

# VISIT

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did his job. Nick spoke to the kids on their own level and explained things in ways that they understood. Being a father to three young boys seemed to help him in this department. Nick explained to the students that Drago would sniff stuff out that wasn't supposed to be there, such as bombs, and that the dogs such as Drago also made sure things were safe and protected.

Nick asked the preschoolers what dogs needed. They responded with answers such as keep them healthy, take care of them, feed and water them, and take them to the animal doctor. Nick also talked about how brushing and cleaning a dog's teeth is super important, just

like it is important for kids to take care of their teeth. Trimming of a dog's nails was brought up in discussion as well as taking care of the pads on the dog's feet. Lastly discussed about the dog was keeping the dog's coat shiny and nice, clean and brushed, but however not to shave the hair because the hair is there for the protection of the skin underneath.

Even one of the preschoolers said, "Don't shave the dog's hair or they will get a sunburn!"

Mrs. Blakenship, Jamestown Elementary School's Principal, joined in during the presentation and was so happy to see the interaction the kids had. She was thankful of Nick



Jamestown Elementary Principle Ms. Blakenship with Nick Bertram and dog Drago and JES Preschool Students

coming and speaking with the students.

Drago, the dog, now

spends his retirement by residing with Josh and Kara Branscum and their children. Kara is

Nick's sister and her husband Josh is currently looking to be elected as Kentucky State Repre-

sentative. Nick currently still works overseas.

# PANDEMIC

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ing types 229E, NL63, OC43, and HKU1, usually cause mild to moderate upper-respiratory tract illnesses, much like the common cold, while others cause illnesses such as pneumonia. Certain coronaviruses can also be found to cause illnesses in animals, such as bats, camels, cats, and cattle.

However, COVID-19 is a new disease believed to have been caused by a new virus that has not previously been found in humans. This virus was first detected in Wuhan City, the Hubei Province of China. The first infections were linked to a wet market known as the Huanan Seafood Wholesale Market.

Wet markets often have sanitation issues, and diseases can quickly spread. Animals sold at the wet markets, including bats and exotic animals that could be carrying viruses, may come in direct contact with raw meat, as well as sales clerks, butchers, and customers. Carcasses of animals are even thrown on the floor to be butchered in public.

The 2002-2003 SARS, avian flu outbreak, and most recently COVID-19 can be traced to keeping live, infected animals in wet markets, causing the potential for zoonotic transmission of viruses to humans.

According to the World Health Organization (WHO) website, China reported cases of pneumonia in people associated with the Huanan Seafood Wholesale Market. This report was made on December 31, 2019.

By January 7, 2020, Chinese health authorities confirmed that the cluster of pneumonia cases was associated with a new coronavirus, SARS-CoV-2. Soon, person-to-person transmission began to occur.

On January 30, it was estimated that a total of 9,976 COVID-19 cases had been reported, and by February 28 the number of global cases rose to nearly 87,000. On March 3, nearly 90,000 people worldwide had been diagnosed as having COVID-19, and the death toll surpassed 3,000.

The first COVID-19 infection was reported in the United States on January 20 in Washington state. By March 16, only 8 weeks after the country's first positive case, it was reported that the U.S. had 3,802 known cases and 69

deaths. Because of lack of available testing, it is estimated that more cases may in fact exist across the nation.

March 16 also saw the number of worldwide cases of persons infected with COVID-19 reach 170,185 with a total of 6,525 deaths.

According to the Web MD website, the average time it takes for a person to become sick after being exposed to the new coronavirus is approximately five days. Others become sick at a faster rate, just one day after being exposed. Still, others do not become ill for approximately two weeks, which is why the United States has quarantined people for 14 days.

Other studies have also found cases of the coronavirus that was spread by persons showing no symptoms at the time, but who still had the virus which was able to be transmitted to others.

According to the WHO website, symptoms of COVID-19 include sore throat, cough, fever, and difficulty breathing in severe cases. COVID-19 is a lower respiratory tract infection in which most symptoms are felt in the lungs and chest. This differs from common colds that cause an upper respiratory tract infection with sinus congestion and a runny nose. Although those symptoms are seemingly absent for patients with COVID-19, they are not unheard of.

Symptoms may vary from person-to-person, ranging from mild to critical. The most detailed breakdown of symptoms of the disease as of early March comes from a WHO analysis of more than 55,000 confirmed cases in China. The most common symptoms and the percentage of infected people who had them include: fever at 88%, dry cough at 68%, fatigue at 38%, coughing up thick phlegm or sputum from the lungs at 33%, shortness of breath at 19%, bone or joint pain at 15%, sore throat at 14%, headache at 14%, chills at 11%, nausea or vomiting at 5%, a stuffy nose at 5%, diarrhea at 4%, coughing up blood at 1%, and swollen eyes at 1%.

Because some may mistake COVID-19 for the flu or common cold, Dr. Anthony Fauci, Director of the National Institute of Allergy and Infectious Diseases, said during his recent media interviews that most Americans are not taking the threat of the virus seriously.

"I would like to see a dramatic diminution of the personal interaction we see in restaurants and in bars," Dr. Fauci stated on CNN's State of the Union. "Whatever it takes to do that, that's what I would like to see."

