



## *Beloved,*

Now is the time to pull out all the stops to flatten the curve or slow the rate of infection. This will be very hard and it will require much personal sacrifice. It will require all of us helping in many different ways. The measures that we take now will protect people in our communities who are most at risk and ensure that our healthcare system can meet any surge in demand.

Live as if you have Coronavirus. The only way we can contain this disease is if we do not share it. This virus will die without a host. If you do not want to contract the virus – stay home! If you have come in contact with someone or something which is infected – stay home!

It is inconvenient to be told to stay home. We may get bored. We do get cabin fever. But it is something we can all do to help bring a halt to this disease. If we are to reflect the love of God, if we are to follow the Golden Rule, we must care for one another. Protect them. Treat them as we would like to be treated. How we love them is not through our words, but by our actions – Stay Home! Be part of the solution, no matter how boring it is.

We are so fortunate to be have modern technology and the ability to stay in touch with others. To take classes on line. To be entertained at home. Take advantage of it, or if you're a non-techy like me, call a young person and ask how you can make the internet your friend.

I'm sharing old information with you, because we need to be reminded of what we are facing. How to remain virus free. How to fight, clean, and heal. This knowledge needs to become a way of life. We can't let our guard down. Maybe Corvid-19 will be gone the end of April, maybe it'll be back in the fall, maybe next year it will be worse than this year. This is a new virus and we're learning more about it every day. For now, be diligent. Love one another and do what you can to bring a halt to its spread.

This is a lot to read, read it as your leisure, or just keep it handy if you want to check it out later. There is a page on how to self-isolate (even though it is now mandatory, there is good information here); how to clean – from your hands to items you touch regularly; how to be safe; plus, information put out by the VA.

Stay in touch with each other and love one another.

May God give you peace

*Pastor Tonia*

# How someone with coronavirus can best self-isolate

The [Center for Disease Control and Prevention](#) and Britain's [National Health Service](#) (NHS) list five main things one should do during self-isolation. Some are extremely simple; the tricky part is fully adhering to them over a potentially two-week period.

## 1. Stay home

Seriously, stay home. That should seem obvious from the term “self-isolation,” but it remains the top best practice. “Don’t go out if ill,” [Tom Frieden](#), the former CDC director, wrote for Think Global Health on Tuesday.

Someone with coronavirus or coronavirus symptoms shouldn’t leave the house unless it’s for medical care. That means avoiding any public areas like work, buses, schools, taxis, or grocery stores. If there’s someone who can help purchase and deliver food or supplies as necessary — whether a friend or a service like Instacart — have them get what’s needed.

In the meantime, if you can’t work, use the time to catch up books, or television.

“Let’s encourage our digital streaming services, including Netflix, Disney, Hulu, Apple, Amazon and delivery services to offer free services to people on home quarantine and in places with community transmission in order to make staying at home more pleasant — and therefore increase the chance people will comply,” Frieden also wrote.

## 2. Separate from other people and pets

If you live with someone, say a spouse or a partner, or have animals, it will be a challenge to keep away from them — but it’s precisely what needs to happen.

If possible, stay in a separate room and use a separate bathroom from everyone else. The advice is to **only come out of the room to grab food when no one else is in the kitchen**, and then disinfect all the areas. That could include countertops, drawer and refrigerator handles, etc.

You should take food back to the isolated area, preferably the bedroom. And don’t share plates, cups, or utensils. After use, they should be washed thoroughly with soap and water manually or in a dishwasher.

As for the pets, it’s out an abundance of caution that the CDC recommends you stay away from animal friends. “Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people sick with COVID-19 limit contact with animals until more information is known about the virus,” the [CDC explains](#) on its website. If you can’t keep away from your pets, wash hands after every interaction.

Of course, you can still tell your furry friends you love them through the closed door.

## 3. Keep the fluids from coughs and sneezes out of the air or off surfaces

Everyone’s been told to sneeze or cough into the bend of their elbow to stop the spread of the virus through droplets, and the same holds during self-isolation.

