

From: [Miller, Dawn](#)
Subject: FW: RE: COVID-19
Date: Friday, March 13, 2020 9:32:12 AM
Attachments: [Virus Advice From Expert.docx](#)

The health and safety of our CTF family is our top priority, so please use your discretion in conducting activities that may impact your well-being according to the latest COVID-19 guidance. We encourage employees, grantees and program participants to visit the Alabama Department of Public Health website www.alabamapublichealth.gov or @ALPublicHealth on twitter for helpful information concerning COVID-19 updates. It is important that we all stay current on the latest news and continue taking necessary steps to reduce the risk of being exposed to COVID-19.

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COVID-19 (Coronavirus) - Advice From an Expert

March 6, 2020

NOTE FROM APSAC –

We have vetted this letter and concluded it is authentic; we find this advice so compelling that we are sharing it with you! The author is James Robb - a virologist at UC San Diego.

COVID-19 (coronavirus) advice from an expert:

Subject: 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 world wide 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 US:

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!

Jim
James Robb, MD FCAP

Dear Grantees,

Our Department's top priority is to keep our staff, grantees and the people you serve safe during this pandemic influenza outbreak of Coronavirus (COVID-19). We ask that each grantee use your own discretion concerning services based on current information provided by ADPH and the CDC. As you know guidance and updates are changing rapidly so it is imperative to stay up-to-date with the latest information to keep employees and participants safe.

On Sunday, March 15, 2020 our Department was notified by the Governor's Office to work remotely in response to the pandemic influenza outbreak of Coronavirus (COVID-19). Hence, our Department has been directed to postpone all non-essential travel until further notice. Because of this directive, our staff will suspend current planned site visits until further notice. Should questions arise concerning your programs you will be able to contact your field director by email or phone. Our main office phone lines will also be available to assist you.

Your field director will be contacting you if your site visit has been cancelled to discuss other temporary ways to gather information. During these difficult and changing times we are finding creative ways to continue our work while we are temporarily unable to visit your programs. We encourage you to do the same with your employees paid through our funding.

Many of you are asking questions related to your specific program or situation. Because each program is unique, we are asking grantees that may see potential issues relevant to their program, to email their field director with a statement of potential impact on services/funding/evaluation or other areas of concern. Further, we will review these impact statements and respond based on your specific program concerns.

We encourage each of you to remain safe and continue visiting our social media pages, checking our email messages and staying in contact with your field director as we work through these difficult times.

Thank you in advance for your cooperation and patience.