

GRACE EVANGELICAL CHURCH

Policy and Procedure for Individuals with Contagious/Infectious Diseases

Influenza (Flu), Coronavirus (COVID-19), other Respiratory Infections/Colds, and any other Contagious Diseases:

What do I do if I Feel Sick?

1. Stay home or call a health care provider if your symptoms are severe.

A. Do not come to Grace Evangelical Church or other public gathering venue. The purpose is for you to rest and get well while protecting your friends at Church from a potential contagious disease.

B. Weekly sermons can be viewed from the GEC website in both audio and video formats. www.indygrace.org

C. Call the Church Office for prayer and other non-medical services that you may need assistance. Office hours are in the directory.

D. If you are seriously ill with a medical emergency, call 911 and tell the dispatcher about your symptoms and recent travel history.

2. When you call a health care facility, you will be asked about your risks for COVID-19. Questions to determine your risk of COVID-19 infection.

A. In the last 28 days, have you traveled outside of the continental United States?

B. Have you traveled to China, Japan, South Korea, Italy or Iran, or a community where the coronavirus is spreading?

C. Have you had close contact with someone diagnosed with COVID-19, the disease caused by the new coronavirus? (Close contact means having been within 6 feet of that person for an extended time, or being exposed to their cough or sneeze.)

D. Do you have a fever, a cough or difficulty breathing?

E. Has a public health officer/physician said you were potentially exposed to COVID-19?

3. Practice frequent hand hygiene and respiratory etiquette

- A. If you do leave your home to go to a care facility, wear a mask/covering so your coughs and sneezes are less likely to infect others. (Masks are NOT recommended for healthy people in the general population.)
- B. Wash your hands thoroughly (for at least 20 seconds) after sneezing, blowing your nose, coughing or using the bathroom, and before preparing or eating food.
- C. If you cough or sneeze, do so into the bend of your elbow with a disposable tissue in the fold, or with a tissue in your hands, and then throw the tissue away immediately afterward. As stated in (B) immediately wash your hands.
- D. At home, clean often-touched surfaces such as doors and doorknobs, cabinet handles, bathroom hardware, tabletops, phones, tablets and keyboards regularly with disinfectant.

4. Stay Calm

The possibility of having a contagious illness can create anxiety, but doctors, nurses and other caregivers are learning more about COVID-19 every day. They are working together with national and international agencies to identify and provide care to patients while avoiding spread of the illness in the community. Most individuals infected with COVID-19 have a mild transient infection.

There's a lot of information circulating about Coronavirus Disease 2019 (COVID), so it's important to know what's true and what's not. [Lisa Maragakis, M.D., M.P.H.](#) senior director of infection prevention at John Hopkins, has provided this information to help keep you and your family healthy and safe.

TRUE or FALSE? A vaccine to cure COVID-19 is available.

False.

True: There is no vaccine for the new coronavirus right now. Scientists have already begun working on one, but developing a vaccine that is safe and effective in human beings will take many months.

TRUE or FALSE? You can protect yourself from COVID-19 by swallowing or gargling with bleach, taking acetic acid or steroids, or using essential oils, salt water, ethanol or other substances.

False.

True: None of these recommendations protects you from getting COVID-19, and some of these practices may be dangerous. The best ways to protect yourself from this coronavirus (and other viruses include: Washing your hands frequently and thoroughly, using soap and hot water. Avoiding close contact with people who are sick, sneezing or coughing. In addition, you can avoid spreading your own germs by coughing into the crook of your elbow and staying home when you are sick.

TRUE or FALSE? The new coronavirus was deliberately created or released by people.

False.

True: Viruses can change over time. Occasionally, a disease outbreak happens when a virus that is common in an animal such as a pig, bat or bird undergoes changes and passes to humans. This is likely how the new coronavirus came to be.

TRUE or FALSE? Ordering or buying products shipped from China will make a person sick.

False.

True: Researchers are studying the new coronavirus to learn more about how it infects people. As of this writing, scientists note that most viruses like this one do not stay alive for very long on surfaces, so it is not likely you would get COVID-19 from a package that was in transit for days or weeks. The illness is most likely transmitted by droplets from an infected person's sneeze or cough, but more information is emerging daily.

TRUE or FALSE? A face mask will protect you from COVID-19.

False.

True: Certain models of professional, tight fitting respirators (such as the N95) can protect health care workers as they care for infected patients.

For the general public without respiratory illness, wearing lightweight disposable surgical masks is not recommended. Because they don't fit tightly, they may allow tiny infected droplets to get into the nose, mouth or eyes. Also, people with the virus on their hands who touch their face under a mask might become infected.

People with a respiratory illness can wear these masks to lessen their chance of infecting others. Bear in mind that stocking up on masks makes fewer available for sick patients and health care worker's who need them.

Coronavirus Disease 2019 versus the Flu (Influenza)

Influenza “the flu” and COVID-19, the illness caused by the new coronavirus, are both infectious respiratory illnesses. Although the symptoms of COVID-19 and the flu can look similar, the two

illnesses are caused by different viruses.

Similarities: COVID-19 and the Flu (Influenza)

- A. Both cause fever, cough, body aches, fatigue; sometimes vomiting and diarrhea.
- C. Both can be mild or severe, even fatal in rare cases. Symptoms may develop within 14 days of exposure to an infected person.
- C. Both can result in pneumonia.

Transmission

While both the flu and COVID-19 may be transmitted in similar ways, there is also a possible difference: COVID-19 might be spread through the airborne route, meaning that tiny droplets remaining in the air could cause disease in others even after the ill person is no longer near.

Antiviral Medications

COVID-19: Antiviral medications are currently being tested to see if they can address symptoms.

Flu: Antiviral medications can address symptoms and sometimes shorten the duration of the illness.

Vaccine

COVID-19: No vaccine is available at this time, though it is in progress.

Flu: A vaccine is available and effective to prevent some of the most dangerous types or to reduce the severity of the flu.

Infections

COVID-19: Approximately 115,997 cases worldwide; 761 cases in the U.S. as of March 10, 2020.

Flu: Estimated 1 billion cases worldwide; 9.3 million to 45 million cases in the U.S. per year.

Deaths

COVID-19: Approximately 4,087 deaths reported worldwide; 27 deaths in the U.S., as of March 10, 2020.

Flu: 291,000 to 646,000 deaths worldwide; 12,000 to 61,000 deaths in the U.S. per year.

The COVID-19 situation is changing rapidly. Since this disease is caused by a new virus, people do not have immunity to it, and a vaccine may be many months away.