



Valley Interfaith Council

Covid 19 Bulletin

Educating, Informing and Inspiring Faith Based Communities to Build a Better Valley

The Centers for Disease Control and Prevention (CDC) is responding to an outbreak of respiratory disease caused by a novel (new) coronavirus that was first detected in China and which has now been detected in many locations internationally, including in the United States. The disease has been named “coronavirus disease 2019” (abbreviated “COVID-19”).

LATEST GUIDELINE FOR CONNECTICUT RESIDENTS:

Stay Safe, Stay Home: The Governor signed an executive order directing Connecticut residents to "Stay Safe, Stay Home." It orders all nonessential businesses statewide to prohibit in-person functions. This remains in effect until April 22, unless modified.

- **Travelers:** Any person coming into Connecticut by any mode of transportation for any reason is strongly urged to self-quarantine for 14 days.
- **Gatherings:** All social and recreational gatherings of more than 5 people are prohibited. This includes things such as sports, parades, concerts, festivals, live performances, and conventions. Religious, spiritual, and worship gatherings of more than 50 are prohibited. This remains in effect through April 30, unless modified.
- **Food establishments:** Restaurants and bars that serve food are required to provide take-out and delivery services for off-premise consumption only. These establishments must limit entrance of customers to the minimum extent necessary to pick up and/or pay for orders, and use touchless payment if available. This order remains in effect through April 30, unless modified.

Retail establishments: Stores that are permitted to stay open under the "Stay Safe, Stay Home" executive order must follow "Safe Store Rules" that several requirements, such as a cap on occupancy at 50% capacity, and floor markings measuring 6 feet must be at checkout lines, among other items

Gyms, movie theaters, hair and nail salons: All gyms, fitness centers, and similar sports venues; theaters and cinemas; and hair salons, barbershops, nail salons, spas, and tattoo parlors are closed until April 30, unless modified.

Schools: Classes at all public schools are canceled through April 20, unless modified.

Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

Watch for symptoms

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases.

These symptoms may appear **2-14 days after exposure** (based on the incubation period of MERS-CoV viruses).

- Fever
 - Cough
 - Shortness of breath
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Who should be tested?

Not everyone needs to be tested for COVID-19. Here is some information that might help in making decisions about seeking care or testing.

Most people have mild illness and are able to recover at home.

- There is no treatment specifically approved for this virus.

Testing results may be helpful to inform decision-making about who you come in contact with.

When to Seek Medical Attention

If you develop emergency warning signs for COVID-19 get medical attention immediately. Emergency warning signs include*:

Trouble breathing

Persistent pain or pressure in the chest

New confusion or inability to arouse

Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

Steps you can take

If you are at higher risk for serious illness from COVID-19 because of your age or because you have a serious long-term health problem, it is extra important for you to take actions to reduce your risk of getting sick with the disease.

Stay home if possible.

Wash your hands often.

Take everyday precautions to keep space between yourself and others (stay 6 feet away, which is about two arm lengths).

Keep away from people who are sick.

Stock up on supplies.

Make your own face covering

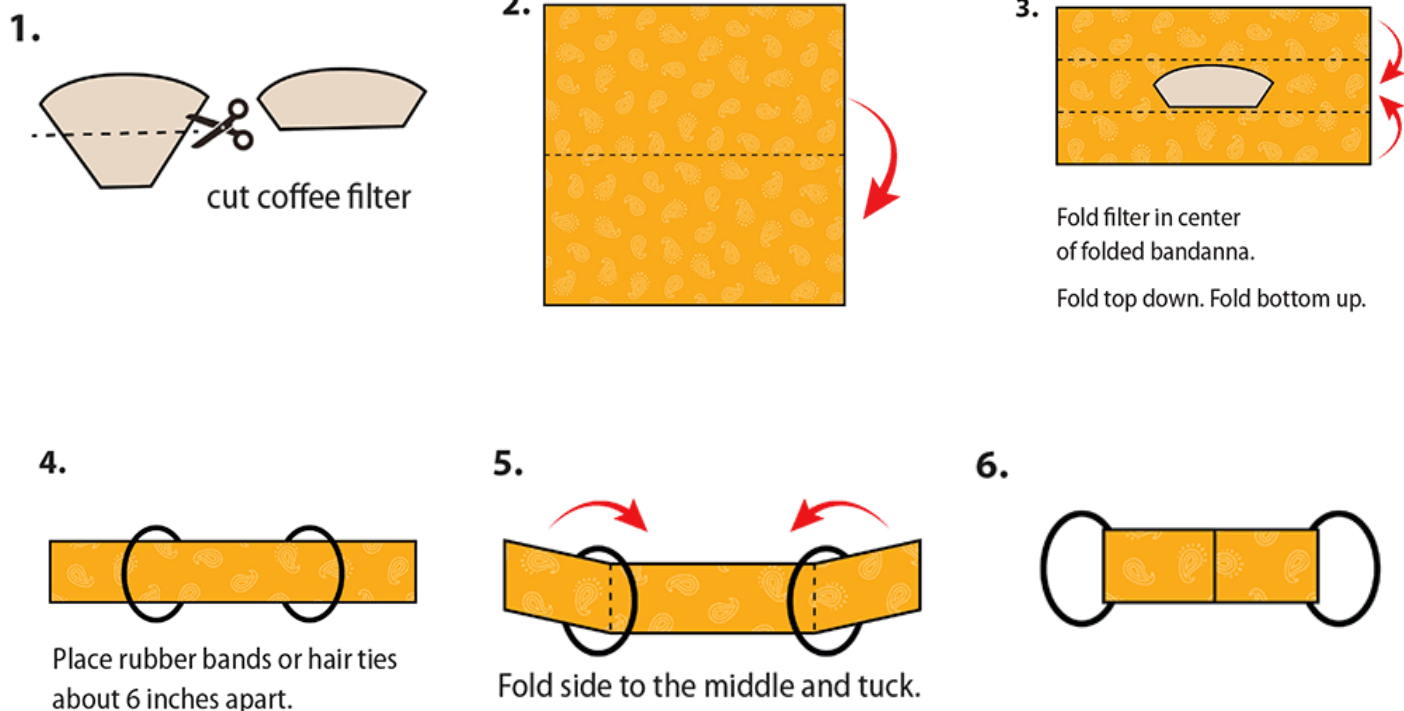
Materials:

