

In Light of the COVID-19 Event

Precautions to observe

We have been asked many questions lately on what to do and how to protect yourself against this virus.

1. Observe Personal “social spacing” of 6 feet (2 meters) up to 18 Ft from others.
2. Do not panic if you do get sick, call your doctor for advice. Do not necessarily go to the emergency room, as you may infect people who are already more sick people than you or those who are more vulnerable than you, call first. **FMH COVID Hotline 458-2888.**
3. **Call 1-907-646-3322 or <http://covidvax.alaska.gov/> to schedule a vaccination. For information on the 13 interior COVID testing sites or vaccination locations, see our webpage MCPFairbanks.com**
4. Remember this is an airborne disease. Wear a Mask, at minimum cover your mouth, when coughing and remind those around you to do the same. This virus can be spread through contact with eyes, nose, or mouth. Less likely via physical objects, like surfaces. Coughing/Sneezing can atomize the droplets and can cause it to spread a wider area the infection to others. So covering both your nose and mouth is important.
5. N95 Masks are helpful to keep from spreading the virus further. But multiple layers are best. To be most effective, the mask would have to be a full face shield with sealed gaps around the perimeter. Gaiter or neck scarfs or thin single layers have been found to be lacking effectiveness.
6. Masks maybe ineffective to prevent viral infections, as even the **N95 mask** have pore sizes of **3 microns**. The **viruses** can be **1 micron, 0.3 micron, to 0.1 microns in size**. Therefore, 3, 10, to 100 viruses can pass through the pore unrestricted. Though they do not prevent viral passage through the mask, but still **may provide** 5 times more protection over wearing no mask at all. Multi-layers is best. (swiss cheese theory). Try not to use the N95 mask with a valve. They provide unfiltered exhalations, You will infect others. **Do not use the valved type** of masks or gaiters (Throat tubes).
7. The best thing that you can help yourself.
 1. Wash your hands before you touch your face. 2) Wear (any) mask.
 2. Unless you wash your hands first.
 1. Do not touch your eyes
 2. Do not touch your nose
 3. Do not touch your mouth
 - A. Wash your hands with regular soap and water (not necessarily anti-bacterial soap) frequently and before you touch your eyes, nose, or mouth.
 - B. **Important:** Wash for at least **20 seconds** with regular soap under running water, sing the “Happy Birthday song” or “Twinkle, Twinkle Little Stars” twice, or count to 20. Pay attention to all surfaces of your hands, including your thumbs, seems even health care workers forget their thumbs and when tested we can find germs there still.
 - C. **If you use Alcohol sanitizers, keep wet and rub 30 seconds** or sing Happy Birthday **3 times**.
 - D. Clean working surfaces, viruses can live 1-3 days depending on surface type.
8. We have a Probiotic with Elderberry and 2 Mushroom-based products that can boost your own immune response to better fend off and defend you from infections and they maybe an important adjunct in preventing or reducing the intensity and duration of infections. Stop by and ask us about it

Mask Usage: We have talked previously about the use of Face masks, social distancing (6 feet apart), and Proper Frequent washing of hands before touching your face, eyes, nose, and mouths. Keeping up these habits, it is having an effect on the spread of COVID19.

As with all attitudes and procedures, they will and should change with changing developments, based on new information and knowledge.

On the subject of home-made masks, While, they in theory will not prevent the virus penetrating the mask, they seem to magnify the effects of social distancing, by up to 5 times. **Therefore, we have come to the conclusion, and now believe how important it is to wear any mask at all times, social space yourself, and wash your hands frequently, especially after touching the mask. So keep wearing any mask. Any mask is better than wearing no mask at all.**

To Fairbanks, Alaska, and the nation, keep up the good work, This strategy seems to be working, do not stop, as we are still in the fight.

It seems, **they are discovering** that the **N95 masks with the valves** to make it easier to breath, but allows unfiltered exhalation, therefore if you are infected **you can spread the virus.**

Therefore, **do not use the valved kind of masks, many places and airlines ban use of them.**

Try to save the N95 masks for the health professionals on the frontlines, taking care of the most sick of our community.

Wash your homemade fabric mask with normal detergents in hot water (>133F), it is **not** recommended that you add either bleach or peroxide (not Both) to the wash, because it wears the fabric out (makes it thinner), so it reduces it's capacity to filter air. Best to wash normally and dry or sanitize with high heat (20min), iron the mask, or place in low heat in the oven (10min) if possible, daily

If you are a health care provider with a homemade fabric mask wash after 2 hours of use.

	Distance traveled
Exhalation can spray spittle (droplets)	1.5 m (4.9 ft)
Coughing	2 m (6.6 ft)
Sneeze	6 m (19.7 ft)

Disinfectants should remain on the surface to be cleaned moist for 30 seconds to 4 minutes.

Also, cleaning agents or disinfectants **should never** be injected into the body, it could kill you.

Wash your hands before handling. and After opening containers, plastics or cans.

Handle your food properly:

Wash your hands proper (20 seconds) before handling food and before eating.

COVID-19 can be killed when exposed to proper cooking of temperatures over 158F.

Represented by Sauteing over medium heat or slow-cooker on Low (209F) are thought to be acceptable methods.

If it is cooked above 158F (20 minutes) it should be sufficient.

As far as Fresh Fruit and produce

If eaten fresh (without cooking) then wash first under running cold water only (20 seconds), you may peel the outside layer. It is **not recommended** to use any soap, disinfectant, or to use dilute vinegar or bleach as it can drive/carry contaminants into fruit/produce.

Vaccinations:

The FDA panel that makes recommendations, and now the FDA itself, have approved boosters shots for all 3 vaccines available in the US. To be given 6 months after the 2nd vaccinations for Pfizer and Mederma, and after the 1st Dose of the J&J vaccine. Eligible recipients are those older than 12 years of age, (5-12 years coming soon), those especially encouraged to get vaccinated are those with cormorbidities, immunosuppressed diseases, and cancer. The FDA has also approved mixing brands of vaccines. Please get vaccinated, currently COVID hospitaliations are composed of 90% unvaccinated individuals, and 95% of those dying are unvaccinated. Vaccinations can protect you, and reduce your risk of dying. Please, protect yourself, and those around you, wear a mask. It helps you and your community.