

## **PRECAUTIONS AND PREPARATION REGARDING THE CORONAVIRUS**

First Presbyterian Church of Annapolis MD / March 12, 2020

Current projections for expansion of the coronavirus in the US are only probable, due to continued insufficient worldwide data; but it is most likely to be widespread in the US by mid to late March and April. The following information has been provided by a medical professional as to precautions that we as individuals can use in our daily lives in anticipation of the projected virus:

1. **AVOID HANDSHAKING!** Use a fist bump, slight bow, elbow bump, etc. Avoid hugging and greeting kisses.
2. **Use ONLY your knuckle** to touch switches, elevator buttons, etc.
3. Lift gasoline dispenser at pump with a towel or disposable glove.
4. **Open doors with closed fist or hip** -- do not grasp handle with hand, unless there is no other way to open the door. Especially vital with commercial, post office, bathroom doors.
5. **Use disinfectant wipes** at the stores when they are available, including wiping the handle and child seat in grocery carts.
6. **Wash hands with soap and hot water for 10-20 seconds** and/or use a greater than 60% alcohol-based hand sanitizer whenever you return home from ANY activity where others have been.
7. **Keep sanitizer available at each home entrance** and in car for use after getting gas or touching other contaminated objects when you can't immediately wash your hands.
8. **Cough or sneeze into a disposable tissue and discard.** Use elbow only if necessary. The clothing on your elbow will contain infectious viruses that can be passed for up to a week or more!
9. **Use credit cards** (carry your own pen for signatures). Avoid handling cash.

## **Items to have stocked in preparation for the virus spread in the US:**

- A. Latex or nitrile latex disposable gloves** when shopping, at gas pump, and other outside activity when you come in contact with contaminated areas.

NOTE: the virus is spread in large droplets from coughing and sneezing; air will not infect you! However, all surfaces where these droplets land are infectious for about a week on average – and everything that is associated with infected people will be contaminated and potentially infectious. The virus is on surfaces and individuals will not be infected unless faces are unprotected face and directly coughed or sneezed upon. This virus only has cell receptors for lung cells (meaning it only infects your lungs). The only way for the virus to infect you is through your nose or mouth via your hands or an infected cough or sneeze onto or into your nose or mouth.

- B. Disposable surgical masks.** Use them to prevent you from touching your nose and/or mouth. (On average, a person touches their nose/mouth 90 times per day without knowing it!) Nose, mouth and hands is the *only* avenue the virus can infect -- it is lung-specific. *A mask will not prevent the virus* in a direct sneeze from getting into your nose or mouth; the mask is only to keep you from touching your own nose or mouth.
- C. Hand sanitizers** and latex/nitrile gloves (get appropriate sizes for your family). Hand sanitizers must be alcohol-based and greater than 60% alcohol to be effective.
- D. Zinc lozenges.** Proven to be effective in blocking coronavirus (and most other viruses) from multiplying in your throat and nasopharynx, use as directed several times each day when you begin to feel ANY "cold-like" symptoms beginning. Best to lie down and let the lozenge dissolve in the back of your throat and nasopharynx. (Cold-EEZE is one brand available, but there are other brands available.