




Following are notes taken from the 06 JUL CDC teleconference. These notes are not all encompassing but will provide basic insight to the discussions.

- Stigma to fight COVID once someone has been quarantine
 - Those who have quarantine are not at-risk infecting others
 - Being of Asian descent does not and are not the source of the virus
 - Do not allow employees medical information to be shared out
 - Speak out if you hear something
 - Social Media
 - If coming back from a hot spot
 - New CDC survey
 - 10 X Americans have an iceberg effect
 - People were not tested
 - May have been ill and didn't seek medical care
 - CDC has updated who is at higher risk
 - No longer risk is 65 and over
 - Risk starts from middle adult years
 - The more medical conditions raise the risk
 - Pregnancies
 - Airconditioning in gaming and casinos there is new guidance
 - ½ of covid patients knew they were aware they were in contact with someone with COVID
 - Tracing
 - Isolation is essential
 - Cloth face coverings
 - Exhalation valves are they safer?
 - When your breath out with a valve goes out to whoever was in front of you
 - People with TB should not use a valve mask, concerns they can release the germs through the valve
 - Valves on masks acts as a rifle barrel; it shoots air forcefully and straight out in front of you
 - Cloth masks are simple barriers
 - Source control for droplets
 - Different from PPE
 - People are infected before they even show symptoms
 - When people are yelling/singing they create larger droplets
 - Inhaled in eyes, nose, mouth or inhaled
 - Clinical/lab studies clearly shows it greatly reduces the distance a droplet can get out



- Use anytime out in public
- With anyone that is not in your household
- Use on anyone older than 2 years old
- Do not use if you have emphysema or lung disease
 - These people should stay at home regardless
- Do not put on anyone who is unconscious
- Sick with respiratory systems that could be covid, you should quarantine and keep the face covering home inside your home when you around family until quarantine is over
- Hearing impaired could use partial cloth mask could be used
- Kids are a challenge
 - In between classes, the kids should keep their class on
- Workplaces
 - Essential employers think through their options depending on the job type and health services
 - Outside workers
 - In shared vehicles with multiple people should have mask on
- Face Shields
 - This mostly protects the wearer, but does not protect those around them from the wearer's droplets
- Questions:
 - Can I prevent someone from coming into my business without a mask?
 - Answer: check out the CDC posters that you can use for your business and promotes common sense.
 - What types of masks is most effective?
 - Answer: Any sort of masks made of fabric is fine as long as it covers your nose and mouth completely but can breathe comfortably.
 - I have a disability where it's hard to breath, how can I protect myself?
 - Answer: Your wearing the cloth mask to protect others. Be very careful going out and how close people come close to you. Your protection comes when others are wearing mask. Stay at home as much as possible.
 - Filters for my mask?
 - Answer: Depending on the filter. It's important to find one that fits and allows you to breath is the most important. The cloth is there to protect your droplets from getting out.
 - If I'm exercising do, I need to wear a face covering?
 - Answer: When you can't avoid coming into contact with others, specifically when breathing hard, your creating more droplets.
 - When outside and alone, your chances are better not to wear a mask.
 - If exercising indoors where there are others, you should keep your mask on.

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- Minimum: You should always have a mask on you, if you need to put on quickly if need be.
 - When my face covering gets damp/sweaty is it ok?
 - Answer: It doesn't affect the safety of the cloth mask
 - Launder frequently and have it dry
 - Treat it like a pillowcase hygiene
 - A damp mask does not make you inhale carbon dioxide
 - What should I do when a friend refuses to wear a mask?
 - Answer: Move away from the person
 - If the person continues to come closer, express you are concerned and to please move back by CDC recommendations
 - Don't get into arguments with individuals, just leave if you can and/or take an alt route around the store
 - How long does someone remain contagious?
 - Answer: Six studies show those who have not been hospitalized it's hard to get the virus after 10 days once the symptoms start.
 - For people who have been severely sick and have been hospitalized, it could take up to 20 days.
 - PRC test can show positive, despite the person no longer have live virus.
 - Making masks with anti-viral material or with metals?
 - Answer: There are anti-viral and metals (like silver), which is no issue as long as it doesn't create irritations. Especially if someone is going to wear a mask for extended periods.
 - The cloth mask contains the respiratory droplets, which doesn't require any special treatments.
 - Anything wrong with lining a mask with a material that is more comfortable, like silk? Maskme.com
 - Answer: Any fabric combination that feels good against your face, will be fine. Make sure you can wash and dry it!
 - How far does the virus travel?
 - Answer: When we are speaking and vocalizing, different size particles and aerosols float around in the air and can suspend, but the virus within the aerosols the longer it suspends gets smaller and smaller.
 - We haven't seen where people who are speaking normally further away get infected 6-9 feet.
 - Ventilation is your friend! Opening door/windows helps dilute and reduce yourself to these particles.
 - Singing and exercise produces bigger droplets and projection
 - Example: VP's choir the droplets could have traveled many feet
 - Example: Zumba instructor teaching and facing a class has infected people. Mostly due to the time exposed and the heavy breathing.