

To My Neighbors/Staff at WATERSIDE Village:

As a Health Care Professional I feel an obligation to reach out to you – my neighbors - and share some facts regarding the crisis we are unfortunately dealing with.

Although not a prominent expert in the area, I do have access to a network of physicians and other health care professionals with whom info is mutually shared. We work together researching the newest developments as things progress.

These are dire times...as a community we have an obligation/responsibility to care for ourselves and those around us, especially those more vulnerable (the elderly and those health compromised).

From all that I have read and observed there is no doubt in my mind that things are going to explode here in S. Florida. Look what is happening due to Mardi Gras in New Orleans...look what was going on recently on the beaches of Ft. Lauderdale during Spring Break. Many of you I am sure saw it, it was wall to wall people. The general consensus is that our governor has not been aggressive enough nor early enough with interventions and refuses to issue a shelter in place order. New cases are on the rise daily. Apparently New Yorkers' are fleeing the city and coming to Florida, this is not good! Given that Florida has such a huge elderly population, it could be disastrous.

This is too serious to remain silent. That is why I am reaching out. I wish you could say that I am simply being negative or over-reacting, but given all the indicators the facts unfortunately and sadly prove otherwise. A panel of Physicians out of LA are predicting 40-70% of the population will be infected with 1.5 mil deaths here in the US alone.

So let's do everything possible to be safe and keep our community safe! Every decision we make today will influence the trajectory of this virus!

1. Please, PLEASE heed to social distancing/isolation, stay 6' away or further from each other. Some experts think it should be closer to 10 feet. I have seen people here at Waterside violating this rule. I urge you to respect it. Other scientists feel it is closer to 27 feet, see below:

[Coronavirus could travel 27 feet, stay in air for hours: MIT researcher](#)



Coronavirus could travel 27 feet, stay in air for hours: MIT researcher

Social-distancing guidelines to stay 6 feet from others may be woefully inadequate, one scientist warns — saying...

I, myself, am going to operate on a self imposed shelter in place (stay-at-home order) This means staying at home except for essential tasks or going to work in essential businesses. Outdoor activities are allowed. I strongly urge EVERYONE of you to do the same – for your own safety alone!

Clearly Waterside Village is probably one of the safest places to be given how few of us are here on site. Let's keep it that way! Please limit the amount of visitors to a minimum as everyone who enters Waterside is a potential carrier.

Consider picking up your mail only 1-2 times/week as mail may also be a possible carrier.

2. On cleaning/disinfecting, here are recommendations from the CDC:

- **Know that sanitizing is not the same as disinfecting.** Sanitizing (reducing the number of germs) usually takes less time — sometimes just 30 or 60 seconds — while disinfecting (killing those germs) can take anywhere up to 10 minutes, depending on the product.

- **Check the label for how long hard, non-porous surfaces must stay wet** for the most effective germ killing. Because liquids evaporate, this may require you to apply the product multiple times.
- **No product can adequately sanitize or disinfect a dirty surface**, so make sure you clean — even with plain soap and water — before you disinfect.

What DIY household cleaner kills coronavirus?

According to the U.S. Center for Disease Control (CDC), an easy way to disinfect hard, non-porous surfaces with a product you likely have at home is to **combine 1/3 cup of regular chlorine bleach (sodium hypochlorite) bleach per gallon of water**. (Clorox recommends using 1/2 cup bleach per 1/2 gallon.) For small batches, use 4 teaspoons of regular chlorine bleach and 1 quart of water.

To use: Wearing gloves, dip a cloth into the mixture, wipe the surface, allowing the solution to contact the surface for five minutes and air dry. For food contact surfaces, like countertops and high chair trays, rinse with warm water and air dry after disinfecting. Be careful not to splash the bleach solution on your clothes or in your eyes and use it sparingly on stainless steel sinks and surfaces.

Does hydrogen peroxide kill viruses?

According to the CDC, **hydrogen peroxide is a stable and effective disinfectant against viruses when used on hard, non-porous surfaces**. Typically sold in 3% solutions, hydrogen peroxide can be used as is, directly from the bottle. It's best to keep it away from fabrics when cleaning and to wear gloves to protect your hands.

To use: Spray or wipe it on the surface, allowing it to remain wet for at least one minute before wiping.

Will alcohol disinfect surfaces?

