



PAST PRESIDENT'S NEWSLETTER

IMPORTANT ANNOUNCEMENT - CORONAVIRUS --

1. If you have a runny nose and sputum, you have a common cold 2. Corona-virus pneumonia is a dry cough with no runny nose. 3. This new virus is not heat-resistant and will be killed by a temperature of just 26/27 degrees. It hates the Sun. 4. If someone sneezes with it, it takes about 10 feet before it drops to the ground and is no longer airborne. 5. If it drops on a metal surface it will live for at least 12 hours - so if you come into contact with any metal surface - wash your hands as soon as you can with a bacterial soap. 6. On fabric it can survive for 6-12 hours. normal laundry detergent will kill it. 7. Drinking warm water is effective for all viruses. Try not to drink liquids with ice. 8. Wash your hands frequently as the virus can only live on your hands for 5-10 minutes, but - a lot can happen during that time - you can rub your eyes, pick your nose unwittingly and so on. 9. You should also gargle as a prevention. A simple solution of

salt in warm water will suffice. 10. Can't emphasize enough - drink plenty of water! THE SYMPTOMS 1. It will first infect the throat, so you'll have a sore throat lasting 3/4 days 2. The virus then blends into a nasal fluid that enters the trachea and then the lungs, causing pneumonia. This takes about 5/6 days further. 3. With the pneumonia comes high fever and difficulty in breathing. 4. The nasal congestion is not like the normal kind. You feel like you're drowning. It's imperative you then seek immediate attention.

Serious excellent advice by Japanese doctors treating COVID-19 cases: Everyone should ensure your mouth & throat are moist, never dry. Take a few sips of water every 15 minutes at least. Why? Even if the virus gets into your mouth, drinking water or other liquids will wash them down through your throat and into the stomach. Once there, your stomach acid will kill all the virus. If you don't drink enough water

more regularly, the virus can enter your windpipe and into the lungs. That's very dangerous. Please send and share this with family and friends. Take care everyone and may the world recover from this Coronavirus soon.

The new Coronavirus may not show sign of infection for many days. How can one know if he/she is infected? By the time they have fever and/or cough and go to the hospital, the lung is usually 50% Fibrosis and it's too late (Fibrosis is not reversible). Taiwan experts provide a simple self-check that we can do every morning. Take a deep breath and hold your breath for more than 10 seconds. If you complete it successfully without coughing, without discomfort, stiffness or tightness, etc., it proves there is no Fibrosis in the lungs, basically indicates no infection. In critical times, please self-check every morning in an environment with clean air.

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Inside this issue:

| | |
|-----------------------------------|---|
| Who is at higher risk... | 2 |
| Some oldies, some goodies.... | 3 |
| April Birthdays and Anniversaries | 4 |



Goodbye
Winter
So Long
Show
It's time
to watch the
Flowers Grow!

Get Ready for COVID-19 Now

Who is at Higher Risk?

Early information out of China, where COVID-19 first started, shows that some people are at higher risk of getting very sick from this illness. This includes:

- Older adults
- People who have serious chronic medical conditions like:
 - Heart disease
 - Diabetes
 - Lung disease

If a COVID-19 outbreak happens in your community, it could last for a long time. (An outbreak is when a large number of people suddenly get sick.) Depending on how severe the outbreak is, public health officials may recommend community actions to reduce people's risk of being exposed to COVID-19. These actions can slow the spread and reduce the impact of disease.

If you are at higher risk for serious illness from COVID-19 because of your age or because you have a serious long-term health problem, it is extra important for you to take actions to reduce your risk of getting sick with the disease.

If you are at [higher risk](#) of getting very sick from COVID-19, you should:

[Stock up on supplies.](#)

Take [everyday precautions](#) to keep space between yourself and others.

When you go out in public, keep away from others who are sick, limit close contact and wash your hands often.

[Avoid crowds](#) as much as possible.

Avoid [cruise travel](#) and non-essential air travel.

