

**Wellness Forum: ISMTA Virtual Conference, November 7, 2020, 4-5 pm**

***Teaching, Learning, Playing, and Singing Safely During the Pandemic***

**Dora Diephouse, ISMTA Wellness Coordinator, R.N., MPH**

**Introduction: The Pandemic Situation**

- New infectious coronavirus, jumped from animals to humans
- Tiny 0.1 micron size virus highly communicable by droplet and aerosol through eye, nose, and mouth portals of entry.
- 10 million cases and 230,000 deaths in the U.S. in 10 months and surging
- Deep economic and employment losses and social and political unrest over government lockdowns and restrictions

**Public Health Fundamentals for Control of Communicable Disease**

- Define type, characteristics, and behavior of new pathogen
- Testing—early, rapid, repeated, reliable on a massive scale
- Contact tracing—must be rapid and intensive due to exponential spread
- Treatment for cases—not very reliable yet
- Mitigation—behavioral changes which help to slow spread of the virus
- Vaccine development

**Mitigation: Personal Actions Taken by All to Slow the Spread**

- Hand washing and hand sanitizing: Wellness at <http://www.ismta.org>
- Mask wearing in public. At home, when different households mix
- Social distancing in public—6 ft. minimum or more; avoid crowds
- Disinfection of environmental surfaces: Wellness at <http://www.ismta.org>
- Isolation--no social contact when ill—separate bedroom, bathroom
- Quarantine—no social contact for 14 days following positive exposure.
- Step-can waste baskets or open paper bag with top edge folded over
- Extensive information on mitigation at <http://www.cdc.gov>

***A Cautionary Tale: The Skagit Valley Chorale, Mount Vernon, WA***

## Mask Selection: A Demonstration

- 2-3 layers: outside tightly woven cotton or blend; inside, non-woven
- Nose wire (anti-fogging); comfortable, adjustable ear loops
- Avoid gaiters and scarves; stretchy material creates aerosols
- Do not use material you can see through
- No masks with ventilation valves; they create aerosols expelled into the air

## Mask Management: A Demonstration

### Putting on the Mask

- Wash hands or use hand sanitizer
- Apply face mask touching only the ear loops; do not touch body of mask
- Mold nose wire over bridge of nose for best seal
- Mask must cover nose, mouth and extend around chin and create a snug fit

### Wearing the Mask

- Slipping mask: adjust using nose wire; do not touch body of mask; adjust ear loops with slides or by sewing
- Do not wear mask as a neck scarf; this contaminates the chin area

### Taking off the Mask and Storing if Reusable

- Use only ear loops
- Fold mask in half touching only the four mask corners or ear loops
- If mask is reusable, store in disposable plastic or paper sandwich bag
- Do not touch eyes, nose or mouth
- Wash hands or use sanitizer

### How to Clean Cloth Masks

- Regular laundry, warm water; a mesh wash bag reduces wear and tear
- Dry in dryer or air dry; dryer heat helps kill the virus

### Additional Self- Protection in the Community

- Sparse crowds, mail order, take-out food, credit cards, virtual meetings

## Policy Implications for Engaging in Music Activities Safely

- Outdoor much safer than Indoor
- Must minimize gathering indoors with mixed households
- If the above is done, mask wearing and social distancing advised
- Daily symptom check for fever and illness symptoms
- Excellent hand hygiene; disinfection of keyboards
- Safety of Indoor band and singing rehearsals and performances are very questionable at this time. If done, limit to 30 minutes.
- Ensembles should be very small, very widely spaced and all participants and instruments masked at all times. The only safe way is to participate virtually
- Line up in straight lines facing in same direction. No circles or semicircles

## Risk Assessment for Acquiring or Transmitting Covid-19

- Level of Covid-19 in the community and whether trend lines are increasing
- Awareness of your own contact with more risky community sites
- Spend shortest amount of time in more risky places if you need to go there
- **Infection rate depends on: dose of virus x time in contact**
- Masks do not substitute for social distancing; both are required
- Assess your additional health risks

## Governmental Resources for Health Information relating to Covid-19

- [covid.cdc.gov](https://covid.cdc.gov)      Centers for Disease Control and Prevention
- [nih.gov](https://nih.gov)              National Institutes of Health
- [Illinois.gov/dph/covid-19](https://illinois.gov/dph/covid-19)      Illinois Department of Public Health
- [Illinois.gov/coronavirus](https://illinois.gov/coronavirus)      Illinois Covid-19 Response

## Schools of Public Health

- University of Illinois
- Johns Hopkins University
- University of Michigan
- University of Washington

## Public Health Experts on Major News Networks; compare and contrast