Isopropyl alcohol is an effective disinfectant against many pathogens, including coronavirus, as long as the concentration is 70%. Most rubbing alcohols are 70% isopropyl

alcohol, but concentrations can range from 60-99%. For killing coronavirus quickly on surfaces, 70% is best – pure (100%) alcohol evaporates too quickly to be effective.

To use: Wipe or spray the surface with the alcohol and make sure it remains wet for at least 30 seconds.

Can vinegar kill germs?

No. According to the CDC and NSF (a public health and safety organization), **vinegar (or vinegar-based alternative cleaning products) should not be used to disinfect or sanitize.** Vinegar-containing cleaning products can be a good in some instances, but vinegar is not registered with the EPA as a disinfectant and is ineffective against most bacteria and viruses – it does *not* kill the flu or coronavirus. Undiluted white vinegar may work on some limited types of bacteria, but it's not the best way to get surfaces germ-free. (Besides, coronavirus is a virus, not a bacteria.)

What else you should know about cleaning your home right now

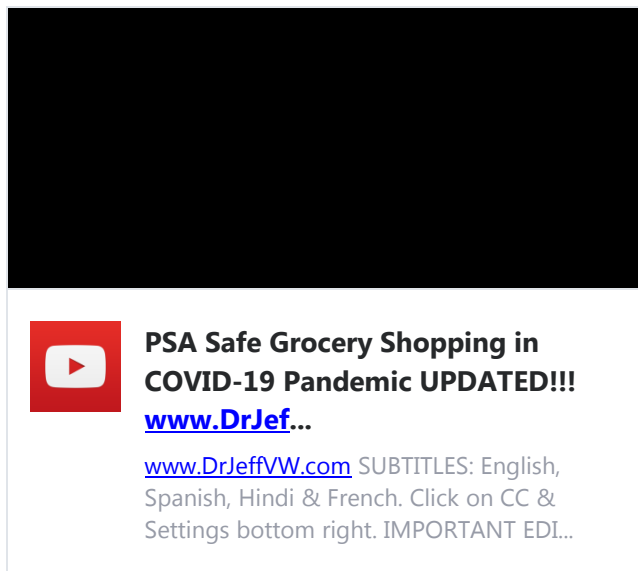
- **Regular soap and water cleans germs away** and cuts down the quantity of germs, which also reduces the chance of infection. But to actually kill germs, you also must sanitize or disinfect surfaces after cleaning them.
- **Never combine disinfecting or any cleaning products** and open the window or ventilate a room if fumes become bothersome.
- **Soft surfaces are porous** and will never fully reach the level of germ kill required to be fully disinfected. Some antibacterial sprays can sanitize soft surfaces, like pillows and plush toys.
- **Test surfaces for safety** in a hidden spot before using alcohol, hydrogen peroxide, or any disinfectant on a surface, especially a delicate one. On food contact surfaces, rinse with clear water and dry after disinfecting, unless the product label specifically says it's not necessary.

3. SHOPPING AND GROCERIES:

While shopping, commit to picking up ONLY what you will buy – gone are the days of picking items up, reading the label and placing it back on the shelf. Have a list, have a plan, get in and out as quickly as possible.

Groceries need to be disinfected when returning from the store, here is a very informative video on how to handle groceries that also touches on take-out:

[PSA Safe Grocery Shopping in COVID-19 Pandemic UPDATED!!!
www.DrJeffVW.com](https://www.DrJeffVW.com)



I have been filling a bucket of bleach (following the above CDC dilutions of 1/3 bleach to a gallon of water), taking it outside and literally submersing any item that can get wet - like cans, jars, etc. - I allow them to dry on their own and then bring inside. Other items I wipe down with a cloth that has been dipped in the bleach solution (and wrung out). Wear gloves (as bleach is extremely irritating to the skin). Discard after each use. Soak all produce and get rid of their original containers. **If you have young children at home this may not be the best option. Use your judgement.**