Dr. Fauci also stated on Meet the Press that America should implement closures, specifically in areas where community spread is occurring, and should also be practicing social distancing.

"The question is you want to bring down and hunker down everywhere, even more so," Dr. Fauci said on the program. "Everybody has to get involved in distancing themselves socially. If you are in an area where there's clear community spread, you have to be much, much more intense about how you do that."

Governor Andy Beshear has also stressed the importance of social distancing and staying home from crowded areas, even implementing the closing of schools across the state. At a press conference held on March 15, Gov. Beshear said that it is imperative for all Kentucky citizens to work together to help deter the spread of the illness.

"We have to stay calm," Beshear said. "We have to understand that we are all going to have to change our lifestyles in different, fundamental ways. And we've got to be a good part of Team Kentucky."

COVID-19 was first detected in a Kentucky resident on March 6. As of press time on March 16, a total of 21 positive COVID-19 cases existed in Kentucky. These included cases in Harrison, Jefferson, Fayette, Bourbon, Montgometry, Nelson, and Clark counties. Gov. Beshear also announced during his press conference that one patient was not expected to recover.

To reduce the further community spread of the coronavirus in the bluegrass state, the governor urged all Kentuckians to cancel or postpone community gatherings. With the governors of both Illinois and Ohio closing down bars, Gov. Beshear also added that he may take similar action.

"I'm not going to be the governor who acted two weeks too late," Gov. Beshear said.

Acting too late continues to be a great concern for many countries across the globe as the

**WebMD**

## COLD VS. FLU VS. CORONAVIRUS

SYMPTOMS	COLD	FLU	CORONAVIRUS** <small>(can range from mild to serious)</small>
Fever	Rare	High (100-102 F) Can last 3-4 days	Common
Headache	Rare	Intense	Can be present
General Aches, Pains	Slight	Usual, often severe	Can be present
Fatigue, Weakness	Mild	Intense, Can last up to 2-3 weeks	Can be present
Extreme Exhaustion	Never	Usual (starts early)	Can be present
Stuffy Nose	Common	Sometimes	Has been reported
Sneezing	Usual	Sometimes	Has been reported
Sore Throat	Common	Common	Has been reported
Cough	Mild to moderate	Common, Can become severe	Common
Shortness of Breath	Rare	Rare	In more serious infections

Sources: National Institute of Allergy and Infectious Diseases. CDC. WHO. \*\*Information is still evolving

**TEAM KENTUCKY COVID-19 HEALTH TIPS**

### When To Seek Care

To ensure the sickest people receive care, help minimize the spread of infection and maintain resources, please follow the guidelines below when considering whether to seek medical care.

**Stay home**

If you are worried-well, please stay home.

Going to a hospital or doctor's office adds to a higher concentration of people and further overwhelms medical staff.

**Call for advice**

If you are ill, but would not have sought care if not for COVID-19, do not seek care at an ER, hospital or doctor's office.

If you want advice, call the Kentucky state hotline (1-800-722-5725) or call your local healthcare provider.

**Seek care**

If you are sick and feel you have an emergency, please call your doctor or seek medical care.

Hospitals and medical staff across the commonwealth stand ready to serve you.

Please visit [kycovid19.ky.gov](http://kycovid19.ky.gov) for the latest updates on COVID-19 in Kentucky or call the Kentucky state hotline at 1-800-722-5725

COVID-19 pandemic continues to pummel Italy. The country experienced a sudden increase of COVID-19 cases in the matter of one weekend, jumping from three incidents on February 21 to 229 by February 25. By March 9, the number of cases surpassed 6,000 in Italy, and the country imposed a nationwide lockdown. By March 16, the total number of COVID-19 cases in Italy reached 24,747 and the death toll 1,809. Doctors in Italy have reported a grave shortage of medical necessities, stating that decisions were having to be made of which patients to treat and which ones to let perish.

"Any country that looks at the experience of other countries with large epidemics and thinks 'that won't happen to us' is making a deadly mistake," Dr. Tedros Adhanom Ghebreyesus,

WHO Director-General, said in a press release. "It can happen to any country."

Dr. Ghebreyesus stressed the importance of quarantining symptomatic persons and also practicing social distancing to prevent infections and save lives.

"...Do not just let this fire burn," Dr. Ghebreyesus said. "Isolate the sick and quarantine their contacts. In addition, measures that increase social distancing such as canceling sporting events may help to reduce transmission. These measures, of course, should be based on local context and risk assessment, and should be time-limited. Even if you cannot stop transmission, you can slow it down and save lives... This is a new virus and a new situation. We're all learning, and we must

all find new ways to prevent infections, save lives, and minimize impact..."

For the latest information concerning COVID-19 in Kentucky and globally, visit the following websites:

Kentucky Cabinet for Health and Family Services at [www.kycovid19.ky.gov](http://www.kycovid19.ky.gov), the Center for Disease Control at [www.cdc.gov](http://www.cdc.gov), and the World Health Organization at [www.who.int](http://www.who.int).

The Kentucky COVID-19 Hotline can also be reached at 1-800-722-5725. This hotline is a service operated by the health care professionals at the Kentucky Poison Control Center who can answer questions and provide advice for COVID-19 concerns.