If you can’t wear a mask to protect others from your particles, either because there’s a shortage or because it causes trouble breathing, “then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room,” says the CDC.

The not staying-in-the-same-room part is key. A spouse, partner, or friend shouldn’t use the same bedding as the sick person. It’s recommended that the healthier person sleep elsewhere, either in another room if available or on a couch.

#### **4. Wash hands**

It's the best thing a person can do to avoid infection: If there's a virus on your hand and you touch your nose, mouth, or eyes, you could be infected. But especially if someone is sick, or another person is around trying to care for the sick person, washing for at least 20 seconds and often **with soap and water** is the best possible thing to do.

*RELATED INFORMATION.....*

#### **Why soap and water is such a brutally effective coronavirus killer**

If you doesn't have soap and water, **medical professionals** recommend using hand sanitizer with at least 60 percent alcohol. (No, **Tito's vodka** doesn't count.) There must be at least 60 percent alcohol for that process to work, and all surfaces of the hands must be rubbed until they're dry.

#### **5. Clean and wash "high-touch" items in the house**

Cleaning the kitchen, as mentioned above, is paramount, but that's not all that needs disinfecting. **It is unclear** how much of a factor spread of the virus from surfaces is, but thorough cleaning is still recommended.

Pretty much anything that gets touched in the house should be cleaned thoroughly. That means "counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day," as the **CDC** writes.

Bathrooms are often overlooked but are important as they may have blood, stool, or other bodily fluids in them that could spread the virus. That's why it's best that the sick person use their own bathroom while others in the house use another one, if available.

If there's only one bathroom, the **NHS** recommends a rotation schedule whereby "the isolated person uses the facilities last, before thoroughly cleaning the bathroom themselves." Everyone should use separate towels if they don't already.

This best practice extends to laundry, too. One should "immediately" remove any clothes or bedding that has blood, stool, or bodily fluids on them, preferably using disposable gloves. The person who removed the items, preferably a partner or friend — not the sick person — should wash their hands afterward.

And per the **CDC**, "place all used disposable gloves, facemasks, and other contaminated items in a lined container before disposing of them with other household waste."

### ***When to end self-isolation***

The reason for the focus on self-isolation is that it's very effective but also very tricky. Understanding the nuances can help keep others safe and possibly one's own recovery.

Still, a sick person may feel antsy to end self-isolation. As the **NHS** puts it, those isolated tend to find the process "boring or frustrating" with one's mood getting low, feeling worried, or have trouble sleeping.

But self-isolation shouldn't end until "the risk of secondary transmission to others is thought to be low," says the **CDC**. To know when the time is right, the decision should be made "in consultation with healthcare providers and state and local health departments."

In other words, seek professional advice before ending the isolation. Hopefully that day comes sooner rather than later after following the recommended best practices.



*The good news is that coronaviruses are some of the easiest types of viruses to kill with the appropriate product, according to the Environmental Protection Agency.*

*"It has an envelope around it that allows it to merge with other cells to infect them," explains Thomas.*

*"If you disrupt that coating, the virus can't do its job."*

A couple of common household products which can be used to disinfect your home.

### **Soap and Water**

Just the friction from scrubbing with soap and water can break the coronavirus's protective envelope. "Scrub like you've got sticky stuff on the surface and you really need to get it off," says Richard Sachleben, an organic chemist and member of the American Chemical Society. Discard the towel or leave it in a bowl of soapy water for a while to destroy any virus particles that may have survived.

## **Bleach**

The Centers for Disease Control and Prevention recommends a diluted bleach solution ( $\frac{1}{3}$  cup bleach per 1 gallon of water or 4 teaspoons bleach per 1 quart of water) for virus disinfection. Wear gloves while using bleach, and never mix it with anything except water. (The only exception is when doing laundry with detergent.)

“Bleach works great against viruses,” Sachleben says. Just don’t keep the solution for longer than a few days because bleach will degrade certain plastic containers.

Bleach can also corrode metal over time, so Sachleben recommends that people not get into the habit of cleaning their faucets and stainless steel products with it. Because bleach is harsh for many countertops as well, you should rinse surfaces with water after disinfecting to prevent discoloration or damage to the surface.

