

What You Need to Know About Coronavirus

KENDAL® *at Home*

The United States has declared a public health emergency in response to the novel coronavirus (COVID-19) outbreak. Researchers from the Centers for Disease Control and Prevention (CDC) are monitoring the outbreak but expect cases to grow in the United States. The CDC recommends you prepare for the spread of the virus and know what coronavirus symptoms to watch for.

What is Coronavirus (COVID-19)?

Coronaviruses are a family of viruses that can cause mild illness like the common cold to more severe diseases like Middle East Respiratory Syndrome (MERS) or Severe Acute Respiratory Syndrome (SARS), according to the World Health Organization (WHO).

A novel coronavirus is a new coronavirus strain that hasn't been previously identified in humans. Coronaviruses are transmitted between animals and humans.

How is Coronavirus Spread?

Because COVID-19 is a new virus, experts are still learning exactly how it's spread. They do, however, know it spreads from person to person via close contact (within 6 feet) of an infected person. The virus spreads through respiratory droplets when an infected person coughs or sneezes.

Though it's possible to contract the virus by touching a surface with the virus on it and then touching your mouth, nose or eyes, this is not thought to be the main way it spreads. To decrease your risk of contracting the virus, health organizations recommend regularly washing your hands with soap and water for at least 20 seconds. If you don't have access

to soap and water, use an alcohol-based hand sanitizer with at least 60% alcohol.

What are the Symptoms of Coronavirus?

Symptoms for COVID-19 have ranged from mild illness to more severe symptoms, according to the CDC. Common symptoms that usually appear within two to 14 days after exposure usually include:

- Fever
- Cough
- Shortness of breath

The WHO reports that the most common symptoms of coronavirus are fever, a dry cough and tiredness. The organization also notes that some people may experience muscle aches, diarrhea, runny nose or nasal congestion, or sore throat.

WHO notes that older adults or those with underlying medical conditions like high blood pressure, heart problems or diabetes are more likely to develop serious illness, which can include difficulty breathing.

If you develop a fever, cough or shortness of breath, seek medical attention.

How Likely Am I to Catch Coronavirus?

WHO, the United States has 33,404 reported cases of COVID-19 as of March 24.

So, how likely are you to catch COVID-19? Your risk depends on where you live and where you have traveled, according to WHO. If you do not live in an area where several people have been diagnosed or have traveled to an area where an outbreak is active, your risk of

contracting the virus is low.

How to Protect Yourself

Aside from following the handwashing recommendations, WHO suggests:

- Maintain a distance of at least 3 feet from a person who is coughing or sneezing
- Avoid touching your eyes, nose or mouth
- Cough or sneeze into your elbow or a tissue, rather than your hand
- Stay home if you feel unwell

Stay informed of the latest COVID-19 developments from health organizations like the CDC, WHO and your local health departments.

And those masks you've probably seen people wearing? Don't waste your money, says the U.S. Surgeon General. Face masks should be reserved for those who are actively ill or those who are caring for a sick person. Simply wearing a mask while you're in public won't provide any benefit.

Kendal at Home is staying updated on the latest developments and working closely with all Home Care providers to be sure proper infection control procedures are being followed. Kendal at Home encourages all members to make sure they have had their flu shots. The flu shot will not protect you from the coronavirus, but the risk from influenza is still quite high.

For reliable and up-to-date information visit:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html> or <https://www.who.int>

8 Coronavirus Myths to Know

Sipping water every 15 minutes can prevent the coronavirus. Men should be clean-shaven to reduce the risk of contracting the coronavirus.

If you've been online or used social media recently, you've likely been inundated with information about the coronavirus (COVID-19) like the examples above. Unfortunately, information like this doesn't help protect you from the coronavirus, and in some cases can cause harm.

Here are some common coronavirus myths and the truth behind each claim.