During a COVID-19 outbreak in your community, [stay home](#) as much as possible to further reduce your risk of being exposed.

- Have supplies on hand
 - Contact your healthcare provider to ask about obtaining extra necessary medications to have on hand in case there is an outbreak of COVID-19 in your community and you need to stay home for a prolonged period of time.
 - If you cannot get extra medications, consider using mail-order for medications.
 - Be sure you have over-the-counter medicines and medical supplies (tissues, etc.) to treat fever and other symptoms. Most people will be able to recover from COVID-19 at home.
 - Have enough household items and groceries on hand so that you will be prepared to stay at home for a period of time.
 - Take everyday precautions
 - Avoid close contact with people who are sick
 - Take everyday preventive actions
 - ✦ Clean your hands often
 - ✦ Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, or having been in a public place.
 - ✦ If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
 - ✦ To the extent possible, avoid touching high-touch surfaces in public places – elevator buttons, door handles, handrails, handshaking with people, etc. Use a tissue or your sleeve to cover your hand or finger if you must touch something.
 - ✦ Wash your hands after touching surfaces in public places.
 - ✦ Avoid touching your face, nose, eyes, etc.
 - ✦ Clean and disinfect your home to remove germs: practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones)
 - ✦ Avoid crowds, especially in poorly ventilated spaces. Your risk of exposure to respiratory viruses like COVID-19 may increase in crowded, closed-in settings with little air circulation if there are people in the crowd who are sick. Avoid all non-essential travel including plane trips, and especially avoid embarking on [cruise ships](#).
 - ✦ If COVID-19 is spreading in your community, take extra measures to put distance between yourself and other people to further reduce your risk of being exposed to this new virus.
 - Stay home as much as possible.
 - ✦ Consider ways of getting food brought to your house through family, social, or commercial networks
- [Have a plan for if you get sick:](#)
Consult with your health care provider for more information about [monitoring your health for symptoms suggestive of COVID-19](#).
- Stay in touch with others by phone or email. You may need to ask for help from friends, family, neighbors, community health workers, etc. if you become sick. Determine who can provide you with care if your caregiver gets sick. Watch for symptoms and emergency warning signs

Pay attention for potential COVID-19 symptoms including, fever, cough, and shortness of breath. If you feel like you are developing symptoms, call your doctor.

- If you develop emergency warning signs for COVID-19 get medical attention immediately. In adults, emergency warning signs*:
 - Difficulty breathing or shortness of breath
 - Persistent pain or pressure in the chest
 - New confusion or inability to arouse
 - Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

What to Do if You Get Sick

- Stay home and call your doctor
- Call your healthcare provider and let them know about your symptoms. Tell them that you have or may have COVID-19. This will help them take care of you and keep other people from getting infected or exposed. If you are not sick enough to be hospitalized, you can recover at home. Follow CDC instructions for [how to take care of yourself at home](#).
- Know when to get emergency help
Get medical attention immediately if you have any of the emergency warning signs listed above.

Information from :

SOME OLDIES

SOME GOODIES



It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat.

~ Theodore Roosevelt

Birthdays

| | |
|---------------------------|-----------------|
| <i>Cathy Cox</i> | <i>April 7</i> |
| <i>Margaret Dunn</i> | <i>April 15</i> |
| <i>Sharon Worthington</i> | <i>April 18</i> |
| <i>Sandy Jacobs</i> | <i>April 29</i> |
| <i>Elaine Huttenloch</i> | <i>April 29</i> |

Anniversaries

| | |
|----------------------------------|-----------------|
| <i>Lois & Harry Hetz</i> | <i>April 2</i> |
| <i>Peggy & Cecil Webb</i> | <i>April 3</i> |
| <i>Bobby & Glema Balta</i> | <i>April 11</i> |
| <i>Dave & Gloria Lewis</i> | <i>April 14</i> |
| <i>Bob & Joan Cumberland</i> | <i>April 26</i> |

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RETURN SERVICE REQUESTED

