

Walton Chronicle

Coronavirus—COVID-19

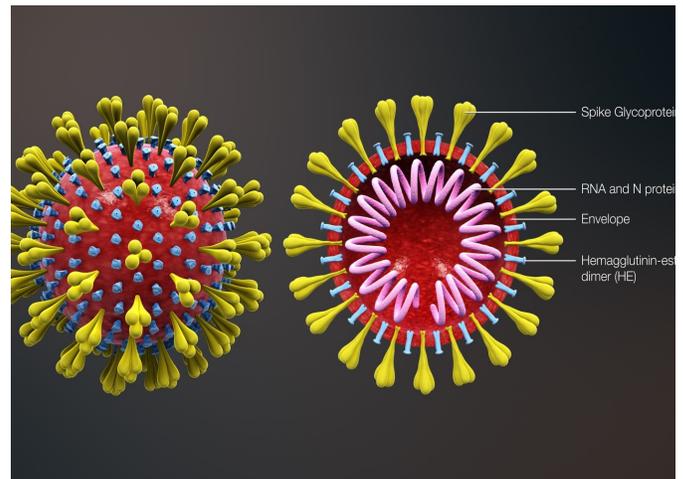
Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV).

Coronavirus disease (COVID-19) is a new strain that was discovered in 2019 and has not been previously identified in humans.

Coronaviruses are zoonotic, meaning they are transmitted between animals and people. Detailed investigations found that SARS-CoV was transmitted from civet cats to humans and MERS-CoV from dromedary camels to humans. Several known coronaviruses are circulating in animals that have not yet infected humans.

Common signs of infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

Standard recommendations to prevent infection spread include regular hand washing, covering mouth and nose when coughing and sneezing, thoroughly cooking meat and eggs. Avoid close contact with anyone showing symptoms of respiratory illness such as coughing and sneezing. <https://www.who.int/health-topics/coronavirus>



WCS is doing everything possible to limit the spread/ exposure of COVID-19 to its medically fragile/ Developmentally Disabled population. During this time there are no visitors permitted to enter the home, staff have all completed a questionnaire asking them about their recent possible exposure to the virus. WCS is staying on top of this developing virus as member health and safety is our PRIMARY concern.

Inside this issue:

coronavirus	2
COVID-19 Mythbusters	2-3
Handwashing	4
COVID-19 (DD population)	5-6
Pet Therapy	6
CAG	7
Birthdays/upcoming events	8

Coronavirus : COVID-19 Mythbusters

From the evidence so far, the COVID-19 virus can be transmitted in ALL AREAS, including areas with hot and humid weather. Regardless of climate, adopt protective measures if you live in, or travel to an area reporting COVID-19. The best way to protect yourself against COVID-19 is by frequently cleaning your hands. By doing this you eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose. \

Cold weather and snow CANNOT kill the new coronavirus.

There is no reason to believe that cold weather can kill the new coronavirus or other diseases. The normal human body temperature remains around 36.5°C to 37°C, regardless of the external temperature or weather. The most effective way to protect yourself against the new coronavirus is by frequently cleaning your hands with alcohol-based hand rub or washing them with soap and water.

Taking a hot bath does not prevent the new coronavirus disease

Taking a hot bath will not prevent you from catching COVID-19. Your normal body temperature remains around 36.5°C to 37°C, regardless of the temperature of your bath or shower. Actually, taking a hot bath with extremely hot water can be harmful, as it can burn you. The best way to protect yourself against COVID-19 is by frequently cleaning your hands. By doing this you eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.