Myth No. 1: Sipping Water Every 15 Minutes Helps Protects Against Coronavirus

The Truth: The thought behind this myth is that drinking water frequently will wash away any viral particles that get into your mouth or throat. While sipping water frequently will help keep you hydrated, it won't provide protection against viruses. Dr. William Schaffner, an infectious-diseases expert at Vanderbilt University, says: "We always caution anyone healthy and people who are sick to keep up fluid intake and keep mucus membranes moist. It makes you feel better; there is no clear indication that it directly protects you against complications."

Similarly, the World Health Organization (WHO) notes that regularly rinsing your nose with saline spray does not provide protection against the virus.

Myth No. 2: Men Should Be Clean-Shaven To Avoid Contracting The Coronavirus

The Truth: An old image from the CDC has been making the rounds online with claims that the organization recommends people should be clean-shaven to avoid contracting the virus. The organization released the graphic in 2017, and the CDC has made no such facial hair claim specific to the coronavirus. Of the graphic in question, a spokesperson for the CDC said it “was developed several years ago and is intended for professionals who wear respirators for worker protection. CDC does not recommend the routine use of respirators outside of workplace settings (in the community).”

Myth No. 3: Surgical Masks Help Protect You Against Coronavirus

The Truth: As noted in our previous post, wearing a surgical mask in public will not protect you against the coronavirus. You should only use a mask if you are actively ill or if you are caring for someone who is ill.

Myth No. 4: Colloidal Silver Is Effective Against The Coronavirus

The Truth: Colloidal silver — or any homeopathic remedy — has not been proven to be effective in preventing or treating the coronavirus.

Myth No. 5: It's Unsafe To Receive Packages from China

The Truth: WHO says it's safe to receive items from China. The coronavirus does not survive on items like packages or letters.

Myth No. 6: Eating Garlic Can Help Prevent Coronavirus

The Truth: While garlic does have antimicrobial properties, there is no evidence to suggest that eating it will protect against coronavirus.

Myth No. 7: Antibiotics Are An Effective Coronavirus Treatment

The Truth: Antibiotics are only effective in treating bacterial infections, not viruses. If you or someone you know is hospitalized with the coronavirus, you may receive treatment with an antibiotic to help prevent a co-infection from bacteria, according to WHO.

Myth No. 8: There Are Specific Medications To Treat Or Prevent The New Coronavirus

The Truth: At this time, there is no specific medication recommended to treat or prevent coronavirus. Medications are given for supportive care like fever reduction. There are some treatments being researched and they will be tested through clinical trials, according to WHO.

If you have questions about the new coronavirus, contact your doctor or local health department. Updates about the spread of the virus can be found via the CDC and WHO.

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Be the first to know the latest healthy aging and brain health tips and news. Sign up via email at

www.KendalAtHome.org/KAH-newsletter-signup

Why the Coronavirus Pandemic is More Dangerous for Older Adults

Older adults and people with underlying conditions like lung disease, diabetes and heart diseases are about twice as likely to develop serious outcomes if they contract the coronavirus (COVID-19), according to the Centers for Disease Control and Prevention (CDC).

But that doesn't mean you're powerless in the face of this pandemic. By following recommendations set forth by your physician and local and national health authorities, you can help keep yourself and your loved ones safe.

Here, we'll examine why the coronavirus is more dangerous for older adults and how you can stay safe.

Why is the Coronavirus More Dangerous for Older Adults?

Older adults are more susceptible to the coronavirus for two main reasons, according to Immunologist Vineet Menachery, University of Texas Medical Branch:

- Older adults are more likely to have underlying conditions that hinder the body's ability to cope and recover from an illness.
- As we age, our immune response changes.

"As you get older, your lungs are not as elastic or as resilient as when you're younger. Those kinds of things, coupled with any kind of health issue you might have, trend toward this loss of airway function and respiratory function," he explained.

How to Reduce Your Risk

First, remain calm. The CDC recommends you keep extra supplies — at least two weeks worth — on hand (like necessary medications or any medical supplies you might need) in case there is an outbreak in your community. Remember, wearing face masks and hoarding supplies like hand sanitizer and cleaning products, is unnecessary and puts others at risk.

