



Fairfax Lions Club News - June 2020

The Bob Stahl Memorial Newsletter
- Fairfax Lions, Serving Since 1951 -

Service - Our Primary Mission

**WE SERVE THE WORLD AND OUR LOCAL COMMUNITIES...
WITH PRIDE, COMPASSION AND KINDNESS**

A Special Donation - Food For Others Mobile Emergency Food Pantry

In this time of special needs arising from the COVID-19 virus, our Club members decided to lead other area Lions in a special donation to the local food bank, Food for Others (FFO).

Up to 75,000 people in Northern Virginia lack reliable access to enough nutritious, affordable food. FFO continues to be one of the largest providers of free emergency groceries in the region, distributing food to more than 2,000 local families in need EVERY WEEK. In Fiscal Year 2019, FFO distributed over 1.9 million pounds of food, 91% of which was donated. Despite these large numbers, we know from surveys of potential clients that lack of transportation is preventing many food insecure families from receiving food.

FFO is starting a mobile emergency food pantry that will travel to different underserved sites on weekday evenings and offer the same emergency foods that clients currently must pick up at the warehouse during normal operating hours. This emergency program provides families with 3 to 5 days of nutritionally balanced foods based on family size. To prepare for the mobile program, FFO is piloting a pop-up pantry in Annandale one night each week to help determine the best way to intake clients off-site, how much food to bring, and how many people will be visiting the mobile pantry. The pilot will end this summer and FFO will start adding sites in the fall. The FFO goal is to have the full mobile program running three evenings per week by January 2021. It will serve Annandale, Reston/Herndon, and one other site, most likely in the Baileys Culmore area.

KL Mike recently reported: "Falls Church-Annandale, Springfield Global, Burke, and Clifton Lions Clubs have joined forces with Fairfax Host on this special humanitarian, local outreach effort. Total club donations are now \$8,000, LOVF has approved three matching grants totaling \$4,500, and another \$3,000 in LOVF matching grant funds are expected to be approved soon. That will bring the total of direct Lions support to \$15,500!! And, we have so far received an additional nine donations totaling \$2,100 from individual Lions, their spouses and even non-Lions! That brings the grand total of pledges to \$17,600!"

We set an early cut-off date of May 31, and will close the books on June 7. Will we get to \$20,000? Stay tuned for an announcement of Lions Clubs presentation to Food for Others - sometime in early June.

Charity Fund Raising - Essential to Our Service Mission

DELIVERING SERVICE DEPENDS ON CHARITY FUNDS WE RAISE

This ad was posted on our Club web page, and a similar one on our FB page:

Collecting Cash Donations for Local Food Bank

 Posted on May 22, 2020  Comments are off

Many people are going hungry in our own community, due to the health crisis. Fairfax Lions Club is raising funds for a special donation to the local food bank "Food for Others." <https://www.foodforothers.org>

The Falls Church-Annandale, Springfield Global, Burke, and Clifton Lions Clubs have all joined with us in this special humanitarian effort. We encourage cash donations from all individuals and organizations to combine with money donated by Lions Clubs.

If you can help food-insecure families in our community, send an email to: info@fairfaxlions.org or leave a message at: **703-879-5795**

We will send you an address to mail your check (payable to: Food for Others). Fund raising ends on June 7, 2020; soon after we will present all donations directly to Food for Others. Please join us.

If you know someone who wishes to donate to this wonderful cause, please ask them to mail a check by June 1 to Michael Rumberg, 7138 Little River Turnpike #210, Annandale, VA , 22003. Checks payable to: "Food For Others."

Dinner Meetings

May 5th Zoom Meeting

We had pretty good participation for our Club's first-ever virtual dinner meeting. Prior to the meeting, King Lion Mike had announced by email..."I have two top priorities for the meeting:

1. To officially nominate next year's officers, and...
2. Our motto is "We Serve" and it is time we got back to it. So the second priority is to discuss and hopefully decide on a proposal to give an immediate financial contribution to a deserving entity. PDG Harry Parker has let me know that the Lions of Virginia Foundation can provide a matching grant up to \$3,000 within a week. This means we could give a deserving entity a check for \$6,000. I have already heard suggestions for the Food For Others food bank we have supported over the years as well as the Lamb Center. This is your club, so I would like you to provide suggestions of what organization(s) we should support."

