

## **Frequently Asked Questions About Jubilee's Response to the Coronavirus**

Jubilee is sharing a list of questions raised on our daily Jubilee Radio call with Executive Director Steve Keener in the hopes that it is helpful to all. Please note that Jubilee is not a health care authority, and while we will point people to trusted medical resources, questions specific to your health should be addressed by your physician.

### **Q: Am I able to visit my family and friends, and if so what kind of contact is permitted?**

**A:** Jubilee is asking all people we support to stay at home at this time to limit exposure to the coronavirus. We know this is challenging and lonely, but it is critical to stop the spread of the disease.

### **Q: Is the virus airborne, and if so what should we be doing when we take walks?**

**A:** The virus is spread through water droplets that can remain in the air for some time and longer on surfaces. We don't know for sure for how long. Experts are advising that walking outside is still safe if you remain at least 6 feet from other people and avoid touching surfaces like railings and playground equipment.

### **Q: I'm bored, what should I do to pass the time?**

**A:** Being at home all the time is hard, and Jubilee is creating and sharing resources on our website that anyone can do. Check it out at <https://www.jubileemd.org/jubileecare/>.

### **Q: Other than staying home, how do I practice good health hygiene?**

**A:** Wash your hands thoroughly with soap and water. A good trick is to sing happy birthday twice while washing your hands. Please keep disinfecting your home, including high-touch spots like doorknobs, phone and light switches. Avoid touching your face. Get enough sleep. Eat healthy. Get moderate exercise. Call your friends and family on the phone.

### **Q: I feel sick, what should I do? Where do I get tested for COVID-19?**

**A:** If you are an employee of Jubilee, let your Program Manager know, so they can make arrangements for someone to take your place. Contact your primary care physician to find out if you need medical treatment. They can also tell you if you should get tested for COVID-19 and where to do it. Don't go to the doctor or hospital without calling ahead first. If receive support from Jubilee, tell your counselor about how you are feeling, and your counselor will call one of Jubilee's nurses for instructions on whether to call your doctor.