

## **Whitely Community Council Neighborhood Response to Covid-19**

In response to the Covid-19 spread and in consideration of the large amount of residents that live in the Whitely Neighborhood that are over the age of 55, the Whitely Community Council is issuing a Neighborhood Response in hopes to increase positive health outcomes in this time of increase illness concern. **As of March 16, 2020, there are 30 reported cases of the Coronavirus in Indiana and 2 deaths. There are no cases reported in Delaware County.**

**The Whitely Food Pantry will continue until further notice but will be conducted as a “Drive-Thru” in the parking lot of Harvest Church. THE BUILDING WILL BE CLOSED TO CLIENTS AND GATHERINGS!** The WCC will work to identify resources like masks, hand sanitizers and other disinfectants for resident use and distribute them to residents where possible.

### **Symptoms of the Coronavirus**

Within 2-14 days after exposure:

- Fever
- Shortness of Breath
- Coughing
- Other flu-like symptoms can occur like chills, body aches, vomiting

### **Call your doctor**

If you think you have been exposed to COVID-19 and develop a fever, symptoms of respiratory illness, such as cough or difficulty breathing, call your healthcare provider immediately. Call before you visit! This will allow healthcare workers to protect themselves and other patients, in addition to preparing for your visit. **(Virtual On-line Clinics are available locally through IU-Health and St Vincent's Hospitals)**

### **Preventing Illness**

This virus is currently known to spread person to person through droplets that spread while coughing or sneezing. It is recommended that you allow 6ft of space between you and other people. In addition:

- Avoid close contact with people who are sick
- Wash your hands often with soap and water for at least 20 seconds, especially after leaving a public area, blowing your nose, coughing or sneezing. If you are not able to wash your hands, use hand sanitizer that is at least 60% alcohol.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Stay at home if you are sick, except to receive medical care.
- Clean and disinfect frequently touched surfaces like counters, doorknobs, tables, handles, keyboards, phones, toilets and more. (Clean dirty surfaces before disinfecting)
- Cover your mouth when coughing or sneezing. Use a tissue or the inside of your elbow and throw away tissues after use.
- Wear a facemask if you are sick or if you are caring for someone who is sick, and they do not have a mask.

## **If You Are Sick**

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, you should take steps to help prevent the disease from spreading to people in your home and community.

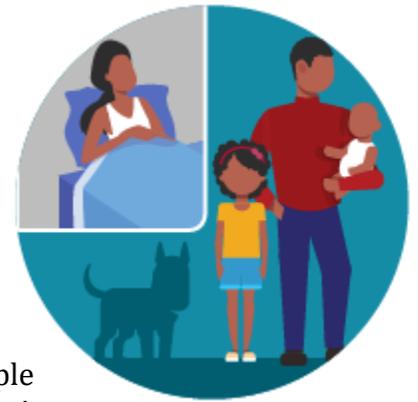
If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing, call your healthcare provider for medical advice. Call first, this will give them a chance to prepare for your visit.



- **Stay home:** People who are mildly ill with COVID-19 are able to recover at home. Do not leave, except to get medical care. Do not visit public areas.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you feel worse or you think it is an emergency.
- **Avoid public transportation:** Avoid using public transportation, ridesharing, or taxis.

## **Separate yourself from other people in your home, this is known as home isolation**

- **Stay away from others:** As much as possible, you should stay in a specific “**sick room**” and away from other people in your home. Use a separate bathroom, if available. ***Keep in mind that if one person in your home contracts Covid-19 (the Coronavirus) your entire household will need to be quarantined!***
- **Limit contact with pets & animals:** You should restrict contact with pets and other animals, just like you would around other people.
  - Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people with the virus limit contact with animals until more information is known.
  - When possible, have another member of your household care for your animals while you are sick with COVID-19. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with them. See [COVID-19 and Animals](#) for more information.
  - Keep in mind that your pet could spread droplets from humans in their fur.