May 5th Zoom Meeting (continued)



“Screen Shot” - a snapshot in time - of participants in the May 5th meeting.
Of Note: Marisela’s device was logged-in to display a Club banner; new Lion Deb’s virtual background was the Lions logo; Lion Cindy connected from her car in NC; and Lion Joe connected by telephone.

Consideration of Next Year’s Officers:

Earlier, the Board of Directors’ proposed slate of nominees was presented to the membership by email; nominations were officially opened in this meeting. No additional nominations were made by the membership. Thus, per Club by-laws, the proposed slate of nominees was scheduled for a vote at the next dinner meeting.

Organization Our Club Should Support:

Because the Club’s traditional service activities have been placed on hold, or cancelled, due to the health situation, Club membership was asked to consider the best use of a financial donation our Club will make. A variety of potential candidates for our donation were discussed, and the Club decided to pursue a major donation to Food For Others, a Fairfax County food bank whose needs have risen dramatically since the health situation has arisen.

Lion Marty offered to prepare an application for a matching grant from Lions of VA Foundation, and KL Mike offered to encourage other local area Lions Clubs to add to our donation, and possibly pursue similar LoVF matching donations. In addition, KL Mike offered to announce that our Club will accept any private donations from members or friends to accompany our Club's donation to Food for Others.

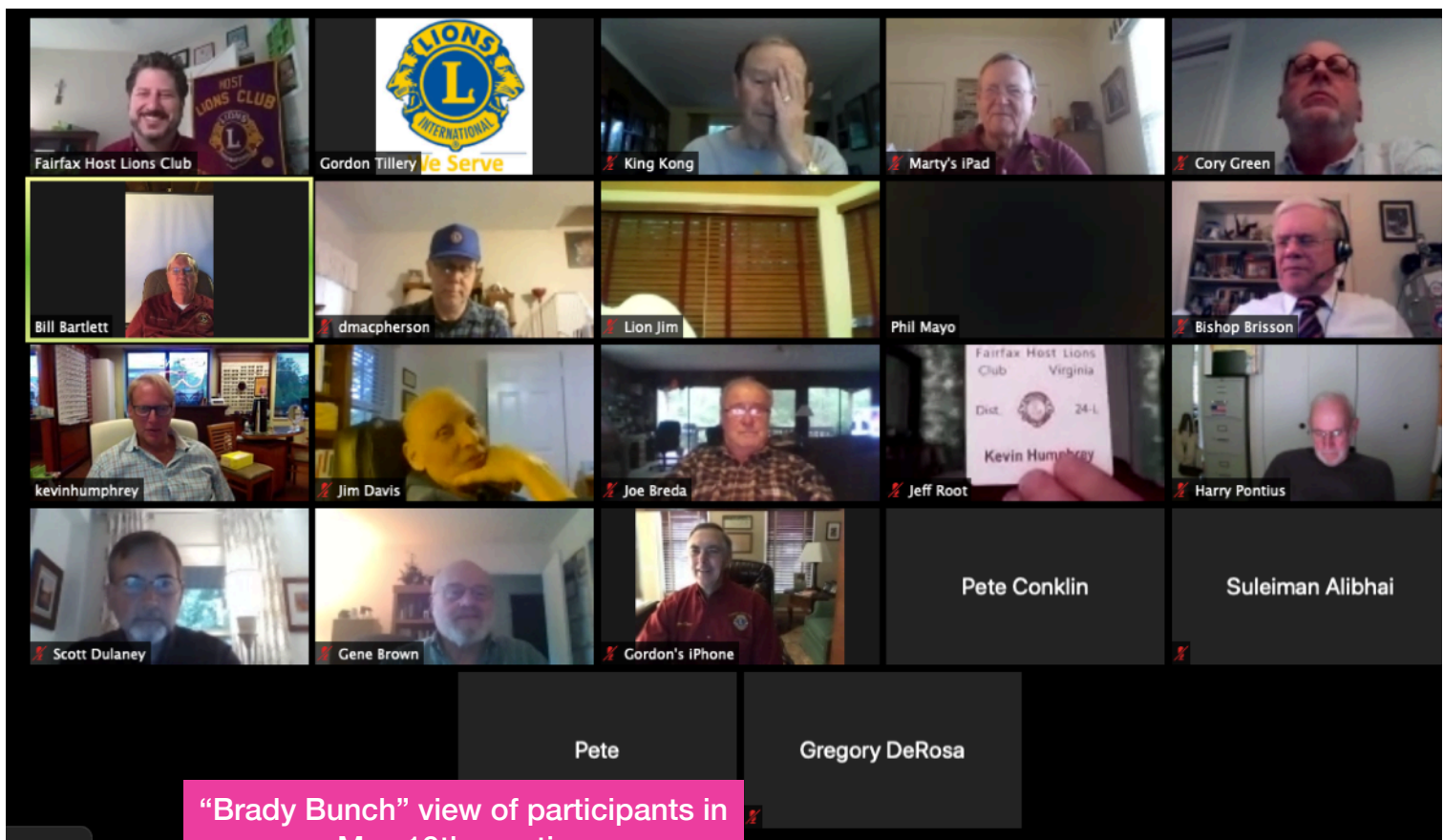
Without objection, the membership endorsed this approach! So ended our club's first meeting held by using information technology.

