

St. Stephen Protomartyr Ukrainian Church

IEWS FROM THE PEWS | March 15/20

What You Should Know About COVID-19 (Novel Coronavirus)

St. Stephen's Church knows that you may be concerned about news of the novel coronavirus (COVID-19), and its implications for the health of you and your loved ones.

Please read below information that has been extracted from *novel Coronavirus FAQs for Public* issued by AHS Emergency Coordination Centre (ECC).

Parishioners are encouraged to stay up-to-date with the latest coronavirus information by visiting: ahs.ca/covid

Frequently Asked Questions about the Novel Coronavirus

What are the symptoms of COVID-19?

Patients with COVID-19 infection have reported mild to severe respiratory illness with symptoms of **fever**, **cough** and **difficulty breathing**.



Fever



Cough



Difficulty Breathing

Who is most at risk for becoming very sick with COVID-19?

Although most people who develop COVID-19 will experience mild illness, some individuals are more likely to become seriously ill. Older adults and people with medical conditions like **high blood pressure**, **diabetes**, **heart** disease, and **lung** disease appear to be at higher risk of becoming very sick.

How is COVID-19 treated?

Although there are no specific medications for COVID-19 at this time, the Alberta health care system is able to provide effective care for people who develop a serious COVID-19 illness. Currently, there is no vaccine to prevent the novel coronavirus infection. The best way to prevent infection is to avoid being exposed to this virus.

How is COVID-19 spread from person-to-person?

1. COVID-19 is believed to be spread mainly by **coughing, sneezing** or **direct contact** with a sick person or by **touching contaminated** objects or surfaces, then touching your eyes, nose or mouth.
2. COVID-19 is not airborne and cannot spread through the air over long distances or times, like the measles.



Who should be evaluated for COVID-19?

People who develop a **fever** and/or **cough** or **difficulty breathing** should be evaluated for COVID-19 if, within 14 days before symptoms began, **they met any of the following criteria**

1. Travelled anywhere **outside** of Canada; OR
2. Had close contact* with a **confirmed** or **probable** case of COVID-19; OR
3. Had close contact* with a person with acute **respiratory illness** who was in mainland **China, Hong Kong, Singapore, Iran, South Korea, Japan** or **Italy** in the 14 days before their illness; OR
4. Had laboratory exposure to biological material (e.g. primary clinical specimens, virus culture isolates) known to contain COVID-19 virus.

Anyone meeting above criteria should **avoid contact with others** and call **Health Link 811** for advice. You will be directed to a health care facility if it is necessary.

If you are not seriously ill, **do not** go to a physician's office, a health care facility or a lab without consulting with Health Link first.

*** A close contact is defined as a person who:**

1. Provided care for the individual, including **healthcare workers**, **family** members or other **caregivers**, or who had other similar close physical **contact** with the person **without** consistent and appropriate use of personal protective **equipment**;
OR
2. **Lived** with or otherwise had **close prolonged contact** (within **2 metres**) with the person while the person was infectious; OR
3. Had direct contact with infectious bodily fluids of the person (e.g. was coughed or sneezed on) while not wearing recommended personal protective equipment.

How can I protect myself and my family from COVID-19?

To help protect against all respiratory illnesses, including the flu and COVID-19, you should:

1. **Wash your hands** often and well.
2. **Avoid touching your face, nose, or mouth** with unwashed hands.
3. **Avoid close contact** with people who are **sick**
4. Clean and **disinfect surfaces** that are frequently touched
5. Stay at **home** and away from others if you are feeling ill
6. When sick, cover your cough and sneezes and then wash your hands.



Wash your hands frequently and thoroughly, using soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water aren't available.



Cough or sneeze into a tissue or flexed elbow, then throw the tissue in the trash.



Avoid touching your eyes, nose or mouth with unwashed hands.



Avoid close contact with people who are sick, sneezing or coughing.



Stay home when you are ill.



Clean and disinfect surfaces and objects that people frequently touch.

Do Not Fear, For I am With You

COVID-19 has been officially declared a pandemic by World Health Organization. Global fear and anxiety is gripping the world as number of cases grow each day. As Christians we ought to stay informed, prepared but most importantly we have to be strong and have a strong foundation in our faith. Our first and foremost step in dealing with the current situation is to **PRAY** and **trust in God**. For it is written “**So do not fear, for I am with you; Do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand**” (*Isaiah 41:10*).

Please find the time to pray for all those who have been directly or indirectly impacted by COVID-19.

May Lord Jesus Christ protect all you and your loved ones.

Bishop David's Directive from the Eparchy of Edmonton

These additional Liturgical norms are to be followed:

- Stay at home and away from others if you are feeling ill (particularly the elderly as they are most vulnerable).
- Refrain from kissing icons and hand crosses.
- Offer the Kiss of Peace at the Divine Liturgy by simply bowing to each other.
- The Divine Eucharist will be distributed using individual wooden utensils (*to be incinerated after use*). When you approach, open your mouth as wide as possible, and do not allow your lips or tongue to touch the utensil.

Prayer During the Coronavirus Outbreak

Lord, Our God, we thank you for the life that is your gift, for the providence that sustains us, and for your wisdom that directs the course of our days.

The threat of an infection of coronavirus is upon us today. This disease causes fear among us and has claimed lives. We humbly beg you, loving Lord, dispel our fear and deliver us from this and other diseases.

Heal those who are afflicted and stop the spread of the virus. Strengthen us in charity to care for one another. For You are a God of mercy, kindness, and love, and we glorify You Father, Son, and Holy Spirit, now and for ever and ever. Amen.