

### **3.22.2020: Coronavirus COVID -19 Information**

According to a report by the Centers for Disease Control and Prevention that tracked the first 2,500 cases in the U.S., nearly 40% of COVID-19 patients who were hospitalized were between the ages of 20 and 54.

Reports that are coming out of China suggest that many of (coronavirus) transmissions are coming from family units.

Symptoms of COVID – 19: Cough, SOB, Temperature (C.S.T.) or flu-like symptoms.

#### **Non-Infected Individuals**

Washing hands and disinfecting kitchen surfaces are common practices in the kitchen, even if no one is sick in the house.

The frequent cleaning of surfaces is really the key in your home or workplace.

Wiping surfaces, frequent handwashing and avoiding the face are more crucial to minimize transmission of the virus, even in settings that aren't contained.

When there's more than one person living in the home, clean and disinfect frequently touched surfaces **daily**: tables, doorknobs, toilets, phones, light switches, faucets, keyboards including the mouse.

When you return home from outside activities, remember to sanitize hands before entering your home, if possible. If not possible, wash hands upon entering home. If you have been grocery shopping, avoid placing grocery bags on tables and counters. Place on floor and unpack.

In order to minimize risk, the CDC recommends having good airflow or ventilation in the form of air conditioning or an open window.

#### **Infected Individuals not Hospitalized**

The goal is: to reduce social contact, to reduce the duration of contact and the environmental space shared with a sick person on a day-to-day basis.

The bed itself is a surface where a sick person is depositing the coronavirus with just a cough or sneeze.

Caregivers should use a separate bedroom while the infected person is sick. Recommended self-quarantine time is at least 14 days.

In addition to their own bedroom, the infected person should have their own designated bathroom so no one else in the house is exposed to contaminated surfaces. Avoid sharing personal household items. If face masks are available,

have the infected person wear a facemask when they are around others. Use disposable gloves when placing laundry in the washer. And of course, use the guidelines for daily cleaning and sanitizing surfaces.

### **Limiting Contact**

Limiting contact is the name of the game. Limiting the number of people in your home to those who live there is preferable. This allows you to have a little more control when it comes to exposure.

Family members can limit contact by using technology. Using your computers, phones and tablets to message and call loved ones, friends and church members is possible for all of us.

It's almost impossible not to feel some anxiety with our present climate and environment. There's a big benefit of minimizing that anxiety. Making sure that you are relaxed around your loved ones is important.

FaceTime or Skype to communicate with your social community can be a way to talk about how you feel and get support. It's also a way of having "social distance conversation" where you can laugh together and can see each other smile while being at no risk of transmission.

If you believe you need even more support, we will be sending out free resources that you can use.

In closing, some potentially good news on testing, the Food and Drug Administration has given "emergency use authorization" to a coronavirus test that can detect results in 45 minutes.

The tests are being manufactured by a California-based company; and plans are for the testing to be shipped out in the next several days.

This week the Wellness Ministry will be sending out a newsletter regarding COVID – 19 and our commitment to our church family.