May 19th Zoom Meeting

KL Mike announced the agenda a few days prior to the 2nd virtual "dinner meeting" of our Club;

"We might have been in a "pause" as we acclimated to the COVID situation but we have not been inactive which means we have some important and exciting things to accomplish at this meeting:

1. Election of 2010-21 Officers (important)
2. Updates on our Food For Others project (exciting)
3. Induction of 3 New Members (important AND exciting!)"



May 19th Zoom Meeting (continued)

As previously discussed, the Board's proposed slate of nominees was accepted - without objection - by Club membership at the nominations meeting on May 5th. May 19th was designated as the election meeting, and the Club membership voted to approve those nominated, without exception, as officers for Fiscal Year 2020-2021 which begins July 1st.

Fairfax Host Lions Club 2020-2021 Officers

<i>President (King Lion)</i>	<i>Mike Greeley</i>
<i>Immediate Past Pres.</i>	<i>Michael Rumberg</i>
<i>1st Vice President</i>	<i>Suleiman Alibhai</i>
<i>2nd Vice President</i>	<i>Jim Kaplan</i>
<i>Secretary</i>	<i>Jeff Root</i>
<i>Treasurer</i>	<i>Michael Rumberg</i>
<i>Corresponding Secretary</i>	<i>Pete Conklin</i>
<i>Tail Twister</i>	<i>Doug Brisson</i>
<i>Lion Tamer</i>	<i>Phil Mayo</i>
<i>Bulletin Editor</i>	<i>Gordon Tillery</i>
<i>Membership Co-Directors</i>	<i>Ken Schutz & Gordon Tillery</i>
<i>Director (Two Years)</i>	<i>Joe Breda</i>
<i>Director (One Year)</i>	<i>PCC Harry Parker</i>
<i>PDG Director</i>	<i>PCC Bill Bartlett</i>
<i>Director Emeritus</i>	<i>PCC Bill Smith</i>

The Club thanks 1VP Mike G. for leading the nominations effort, and Club's members for their confidence in the incoming officers for the next year!

The membership heard an update on the Food for Others special donation, from KL Mike and Lion Marty. See front page of this newsletter for current status.

Lastly, PCC Bill was prepared to induct three new members. Unfortunately, one new members (Lion Deb) had a last minute urgent work requirement and could not participate.

