

Here are other cancellations

Phoenix VA Health

Care System's comprehensive plan in place until further notice.

Onsite, standardized screening questions at strategic entry points and during initial clinical screening/arrive early for appointments/limit the number of people you bring with you

Three entrances : 7th Street/Emergency Department, North ACC/valet entrance, and South ACC/parking garage entrance. They have dedicated staff, supplies needed, and are committed to helping keep Veterans safe and receive regular communication from VA Central Office, collaborate with the Department of Health and Human Services, state public health officials, and the Centers for Disease Control.

Simple infection control techniques, like handwashing, covering your mouth and nose while sneezing, and not touching your face appear to be effective in controlling the spread. (Dr. Felipe Gutierrez, Chief, Infectious Diseases at the Phoenix VA Health Care System) Visitor restrictions include: Only visitors 15 and older are permitted, including to outpatient appointments No more than two visitors per Veteran can visit the inpatient units at a time Do not visit if you are sick or have a fever.

- Community Living Center (CLC) will NOT allow visitors at this time Only exceptions will be compassionate cases (Veterans in last stages of life on hospice units) In those cases, visitors are limited to a specific Veteran's room only. Limiting new admissions.

Anyone with flu-like symptoms may call 602-277-5551 if you have questions, sign into MyHealtheVet to send a message to their health care team, or Veterans may also discuss telehealth or video connect to home appointments with providers. Updated facility information : www.phoenix.va.gov. Latest COVID-19 information : <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

14 March : Congresswoman Lesko's Veteran Resource Rally Point

28 March : Veteran Resource Breakfast in Cave Creek, AZ
6 March : Veterans Caucus Meeting at the State House of Representatives, Veterans Heritage Project : April Book signing moved to 02 August. Other book signing changes may follow
Symphony performances during the remainder of March will be canceled, effective immediately. The performances affected by this cancellation are as follows: Disney in Concert – Friday March 13, Saturday March 14, and Sunday March 15; all four performances Debussy, Ravel and Prokofiev – Saturday March 21 and Sunday March 22 Exchange your tickets to an upcoming performance. Donate your tickets. Apply tickets to your account. Box Office for assistance at 602-495-1999, Monday – Friday, from 9am to 5pm

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I have highlighted areas that will give you a quick overview. Found both articles very informative: the Sanford article discusses symptoms

Interesting Article from member Kathy Laurier: Note that this is not the FIRST time a coronavirus has been identified From Dr. James Robb, UC San Diego, a professor of pathology at the University of California San Diego, one of the first molecular virologists in the world to work on coronaviruses (the 1970s) : "What I am doing for the upcoming COVID-19 (coronavirus) pandemic" Dear Colleagues, as some of you may recall, when I was a professor of pathology at the University of California San Diego, I was one of the first molecular virologists in the world to work on coronaviruses (the 1970s). I was the first to demonstrate the number of genes the virus contained. Since then, I have kept up with the coronavirus field and its multiple clinical transfers into the human population (e.g., SARS, MERS), from different animal sources. The current projections for its expansion in the US are only probable, due to continued insufficient worldwide data, but it is most likely to be widespread in the US by mid to late March and April.

Here is what I have done and the precautions that I take and will take. These are the same precautions I currently use during our influenza seasons, except for the mask and gloves.:

1) **NO HANDSHAKING!** Use a fist bump, slight bow, elbow bump, etc.

2) Use **ONLY** your knuckle to touch light switches, elevator buttons, etc.. Lift the gasoline dispenser with a paper towel or use a disposable glove.

3) Open doors with your closed fist or hip - do not grasp the handle with your hand, unless there is no other way to open the door. Especially important on bathroom and post office/commercial doors.

4) Use disinfectant wipes at the stores when they are available, including wiping the handle and child seat in grocery carts.

5) Wash your hands with soap for 10-20 seconds and/or use a greater than 60% alcohol-based hand sanitizer whenever you return home from ANY activity that involves locations where other people have been.

6) Keep a bottle of sanitizer available at each of your home's entrances. AND in your car for use after getting gas or touching other contaminated objects when you can't immediately wash your hands.

7) If possible, cough or sneeze into a disposable tissue and discard. Use your elbow only if you have to. The clothing on your elbow will contain infectious virus that can be passed on for up to a week or more!

What I have stocked in preparation for the pandemic spread to the

1) **Latex or nitrile latex disposable gloves** for use when going shopping, using the gasoline pump, and all other outside activity when you come in contact with contaminated areas.

