

Welcome to
Judaism & Current Events

**Assessing our risks as we negotiate
Covid-19 on a daily basis**

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Opening Prayer

A prayer for peace in times of trouble

Lord, give us peace that we may shine brightly in a dark world. Grant us the courage to live faithfully to our highest values even in the midst of hard times. Let our faith in each other be the beginning of wisdom and compassion rather than allowing fear to drive our actions.

Help us to live strongly in the midst of a world that needs to know peace. We pray for our brothers and sisters of the world, for we are of one family.

Show us mercy and heal those who are suffering in times of trouble and plague. Most of all, inspire us to restore the world and make all things new.

Amen.

Discussion Guidelines

1. **This is a discussion, not a debate.** The purpose is not to win an argument, but to hear many points of view and explore many ideas.
2. Everyone is encouraged to participate but feel free to just listen.
3. No one or two individuals should dominate a discussion. If you have voiced your thoughts, let others speak.
4. **Raise your hand to signify your wish to speak.** The moderator will call on you. Keep interjections to a minimum. If you think you will forget your idea, write it down.
5. **Please fact-check your sources.** We don't want to give oxygen to unverifiable information.
6. **Listen to and respect other points of view.**
7. Do your best to understand the pros and cons of every opinion and be as open-minded as you can be.
8. Seek first to understand, not to be understood. Ask questions for clarification.
9. **Be thoughtful. Be kind.**

CEEW wishes you to note:

- By consensus, the board recognizes that a group of members decided to hold their own forum on Judaism and Current Events.
- Views expressed during conversations may not necessarily be those of CEEW.

1. Know the scope of the problem.

Where to get reliable the facts:

- **CDC: Coronavirus** <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- **WHO Coronavirus** https://www.who.int/health-topics/coronavirus#tab=tab_1
- **The Weather Channel** app has a Covid-19 Tracker that will provide up to date statistics in your exact location.
- **Waukesha County:** <https://www.waukeshacounty.gov/COVID19>
This site has lots of good information including a Dashboard with the latest statistics, FAQ, Resources for the Community, etc.
- **Covid-19 Alert** <https://g.co/kgs/6WrDPH>
This is a Wikipedia site that provides statistics for the incidence of Covid-19 worldwide and by state.

2. Who is most at risk of serious illness?

All the usual suspects and more.

- **Mayo Clinic has a recent post:**

<https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/coronavirus-who-is-at-risk/art-20483301>

- **Older adults (> 60 years old)**

- **Persons any age with underlying chronic conditions such as:**

- Chronic kidney disease
- COPD
- Obesity (BMI 30 or higher)
- Heart conditions, heart disease
- Sickle cell disease
- Type 2 diabetes
- asthma
- immunocompromised
- neurologic conditions such as dementia
- and more...

3. **Asymptomatic transmission is real.**

Why everyone should wear a mask.

- Some people who are infected never exhibit symptoms
- When people do get sick it takes 5-14 days to develop symptoms
- A recent mass testing campaign in San Francisco found that 53% of infected patients were asymptomatic when first tested and 42% stayed asymptomatic over the next two weeks.

-A good article: <https://theconversation.com/can-people-spread-the-coronavirus-if-they-dont-have-symptoms-5-questions-answered-about-asymptomatic-covid-19-140531>

4. So how do we limit our risk?

Knowledge is power.

- Stay informed. Keep track of the incidents in your area.
- Stay home as much as possible.
- Wear a cloth mask or store bought surgical type mask in public at all times.
- Avoid crowds and close contact, limit your time in public places.
- Avoid indoor closed spaces where people congregate such as restaurants, bars.
- When taking walks choose uncrowded areas with lots of open space such as nature trails, beaches or parks.
- Maintain physical distance of at least 6 feet with anyone not in your household.
- Use hand sanitizer and/or wash hands after being out.
- Monitor your health, stay on top of your chronic conditions.
- There is no evidence of the need to disinfect packages or groceries but it is prudent to wash your hands after handling them.

5. Maintaining our sanity.

My mental health matters too.

It is common to experience fear and worry about your own health and the health of your loved ones, your financial situation or job, or loss of support services you rely on. These are some symptoms that may signal a need for further support.

- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Worsening of mental health conditions.
- Increased use of tobacco, and/or alcohol and other substances.