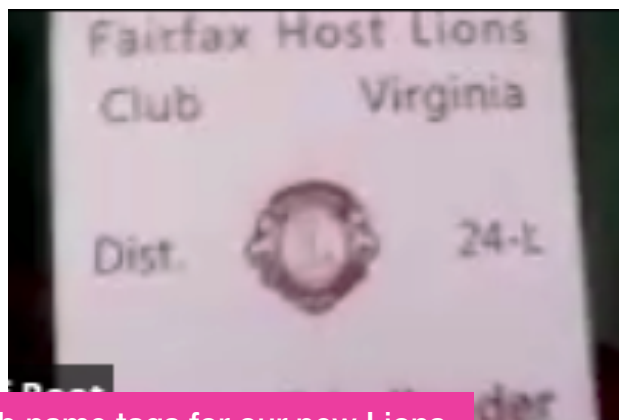
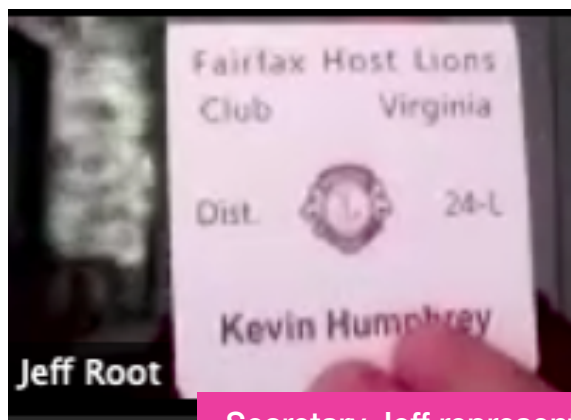
Lions Kevin and James were inducted using the traditional format for our induction ceremony as possible in a virtual meeting. Photos follow.



PCC Bill Performs
Induction Ceremony



Kevin (top) and James (lower) are
now inducted as Lions!



Secretary Jeff represented Club name tags for our new Lions
(to be presented in person later)

KL Mike closes May 19th meeting in the traditional manner,
by gonging the bell!



Board Meeting - May 26th

The Board met by zoom; business included these items:

- The June 2nd “regular dinner meeting” (by zoom) will include a guest speaker, and an induction ceremony for new Lion Deb Mueller.
- Members will soon have their bill for the next quarter dues and any past obligations not yet paid. If a member has a problem staying current on dues and past obligations, please let the Treasurer know; we recognize these are trying times.
- Lion Marty discussed a new format for the November fruit sale (bring in fruit a day early, allowing a day for “rolling” before sales begin). This is intended to reduce the number of Lions needed for sales shifts, which should make for a more sustainable operation.
- Board decided to ask the Country Club to refund our Charter Night deposit, as we will not hold the event this year. We will ask to “pencil-in” a date next year with no deposit until someone else wants that date.
- The collection of various club donations for Food for Others is nearly complete. We will coordinate with Food For Others to plan a check-presentation and invite the Clubs that joined us in the donation, and Lions of VA Foundation, to be present.

Upcoming Events: Obviously COVID19 is impacting our schedule!

June 2 - Regular Dinner Meeting (Zoom): Speaker & Induction of New Lion Bev Mueller
June 3 - ISCC Meeting (Zoom)
June 11 - (TENTATIVE) District 24L Bland Contest (per previous scheduled)
June 12 - (TENTATIVE) Presentation of Lions Donation to Food For Others
June 16 - Regular Dinner Meeting (Zoom): Officers Installation
June 23 - Joint (Incoming & Outgoing) Board meeting (Zoom)

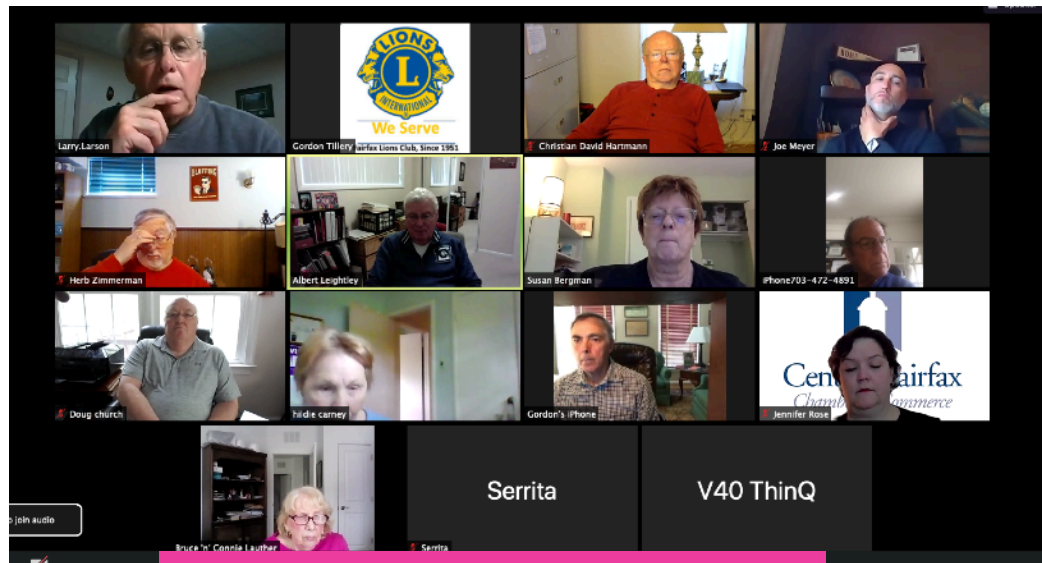
Upcoming (All Tentative)

