

The Knollwood Voice



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To submit a topic for a future publication, contact your block captain or send an email to milledge6@aol.com.

Community Meetings
Suspended due to Stay-at-Home health order.



Coronavirus Disease 2019 (COVID-19)

How to Protect Yourself & Others

Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing serious complications from COVID-19 illness.

Know how it spreads

*There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).

• **The best way to prevent illness is to avoid being exposed to this virus.**

The virus is thought to spread mainly from person-to-person.

• Between people who are in close contact with one another (within about 6 feet).

*Through respiratory droplets produced when an infected person coughs, sneezes or talks.

* These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Everyone Should

Wash your hands often

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

• If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.

• **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Avoid close contact

• **Avoid close contact with people who are sick, even inside your home.** If possible, maintain 6 feet between the person who is sick and other household members.

• **Put distance between yourself and other people outside of your home.**

* Remember that some people without symptoms may be able to spread virus.

Stay at least 6 feet (about 2 arms' length) from other people.

* Do not gather in groups.

* Stay out of crowded places and avoid mass gatherings.

Keeping distance from others is especially important for people who are at higher risk of getting very sick.

Cover your mouth and nose with a cloth face cover when around others

• You could spread COVID-19 to others even if you do not feel sick.

• Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities.

• Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

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Community Update

Knollwood Directory Update

At the request of our neighbors, KHA is updating the Knollwood Telephone Directory. Complete forms and return to your block captain or KHA secretary.

Community Meetings

The April community meeting was canceled due to COVID-19 stay at home health order. Scheduled KHA community meeting dates are July 30, 2020, October 29, 2020 and January 28, 2021.

East Montgomery Neighborhood Alliance meets every 2nd Thursday in January, April, July, & October at First Christian Church, 1705 Taylor Rd.

When an individual is protesting society's refusal to acknowledge his dignity as a human being, his very act of protest confers dignity on him.

—Bayard Rustin

Enough.

Neighborhood Services (formerly BONDS)

Recommends attendees of city and county meetings contact meeting hosts. "In support of Stay-at-Home mandates many are rescheduling or offering a virtual method of participation."

Symptoms of Coronavirus

Watch for symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms or combinations of symptoms may have COVID-19:

* Cough * Shortness of breath or difficulty breathing

Or at least two of these symptoms:

* Fever *Chills *Repeated shaking with chills *Muscle pain *Headache *Sore throat *New loss of taste or smell

This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you.

When to Seek Medical Attention

If you have any of these **emergency warning signs*** for COVID-19 get **medical attention immediately**:

* Trouble breathing *Persistent pain or pressure in the chest *New confusion or inability to arouse *Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you.

Call 911 if you have a medical emergency: Notify the operator that you have, or think you might have, COVID-19. If possible, put on a cloth face covering before medical help arrives.

How COVID-19 Spreads

COVID-19 is thought to spread mainly through close contact from person-to-person. Some people without symptoms may be able to spread the virus. We are still learning about how the virus spreads and the severity of illness it causes.

COVID-19 may be spread by people who are not showing symptoms.

The virus spreads easily between people

How easily a virus spreads from person-to-person can vary. Some viruses are highly contagious, like measles, while other viruses do not spread as easily. Another factor is whether the spread is sustained, which means it goes from person-to-person without stopping.

The virus that causes COVID-19 is spreading very easily and sustainably between people. Information from the ongoing COVID-19 pandemic suggest that this virus is spreading more efficiently than influenza, but not as efficiently as measles, which is highly contagious.

The virus may be spread in other ways

It may be possible that a person can get COVID-19 by **touching a surface or object that has the virus on it** and then touching their own mouth, nose, or possibly their eyes. This is not thought to be the main way the virus spreads, but we are still learning more about how this virus spreads.

Spread between animals and people

At this time, the risk of COVID-19 spreading **from animals to people** is considered to be low.

It appears that the virus that causes COVID-19 can spread **from people to animals** in some situations. CDC is aware of a small number of pets worldwide, including cats and dogs, reported to be infected with the virus that causes COVID-19, mostly after close contact with people with COVID-19.



www.cdc.gov/coronavirus



Hand sanitizer is sold out.....MAKE YOUR OWN!

Mix well:

2/3 cup Isopropyl Alcohol 91%

1/3 cup Aloe Vera Gel

5 drops Tea Tree Essential Oil

5 drops Lavender Essential Oil

Optional: 5 drops Vitamin E Oil (for softening)

The 14 Surfaces You Should Be Sanitizing More Often

With the growing concern over the COVID-19 pandemic, people are increasingly aware of the importance of proper hygiene. Yet washing your hands goes only so far, especially if you fail to properly clean all the grimy surfaces in your home. While COVID-19 transmission mainly occurs from person to person, typically via the transfer of respiratory droplets, there's no question that keeping things clean is essential to staying healthy. It's particularly important to clean certain spots in the home that are notorious germ magnets, and this is a smart idea not just during a pandemic, but all the time. So, as part of your cleaning routine, pay special attention to these 14 crucial surfaces to limit your exposure to a multitude of pathogens.