6. Ways to cope and manage your stress.

Stay cool, try to adjust.

- Take breaks from watching and reading news!
- Connect with others by phone, internet, Zoom.
- Get some exercise, walking, gardening, etc.
- Try to get out into nature, take walks on a beach, visit parks, hike nature trails. If too many other people show up, move on.
- Get out of the house even if for a drive in the country.
- Revive an old hobby.
- Let someone know if you are lonely or suffering.

7. Quarantine Bubbles - How to do it right.

Who do you trust?

- Quarantine bubbles are a way to limit risk of getting or transmitting Covid-19 while expanding socialization.
- Bubble with family or friends.
- Bubbles are only as strong as the weakest link.

-NPR: <https://www.pbs.org/newshour/health/quarantine-bubbles-when-done-right-limit-coronavirus-risk-and-help-fight-loneliness>

CORONAVIRUS

RISK LEVEL

BY ACTIVITY

9	<ul style="list-style-type: none">• BARS	<ul style="list-style-type: none">• LARGE MUSIC CONCERTS	
8	<ul style="list-style-type: none">• BUFFETS• SPORTS STADIUMS	<ul style="list-style-type: none">• GYMS• AMUSEMENT PARKS	<ul style="list-style-type: none">• CHURCHES
7	<ul style="list-style-type: none">• BASKETBALL	<ul style="list-style-type: none">• PUBLIC POOLS	<ul style="list-style-type: none">• SCHOOLS
6	<ul style="list-style-type: none">• CASINOS• RESTAURANTS, INDOOR SEATING	<ul style="list-style-type: none">• PLAYGROUNDS• HAIR SALONS, BARBERSHOPS	<ul style="list-style-type: none">• PONTOON BOAT RIDES• MOVIE THEATERS
5	<ul style="list-style-type: none">• DINNER PARTIES AT A HOUSE• AIRPLANES	<ul style="list-style-type: none">• BACKYARD BARBECUES• MALLS	<ul style="list-style-type: none">• BEACHES• BOWLING
4	<ul style="list-style-type: none">• DENTIST'S OFFICE• WALKING IN A BUSY DOWNTOWN	<ul style="list-style-type: none">• OFFICES• DOCTOR'S WAITING ROOMS	<ul style="list-style-type: none">• EATING OUTSIDE AT A RESTAURANT
3	<ul style="list-style-type: none">• GETTING GROCERIES• CAMPING	<ul style="list-style-type: none">• HOTELS• GOLFING	<ul style="list-style-type: none">• LIBRARIES AND MUSEUMS
2	<ul style="list-style-type: none">• GOING FOR A WALK, RUN OR BIKE RIDE WITH OTHERS	<ul style="list-style-type: none">• GETTING FUEL	
1	<ul style="list-style-type: none">• GETTING TAKEOUT FROM A RESTAURANT	<ul style="list-style-type: none">• PLAYING TENNIS	

Managing Risk of Covid-19

Resource Links

Coronavirus disease (Covid-19) advice for the public: Myth busters

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

From Camping To Dining Out: Here's How Experts Rate The Risks Of 14 Summer Activities

<https://www.npr.org/sections/health-shots/2020/05/23/861325631/from-camping-to-dining-out-heres-how-experts-rate-the-risks-of-14-summer-activit>

Ranking of everyday activities for COVID-19, according to an infectious-disease expert

<https://www.businessinsider.com/risk-ranking-everyday-activities-covid-19-infectious-disease-expert-2020-6>

(Contains a very good video)

Doctors rank activities by COVID-19 risk

<https://theprepared.com/blog/doctors-rank-activities-covid-19-risk/>

How to safely receive visitors during COVID-19 quarantine

<https://theprepared.com/blog/how-to-safely-receive-visitors-during-covid-9-quarantine/>

Taking A Trip To Visit Grandparents Or Older Relatives? Tips To Reduce The Risk

<https://www.npr.org/sections/health-shots/2020/06/24/880962631/taking-a-trip-to-visit-grandparents-or-older-relatives-tips-to-reduce-the-risk>

Coronavirus Travel Advice

<https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/coronavirus-safe-travel-advice/art-20486965>

The best way to road trip across America this summer and stay safe during the COVID-19 pandemic

<https://www.businessinsider.com/how-to-road-trip-safely-during-coronavirus-checklist-2020-6>