

CORONAVIRUS (COVID-19)

FACTS AND RISKS: Prevent, Prepare, and do not Panic!

Follow the Recommendations in this Guide to Avoid Endangering Your Health and Your Community!

Coronavirus Disease 2019 (COVID-19) is a new virus of epidemic proportions in various regions around the world. It began in December 2019 in Wuhan, China and has now spread to countries worldwide, including the United States. While researchers are working around the clock to better understand and treat the disease, there is no vaccine or effective treatment yet. Researchers are studying the severity of the illness, how it spreads, and to what extent it may spread in the United States. The information in this guide will change somewhat over time as we learn more about the COVID-19 virus.



If you are a healthcare professional and need N-95 masks or hand sanitizer, please contact Frank Storch at info@chesedfund.com or 410-340-1000. *Limited free supply available.*



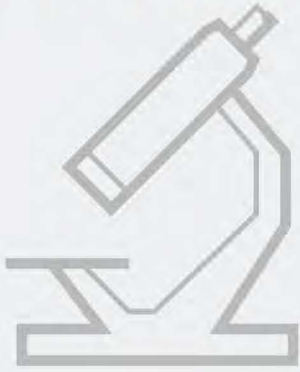
PREPARING OUR COMMUNITY TODAY FOR A SAFE AND SECURE TOMORROW™

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This guide is dedicated in loving memory of Dr. & Mrs. Lou Rothman, ע"י, and Mr. & Mrs. Simon Nieman, ע"י.

FACTS



- ▶ The virus is contagious but is usually not life threatening. Since this is a new virus, our immune systems are not as prepared to deal with it as they would be with other viruses.
- ▶ The virus is thought to be transmitted mainly when respiratory droplets from a cough or sneeze of an infected individual enter another person's nose, mouth, or eyes. These droplets may spread up to six feet.
- ▶ People are thought to be most contagious when they are symptomatic. Some viral spread may occur before or after people show symptoms. Symptoms may appear 2-14 days after exposure.
- ▶ The symptoms of the virus are flu-like and may include the following: fever, shortness of breath, coughing, muscle aches and fatigue.

ARE YOU AT RISK?

People of all ages can be infected by COVID-19. However, the symptoms are usually mild for the general public. Data from China shows that infants and children under 18 do not usually get sick from the virus.

You are at a higher risk of contracting the virus if:

- You are a healthcare worker caring for patients with the virus.
 - You are or were in close contact with people infected with the virus.
 - You traveled or were in close contact with someone who traveled to an area with active spread of the virus (self-isolation and monitoring for symptoms for 14 days can help prevent spread to the community).
- ▶ **If you are elderly and/or have pre-existing medical conditions such as lung or heart disease, diabetes, or are immunosuppressed or immunocompromised, you are at a higher risk of suffering complications if you contract the virus.**

WHAT SHOULD YOU DO?

Preventing, preparing and avoiding panic are three critical methods to use to help stop fearing, getting, and spreading COVID-19!

PREVENTION:

Taking preventive action every day is the most effective method to avoid getting or spreading the virus.

- Proper hand washing is critical. You should wash your hands after using the bathroom, coughing or sneezing, and before eating.
 - Keep alcohol-based hand sanitizer on you (e.g., in your pocket, in your car, at your desk) and use it frequently, especially if you do not have access to soap and water.
 - Avoid close contact with people who are sick.
 - Practice good personal hygiene: cover coughs and sneezes, throw away tissues, and wash your hands with soap after. Sneeze into your elbow if tissues are unavailable.
 - Avoid touching your (or your children's) eyes, nose, and mouth with unwashed hands.
 - Clean and disinfect objects and surfaces that are frequently handled such as doorknobs, light switches, telephones, etc.
- ▶ **Stay home and avoid public places if you are displaying any symptoms, are elderly, suffer chronic diseases, or are immunosuppressed or immunocompromised. Seek medical advice if you are displaying any symptoms.**

ADDITIONAL PREVENTIVE STEPS:

- Get adequate sleep and exercise, and stay hydrated to build up your immune system.
- Consider using paper towels instead of regular towels when washing your hands.
- Avoid non-essential travel as much as possible. Consider the ramifications of being quarantined at your destination or upon your arrival back home. If you must travel, buy travel insurance if available, in case you are forced to cancel.
- Minimize unnecessary physical contact with others (handshaking, etc.).
- When in public areas avoid drinking from water fountains and having direct contact with elevator buttons, gas pumps, shopping carts, ATM machines, etc.

PREPAREDNESS:

It is important not to panic but rather to prepare wisely.

- Keep a two-week supply of food and household products in case you need to be quarantined.
- Fill an extra 30-day supply of daily prescription medications, if possible.
- Keep a supply of over-the-counter medicines.
- If you have not already gotten the flu shot, get one. While it won't protect you from COVID-19, it will help build up your flu immunity, and if exhibiting some flu symptoms, you won't have to visit a doctor's office where there may be exposure.



Please note that the CDC recommends that face masks should be worn only by healthcare workers properly trained to wear them and by people experiencing respiratory symptoms after being exposed, for whom it is most essential.

5 steps to Proper Handwashing

as per the Center for Disease Control (CDC)



Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.



Rinse your hands well under clean, running water.



Dry your hands using a clean towel or air dry them.

Please be aware of the following Jewish communal and halachic issues and considerations regarding COVID-19:

- Hand sanitizer may be used on Shabbos (liquid, gel, or foam). It is preferable if it is rubbed thoroughly and absorbed into the skin.
- Liquid soap may be used on Shabbos.
- Washing hands with cold water is as effective as hot water against COVID-19.
- Do not go to shul if you are experiencing any symptoms of COVID-19. Even if you are obligated to recite kaddish, stay home! Halacha places public safety above the requirement to daven with a minyan and recite kaddish.
- Consider avoiding touching mezuzahs.
- Consider avoiding kissing talleisim, siddurim, and sefarim.
- Consider avoiding touching or kissing the Torah.

AVOID PANIC!

The facts and tips in this guide are provided to help you better understand the risks and avoid contracting COVID-19. The preparedness recommendations provided are offered in case you need to be quarantined after exposure. If you have symptoms such as a runny nose or nasal congestion along with some of the symptoms associated with COVID-19, remember that it is more likely a common cold. Additionally, with allergy season also upon us, you may be sneezing or having other respiratory symptoms. Try not to confuse them with COVID-19 symptoms but do seek medical advice. Most importantly, even if you do contract the virus, for most of the population the illness is mild to moderate, and the recovery period is similar to that of the flu. While it is normal to feel anxiety about COVID-19, it is important not to panic or spread panic.

Please note that if you are advised by a healthcare provider to quarantine yourself, you should not leave your home for any reason (including immersing in a mikvah). If quarantined, all precautions recommended in this guide must be adhered to even more stringently and all CDC quarantine rules and regulations must be followed. Quarantine information can be found at www.cdc.gov/quarantine/quarantineisolation.html or by calling your local health department.

RESOURCES & REFERENCES:

Center for Disease Control (CDC) cdc.gov/coronavirus/019-ncov/index.html

Maryland Department of Health health.maryland.gov/laboratories/Pages/Novel-Coronavirus.aspx

Orthodox Union ou.org/life/health/coronavirus-everything-you-need-to-know-and-then-some/

World Health Organization (WHO) www.who.int/emergencies/diseases/novel-coronavirus-2019

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