You also may want to have a few supplies like fever reducers or tissues on hand if you do get sick to help you recover at home. Also, the CDC notes you'll want to have enough food on hand if you need to stay at home for a period of time, especially if there's an outbreak in your community.

Everyday precautions can help reduce your risk of getting sick. These include things like:

- Avoiding close contact with sick people
- Washing your hands for at least 20 seconds before you eat, after you return from a public place and if you blow your nose
- Not touching your face
- Disinfecting regularly used items
- Avoiding crowds
- Avoiding non-essential travel including cruises and long plane trips

Information for Caregivers

If you're caring for someone who is at higher risk for complications from the virus, you'll want to ensure you're familiar with their medications. And like the tips above, you'll want to make sure the person you're caring for has enough medication and medical supplies on hand to last at least two weeks.

Most importantly, notes Dr. Nancy Messonnier, director of the National Center

for Immunization and Respiratory Diseases, a division of the CDC, you'll want to have a plan if they get sick or you get sick.

If you get sick, you may have to identify backups to care for the person.

What to Do if You Get Sick

If you have questions about symptoms you're experiencing or you've been in contact with someone who has tested positive for the virus, it's recommended you call your doctor's office instead of going into the office. This will help stop the spread of the virus and your doctor can advise you on the next steps.

Get Your Household Ready With These Tips

The CDC recommends that people actively ill with coronavirus stay home, wear face masks and frequently wash their hands to reduce the spread of the virus. The organization also recommends isolating yourself in one room of your home and, if possible, using your own bathroom.

If you live alone and become ill, communicate with others via phone and email. Ask others to periodically check on you as you may need help.

Coronavirus Testing

If you need to get a coronavirus test, you may be wondering if Medicare will cover the cost. According to Seema Verma, administrator at the Centers for Medicare and Medicaid Services (CMS), you can receive a test with no cost-sharing. Verma also noted that private insurers are preparing to cover the cost of testing.

Additionally, Medicare Part D would cover a coronavirus vaccine if one becomes available, Verma said.

Coronavirus Warning Signs to Watch For

Though the majority of COVID-19 cases have not been serious, if you develop any of these symptoms, seek emergency medical attention:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or the inability to wake
- Bluish lips or face

If you experience any symptoms that are concerning to you, contact your doctor.

Frequently Asked Questions About the Coronavirus (COVID-19)

Is it Possible to Spread the Virus Before Showing Symptoms?

Experts are still working to understand exactly how the novel coronavirus spreads, but Dr. Nancy Messonnier, director of the National Center for Immunization and Respiratory Diseases, a division of the CDC, reports that while it is possible that someone can be asymptomatic and test positive for COVID-19, the data shows that it is people with active symptoms that are most capable of transmitting the virus.

What is the Incubation Period for Coronavirus?

New data suggests the median incubation period for the virus is 5 days with 97% of people developing symptoms within 11 days. If you've been exposed to someone with coronavirus and have passed the 14-day mark without symptoms, you're not going to get sick.

Can I Contract COVID-19 if I Enter a Room an Exposed Person Has Been In?

While it's possible, Admiral Brett Grior, MD, Assistant Secretary of Health at the U.S. Department of Health and Human Services, notes it's an extremely low-risk situation. For reference, a high-risk exposure would be standing right next to a person who had a fever and was coughing.

Not all exposures are equal, says Grior. If you had a high-risk exposure, he says you should talk to your doctor.

Will Warmer Weather Stop the Spread of Coronavirus?

It's unknown if weather and temperature impact the spread of COVID-19.

Can Coronavirus Be Spread Through Food or Frozen Food?

Coronavirus is spread via the respiratory route (coughing, sneezing). There is no evidence to suggest that COVID-19 is transmitted through food. Coronavirus does not survive well on surfaces so "there is likely very low risk of spread from food products or packaging that are shipped over a period of days or weeks at ambient, refrigerated, or frozen temperatures," according to the CDC.

How Can I Tell the Difference Between Coronavirus and Flu?

Respiratory viruses have many symptoms that often overlap. Because of this, Dr. Messonnier notes there is no way to distinguish early symptoms of COVID-19 from the flu. What can help you distinguish between the symptoms is if there is an outbreak of coronavirus in your community or if you have been exposed to someone who has tested positive.

If you have questions about any respiratory symptoms, call your doctor.

How is a Person Tested for COVID-19?

The current test for COVID-19 in the United States can't be analyzed in your doctor's office. If your doctor wants to test you, they have to request a test kit and the test has to be run in a public health or CDC lab. Testing is similar to that for flu — a swab of your nose or mouth. If someone is seriously ill, fluid samples can be taken from the lung.

Can I Still go to Public Gatherings (i.e Church, Concerts)?

While the decision to attend public gatherings is personal, the CDC has noted that attending large gatherings when there is an outbreak is risky. The organization has advised groups not hold events in excess of 50 people for the next eight weeks. For church services the same advice applies even though they may be smaller gatherings. If you do attend church, Admiral Grior suggests avoiding hugging or shaking hands, avoiding participation in communion offerings and practicing social distancing.

Avoid COVID-19 Social Isolation with These Resources

The spread of coronavirus (COVID-19) has prompted the cancellation of events and closures of businesses and gyms, movie theaters and libraries. As of March 18, states across the country have banned large of people, and the CDC has advised that events with more than 50 people be postponed.

Many people are practicing social distancing by staying at home, and with the closure of many public places, there's not much else people can do. However, the isolation

and loneliness caused by self-quarantining and social distancing can quickly become overwhelming. And while it might not seem like it, loneliness and isolation can have profound effects on your physical and mental health.

To help reduce the loneliness you might feel during this time, here are several free online events and tips to help you stay connected:

Virtual Zoo and National Park Visits

- [Home Safaris from the Cincinnati Zoo](http://cincinnati-zoo.org/news-releases/cincinnati-zoo-is-bringing-the-zoo-to-you)
<http://cincinnati-zoo.org/news-releases/cincinnati-zoo-is-bringing-the-zoo-to-you>
- [Cleveland Zoo Resources](https://www.cleveland19.com/2020/03/17/cleveland-metroparks-zoo-offering-free-online-biology-classes-children-during-coronavirus-school-shutdown)
<https://www.cleveland19.com/2020/03/17/cleveland-metroparks-zoo-offering-free-online-biology-classes-children-during-coronavirus-school-shutdown>
- <https://www.facebook.com/ClevelandMetroparksZoo>
- [Tour National Parks Virtually](https://totallythebomb.com/heres-33-national-park-tours-you-can-take-virtually-from-the-comfort-of-your-home)
<https://totallythebomb.com/heres-33-national-park-tours-you-can-take-virtually-from-the-comfort-of-your-home>

Lifelong Learning

- [Course Audit Program from Case Western Reserve](https://case.edu/seniorauditprogram)
<https://case.edu/seniorauditprogram>
- [Lifelong Learning Courses from Ohio Higher Ed](https://www.ohiohighered.org/students/lifelong-learning)
<https://www.ohiohighered.org/students/lifelong-learning>
- [Cleveland Museum of Art Distance Learning](https://youtu.be/buYPIWzeUE)
<https://youtu.be/buYPIWzeUE>
- [PBS Learning Media](https://ideastream.pbslearningmedia.org)
<https://ideastream.pbslearningmedia.org>

Fitness & Mindfulness

- [Do Yoga with Me](https://www.doyogawithme.com)
<https://www.doyogawithme.com>
- [Daily Silver Sneakers Meditation](https://youtu.be/l3Uw0UscjyE)
<https://youtu.be/l3Uw0UscjyE>

