

DABC Wellness Bulletin - April 12, 2020 Update

The following document has been prepared by the HealthCare Team of the Dayton Avenue Baptist Church and in conjunction with the pastoral leadership of the church.

Thank you for your prayer support and understanding during a rapidly evolving situation as we make every effort to care for our members and where possible minister to the community. Pray that God will use this crisis to soften hearts to his gospel. Pray that we would have wisdom for each situation as it unfolds and not over or under-react.

First, out of an abundance of caution and in keeping with the governor's stay-at-home guidelines we have temporarily suspended our on-site programs and services in order to minimize the spread of any virus or contagions. We want to convey to our church that when it comes to your health, we are committed to keeping you as healthy as possible.

We are making every effort to remain connected with our congregation and will do all that we can to serve you through the use of interactive virtual media such as Zoom, Facebook and other social media platforms. If you believe you have a situation that requires help beyond these means, please contact the church office or one of the pastors. You may also check the church's website, with your LifeGroup or ministry leadership, or call the church office for updates.

We want to remind everyone of the importance of good health practices for the good of all.

This is especially important if you are working with older and younger populations. We also need to be especially cautious of those who may have suppressed immune systems.

Prevention

- Maintain social distancing (6 feet), avoid groupings of people.
- Wash your hands frequently with soap & water for at least 20 seconds (sing the ABC song or Happy Birthday song x2) and dry hands with a paper towel or air dry. If soap is unavailable, use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your face, eyes, nose or mouth with your hands unless washed.
- Avoid contact with people who are sick.
- Get adequate sleep and eat healthy.
- Limit touching of common surfaces (doorknobs, handrails, light switches, etc)
- Limit outings to essential-only needs in keeping with the governor's stay-at-home order (current orders found at the [Governor's website](#)).
- Cover your mouth & nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands. Put your used tissue in a wastebasket and wash your hands after coughing or sneezing.

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- Maintain an adequate supply of prescription and over-the-counter cold & flu medicines.

Fear and anxiety about the COVID-19 pandemic can be overwhelming and cause strong emotions.

- Stay grounded in God's Word.
- Talk with people you trust about your concerns and how you're feeling.
- Stay connected to your extended family and church family through phone calls and video chats. If you are not connected to a small group at our church and would be interested in joining one, please contact Pastor Traeger at rbtraeger@gmail.com.
- Take breaks from watching, reading, or listening to news stories and social media
- Take care of your body, eat healthy, well-balanced meals, exercise regularly, get plenty of sleep
- Make time to unwind, do activities you enjoy or try a new one
- Call your healthcare provider if stress gets in the way of your daily activities
- If you, or someone you care about, are feeling overwhelmed with sadness, depression, or anxiety, talk to someone, pray with your teacher or ministry leader or contact a pastor. In addition to these feelings, if you feel like you want to harm yourself or others call 911 or Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746 (TTY 1-800-846-8517).

How Long Do Coronaviruses Live on Surfaces? A simple chart to create awareness for personal safety.

The following information is from the Center for Disease Control

Who is at Higher Risk?

Older adults (65 years and older) and people who have serious chronic medical conditions. Including:

- Heart disease or serious heart conditions
- Diabetes, renal failure, or liver disease
- Cancer
- Chemotherapy treatment
- People who live in a nursing home or long-term care facility
- People with chronic lung disease or moderate to severe asthma
- People who are immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, prolonged use of corticosteroids and other immune weakening medications
- People of any age with severe obesity (body mass index, BMI, >40)

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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.

How It Spreads:

- The best way to prevent illness is to avoid being exposed to the virus
- The virus is thought to spread mainly from person-to-person between people who are in close contact and through respiratory droplets (coughs and sneezes).
- Touching any part of your face with your hands unwashed

If you are at **higher risk** of getting very sick from COVID-19, you should:

- [Stock up on supplies.](#)
- 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, contact your pharmacist.
- 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](#) 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. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- [Avoid crowds](#) as much as possible.
- Avoid [cruise travel](#) and non-essential air travel.

Watch for symptoms and emergency warning signs

- Pay attention to 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

Consider viewing these helpful websites:

- OH Dept of Health (<https://coronavirus.ohio.gov/wps/portal/gov/covid-19/home>)
- Johns Hopkins (<https://coronavirus.jhu.edu/map.html>)
- CDC (<https://www.cdc.gov/coronavirus/2019-ncov/index.html>)