

# CCNC MEDICAL RESPONSE TEAM UPDATES

3/30/2020

We are all aware of the COVID-19 (Coronavirus) pandemic that has been impacting the world for the last several months. Now it is sweeping through our country. To contain its impact, our state and local officials have asked us to be a part of the Stay-at-Home team. All but essential workers should stay at home during this crisis. Yet we are all essential just in different ways. Some of our jobs are deemed essential to ensure that we can be as healthy as possible (physically, mentally, and spiritually) and to help our economy continue to function. Some are essential because of our ability to reduce the impact of the Coronavirus by staying at home. As stay-at-home team members, we help to "flatten the curve." We do not take lightly how you are contributing to the fight against this disease but see it as a benefit to us all.

We can be our neighbor's keeper by fighting this disease. Here are some additional things to consider:

- Follow [www.cdc.gov](http://www.cdc.gov) for updated medical information, guidance.
- If you need to see a physician for routine preventive care, contact your provider, and ask if a telemedicine visit is an option vs. rescheduling.
- Information regarding the pandemic is changing/updating daily. One reason for maintaining Stay-at-Home, social-distancing, etc. is we are not exactly sure how long an infected individual (symptomatic or asymptomatic) may be contagious. Studies/evaluations are ongoing.
- Condense your necessary trips to the store. Make a list for the week and go shopping once, if necessary.
- Order online, if possible. This means of shopping reduces the exposure of many to the Coronavirus.
- Connect virtually with friends and family, even for things like game night. Try FaceTime, Zoom, or other apps. The Regional website is full of ideas. [www.disciples.org](http://www.disciples.org)
- Guard against exposing people with more compromised immune systems to the Coronavirus. This may include but is not limited to: older adults, people under treatment for cancer, and people with autoimmune diseases.

As Disciples of Christ, we are a movement for wholeness in a fragmented world. This pandemic has revealed our places of fragmentation as a country. However, this pandemic can also reveal how we will work for unity, wholeness, and care of our world. In this way, we can be witnesses to what it means to be a neighbor and to serve. This is indeed essential.