

# Metropolitan Development and Housing Agency

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Executive Director



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March 13, 2020

Dear Resident,

You might have heard about the spread of the COVID-19 virus, more commonly called the coronavirus. Currently, MDHA has no information to suggest a resident or employee at MDHA has been exposed to this virus. We are sending this information just to be extra careful. Below is information on how to know if you are higher risk from COVID-19, what you can do to prevent the spread of the virus, and what to do if you have symptoms that might be related to COVID-19.

### How to know if you're at a higher risk for developing a serious illness from COVID-19:

- You are an older adult.
- You have a serious chronic medical condition like heart disease, diabetes or lung disease.

### What you can do to prevent the spread of the virus:

- Avoid close contact with people who are coughing or sneezing.
- Avoid touching your face, eyes, nose or mouth.
- Avoid shaking hands, hugging or otherwise touching people.
- Cover your cough or sneeze with a tissue. Throw the tissue away and wash your hands right away or use hand sanitizer with at least 60% alcohol if soap and water are unavailable.
- If you do not have a tissue, cough or sneeze into your elbow, not your hand.
- Wash your hands regularly with soap and water *for at least 20 seconds*.
- Unless you are already sick, don't wear a mask. Masks worn improperly can actually *increase* your risk of infection.
- Stay at home when you are sick.
- Clean and disinfect objects and surfaces you touch often, like countertops, refrigerators, and door handles.

### What you should do if you think you might have the virus:

- If you have any of these symptoms, contact your doctor *immediately*:
  - Fever
  - Shortness of Breath
  - Cough
- Unless you are experiencing a life-threatening or other serious emergency, *do not immediately* go the emergency room or hospital. The emergency room and hospital are high traffic areas, where there is greater risk of virus exposure. Instead, call your doctor.
- Many insurance providers are making COVID-19 testing *free* (no co-pays or other costs). This includes Blue Cross Blue Shield Medicare and Medicaid.
- If you have symptoms, avoid riding the bus or using Uber, Lyft, or taxi. Try to find different transportation.
- If you need to speak with an MDHA employee, call or email our office instead of coming to the office in person, if possible.

The health and safety of MDHA's residents and employees are our highest priority, and we appreciate you doing what you can to help us prevent the spread of this virus. If you have questions, feel free to contact us.

Sincerely,

James E. Harbison  
MDHA Executive Director