

A Message From Dr. Todd Bush, MD

COVID-19

Personal background

I'm Dr. Todd Bush; I graduated medical school in 1989 and have been practicing internal medicine for the past 31 years. My wife and I have been members of Christ Church since 1992 and consider this congregation and town as our extended family. I have raised two daughters in this community, and we plan to grow old here. For all these reasons, I felt the nudge to share some of my COVID-19 knowledge with everyone.

I want to give people the tools necessary to help them manage their physical and mental health during this time.

I know many of you take notes during the Pastor's sermon. This might be a good time for you to grab paper and pen. We will try to provide links to some of the information through this channel, but others may want to write it down.

What is COVID-19... This is a Novel Coronavirus.

Novel... a term we use for a never before seen specific type of virus. This particular virus was first detected in the Wuhan province of China.

Corona... is a family of viruses that cause infections that range from the common cold to severe life threatening respiratory illnesses.

Virus... is the term for an immense group of organisms that rely on other living things to survive.

Since this is a novel virus to humans, this means that everyone, young/old, wealthy/poor, healthy/ill and Christian/Non-Christian are absolutely at risk of this virus. It is because of this universal risk that any restrictions imposed upon us during this pandemic are to be embraced and practiced religiously. We have a paramount responsibility to care for our neighbors as we would like them to care for us.

How is it spread...

It is important that we all understand how facts as to how the virus is spread. Since this strain is a member of the coronavirus family, and acts like other members of its family we do understand its transmission. It is aerosolized in the respiratory moisture droplets from other people. It is not spread from outside air, packaging air, or clothing that has not recently been touched by others, Chinese imported products, mail, care packages, letters, and most certainly not because of our individual ethnic backgrounds.

Who gets infected...

Older and less physically active populations are the most vulnerable - as they are with other coronavirus infections. While we certainly cannot make ourselves younger, we can become more active. My recommended web site/YouTube link for at home exercises and exercises for the elderly can be found at Go4life Exercises for Seniors.

How many will get infected...

There are a large number of mathematical models trying to predict future numbers of infections. The only concrete data I can share is the following.

1) Diamond Prince Cruise. This was a cruise ship that traveled the South China Sea. From January 21-25 passengers became ill with a respiratory illness, by Feb 4, isolation procedures were implemented. By Feb 20th, 3,700 passengers and crew were tested for COVID-19. Since that time a total of 619 passengers have been confirmed positive with a little less than half developing any symptoms. 7 people who did not survive their infection. (17% of this population)

2) Chinese data. According to reporting to WHO, there has been slightly greater than 81,000 confirmed cases of COVID-19 in China. This is out of a total of 1.36 billion people. (<0.006% of their population)

I feel that if we follow recommended social distancing and hygiene etiquette we can expect anything between these two infection rates.

What are my recommendations...

Keep it simple and do not succumb to false ideologies. Very simply, do the following

1) Frequently wash hands with soap and water for at least 20 seconds. If available use alcohol based hand cleaners. Please do not feel you must have access to hand sanitizers as hand washing is equal and some may even be superior.

2) Clean any surface that could be exposed to human touch, sneeze, snuffle or cough. Commonly overlooked surfaces include door knobs, light switches, cell phones, toilet flusher, TV remotes, game controllers and appliance handles.

3) Since this is an aerosolized human droplet spread illness, yes distancing is very effective. Droplet transmissions are minimized at distances over 6 feet.

Please do not rely on being fed information from sensationalized broadcast news sources. Appropriate and easy to understand information can be found either on YouTube or on the internet at the following locations.

WHO.int

CDC.gov

PA.dept.health

[Go4life.exercises](#) for seniors

On a personal basis I am trying to teach people to treat the palms of their hands with the same respect as we do for our "private parts." I think if we can teach others to not reach out with our palms, keep our palms clean, and not use them to touch our faces, then we can truly lessen this rate of transmission.