safe process, and blood donation centers have the highest standards of safety and infection control. To find where you can donate blood, visit [www.redcross.org](http://www.redcross.org).

### **Companies with Medical Supplies, Equipment, and Services**

To sell medical supplies or equipment to the federal government, please email specifics to [nbeoc@fema.dhs.gov](mailto:nbeoc@fema.dhs.gov).

You can also register through the [System for Award Management \(SAM\)](#) website. All companies desiring to do business with the federal government must register, at no cost, with SAM.

For non-medical supplies, services or equipment, if you are interested in doing business with FEMA, visit their [Industry Liaison Program](#).

For additional guidance and information from the Governor's office, please refer to this link:  
<https://www.virginia.gov/coronavirus/>.

## Protecting Against COVID-19-Related Fraud

While many Americans are sheltering at home to help “flatten the curve” and slow the spread of COVID-19, they might be tempted to buy or use questionable products that claim to help diagnose, treat, cure, and even prevent COVID-19.

Because COVID-19 has never been seen in humans before, there are currently no vaccines to prevent or drugs to treat COVID-19 approved by the U.S. Food and Drug Administration (FDA). The FDA is working with vaccine and drug manufacturers to develop new vaccines for and find drugs to treat COVID-19 as quickly as possible. Unfortunately, some people and companies are trying to profit from this pandemic by selling unproven and illegally marketed products that make false claims, such as their products being effective against the coronavirus.

### **FDA guidance regarding fraudulent COVID-19 test, vaccines, and treatments**

<https://www.fda.gov/consumers/consumer-updates/beware-fraudulent-coronavirus-tests-vaccines-and-treatments>

### **U.S. Department of Health and Human Services guidance regarding fraudulent COVID-19 test, vaccines, and treatments**

[https://oig.hhs.gov/coronavirus/fraud-alert/covid19.asp?utm\\_source=web&utm\\_medium=web&utm\\_campaign=covid19-fraud-alert](https://oig.hhs.gov/coronavirus/fraud-alert/covid19.asp?utm_source=web&utm_medium=web&utm_campaign=covid19-fraud-alert)

**If you have a question about a treatment or test found online, talk to your healthcare provider or doctor. If you have a question about a medication, call your pharmacist or the FDA.**

The FDA's [Division of Drug Information \(DDI\)](#) will answer almost any drug question. DDI pharmacists are available by email, [druginfo@fda.hhs.gov](mailto:druginfo@fda.hhs.gov), and by phone, 1-855-543-DRUG (3784) and 301-796-3400.

**If you suspect COVID-19 fraud, contact National Center for Disaster Fraud Hotline** 866-720-5721 or [disaster@leo.gov](mailto:disaster@leo.gov)

## Mental Health Resources

The COVID-19 public health emergency can take its toll on our mental well-being and may be stressful for people. There is no shame in this at all. Fear and anxiety about a disease can be overwhelming and cause strong emotions in both adults and children. Coping with stress will make you, the people you care about, and your community stronger. Resources are available if you or your loved ones need help:

CDC provides guidelines for coping with a disaster or traumatic event online at <https://emergency.cdc.gov/coping/selfcare.asp>

Tips include:

- Take care of your body
- Connect with others
- Take breaks
- Stay informed
- Avoid too much exposure to news
- Seek help when needed

**The CDC also provides guidelines for helping children cope with emergencies online at <https://www.cdc.gov/childrenindisasters/helping-children-cope.html>**

**SAMHSA provides tips for taking care of your emotional health online at <https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>**

Tips include:

- What to expect during an infectious disease outbreak
- Ways to support yourself during social distancing, quarantine, and isolation

**SAMHSA’s Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.**

Call 1-800-985-5990 or text “TalkWithUs” to 66746 to connect with a trained crisis counselor, or visit them online at <https://www.samhsa.gov/find-help/disaster-distress-helpline>

**The National Suicide Prevention Lifeline also provides 24/7, free and confidential support for people in distress, prevention and crisis resources.**

If you or someone you know needs help, please call: 1-800-273-TALK (8255).

## **CARES Act Frequently Asked Questions for Hospitals, Health Systems, and Healthcare Providers**

The Coronavirus Aid, Relief, and Economic Security (CARES) Act was passed by Congress and signed into law by President Trump on March 27, 2020. The CARES Act includes funding for hospitals, health systems, state and local governments, small businesses, and individuals.

**What financial assistance is available for hospitals, health systems and healthcare providers in the bill?**

One of the primary ways the law supports our health system is through a \$100 billion fund to cover non-reimbursable expenses attributable to COVID-19. All healthcare entities that provide healthcare diagnoses or testing are eligible for funding. All non-reimbursable expenses attributable

to COVID-19 qualify for funding. Examples include building or retrofitting new ICUs, increased staffing or training, additional supplies of personal protective equipment, the building of temporary structures, and more.

### **What is the process for hospitals, health systems and healthcare providers to apply for and receive funding under the 7(a) SBA Paycheck Protection Program?**

Small businesses and 501(c)(3) non-profit organizations, including hospitals, health systems, and healthcare providers, are eligible to apply for the Small Business Administration's (SBA's) Paycheck Protection Program. Through this program, a small business or organization can apply to an SBA-approved lender for a loan of up to 250 percent of an organization's average monthly payroll costs to cover eight weeks of payroll, as well as help with other expenses like rent, mortgage payments, and utilities. This loan can be forgiven based on maintaining employee and salary levels. For any portion of the loan that is not forgiven, the terms include a maximum term of 10 years and a maximum interest rate of four percent. Small businesses and organizations will be able to apply if they were harmed by COVID-19 between February 15, 2020 and June 30, 2020. To be eligible, small businesses and 501(c)(3) non-profit organizations must have fewer than 500 employees, or more if SBA's size standards for the non-profit allows. This program is retroactive to February 15, 2020, in order to help bring workers who may have already been laid off back onto payrolls. Loans are available through June 30, 2020. For more information about these loans and other support for small businesses impacted by the current public health crisis, please review our [Small Business Resource Guide for Central Virginia Workers & Businesses Impacted by COVID-19](#).

### **If I have private insurance, do I have to pay for a coronavirus test?**

The Families First Coronavirus Act that Congress passed on March 18th and President Trump signed into law required that all private insurance plans cover coronavirus testing without deductibles, coinsurance, or co-pays. That bill also prohibited plans from using tools like prior authorization to limit access to testing. Insurers also must cover fees for visits to the ER, an urgent care center, or a doctor's office associated with getting a test without cost sharing.

### **How much will patients have to pay for a vaccine when it becomes available?**

The CARES Act ensures that the vaccine itself and its administration is free to beneficiaries with Medicare Part B and those with Medicare Advantage who receive the vaccine from an in-network provider. The Families First Coronavirus Act required that all private insurance plans cover coronavirus testing without deductibles, coinsurance, or co-pays.

### **How does this law increase access to telehealth services for seniors and other Medicare beneficiaries?**

The CARES Act gives the U.S. Secretary of Health and Human Services broad authority to allow more healthcare providers to provide telehealth services to Medicare beneficiaries, including in the beneficiaries' homes to avoid potential exposure to COVID-19.

**How will seniors access the medications they need while also being told it's better to stay at home?**

In the past, Medicare drug plans only let beneficiaries receive a 30 day supply of their prescription. Under the CARES Act, during the COVID-19 crisis, a senior on Medicare can get up to 90 days of a prescription if that is what the doctor prescribed, as long as there are no safety concerns. Medicare drug plans will also allow beneficiaries to fill prescription early for refills up to 90 days, depending on the prescription.