

COVID-19 Pandemic Update



Coronavirus Disease 2020

Health Ministry Spotlight
Voice of Hope SDA Church
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COVID-19 Review

- Virus that spreads mainly from person-to-person in close contact (within ~ 6 feet). 3 time more contagious than the flu.
- Respiratory air droplets of an infected person land in another person's eyes, nose, mouth or inhaled into the lungs.
- breathing, talking, coughing,



COVID-19 PANDEMIC

How is the virus transmitted?



If the droplets land on surfaces, the virus may survive for as long as 24 hours on cardboard and up to 3 days on stainless steel and plastic, according to a recent study.



Choir practice in Washington State turns deadly

Skagit Valley Chorale

- 60 members
- practiced social distancing
- sanitized hands
- 45 infections
- 3 hospitalizations
- 2 deaths



COVID-19 Review

Asymptomatic COVID (+) people can spread the virus, infecting others.



COVID-19 Review

- Fever, cough, shortness of breath
- Attacks the lungs, heart, kidneys, liver, vascular (clots, strokes, headaches), gastrointestinal, ocular, and nervous systems (seizures, loss of taste & smell)
- Can lead to multi-organ failure

Higher risk categories for severe illness from COVID-19

- Age 65 and older
- Chronic Lung Disease/Asthma (moderate-to-severe)
- Severe obesity
- Chronic kidney disease on dialysis
- Diabetes
- Nursing home or LTC facility residents
- Immunocompromised (incl. smoking, cancer, organ transplants, poorly controlled HIV/AIDS, immunosuppressing medications)
- Liver disease
- Heart disease

COVID-19 STATS (as of May 1, 2020)

www.coronavirus.health.ok.gov

	Confirmed Cases	Deaths	Recoveries
US	1,103,461	64,943	164,015
OK	3,748	230	2,467

COVID-19 and Ethnic Minority Groups



COVID-19: Minorities are disproportionately affected

CDC data including race/ethnicity:

- Out of 580 hospitalized COVID-19 patients:
 - 45% white (55% population)
 - 33% black (18% population)
 - 8% Hispanic (14% population)



Factors that Influence Racial and Ethnic Minority Group Health

Socioeconomics

- Living Conditions, densely populated
- Residential housing segregation>>> health disparities, live further from grocery stores and medical facilities
- Underlying medical conditions (HTN, Heart, Obesity, Diabetes)
- Lack of high quality, affordable healthcare



Factors that Influence Racial and Ethnic Minority Health

Critical workers in essential industries (service)

- Grocery & convenience stores
- Janitors/housekeeping
- Hospital workers
- Transportation industry
- Food plants



Plant-based diet!!!



CDC Guidelines - Practice social distancing at 6ft

Avoid shaking of hands/hugging/kissing/close talking



CDC Guidelines – Wear mask in public, ages 2 & up



CDC Guidelines – Wash hands frequently X 20 seconds
Avoid touching eyes, nose, & mouth



A close-up photograph of a person's hands holding a small, colorful, textured object, possibly a piece of fabric or a small toy, against a dark background. The hands are positioned in the lower half of the frame, with fingers gently gripping the object. The object has a mix of pink, yellow, and white colors with a fibrous or woven texture. The background is dark and out of focus, with some light reflecting off the person's skin and the object.

Psalm 46:1-2

God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea.