

Dear fellow AMI students,

Till this day USA has 101,000 confirmed case of COVID-19 virus, higher than any other country in the world, even higher than high population country like China (over 80,000 confirmed case till no new cases for last 3 weeks). And this is just the beginning. Our county surroundings seems safe and no new cases, but there is no testing kit available, so we don't know what the real situation are.

Since I have Chinese background, I got first hand useful information from Asia easily. I want to offer some information from Asian experts that you may not hear from American media:

Surgical masks: Not only Americans, all western country has a culture that do not like wearing masks. Some American experts say wear mask does not help, it is not true. Experts in China, HK, Korea all confirmed wearing masks can significantly low down the curve meaning reduce the number of cases not only this virus but influenza. Reason A: wearing mask in public to stop you to spread virus to other people; B: wearing mask can stop you to touch your nose/mouth in public therefore protect yourself. The FACT is that you cannot get masks immediately anywhere. The period for China to calm down from this pandemic is 2 months with national highest level precautions and home stay, with the current approach in USA, it may take over 3 months. So I recommend search Amazon, purchase some 3 layer medical surgical masks (usually said deliver in May since they need to ship from abroad, but normally deliver faster than expected) so you can have them. If you have to take care of your family member who is sick with this virus, then you really need N95 masks to protect yourself. That is what our hospital need the most to protect their medical staff, we better leave those to them if we are not handling direct cases. Just to let you know even after few weeks with no cases in China/Korea/Japan, everyone still wear masks to work for prevention.

For people who stay at home, even though it is a much safer situation, there are still things you might not aware of. First the mail box, mailman open up everyone's mailbox and this virus can live up to a week on metal. Therefore I suggest wear your gloves to open your mail box, virus can live in leather too so be sure to wash your hands after you take off your gloves. I usually put my mail and delivery boxes in garage for 24 hours then handle them after since this virus can live on paper for up to a day. If you need to open them up right away, wash your hands right after.

Your shoes and jacket: if you have to go to work, supermarket or other public places, your shoes can bring these virus back home, simply because cough sneeze droplet will fall to the ground. Upon get out of the car, change your shoes immediately, disinfect the bottom of shoes with anything with alcohol/Clorox/chlorine based product, keep in mind this virus can live at the bottom of your shoes up to few days since the material are leather or rubber. Or simply put these shoes away and NOT to wear them around your house for few days. Hang up your jacket in the garage to low down the risk. Shower immediately is the best choice if you have been close to people. The safe distance is 6 feet and above, that include when you say hi to your neighbors when walking your dog outside. To give you an example, in China, Italy, Korea government use big spray trunks to disinfect streets, it is not a joke but necessary.

Groceries: Groceries are generally safe when washed. but if the packages been touched by people who get sick, the virus can still remain alive for a short period of time. Please wear gloves for grocery shopping, wash your hands after open up food package fresh out of the market. Try to avoid fresh cold cut right now to prevention, in case the person who cut it got sick, choose to buy factory packed ones since these are handled much earlier on. Basically GIVE TIME to let virus lost its ability to affect you.

Medical exam gloves: for people who are still working daily, better wear these gloves to protect themselves, and wear breathing masks if they have any. Medical gloves are good to operate your iPhone

which is a great advantage. By the way your smart phone is the perfect place for virus to live because of the material and frequency being touch by you. Those door knobs, elevator buttons are the most dangerous spots to get infected. Again I recommend order these gloves even they deliver in May. To give you an example: Even today China still recommended their people use their own pen to touch the the elevator button, lot of elevators there is a box of Kleenex in the elevator so people can use Kleenex rather than their fingers to operate the button.

Airport: Avoid any airport/train if possible, but if you have to go, take every cautious if you can. The most dangerous time is during boarding, so please Keep safe distance, wear your gloves and your masks when boarding and during the flight if you have them.

Since all state in USA all in need for medical equipment such as masks ventilators, each states are suggested to purchase their own. Right now China “the world factory” is already back to work, there shall be no shortage of masks and even ventilators to supplement the speed of USA production if USA choose to purchase abroad. Please consider donations to your local charity association to help them issue their purchases within USA and abroad. Just want you to know that till March 24th the local Chinese Community Center donated four 943 breathing masks included large portions of N95 masks to our local hospitals, the donation will keep going till this pandemic calms down.

There are few things for you to consider during this period to think positively:

Take great precautions and keep yourself safe is contributing to the society, because by doing that you won't be spread disease to other people.

Wearing masks can be cool rather than weird if you think you are doing the right thing. The pandemic will ease down faster in countries who can united together and operate strongest precautions and control nationwide, not necessary the richest or strongest country who doesn't united together.

The whole world is in this together. Doesn't matter where the virus comes from, unless it is controlled globally, It will always spread around with international traveling. Please consider to put down your possible blames and anger towards to other races and countries, use your energy unite people around you focus on how to fight with this pandemic together.

Hope you feel these information helpful, all the best to you and your loved ones.

God bless you and America,

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