**Do not share:** Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.

Older adults and people who have severe underlying chronic medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness. Please consult with your health care provider about additional steps you may be able to take to protect yourself.

List N: Products with Emerging Viral Pathogens AND Human Coronavirus claims for use against SARS-CoV-2

<a href="#">EPA Registration Number</a>	<a href="#">Active Ingredient/s</a>	<a href="#">Product Name</a>	<a href="#">Company</a>	<a href="#">Follow the disinfection directions and preparation for the following virus</a>	<a href="#">Contact time (time surface should remain wet)</a>	<a href="#">Formulation Type</a>	<a href="#">Emerging Viral Pathogen Claim?</a>	<a href="#">Date Added to List N</a>
1672-65	Sodium hypochlorite	AUSTIN A-1 ULTRA DISINFECTING BLEACH	JAMES AUSTIN COMPANY	Coronavirus	10 minutes	DILUTABLE	N	03/03/2020
1672-67	Sodium hypochlorite	AUSTIN'S A-1 CONCENTRATED BLEACH 8.25%	JAMES AUSTIN COMPANY	Coronavirus	5 minutes	DILUTABLE	N	03/03/2020
5813-111	Sodium hypochlorite	Clorox Disinfecting Bleach2	The Clorox Company	Canine Parvovirus; Feline Parvovirus	10 minutes	DILUTABLE	Y	03/03/2020
5813-114	Sodium hypochlorite	Clorox Performance Bleach1	The Clorox Company	Canine Parvovirus; Feline Parvovirus	10 minutes	DILUTABLE	Y	03/03/2020
5813-50	Sodium hypochlorite	ULTRA CLOROX BRAND REGULAR BLEACH	CLOROX CO., THE	Coronavirus	5 minutes	DILUTABLE	N	03/03/2020
67619-32	Sodium hypochlorite	CloroxPro™ Clorox® Germicidal Bleach	Clorox Professional Products Company	Canine Parvovirus; Coxsackievirus B3 Virus; Enterovirus D68; Norovirus; Feline Parvovirus; Hepatitis A Virus; Murine Norovirus; Poliovirus; Rhinovirus	5 minutes	DILUTABLE	Y	03/03/2020
67619-8	Sodium Hypochlorite	CPPC ULTRA BLEACH 2	CLOROX PROFESSIONAL PRODUCTS COMPANY	Coronavirus	5 minutes	DILUTABLE	N	03/03/2020
70271-13	Sodium Hypochlorite	PURE BRIGHT GERMICIDAL ULTRA BLEACH	KIK INTERNATIONAL LLC	Coronavirus	5 minutes	DILUTABLE	N	03/03/2020
1677-235	Sodium hypochlorite	BLEACH DISINFECTANT CLEANER	Ecolab Inc	Murine Norovirus; Poliovirus; Rhinovirus	1 minute	RTU	Y	03/03/2020
37549-2	Sodium Hypochlorite	MICRO-KILL BLEACH SOLUTION	MEDLINE INDUSTRIES INC	Norovirus	30 SECONDS	RTU	Y	03/03/2020
46781-15	Sodium Hypochlorite	CAVICIDE BLEACH	METREX RESEARCH	Poliovirus; Rhinovirus	3 minutes	RTU	Y	03/03/2020
56392-7	Sodium hypochlorite	Clorox Healthcare® Bleach Germicidal Cleaner Spray	Clorox Professional Products Company	Canine Parvovirus; Feline Panleukopenia Virus; Hepatitis A Virus; Norovirus; Poliovirus; Rhinovirus	1 minute	RTU	Y	03/03/2020
5813-105	Sodium hypochlorite	Clorox Multi Surface Cleaner + Bleach	The Clorox Company	Rhinovirus; Canine Parvovirus; Feline Panleukopenia Virus; Norovirus; Poliovirus	1 minute	RTU	Y	03/03/2020
5813-21	Sodium hypochlorite	Clorox Clean Up Cleaner + Bleach	The Clorox Company	Norovirus; Poliovirus	5 minutes	RTU	Y	03/03/2020
5813-89	Sodium hypochlorite	Clorox Toilet Bowl Cleaner with Bleach	The Clorox Company	Rhinovirus; Rotavirus	10 minutes	RTU	Y	03/03/2020

## **REMEMBER:**

MONITOR YOUR SYMPTOMS!