Grocery/Restaurant Delivery

- [Grocery store delivery options](https://spoonuniversity.com/lifestyle/grocery-store-delivery-options)
<https://spoonuniversity.com/lifestyle/grocery-store-delivery-options>
- [How to Use Instacart](https://www.wikihow.com/Use-Instacart%27s-Shopper-App)
<https://www.wikihow.com/Use-Instacart%27s-Shopper-App>
- [How to Use UberEats](https://www.wikihow.com/Use-UberEATS)
<https://www.wikihow.com/Use-UberEATS>
- [DoorDash](https://www.doordash.com)
<https://www.doordash.com>

Movies and TV

- [Movies to stream](https://www.aarp.org/entertainment/television/info-2020/movies-to-stream-while-stuck-at-home)
<https://www.aarp.org/entertainment/television/info-2020/movies-to-stream-while-stuck-at-home>
- [Amazon Prime Video](https://www.primevideo.com)
<https://www.primevideo.com>
- [Netflix](https://www.netflix.com)
<https://www.netflix.com>
- [Hulu](https://www.hulu.com)
<https://www.hulu.com>
- **Mental Health**
- [Taking Care of Your Behavioral Health](https://store.samhsa.gov/system/files/sma14-4894.pdf)
<https://store.samhsa.gov/system/files/sma14-4894.pdf>
- [Taking Care of Your Mental Health](https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty)
<https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty>

- [Helping Families Cope](https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf)
https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf
- [Reducing Your Stress During an Outbreak](https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html)
https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html

If you're in crisis or need immediate help, the National Suicide Prevention Lifeline is available 24/7 at 1-800-273-8255. You can also chat on site.

<https://suicidepreventionlifeline.org>

Stay up to date with the latest coronavirus closures and news by visiting the CDC or WHO and by following your state and local health departments.

Other Resources for Ordering Groceries, Food Delivery & Medications by Mail

- [CVS Mail-Order Rx](https://www.cvs.com/content/delivery/shop-online)
https://www.cvs.com/content/delivery/shop-online
- [Walgreens](https://www.walgreens.com/rx-settings/home-delivery-pharmacy)
Walgreens is now allowing pick up through the drive-through for store items as well as prescriptions. They are also waiving delivery service fees for qualified prescriptions

<https://www.walgreens.com/rx-settings/home-delivery-pharmacy>

- [Kroger Delivery](https://www.kroger.com/i/ways-to-shop/delivery)
https://www.kroger.com/i/ways-to-shop/delivery
[Giant Eagle Curbside Express](https://www.gianteagle.com/in-store-services/curbside-express)
https://www.gianteagle.com/in-store-services/curbside-express
- [Shipt Grocery Delivery](https://www.shipt.com/grocery-delivery)
https://www.shipt.com/grocery-delivery
- [Instacart](https://www.instacart.com/)
https://www.instacart.com/
- [Crow's Catering Lorain, OH](https://www.facebook.com/crowscatering.net/)
https://www.facebook.com/crowscatering.net/
- [Fligner's](https://www.mercato.com/shop/fligners-market)
https://www.mercato.com/shop/fligners-market
- [Heinen's](https://www.heinens.com/Shop-Online)
https://www.heinens.com/Shop-Online
- [Amazon](https://www.amazon.com/Grocery-Gourmet-Food)
https://www.amazon.com/Grocery-Gourmet-Food
- [Whole Foods](https://www.wholefoodsmarket.com/grocery-delivery-and-pickup)
https://www.wholefoodsmarket.com/grocery-delivery-and-pickup
- Fresh Thyme online ordering is temporarily suspended
- [Meal Delivery](https://www.consumersadvocate.org/meal-delivery/a/best-meal-delivery)
https://www.consumersadvocate.org/meal-delivery/a/best-meal-delivery
- [Meals on Wheels](https://www.mealsonwheelsamerica.org)
https://www.mealsonwheelsamerica.org