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**Information for Hispanic and Latino communities in Virginia on COVID-19 virus**



Richmond, VA - March 17, 2020. The Virginia Latino Advisory Board (VLAB) not only serves as a steering group that advises the governor but also advocates for the people we represent. VLAB is currently working to relay any information pertinent to the well being of our communities in the most timely manner. On March 11 the World Health Organization declared the situation of the COVID-19 virus a pandemic.

Today, on March 18 Governor Northam announced additional ways to help people affected by COVID-19, slow the progression of the coronavirus in our state and protect public health. Among these suggestions include:

**Prohibit more than 10 people at a time in restaurants, gyms and theaters** and if necessary enforce the policy with the help of local authorities

**Avoid public groups or gatherings of more than 10 people** encourage members of our families or friends in Virginia -over 65 years or those who suffer from conditions underlying- to stay at home under quarantine auto increase social distance with a distance of about six feet or two meters from other.

**Close the services in person DMV** (Department of Motor Vehicles)

**Increase support for the workforce and businesses** affected by COVID-19.

**Follow the link** to get the most up to date information from Governor Northam <https://www.virginia.gov/coronavirus-updates/>

Although preventative suggestions have been extensively communicated to the public ,we know that the information changes daily. VLAB seeks to educate the community with the following resources in Spanish - speaking population knows where the information is reliable. Please use the following resources in Spanish for the latest news and guidelines.

**Spanish resources:**

- The World Health Organization (WHO) <https://www.who.int/es/emergencies/diseases/novel-coronavirus-2019>
- The Center for Disease Control (CDC): <https://www.cdc.gov/spanish/>
- [https://www.vlab.virginia.gov/media/governorvirginiagov/vlab/audio/3\\_18CViruspodcast.mp4](https://www.vlab.virginia.gov/media/governorvirginiagov/vlab/audio/3_18CViruspodcast.mp4)

**English resources:**

- <https://www.cdc.gov/> or <https://www.coronavirus.gov>
- Virginia:<http://www.vdh.virginia.gov/>
- [Governor Northam Outlines Plans for Novel Coronavirus \(COVID-19\)](#)
- [Governor Northam Declares State of Emergency, Outlines Additional Measures to Combat COVID-19](#)
- [Governor Northam Orders All Virginia K-12 Schools Closed for Minimum of Two Weeks](#)
- [President Trump declared a national emergency.](#)



*Advocating for the Interests of Latinos  
across the Commonwealth*

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On March 16 the President of the US and Coronavirus Committee announced new suggestions ( [www.whitehouse.gov](http://www.whitehouse.gov) ) to protect Americans during the pandemic Coronavirus. Here we have translated the new guidelines for the Hispanic community.

**15 days to curb the proliferation of Coronavirus**

- Listen and follow the suggestions of the **local and state** authorities
- **If you feel sick**, stay home. Do not go to work. Contact your doctor.
- **If your children are sick**, take care them at home. Call your doctor.
- **IF SOMEONE IN YOUR HOME HAS RECEIVED A positive test** of the coronavirus, stay home. Do not go to work. Call your doctor.
- **IF YOU ARE A PERSON WITH UNDERLYING MEDICAL CONDITION** (e.g., a disease that affects your lungs or heart function or that affects your immune system) stay home and away from others because their risk is much higher.
- **Not eat or drink** in restaurants. Use options to order and pick up your food or drive by the "drive-thru".

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