Back in the day...

SOURCE: https://en.wikipedia.org/wiki/Plague_doctor
MYTHS COME IN 3 COMMON CATEGORIES

1. Cause
2. Transmission
3. Cure
CROWD PSYCHOLOGY

crowd psychology

the mental and emotional states and processes unique to individuals when they are members of street crowds, mobs, and other such collectives.

SOURCE: https://dictionary.apa.org/crowd-psychology
DISCLAIMER & HISTORY

• FACT: COVID will be here November 4.
• FACT: Anything that makes headlines can (and usually is) used for political purposes.
• FACT: Politics, plagues, and public health actually need each other…think about universal eradication of polio, measles, less use of tobacco

Read up on it! https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3329042/

Just remember—only believe what you get from reputable sites such as the CDC, WHO, Public Health, etc.
LET’S START WITH THE FACTS!

• FACT: COVID-19 is spread by a virus, not a bacteria. Antibiotics will not work against COVID-19.

• FACT: You should NOT wear a mask while exercising. Aside from impeding breathing, as you sweat the mask becomes dampened and promotes microbial growth. Social distance and preferably exercise outside.

• FACT: The jury is still out on hydroxychloroquine as being effective treatment for COVID-19. Important to note: there are a lot of side effects from this medication and it is generally used only for people with malaria or autoimmune disorders.

• FACT: The prolonged use of medical [surgical] masks when properly worn, DOES NOT cause CO2 intoxication nor oxygen deficiency. When it gets damp, dump it and get a new one.

• FACT: Most people who get COVID recover from it. Note: studies are currently being conducted analyzing any long-term side effects of COVID-19.

SOME SERIOUS (AND NOT SO SERIOUS) MYTHS ABOUT PREVENTING COVID

1. Eating garlic, turmeric, and/or lemon or adding pepper to soup can help prevent Covid-19 infection. Garlic and turmeric have antimicrobial properties however, they will not prevent COVID.

2. Regularly rinsing with salt water or saline can help prevent COVID-19 infection. It may help your throat feel better but it won’t stop COVID.

3. Spraying alcohol or chlorine all over your body or digesting it within your body can kill the COVID-19 virus. That’s just dumb. Don’t do it.

4. Hand dryers are effective in killing the novel coronavirus. No evidence. Try to stick with disposable paper towels (and no shooting baskets!)

5. Vaccines against pneumonia can protect you against the COVID-19 infection.

6. Drinking alcohol can prevent COVID-19. It may temporarily cure a bad day, but not COVID.

SOURCE: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7301136/
SOME SERIOUS (AND NOT SO SERIOUS) MYTHS ABOUT COVID TRANSMISSION

1. **COVID-19 can be transmitted through mosquitos bites.**

2. **You can get COVID-19 from your pets.** Based on the limited information available to date, the risk of animals spreading the virus that causes COVID-19 to people is considered to be low (as of Oct 9, 2020, CDC).

3. **You can get COVID-19 by donating blood.**

4. **COVID came from eating bats.** Um, TBD. Short version: there are animal coronaviruses and human coronaviruses and have been for years. The SARS-COV2 (COVID-19) has it’s origins with bats. Bats have carried this virus family for years. Exact origin of this outbreak is still unknown. To be on the safe side, I wouldn’t cook up a bat burger.

SOURCE: [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7301136/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7301136/)
AND THE CRAZY ONES!

• 5G Mobile networks do NOT spread COVID-19. However, the phone you’re using can so clean it off!
• If you can hold your breath for 10 seconds, you don’t have COVID.
• Houseflies spread COVID.
• Boiled garlic will prevent COVID. New form of social distancing?
• Aiming a blow dryer up your nose can cure you of coronavirus.
• Dr. BS’s COVID cure?! Just don’t, please 😊
MYTHS ABOUT COVID IN HEALTHCARE

1. If the public water supply is contaminated with COVID-19, the entire community will be infected. No evidence to this point. Continue using proper hand hygiene and soap in the shower regularly and you should be fine.

2. Thermal scanners can detect COVID-19. Nope. These only detect fevers.

3. Hand sanitizers are better than soap and water. Both are equally effective when used properly.

4. Dietary supplements such as vitamin C, vitamin D, zinc, elderberry, and silver are effective at preventing and/or treating COVID-19. IMPORTANT POINT: Patient safety comes first! Current studies do not show evidence that these supplements prevent or treat COVID-19. If misused (excessively or in unsafe doses), they can actually cause harm. However, it’s important to remember that COVID-19 causes a cytokine storm, causing your immune system to go from 0-100 and sending your body into extreme reaction. Therefore if you are deficient in Vitamin D, a supplement will help. Vitamin C and zinc both have properties that can assist the immune reaction in cells. Elderberry is a traditional anti-inflammatory used to treat colds and sore throats. Colloidal silver has been reputed through the years as an antimicrobial and antiviral (think of the colloidal silvers we use in wound care). However, it has not been found safe for ingestion and can cause neurotoxicity and major organ damage. More info is needed on the use of dietary supplements in the treatment of COVID. Used under a physician’s direction, vitamins should not cause harm.

