



Social Distance



Hand Washing



Wear a Mask



CORONAVIRUS (COVID-19) INFO

LEARNING MORE ABOUT THE CORONA VIRUS CAN HELP FIGHT IT, BUT WATCH OUT FOR SCAMS BY: DR. MICHAEL MAKOVER

Science is beginning to learn more about Corona virus, but there is much more knowledge still needed.

In the meantime, cruel and inhuman people are preying on everyone's very understandable anxieties to steal money and, in some cases, endanger lives.

People are being barraged with claims of COVID cures, methods to prevent infection and much else. **DO NOT BELIEVE THEM!**

Other than the sensible precautions discussed below, there are **NO** cures or magical preventives yet available. Do not believe otherwise!

Companies are pushing herbal and vitamin supplements as ways to 'boost immunity'.

- **NONE OF THOSE CLAIMS ARE VALID.**
- Be aware that under a 1994 law, herbal supplement makers do not have to prove that any of their claims are true, nor do they have to

prove their products are safe.

- Herbal supplements are not 'natural' (they are manufactured in factories).
- Essentially none do what they claim, and all can potentially cause harm.

Some, even the President, are pushing use of Hydroxychloroquine (Plaquenil) and chloroquine, but their value in COVID-19 is entirely unproven. That has led to a shortage of those medicines for those who actually need them. There have been deaths and serious injuries from misuse of these medicines.

Other **FALSE** claims that are circulating online and elsewhere, according to Medical News Today and the World Health Organization:

- Gargling with bleach – **FALSE and VERY DANGEROUS!**
- Hand dryers and UV light kill the virus – **FALSE**

- Saline nose washes, silver colloid, Vitamin C, 'essential oils', garlic, chloroquine for fish (killed someone), burning sage, hot baths, immunity boosters, sipping water every 15 minutes – **NONE ARE EFFECTIVE**
- Antibiotics are **USELESS** against viruses.
- Pneumonia vaccine (very important protection against disease from a bacterium called pneumococcus), flu vaccine nor **any other current valuable vaccines do not protect against COVID-19.**
- Anything else not listed here - No treatments or preventives yet exist.

There are serious scientific studies to find what might reduce risk of infection and what might help treat the more serious forms of COVID-19, but if rushed to the general public before proven safe and effective, that could cause more harm with no benefit.



JIBEI

NEWSLETTER

COVID-19

- » WASH YOUR HANDS
- » SOCIAL DISTANCE
- » COVER COUGH/SNEEZE
- » AVOID TOUCHING YOUR FACE
- » STAY HOME IF SICK
- » CLEAN/DISINFECT FREQUENTLY TOUCHED AREAS

WHAT HAVE WE LEARNED SO FAR (ALL OF WHICH WILL EVOLVE AS WE LEARN MORE)?

WHAT IS CORONA VIRUS?

- Some Corona viruses cause simple colds. Others cause very serious lung disease, including SARS (Severe Acute Respiratory Disease) and MERS (Middle East respiratory syndrome). A variant, officially called SARS-CoV-2, causes the current disease, COVID-19. SARS and MERS are worse, but COVID-19 is bad enough that it has shut down the entire world.

WHAT ARE ITS SYMPTOMS:

- Some people have none.
- When symptoms develop, the most common can be one or more of sore throat, dry cough, loss of smell and taste, achiness and pains, fever, chest discomfort and shortness of breath.
- It can last up to several weeks.
- In some cases, it seems better at the end of the first week, and then suddenly worsens days later.
- Higher fever and shortness of breath are more serious signs and need more immediate attention.

HOW DO YOU CATCH IT?

- It is very contagious.
- Carriers of the virus are contagious even if no symptoms.
- The virus mostly travels on droplets from sneezing, coughing spitting, which you can breathe in, but can probably also spread through the air directly.
- It is not clear how far it can travel, but 6 feet seems to be a reasonable estimate as to a safe distance, even further away if windy or the person is coughing or sneezing heavily.
- The longer and closer you are to someone who is a carrier, the more likely you will get it.
- It can also be caught by touching surfaces contaminated with it, then touching your face, eyes, mouth.
- It apparently can last on surfaces for 1-7 days.
- It can be found in stool with diarrhea, but unclear if contagious that way.
- Apparently not transmissible from cats and dogs.

CAN I GET OVER IT?

- Most patients do.

