



Greetings,

This letter has been forwarded to us from a member of NANBPWC Inc. and their National President, Ms. Sherelle T. Carper. This information is being shared that we all might remain vigilant and safe during this serious worldwide pandemic.

I know all of you have seen the news reports of the growing number of cases of the **Coronavirus** (COVID-19) in the U.S. Like you, I'm concerned about my health and the health of those around me so I'm forwarding you this message to provide some guidance. All of the information in this message may not be new to you, but it bears repeating.

Below are some practical measures, recommended by a supervising epidemiologist who works at the Centers for Disease Control (CDC). These are things we can do to try to minimize our chances of contracting **COVID-19**.

1. No handshaking. Use a fist bump, slight nod, elbow bump, etc.
2. Use **ONLY** your knuckle to touch light switches, elevator buttons, etc. Lift the gasoline dispenser handle with a paper towel or use a disposable glove.
3. Open doors, that push out, with your closed fist or hip. If the door opens toward you, grasp the handle with a paper towel or a tissue - do not grasp the handle with your bare hand, unless there is no other way to open the door. This is especially important on bathroom, post office and doors to other commercial buildings. Use a paper towel or tissue to hold onto handrails when using the stairs. Discard the paper towel/tissue after using it.
4. Use disinfectant wipes while at the stores when they are available, including wiping the handle and child seat in grocery carts.
5. Wash your hands with soap and warm water for 10-20 seconds and/or use a greater than 60% alcohol-based hand sanitizer whenever you return home from ANY activity that involves locations where other people have been.
6. Keep a bottle of sanitizer available at each of your home's entrances AND in your car for use after getting gas or touching other objects that could be contaminated when you can't immediately wash your hands.
7. If possible, cough or sneeze into a disposable tissue and discard. Use your elbow only if you have to. The clothing on your elbow will contain germs (and perhaps infectious virus) that can be passed on for up to a week or more.
8. Stay at home if you are sick. If you're over 60 years old don't take cruises until further notice and avoid large gatherings in confined places.
9. Be especially careful if you have a compromised immune system (heart trouble, diabetes and hypertension).
10. Support your immune system by eating lots of fruits and vegetables and drinking lots of water. Ensure your mouth and throat are moist by sipping water every 15 minutes

NOTE: This virus is spread in large droplets by coughing and sneezing. This means that the air will not infect you, BUT all the surfaces where these droplets land are infectious for about a week on average. Everything that is associated with infected people will be contaminated and potentially infectious. The virus is on surfaces, and you will not be infected unless your unprotected face is directly coughed or sneezed upon or, you touch one of these surfaces and then touch your face. This virus 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.

Items you should have stocked at home in case of the continued spread of COVID-19:

1. Latex or nitrile latex disposable gloves, paper towels and tissues for use when going shopping, using the gasoline pump, and all other outside activities when you come in contact with areas that might be contaminated.
2. Stock up now on hand sanitizers and latex/nitrile gloves. The hand sanitizers must be alcohol-based and greater than 60% alcohol to be effective. Hand sanitizer can be made at home by using 2/3 cup of rubbing alcohol and 1/3 cup of aloe vera gel.
3. Stock up on zinc lozenges. These lozenges have been proven to be effective in blocking most 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. It is best to lie down and let the lozenge dissolve in the back of your throat and nasopharynx. Cold-Eeze lozenges is one brand, but other brands are available.

For updates and other information, visit the Center for Disease Control's website at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

This information is being shared that we all will remain safe and protected. Please pass it on. God Bless

Pastor Peterson