



COVID- 19 What Does it Mean to You?

As I write this we are a nation under attack. Not by a force we can see but by a microscopic coronavirus that has panicked a world. The Center for Disease Control (CDC) is responding to an outbreak of respiratory illness caused by a novel (new) coronavirus. The outbreak first started in Wuhan, China, but cases have been identified in a growing number of other locations internationally, including the United States. In addition to CDC, many public health laboratories are now testing for the virus that causes COVID-19.

As the nation's response to the coronavirus pandemic evolves — disrupting daily life from coast to coast — there are those who would attempt to profit from others. The Food and Drug Administration (FDA) has sent out the following **MedWatch Safety Alert**:

TOPIC: Fraudulent Coronavirus Tests, Vaccines and Treatments: Consumer Update

AUDIENCE: Consumer, Patient, Health Professional, Risk Manager

ISSUE: Some people and companies are trying to profit from this pandemic by selling unproven and illegally marketed products that make false claims, such as being effective against the coronavirus.

These fraudulent products that claim to cure, treat, or prevent COVID-19 have not been evaluated by the FDA for safety and effectiveness and might be dangerous to you and your family. The FDA has also seen unauthorized fraudulent test kits for COVID-19 being sold online.

BACKGROUND: Because COVID-19 has never been seen in humans before, there are currently no vaccines to prevent or drugs to treat COVID-19 approved by the FDA. Currently, the only way to be tested for COVID-19 is to talk to your health care provider.

RECOMMENDATION:

- The FDA advises consumers and health professionals to be cautious of websites and stores selling products that claim to prevent, treat or cure COVID-19.
- Do not take any form of chloroquine unless it has been prescribed for you by your health care provider and obtained from legitimate sources.
- If you have symptoms of COVID-19, follow the **Centers for Disease Control and Prevention's guidelines** and speak to your health care provider. Your health care provider will advise you about whether you should get tested and the process for being tested in your area.

Consumers and health care providers can help by reporting suspected fraud to the FDA's Health Fraud Program or the Office of Criminal Investigations at **FDA-COVID-19-Fraudulent-Products@fda.hhs.gov**.

The **CDC** has issued the following:

Know How it Spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Take steps to protect yourself:

Clean your hands often

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol.** Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Avoid close contact

- **Avoid close contact** with people who are sick
- Put **distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

Take steps to protect others

Stay home if you're sick, except to get medical care.

Cover coughs and sneezes: **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.

- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Wear a facemask if you are sick: You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room.

- **If you are NOT sick:** You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.

Clean and disinfect

- **Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.

To disinfect:

Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface.

Options include:

- **Diluting your household bleach.**
To make a bleach solution, mix:
 - 5 tablespoons (1/3rd cup) bleach per gallon of water
OR
 - 4 teaspoons bleach per quart of water

Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.

- **Alcohol solutions.**
Ensure solution has at least 70% alcohol.

STAY HEALTHY MY FRIENDS!

Notice 2020-20; Federal income tax filing and payment relief on account of Coronavirus Disease 2019 (COVID-19) emergency. This notice provides relief in addition to the relief provided in Notice 2020-18, issued on March 20, 2020. In this notice, the Treasury Department and IRS are providing relief to all taxpayers who have Federal gift (and generation-skipping transfer) tax returns and payments due on April 15, 2020. The April 15, 2020 deadline is postponed to July 15, 2020. Associated interest, additions to tax, and penalties for late filing or late payment will be suspended until July 15, 2020.

Strength in Unity!

The Voice of the Enlisted

Lady Sunny Wirth

Grand Knight