

November :

United States COVID-19 Cases and Deaths by State

Reported to the CDC since
January 21, 2020

~ Total Cases: **8,617,022**
+ 63,195 New Cases

~ Cases in Last 7 Days
Per 100K: **21.1**

~ Total Deaths: **224,601**
+ 380 New Deaths

*Please remember to take care of
yourselves and protect and care for
others. Plain and simple, Be careful
during this holiday season and
onwards*

In His Service,

H-3 Ministry



*“But if you truly obey his voice and
do all that I say, then I will be an
enemy to your enemies and an
adversary to your adversaries.*

Exodus 23:22



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We hope that everyone is taking every precaution to STAY SAFE, STAY HEALTHY and FOLLOW DIRECTIVES from Medical Health Professionals, as we live through this Coronavirus Pandemic. Special THANK YOU to Dr. Belinda Johnson for her assistance in compiling the “MEAT” of November’s newsletter. We have devoted the letter to reminders / safe ways to live in this pandemic. A REMINDER to ALL:

PLEASE PRACTICE THE 3 W’s!!!

- 1) WEAR A MASK.
- 2) WASH YOUR HANDS.
- 3) WATCH YOUR DISTANCE. (Stay a minimum of 6 feet apart.)

KEY POINTERS, SAFETY AND BASIC INFORMATION FOR CORONAVIRUS.

Cover your mouth and nose with a mask when around others

- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a mask in public settings and when around people not living in their household, especially when social distancing is difficult to maintain.
 - » Masks should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- The mask is meant to protect other people in case you are infected.
- Do NOT use a facemask meant for a healthcare worker.
- Continue to keep about 6 feet between yourself and others. The mask is not a substitute for social distancing.



Cover coughs and sneezes

- Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



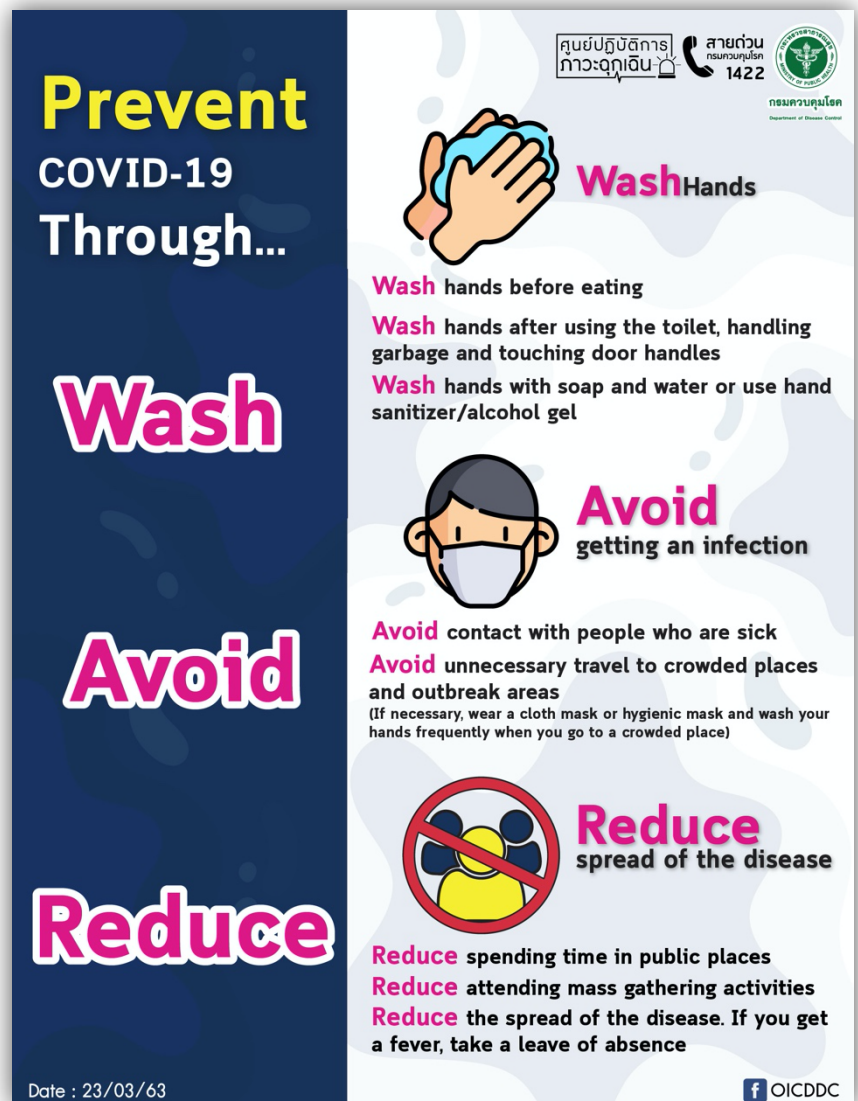
Clean and disinfect



- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.
- Then, use a household disinfectant. You can see a list of [EPA-registered household disinfectants here](#).

