



St. Mark's Episcopal Church, Raleigh, NC

COVID-19 Notes

I. The Good News!

- Easy *and* effective things we can do for prevention!!
 - Handwashing—often
 - Using alcohol-based sanitizers (at least 60%)
 - Wiping down surfaces
 - Avoid touching face
- Most cases are mild (~80%)
- NC is not currently at high risk
- NC public health has a very effective disease detection system
- Extraordinary global cooperation among public health, doctors & scientists

II. Current Statistics

NC : 2 cases; 0 deaths

US: ~376 cases; ~16 deaths (as of evening, 3/7/20)

III. Symptoms

Fever, coughing, shortness of breath

Develop 2-14 days after exposure

Call your health care provider if you become sick or if you are concerned

Stay at home

IV. How Transmitted

- Primarily person to person contact
 - With someone showing symptoms
 - Within 6 feet for 10 minutes
 - Droplets from coughing
 - ****most likely when person is showing symptoms**
- Touching an infected surface (WASH YOUR HANDS OFTEN. Wipe down surfaces.)

V. What is My Risk

Low for most people in NC and in the US

Higher:

- In places where community spread (i.e., “people have been infected with the virus in an area, including some who are not sure how or where they became infected.”)
 - Health care workers
 - Travelers in/from areas where there is community spread
- ☞ Seems to transmit easily from person to person

VI. Prevention Practices

- Handwashing—often
- Using alcohol-based sanitizers (at least 60%)
- Wiping down surfaces
- Avoid touching face
- *****Get flu vaccination*****
- **Here at St. Marks:**
 - Before entering kitchen to start coffee and prep food
 - Before preparing communion elements
 - Before & after worship

- Before & after community time
- After using the restroom!
- ???Before and after the Peace???

VII. Being Prepared

- Food for up to 4 weeks
- Prescription and over-the-counter med
- Personal hygiene items
- Who can you call? Who can call you?
- What are your anchors
 - Hobbies, games, walking in nature, meditation, prayer, etc.
- Additional resources for good information at:
 1. North Carolina Emergency Management: www.NCReady.org (basic preparedness items for *any* emergency)
 2. CDC: www.cdc.gov
 3. North Carolina Division of Public Health: <https://publichealth.nc.gov/>
 4. Major medical centers like Johns Hopkins (<https://www.hopkinsmedicine.org/coronavirus>)
 5. NPR Story, “A Guide: How To Prepare Your Home For Coronavirus,” sent out in St. Mark’s email on March 1st: <https://n.pr/2TnGoYd>

VIII. Q&A