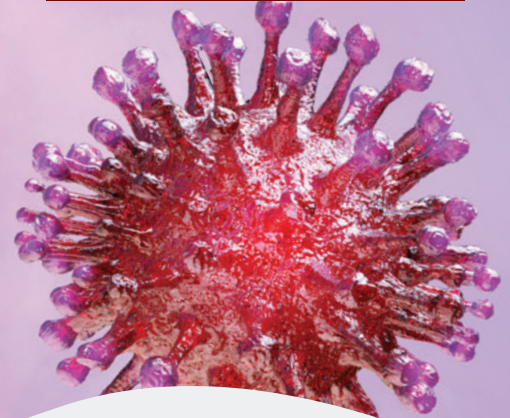
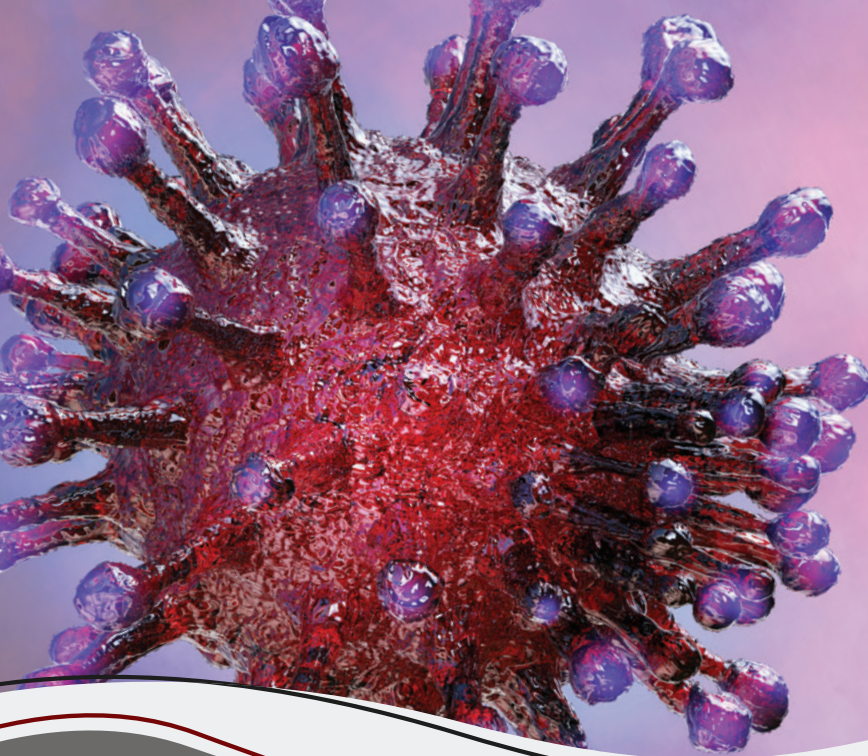


UPDATE V.2

COMING SOON!

www.JCovid-19.com with the latest facts, resources, & more!



THE CORONAVIRUS (COVID-19)

FACTS AND TIPS: Prevent, Prepare, and Do Not Panic!

ונשמרתם מאד לנפשותיכם

WE MUST DO OUR UTMOST TO SAFEGUARD OUR LIVES AND THOSE OF OUR COMMUNITY.

If you are a health-care professional and need N95 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™

The Chesed Fund Limited is dedicated in memory of Mordechai & Rebecca Kapiloff, ע"י, Dr. Bernard Kapiloff, ע"י, and Rabbi Norman & Louise Gerstenfeld, ע"י. Project Ezra of Greater Baltimore, Inc. is dedicated in memory of M. Leo Storch, ע"י.



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

The coronavirus (COVID-19) has been now labeled a pandemic by the World Health Organization, indicating a global epidemic caused by a new virus to which there is little or no pre-existing immunity in the human population. We must do everything possible to mitigate its effect on vulnerable populations, including the elderly, immunocompromised, immunosuppressed, and people with chronic diseases. Because research is ongoing and the situation is rapidly evolving for the world and our community, the information in this guide is subject to change. Do your best to stay informed of changes regarding risks and appropriate responses to the virus.

