



The United Supreme Council

Ancient & Accepted Scottish Rite of Freemasonry P.H.A.
Northern Jurisdiction USA, Inc.

The Medical Services Committee United Supreme Council, PHA, NJ

FOR IMMEDIATE RELEASE

March 30, 2020

Dear Fraters,

We are sharing this information regarding the coronavirus outbreak.

- A) The following groups are at higher risk of becoming very sick from this illness: older adults; people who have serious underlying medical conditions; such as heart disease, diabetes, lung disease, and kidney disease.
- B) The symptoms of coronavirus are as follows: fever; sore muscles; and respiratory problems such as cough, wheezing, or chest tightness.
- C) If you are sick, and suspect you are infected with the virus that causes COVID-19, follow these steps to help prevent the disease from spreading to your loved ones and friends. 1) Stay home, except to get medical care or food supplies. You should restrict activities outside your home as much as possible do not use public transportation. 2) Separate yourself from other people in your home as much as possible. When you are sick, you should stay in a specific room, and away from other people in your home. If possible, you should use a separate bathroom. 3) Call ahead before visiting your doctor. If you have a medical appointment, call the healthcare provider and tell them that you may have coronavirus. This will help the healthcare providers office take steps to keep other people from getting infected or exposed. You should wear a face mask when you are around other people, and before you enter a healthcare providers office or public building. If you are not able to wear a face mask, people who live with you should not stay in the same room with you, or they should wear a face mask if they enter your room. 5) Cover your cough/sneeze with a tissue and throw used tissues in a lined trashcan, and wash your hands with soap and water for at least 20 seconds. If you do not have a tissue, cough into the crook of your elbow or into your shirt. If soap and water are not available, immediately clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially, if hands are visibly dirty.
- The shorter the nails, the better, this makes it easier to keep the area under your nails clean and free from dirt and viral particles. 6) Avoid sharing personal household items such as dishes, drinking glasses, eating utensils, towels, and bedding. Plastic or paper utensils, cups, and plates are best.
- D) Avoid touching your eyes, nose, or mouth while out in public. Use hand sanitizer as soon as possible upon returning to your car, and wash your hands thoroughly as soon as you get home. Keep your shoes on a mat right inside the door, and spray the soles with disinfectant.

E) Patients confirmed to have COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low.

The decision to discontinue home isolation precautions should be made on a case-by-case basis. It should be done in consultation with your healthcare provider and state and local health departments.

F) Coronavirus can live on various surfaces for different lengths of time: Airborne- 30 minutes to 3 hours; Copper- 4 hours; Latex- 8 hours; Aluminum- 8 hours; Cardboard- 24 hours; Stainless Steel-2 days; Plastic- 3 to 5 days; Wood- 4 days; Glass- 4 days; Ceramics- 5 days.

G) In addition, good nutrition is very important to maintain a strong and healthy immune system. We should maintain good vitamin D level. A good level would be 50ng/ml to 100ng/ml on the laboratory reference test. In addition to vitamin D, a daily multivitamin is suggested. However, vitamin K is present in the multivitamin. If you are taking any blood thinning medication, you must check with your doctor before taking a multivitamin.

In addition to vitamins and supplements, two important concepts that play a crucial role in enhancing your immune system are: 1) Secondary Food- is the nutritional aspect, the food we put on our plate and eat. 2) Primary Foods- are your lifestyle choices.

Your Secondary Food: should consist of the following: a) Proteins, such as meats, seafood, eggs, and limited dairy products, are very important in maintaining healthy immune cells which make antibodies, and white blood cells, which fight viruses and bacteria that invade our body. b) Prebiotics- consist of such things as onions, garlic, bananas, pickles, and asparagus. These foods boost your immune system and increase the number of “good” bacteria in the gut. We should “eat the rainbow” of fruits and vegetables: red – apples, cherries; orange- oranges, sweet potatoes; green- olives, broccoli, grapes; yellow- bananas; tan- cauliflower, nuts, sauerkraut. c) Refer to this website for items you need on your grocery list during a self-quarantine: <https://www.today.com/food/coronavirus-grocery-list-what-you-need-survive-virus-t175051>.

Your Primary Food is your lifestyle. Lifestyle includes the following: 1) Exercise- everyone should do some form of exercise for at least 20 minutes three times a week. This helps boost your immune system and decreases the general inflammation in your body. 2) Rest- adequate sleep for most people is approximately 7 to 8 hours per night. Sleep will help the body to heal by reducing inflammation and fighting infection. 3) A smoke-free environment- smoke destroys our antibodies that fight infection, and damages our lung tissue and the lung’s ability to clear out infection.

To maintain a strong immune system in these Covid-19 challenging times, it is important to feed both our Secondary and Primary Foods.

Please refer to the CDC website for further information. You can find this by searching for <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

Thank you,

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