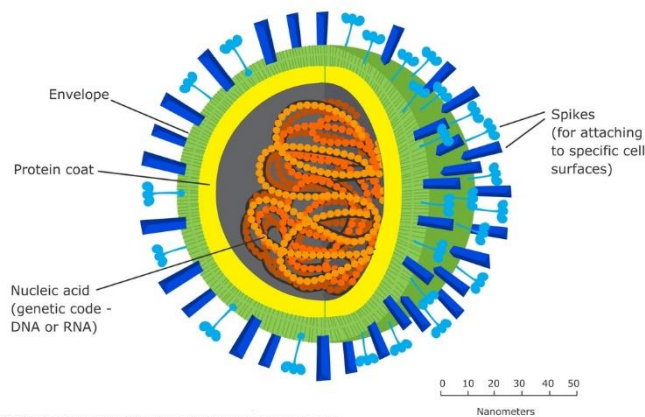


Covid- 19 or SARS-COV2

By now, you might be Covid-19 fatigued and do not want to hear anymore. I do agree with you to a point. That point is the degree of knowledge this virus continues to advance and keeping up is nearly a daily struggle. I decided to write our newsletter with one major caveat which is that this information needs frequent updating and it is important to read sources that are trusted and reliable to print only information based on science and current research.

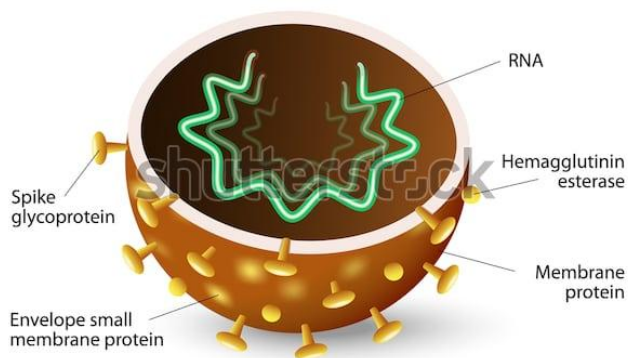
What is a Virus and why the name Covid-19?

A submicroscopic, non-cellular structure consisting of a core of DNA or RNA surrounded by a protein coat, that requires a living host cell to replicate, and often causes disease in the host organism. It is not even a living organism and needs a living host in order to increase in number.



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CORONAVIRUS



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Covid- 19 or SARS-COV2

First described in detail in the 1960s, the coronavirus gets its name from a distinctive corona or 'crown' of sugary-proteins that projects from the envelope surrounding the particle. This was called a novel or new virus in 2019 and the SAR in the second name is for Severe Acute Respiratory Syndrome(SARS) which is caused by droplet with the virus affecting the lungs.

Why the Precautions and Social or Physical Distancing Measures?

Covid-19 is shared on average of 2-3 persons by every infected person. Compared with seasonal flu is one person. The peak shedding of this virus occurs at the onset of symptoms but you can have the virus and not have symptom of an average of incubation period was estimated to be 5.1 days (95% CI, 4.5 to 5.8 days), and 97.5% of those who develop symptoms will do so within 11.5 days (CI, 8.2 to 15.6 days) of infection. What this means is that you can spread the disease from 5-11 days before you have symptoms. A virus needs a living host and it goes from person to person mostly by being close to an infected person who sneezes or coughs. Scientists found that severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) was detectable in aerosols for up to three hours, up to four hours on copper, up to 24 hours on cardboard and up to two to three days on plastic and stainless steel. The results provide key information about the stability of SARS-CoV-2, which causes COVID-19 disease, and suggests that people may acquire the virus through the air and after touching contaminated objects. So that is the reason to keep the 6 feet distance if possible from others, why the frequent hand washing for 20 seconds and disinfecting surfaces especially plastic and stainless steel. Take some time, 30 minutes or so and note all the surfaces you touch everyday. Then remember we touch our face, mouth, and nose frequently and do not realize we are doing so especially if stressed. One study of students found that on average, each of the 26 observed students touched their face 23 times per hour. Of all face touches, 44% (1,024/2,346) involved contact with a mucous membrane, whereas 56% (1,322/2,346) of contacts involved non-mucous areas. Of mucous membrane touches observed, 36% (372) involved the mouth, 31% (318) involved the nose, 27% (273) involved the eyes, and 6% (61) were a combination of these regions.

Covid- 19 or SARS-COV2

I did not want to list out the measures of precautions that we hear all the time but to give some background as to why those measures are now in place. Experience with other viruses show that we can reduce the spread, limit the number of persons becoming infected and not put our health care system in crisis. It is known that 15 to 25% will have the severe form and 5% will need intensive care. Death increase greatly for those over age 69 so ages 70-79 have an 8-12% of death and those 80+ have a 15-20% of death and increased risk for those with hypertension, cancer or diabetes.

I hope you find this helpful and adds to your understand why the church is making the decisions it has made.

References:

Schwartz, Brian, Babik, Jennifer, et. al. *Notes from Covid 19 update, 3-18-2020, UCSF Grand Rounds, Infectious Disease Department.*

Am J Infect Control. 2015 Feb;43(2):112-4. doi: 10.1016/j.ajic.2014.10.015.

Face touching: a frequent habit that has implications for hand hygiene.

Kwok YL¹, Gralton J¹, McLaws ML².

<https://www.ncbi.nlm.nih.gov/pubmed/25637115>

Site for more information:

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

<https://www.nih.gov/health-information/coronavirus>

<https://www.health.state.mn.us/diseases/coronavirus/index.html>

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