

The High Point P k

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The Coronavirus in Perspective

Throughout history, there have been plagues and diseases that have killed a lot of people. The plague killed about a third of Europe's population back in the 1300s. Tuberculosis still kills about 3000 people a day or 1.2 million people a year. By these standards, the Coronavirus is relatively minor in comparison.

We have had pandemics in the fairly recent past as well. Measles, Mumps, Rubella, and Small Pox to name a few. All of those diseases are now preventable with vaccines (unless you don't believe in that type of thing). This type of pandemic in many ways is not new. What is new is how it affects our modern world, and the steps prescribed to control its devastation. Eventually, probably in a year or two, there will be a vaccine to protect people from the coronavirus, just like we have vaccines for other infectious diseases. Until then, we must try to contain the spread of this virus to prevent it overwhelming our health care system. (That's why we give you a nice, yellow washcloth to cough and sneeze into when you come to the clinic!)

This virus is here to stay, and we will learn to live with it as we have other diseases. We will have yearly outbreaks, much like the flu season, but an effective vaccine program will make it's episodic return manageable and protect the vast majority of people from acquiring an infection. Until then, all we have is what we are all doing now. Avoid groups of people, get tested if you have any of the symptoms listed on the back page, and just be aware and conscious of how the virus is spread.


We have been fortunate so far that its effect has been minimal in Northeast Tennessee, but it is coming. We are simply a few weeks behind some other areas with higher infection rates. So use this time to develop good habits to minimize the spread of the virus and be patient. We don't know yet how long this will last, but medical science will eventually overcome this problem as we have others like this in the past.

Dr. Vance Shaw, FASAM

And the people stayed home. And read books, and listened and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently. And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal. And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed. Kitty O'Meara



MANAGING CORONA VIRUS (COVID-19) ANXIETY

-  **For You**
- Avoid excessive exposure to media coverage
 - Connect through calls/text/internet
 - Add extra time for daily stress relief
 - Practice self-care
 - Focus on your mental health

- For Kids**
- Reassure them that they're safe
 - Let them talk about their worries
 - Share your own coping skills
 - Limit their news exposure
 - Create a routine & structure

- For Quarantine/Isolation**
- Keep in contact with your loved ones via social media, texts, and phone calls
 - Create a daily self-care routine
 - Keep yourself busy: games, books, movies
 - Focus on new relaxation techniques

HIGH POINT CLINIC

CORONAVIRUS DISEASE (COVID-19)

Things to know:

- HPC continues to be open during our regular hours at this time
- HPC is an essential medical facility and will continue to provide ongoing care for patients
- HPC is taking every precaution possible to maintain the safety of our staff and our patients & in doing so:
- No one other than the patient is allowed inside the HPC buildings
- No children under the age of 18 can be in either of the buildings at any time.
- We will be following recommended safety precautions to keep our surroundings sanitized
- We are going to work with you to make sure you get the care you need

When you come for your appointment:

- You will come to the small glass room off the main lobby at 205
- We will take your temperature & ask you some questions
- We will give you a clean, sanitized washcloth
- If you need to sneeze or cough, you must put the washcloth over your nose and mouth
- If you are running a fever over 100, we will ask you to return to your car and someone will come out to check you in, check on you, and give you a prescription—then you need to call the numbers in the “What should I do if I feel sick” box just to the right

Things to remember:

- The COVID-19 virus may be serious
- People are going to get sick
- Staying home can help
- **We are still taking new patients**
- New patients can walk in on Wednesdays from 11am-12:30pm
- Cost is \$160 for the first appointment
- Must have a picture ID
- Please feel free to share this with anyone you know who's looking for treatment

*The wound is
the place where the
light enters you.*

Rumi

*May your choices reflect your hopes,
not your fears.*

Nelson Mandela

What is the Coronavirus?

- Also called COVID-19 it is a respiratory illness that spreads easily from person to person
- **Symptoms of the virus are a mild to severe respiratory illness with a fever over 100, possibly a dry cough, with or without shortness of breath**
- A respiratory illness affects your nose, throat, and/or lungs
- COVID-19 affects your lower lungs
- Most people who contract COVID-19 will have mild symptoms and make a full recovery
- If you are diagnosed with COVID-19, stay home for at least 14 days
- Currently there is no vaccination, but they are working on one
- The oldest known survivor of COVID-19 is 103 years old

What should I do if I feel sick:

- Take your temperature
- If you have a fever **over 100** and symptoms such as a dry cough or difficulty breathing then-
- call ETSU Health at 423-433-6110 **OR** Nurse Connect at 833-822-5523 for pre-screening measures
- Answer their questions
- If they determine you need a screen, they will direct you to the closest testing site

What to do at home:

- Clean and disinfect hard surfaces (see below for tips)
- Keep the 6 foot space between people when possible
- Cover your mouth & nose when sneezing and coughing with your elbow
- Wash your hands often and for 20 seconds with hot water and soap
- Get lots of rest
- Eat nutritiously, drink lots of water
- Don't give in to panic, remain calm
- Don't hoard supplies that others may need more than you
- Stay informed about the virus through reliable websites—cdc.gov; balladhealth.org

Cleaning tips & tricks:

- Use hot water and soap—it's as good as any other cleaner
- Wipe down all hard surfaces (especially door knobs, faucet handles, etc.) at least once a day (even better once an hour)
- Use disinfecting, antibacterial spray or wipes if you have them with a minimum of 60% alcohol included
- Keep your clothes and bedding washed and clean
- If you are using bleach, remember NOT to use it in conjunction with vinegar, ammonia, or rubbing alcohol as it can create dangerous even toxic fumes
- Do **not** mix hydrogen peroxide and vinegar as this creates a highly corrosive acid