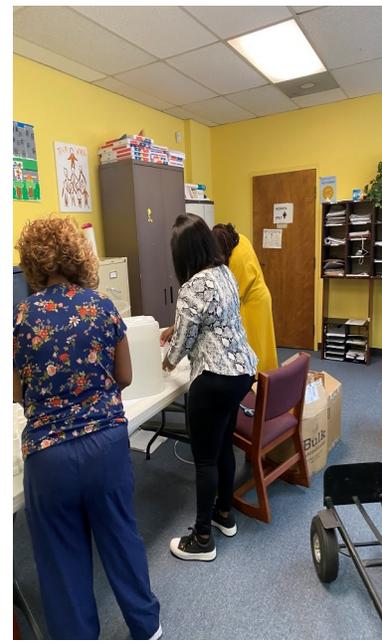
The new coronavirus CANNOT be transmitted through mosquito bites.

To date there has been no information nor evidence to suggest that the new coronavirus could 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. To protect yourself, clean your hands frequently with an alcohol-based hand rub or wash them with soap and water. Also, avoid close contact with anyone who is coughing and sneezing.

Are hand dryers effective in killing the new coronavirus?

No. Hand dryers are not effective in killing the 2019-nCoV. To protect yourself against the new coronavirus, you should frequently clean your hands with an alcohol-based hand rub or wash them with soap and water. Once your hands are cleaned, you should dry them thoroughly by using paper towels or a warm air dryer.

WCS team making hand sanitizer. 70% isopropyl alcohol





Can an ultraviolet disinfection lamp kill the new coronavirus?

UV lamps should not be used to sterilize hands or other areas of skin as UV radiation can cause skin irritation.

How effective are thermal scanners in detecting people infected with the new coronavirus?

Thermal scanners are effective in detecting people who have developed a fever (i.e. have a higher than normal body temperature) because of infection with the new coronavirus.

However, they cannot detect people who are infected but are not yet sick with fever. This is because it takes between 2 and 10 days before people who are infected become sick and develop a fever.

Can spraying alcohol or chlorine all over your body kill the new coronavirus?

No. Spraying alcohol or chlorine all over your body will not kill viruses that have already entered your body. Spraying such substances can be harmful to clothes or mucous membranes (i.e. eyes, mouth). Be aware that both alcohol and chlorine can be useful to disinfect surfaces, but they need to be used under appropriate recommendations.

Do vaccines against pneumonia protect you against the new coronavirus?

No. Vaccines against pneumonia, such as pneumococcal vaccine and Haemophilus influenza type B (Hib) vaccine, do not provide protection against the new coronavirus.

The virus is so new and different that it needs its own vaccine. Researchers are trying to develop a vaccine against 2019-nCoV, and WHO is supporting their efforts. Although these vaccines are not effective against 2019-nCoV, vaccination against respiratory illnesses is highly recommended to protect your health.

Can eating garlic help prevent infection with the new coronavirus?

Garlic is a healthy food that may have some antimicrobial properties. However, there is no evidence from the current outbreak that eating garlic has protected people from the new coronavirus.

Does the new coronavirus affect older people, or are younger people also susceptible?

People of all ages can be infected by the new coronavirus (2019-nCoV). Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus.

WHO advises people of all ages to take steps to protect themselves from the virus, for example by following good hand hygiene and good respiratory hygiene

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

Proper Hand washing

Here are three key reasons why you should always care about handwashing:

1. **Handwashing can keep children healthy and in school.** Handwashing education can reduce the number of young children who get sick and help prevent school absenteeism.
2. **Handwashing can help prevent illness.** Getting a yearly flu vaccine is the most important action you can take to protect yourself from flu. Besides getting a flu vaccine, CDC recommends everyday preventive actions including frequent handwashing with soap and water.

Handwashing is easy! Effective handwashing is a practical skill that you can easily learn, teach to others, and practice every day to prepare for an emergency. It takes around 20 seconds, and can be done in five simple steps:

1. **Wet** your hands with clean, running water, turn off the tap, and apply soap
2. **Lather** your hands by rubbing them together with the soap
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice
4. **Rinse** your hands well under clean, running water
5. **Dry** your hands using a clean towel or air-dry them

Promote Hand washing in Your Community

Hand washing is one of the best ways to protect yourself and your family from getting sick. Learn when and how you should wash your hands to stay healthy.

