



*Hear His Voice, Experience His Presence, Feel His Power*

<https://burlingtonphiladelphianc.adventistchurch.org/>

## Philadelphia Seventh Day Adventist Church, Burlington, NC Response to Coronavirus (COVID-19) and Infection Control

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### Church Services/Events

- The following church services have been suspended until further notice to manage the concerns about transmission of COVID-19.
  - No church meet-and-greet time during service
  - No hand shaking during or after service
  - No Baptisms
  - No Communions
  - No Potlucks
  - No Revivals/Week of prayers
  - Shortened Sabbath School service
  - No extended church services
  - As a safety precaution, parishioners 60 years-old and older as well as those who may have underlying health conditions are advised to NOT come to church.
    - You may watch services from the comfort of your home
      - go to Youtube.com and type 'Burlington Philadelphia Seventh-day Adventist Church' in the search bar
    - <https://www.youtube.com/channel/UChzYU7X0ZCBucLbBD2OWVTQ>

### Church procedures/tools in place to manage infectious diseases at church

- Church custodial maintenance includes use of Centers for Disease Control (CDC) approved cleaning and disinfectants items in use weekly or more often as needed.
- Availability of hands-free hand sanitizers in church and in fellowship hall
- Availability of lotion and wipes for after hand sanitizer use
- All bathrooms supplied with soap, warm water, lotion, and disposable paper towels
- Availability of “sanitize your cell phone” station using alcohol-based sanitizer
- Availability of Diabetes Emergency Kits (DEK) for low blood sugar emergencies (ask an usher)
  - Glucose gel, juice, hard candy. Glucose test strips and meter for use
- SNIC Kits available (ask an usher)
  - SNIC Kits = **S**omeone **N**eeds **I**nfection **C**ontrol Kit (*patent pending*)
    - Level 1: pack tissues, 1 alcohol-based hand sanitizer wipe, 1 zipper bag for used tissues
    - Level 2: 2 pack tissues, 2 alcohol-based hand sanitizer wipes, 2 zipper bag for used tissues

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## Infection Control

### When to wash your hands

- After blowing your nose, coughing, or sneezing
- After using the restroom
- Before eating or preparing food
- After contact with animals or pets
- Before and after providing routine care for another person who needs assistance (e.g. a child)

### Proper Hand Washing

- Wash with WARM water and basic unscented or natural soap for at least 20-25 seconds. Recite the ABC song or Psalms 23.
- Dry hands completely using a paper towel to dry hands, to turn off water faucet and to exit door in public restrooms
  - this removes any residual bacteria still on hands after washing. Viruses are much smaller than bacteria; this process takes them away as well
- Keep hands moisturized. Dry cracked hands, lips or other exposed skin is an opening in your first layer of defense-the skin. (PROTECT YOUR SHILED)

### Proper use of hand sanitizers

- Continue rubbing in hand sanitizer for at least 20-25 seconds.
- Don't stop too soon and shake your hands off to dry. You need the rubbing action to allow the alcohol or benzalkonium chloride to kill bacteria, fungi and some viruses



### **AT HOME:**

#### Use of Disinfectants:

- Bleach (sodium hypochlorite)
  - Do not mix with ammonia containing products
  - DO NOT mix with other bleach containing cleaning products
  - DO NOT USE splashless or scented bleach products. Only regular bleach or regular concentrated bleach is suitable for disinfection
  - Use appropriate ventilation during use, especially for those with respiratory sensitivities
  - CHECK THE EXPIRATION DATE!
  - Use Soap and warm water for cleaning then disinfect with bleach solution
  - Wear gloves. Ensure good ventilation
  - Dilute bleach as indicated on the bottle.
    - 5 tablespoons (1/3 cup) bleach per gallon of water or
    - 4 teaspoons bleach per quart of water
    - Apply and let sit on surface for 2-3 minutes. Rinse with plain water
    - Discard any leftover diluted bleach solution after 24 hours. The effectiveness is less after that time.
- In the Laundry
  - Wash clothing in warmest water suitable for the items.
  - Dry in warmest setting available to you
- In the Kitchen:
  - soap, warm water, white vinegar

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- In the air:
  - 70% alcohol (avoid the 50% found at \$1 type stores-not enough alcohol to be effective)
  - Seventh Generation essential oil-based disinfectant sprays (thymol, eucalyptus, citrus)
  - Room diffuser with essential oils: spearmint, sage, eucalyptus, thymol
  - Steam vaporizer

**Do I have Coronavirus or something else?**

This symptoms list is a guide. If you feel unwell, contact your health provider to see if a medical visit is warranted. If you have Teladoc services, you may use that to verify your symptoms may need medical intervention.

Just because it might not be coronavirus, it still could be serious depending on your health and immune status. If something does not feel right, contact your physician. If you are in distress, call 911.