July 4 - ~~Independence Day Parade Food Booth~~ (Canceled)
July TBD - State Bland Contest
Aug 2 - Sipping for Sprout <https://sproutcenter.org/events/sipping-for-sprout/>

City of Fairfax Inter-Service Club Council (ISCC) - May 6 zoom meeting

The ISCC decided the annual Volunteer-of-the-Year ceremony will NOT, unfortunately, be held this year. Instead, certificates of recognition will be mailed to each of the service club Volunteers of the Year.

All service clubs are in the same situation, holding no live events, until the health situation improves.



ISCC zoom meeting participants

Lions Information - Elections at State Convention

The Lions of Virginia State Convention was canceled, but elections were held by mail-in ballots. The Lions of VA Secretary/Treasurer distributed election results by email:

The MD24 State Elections Committee met at the Lions of Virginia State Office today, Saturday, May 23, 2020. Ballots mailed to the post office box opened for elections were picked up by Council Chair Rick Carroll and State Secretary Treasurer Lion Tammie Brightwell.

Ballots were counted and verified by the following committee members:

PDG Jay Overbey – MD24 Elections General Chair – 24-I

PCC Phil Schrack – 24-L

PDG Jim Newman – 24-C

District 24-C 104 of possible 144 Certified Delegates were received

79 of possible 104 ballots were received

District Governor

Lion Jean Cook	79 Yes
	0 None
	0 Abstain
	79 TOTAL

1st Vice District Governor

Lion Eric Mills	79 Yes
	0 None
	0 Abstain
	79 TOTAL

2nd Vice District Governor

Lion Connie Saunders	79 Yes
	0 None
	0 Abstain
	79 TOTAL

District 24-I 137 of possible 212 Certified Delegates were received

117 of possible 137 ballots were received

District Governor

Lion Scott Durbin	117 Yes
	0 None
	0 Abstain
	117 TOTAL

1st Vice District Governor

Lion Greg Cole	117 Yes
	0 None
	0 Abstain
	117 TOTAL

2nd Vice District Governor

No candidate
Write in ballots
PDG Donna Weiler – 3
Lion Mike Petty – 1

District 24-L 197 of possible 258 Certified Delegates were received

176 of possible 197 ballots were received

5 ballots disqualified for unpaid Lions of Virginia state dues

District Governor

Lion Glen Logan	147 Yes
	20 None
	4 Abstain
	171 TOTAL

1st Vice District Governor

Lion Tom Kenavan	59
Lion Joel Kendall	110

	2 None	
	0 Abstain	
	171 TOTAL	
2nd Vice District Governor		
Lion Rose Burrus	154	
	15 None	
	2 Abstain	
	171 TOTAL	

Lions Information - Lions of VA Foundation Annual Raffle Results

Our club sells raffle tickets (30 per book), as an annual fund raiser for LoVF.

The Results for 2020

Winning LOVF Prize Winners:

1st Place (\$10000) Winner	Hannah S. Boswell, Farmville, VA
1st Place Ticket Seller	Kin Boswell, Farmville Lions Club
2nd Place Winner	Carl Lindstrom, Dublin, VA
2nd Place Ticket Seller	Carl Lindstrom, Dublin Lions Club
3rd Place Winner	David Hartsough, Toano, VA
3rd Place Ticket Seller	David Hartsough, James City Lions Club

Total Raffle Books Sold: 1,517.76	\$15,177.66	
Less: Raffle Expenses		
1st Place Winner	\$10,000.00	
2nd Place Winner	500.00	
3rd Place Winner	500.00	
(3) Sellers of Winning Tickets @ \$100.00 each	300.00	
Cost of Printing Raffle Tickets	2,509.00	
Postage - Mailings of Raffle Tickets	22.70	
Total Raffle Expenses		13,831.70
Total Revenue Earned on Sale of Raffle Tickets		\$ 1,345.96

