

Covid-19 virus

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This is some information about the covid-19 virus that might be helpful. The information comes from a variety of sources but not facebook.

What is a novel coronavirus?

Novel coronavirus are a large family of viruses that cause illness ranging from the common cold, Sars to covid-19. Covid-19 is a new infectious disease to us. It is also a disease that likes winter (cold weather), it does not like warm weather (but it can infect you in the summer). It causes respiratory illness (like the flu). It can lead to pneumonia.

There are no drugs or vaccines available to protect us. Those who say they have a cure, do not have one, even if they are on TV or facebook.

People who are in extreme danger are children and the elderly and those who have weakened immune systems.

How is it spread?

This virus is spread in large respiratory droplets (technical name for the wet stuff) that comes by coughing and sneezing or just talking. This means that air will not infect you. But surfaces where the droplets land are infectious for a week on average. The virus lands on surfaces, but you will not be infected unless you touch a contaminated surface, then your face by your hands, or someone coughs or sneezes on you directly, hence the six foot rule.

The virus has cell receptors that attach to the lining of our lungs (meaning only your lungs can be infected). The only way the virus can infect you is through your nose or mouth via your hands, (touch something that has droplets of the virus on it) or being infected by someone coughing or sneezing into your face.

Prevention Methods

Avoid handshaking. Use the knuckle or elbow touch.

Use disinfectant wipes at stores, if available.

Wash your hands with soap for 10-20 seconds and/or use greater than 60% alcohol-based hand sanitiser when you are with people. Have hand sanitiser in your car. Always wash your hands when you return home from an outing. Never assume people are taking precautions.

Wearing disposable gloves when outside your home.

If you can, open doors with a tissue.

When you cough or sneeze use disposable tissue and discard. Remember the virus can live up to a week on clothing.

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Use zinc lozenges which have proven to be effective in blocking coronavirus (and most other viruses) from multiplying in your mouth and nasopharynx.

Drink water, if possible in public, a sip every 15 minutes or so. If the virus gets in your mouth, drinking water (and other liquids) will wash the virus down your throat and into your stomach where the stomach acid will kill the virus.

Disinfect phones, remote controls, keyboards, door knobs or other surfaces where a person can cough, sneeze or touch with hands each day.

Avoid gatherings of more than fifty people.

Common Signs of infection

Respiratory symptoms

Fever that gradually increases with time

Cough that gets worse over time

Shortness of breath and breathing difficulties

Information can be found at:

World Health Organization

novascotia.ca/coronavirus

canada.ca/coronavirus

811, call if are you sick

And I used advice from James Robb, MD, FCAP, a pathologist with knowledge of the coronavirus from the 1970's.