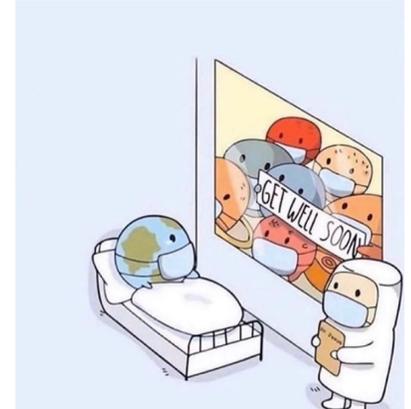

TIPS FOR STAYING HEALTHY... AND AT PEACE

Corona in perspective

Dear Brothers and Sisters:

The coronavirus is understandably frightening, because the world has not yet encountered such a virus-and that leads to a lot of misinformation, panic, and perhaps some denial, which in turn could be dangerous for you or for someone you love. The medical community is

learning more and more about this virus...so we now have some facts to guide us.



I have tried to summarize a few major points below. Also, and most importantly, I have linked a conversation by a New York physician who is on the front lines of the battle. I found his comments very reassuring and helpful. His original video was 58 minutes. An abridged version later became available and I have also included a link to that version, and a link to the CDC webpage.

Your chance of getting infected is virtually zero if:

- ◆ After touching objects outside of your home that are commonly used by others (door knobs, elevator buttons, car doors, etc.) you immediately use a hand sanitizer. Wash and sanitize your hands immediately when you arrive home.
- ◆ Strictly avoid touching your nose, mouth or eyes.
- ◆ Maintain 'social distancing' (6 feet) and allow only individuals with whom you are living into your home.

- ◆ Regularly sanitize areas of your home where people outside your home have regular access (outer door knobs, mailbox, light switches).
- ◆ If someone is sick, stay away from them.
- ◆ If you have a special medical condition that may make you more vulnerable to infection, talk to your healthcare provider.
- ◆ Until we see when this virus ‘peaks’ in our communities, it probably makes sense to handle your groceries and deliveries with special precautions:
<https://www.youtube.com/watch?v=sjDuwc9KBps>

A few additional comments.....

- ◆ If you feel sick (fever, body/muscle aches, cough, or sore throat), isolate yourself and contact your healthcare provider.
- ◆ I think the concept of ‘Herd Immunity’ can be misunderstood. Later, after a vaccine is available, or individuals have recuperated from the virus, we can again congregate without risk. However, designating a group of people outside of your home with whom you feel safe because they are ‘careful’ will significantly increase your risk of getting the virus. Risk of exposure compounds outside of your own household.
- ◆ Reading the various infection, death, and recovery rates each morning on the internet adds very little to what we actually know about our personal risk of infection. These statistics may give a general idea about the virus, but are uniformly unreliable. As testing becomes widely available, the only statistic that matters is the persistent reduction of new cases in Minnesota.

We can effectively reduce our risk of acquiring this virus. That is reassuring, and as with other new infections, the world will recover. I believe this is also a time for tremendous grace, as we each reach outside of ourselves and share the Lord's gift of love and generosity. We have been called for such a time as this.

God bless you and yours.

Craig

Links:

Hour long discussion from a New York intensive care physician:

<https://vimeo.com/399733860?1&ref=fb-share&fbclid=IwAR0Y0QcpEoCAzXG8bQHM8lsZHgGYsqFvCaBJtlj6BdpjECw152lNIKnAmLY>

Abbreviated version:

<https://www.youtube.com/watch?v=Qwx3JMRTz8U&authuser=0>

Centers for Disease Control (CDC) website:

<https://www.cdc.gov/>