SOURCE: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7301136/
SOURCE: https://journals.sagepub.com/doi/full/10.1177/1060028020928052
COVID AT HOME
THE STAFF CAREGIVER

JOB DESCRIPTION:

1. Check on the various staff in the building. Do 1:1 visits and really talk to people. See how they’re coping. If they have any needs and make notes. Give them a quiet “safe” place and person to vent to, laugh with, and cry on. WE ALL NEED THIS!!

2. If they get sent home with COVID or to care for a loved one with COVID, ask these questions:
   1. Do they live alone? Are there caregivers available to stay with them or can you schedule a daily check-in?
   2. Is there a bedroom where they can recover without sharing immediate space with others?
   3. There is a separate bathroom for them to use? Or at least a person/resources available to disinfect after the infected persons use?
   4. Can they have someone bring in groceries, etc?

CREATING COMMUNITY RELATIONSHIPS

So, you’ve learned the needs…now how do we meet them?

1. Check on the various staff in the building. Do 1:1 visits and really talk to people. See how they’re coping. If they have any needs and make notes. Give them a quiet “safe” place and person to vent to, laugh with, and cry on. **WE ALL NEED THIS!!**

Text a funny video

Stick a sticky note and Oreos on their coat just to say Hi and Thanks For Being YOU!

Go ahead and give those gas gift cards usually reserved for the employee Christmas party out along with a bag of Hershey’s Hugs

Say a prayer

Meet whatever need you can. It doesn’t have to be extravagant.

It has to be sincere.
CREATING COMMUNITY RELATIONSHIPS

2. If they get sent home with COVID or to care for a loved one with COVID, ask these questions:
   
   1. Do they live alone? Are there caregivers available to stay with them or can you schedule a daily check in? Make a plan to check in every day or twice daily if you can. It can be as simple as thumbs up or down text. If you get the thumbs down, follow up with a call.
   
   2. If children and/or elders cannot stay with someone else during the illness quarantine, do they have plastic shower curtains or other means of isolating as self-sufficiently as possible during the time?
   
   3. Can they have someone bring in groceries, take the kids to school, etc? This is a great place to reach out to the church, school, local library. We’ve gotten too independent in many ways. There’s so much out there and we need to utilize it and each other during hard times. That’s part of being human!
Preventing Transmission of COVID In Patient’s Community

What we know from the experts:

- Quarantined individuals need to stay in their home and limit contact with other family members
- There are many different guidelines
  - For example: schools, businesses, social gatherings, etc.
- Key to limiting risks is by:

  ✓ Limiting errands
  ✓ Wear a mask
  ✓ Socially distance
  ✓ Use hand sanitizer when out of home and wash with soap and water as soon as you return home
  ✓ Use clean towels to dry hands

SOURCE: https://repository.netecweb.org/exhibits/show/ppe-cons/item/1367
<table>
<thead>
<tr>
<th>Public Health Announcements that Address Safety</th>
<th>Challenges to Public Health Measures</th>
</tr>
</thead>
<tbody>
<tr>
<td>Perform hand hygiene often</td>
<td>Keeping hands clean at home is hard work</td>
</tr>
<tr>
<td>Social distance six feet or greater</td>
<td>Homes are not built for social distancing</td>
</tr>
<tr>
<td>Wear a mask</td>
<td>Masks come off once at home</td>
</tr>
<tr>
<td>Stay home when sick</td>
<td>Many are essential workers who have an important role in the community</td>
</tr>
<tr>
<td>Daily cleaning of high-touch surfaces</td>
<td>Cleaning and disinfecting “high-touch” surfaces and items everyday is a challenge</td>
</tr>
</tbody>
</table>

SOURCE: https://repository.netecweb.org/exhibits/show/ppe-cons/item/1367
Preventing Transmission of COVID at Home

What we know from the experts:

• Create a separate living space for the sick
  • Have sick person only use furnishings that can be cleaned and disinfected
• Separate bathrooms & bedrooms
• Eat meals separately
• Laundry can be mixed with other family members but use caution
• Separate trash cans and use liners
• Clean then disinfect high-touch areas
  • For example: tables, doorknobs, light switches, handles, toilets

SOURCE: https://repository.netecweb.org/exhibits/show/ppe-cons/item/1367
Preventing Transmission of COVID at Home Continued...

Pets
• Individuals with COVID-19 should restrict interaction with household animals

Repair service workers (plumbers, electricians, etc.)
• Screen repair services personnel who enter the home

Food/grocery
• Curbside pickup and delivery services have safe procedures in place

Package delivery services
• Also have safe procedures in place

IMPORTANT:
When interaction is necessary, request that they wear a mask

SOURCE: https://repository.netecweb.org/exhibits/show/ppe-cons/item/1367
We appreciate you so much. Stay safe. Don’t drink bleach.
Wendy, Crystal, Debbie, Katy, Carol, Mel, Mark, Libby, Nicky, Jess, Ronda & Marilyn
Your QIPMO Nurses

Wendy’s email: borenw@missouri.edu

Katy’s email: nguyenk@missouri.edu

Crystal’s email: plankcl@missouri.edu

Debbie’s email: poold@missouri.edu

Melody’s email: schrockm@missouri.edu

Carol’s email: siemc@health.Missouri.edu
QIPMO Coaches & Administrative Team

Nicky’s email: martincaro@missouri.edu

Libby’s email: youseme@missouri.edu

Mark’s email: francismd@missouri.edu