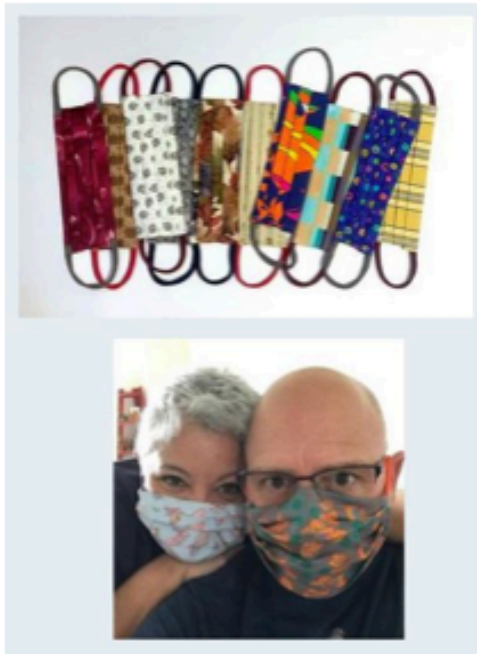
Local Fiber-Artist Makes Good!

KL Mike's spouse Marisela shows how to make our own face mask; or, you can buy one!

Marisela's 14 minute Face-Mask tutorial at: [Make Your Face Mask Tutorial](#)



COTTON FACE MASKS



It has been a rewarding experience to make face masks for family, friends and customers.

Thank you for trusting me!

If you would like to buy face masks from me, I'm still making them! \$9 each. Order six masks or more: \$7 each. Free shipping in the US. I can send to multiple addresses in one order.

Place an order at

Marisela@MariselaRumberg.com

Or make your own face mask following my tutorial: *In English and in Spanish at the same time!*

IMPORTANT These are **NOT** medical grade face masks. These masks may help slow the spread of COVID-19, and help people who may unknowingly have the virus from transmitting it to others. They may be helpful to contain coughs and to remind people not to touch their face.



[*Make Your Face Mask Tutorial*](#)

Spring Flowers



A while back, Lion Joe and Terry send a couple of photos of spring blooming out their way. Northern VA can be very nice when flowers bloom and the weather warms!



For The Health & Well Being of Club Members - SPECIAL INFO

The Risks - Know Them - Avoid Them

By Erin S. Bromage, Ph.D. Associate Professor of Biology, Uni of MA Dartmouth

(complete article posted at this link: [The Risks of Getting Out](#))

It seems many people are breathing some relief, and I'm not sure why. An epidemic curve has a relatively predictable upslope and once the peak is reached, the back slope can also be predicted. We have robust data from the outbreaks in China and Italy, that shows the backside of the mortality curve declines slowly, with deaths persisting for months. Assuming we have just crested in deaths at 70k, it is possible that we lose another 70,000 people over the next 6 weeks as we come off that peak. That's what's going to happen with a lockdown.

As states reopen, and we give the virus more fuel, all bets are off. I understand the reasons for reopening the economy, but I've said before, if you don't solve the biology, the economy won't recover.

There are very few states that have demonstrated a sustained decline in numbers of new infections. Indeed, as of May 3rd the majority are still increasing and reopening. As a simple example of the USA trend, when you take out the data from New York and just look at the rest of the USA, daily case numbers are increasing. Bottom line: the only reason the total USA new case numbers look flat right now is because the New York City epidemic was so large and now it is being contained. (as of May 3rd)

So throughout most of the country we are going to add fuel to the viral fire by reopening. It's going to happen if I like it or not, so my goal here is to try to guide you away from situations of high risk.

Where are people getting sick?

We know most people get infected in their own home. A household member contracts the virus in the community and brings it into the house where sustained contact between household members leads to infection.

But where are people contracting the infection in the community? I regularly hear people worrying about grocery stores, bike rides, inconsiderate runners who are not wearing masks.... are these places of concern? Well, not really. Let me explain.

In order to get infected you need to get exposed to an infectious dose of the virus; based on infectious dose studies with other coronaviruses, it appears that only small doses may be needed for infection to take hold. Some experts estimate that as few as 1000 SARS-CoV2 infectious viral particles are all that will be needed (ref 1, ref 2). Please note, this still needs to be determined experimentally, but we can use that number to demonstrate how infection can occur. Infection could occur, through 1000 infectious viral particles you receive in one breath or from one eye-rub, or 100 viral particles inhaled with each breath over 10 breaths, or 10 viral particles with 100 breaths. Each of these situations can lead to an infection.