Note: This virus is **spread in large droplets by coughing and sneezing**. This means that the **air will not infect you!** BUT all the **surfaces where these droplets land are infectious for about a week on average** - everything that is associated with infected people will be contaminated and potentially infectious. The virus is on surfaces and you will not be infected unless your unprotected face is directly coughed or sneezed upon. This virus only has cell receptors for lung cells (it only infects your lungs) The **only way for the virus to infect** you is **through your nose or mouth via your hands or an infected cough** or sneeze onto or into your nose or mouth.

2) Stock up now with disposable surgical masks and use them to prevent you from touching your nose and/or mouth (We touch our nose/mouth 90X/day without knowing it!). This is the only way this virus can infect you - it is lung-specific. The mask will not prevent the virus in a direct sneeze from getting into your nose or mouth - it is only to keep you from touching your nose or mouth.

3) Stock up now with hand sanitizers and latex/nitrile gloves (get the appropriate sizes for your family). The hand sanitizers must be alcohol-based and greater than 60% alcohol to be effective.

4) Stock up now with zinc lozenges. These lozenges have been proven to be effective in blocking coronavirus (and most other viruses) from multiplying in your throat and nasopharynx. Use as directed several times each day when you begin to feel ANY "cold-like" symptoms beginning. It is best to lie down and let the lozenge dissolve in the back of your throat and nasopharynx. Cold-Eeze lozenges is one brand available, but there are other brands available.

I, as many others do, hope that this pandemic will be reasonably contained, BUT I personally do not think it will be. Humans have never seen this snake-associated virus before and have no internal defense against it. Tremendous worldwide efforts are being made to understand the molecular and clinical virology of this virus. Unbelievable molecular knowledge about the genomics, structure, and virulence of this virus has already been achieved. BUT, there will be NO drugs or vaccines available this year to protect us or limit the infection within us. Only symptomatic support is available.

I hope these personal thoughts will be helpful during this potentially catastrophic pandemic. You are welcome to share this email. Good luck to all of us!

Interesting Article from AVVA member Kathy Upchurch : **STANFORD HOSPITAL BOARD INTERNAL MESSAGE: Coronavirus may not show sign of infection for many days.** How can one know if he/she is infected? By the time they have fever and/or cough and go to the hospital, the lung is usually 50% Fibrotic and it's too late. Taiwan experts provide a simple self-check that we can do every morning. Take a deep breath and hold your breath for more than 10 seconds. If you complete it successfully without coughing, without discomfort, stiffness or tightness, etc., it proves there is no Fibrosis in the lungs, basically indicates no infection. In critical time, please self-check every morning in an environment with clean air. Serious excellent advice by Japanese doctors treating COVID-19 cases: Everyone should ensure your mouth & throat are moist, never dry. Take a few sips of water every 15 minutes at least. Why? Even if the virus gets into your mouth, drinking water or other liquids will wash them down through your throat and into the stomach. Once there, your stomach acid will kill all the virus. If you don't drink enough water more regularly, the virus can enter your windpipe and into the lungs. That's very dangerous. Please send and share this with family and friends. Take care everyone and may the world recover from this Coronavirus soon.

IMPORTANT ANNOUNCEMENT - CORONAVIRUS

1. If you have a runny nose and sputum, you have a common cold
2. Coronavirus pneumonia is a dry cough with no runny nose.
3. This new virus is not heat-resistant and will be killed by a temperature of just 26/27 degrees. It hates the Sun.

4. If someone sneezes with it, it takes about 10 feet before it drops to the ground and is no longer airborne.
5. If it drops on a metal surface it will live for at least 12 hours - so if you come into contact with any metal surface - wash your hands as soon as you can with a bacterial soap.
6. On fabric it can survive for 6-12 hours. normal laundry detergent will kill it.
7. Drinking warm water is effective for all viruses. Try not to drink liquids with ice.
8. Wash your hands frequently as the virus can only live on your hands for 5-10 minutes, but - a lot can happen during that time - you can rub your eyes, pick your nose unwittingly and so on.
9. You should also gargle as a prevention. A simple solution of salt in warm water will suffice.
10. Can't emphasize enough - drink plenty of water!

THE SYMPTOMS

1. It will first infect the throat, so you'll have a sore throat lasting 3/4 days
2. The virus then blends into a nasal fluid that enters the trachea and then the lungs, causing pneumonia. This takes about 5/6 days further.
3. With the pneumonia comes high fever and difficulty in breathing.
4. The nasal congestion is not like the normal kind. You feel like you're drowning. It's imperative you then seek immediate attention.

From: lilsarge@mindspring.com <lilsarge@mindspring.com>

Sent: Friday, March 13, 2020 9:40 PM

To: wosl-wudyS 0119 <avhofsarge@gmail.com>

The TOXIC PROGRAM hosted by VVA 1011 for tomorrow is CANCELLED. They were unable to have their speakers come in from back east. Will be rescheduled

Now that I am back on line I will be sending a number of other items that have been cancelled