**Call 911 if you have a medical emergency:** If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.

## **CREATE A BUDDY SYSTEM**

Have a list of friends and family that you call and call you routinely, especially if you live alone and are over the age of 55. This will ensure that someone is checking on you and you don't get lonely in times of social isolation. (Workmates, teammates, club, church members, schoolmates, online communities) Make sure you are keeping in touch with other people.

## **THINK ABOUT YOUR TIME AT HOME**

Have a stockpile of games, book, movies and different types of arts and crafts to past your time and keep you from becoming anxious. Don't neglect comfort food like chocolate, coffee and other sweets. Try to maintain a healthy diet, this will help your immune system. Invest time in deep cleaning and organizing, this will help you feel better about not leaving the home. Discover new things to watch and listen like, blogs and music. Join online groups that promote positive thinking. Take time to pray and meditate.

## **How to discontinue home isolation**

People **with COVID-19 who have stayed home (home isolated)** can stop home isolation under the following conditions:

***If you will not have a test*** to determine if you are still contagious, you can leave home after these three things have happened:

- You have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers)  
AND
- other symptoms have improved (for example, when your cough or shortness of breath have improved)  
AND
- at least 7 days have passed since your symptoms first appeared

***If you will be tested*** to determine if you are still contagious, you can leave home after these three things have happened:

- You no longer have a fever (without the use medicine that reduces fevers)  
AND
- other symptoms have improved (for example, when your cough or shortness of breath have improved)  
AND  
you received two negative tests in a row, 24 hours apart. Your doctor will follow [CDC guidelines](#).

In all cases, **follow the guidance of your healthcare provider and local health department.** The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments. Local decisions depend on local circumstances

### **What You Need to make your own hand sanitizer!**

**Ingredients**  $\frac{2}{3}$  cup 99% rubbing alcohol |  $\frac{1}{3}$  cup aloe vera gel

### **Materials:**

1 mixing bowl | 1 mixing utensil | A clean funnel | A thoroughly washed and dried bottle with a resealable lid or pump to store sanitizer

### **How to Make a Bleach Solution**

Making a bleach solution to disinfect your home can be easy.

You'll just need a few supplies to get started:

- A quart-sized plastic spray bottle or a glass jar with lid
- A measuring cup
- Damp cloth
- Household rubber gloves
- Household bleach (found at any supermarket)
- Water

After gathering your supplies, putting together the ingredients safely requires a little insight and preparation.

The first rule when making a bleach solution is to either go outside or find a well-ventilated room, ideally with open windows and a cross-draft. Full-strength bleach emits toxic fumes and should never be used in small or enclosed spaces.

It is best to wear clothes and shoes you don't mind bleaching in case of a spill. You should also pin back your hair and wear the rubber gloves for added safety.

Next, comes the measuring and mixing of ingredients:

- To clean hard surfaces such as plates and counter tops, mix 1 cup (240 milliliters) of bleach with 5 gallons (18.9 liters) of water. <sup>2</sup>
- Carefully pour the bleach into the spray bottle or jar first, then add the water. Mixing the solution in this order will prevent the bleach from splashing up on you. If you do get any bleach on your skin, wipe it off immediately with a damp cloth.
- For smaller mixtures use a 1:10 ratio (1-part bleach and 10-parts water)

Once the ingredients are mixed, place the lid tightly on the container and gently flip it back and forth a few times to mix. After mixing, your solution is ready to use. You can wash the surface with soap and hot, clean water before using the bleach. After applying the bleach let the surface you are cleaning air dry.

Whatever you do, [never add any other ingredient](#) to the bleach solution.