## **Isopropyl Alcohol**

Alcohol solutions with at least 70 percent alcohol are effective against coronavirus. Do not dilute the alcohol solution. Alcohol is generally safe for all surfaces but can discolor some plastics,

## **Hydrogen Peroxide**

According to the CDC, household (3 percent) hydrogen peroxide is effective in deactivating rhinovirus, the virus that causes the common cold, within 6 to 8 minutes of exposure. Rhinovirus is more difficult to destroy than coronaviruses, so hydrogen peroxide should be able to break down coronavirus in less time. Pour it undiluted into a spray bottle and spray it on the surface to be cleaned, but let it sit on the surface for several minutes. Hydrogen peroxide is not corrosive, so it’s okay to use it on metal surfaces. But similar to bleach, it can discolor fabrics if you accidentally get in on your clothes. “It’s great for getting into hard-to-reach crevices,” Sachleben says. “You can pour it on the area and you don’t have to wipe it off because it essentially decomposes into oxygen and water.”

## How to be safe

- 1. When you leave your home, wear gloves**—winter mittens or outdoor gloves—and keep them on in subways, buses, and public spaces.
- 2. If you are in a social situation where you should remove your gloves**, perhaps to shake hands or dine, do not touch your face or eyes, no matter how much something itches. Keep your hands away from contact with your face. And before you put your gloves back on, wash your hands thoroughly with soap and warm water, scrubbing the fingers. Put your gloves on.
- 3. Change gloves daily**, washing them thoroughly, and avoid wearing damp gloves.
- 4. Masks are useless when worn outdoors and may not be very helpful even indoors.** Most masks deteriorate after one or two wearings. Using the same mask day after day is worse than useless—it's disgusting, as the contents of your mouth and nose eventually coat the inside of the mask with a smelly veneer that is attractive to bacteria. I rarely wear a face mask in an epidemic, and I have been in more than 30 outbreaks. Instead, I stay away from crowds, and I keep my distance from individual people—a half meter, about 1.5 feet, is a good standard. If someone is coughing or sneezing, I ask them to put on a mask—to protect me from their potentially contaminated fluids. If they decline, I step a meter (about 3 feet) away from them, or I leave. Don't shake hands or hug people—politely beg off, saying it's better for both of you not to come in close contact during an epidemic.
- 5. Inside your household, remove all of the towels from your bathrooms and kitchen immediately**, and replace them with clean towels that have the names of each family member on them. Instruct everybody in your home to only use their own towels and never touch another family member. Wash all towels twice a week. Damp towels provide terrific homes for viruses, like common colds, flus, and, yes, coronaviruses.
- 6. Be careful with doorknobs.** If it's possible to open and close doors using your elbows or shoulders, do so. Wear gloves to turn a doorknob—or wash your hands after touching it. If anybody in your home takes sick, wash your doorknobs regularly. Similarly, be cautious with stairway banisters, desktops, cell phones, toys, laptops—any objects that are hand-held. As long as you handle only your own personal objects, you will be ok—but if you need to pick up someone else's cell phone or cooking tools or use someone else's computer keyboard, be mindful of not touching your face and wash your hands immediately after touching the object.
- 7. If you share meals, do not use your personal utensils** to remove food from a serving bowl or plate &, of course, tell your children to never drink out of anybody else's cups or from a container of shared fluid. Place serving spoons in each dish & instruct everybody at the table to scoop what they want from the serving dishes onto their personal plates or bowls, return the serving spoon to the main dish, & then use their personal chopsticks only to pick food from their personal plate or bowl into their mouth. Wash all food and kitchenware thoroughly between meals.