- ⇒ *Don't forget to wash your hands!*
- ⇒ *Doorknobs*
- ⇒ *Faucets and Sinks*
- ⇒ *Light Switches*
- ⇒ *Drawer Knobs and Pulls*
- ⇒ *House and Car Keys*
- ⇒ *Phones*
- ⇒ *Countertops*
- ⇒ *Your Office Desk*
- ⇒ *Keyboard*
- ⇒ *TV Remote*
- ⇒ *Toothbrushes and Accessories*
- ⇒ *Fridge Exterior*
- ⇒ *Fitness Equipment*



www.msn.com

Coronavirus Disease 2019—continued from page 1

- The cloth face cover is meant to protect other people in case you are infected.
- Do NOT use a facemask meant for a healthcare worker.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

Cover coughs and sneezes

- **If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and disinfect

- **Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them.** Use detergent or soap and water prior to disinfection.
- **Then, use a household disinfectant.** Most common [EPA-registered household disinfectants](#) will work.

Monitor Your Health

- **Be alert for symptoms.** Watch for fever, cough, shortness of breath, or [other symptoms of COVID-19](#).
- Especially important if you are [running essential errands](#), going into the office or workplace, and in settings where it may be difficult to keep a [physical distance of 6 feet](#).
 - * **Take your temperature** if symptoms develop.
 - * Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.

Follow [CDC guidance](#) if symptoms develop.

What to Do If You Are Sick

If you have a fever, cough or [other symptoms](#), you might have COVID-19. Most people have mild illness and are able to recover at home. If you think you may have been exposed to COVID-19, contact your healthcare provider.

- **Keep track of your symptoms.**
- **If you have [an emergency warning sign](#) (including trouble breathing),** get emergency medical care immediately.

www.cdc.gov/coronavirus

Knollwood Homeowners Association

Vision—We welcome all to our thriving community with love, courtesy, and respect.

Mission—To preserve and promote Knollwood Subdivision as a pleasant community for residents and a vital contributor to the Greater Montgomery Area.

P.O. Box 241641, Montgomery, AL 36124-1641

www.knollwoodhomeownersassociation.org

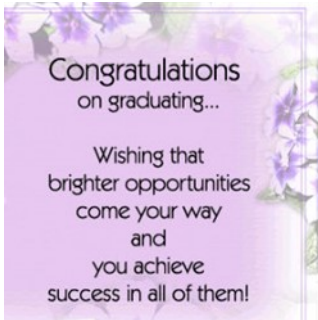
Executive Council

President—David Nii Tackie (272-5306)
 Vice President—John Ivery (272-8600)
 Secretary—Glenda Horton (396-9161)
 Treasurer—Katie Daniel (409-0613)
 Chaplin—Annie Harris (277-6151)

Block Captains

Knollwood Blvd/Maple Drive—Ollie Robinson (272-1959)
 Pinetree Drive—Annie Harris (277-6151)
 Ash Drive—Vacant
 Elm Drive—Jacqueline Milledge (244-8044)
 Elm Drive—Khalilah Hasan (322-9032)
 Cottonwood Drive—Maxine Wheeler (270-9120)

Communication with the Knollwood Homeowners Association must be sent to the Secretary.



Around the Corner (News and Notes)

Thinking of You:

Mrs. Oscar Miles, Elm Drive ** Mr. Gerson Miles of Wetumpka

Thank You:

For working on the clean up of the median—Thomas Anderson, Jimmie Horton, Lucious McDade, Lee Wheeler, and Woody Wordlaw

For working on the clean up of the common areas—Taylor Hough, Lee Ballard, Benny Harris, and Renard Brooks

For keeping drains clear— Evelyn Crayton

For keeping drains clear, taking care of vacant properties, and picking up trash throughout the neighborhood—Rena Harris

For planting flowers and maintenance on the median—Khalilah Hasan, Annie Harris and Mary Brown

Congratulations Class of 2020 Graduates!

Kamryn Khamken, 154 Elm Drive (High School) * Daughter of Mr. and Mrs. Manny Kim, 167 Ash Drive (High School) *** Ms. Artieria Derwin, 125 Pinetree Drive (College Graduate)**

The Executive Council would like to recognize all levels of graduation and accomplishments. Please share achievements by contacting our Secretary (Glenda Horton) at 334-396-9161.

KHA Covenant and Restrictions Highlight

3.3 Membership

Each residential Lot Owner shall be obligated by ownership of said Lot to be a member of the Homeowners Association and shall be obligated to pay an annual assessment.... Annual assessments are delinquent after December 15th of each year.

www.knollwoodhomeownersassociation.org

COVENANT CORNER

HOA Membership Dues

\$200.00 - May be paid in full
 Due on or before July 15, 2020

\$100.00 - Due on or before June 15, 2020
 \$75.00 late fee due after July 15, 2020

\$100.00 - Due on or before December 15, 2020
 \$75.00 late fee due after January 15, 2021

All payments by check or money order should be sent to:
 Knollwood Homeowners Association, P.O. Box 241641,
 Montgomery, AL 36124-1641

Observances

April	Month	Alcohol Awareness, National Autism Awareness, National Child Abuse Prevention, National Donate Life, National Minority Health Month
April 7	Tuesday	World Health Day
April 12	Sunday	Easter Sunday
April 22	Wednesday	Earth Day
May	Month	Arthritis, Hepatitis, Mental Health, National Asthma & Allergy, National Osteoporosis Awareness & Prevention, National Physical Fitness & Sports, National Stroke Awareness Month
May 6	Saturday	National Nurses Day
May 10	Sunday	Mothers' Day
May 10-16	Week	National Women's Health Week
May 25	Monday	Memorial Day
June	Month	Men's Health, National Safety Month
June 14	Sunday	Flag Day
June 19	Friday	Juneteenth , World Sickle Cell Day
June 21	Sunday	Fathers' Day
July 4	Saturday	Independence Day