

COVID-19 Q & A

St. Matthew's Lutheran Church, Taylorsville, Utah

Q: WHAT'S THE BEST WAY TO STOP THE SPREAD OF GERMS?

A: Wash your hands - using soap and water, scrub your hands for at least 20 seconds (the time it takes to pray the Lord's Prayer). Use hand sanitizer if soap and water isn't available. Refrain from touching your face, especially your eyes, nose, and mouth. Cough/sneeze into your elbow. Stay home if you're sick.

Q: WHAT IS COVID-19?

A: According to the Centers for Disease Control (CDC), COVID-19 is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China. The first case of COVID-19 in the United States was reported on January 21, 2020. The most common symptoms of COVID-19 include fever, cough, and shortness of breath.

Q: WHO IS CONSIDERED TO BE AT HIGHER RISK OF THIS VIRUS?

A: Older adults (the CDC considers this to be anyone over the age of 60 years old), those with chronic illness like diabetes, heart conditions, respiratory problems (including lung diseases such as asthma), and those under treatment for cancer, or with any condition that weakens the immune system.

Q: WHAT DOES IMMUNOCOMPROMISED MEAN?

A: An immunocompromised person is anyone with an immune system that is impaired or weakened either through medication or illness; those with compromised immune systems have a reduced ability to fight infections and diseases (like Coronavirus).

Q: WHAT DO I DO IF I'M SICK?

A: Please contact your healthcare provider and follow their instructions.

Q: ARE THESE PRECAUTIONS REALLY NECESSARY?

A: All of the precautions we are taking are out of an abundance of care and concern for the health and well-being of the St. Matthew's Lutheran Church community. The changes we are making are only temporary and are being made in order to protect the most vulnerable members of our community.

Q: WHERE CAN I GET MORE INFORMATION?

A: The best resources for accurate and reliable information concerning the current outbreak of COVID-19 are the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO).

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