



DURHAM CIVITAN CLUB

January 28, 2021

DATE: 1/28/2021

CONCERNS: Worth is improving every day. Bridget's sister is well.

BIRTHDAYS: Gary Gaddy 7th, Mike Cooley 10th

CLERGY APPRECIATION: Ralph Thompson will be our speaker. Clergy Appreciation will be Thursday, February 11.

NORMAN J. WHITAKER GOLF TOURNAMENT: Marlene sent a flyer through email, if anyone needs them printed, please let her know and she will mail them to you. We need teams and sponsors.

NCDE SPRING MEETING: The spring meeting will be via Zoom. More details to follow.

INTERNATIONAL CONVENTION: Currently being planned for Jacksonville FL July 7-10.

SPEAKER: Allison Taylor shared some facts about Covid-19 and the vaccine which is attached.

Coronavirus disease 2019 (COVID-19) is caused by a new coronavirus first identified in Wuhan, China, in December 2019. Because it is a new virus, scientists are learning more each day. Although most people who have COVID-19 have mild symptoms, COVID-19 can also cause severe illness and even death.

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

Fever or chills

Cough

Shortness of breath or difficulty breathing

Fatigue

Club Officers 2020-2021

Tom King	President
Mike Williams	President Elect
Dannielle Cooley	Vice President
Worth Hill	Past President
Bridget Ryan	Treasurer
Marlene Jewell	Secretary

Board Members

<u>2019-2021</u>	<u>2020-2022</u>
Rouse Kissell	Skip Carden
Lori Lumpkin	Ingrid Clayton
Bill Oakley	David Ward
Joe Parker	
Bill Oakley—Chaplain	
Meetings every 2 nd and 4 th Thursday	
INVITE A PROSPECT !	

Calendar of Events

February 12th	General Meeting
February 25th.	General Meeting
March 2nd	Board Meeting
March 11th	General Meeting
March 25th	General Meeting
April 6th.	Board Meeting
April 8th.	General Meeting
April 22nd.	General Meeting
May 4th.	Board Meeting



Muscle or body aches
Headache
New loss of taste or smell
Sore throat
Congestion or runny nose
Nausea or vomiting
Diarrhea

COVID-19 most commonly spreads during close contact

People who are physically near (within 6 feet) a person with COVID-19 or have direct contact with that person are at greatest risk of infection.

When people with COVID-19 cough, sneeze, sing, talk, or breathe they produce respiratory droplets. Respiratory droplets can also land on surfaces and objects. It is possible that a person could get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes.

Spread from touching surfaces is not thought to be a common way that COVID-19 spreads

It appears that the virus that causes COVID-19 can spread from people to animals in some situations.

The best way to prevent illness is to avoid being exposed to this virus. You can take steps to slow the spread.

Stay at least 6 feet away from others,

Cover your mouth and nose with a mask when around others.

Wash your hands often with soap and water. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.

Avoid crowded indoor spaces and ensure indoor spaces are properly ventilated .

Stay home and isolate from others when sick.

Routinely clean and disinfect frequently touched surfaces and take other steps to stop the spread at home.

Maintain your mental Health

The COVID-19 vaccine is available for high risk population. The difference between the Covid -19 vaccine and the flu shot?

When you receive the flu shot you are getting a weakened virus when you get

The COVID-19 vaccine you get mRNA – it's a messenger (harmless) that transport the protein into our system to teach our bodies to trigger an immune response. This messenger does not stay in the body. It can take 2 weeks to get that response and it depends on your immune system. The protein is now recognized that it does not belong there and we begin to build antibodies.

This does not enter into the cells in our body so it cannot change our DNA. It does not affect your fertility. They are made in the lab so it can be standardized and made.

When you get the vaccine you may have some reaction but they are mild in most people. The second vaccine has more reactions but they are usually gone in 48 hours. When you get the second vaccine plan to rest that day and the next.

All viruses with change the way they work but this coronavirus is very sophisticated and it appears to have an answer for everything we can you to change. The new variants are not surprising but we much be careful. They are all very contagious. If possible double mask now in a crowd.