

## Dispelling myths about Covid-19

Last week, an Arizona man died and his wife was hospitalized after ingesting a form of chloroquine, “a chemical that has been hailed recently by President Trump as a possible ‘game changer’ in the fight against the novel coronavirus”.

This tragic event is only one of many incidents that can be attributed to misinformation dispensed by people at best, seeking to encourage a frightened population and, at worst, looking to profit from public fear. Several small (30 people or fewer) studies in other countries have shown mixed results from chloroquine or hydroxychloroquine, but there are toxic side effects that make further studies imperative before any recommendations for use by the public.

There are other myths you may read about or hear and the World Health Organization (WHO) has identified and responded to several:

- Covid-19 virus can be transmitted in all areas, including hot and humid climates. Adopt protective measures if you live in or travel to an area reporting Covid-19.
- Cold weather and snow cannot kill the new coronavirus and taking a hot bath will not prevent you from catching the virus. Human body temperature remains the same regardless of the external temperature or weather.
- To date, there is no evidence to suggest the virus can be transmitted by mosquitoes. The new coronavirus is a respiratory virus which spreads primarily through droplets generated when an infected person coughs or sneezes or through droplets of saliva or discharge from the nose.
- Hand dryers are not effective in killing Covid-19. To protect yourself, wash your hands with soap and water or clean with an alcohol-based hand rub.
- Thermal scanners are effective in detecting people who have developed a fever. They do not detect the source of the fever and cannot detect those who have been infected but who do not show symptoms yet.
- Spraying alcohol or chlorine all over your body will not kill viruses that have already entered your body. Such substances can be harmful to clothes

or mucous membranes and should be used to disinfect surfaces under appropriate recommendations.

- Vaccines against pneumonia, such as pneumococcal vaccine and Haemophilus influenza type B vaccine, do not provide protections against the new coronavirus. Researchers are working on a vaccine against Covid-19 but it will take many months before such a vaccine is available.
- There is no evidence that rinsing the nose with saline, taking small sips of water, eating garlic or taking Vitamin C has protected people from infection with the new coronavirus.
- People of all ages can be infected by the novel coronavirus. Older people and those with pre-existing medical conditions appear to more vulnerable to becoming severely ill with the virus.
- Antibiotics and antibacterial soap do not work against viruses, only bacteria. Covid-19 is caused by a virus and is not susceptible to treatment with antibiotics, however, if you are hospitalized, you may receive antibiotics since bacterial co-infection is possible.

## Expanding Service

Due to the potentially expanded need caused by the COVID-19 epidemic, North Fork Senior Connections is offering services to North Fork residents of any age. This will be for the duration of Gov. Polis’s lockdown order. Our number is available on the Town of Paonia website as well as Crawford and Hotchkiss, and has been given to Brian Ayers, Delta County volunteer coordinator. We will attempt to fill requests for telephone check-in, grocery and medication pick-up, and take-out meal deliveries. We will not do anything that involves going into people’s houses - it will be a drop-off service. For the protection of the public and our volunteers, the volunteers will not be asked to handle money - be it cash, check or credit card. For example, the requestor can order online and pay in advance for City Market in Hotchkiss, then the volunteer can pick up the order at the curb. Don’s Market can take credit card information over the phone once the volunteer has done the shopping.

April 2020

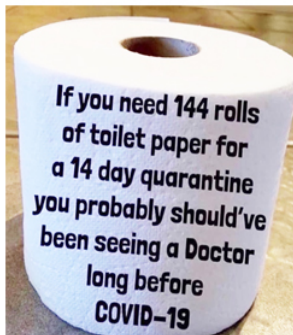


NEWS

## Board of Directors

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Shared from the Internet:



## Senior Lunch at the Trading Post

Chrys Bailey is offering a take-out version of her locally sourced, organic healthy lunch program on two Fridays this month, April 10th & 24th. This is a full meal with soup, salad and a main dish and possibly dessert available to seniors for a donation of \$15. (People willing to pay a little more to cover a meal for someone who cannot afford it are encouraged to do so). Chrys has plates and jars for take-out but welcomes donations. Please **RSVP to Chrys by texting her at 970-417-2299 or email: [Chrys@acsol.net](mailto:Chrys@acsol.net)** so she knows how much food to prepare. Then, on Friday, go to the Trading Post and fill out an order form between 12:30 and 1:30 pm. Chrys and helpers will fill your containers while you wait or have them ready for pick up.

## April Birthdays



### Happy Birthday to:

Marion Stewart - 4/5	Phyllis Swackhamer - 4/23
Bruce Woodside - 4/10	Liz Bucy - 4/23
Marjorie Bryson - 4/13	Jan Simmons - 4/28
Lynn Mattingly - 4/21	Kathy Thompson - 4/28

## Combating the virus with creativity & humor

Some folks are finding that physical distancing is firing up their creative juices. From our own Betsy Marston comes this poem entitled, "Virus".

Vivid illness, you've got my number  
I know you're not far off  
Retreat is all I can muster, as  
Ubiquitous, you stalk me with calm intent  
Surrounded by beauty, I fight you with solitude

Submit your poem, song, limerick, cartoon, short story, . . . and we'll publish it in the next newsletter.

## Delayed Events

- **Stepping On Fall Prevention Series**  
Scheduled to start April 6th - delayed until Senior Center reopens (probably May)
- **Aging Creatively Senior Programs**  
Scheduled to begin April 2nd - delayed until May
- **Wills, Trusts & Estate Planning**  
Scheduled for April 28th - delayed until Hotchkiss library and Memorial Hall reopen, probably June.

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