Our commitment to 5-Star remarkable service.

COVID-19

Keeping our community safe, together.
Our commitment to 5-Star remarkable service.

COVID-19

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Together, We Can Be Remarkable
The **science** of the virus:
Understanding the transmission of COVID-19. Even with *all* precautions: wearing a mask, wearing a face shield, wearing gloves – even with all of these things in place, it will still not prevent you from getting the virus.

Those who are at the highest risk of complications or death are older populations and individuals with underlying health conditions such as cardiovascular disease, diabetes, respiratory disease, or hypertension.

Source: Chinese Centre for Disease Control and Prevention
Mortality Rates by Age and Health Condition

Wide range of estimates, however, some predict that 50% of the population will get COVID-19, soon.

People over the age of 70 have a high mortality rate.

No one is immune from the virus.

Age Group — Mortality Rate

- 0-9 — <.01 percent
- 10-19 — .02 percent
- 20-29 — .09 percent
- 30-39 — .18 percent
- 40-49 — .40 percent
- 50-59 — 1.3 percent
- 60-69 — 4.6 percent
- 70-79 — 9.8 percent
- 80 & up — 18 percent

What is your age? How many people are in the room right now next to you?

Source: Does the coronavirus think I’m old?
**COVID-19: What is it?**

**Coronavirus:** Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases.

**COVID-19:** COVID-19 is the infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019. COVID-19 is a highly contagious respiratory illness similar to the flu.

**The most common symptoms are:**
- Fever
- Dry cough
- Shortness of breath

Severe cases may result in pneumonia; cardiac, liver, or renal failure; and/or death. Symptoms may appear in as few as 2 days or as long as 14 days after exposure.
Can the spread be prevented? **YES.**

**Flattening the Coronavirus Curve**

One chart explains why slowing the spread of the infection is nearly as important as stopping it.

*Adapted from CDC / The Economist*
Can the spread be prevented? **YES.**

- The Number of Infected People Doubles Every 4 to 6 Days. So if 100 People Are infected today, in 4 to 6 Days It is 200. In 8 to 12 Weeks there would be 27,600 people infected.
- The number of people hospitalized could be between 200 to 400,000.
- 1.4% of people infected are expected to die; the majority of which are elderly with pre-existing underlying health conditions.
- The virus is expected to be in circulation until at least June of this year.
COVID-19: How is it Transmitted?

Person-to-Person Spread
- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled.

Spread from contact with infected surfaces or objects
- It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.
Follow Department of Health Guidelines, if possible.

- Sacramental Care
- Confession
- Holy Communion
- Anointing of the Sick
- Baptism
- Ministers of Holy Communion
- Special Groups
- Advanced Care Planning
- Possible issues of CPR
- Wakes and Funerals
- Considerations for special groups of parishioners like home bound, seniors, single people, bereaved, special needs

KEY TIPS

- Practice social distancing – 6 feet of space
- Hand sanitize before and after meetings
- Wear a mask, if accessible
- If in-person meeting, call the person beforehand to see if they have symptoms
- NO handshakes
- Hold virtual meetings; Facetime, Skype
- Sanitize high touch areas in Rectory multiple times a day
- Ensure that the public is taking all precautions
Follow Department of Health Guidelines, if possible.

1. What to do if a parishioner asks to be visited in home, hospital or a nursing home?
2. What if a parishioner calls the rectory and wants to come to the rectory for a visit or sacraments - and - if the parishioner comes to the rectory unannounced?
3. What to do if one of the priests in a rectory has COVID-19 or PUI - and - what to do about parish and/or rectory staff?
4. How to self-isolate and how long?
5. What are important infection control measures for the rectory, parish office, parish grounds?
6. What underlying health issues are important to be aware of and advanced age considerations?
7. Who to call if priest becomes sick?
8. PPE equipment - especially for sacramental care.
**Guidance on the Contacts of a Close or Proximate Contact of a Confirmed or Suspected Case of COVID-19**

**Background**
As more cases of Novel Coronavirus (COVID-19) are identified or suspected across New York State, and individuals and families are required or recommended for mandatory or precautionary quarantine, it is important that there is a common understanding of the risk to contacts of contacts of a suspected or confirmed case.

**DOH Policy Guidance**

- **Person A**
  - Confirmed Case
  - Required to be in isolation

- **Person B**
  - Contact of Case
  - Required to be in mandatory (direct contact) or precautionary (proximate contact) quarantine

- **Person C**
  - Contact of a Contact
  - Unless Person B has or develops symptoms of COVID-19, or tests positive for COVID-19, Person C is **not** subject to quarantine
Prevention Recommendations

**DON’T**
- let a cough or sneeze out uncovered

**DON’T**
- cover your cough with your hands.

**DO**
- cover your cough or sneeze with your elbow, if a tissue is not available

**DO**
- cover your cough or sneeze with a tissue

- Stay At Home when you are sick.
- Avoid close contact with people who are sick.
- Clean and disinfect frequently touched objects and surfaces.
- Cover your cough or sneeze with a tissue.
- Avoid touching Eyes, Nose, & Mouth with unwashed hands.
- Wash your hands at least 20 seconds.
Here is what you can do

You Must Monitor Your Temperature Twice a Day Every day
If you have a temperature > 100.0 or have flu like symptoms

When should we wear a face mask?

➢ If you believe you have COVID-19 or any illness or cold, so the mask can prevent the spread of germs to others.
➢ If you are taking care of someone in close settings (at home or in a health care facility) who is being treated for COVID-19.

Together, We Can...
Call our dedicated COVID-19 hotline: 877-239-1998. Available 24/7 or email info@archcare.org.

Website for the ArchCare community: www.archcare.org/coronavirus