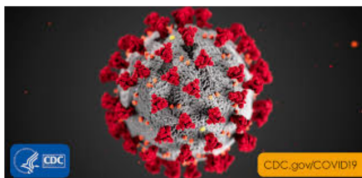


## COVID-19 Special Edition #1 - March 15, 2020



### Greetings

What a difference a few weeks has made in the lives of so many people around the world.....

Just a reminder for all of us to keep our front-line healthcare providers; hospital, nursing home, and other organizational staff; and our public health leaders and professionals in our thoughts and prayers as they prepare and are battling COVID-19 on behalf of patients, families, and communities across the U.S. and world. If you have a family member, friend, or neighbor that works on the front-line with patients or residents, think about how you may help them at this time - making a meal for them; taking care of their children or parents; running errands for them; etc.

Each of us, as leaders in our communities, can be a valuable source of information to our patients, consumers, communities, employees, and constituents. Each week, we will provide an update on Coronavirus, also known as COVID-19 and provide links to government or health organization infographics you can readily share with others as well as written or interactive resources.

### ***COVID-19 Emergency Declaration***

The President declared the ongoing Coronavirus Disease 2019 (COVID-19) pandemic of sufficient severity and magnitude to warrant an emergency declaration for all states, tribes, territories, and the District of Columbia. The Emergency Declaration allows for current laws to be waived such as no charge for COVID-19 testing, treatment, and ability of providers to operate outside of some regulations to address emergency situations with COVID-19 [Click Here](#)

### ***CDC Guidance on Mass Gatherings or Large Community Events***

The Centers for Disease Control and Prevention (CDC) provided guidance on Sunday, March 15, recommended that for the next 8 weeks, organizers (whether groups or individual) cancel or postpone in-person events that consist of 50 people or more throughout the U.S. **CDC Guidance**

### ***Actions by States***

While there is commonality among some states in some of their regulations to protect their populations, there are also many variations. In Illinois, for example, schools, in-person dining at restaurants, bars, are all shut down for the next two weeks. Federal agency staff, to the extent possible, are working from home. Most entertainment, museums, and park districts are shut down so as to limit large gatherings of people.

### ***Everyone's Role Including YOU!***

The Centers for Disease Control and Prevention (CDC) is dependent upon many people and organizations to spread the factual news on COVID-19, a pandemic virus. [Infographic on Roles](#)

### ***Symptoms of COVID-19***

Fever, dry cough, and shortness of breath. If you experience these symptoms, contact your primary care giver for directions. Seek immediate care if you have these symptoms and are 60 years of age and have a chronic condition, including but not limited to heart, respiratory, diabetes; or you have an immunosuppressed condition, contact your healthcare provider quickly. Your medical provider will give you instructions as to what the

next steps are for testing and if you are positive; they will provide you with a plan of care. **[Infographic on Symptoms](#)**

### ***Stop the Spread – Personal Hygiene Practices***

Simply stopping the spread through hand hygiene, covering your mouth when coughing or sneezing, using elbow bumps instead of handshakes, and social distancing. **[Click Here](#)**

### ***Protecting Our Nursing Home Residents***

In order to protect nursing home residents, on March 13, CMS immediately restricted all visitors and non-essential health care personnel from entering nursing homes, with the exception of individuals undergoing compassionate care (end of life, etc.). However, visitors for compassionate care must make arrangements with the nursing home in advance and follow proper hand hygiene and wear personal protective equipment. No one with a sore throat or the COVID-19 symptoms will be allowed to visit. Additionally, CMS issued guidance for continuous assessment of residents, staff, compassionate visitors, and surveyors for COVID-19 symptoms. Nursing homes must also cancel communal dining and all group activities, such as internal and external group activities. For detailed information, **[click here](#)**

Many nursing homes are being creative in supporting the needs of the residents to talk with loved ones and are setting up conference calls, videos, facetime, and other ways for residents and families to interact.

### ***Why Social Distancing is Tied to Flattening the COVID-19 Curve***

As people are keeping a social distance from each other in order to risk the exposure of others to COVID-19, the ultimate goal is to slow down the spread of the virus so it can be manageable within the current healthcare environment, and in turn, save lives. By slowing down the spread, it allows healthcare providers to care for the patients in need of emergency care with the proper equipment. As COVID-19 emergency care patients are often times experiencing severe respiratory conditions, there is a limited supply of N95 respirators and ventilators available. **[Flattening Curve](#)**

An in-depth analysis by Tomas Pueyo of what has transpired with COVID-19 in other countries and how the flattening of the curve is the only approach to saving lives. Viewed by over 28 million people and in 26 different languages. “*Coronavirus: Why You Must Act Now Politicians, Community Leaders and Business Leaders: What Should You Do and When?*” **[Important Lessons](#)**

### ***International Perspective***

As many people are also involved in international relations and issues, a helpful way of keeping up with the incidence of COVID-19, is through an interactive website developed by Johns Hopkins University and Medicine’s Coronavirus Resource Center. **[Johns Hopkins Up-To-Date Data](#)**

Many Rotarians and epidemiologists may remember Dr. Bruce Aylward, World Health Organization Senior Adviser, physician and epidemiologist from Canada, that led Polio and Ebola prevention and containment initiatives. Dr. Aylward presented many times at Rotary and international meetings and events throughout the world. He recently returned from a two-week period in Wuhan, China and explains and shares lessons on how China worked to contain the outbreak of COVID-19 **[WHO Lessons From China](#)**



### ***We Enjoy Hearing From You!***

We are always happy to hear from you - please feel free to contact us at any time. During the COVID-19 pandemic, our staff will be working from home.

Contact Pat Merryweather-Arges:

Telephone: 630-202-5579

E-mail: [pmerryweather@projectpatientcare.org](mailto:pmerryweather@projectpatientcare.org)