8. **Absolutely do not buy, slaughter, or consume any live animal** or fish until it is known what species was the source of the virus.
9. **When the weather allows, open your windows** at home or work, letting your space air out. The virus cannot linger in a well-ventilated space. But of course, if it is cold or the weather is inclement, keep warm and close those windows.
10. **Finally, if you are caring for a friend or family member who is running a fever**, always wear a tight-fitting mask when you are near them, and place one on the ailing person (unless they are nauseated). When you replace an old, dirty mask from the face of your friend or loved one be very, very careful—assume, for the sake of your protection, that it is covered in viruses, and handle it while wearing latex gloves, place it inside of a disposable container, seal it, and then put it in the trash. While wearing those latex gloves, gently wash the patient's face with warm soap and water, using a disposable paper towel or cotton swab, and seal it after use in a container or plastic bag before placing it in your household trash. Wear long-sleeved shirts and clothing that covers your body when you are caring for your ailing friend or relative. Clean everything your patient wears or touches very thoroughly in hot soapy water, including sheets, towels, and utensils. If you have space, isolate the sick person in your household in a room, or a corner of a room, where they are comfortable, but separated from the rest of the household. If the weather is tolerable, open a window that is on the opposite side of the room, so that air gently blows past the patient's face and then outdoors. Of course, don't do this if it is very cold, as your friend or loved one will be made sicker if uncomfortably cold.

As the virus spreads in other countries, similarly draconian measures may be invoked to slow the epidemic. But with these simple precautions, if taken by everybody in your household, building, office, and school, you will dramatically reduce the spread of the virus and bring the outbreak to its knees.

**Be safe. Do not panic. Take commonsense precautions.  
As frightening as this time is, you will get through it.**

*Do not be anxious about anything, but in every situation,  
by prayer and petition, with thanksgiving,  
present your requests to God.*

*Phil 4:6*

## **Slow the spread:**

The new Coronavirus may not show sign of infection for many days. How can one know if he/she is infected? By the time they have fever and/or cough and go to the hospital, the lung is usually 50% Fibrosis and it's too late. Taiwan experts provide a simple self-check that we can do every morning. Take a deep breath and hold your breath for more than 10 seconds. If you complete it successfully without coughing, without discomfort, stiffness or tightness, etc., it proves there is no Fibrosis in the lungs, basically indicates no infection.

Serious excellent advice by Japanese doctors treating COVID-19 cases: Everyone should ensure your mouth & throat are moist, never dry. Take a few sips of water every 15 minutes at least. Why? Even if the virus gets into your mouth, drinking water or other liquids will wash them down through your throat and into the stomach. Once there, your stomach acid will kill all the virus. If you don't drink enough water more regularly, the virus can enter your windpipe and into the lungs. That's very dangerous. Please send and share this with family and friends. Take care everyone and may the world recover from this Coronavirus soon.

### ***IMPORTANT ANNOUNCEMENT - CORONAVIRUS***

1. If you have a runny nose and sputum, you have a common cold
2. Coronavirus pneumonia is a dry cough with no runny nose.
3. This new virus is not heat-resistant and will be killed by a temperature of just 80°F. It hates the Sun.
4. If someone sneezes with it, it takes about 10 feet before it drops to the ground and is no longer airborne.
5. If it drops on a metal surface it will live for at least 12 hours - so if you come into contact with any metal surface - wash your hands as soon as you can with a bacterial soap.
6. On fabric it can survive for 6-12 hours. normal laundry detergent will kill it.
7. Drinking warm water is effective for all viruses. Try not to drink liquids with ice.
8. Wash your hands frequently as the virus can only live on your hands for 5-10 minutes, but - a lot can happen during that time - you can rub your eyes, pick your nose unwittingly and so on.
9. You should also gargle as a prevention. A simple solution of salt in warm water will suffice.
10. Can't emphasis enough - drink plenty of water!

### ***THE SYMPTOMS***

1. It will first infect the throat, so you'll have a sore throat lasting 3/4 days
2. The virus then blends into a nasal fluid that enters the trachea and then the lungs, causing pneumonia. This takes about 5/6 days further.
3. With the pneumonia comes high fever and difficulty in breathing.
4. The nasal congestion is not like the normal kind. You feel like you're drowning. It's imperative you then seek immediate attention. Call your provider first, do not run to the ER. This gives them the opportunity to prepare for you - protecting others at the clinic or hospital and the medical personnel themselves.