

Covid-19 Task Force

With the goal of maintaining/improving the spiritual and physical health of St Michaels and All Angels parish during this difficult time, Father David Cox and Senior Warden, Addrianne Conway formed the Covid-19 Task Force as advisory to him, the staff and vestry. Members appointed included Suzi Drury, Deacon, Susan Pingleton, MD and Linda Campbell, MD.

Task Force Recommendations include spiritual support to the parish with valid educational content through a variety of venues. It is anticipated that regular Task Force communication will occur via Week-by-Week. Each communication will contain links to a resource page where expanded and more detailed information can be found. All you need to do is tap on the link and it will come up.

Coronavirus disease (COVID-19) is an infectious disease caused by a new virus. (*see resource page for specific links*). The disease causes respiratory illness with symptoms of cough, fever, and in more severe cases, difficulty breathing. You can protect yourself by washing your hands frequently, avoiding touching your face, and avoiding close contact (6 feet) with people. Flattening the case incidence curve is essential! Coronavirus disease spreads primarily through contact with an infected person when they cough or sneeze. It also spreads when a person touches a surface or object that has the virus on it, then touches their eyes, nose, or mouth. Most people infected with COVID-19 virus have mild disease and recover. "Mild" cases can include shortness of breath, severe cases require hospitalization and at times mechanical ventilation. Although initial data suggested this was primarily a disease of "older" population, clearly young adults are also affected. There is no specific treatment at this time, but many therapies are being evaluated.

Kansas is currently under Mandatory Stay at Home Order. Consequences of social isolation include mental health problems, substance use, and violence increase. Bishop Cathleen sent a resource that she thought would be helpful at this time. (*see resource page*). Please review, reach out to listed organizations if assistance needed. Other St Michael's initiatives are currently being evaluated.

The future is unknown. The resource page contains link to a potential road map. More information to follow.

General Information:

General information about corona virus:

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

How corona virus spreads:

https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html?CDC_AA_refVal=https%3A%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Findex.html

Simulation of spreading corona and how to flatten the curve

<https://www.washingtonpost.com/graphics/2020/world/corona-simulator/>

Corona virus and young adults:

<https://www.theatlantic.com/ideas/archive/2020/03/young-people-are-not-immune-coronavirus/608794/>

Talking to children about corona virus:

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

<https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>

Corona virus in babies and children (from Johns Hopkins)

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-in-babies-and-children>

Consequences:

Social Isolation/Mental Health:

<https://mailchi.mp/episcopalrelief/covid-19-addressing-isolation-and-quarantine?e=b54108d3fd>

Corona and end of life discussions/conversations:

<https://www.nytimes.com/2020/03/27/opinion/covid-end-of-life.html>

<https://time.com/5812073/end-of-life-coronavirus/>

Future:

The future: National Coronavirus Response: A road map to reopening:

<https://www.aei.org/research-products/report/national-coronavirus-response-a-road-map-to-reopening/>

