

This sent to family and friend in varied formats on Thursday or Friday, March 12-13, 2020.

Key thoughts summarizing advice are **bolded**.

First, I appreciate the NY Times for this simple visual tool. It will help those who must travel to plan and is better than the straightforward listing of impacted counties I received as a nurse:

<https://www.nytimes.com/interactive/2020/us/coronavirus-us-cases.html>

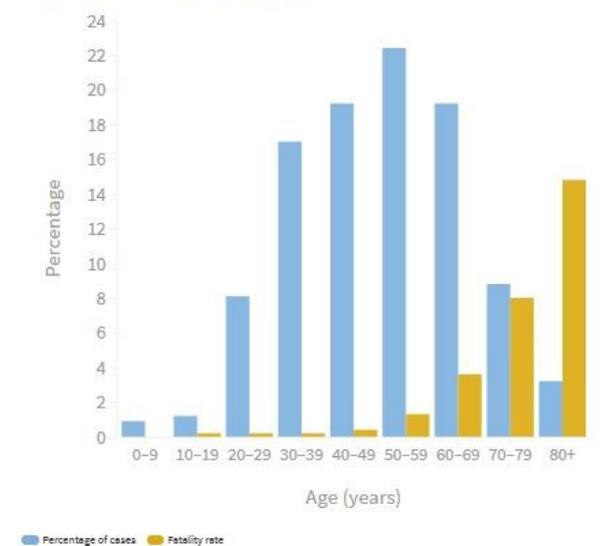
Michigan public health services provide a map at <https://www.bridgemi.com/michigan-health-watch/coronavirus-tracker-what-michigan-needs-know-now>;

I've found no TN or MO map of communities affected, but the CDC provides updated info Monday-Friday at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.)

A communication was sent Tuesday to TN registered nurses. The instruction to those completing triage in ERs without full transmission protection seems useful for sharing publicly to families. Such nurses are to **stay 3 feet or farther from others** like incoming patients. The reason: the droplets carrying this virus tend to be heavy and not carry FAR into the air. **Six feet is about the farthest such transmission typically travels.** The distance of three feet eliminates many risks. That's a reasonable guideline for triage. After all, this instruction is for a health professional trying to evaluate if someone needs treatment before another and basing their choice on who is closer to dying, or rapidly spiraling down, or risking others, etc. A nurse has to lean in, and perhaps even touch, to see some skin and eye and other simple head-to-toe evaluation things. *(If they NEED to touch, they must don some disposable protection for others and themselves and exchange before seeing others – not good for triage, but occasionally necessary.)* In the meantime, at the family level, don't forget that infants can die for an extended lack of touch and yet experience healing when held. So let us just be a little more attentive to our cleanliness while touching within the family after returning from work or from being out with others in greater society.

The greatest comfort is **understanding that all the hoopla in our midst is about protecting the weak amidst us**, and not inconveniencing the rest with mandatory loss of work, etc. until warmer days get here. Examine the chart. This is about caring for our elders. The pumped press mania and sports event cancellations and travel limitations are about slowing a particular strain's viral capacity from being transmitted rapidly. Our leaders want to evade large numbers of people presenting to health care providers with symptoms for treatment at the same time and so prevent all affected from being successfully seen, counseled, and treated. At the same time, we need to avoid harmful stressors together. So we hear the maddening double-jointed advice that should this pandemic follow typical corona viral infections, warmer weather with fresher food choices, and more outside air exposure will help the infectious season dissipate. So, in light of that objective, this is a strategy for our family now.

Deadliness of COVID-19, by age



Credit: T. Tibbitts; Source: China CDC Weekly

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- **Pray with confidence** that this is nothing beyond Creator God's control. Know we gain strength and understanding by each experience so we can hug and touch and comfort our kids and loved ones. We just need to be CLEAN about it (more to follow).
- **Wash hands. Use a good technique like this [Red Cross Technique PDF](#) shares.** Turn off public faucets with a clean and dry paper towel as you finish washing, rather than with your hands. Wash frequently your hands throughout the day, and limit touching your face and orifices except to those times you can wash your hands before and after.

- **Be clean like this for yourself and others. Prepare what you pass along to others** – especially if you get infected with something like a cold – like you are preparing food to be handed to another or to be distributed on a surface, like food on a clean plate. It's time for everybody to double down on using good hand and dishwashing techniques while also applying the principles more diversely to show practical love for our neighbors.
- **Extend this level of cleanliness and protection for yourself, and to as much about you, as is reasonably possible.** Let it impact most of your daily activities that may influence others. Consider wiping down things you use, that you may hand to another, or that you know *will* be handled by another. A weak bleach solution is PERFECT (see [link](#)), though rarely readily available if not kept prepared around the house. You've probably seen others wipe down stuff about them with alcohol-based hand sanitizer at the same time they do their hands, or perhaps clean up some public sink area before doing a final rinse of soap from their hands. That's the idea here. Maybe your hands can have some fresh hand sanitizer as you pass and touch doors or other devices of common use (i.e., money, pay pads, magazines, countertops, steering wheels, etc.). I'm sure companies will ramp up hand sanitizer production to meet demand.
- **Cover coughs and sneezes in a way to limit sending secretions of your body to another's.** Teach others to do the same by example. [Cough or sneeze into the shoulder of your choice if you cannot use a Kleenex or facial tissue.](#) [TP is not the same ([different link](#))]. Reserve the use of simple surgical face masks until times when one may have a cold or be similarly symptomatic with the now dreaded Coronavirus and want to limit spreading what they have. Otherwise, such masks are not much use.
- Stay hydrated, comfortably warm, eat wisely, and otherwise pay attention to do what each has learned to keep his or her immune systems operating optimally (i.e., limit sugar, use vitamin C, zinc?). Remember, there's no cure to ANY virus outside of how each of our bodies will defend itself. Vaccines and drugs simply help our systems to be readied to more ably handle viral infections.

I hope these counsels clarify ways to act. Please make it a point to remember the following as you think, especially as you go about your life.

**Stressing out about things we cannot individually control only WEAKENS our immune systems over time.** Such weakness puts all at greater risk as individuals, and as individuals who touch others living with the varied communities with whom we interact. Public concerns now ratchet up to help protect spread to the weak and infirm and so diminish the risk that our health system will suffer cases too numerous to handle at the same time. Somebody's grandma or grandpa may not get appropriate care if too many need attention at the same time. It could be one of yours. So, REMEMBER that **It is not helpful to stress or panic about anything.** It is a real, measurable benefit to think positively, and such provides for beneficial thinking in times like these. Negatively trained patterns of thought during seasons like these only heighten the risk to self and others. We inadvertently shut down the creativity that our friends and we need to adapt.

The counter, **we conversely diminish risk and prove ourselves helpful in *all* things when we PRAY confidently and rest in the thought that God has in-hand whatever concerns us. Keep the knees and back flexing** for the practice. (There's also the added physical benefit to stretching in prayer.)

Let's do our best and trust the Lord of all with the rest.

With prayers, your loving Servant in Christ, Dad