HOW TO STERILIZE FOR CORONA VIRUSES

- Corona viruses are very fragile, so use any of these:
 - ◊ soap and water
 - ◊ alcohol (70% isopropyl alcohol, also called rubbing alcohol)
 - ◊ chlorine (Clorox)
 - ◊ Lysol and similar products.
 - ◊ Bleach (diluted, use carefully, never swallow)
From the CDC: diluted household bleach solutions (at least 1000 ppm sodium hypochlorite) can be used if appropriate for the surface. Follow manufacturer's instructions for application, ensuring a contact time of at least 1 minute, and allowing proper ventilation during and after application. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.
- Prepare a bleach solution by mixing:
 - ◊ 5 tablespoons (1/3 cup) bleach per gallon of water or
 - ◊ 4 teaspoons bleach per quart of water
- Alcoholic beverages are not useful for sterilization.
- Heating in oven to a high temperature might work, but that would not be good for most objects. Canned goods could explode
- For more guidance, see Consumer Reports: <https://www.consumerreports.org/cleaning/common-household-products-that-can-destroy-novel-coronavirus/>



- Anyone can get COVID-19 at any age!
- It is much less uncommon under 9 years old and deaths are very rare in that age group.
- Under age 60 years, most cases are not fatal, though there are more fatalities in that age group than originally recognized, usually due to underlying conditions.
- It is contagious even without any symptoms.
- Anyone can die of COVID-19, but it is fatal mostly only in people with underlying conditions.

JUST SOME EXAMPLES OF CONDITIONS THAT SIGNIFICANTLY INCREASE RISK:

- Over age 60 years
- Diseases that reduce immune protection – cancer, autoimmune disease (such as rheumatoid arthritis, systemic lupus and others), other infections, kidney disease, ulcerative colitis and Crohn's Disease, Tuberculosis, HIV and many others.
- Lung disease, such as asthma, COPD, WTC Disease and more.
- Immunity-suppressing medicines, such as for cancer, autoimmune disease, organ transplants.
- Systemic corticosteroids.
- Hypertension and heart disease.
- Diabetes.
- Vaping.
- Smoking cigarettes, cigars, pipes, marijuana.
- Alcohol, drug use and inhalants.
- Paralysis, stroke and other disabling conditions.



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*Wash Your Hands Often
With Soap And Water*



*Avoid Touching Your Eyes,
Nose, And Mouth
With Unwashed Hands*



*Avoid Close Contact
With People
Who Are Sick*



*Stay Home
When You Are Sick*



PREVENTION AND TREATMENT TIPS FOR **COVID-19**



*Cover Your Cough
Or Sneeze With A Tissue,
Then Throw The Tissue
In The Trash*



*Clean And Disinfect
Frequently Touched Objects
And Surfaces*

IF YOU MUST GO OUT:

- Keep a wide separation from others
- Wear a mask or something else to cover your mouth and nose (only partial protection, but better than nothing).
- Wear gloves (preferably disposable).
- Carry paper towels and tissues to reduce touching surfaces.
 - ◇ Wash your hands often, all over, for a full 20 seconds, in soap and water. Use creams after to protect your skin.
 - ◇ If you use Purell or similar, wipe it around all over your hands for 20 seconds, just like with soap and water.
 - ◇ Do not touch your face, mouth or eyes (very hard to do, but important).
- Disinfect mail, newspapers and deliveries.
 - ◇ All can be contaminated.
 - ◇ Leave outside or in garage for at least 3 days or longer if possible, longer if glass, plastic or metal. Clean the surfaces of packages, newspapers, magazines, mail, etc. with the disinfectants listed above if possible, Leave wet for at least 4 minutes. Have a separate surface on which to put cleaned items.
 - ◇ Clean the surface you worked on.

HOW CAN WE PROTECT OURSELVES?

- Do the best you can. It is impossible to be perfect, but you can reduce your risk.
- Most important: Stay inside away from other people other than immediate family or roommates you live with.
- Clean everything, even mail and newspapers, with the methods noted above. Best if the cleansing agent stays wet for four minutes.
- Common terms you hear are Containment (that means isolating people known to have the virus) and Mitigation (closing down whole areas in attempt to keep it from spreading beyond, and keeping everyone indoors).



RELIABLE SOURCES OF INFORMATION (BEWARE MOST OTHER SOURCES, SO MANY OF WHICH ARE FALSE OR MISLEADING!):

- CDC (Centers for Disease Prevention): <https://www.cdc.gov/coronavirus/2019-nCoV>
- WHO (World Health Organization): <https://www.who.int/health-topics/coronavirus>
- Your state and city DOH (Department of Health).
- The New York Times and the Wall Street Journal
- Medical school sites (Johns Hopkins, Mayo Clinic, etc.), professional medical sites, others.
- CNN, MSNBC, CBS, ABC, NBC.
- Very unreliable: Twitter; other social networking sites; most of the rest of the Internet; TV and radio networks that are politically motivated.

