

## Information from your Wellness Ministry Team:

Hello to all and praying that everyone is safe and healthy during this Easter season for our church and Christian faith. Our Wellness Ministry team is made up of many professionals who are briefed daily on an ever-changing situation with how to handle the COVID19 virus pandemic. We encourage you to go online to the CDC website or watch White House briefings with CDC/NIH experts to stay informed of new developments. We recognize that this situation is fluid even in our healthcare settings, and is challenging and frustrating for all of us. We thought that creating a Q&A forum for our congregation may help give you much needed information and help filter through the volume of information being sent out from various sources which may or may not be credible. If you have a question for our team, please feel free to call 704-661-6399 or email me at [janharper57@gmail.com](mailto:janharper57@gmail.com). We will send out a new fact sheet periodically as we receive information that we feel will help all of us through this unprecedented time in our history.

Peace and Blessings,  
Jan Harper, RN

## Frequent Questions About Coronavirus

### ***Q: What is the coronavirus exactly?***

There are lots of coronaviruses, and most aren't that serious. The CDC says this is what they call a novel coronavirus — something they haven't seen in humans before. They've got the DNA genome figured out, and it's likely related to a bat virus, similar to SARS. The disease that's caused by the new coronavirus is called COVID-19, which stands for "coronavirus disease 2019."

### ***Q: How contagious is coronavirus compared to flu?***

Looking at those earliest cases, infected people spread the ailment to another 2.2 people on average, while people suffering from flu pass it on to roughly another 1.3 people. The virus that causes coronavirus disease 2019 (COVID-19) is stable for several hours to days in aerosols and on surfaces, according to a new study from National Institutes of Health, CDC, UCLA and Princeton University scientists in *The New England Journal of Medicine*. The scientists found that severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) was detectable in aerosols for up to three hours, up to four hours on copper, up to 24 hours on cardboard and up to two to three days on plastic and stainless steel.

***Q: How severe are cases of infection comparing coronavirus and flu?***

“While the range of symptoms for the two viruses is similar, the fraction with severe disease appears to be different. For COVID-19, data to date suggest that 80% of infections are mild or asymptomatic, 15% are severe infection requiring oxygen and 5% are critical infections requiring ventilation. These fractions of severe and critical infection would be higher than what is observed for influenza infection.” 60% of infected people in Mecklenburg County are 28-52 years old. People over the age of 60 or with other medical problems such as heart, lung, diabetes, kidney disease, etc. do not handle this infection well and can become severely ill.

***Q: What are the symptoms of the coronavirus disease?***

The most common symptoms are fever, cough, shortness of breath, and breathing difficulties. In more severe cases infection can cause pneumonia, severe acute respiratory syndrome, and even death. Another symptom is loss of taste and smell. Gastrointestinal symptoms have been associated with COVID-19. The period within which the symptoms would appear is 2-14 days.

***Q: What should I do if I think I'm infected?***

If you are having mild symptoms, call your doctor's office first and he/she will direct you as to what to do. If you are having chest tightness, trouble breathing and a high fever call 911, as you may need hospitalization.

***Q: When should a face mask be worn?***

If you are healthy, the present recommendation is that you only need to wear a mask if you are taking care of a person with suspected 2019-nCoV infection. Wear a mask if you are coughing or sneezing. Masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water. If you wear a mask, then you must know how to use it and dispose of it properly

Consider wearing a face mask when you are sick with a cough or sneezing illness (with or without fever) and you expect to be around other people. The face mask will help protect them from catching your illness. Healthcare settings have specific rules for when people should wear face masks. The CDC has just sent out a statement this week recommending wearing a mask if you are going into a store as a grocery store or pharmacy or another public setting where social distancing is difficult. Go to the CDC website at [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus) to see how to use a cloth face mask and instructions on making one. Bandanas need to be revised in such a way that ear loops can be made so to be removed without touching the skin.

## ***Q: How are face masks used?***

Disposable face masks should be used once and then thrown in the trash. You should also remove and replace masks when they become moist.

Always follow product instructions on use and storage of the mask, and procedures for how to put on and remove a mask. If instructions for putting on and removing the mask are not available, then follow the steps below.

### **How to put on a face mask:**

1. Clean your hands with soap and water or hand sanitizer before touching the mask.
2. Remove a mask from the box and make sure there are no obvious tears or holes in either side of the mask.
3. Determine which side of the mask is the top. The side of the mask that has a stiff bendable edge is the top and is meant to mold to the shape of your nose.
4. Determine which side of the mask is the front. The colored side of the mask is usually the front and should face away from you, while the white side touches your face.
5. Follow the instructions below for the type of mask you are using.
  - *Face Mask with Ear loops:* Hold the mask by the ear loops. Place a loop around each ear.
  - *Face Mask with Ties:* Bring the mask to your nose level and place the ties over the crown of your head and secure with a bow.
  - *Face Mask with Bands:* Hold the mask in your hand with the nosepiece or top of the mask at fingertips, allowing the headbands to hang freely below hands. Bring the mask to your nose level and pull the top strap over your head so that it rests over the crown of your head. Pull the bottom strap over your head so that it rests at the nape of your neck.
6. Mold or pinch the stiff edge to the shape of your nose.
7. If using a face mask with ties: Then take the bottom ties, one in each hand, and secure with a bow at the nape of your neck.
8. Pull the bottom of the mask over your mouth and chin.

## How to remove a face mask

1. Clean your hands with soap and water or hand sanitizer before touching the mask. Avoid touching the front of the mask. The front of the mask is contaminated. Only touch the ear loops/ties/band. Follow the instructions below for the type of mask you are using.
  - *Face Mask with Ear loops:* Hold both of the ear loops and gently lift and remove the mask.
  - *Face Mask with Ties:* Untie the bottom bow first then untie the top bow and pull the mask away from you as the ties are loosened.
  - *Face Mask with Bands:* Lift the bottom strap over your head first then pull the top strap over your head.
2. Throw the mask in the trash. Clean your hands with soap and water or hand sanitizer.

### **Q: Should gloves be worn to protect from COVID19?**

Gloves should be worn whenever you are taking care of someone sick with COVID19. Wearing gloves out in public to shop, etc. could do more harm than good. Someone may be giving themselves a false sense of security and in touching a contaminated item, will spread the virus to other products and surfaces. Gloves will become contaminated just like hands and the virus stays on the surfaces of gloves for several days, so there is a possibility that the virus will be spread from one surface to another. This also doesn't substitute for good handwashing. Many people haven't been properly educated on how to don or take off gloves, which can also spread the virus.

### **Removing Gloves**

When you take gloves off, make sure the outsides of the gloves do not touch your bare hands. Follow these steps:

1. Grab the top of your right glove with your left hand.
2. Pull toward your fingertips. The glove will turn inside out.
3. Hold onto the empty glove with your left hand.
4. Put 2 right-hand fingers in the top of your left glove.
5. Pull toward your fingertips until you have pulled the glove inside out and off your hand. The right glove will be inside the left glove now.
6. Throw the gloves away in an approved waste container.

***Q: What can I use to disinfect surfaces?***

Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface.

**Options include:**

- **Diluting your household bleach.**

To make a bleach solution, mix:

- 5 tablespoons (1/3rd cup) bleach per gallon of water  
OR
- 4 teaspoons bleach per quart of water

Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.

- **Alcohol solutions.**

Ensure solution has at least 70% alcohol.

Leave on for 10 minutes undisturbed to assure any virus has been killed.