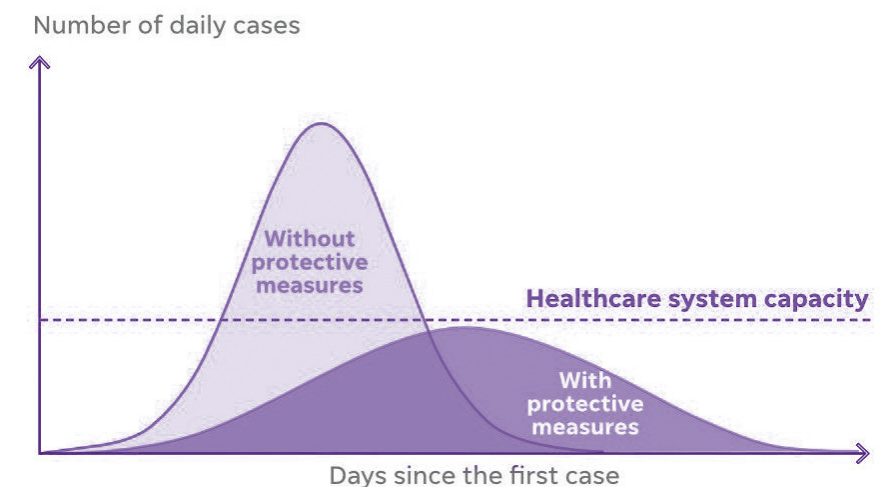
LIMITING THE SPREAD

As the virus continues to spread, hospitals across the country are preparing to meet the needs of patients during this challenging and unique medical crisis. In some areas, hospitals are seeking extra buildings and even empty lots suitable for medical tents to treat and house patients. They are developing methods of managing limited medical equipment and supplies, including coronavirus testing.

The number of health-care workers available to treat those affected is also limited. Some health-care professionals are already ill due to exposure to the virus, and others are becoming increasingly strained by extra or longer shifts to keep up with the increase in patients being treated daily.

"Flattening the curve," as shown on the graph below, refers to the method epidemiologists recommend to slow the spread of the virus so that the hospital system does not become overwhelmed. Dr. Eric Toner, senior scholar with Johns Hopkins Center for Health Security, recently told the Wall Street Journal that, when it comes to American hospitals' ability to treat patients, "an experience like what happened in Wuhan, [China], would be devastating to our health-care system. We have nowhere near the capacity to handle that." It is the average citizen's responsibility to help prevent overwhelming the American healthcare management system.

Our community must take all possible risk-reduction measures to avoid outbreaks such as other areas of the country are now experiencing.



SOURCE: CDC

Dr. Toner and other epidemiologists have noted that, while travel bans are helpful on a global level, on a communal level, social distancing measures implemented in a timely fashion reduce the impact of the outbreak.

SOCIAL DISTANCING

The term “social distancing” refers to the purposeful effort to reduce close contact between people in order to reduce community transmission of the virus. With schools closed and parents needing to work, the urge to occupy our children by having them play with other children is understandable. While we are not being advised by experts to self-quarantine ourselves or our children unless showing symptoms of the virus, we are being advised to contain the spread and socially distance ourselves from others. This applies to our children using social distancing with other children, as well.

Given our community’s close interactions, large families, and large elderly population, we must realize that a possible consequence of ignoring this advice is the loss of life of our very own community members or relatives. Schools have been shut down to limit interaction between children, and if we undercut that safety measure by having round robins, playdates and “camps,” we defeat the purpose. Keeping playgroups open for children of non-essential employees (not medical professionals, or emergency management personnel) may increase community spread and has been advised against by many experts. Consider, too, both the potential *chilul Hashem* of an outbreak that begins in our community, and the history of antisemitic linking of Jews to epidemics. As local community doctors have already advised publicly, we should do our utmost to avoid these scenarios as much as possible.

As researchers work around the clock to study how the virus spreads, its effects, and how we need to respond to them, it is critical that we err on the side of caution. The following additional social distancing steps are strongly encouraged:

1. Travel only if necessary.
2. Work at home, if possible.
3. Reschedule non-essential medical appointments.
4. Avoid gatherings in public places (restaurants, simchas).
5. Avoid social engagements, including shiva calls and funerals.
6. Do not invite guests or accept invitations for Shabbos meals.
7. If going shopping or to the gym, try to go when fewer people are present, and maintain 6' physical distance from others.
8. Do not take children to crowded areas that may be difficult to clean, such as indoor play centers and arcades.

TRAVEL



The Center for Disease Control (CDC) has not issued advisories or restrictions for travel within the United States. Nevertheless, being in a crowded travel setting such as an airport multiplies your risk of exposure to the virus. Consider the following before deciding whether to travel:

- ? Are you in a higher risk category of serious illness from COVID-19 (older than 60, have a chronic medical condition, such as cancer, heart disease, diabetes, or lung disease, or are immunosuppressed or immunocompromised)?
- ? Is the virus spreading at your destination?
- ? If you are exposed to the virus during your travels, you may need to be quarantined. Do you have a plan for taking time off from work or school?
- ? Do you live with anyone who is considered at higher risk of serious illness from COVID-19?
- ? Is the virus spreading where you live? Do you have a plan regarding work or school if you need to be quarantined upon arrival back home?