Wash Your Hands Often to Stay Healthy

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- **Before, during, and after** preparing food
- **Before** eating food
- **Before** and **after** caring for someone at home who is sick with vomiting or diarrhea
- **Before** and **after** treating a cut or wound
- **After** using the toilet

After changing diapers or cleaning up a child who has used the toilet

- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, animal feed, or animal waste
- **After** handling pet food or pet treats

After touching garbage



The coronavirus pandemic has created unique concerns for caregivers and people with intellectual and developmental disabilities.

Individuals with disabilities likely have the same risk factors as the general population — those who are older or have compromised immune systems are most vulnerable to the virus.

But anyone with intellectual disability, moderate to severe developmental delay, muscular dystrophy or brain disorders may also be more susceptible to severe illness from COVID-19, according to the Centers for Disease Control and Prevention.

Families should check with their care providers to ensure the guidelines are being followed, experts said.

“People with intellectual and developmental disabilities are a diverse group of people, and so there is no one-size-fits-all approach to keeping them healthy,” said Shannon McCracken, vice president for government relations for the American Network of Community Options and Resources, or ANCOR, a trade group representing disability services providers.

The basic recommendations for everyone are the same — wash hands frequently with soap and water for at least 20 seconds, avoid contact with people who are sick and disinfect high-contact surfaces like doorknobs and light switches.

Most importantly, do not go out in public if you’re sick.

But those guidelines, while universal, become more complicated for people with disabilities and their caregivers.

“Staying home when you’re feeling sick may not be an option if someone with a disability relies on you for the activities of daily life,” McCracken said. “Therefore, the most important thing we can all do is remember that people with intellectual and developmental disabilities and the professionals who support them need to be part of the conversation, and that protocols should be tailored to the unique needs of the person and the situation facing their community.”

It’s important to communicate with family members about coronavirus using facts but not unnecessary fear, according to a [tip sheet](#) from Autism Speaks.

Watch for signs of distress that can be caused by changes in routine, the organization advises.

If the family member lives in a group home or independently, make sure hand washing and other hygiene precautions are being taken.



Coronavirus Brings Added Worries For People With Disabilities (continued)

State officials are lobbying for emergency measures including flexibility on staffing ratios with government officials to address these unprecedented concerns, McCracken said.

“It can be expected that many direct support professionals will call out sick if they have children at home who cannot go to school,”
“Although school closures might be the best option for slowing the spread of the virus, these moves may also have unintended consequences for people with intellectual and developmental disabilities.”

<https://www.disabilitycoop.com/2020/03/17/coronavirus-brings-added-worries-disabilities/27989/>



CAG connection– Pet Therapy



Moonlight comes to the CAG program twice each month to bring some joy and sensory to our individuals with DD. They're so much more than just a fluffy face! Poodles are exceptionally intelligent and easy to train, which makes them a fantastic therapy dog breed. With tons of energy and a consistently pleasant disposition, a poodle has the stamina to last through a long day of bringing contentment to those who need it most. *All shots and vaccinations are up to date.*



CAG connection (continued)

Valentines Day Ball



HAPPY Birthday Dr. Deborah Walton, RN, MSN, MSHA, DNP, CEO

“A good nurse like you has nothing to worry about because very soon you will reap all of your kind gesture. Don't get tired of being a good nurse that you are. Happy birthday.”



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Upcoming Birthdays:

- March 20– Rosaline N.
- March 22– Dorothy N.
- March 24– Johnnie R
- March 30– Ne’kea W.
- April 13– Brittany O.
- April 21– Brendisha B.



1. Administrative Professionals Day—April 22, 2020
2. Bring your child to work Day– April 23,2020
3. Annual Nurses & C.N.A Day 2020– Wednesday May 27, 2020
4. Annual Stakeholders Meeting– TBA