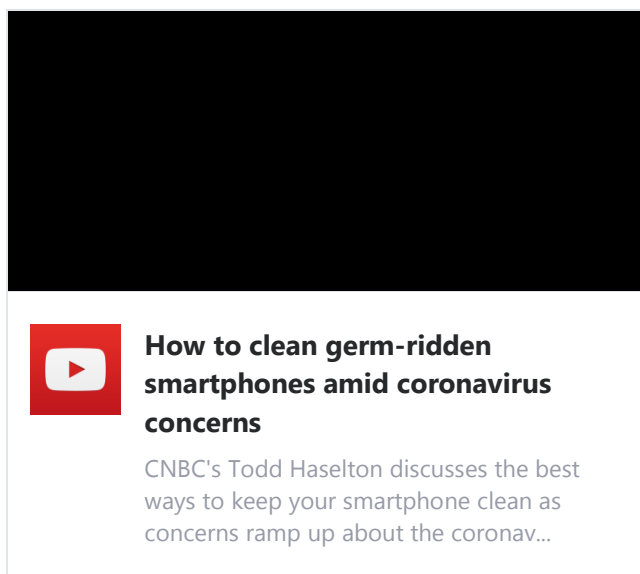
I keep a box of Kleenex inside and outside my door and use 1 sheet to open and close the door so I do not have to touch the handle directly. Just make sure you discard it ASAP!

Based on preliminary cruise ship studies some feel the virus can last up to 17 days on surfaces.

Wash your hands for 20 sec as soon as you return home and after cleaning the groceries (and as often as possible!

4. And don't forget about the cell phone. Here is the best info I could find on how to clean cell phones:

[How to clean germ-ridden smartphones amid coronavirus concerns](#)



5. Those interested in symptoms and a day to day synopsis of the disease see below:

According to the World Health Organization-China Joint Mission on COVID-19, as of February 20, 80% of laboratory-confirmed cases were mild to moderate, 14% were severe, and 6% were critical. Just to be clear, a mild case of COVID-19 is not like a mild cold. The symptoms will still be pretty severe. Anything less than needing oxygen puts you in this category. Severe cases do need supplemental oxygen, and critical ones are defined by respiratory or multi-organ failure.

The symptoms, treatments, and timelines of having the disease vary depending on which category patients fall into. So, let's break down what having COVID-19 looks like day to day for each level of severity. It can take

as few as two or as many as 14 days after being exposed to the novel coronavirus for the first symptom to develop. This is when it might feel like a cold or the common flu. Many patients develop fevers early on. The World Health Organization-China Joint Mission saw that about 88% of people who had COVID-19 had a fever.

Another study out of China showed that while only 44% of patients had a fever on admission to a hospital, 89% eventually developed one. But there have been some cases that led with gastrointestinal symptoms. Diarrhea, nausea, vomiting, and/or abdominal discomfort may appear a couple of days before respiratory symptoms. This isn't the norm, though, because COVID-19 is a respiratory disease. That means, for most patients, the virus will start and end with the lungs. In the early days of infection, the virus invades lung cells. Specifically, this can damage the cilia, the hairlike projections that move around to keep airways clear of mucus and debris. When cells get infected, they die and shed off, adding to the debris and hindering your body's ability to keep stuff out of the lungs and trachea. The inflammation causes damage, and damage causes more inflammation, and this cycle could continue until there's no healthy tissue left. And inflammation might explain why a dry cough is one of the most common symptoms. Same goes for shortness of breath and phlegm production.

Other symptoms that can appear around this time are fatigue, sore throat, headache, joint or muscle pain, chills, and a runny nose. By day five, patients with preexisting conditions might find that they have trouble breathing, and it usually takes about seven days for a person to go to a hospital. Mild cases, though, usually clear up by this time. But those with moderate to critical cases will have developed pneumonia, which can range from non-life-threatening to severe. Recovery time for these patients could be anywhere from a few days to weeks. For some severe and critical cases, though, symptoms can escalate into acute respiratory distress syndrome.