THE REST OF YOUR HEALTH STILL MATTERS!

Now that we have all learned so directly how frightening and unpleasant illness can be, this is a good time to begin to take living healthfully and taking good care of ourselves much more seriously.

Please use this time to think about how you can develop healthy habits and how important it is to listen to your doctors and follow all advice.



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NEWSLETTER

BY: DR. JOHN KRACHENFELS - (718) 591-2000 EXT. 1396



COPING WITH STRESS IN UNCERTAIN TIMES

Hello to the Local Union No. 3 and JIB community.

I refer to us as a community, because that is what we are. We are people from many backgrounds, but we share a lot in common. We all work for the improvement of people's lives in the greater New York area. We have something else in common: we are all affected in many ways by the Covid 19 health crisis, and we are trying to cope with the changes that have been made to our lives.

As a community, I want to tell you that you are not alone. Many of you have brothers or sisters in the Union or coworkers at the Joint Industry Board that you can reach out to. Support each other. This is a time to show kindness and support each other. Also, please, don't hesitate to call me. I am available if you want to talk or if you need some ideas for where to find help coping with the stress and anxiety of this current health crisis. If you just want to call and say "Hi.", that would be great too. I would like



to hear how you are doing. Calls are forwarded directly to me. Just call 718-591-2000, extension 1396.

I am going to share with you some thoughts about coping in these uncertain times. I will also share a number of resources that I have found, ranging from hotlines and support groups to free on-line activities and classes. I hope you find it helpful.

The current health crisis is having a big impact on all of our lives. Besides the concerns about our health and safety, our lives have been disrupted and changed in many ways. Most of us are sequestered at home, our usual routines have been disrupted, many have been laid off which leads to financial concerns. Some may be sick, or have loved ones who are sick, or have passed away due to this virus. It is natural to be experiencing stress and anxiety, depression or grief at this time.

Stress is our bodies way of reacting to a threat. We usually respond through flight, fight or freeze responses. Anxiety is an emotional reaction to stress.

Anxiety reactions can range from tension in the body, to feeling distracted or irritable. We may find we have trouble getting to sleep, or are sleeping a lot more than usual. Our eating habits may change: we may begin eating a few extra snacks, or losing our appetites. We may become very busy and active or have trouble motivating ourselves to do much of anything. All of these reactions are natural. Please be patient with yourself if you find yourself experiencing these or other changes in your mood or behavior.

There are a number of things that you can do to decrease the stress and anxiety of this time of social distancing.

1. **Avoid information overload:** Limit your time watching the news and Coronavirus updates. Limit your sources to the most reputable such as the CDC or NYS Department of Health.
2. **Stay in touch:** Social Distancing does not mean isolation. Besides just talking on the telephone, there are many ways to have video conversations. If you have a Facebook account, you can use messenger to video chat with one or a group of people. iPhone users can use facetime. You can even download an app like Zoom meeting, Skype or Discord. If you are not sure how to use these, call a teenager, they should be able to help you get set up!
3. **Structure your day.** One of the major sources of stress is loss of routine. Having a plan helps to give you a sense of control over an otherwise uncontrolled situation. Maintain regular meal times, sleep times and other activities. Make a list of tasks you want to accomplish and work on them each day.
4. **Exercise:** Physical activity is the best way to de-stress and take a mental break. There are many exercise videos available on YouTube including yoga, workouts and meditation. JIB Wellness has a YouTube channel with a selection of chair yoga, indoor walking and meditation videos. See below for a list of some more resources.
5. **Mindfulness Meditation:** Meditation has been shown to reduce anxiety and decrease the negative effects of stress on the body. Just 10-15 minutes of breathing meditation can work wonders. As mentioned above, JIB Wellness has a YouTube page with some recommended meditations. See the resource list below for more resources.

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6. **Play.** Pull out the old board games that nobody has touched for ages. If you are tech savvy, you can use screen sharing to play a game with others remotely. Netflix is now offering screen-sharing of its movies so you can chat with others remotely while watching. Again, if you do not know how to set this up, ask any teenager you know.
7. **Sleep:** Trouble sleeping? Try Chamomile tea. Turn off the TV, computer and phone screens at least 30 minutes before bed. You can even listen to a sleep meditation on YouTube or other websites. JIB Wellness has a YouTube channel that lists a number of meditations. See below for more.
8. **Take care of your financial health:** If you are laid off, apply for unemployment. Work out a budget for yourself. See below for financial resources.
9. **Find the silver lining:** Is this a time when you can take up that hobby you have always put off? Read that book you've been waiting to read, organize those closets.





