

The world is now facing a new challenge that cannot be seen but causes illness and possibly death. Our Community of Richmond Symphony League encourages all of our members to follow the guidelines being put forth by our local and national leaders and health advisers. There has been a lot of information on how to avoid contracting the Covid-19 virus. The easiest is for all of us extremely social members to stay away from family and friends and communicate through email, Facebook, Facetime, etc. This is not an easy task as we are hand shakers, huggers and shoulder touchers!

Richmond Symphony League has taken the steps to cancel all of our events through April – this included our March General Membership Meeting, our Crossroads Art fund raiser and the April Champagne & Chocolates. The Board will continue to monitor the impact of this virus on our community and determine if we are able to hold any future scheduled events.

Please follow these guidelines until we are sure this virus's impact has lessened:

1. If you have a runny nose and sputum, you have a common cold.
2. Coronavirus pneumonia is a dry cough with no runny nose.
3. This new virus is not heat-resistant and will be killed by a temperature of just 26/27 C (80 F) degrees. It hates the sun.
4. If someone sneezes with it, it takes about 10 feet before it drops to the ground and is no longer airborne.
5. If it drops on a metal surface it will live for at least 12 hours - so if you come into contact with any metal surface - wash your hands as soon as you can with a bacterial soap.
6. On fabric it can survive for 6-12 hours. normal laundry detergent will kill it.
7. Drinking warm water is effective for all viruses. Try not to drink liquids with ice.
8. Wash your hands frequently as the virus can only live on your hands for 5-10 minutes, but - a lot can happen during that time - you can rub your eyes, pick your nose unwittingly and so on.
9. You should also gargle as a prevention. A simple solution of salt in warm water will suffice.
10. Can't emphasize enough - drink plenty of water!

THE SYMPTOMS

1. It will first infect the throat, so you'll have a sore throat lasting 3 - 4 days
2. The virus then blends into a nasal fluid that enters the trachea and then the lungs, causing pneumonia. This takes about 5 - 6 days further.
3. With the pneumonia comes high fever and difficulty in breathing.
4. The nasal congestion is not like the normal kind. You feel like you're drowning. It's imperative you then seek immediate attention.