



News & Info from HSC

703-464-6200

HSCHerndonSeniorCenter@fairfaxcounty.gov



Northern Virginia now in Phase Two!

Phase Two eases some restrictions, but continues to emphasize:

- "Safer at Home" strategy
- Social distancing
- Mandatory face coverings inside public places.

<https://www.fairfaxcounty.gov/covid19/reopen>

Covid-19 testing

- The Health Department has ALL the information of when, where and how to get tested.
- The Health Department can be reached at 703-267-3511 and health@fairfaxcounty.gov. Their website is www.fairfaxcounty.gov/health/novel-coronavirus.
- The go-to website for ALL Covid-19 information in Fairfax County www.fairfaxcounty.gov/covid19/

Don't forget ...

to check our YOUR COUNCIL's website for important info, activity links and a special greeting from Ruth!

www.herndonseniorcenter.org

When will we open?

We do not yet have a date for reopening. However, planning has commenced so the center may open while complying with Virginia State and County rules and regulations.

It is quite a task and encompasses all aspects of daily life in our center.

But rest assured, we want you back to fill our center with life again!! We are doing everything we can to make that happen as soon as it is as safe as possible FOR YOU!

*If you have ANY questions or concerns, contact us at 703-464-6200
HSCHerndonSeniorCenter@fairfaxcounty.gov*



SunDance Honoring HSC

Monday, June 22 at 1:30 p.m.

Join us around the circular drive outside Adult Day Health Care at 875 Grace Street.

Wear your facemask and maintain social distancing!

Residents whose apartments overlook that area can watch from their windows. The allowable number of chairs will be placed around the circle, appropriate distance apart. If you do not get a seat, this event will be filmed in order to let all our members - on site and off - join in on the fun. In case of inclement weather the event will be cancelled.

Don't Delay Emergency Care!

First Responders & Emergency Rooms are prepared for ALL emergencies!

Recent trends show that people with symptoms of serious medical conditions are not calling 9-1-1 out of fear of being exposed to COVID-19. First Responders and Emergency Rooms have specific policies and procedures in place to protect patients and staff.

Always call 9-1-1 if you experience trouble breathing, loss of consciousness, serious bleeding, or signs of a stroke or heart attack. Faster treatment means better outcomes for you!

Herndon Farmers Market Reopens

Thursday, June 18 8 a.m.-12:30 p.m.

Old Town Herndon, 700 Block of Lynn St., by the Red Caboose

I am so tired of all this!!!

If you've found you no longer disinfect your hands as often, or no longer worry about extra trips to the grocery store, you're not alone. This unintentional phenomenon is "**caution fatigue**" - and your brain is to blame!

Whenever something is new or different, you notice! When a threat to your health or safety is new, you pay attention! **At the outset of the pandemic you were concerned and vigilant.** You made sure your mask was on, your hand sanitizer was in your pocket and you did not touch credit card machine buttons without a tissue. The threat was new and urgent to your brain, driven by the human instinct for self-preservation.

Fast-forward three months, and that sense of immediacy has faded. We experience caution fatigue in everyday life, such as when we ignore an alarm and don't take it seriously because we're familiar with it (I know I have that response to my alarm clock most mornings!!). Our brain is just tired of it. Yet, despite the onset of **Quarantine Fatigue**, the virus has not faded.

But you CAN, and SHOULD, combat **Quarantine Fatigue!** Shift your mindset, turn following the guidelines into something rewarding rather than dreadful. Some ideas:

- * That mask is really colorful!
- * My hands don't feel sweaty in hot weather when using hand sanitizer!
- * I've got this elevator all to myself!
- * I have used up all the strange foods in the back of my pantry!
- * I have not been bumped in the rear by a shopping cart in months!

See, there are rewards to staying safe from Covid!
So, go tell your brain to

PAY ATTENTION and KEEP STAYING SAFE!



Fairfax County is committed to nondiscrimination in all county programs, services and activities. To request reasonable accommodations or to receive this information in an alternate format, call 703-324-4600, TTY 711.