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HOTLINES

- National Disaster Distress Helpline: 1-800-985-5990
- New York COVID-19 Emotional Support Hotline at 1-844-863-9314
- Suicide Prevention Hotline: 1- 800-273-TALK (8255) or text Got5 to 741741.
- NYC Well: Talk to a counselor or get information: 1-888-NYCWELL
- You can also text WELL to 65173 or chat online at nyc.gov/nycwell
- National Alliance for Mental Illness (NAMI) New York Hotline: 518-248-7634
- NAMI National Helpline: 800-950-NAMI or info@nami.org: M-F, 10 AM - 6 PM ET
- The New Jersey Mental Health Cares Helpline offers telephone counseling, emotional support, information, and assistance in helping individuals to get behavioral health services. Call the toll-free, confidential number: 866-202-HELP (4357)
- The Mental Health Association of Nassau County (MHANC) Phonenumber now available 24/7. Just call 516.489.0100 ext 1

For Information on Coping with the Coronavirus visit the CDC website at: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Helpful information is also available from the Office of Mental Health Services (OMH) at: <https://omh.ny.gov/omhweb/guidance/>

10. Gratitude: One of the best ways to fight feelings of depression is to review the positives in your life every day.
11. Keep up with your treatment or recovery! If you are in treatment for anxiety, depression, other mental health concerns, or are in recovery from Substance use, please keep up with your treatment, maintain contact with your supports and check out online meetings. You can find some websites where you can find on-line support groups below.
12. Feeling overwhelmed? Reach out to others. See the list of hotlines and support groups below.

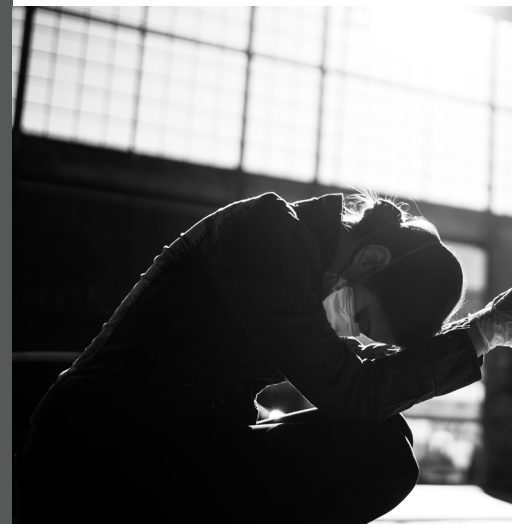
ON-LINE SUPPORT GROUPS

SUBSTANCE USE

- Online Addiction Recovery Community <https://www.intherooms.com/home/>
- Substance use, mental health concerns, disordered eating, as well as any other quality of life concerns <https://www.weconnectrecovery.com/free-online-support-meetings>

THE FOLLOWING WEBSITES OFFER FREE MEDITATIONS AND PAID SUBSCRIPTIONS FOR MORE CONTENT:

- Calm: <https://www.calm.com/>
- Headspace: <https://www.headspace.com/>
- And this website offers a free 8-week course on learning Mindfulness-Based Stress Reduction: <https://palousemindfulness.com/>
- Narcotics Anonymous https://www.na.org/?ID=virtual_meetings [r20.



MENTAL HEALTH

- APS Mental Health Support Groups led by a Peer Counselor:
<https://aps-community.org/online-support/>
- Anxiety and Depression online chat: <https://adaa.org/adaa-online-support-group> [r20.rs6.net]
- Codependents Anonymous <https://coda.org/find-a-meeting/online-meetings/> [r20.rs6.net]
- Overeaters Anonymous <https://oa.org/find-a-meeting/?type=1>
- Support Group Central, Depression and Bipolar Support <https://www.supportgroupscentral.com/index.cfm#anc1>
- Some groups are free, most charge @ \$5 per group. Free groups include those by the Depression and BiPolar Support Alliance (DBSA)
- Mental Health Association of Nassau County (MHANC)
- Family support group telephone conference call:1-800-216-0770, Guest Code: 443000
- Veterans support group telephone conference call:1-800-216-0770, Guest Code: 447686

