



Your Eyes



TODAY

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April Events Canceled

The Prevention of Blindness Society of Metropolitan Washington's Low Vision Resource & Support Group Network events will be canceled through the end of April, out of an abundance of caution and concern for all of our participants regarding the current situation with COVID-19 (Coronavirus). We have made the decision based on advice from medical professionals and public health agencies in our region.

We have published this newsletter in an abbreviated format for April 2020. Information about events beyond April will be published at a later date. For more information about our events, contact Sean Curry at (202) 234-1010 ext. 233 or scurry@youreyes.org.

APRIL 2020

**Prevention of Blindness Society of Metropolitan Washington®
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News & Updates

COVID-19 (Coronavirus)

Important Information to Know

The best way to prevent illness is to avoid being exposed to this virus. The Centers for Disease Control and Prevention (CDC) recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Wash your hands often with soap and water for at least 20 seconds, especially after using the bathroom.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.
 - CDC does not recommend that people who are well wear a facemask to protect themselves.
 - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people taking care of someone in close setting (at home or in a health care facility).

For more information, contact the CDC at (800) 232-4636 or visit the CDC's website, [coronavirus.gov](https://www.cdc.gov/coronavirus).

News & Updates

Information for People at Risk for Serious Illness from COVID-19

According to the Centers for Disease Control and Prevention (CDC), some people are at higher risk of getting very sick from COVID-19 (Coronavirus). This includes: older adults, and people who have serious chronic medical conditions (such as heart disease, diabetes, and lung disease). If you are at higher risk for serious illness from COVID-19, it is extra important for you to take actions to reduce your risk of getting sick.

According to the CDC, if you are at higher risk of getting very sick from COVID-19, you should:

- Stock up on supplies.
- Take everyday precautions to keep space between yourself and others.
- When you go out in public, keep away from others who are sick, limit close contact, and wash your hands often.
- Avoid crowds as much as possible.
- Avoid cruise travel and non-essential air travel.
- During a COVID-19 outbreak in your community, stay home as much as possible to further reduce your risk of being exposed.

For more information, contact the CDC at (800) 232-4636 or visit the CDC's website, [coronavirus.gov](https://www.cdc.gov/coronavirus).

FREE MATTER
For the Blind or
Handicapped

Prevention of Blindness Society

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2020 Census - Be Heard!

**To also start receiving the digital edition of this newsletter,
please send an email to communications@youreyes.org.**

Every 10 years, the United States counts everyone who lives in the country, regardless of age, nationality, or ability. It is important for everyone to respond to the 2020 Census so that communities like yours can receive the funding they need for health care, accessibility services, and more

The 2020 Census is accessible for everyone - respond online, by phone, in person, or by mail. They have large print and Braille versions available. All versions will be made accessible to individuals with disabilities, including vision impairment.

To learn more, or request accessible material, visit www.2020census.gov or call (844) 330-2020.