

NOMC: PREVENTING THE VIRUS IN THE NEXT NORMAL

As we embark on the “next” normal, it is even more important that we keep in mind that COVID-19 remains active in Louisiana. If you are over 65, have diabetes, hypertension, asthma or any other health problems (or come in contact friends or family who are one of these vulnerable categories), it is imperative that you act as if you and everyone who come in contact with has COVID-19.

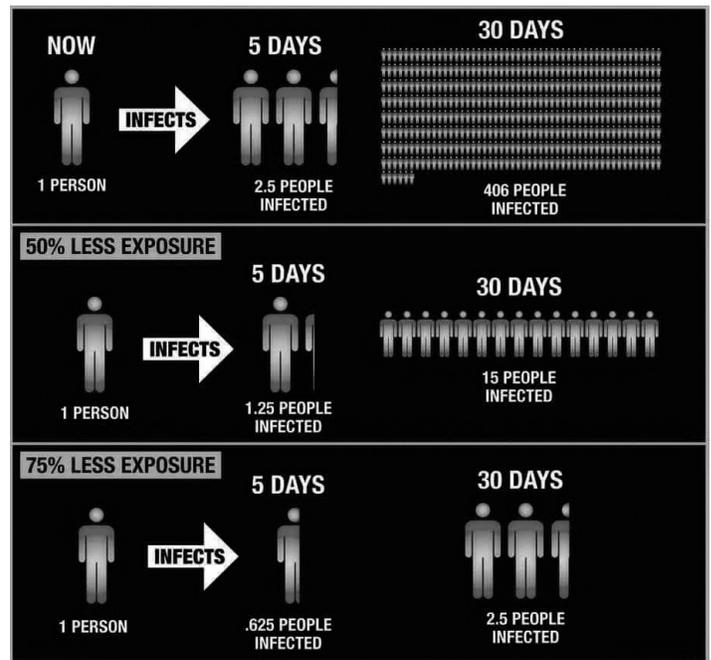
Medical research has shown that **forceful coughing or sneezing can propel a spray of virus, carrying respiratory droplets more than 20 feet.** On March 10th in a church in Washington State, the Skagit Valley Choir held their weekly rehearsal but also practiced social distancing while they sang. However, their singing was vibrant, and as careful as they were during the 90 minute practice, thirty-two members tested positive for COVID-19 shortly thereafter. Two died.



SOCIAL DISTANCING IS VITAL

SARS-CoV-2, the virus that causes COVID-19, **spreads primarily through respiratory droplets** emitted by infected people when they cough, sneeze, talk loud, laugh, sing or simply exhale; you can breathe in the droplets.

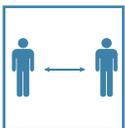
According to the Center for Disease Control, **COVID-19 is primarily spread from person to person.** It can be spread by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes. **Think of it like this: You and 10 friends spend Mardi Gras Day together. One of you is decorated with glitter. How many of you wake up on Ash Wednesday with glitter clinging to you?**



Let's look at the math:

What we know is that a person with COVID-19, whether they have symptoms or not, can infect, on average, 2-3 people. Given an average incubation period of 5 days, a single unchecked case can lead, over 2 months, to more than 20,000 infections and 100 deaths.

Social distancing tips during the re-opening:



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



Wear proper personal protective equipment such as disposable gloves and a cloth facemask to further promote safety and health.



Stay out of crowded places and avoid mass gatherings. Shop online or have things you need delivered.

GOOD NEWS: Exposure time matters. Medical experts don't know exactly how long is too long, but less than 15 minutes spent in the socially distanced company of an infected person makes spread unlikely.

There is currently no known risk associated with being in the same room at a funeral or visitation service with the body of someone who died of COVID-19.

HAND WASHING 101: IT WORKS

Did you know that a study conducted at a military boot camp found that a top-down program of hand washing 5 times per day cut medical visits for respiratory infections by 45%? Wash your hands often with soap and water.

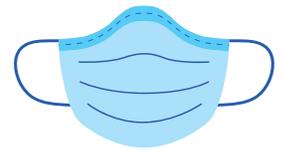
Do not rush the handwashing process. It could save your life! Wash or sanitize your hands with soap and hot water for 20 seconds every time you go into and out of a group environment, and every couple of hours while you're in it.

When using a hand sanitizer, make sure it has greater than 60% ethanol or 70% isopropanol alcohol.



WEARING A MASK CAN SAVE YOUR LIFE

Wearing or not wearing a mask is not a political statement; it is an act of kindness. It is as vital as wearing a seat belt in a car. A new study published in Nature shows that, if worn properly, masks are effective at blocking 99% of virus droplets getting in and out. As part of the Centers for Disease Control and Prevention guidance on reopening, they noted that their “best estimate about viral transmission” is that 35% of individuals infected with SARS-CoV-2 have no symptoms, including fever.



KEEP YOUR ENVIRONMENT CLEAN

BE AWARE: Cleaning alone does not kill germs, but it reduces the number of germs on a surface. **You must use a disinfectant to kill germs.**



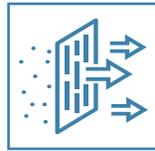
Keep your environment clean with antibacterial spray or wipes! Regularly disinfect surfaces and objects inside your house and car.



Disinfect all frequently used items and surfaces often (*door knobs/handles, phones, computers, counters, refrigerator door, microwave controls, faucets, etc.*)



Constantly wash hands with soap and water (*when using a hand sanitizer make sure it has greater than 60% ethanol or 70% isopropanol*)



To avoid spreading the virus through your air conditioning be sure to clean and/or replace filters often. Wear protective gloves and a mask when removing the old filter.



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