GENERAL WELLNESS PRACTICES

Optimizing your general health is always important and, obviously even more so now. The following are important steps to take to ensure good health and to support a healthy immune response:



Get plenty of sleep at regular hours



Maintain a healthy weight



Lower your stress level through deep breathing, meditation, and positive thoughts



Eat a balanced diet high in fruit, vegetables, and whole grains



Control your blood pressure



Stay hydrated



Take a multivitamin



Exercise regularly



Avoid excessive alcohol consumption



Eliminate smoking

SELF-OBSERVATION, MONITOR, AND QUARANTINE DEFINED

SELF-OBSERVATION

- ▶ means being mindful and staying alert to any symptoms of the virus you may have, such as fever, dry cough, shortness of breath, sore throat, muscle aches and fatigue.

-
- ### SELF-QUARANTINE/MONITOR
- ▶ means staying home, isolating yourself from others, and monitoring your health for any symptoms of the coronavirus. If there is a high chance you have been exposed to the virus, are experiencing symptoms, or think you may be experiencing symptoms, *stay home* and *call your health-care provider*. The purpose is to protect others from the risk of exposure while you self-monitor or wait to see if you have contracted the virus. If you exhibit only one or two of the symptoms, or even just have a cold—you should stay home as well.

-
- ### MANDATORY QUARANTINE
- ▶ means that you are required by law to stay home or at a hospital (determined on a case by case basis) if you test positive for the virus or have had confirmed exposure to the virus. If staying home, staff members of local or state health departments may visit you unannounced to ensure there are no violations.

IF YOU ARE QUARANTINED OR HAVE TESTED POSITIVE FOR THE VIRUS, FOLLOW THESE PREVENTIVE STEPS UNTIL A HEALTH-CARE PROVIDER OR LOCAL OR STATE HEALTH DEPARTMENT ALLOWS YOU TO RETURN TO YOUR NORMAL ACTIVITIES.

DO'S & DON'TS



- ▮ Contact your health-care provider while in quarantine, so they can advise you as to the critical symptoms that indicate you need to see a health-care provider or be moved to the hospital.
- ▮ Separate yourself from others in your home and have as little contact with them as possible.
- ▮ Wear a face mask if you need to go to a health-care provider or hospital.
- ▮ Wear a mask around others in your home (or vehicle, if going for medical care). If you are unable able to wear a facemask because it causes trouble breathing, then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.
- ▮ Stay in a private room that other members of the household do not enter, and use a separate bathroom, if possible. (If not, the bathroom should be cleaned after each use by disinfecting doorknobs, bathroom fixtures, and other “high-touch” surfaces).
- ▮ Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can. Immediately wash your hands with soap and water for at least 20 seconds or use alcohol-based hand sanitizer that contains at least 60% alcohol.
- ▮ Wash your hands often, especially after blowing your nose, coughing, sneezing, or going to the bathroom, and before eating or preparing food.
- ▮ Avoid touching your eyes, nose, and mouth with unwashed hands.
- ▮ Monitor your symptoms, check your temperature twice a day, and seek prompt medical attention if your illness is worsening, particularly if you have difficulty breathing.
- ▮ Limit contact with pets and other animals. Even though the CDC has not reported cases of pets or other animals becoming sick with COVID-19, it is still recommended that people with the virus limit contact with animals until more information is known about the virus.
- ▮ Use delivery services for food and other essential items. To avoid exposing drivers to the virus, have them leave the items at your doorstep.
- ▮ Ban visitors who do not have an essential need to be in your home (including relatives, cleaning help, etc.).
- ▮ Wash laundry items thoroughly and use disposable or washable laundry bags to prevent viral contamination.
- ▮ Clean these high-touch surfaces every day (or have someone else clean them, if you are sick): counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Surfaces that may have bodily fluids on them should also be cleaned. When using cleaning products*, wear gloves and make sure you have good ventilation.

DON'T:

- ⚠ Don't leave your house for 14 days except to get medical care—not even for immersing in a mikvah.
- ⚠ Don't share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with anyone in the home.
- ⚠ Don't go to your health care provider's office or hospital without first informing them that you are coming and that you have the coronavirus. The office or hospital can then take the necessary precautions to keep other people from getting exposed.