How much Virus is released into the environment?

A Bathroom: Bathrooms have a lot of high touch surfaces, door handles, faucets, stall doors. So fomite transfer risk in this environment can be high. We still do not know whether a person releases infectious material in feces or just fragmented virus, but we do know that toilet flushing does aerosolize many droplets. Treat public bathrooms with extra caution (surface and air), until we know more about the risk.

A Cough: A single cough releases about 3,000 droplets and droplets travels at 50 miles per hour. Most droplets are large, and fall quickly (gravity), but many do stay in the air and can travel across a room in a few seconds.

A Sneeze: A single sneeze releases about 30,000 droplets, with droplets traveling at up to 200 miles per hour. Most droplets are small and travel great distances (easily across a room). If a person is infected, the droplets in a single cough or sneeze may contain as many as 200,000,000 (two hundred million) virus particles which can all be dispersed into the environment around them.

A breath: A single breath releases 50 - 5000 droplets. Most of these droplets are low velocity and fall to the ground quickly. There are even fewer droplets released through nose-breathing. Importantly, due to the lack of exhalation force with a breath, viral particles from the lower respiratory areas are not expelled.

Unlike sneezing and coughing which release huge amounts of viral material, the respiratory droplets released from breathing only contain low levels of virus. We don't have a number for SARS-CoV2 yet, but we can use influenza as a guide. Studies have shown that a person infected with influenza can release up to 33 infectious viral particles per minute. But I'm going to use 20 to keep the math simple.

Remember the formula: $\text{Successful Infection} = \text{Exposure to Virus} \times \text{Time}$

If a person coughs or sneezes, those 200,000,000 viral particles go everywhere. Some virus hangs in the air, some falls into surfaces, most falls to the ground. So if you are face-to-face with a person, having a conversation, and that person sneezes or coughs straight at you, it's pretty easy to see how it is possible to inhale 1,000 virus particles and become infected.

But even if that cough or sneeze was not directed at you, some infected droplets--the smallest of small--can hang in the air for a few minutes, filling every corner of a modest sized room with infectious viral particles. All you have to do is enter that room within a few minutes of the cough/sneeze and take a few breaths and you have potentially received enough virus to establish an infection.

But with general breathing, 20 viral particles minute into the environment, even if every virus ended up in your lungs (which is very unlikely), you would need 1000 viral particles divided by 20 per minute = 50 minutes.

Speaking increases the release of respiratory droplets about 10 fold; ~200 virus particles per minute. Again, assuming every virus is inhaled, it would take ~5 minutes of speaking face-to-face to receive the required dose.

The exposure to virus x time formula is the basis of contact tracing. Anyone you spend greater than 10 minutes with in a face-to-face situation is potentially infected. Anyone who shares a space with you (say an office) for an extended period is potentially infected.

This is also why it is critical for people who are symptomatic to stay home. Your sneezes and your coughs expel so much virus that you can infect a whole room of people. What is the role of asymptomatic people in spreading the virus?

Symptomatic people are not the only way the virus is shed. We know that at least 44% of all infections--and the majority of community-acquired transmissions--occur from people without any symptoms (asymptomatic or pre-symptomatic people). You can be shedding the virus into the environment for up to 5 days before symptoms begin.

Infectious people come in all ages, and they all shed different amounts of virus.

The amount of virus released from an infected person changes over the course of infection and it is also different from person-to-person. Viral load generally builds up to the point where the person becomes symptomatic. So just prior to symptoms showing, you are releasing the most virus into the environment. Interestingly, the data shows that just 20% of infected people are responsible for 99% of viral load that could potentially be released into the environment.

So now let's get to the crux of it. Where are the personal dangers from reopening?

When you think of outbreak clusters, what are the big ones that come to mind? Most people would say cruise ships. But you would be wrong. Ship outbreaks, while concerning, don't land in the top 50 outbreaks to date.

