



#BeSafeNotScaredActWise

Another Love Letter from the Heartland

Dr. Jennifer Clark (Physician and Healthcare Delivery Scientist in Tulsa, OK)

What can I do for me and us??

#BeSafeNotScared
www.youtube.com/watch?v=hhZYXol145o

Follow the 5 rules...

1. Hands!

Always know where your hands are and where they have been. You touch anything outside your house, sanitize with soap/water/20sec or 60% sanitizer...remember COVID is a whimp

2. NO Face!

Dirty hands + your face, eyes, nose, mouth= COVID. When you head out, use a handmade mask. No need for N95 or surgical mask...save those for the front-line. Mask wearing helps you to not touch your face and helps to decrease spread from you to others.

3. Keep your Distance!

Stick to your home base, take walks, exercise. When you have a necessity like groceries or meds, be careful. Always keep 6 feet between you and the next person. Avoid gatherings of 10 people or more...including family.

4. Circle up!

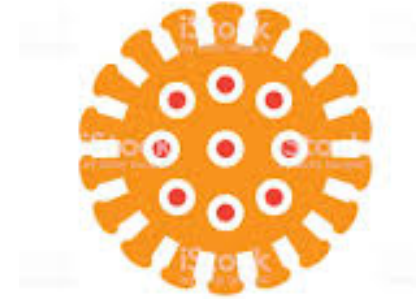
Set your safe zone and isolation group, the people you are in very close contact with everyday and put up boundaries (i.e. no one in the house but the group). Protect those who are vulnerable.

5. Communicate!

Most of us will have no issue with this virus, but it will threaten some of our lives. Make sure to talk to your family about the possibility of worst-case scenario, especially if you are over 65 &/or have underlying medical conditions,. Document your wishes, so your family and doctors know what is important to you should you not be able to speak for yourself.

Also, the psychological and financial effects of this illness are mounting...don't be afraid to seek help.

What do we know **now** about COVID-19?



- Social distancing *works!* Especially when hygiene, screening, and masks are also in place.
- The infection risk is still the same, social distancing bought us time
 - We have no FDA approved treatment
 - We have no vaccine
- With that time we...
 - Spread out the number of infections
 - Expanded healthcare capacity
 - Initiated new and different ways to safely socialize and interact
- We will likely be living with COVID for the foreseeable future

How do we live with COVID-19??

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When you decide to leave your safe zone, ask the 5 questions....

1. Is my symptom screen negative?
2. Is my exit *really* necessary?
3. Will I be spending more than 10 min with other people?
4. Is my destination spacious and well-ventilated?
5. Does my destination practice hygiene, screening, distancing and masking?

If NO, stay home.

[NPR: Risks of summer activity](#)

[A. Gawande: Regimen for Reentry](#)

[E. Bromage: The Risks Know Them Avoid Them](#)

[I. Chotiner: How to Maintain Social Distance as the US Reopens](#)

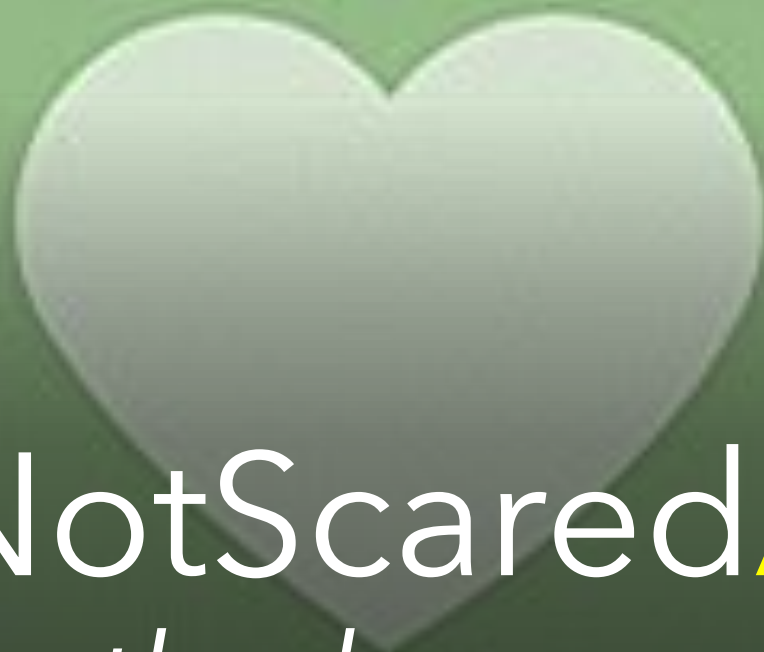
[A. Woodward: 6 Factors to consider](#)



Fate will not create the new normal;
choices will.

[D. Berwick: Choices for the "New Normal"](#)

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- Practice the 5 rules
 - Ask the 5 questions
 - Be Safe, Not Scared, ACT WISE...



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jkclarkmd@outlook.com