VIDEO CALLS

- Zoom meetings. Download for free. Offers video conferencing for up to 100 people for 45 minutes for free: <https://zoom.us/>
- Google Duo supports up to eight person group video calls: <https://duo.google.com/about/>
- Netflix Party which lets you group chat while watching a show together. <https://www.netflixparty.com/>

DISTANCE LEARNING FOR YOUR KIDS:

- Scholastic's Learn at Home website offers up to 20 days of articles, stories, videos, and learning challenges that can be completed anytime, in any order. <https://classroommagazines.scholastic.com/support/learnathome.html>
- PBS KIDS <https://pbskids.org/> and PBS Learning Media: <https://ny.pbslearningmedia.org/> are offering tools to help support learning at home, including educational videos and games, and skill-building offline activities.
- Audible the audiobook service from Amazon, is currently offering a collection of its stories for free to stream for all ages, including children's titles and adult literary classics. <https://stories.audible.com/start-listen>.

There are a number of things that you can do to decrease the stress and anxiety of this time of social distancing. Visit the JIB Wellness YouTube page:

<https://www.youtube.com/channel/UCwCKD0E3NE3Rtx-F38TMDFDw/playlists>

**IF YOU NEED TO SPEAK
TO SOMEONE
PLEASE CALL
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MEDITATION

- Deepak Chopra and Oprah are currently offering 21 free days of meditation <https://chopracentermeditation.com/>
- The Mindful Movement channel on YouTube offers free meditations, yoga and Pilates classes: https://www.youtube.com/channel/UCu_mPIZbomAgNzfAUEIRL7w

EXERCISE/WORKOUTS

- Orange Theory: Daily 30 minute workouts using household objects.
- <https://www.orangetheory.com/en-us/athome/>
- Barry's Bootcamp: <https://www.barrys.com/barrysigtv/>
- Nike Training Club— Nike has made all of its Training Club premium home workouts free until further notice. You need to download the free app to access the workout videos: <https://www.nike.com/ntc-app>

LEARN A NEW LANGUAGE

Picking up a new skill can help you pass the time and keep you mentally active.

- Duolingo: A language learning app that's free to use with upgrades at a cost. <https://www.duolingo.com/>
- Babbel: K-12 and college students can use the learning app for free for three months. <https://try.babbel.com/student-discount/>

EDUCATION

Take an online course. Online learning is a productive way for you to pass the time, learn something new, or accelerate your career. Access free and paid courses from top universities across the country through online learning platforms. Several of their courses allow you to audit (follow along for free). If you'd like a verified course certificate and/or want to participate in assignments and receive a grade, fees may apply.

- Coursera: <https://www.coursera.org/>
- Edx: <https://www.edx.org/>

FOOD ASSISTANCE, MEAL DEALS AND MEALS FOR THOSE IN NEED:

For an interactive map of food pantries in NYC: <https://maps.nyc.gov/foodhelp/>

For a listing of places that offer free meals for kids in NYC, Long Island and Westchester: <https://www.nymetroparents.com/article/Where-Families-in-New-York-Can-Get-Free-Meals-for-Kids-During-the-Coronavirus-Outbreak>

For New York, NJ and Nationwide: <https://parade.com/1013234/stephanieosmanski/free-meals-for-kids/>

Queens: <https://qns.com/story/2020/03/17/these-queens-restaurants-and-organizations-are-keeping-people-fed-during-the-coronavirus-crisis/>

Long Island: <https://www.newsday.com/lifestyle/restaurants/free-food-long-island-restaurants-coronavirus-1.43318269>

New Jersey: https://www.needhelppayingbills.com/html/new_jersey_food_banks.html

And: <https://www.northjersey.com/story/entertainment/dining/2020/03/20/nj-restaurants-open-coronavirus-crisis-giving-meals-those-need/2882614001/>

VIRTUAL MUSEUM VISITS

Google Arts and Culture offers a variety of on-line cultural exhibits such as:

- Intrepid Museum: <https://artsandculture.google.com/partner/intrepid-sea-air-and-space-museum>
- American Museum of Natural History: <https://artsandculture.google.com/partner/american-museum-of-natural-history>
- The Metropolitan Museum of Art: <https://artsandculture.google.com/partner/the-metropolitan-museum-of-art>
- Museums and Cultural sites from around the world: <https://artsandculture.google.com/project/street-view>
- US National Parks: <https://artsandculture.google.com/project/national-park-service>

And, of course, you can call me at 718-591-2000, extension 1396. I wish you all good mental and physical health,

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