TOTAL WELLBEING NEWSLETTER

CORONAVIRUS, SOCIAL DISTANCING & SELF-QUARANTINE

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Now that the new coronavirus and COVID-19, the illness it causes, are spreading among communities in the United States and other countries, phrases such as "social distancing," "self-quarantine" and "flattening the curve" are showing up in the media.

What do they mean, and how might they apply to you, your family and your community?

What is social distancing?

While it may be disappointing to hear that so many sports events, cruises, festivals and other gatherings are being canceled, there is a public health reason for these measures. These cancellations help stop or slow down the spread of disease allowing the health care system to more readily care for patients over time.

Canceling events that are likely to draw crowds is an example of social distancing. Social distancing is deliberately increasing the physical space between people to avoid spreading illness. Staying at least six feet away from other people lessens your chances of catching COVID-19.

Other examples of social distancing that allow you to avoid larger crowds or crowded spaces are: Working from home instead of at the office, closing schools or switching to online classes, visiting loved ones by electronic devices instead of in person, and canceling or postponing conferences and large meetings.

> Working on the right thing is probably more important than working hard.
>
> - Caterina Fake

Quotes sourced from Self By Design

April's Book Recommendation

Station Eleven

by
Emily St. John Mandel

After a swine flu pandemic wipes out most of the world's population, a group of musicians and actors travel around newly formed settlements to keep their art alive. In following the troupe's journey, Emily St. John Mandel showcases the impact of the pandemic on all of their lives. The novel, a 2014 National Book Award finalist, weaves together characters' perspectives from across the planet and over several decades to explore how humanity can fall apart and then, somehow, come back together.

What is self-quarantine?

People who have been exposed to the new coronavirus and who are at risk for coming down with COVID-19 might practice self-quarantine. Health experts recommend that self-quarantine lasts 14 days. Two weeks provides enough time for them to know whether or not they will become ill and be contagious to other people. You might be asked to practice self-quarantine if you have recently returned from traveling to a part of the country or the world where COVID-19 is spreading rapidly, or if you have knowingly been exposed to an infected person. Self-quarantine involves: Using standard hygiene and washing hands frequently, not sharing things like towels and utensils, staying at home, not having visitors, and staying at least 6 feet away from other people in your household. Once your quarantine period has ended, if you do not have symptoms, follow your doctor's instructions on how to return to your normal routine.

What is isolation?

For people who are confirmed to have COVID-19, isolation is appropriate. Isolation is a health care term that means keeping people who are infected with a contagious illness away from those who are not infected. Isolation can take place at home or at a hospital or care facility. Special personal protective equipment will be used to care for these patients in health care settings.

What is "flattening the curve?"

A large number of people becoming very sick over the course of a few days could overwhelm a hospital or care facility. Too many people becoming severely ill with COVID-19 at roughly the same time could result in a shortage of hospital beds, equipment or doctors.

On a graph, a sudden surge in patients over a short time could be represented as a tall, narrow curve.

On the other hand, if that same large number of patients arrived at the hospital at a slower rate, for example, over the course of several weeks, the line of the graph would look like a longer, flatter curve.

In this situation, fewer patients would arrive at the hospital each day. There would be a better chance of the hospital being able to keep up with adequate supplies, beds and health care providers to care for them.

Lessening Coronavirus Impact

It's important to know what to do if you feel sick. The coronavirus pandemic is making everyone aware of handwashing and protecting others from coughs and sneezes. Along with those essential steps, practices such as social distancing, and self-quarantine and isolation when appropriate can slow the rate of infection in a city, town or community.

The pandemic can seem overwhelming, but every person can help slow down the spread of COVID-19. By doing your part, you can make a big difference to your health, and that of others around you.

For more information or advice, contact eni online at:

www.eniweb.com

World Health Organization Public Service Announcement

DO THE FIVE

Help Stop Coronavirus

1. **HANDS** Wash them often

2. **ELBOW** Cough into it

3. **FACE** Don't touch it

4. **SPACE** Keep safe distance

5. **HOME** Stay if you can