Wear a [mask](#) at all times when around people who don't live in your household to reduce the risk of

- spreading the virus.
- Avoid singing, chanting, or shouting, especially when not wearing a mask and within 6 feet of others.
- Limit contact with commonly touched surfaces or shared items
- [Clean and disinfect](#) commonly touched surfaces and any shared items between use when feasible. Use [EPA-approved disinfectants](#).
- Use touchless garbage cans if available. Use gloves when removing garbage bags or handling and disposing of trash.



Prevent COVID-19 Through...

Wash

Wash Hands

Wash hands before eating
Wash hands after using the toilet, handling garbage and touching door handles
Wash hands with soap and water or use hand sanitizer/alcohol gel

Avoid

Avoid getting an infection

Avoid contact with people who are sick
Avoid unnecessary travel to crowded places and outbreak areas
(If necessary, wear a cloth mask or hygienic mask and wash your hands frequently when you go to a crowded place)

Reduce

Reduce spread of the disease

Reduce spending time in public places
Reduce attending mass gathering activities
Reduce the spread of the disease. If you get a fever, take a leave of absence

Date : 23/03/63

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กรมควบคุมโรค
Department of Disease Control

oicddc

[Wash hands](#) after removing gloves. [Wash your hands](#) often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

KEEP SAFE AROUND FOOD AND DRINKS

1. Currently, there is no evidence to suggest that handling food or eating is associated with directly spreading COVID-19. It is possible that a person can get COVID-19 by touching a surface or object, including food, food packaging, or utensils that have the virus on it and then touching their own mouth, nose, or possibly their eyes. However, this is not thought to be the main way that the virus is spread. Remember, it is always important to follow good hygiene to reduce the risk of illness from common foodborne germs.
2. Make sure everyone washes their hands with soap and water for 20 seconds before and after preparing, serving, and eating food. Use hand sanitizer with at least 60% alcohol if soap and water are not available.
3. Instead of potluck-style gatherings, encourage guests to bring food and drinks for themselves and for members of their own household only.
4. Limit people going in and out of the areas where food is being prepared or handled, such as in the kitchen or around the grill, if possible. Wear a [mask](#) while preparing or serving food to others who don't live in your household.
5. If serving any food, consider having one person serve all the food so that multiple people are not handling the serving utensils.
6. Use single-use options or identify one person to serve sharable items, like salad dressings, food containers, plates and utensils, and condiments.
7. Avoid any self-serve food or drink options, such as buffets or buffet-style potlucks, salad bars, and condiment or drink stations. Use grab-and-go meal options, if available.
8. If you choose to use any items that are reusable (e.g., seating covers, tablecloths, linen napkins), wash [and disinfect](#) them after the event.
9. Look for healthy food and beverage options, such as fruits and vegetables, lean proteins, whole grains, and low or no calorie beverages, at holiday gatherings to help maintain good health.
10. After the celebration If you participated in [higher risk activities](#) or think that you may have been exposed during your celebration, take extra precautions (in addition the ones listed above) for 14 days after the event to protect others:
11. If you will be attending a celebration that someone else is hosting, follow [CDC Considerations for attending an event or gathering](#). Below are some additional considerations for attending an in-person holiday gathering: Outdoor activities are safer than indoor activities. If participating in an outdoor event is not possible, and you choose to attend an indoor event, avoid crowded, poorly ventilated, and fully enclosed indoor spaces. Increase ventilation by opening windows and doors to the extent that is safe and feasible based on the weather.
12. Check with the event host, organizer, or event venue for updated information about any COVID-19 safety guidelines and if they [have steps in place](#) to prevent the spread of the virus.
13. Bring supplies to help you and others stay healthy. For example, bring extra [masks](#) (do not share or swap with others), hand sanitizer that contains at least 60% alcohol, and tissues.
14. If you are planning to attend in-person holiday gatherings with people outside of your household, consider strictly avoiding contact with people outside of your household for 14 days before the gathering.

Resources: <https://www.iloveqatar.net/public/images/local/ERwqVDOX0AACCNq.jpg>
<https://www.stepky.com/post/coronavirus-covid-19-safety-health-information>
<https://www.cdc.gov/coronavirus>
<https://qatarofw.com/how-to-protect-yourself-from-coronavirus-covid-19/>



PROTECT YOURSELF FROM THE NEW CORONAVIRUS (COVID-19)



Make sure you wash your hands with soap and water.
If soap and water are not available, clean your hands with hand sanitizer



When coughing or sneezing:

- Cover your nose and mouth with a clean napkin and make sure to throw the used napkin in the trash immediately
- If a napkin is not available, make sure you use the top of your sleeve, not your hands



Always wash your hands:

- After coughing or sneezing
- Before, during and after preparing food
- Before eating
- After using the restroom
- When caring for patients
- When your hands are dirty
- After handling animals

Try to avoid any contact with people who show symptoms of respiratory diseases such as coughing or sneezing



Avoid touching your nose, eyes and mouth with unclean hands

Make sure you eat a healthy, balanced diet



Avoid contact with stray, sick or dead animals

If you have flu symptoms, use a face mask to avoid infecting others



Make sure to cook your food thoroughly, especially meat and eggs, and avoid raw food

Visit the nearest health center or hospital if you have any flu symptoms



Avoid unnecessary travels to infected countries