Bandana (or square cotton cloth approximately 20"x20")

Coffee filter

Rubber bands (or hair ties)

Scissors (if you are cutting your own cloth)



Survival Time on Surfaces

The CDC currently states that “novel coronavirus may remain viable for hours to days on surfaces made from a variety of materials” (CDC, March 18, 2020). It is important to understand that being “alive” on surfaces is not the same as being infectious. At this point in time, we still do not know if the virus is infectious on surfaces, and if it is, how long it remains infectious.

The good news is that this and other coronaviruses are easily killed when proper disinfection practices are followed. This means cleaning surfaces first with routine cleansers like soap and water to remove dirt and grime, then applying a disinfectant listed on the EPA “List N”-disinfectants effective and approved for use against the virus causing COVID-19 disease, and following label directions for how to apply it and how long it must remain on surfaces in order to work.

CLEANING AND DISINFECTING

To prevent the spread of coronavirus in your home, the EPA has put together a list of cleaning products that are proven to work against COVID-19.

Here are the most common active ingredients in these EPA-registered disinfectants:

Isopropanol or Ethanol (Alcohol) are effective disinfectants when used at a high enough concentration. Most cleaning products that contain alcohol have at least a 70% solution, and hand sanitizers should contain at least 60% alcohol to be effective.

Quaternary Ammonium Compounds are widely used as surface disinfectants and can be found in many household cleaners including disinfectant wipes and sprays. Research has shown quaternary ammonium compounds to effectively kill most bacteria, viruses, and fungi.

Sodium Hypochlorite (Bleach). The active ingredient in bleach is sodium hypochlorite, which can kill viruses, bacteria, and fungi. Bleach can be used on frequently touched surfaces like door-knobs and countertops but it must air dry for at least 10 minutes before wiping to effectively kill pathogens. Because bleach can irritate the skin, you should wear gloves when using it.

Hydrogen Peroxide is not as strong as bleach but does have disinfectant properties that effectively kill viruses and bacteria. The typical 3% hydrogen peroxide concentration found in stores can be used as a disinfectant.



What about my pets?

At this time, there is no evidence that companion animals, including pets, can spread COVID-19 to people or that they might be a source of infection in the United States. To date, CDC has not received any reports of pets becoming sick with COVID-19 in the United States.

Pets have other types of coronaviruses that can make them sick, like canine and feline coronaviruses. These other coronaviruses cannot infect people and are not related to the current COVID-19 outbreak.

Outbreaks can be stressful

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

Stress during an infectious disease outbreak can include

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of alcohol, tobacco, or other drugs

Ways to cope with stress

- **Take breaks from watching, reading, or listening to news stories**, including social media. Hearing about the pandemic repeatedly can be upsetting.
- **Take care of your body.**
- Take deep breaths, stretch
- Try to eat healthy, well-balanced meals.
- Exercise regularly, get plenty of sleep.
- Avoid alcohol and drugs
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others

- **Call 911**
- **Visit the Disaster Distress Helpline^{external icon}, call 1-800-985-5990, or text TalkWithUs to 66746**
- **Visit the National Domestic Violence Hotline^{external icon} or call 1-800-799-7233 and TTY 1-800-787-3224**

Our prayers are with all of you during these difficult times.