**Symptoms Checker**

Common cold	Influenza (flu)	Current Coronavirus (COVID-19)	Allergies
Itchy eyes	Fever	Fever	Itchy/watery eyes
Stuffy nose	Fatigue	Fatigue	Stuffy nose
Sneezing	Body aches	Body aches	Congestion
Coughing	Cough	Dry Cough	Sneezing
Sore throat	Respiratory issues	Shortness of breath	Skin irritation
	Vomiting	History of recent travel	Runny nose
	Diarrhea	Exposure to someone with COVID-19	
		Been on a cruise ship recently	

**For when you need to stay home and rest and heal but need things**

**Grocery /staples delivery options if you cannot leave home or stores out of stock**

- Wal-Mart home delivery
  - Shop online. Choose a convenient delivery time and location. No markups on your items with the same prices found in stores.  
<https://grocery.walmart.com/locations/delivery/>
- Amazon [www.amazon.com](http://www.amazon.com)
  - Toilet paper, paper towels, facial tissues, 70% alcohol, disinfectant wipes, CDC disinfectant cleaners
- Food Lion  
<https://www.foodlion.com/homedelivery>

**Medication delivery options if you cannot leave home**

- CVS.com
- Check your insurance provider for delivery option information
- Ask your regular pharmacist for delivery options

People with diabetes, compromised immune systems due to illness or medication side effects should be especially careful and ready. Steroids reduce the immune response to treat chronic inflammatory conditions. Read the exerts from the American Diabetes Association listed below.

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For more tips on natural remedies and ways to fortify your immune system with nutrition, read the Take Back Tour Health Ministry Newsletter Coronavirus and You Feb 1 2020.  
<http://www.thetakebacktour.com/brochures.html>

REFERENCE: <https://www.diabetes.org/diabetes/treatment-care/planning-sick-days/coronavirus>

## Colds, viruses and COVID-19 for those with Diabetes

**The American Diabetes Association, in a statement from February 28, also notes that, “In general people with diabetes face greater risks of complications when dealing with viral infections like flu, and that is likely to be true with COVID-19.”**

## COVID-19 (Coronavirus)

The CDC has determined that COVID-19 is a serious public health threat.

In general people with diabetes face greater risks of complications when dealing with viral infections like flu, and that is likely to be true with COVID-19.

Recommended safety precautions are the same as for flu, such as frequent hand washing and covering coughs and sneezes with a tissue or your elbow. The CDC does not recommend the use of face masks by people who are not infected.

We encourage people with diabetes to follow the guidance of the CDC and to review how you manage sick days.

Preparing for a sick day can make it easier.

### **Before you get sick, make a plan:**

- **Gather your supplies:**
  - Phone numbers of your doctors and healthcare team, your pharmacy, and your insurance provider
  - List of medications and doses (including vitamins and supplements)
  - Simple carbs like regular soda, honey, jam, Jell-O, hard candies or popsicles to help keep your blood sugar up if you are at risk for lows and too ill to eat
  - If a state of emergency is declared, get extra refills on your prescriptions so you do not have to leave the house
  - Always have enough insulin for the week ahead, in case you get sick or cannot refill
  - Extra supplies like rubbing alcohol and soap to wash your hands
  - Glucagon and ketone strips, in case of lows and highs
- **Talk to your healthcare team about the following:**
  - When to call your doctor's office (for ketones, changes in food intake, medication adjustments)
  - How often to check your blood sugar
  - When to check for ketones
  - Medications you should use for colds, flu, virus, and infections
  - Any changes to your diabetes medications when you are sick

### **If you get sick, some common tips are as follows and may vary for each person:**

- Drink lots of fluids. If you're having trouble keeping water down, have small sips every 15 minutes or so throughout the day to avoid dehydration.

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- If you are experiencing a low (BG below 70 mg/dl or your target range), eat 15 grams of simple carbs that are easy to digest like, honey, jam, Jell-O, hard candy, popsicles, juice or regular soda, and re-check your blood sugar in 15 minutes to make sure you are coming up. Check your blood sugar extra times throughout the day and night (generally, every 2-3 hours, with a CGM, monitor frequently)
- If your blood sugar has registered high (BG greater than 240mg/dl) more than 2 times in a row, check for ketones to avoid DKA.
- Call your doctor's office immediately, if you have medium or large ketones (and if instructed to with trace or small ketones).
- Be aware that some CGM sensors (Dexcom G5, Medtronic Enlite, and Guardian) are impacted by Acetaminophen (Tylenol). Check with finger sticks to ensure accuracy.
- Change your lancet every time you check your blood sugar.
- Wash your hands and clean your injection/infusion and finger-stick sites with soap and water or rubbing alcohol.
- **When you call your doctor:**
  - Have your glucose reading available
  - Have your ketone reading available
  - Keep track of your fluid consumption (you can use a 1-liter water bottle) and report
  - Be clear on your symptoms (for example are nauseated? Just a stuffy nose?)
  - Ask your questions on how to manage your diabetes

**A reminder: If you have diabetes, you have legal rights that do not go away during a health crisis like COVID-19.**

- Even in a pandemic, you have the right to reasonable accommodations at work, which could include medical leave or alternate work arrangements.
- Your child's Section 504 Plan should include accommodation for extra sick days without penalty. This would apply if your child is sick or if you choose to keep him or her home from school to avoid contagion with COVID-19.
- People with diabetes who are incarcerated or in police custody are entitled to appropriate and adequate medical care, and their medical needs may change during infectious disease outbreaks.

If you are concerned you are being treated unfairly because of your diabetes, contact us to seek help from our Legal Advocacy team.

**For more information, please call 1-800-DIABETES (800-342-2383).**

For reliable timely information on the status of the outbreak, visit the following sites

- Centers for Disease Control <https://www.cdc.gov/>
- Department of Homeland Security <https://www.dhs.gov/>
- World Health Organization <https://www.who.int/>
- US Department of Labor (includes OSHA) <https://www.dol.gov/>

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