In an attempt to support the Diocesan efforts to assist with providing information and guidance regarding current health concerns in our country, I would like to offer the following additional bits of information gathered from perusing the Centers for Disease Control and Prevention website [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus), the Missouri Department of Health and Senior Services website, [www.health.mo.gov/coronavirus](http://www.health.mo.gov/coronavirus), and the Johns Hopkins Medicine website, [www.hopkinsmedicine.org/health](http://www.hopkinsmedicine.org/health). Please forgive me if this seems to be beating the proverbial, hopefully soon, dead horse.

The two illnesses that are garnering much attention this season are the Influenza (FLU) viruses and the Coronavirus Disease 2019 (COVID-19). While both illnesses have many similarities, they also have their differences.

### COVID-19 and Influenza

<table>
<thead>
<tr>
<th>Similarities</th>
<th>Differences</th>
</tr>
</thead>
<tbody>
<tr>
<td>Both are infectious respiratory illnesses</td>
<td>COVID-19 caused by ONE, NEW virus called SARS-Cov-2; FLU caused by many viruses and may be referred to as A or B</td>
</tr>
<tr>
<td>Both can result in pneumonia</td>
<td>No antiviral treatment yet exists for COVID-19; Antiviral medications can treat FLU symptoms and may shorten length of illness</td>
</tr>
<tr>
<td>Both can cause fever, cough, body aches, fatigue; sometimes vomiting, diarrhea</td>
<td>To date, no COVID-19 vaccine exists; an effective FLU vaccine does exist that reduces severity and may prevent some types</td>
</tr>
<tr>
<td>Both can spread from person-to-person through droplets from the cough, sneeze or talking of an infected person</td>
<td></td>
</tr>
<tr>
<td>Both are NOT treatable with antibiotics, but symptoms can be treated</td>
<td></td>
</tr>
<tr>
<td>Symptoms for both can be mild to severe and may result in death</td>
<td></td>
</tr>
</tbody>
</table>

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**COVID-19 in the U.S.**

(As of 3/03/20)

- **60** Cases confirmed &/or assumed positive
- **6** Deaths
- **12** States reporting cases (Missouri is NOT one of them)

**Influenza in the U.S.**

(CDC estimates as of 2/22/20)

- **32 M** Cases this season
- **310,000** Hospitalizations
- **18,000** Deaths

(Continued on next page)
As a priest, you tend to the needs—body and soul—of the people of the Diocese of Jefferson City. Serving Christ’s flock, in their wide range of human frailties, can be both rewarding and exhausting. As a priest, your health and well-being are vital to the health and well-being of Christ’s Church. The Priest Wellness Program exists to promote, support and advocate for your health and well-being through a three-dimensional approach—physically, emotionally and professionally.

PRAYERS
Please keep praying for Fr. Christopher Aubuchon as he continues to recover.

Prevention of Spread of Respiratory Diseases
- Avoid close contact with people who are sick
- Avoid touching your eyes, nose, mouth
- Stay home when you are sick
- Cover your cough or sneeze at the bend of your arm or with a tissue and throw away
- Clean and disinfect frequently touched objects/surfaces
- Follow CDC recommendations for using a facemask. Wear at the recommendation of a healthcare professional. CDC does not recommend people who are well to wear a facemask for protection, but people who show signs of COVID-19 should wear facemasks to prevent its spread. The use of facemasks is necessary for those who work in close settings with those who are sick.
- WASH YOUR HANDS OFTEN WITH SOAP AND WATER FOR 20 SECONDS. If no soap and water available, use alcohol-based hand sanitizer with at least 60% alcohol.

Added Extras
- Someone with the FLU may be contagious 1 day prior to start of symptoms and up to 5-7 days after becoming sick
- Someone who has COVID-19 should remain in isolation; determining release should be on a case-by-case basis and meet at least all the following criteria: fever free without medication, no symptoms including cough, two consecutive negative respiratory specimens 24 hours apart
- FLU and cold season typically occur during the colder months. It is not yet known if warmer weather will decrease the spread of COVID-19.
- According to the CDC, it is not too late to get a flu shot. It decreases the likelihood of getting the flu and may make it less severe if it is contracted.
- COVID-19 is referred to as a novel coronavirus because it is new (novel).

For more information and/or access to very helpful printable, distributable Coronavirus factsheets visit https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html.

I hope this provides more information to help you in serving those in your parishes and ministries. And, if you are sick, please let someone know and/or CALL ME. Let’s pray that all who are ill make a complete recovery, that all those caring for the sick are given the strength, stamina and good health to do so, that the spread of illness diminishes quickly, that researchers and scientists will successfully develop treatments, and, that all hope rests in God and not in the political conspiracy theories and doomsday propaganda monopolizing the news.

Have a Holy Lenten Season,

Kimie
Your Priest Wellness Nurse