



IMPERIAL MEDICAL DEPARTMENT

MAINTAINING THE HEALTH OF THE DOMAIN



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From the Desk of
Noble Howard Melvin
Imperial Director of the Imperial Medical Department

March 15, 2020

Dear Member of the Domain;

This letter contains information regarding the Corona Virus (COVID-19) to assist with dispelling myths and to give guidance on how best to prepare and live through this pandemic. The health of the Domain is important to the Imperial Medical Department and the Elected Imperial Officers. We hope that you are safe and using the precautions set by your Local Health Officials.

The information in this letter is in concert with that being released by the Centers of Disease Control and the World Health Organization. COVID-19 ranges from a mild disease with non-specific signs and symptoms of acute respiratory illness, to severe pneumonia with respiratory failure and septic shock. There have also been reports of COVID-19 without symptoms. The more severe cases of COVID-19 happens with people that are severely compromised. There statistically continues to be more people dying from the flu than COVID-19. Remember, this is still flu and allergy season and some of the symptoms are similar to COVID-19. Although, the flu shot is not a preventable action for COVID-19 it is still highly recommended that you obtain a flu shot to avoid cases of the flu.

Stress is very difficult to avoid during these times so know the facts about COVID-19:

1. The disease can make anyone sick regardless of their race or ethnicity.
 - Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.
2. For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.
 - Older adults and people of any age with underlying health conditions, such as diabetes, lung disease, or heart disease, are at greater risk of severe illness from COVID-19.
3. Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.
4. There are simple things you can do to help keep yourself and others healthy.
 - Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
 - Avoid touching your eyes, nose, and mouth with unwashed hands.
 - Stay home when you are sick.
 - Cover your cough or sneeze with a tissue, then throw the tissue in the trash
5. You can help stop COVID-19 by knowing the signs and symptoms:
 - Fever



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- Cough
- Shortness of breath
- Seek medical advice if you
 - Develop symptoms AND
 - Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19

Considering that social distancing has been highly recommended, it is the recommendation of the Imperial Medical Department that all social gatherings be suspended until further notice. Group gatherings number limits are decreasing each day. The use of alternative meeting structures should be considered such as ZOOM, Free Conference Calling, GoToMeeting, and etc. There are You-Tube Videos on how to use these various applications.

In addition, please review contracts with venues and read their cancellation policy, so as changes occur with COVID-19, you can make the appropriate decisions.

Currently, we are working on bimonthly updates and will keep you informed as things progress. With this considered, all events to April 15, 2020 should be postponed or cancelled.

- Summary Recommendations
 - Social Distancing: You should try to isolate yourself as much as possible. If you are 65 or older self-isolation is highly recommended.
 - Use telehealth whenever possible. Calling you healthcare providers and discussing your symptoms will alleviate unnecessary exposure.
 - Thorough handwashing is recommended. You should maintain friction on the inside of the hand, outside and between the fingers. A good habit is to sing the “Happy Birthday” song while washing your hands for at least 20 seconds.
 - Be cautious of the following symptoms:
 - Symptoms may appear **2-14 days after exposure.**
 - Fever over 101
 - Cough
 - Shortness of Breath
 - If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**. Emergency warning signs include*:
 - Difficulty breathing or shortness of breath
 - Persistent pain or pressure in the chest
 - New confusion or inability to arouse
 - Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

- Get your flu shot



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- Keep up with your local Health Departments recommendations, depending on the severity of the outbreak in your local communities will determine the precautions.
- Please check on your Sick and Shut in members to ensure they have everything that they need.

We hope this assist with your decisions throughout this pandemic.

Yours under the Dome