



## Jewish Federation OF GREATER HOUSTON

April 6 PM - Jran Email

Dear Jran Community:

Today, we will cover Harris County's new COVID19 dashboard, the Centers for Disease Control's recent recommendation for covering your face, a special request from the doctors at Methodist Hospital, and COVID19 resources.

### **Harris County Dashboard for COVID19**

Harris County has released a [new dashboard for tracking COVID 19](#) cases in our area. The dashboard covers both Harris County and the City of Houston. While it is an interesting new tool in our knowledge about COVID19 in our area, it is important to remember that [testing is limited](#) so the true numbers are difficult to track right now.

During a press conference today, Houston Health announced 402 new positive cases for Houston. The Mayor explained the jump is due to the back log of cases from Quest Labs dating back to March.

### **Centers for Disease Control – New Recommendations for Wearing Face Masks In Public**

Last Friday, the Centers for Disease Control (CDC) reversed their original recommendation that people without symptoms of COVID19 do not need to wear a face mask. The new guidance comes as a result of new data from across the globe suggesting that [as many as 20% of people infected with COVID19 do not show any symptoms](#) and an increasing amount of evidence revealing that viral shedding, the body's ability to spread the virus, may happen before symptoms appear. Now, the CDC is recommending that [everyone wear a simple face mask](#) when out in public. Here is a breakdown of why:

- The conventional school of thought was that viral shedding increases as your body shows symptoms—you are most contagious the sicker you are
- The old guidance suggested that only those who were showing symptoms needed to wear a mask to prevent spreading the virus to others
- New evidence is suggesting that COVID19 may be spreading rapidly because people who are asymptomatic are infecting people around them (either never experiencing symptoms or shedding the virus before symptoms develop)
- Therefore, it follows that all people should wear a mask while in public in case you have the virus but do not know it

It is important to note that the CDC [does not recommend that all people wear a N95 mask or a surgical mask](#). They are asking that those masks be reserved for health care workers who are exposed to the virus in a hospital setting. The U.S. Surgeon General is asking that people wear [a simple mask](#) to cover their face.

### **Houston Methodist – A Special Request**

Last week, a doctor with Houston Methodist reached out asking that I share a special message with the Jran group. In a prior email, I mentioned that Houston Methodist Hospital in the Texas Medical Center is [conducting an experimental treatment](#) for COVID19 by injecting

antibodies in the plasma of recovered individuals into critically ill patients. Right now, Methodist is looking for recovered individuals to donate plasma for this treatment. Here is a list of their plasma donor criteria:

- 14 days after last symptoms (i.e. fever or fatigue; residual cough is OK).
- Copy of positive test (and the hospital will be re-checking)
- No major underlying diseases

The need is great and is unlikely to go away soon, so if you are not sure if you want to participate, there is still time to think about it. If you or someone you know would like to participate, you can email Dr. Katherine Dlouhy at [kdlouhy@houstonmethodist.org](mailto:kdlouhy@houstonmethodist.org) or call the hotline at 346-238-4360.

### Resources

Congresswoman Lizzie Fletcher has developed a small business resource guide. You can find it [here](#).

The University of Houston has developed a resource book for the Houston area. You can find it [here](#).

Governor Abbott stated that Texans can [expect their stimulus checks](#) as early as April 24th.

The City of Houston will be hosting a [PPE drive](#) at Minuet Maid Park this Wednesday from 12 pm - 3 pm.

### In Other News...

If you are looking to have guests at your Passover this year while still social distancing, you might want to consider inviting your squirrel friends over for Seder. A man in Pennsylvania is [making news](#) for building a tiny picnic table for his furry friends. He now has set up [shop on Etsy](#) where you can purchase one. But, if you are like me, you'll probably just [buy one from Amazon](#).

I hope you stay well while social distancing. In the meantime, I will be looking for Kosher for Passover nuts for my Seder guests...

Take care,

Jackie

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