By Kate Goldsmith

When dealing with a disease like COVID-19, a little bit of misinformation is essential to minimizing risk of transmission and avoiding panic. Caused by SARS-CoV-2, the coronavirus known to scientists as “COVID-19” is a new, novel virus in the family of coronaviruses that cause the common cold. Although the virus is novel, it is not new. The World Health Organization’s (WHO) website indicates that “COVID-19” is a shortening of the Latin term “Corona Virus Disease 2019.”

Myth: The virus will be wiped out by the summer heat.

Reality: The virus can survive at temperatures of at least 50°C for 12 to 51 minutes. While surface may lose some of its infectivity when exposed to high temperature, there is no evidence of it being killed by heat.

Myth: The virus can only be transmitted if you have direct contact with an infected person.

Reality: The virus can be transmitted via aerosols created when an infected person speaks, sneezes, or coughs. Exposure to these aerosols can occur during close contact with the person, which is defined as within 3 feet of the infected individual.

Myth: There is no treatment for COVID-19.

Reality: There is no specific treatment for COVID-19. However, treatment may include oxygen therapy, antiviral drugs, and supportive care. Some patients may require hospitalization due to complications.

Myth: The virus can be transmitted through food.

Reality: The virus is not thought to be transmitted through food. Proper cooking and food handling practices can help prevent the spread of other respiratory illnesses.

By Tom Zurhellen

‘When the going gets tough, the tough get going’

‘Already tough’ veterans pitch in to help by preparing meals for kids

VFW Post 170 in Poughkeepsie is accepting lunch food items, as well as monetary donations, during the coronavirus pandemic, to supply lunches to our local kids who rely on school lunches as their primary source of nutrition.

On March 3, Facebook CEO Mark Zuckerberg wrote a post outlining his company’s plan to promote factual information about the disease: “Given the developing situation, we’re working with national ministries of health and organizations like the WHO, CDC and UNICEF to help them get out timely, accurate information on the coronavirus.” Zuckerberg wrote: “We’re giving the WHO as many free ads as they need for their coronavirus response along with other in-kind support. We’ll also give support and millions more in ad credits to other organizations too and we’re working closely with global health experts to provide additional help if needed.”

Despite the efforts of Google, Facebook and other tech giants, misinformation is still getting through.

To continue ensuring a healthy and safe environment for patients and staff during the COVID-19 pandemic, no visitors are allowed at any Nuvance Health hospital or facility until further notice. Exceptions apply for:

- Active Labor and Delivery: Patient can have one (single) support person during labor and delivery in NICU, and Nursery: Two parents/guardians per one patient per day.
- Extended Circumstances: Patients’ care team will discuss special circumstances with the patient and their family/appropriate person(s). Extenuating circumstances may include: end-of-life care, life-threatening illness, need to have someone at the hospital, patient’s inability to thrive without support person, legal guardian required, interpreter required, or self-support person required for transportation.

Additional information for visitors

- COVID-19 suspected or confirmed Patient: Patients who are suspected or confirmed to have COVID-19 will not be allowed any visitors.

Screengrabs: All visitors will be subject to an active screening for risk factors for COVID-19. Temperatures may be checked. Visitors should be prepared to answer questions about their recent travel history. Visitors showing signs of respiratory illness, such as cough, fever, or difficulty breathing/shortness of breath will be asked to go home.

Visitations: Visitations may change as this situation develops. Please call the hospital to confirm visiting hours before you come to the hospital.

Nuvance Health officials apologize for any inconvenience this visitation policy may cause you and your family. This is a necessary step to limit the risk of possible exposure to COVID-19 to you, your loved ones, and the community. We appreciate your understanding.

Disclaimers

Visit nuvancehealth.org/coronavirus for the latest information.

Gulf War

Vet

Housing and Hope

On A Mission

In

Poughkeepsie

A new group of local non-profits like Hudson River Housing and Hope On A Mission (HOAM) is making sure no local child goes hungry during this crisis.

The VFW has partnered with other local non-profits like Hudson River Housing and Hope On A Mission (HOAM) to make sure no local child goes hungry during this crisis.

To our younger folks, the sudden challenges presented by the coronavirus pandemic can seem almost overwhelming as they disrupt our daily lives. But to our older veterans, these experiences count for a lot, and they also give our veteran colleagues, a readiness that most folks simply don’t have.

“When the going gets tough, the tough get going.”

Yes, it’s an old saying but it still rings true, doesn’t it? And when I walk in the VFW Post 170 I already know that those words are true.

As they disrupt our daily lives. But to our older veterans, these experiences count for a lot, and they also give our veteran colleagues, a readiness that most folks simply don’t have.

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