ARDS is an illness that happens when fluid builds up in the lungs. Inflammation triggers a flood of immune cells that are meant to target the infection. They're usually isolated to infected areas, but sometimes the body goes overboard, which is when the immune cells start killing anything in their path, including healthy cells. ARDS is often fatal. In critical cases, it can lead to respiratory failure, requiring advanced life support, and this is most likely when patients head to the ICU. ARDS treatment includes supplemental oxygen and mechanical ventilation. The goal is to get more oxygen into the bloodstream since the lungs can't. When this treatment

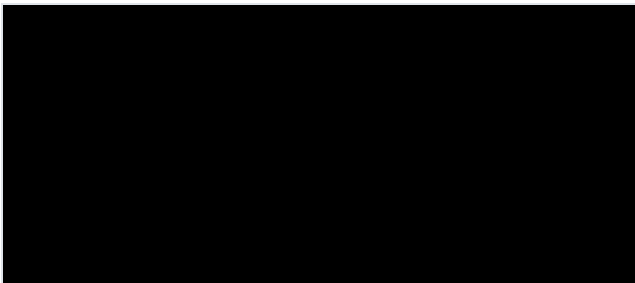
doesn't work, the lungs are basically too flooded to get any oxygen into your bloodstream.

That's the cause of most COVID-19 deaths. And even when a patient survives this phase, they could be left with permanent lung damage. SARS punched holes in some infected peoples' lungs, giving them a honeycomb effect, and these lesions have been seen in people affected by the novel coronavirus too. Early studies found that most people who die of the disease will do so within 14 to 19 days. And, on average, people who recover are released from the hospital after two and a half weeks. But with the most critical cases, recovery could take months. Once a patient is in the recovery period, it's possible that they could still be contagious. These people should work with their doctors and public-health officials to determine when they're no longer a risk.

As of now, there is no vaccine for the virus. So the best way to avoid getting sick is to avoid being exposed. COVID-19 spreads easily from person to person through coughing and sneezing. So wash your hands often and avoid close contact with people who are sick and clean and disinfect surfaces that you use daily. COVID-19 should be taken seriously, but most cases are survivable, so stay home, stay clean, and don't panic.

6. For those interested in reducing stress and meditating, here is a site by Oprah Winfrey and Deepak Chopra that can be helpful (plus it is free!):

[Oprah & Deepak's 21-Day Meditation Experience](#)



Oprah & Deepak's 21-Day Meditation Experience

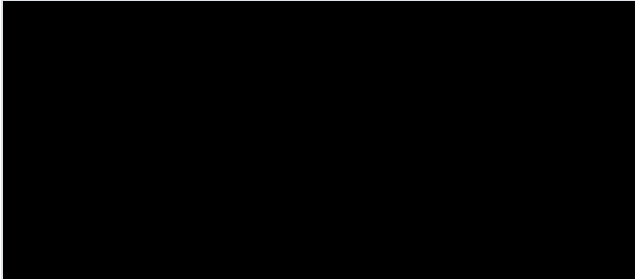
Hope in Uncertain Times. Register for free!

7. If you have symptoms call your Doctor or 866 779-6121. Here are the CDC requirements.

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html>

8. Here are two informative websites in which to follow the statistics of this crisis including numbers of new cases in Florida, Palm Beach County and worldwide along with graphs and additional info:

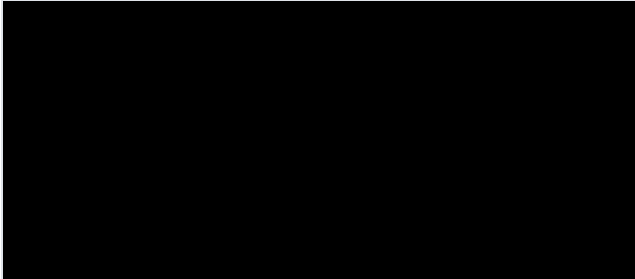
[Coronavirus Update \(Live\): 780,994 Cases and 37,559 Deaths from COVID-19 Virus Outbreak - Worldometer](#)



Coronavirus Update (Live): 780,994 Cases and 37,559 Deaths from COVID-19...

Live statistics and coronavirus news tracking the number of confirmed cases, recovered patients, and death toll ...

[Home](#)



Home

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(If you click on "SEE DASHBOARD" towards the bottom of the page it will take you to a breakdown of each individual county in Florida. Click on any county to bring up a window with statistics specific to that county.)

I want you all to be safe. I want us all to get through this unscathed, I don't want to lose those I love!!! I don't want to lose my neighbors and friends. I find so many people not taking this crisis seriously and that is a danger to EVERY ONE OF US.

Please err on the side of caution.

If anyone has question, feel free to get in touch. I can be reached @ 561 385-0878 or scollins2224@gmail.com

AND ABOVE ALL STAY SAFE!!!

BLESSINGS,

Susan Collins