DON'T PANIC - 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 than likely a common cold. Additionally, with allergy season upon us, you may be sneezing or having other respiratory symptoms. Try not to confuse these symptoms with COVID-19 symptoms (fever, dry cough, sore throat, shortness of breath, muscle aches and fatigue), but do seek medical advice. Most importantly, even if you do contract the virus, remember that for most of the population the illness is mild to moderate, and the recovery period is comparable to that of the flu. While it is normal to feel anxiety about COVID-19, it is important not to panic or spread panic.

*Discontinue quarantine precautions **only** when the risk of secondary transmission to others is thought to be low by your health-care provider and state and local health departments. If you were quarantined because you tested positive for the virus, you will be monitored by staff from the health department.*



Several New York Hatzalah members are now quarantined as a result of exposure while transporting someone who tested positive for the coronavirus. To enable Hatzalah to meet the needs of the community while ensuring the safety of their providers, please note the following:

- **Wear a mask.** If someone has coronavirus symptoms and wearing a mask does not make it difficult for them to breathe, make sure they put one on before Hatzalah arrives.
- **Hatzalah members cannot diagnose coronavirus.** Their job is to transport critically ill patients to the hospital for treatment.
- **Hatzalah is not a ride service.** If a health-care provider advises someone to go to the emergency room, ask whether an ambulance is required.
- **Supplies are limited.** Providers' personal protective equipment used on calls for potential coronavirus victims is costly and limited.
- **Providers need to know.** All callers will be asked a series of questions, such as whether the patient is having difficulty breathing, fever, cough, has recently traveled, or has had known or possible coronavirus exposure. Please be prepared to answer these questions and be aware that full disclosure is critical to keep the patient and providers safe.
- **Shabbos rides home from the hospital.** Until further notice, Hatzalah will not be partnering with Bikur Cholim to provide transportation home from the hospital for anyone showing signs of illness or awaiting coronavirus test results.

If you are a caregiver for someone who is isolated or quarantined, or who tests positive for the virus, follow these protocols:

- Make sure that shared spaces in the home have good air flow. Use fans, air conditioners and open windows, weather permitting.
- Wash your hands often with soap and water, following proper handwashing protocol, or use hand sanitizer if soap and water are unavailable.
- Wear a mask when you are in the same room as the person quarantined, if they are unable to wear a mask because it causes trouble breathing.
- Wear disposable gloves when you touch the quarantined person or have contact with their bodily fluids. Wash your hands properly or use hand sanitizer if soap and water are unavailable.
- Wear disposable gloves while handling soiled items and keep soiled items away from your body. Immediately after removing the gloves, wash your hands properly, or use hand sanitizer if soap and water are unavailable.
- Throw out the mask and gloves after using them. Do not reuse.

Caregivers and household members should monitor their own health for symptoms suggestive of COVID-19 and call their health-care provider right away if they develop them.

FOLLOW PROPER MASK AND GLOVE REMOVAL AND DISPOSAL PROTOCOLS:



First, remove and dispose of gloves.



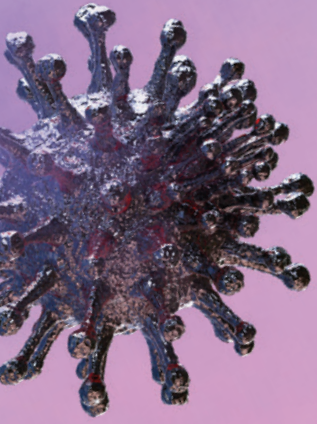
Then, immediately clean your hands with soap and water or alcohol-based hand sanitizer.



Next, remove and dispose of mask, and immediately clean your hands again with soap and water or alcohol-based hand sanitizer.



Place all used disposable gloves, face masks, and other contaminated items in a lined container.



“We are all in this together. This is one of those diseases where we really need to think about each other, and how we protect each other, as much as possible.”

—**Dr. Waleed Javaid**

Director of Infection Prevention and Control at Mount Sinai Downtown in Manhattan

RESOURCES

*For a list of the Environmental Protection Agency’s registered antimicrobial products for use against SARS-CoV-2, the virus that causes COVID-19, visit: www.epa.gov/sites/production/files/2020-03/documents/sars-cov-2-list_03-03-2020.pdf

For information from the Maryland Department of Health, visit:

coronavirus.maryland.gov

https://phpa.health.maryland.gov/Documents/coronavirus_FAQ.pdf

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