

Dr Carol Grigg sent the following report to the BOD that was read at the **December 21,2020** meeting.

### COVID-19 ( **CO** rona**VI**rus**Disease-2019**)

As of Saturday evening (12/19/20), across the country, the daily # of cases is higher than it has ever been, in the history of this disease, with about 9.5 million active cases and over 2500 deaths by 6pm today (Saturday).

This is is the 3rd spike in cases nationwide with this upward surge 3 times higher than the one last summer and continuing to rise. Hospitals across the country are being crushed by the numbers of infected, due to lack of personnel, equipment and space to handle the deaths, and even cries for help in finding morgue trucks to move bodies from the facilities. Today, it was announced that COVID-19 is now the #1 cause of death in the US.

Fortunately, for Florida, our 3rd spike has been somewhat delayed, likely due to the warm weather until now. The cold weather across the country will drive people inside, and along with the return of college kids back home, and Holiday travel, should simply delay our spike into January, February and March. **NOW IS THE TIME TO BE VIGILANT, DO NOT GO ANYWHERE YOU DO NOT HAVE TO GO, AND SPACE AND MASK, WHEN YOU DO HAVE TO GO OUT.**

The good news is that there is a light at the end of the tunnel, and I do not think it is an incoming train! Vaccines are not readily available, to all, at the current time, and while I personally have the opportunity of vaccination, being on the staff of both Advent Health and Halifax Hospital. As I am not directly in the "line of fire" like my staff providers are, I am holding off on my own vaccination until I can see the local data, but suspect that it must be relatively safe, as Biden, Pelosi, and others are planning on obtaining theirs next week.

Our organization (Florida Health Care Plans, an HMO) is sending home with every person positive for Corona Virus a **pulse oximeter** and shown how to use it. These are available in WalMart and drug stores and on-line. The reason being this: Unlike other respiratory diseases, the brain when infected with COVID, does not usually recognize how short of breath you are, until it is too late, therefore not giving folks enough time to get to a hospital or oxygen. I would recommend that every household have one to monitor your oxygen level, called O2 level by medical personnel. The oxygen level **MUST** stay in the low to mid 90's or else the person is about to develop respiratory failure.

I would recommend as much phone and internet interaction with every member of our church, whether active or not, as social isolation is a killer in many ways. And we need to spread the hope of knowing that this evil pandemic will likely be under control by mid-summer, so just "HANG IN THERE" as best you can, be brave for others, and thank God over and over for patience and love, and for all our blessings. So many are suffering, and it just breaks my heart.

For more info, check out this link: [Coronavirus United States - live map tracker from Microsoft Bing](#)

Carol Grigg, MD