Ignoring the terrible outbreaks in nursing homes, we find that the biggest outbreaks are in prisons, religious ceremonies, and workplaces, such as meat packing facilities and call centers. Any environment that is enclosed, with poor air circulation and high density of people, spells trouble.

Some of the biggest super-spreading events are:

- Meat packing: In meat processing plants, densely packed workers must communicate to one another amidst the deafening drum of industrial machinery and a cold-room virus-preserving environment. There are now outbreaks in 115 facilities across 23 states, 5000+ workers infected, with 20 dead. (ref)
- Weddings, funerals, birthdays: 10% of early spreading events
- Business networking: Face-to-face business networking like the Biogen Conference in Boston in late February.

As we move back to work, or go to a restaurant, let's look at what can happen in those environments.

Restaurants: Some really great shoe-leather epidemiology demonstrated clearly the effect of a single asymptomatic carrier in a restaurant environment. The infected person sat at a table and had dinner with 9 friends. Dinner took about 1 to 1.5 hours. During this meal, the asymptomatic carrier released low-levels of virus into the air from their breathing. Airflow (from the restaurant's various airflow vents) was from right to left. Approximately 50% of the people at the infected person's table became sick over the next 7 days. 75% of the people on the adjacent downwind table became infected. And even 2 of the 7 people on the upwind table were infected (believed to happen by turbulent airflow). No one at tables out of the main airflow from the air conditioner became sick.

Another great example is the outbreak in a call center. A single infected employee came to work on the 11th floor of a building. That floor had 216 employees. Over the period of a week, 94 of those people became infected (43.5%). 92 of those 94 people became sick (only 2 remained asymptomatic). One side of the office is primarily infected, while there are very few people infected on the other side. While exact number of people infected by respiratory droplets / respiratory exposure versus fomite transmission (door handles, shared water coolers, elevator buttons etc.) is unknown. It serves to highlight that being in an enclosed space, sharing the same air for a prolonged period increases your chances of exposure and infection. Another 3 people on other floors of the building were infected, but the authors were not able to trace the infection to the primary cluster on the 11th floor. Interestingly, even though there were considerable interaction between workers on different floors of the building in elevators and the lobby, the outbreak was mostly limited to a single floor. This highlights the importance of exposure and time in the spreading of SARS-CoV2.

Choir: The community choir in Washington State. Even though people were aware of the virus and took steps to minimize transfer; e.g. they avoided the usual handshakes and hugs hello, people also brought their own music to avoid sharing, and socially distanced themselves during practice. They even went to the lengths to tell choir members prior to practice that anyone experiencing symptoms should stay home. A single asymptomatic carrier infected most of the people in attendance. The choir sang for 2 1/2 hours, inside an enclosed rehearsal hall which was roughly the size of a volleyball court. Singing, to a greater degree than talking, aerosolizes respiratory droplets extraordinarily well. Deep-breathing while singing facilitated those respiratory droplets getting deep into the lungs. Two and half hours of exposure ensured that people were exposed to enough virus over a long enough period of time for infection to take place. Over a period of 4 days, 45 of the 60 choir members developed symptoms, 2 died. The youngest infected was 31, but they averaged 67 years old.

Indoor sports: While this may be uniquely Canadian, a super spreading event occurred during a curling event in Canada. A curling event with 72 attendees became another hotspot for transmission. Curling brings contestants and teammates in close contact in a cool indoor environment, with heavy breathing for an extended period. This tournament resulted in 24 of the 72 people becoming infected.

Birthday parties / funerals: Just to see how simple infection-chains can be, this is a real story from Chicago. The name is fake. Bob was infected but didn't know. Bob shared a takeout meal, served from common serving dishes, with 2 family members. The dinner lasted 3 hours. The next day, Bob attended a funeral, hugging family members and others in attendance to express condolences. Within 4 days, both family members who shared the meal are sick. A third family member, who hugged Bob at the funeral became sick. But Bob wasn't done. Bob attended a birthday party with 9 other people. They hugged and shared food at the 3 hour party. Seven of those people became ill. Over the next few days Bob became sick, he was hospitalized, ventilated, and died.

But Bob's legacy lived on. Three of the people Bob infected at the birthday went to church, where they sang, passed the tithing dish etc. Members of that church became sick. In all, Bob was directly responsible for infecting 16 people between the ages of 5 and 86. Three of those 16 died.

The spread of the virus within the household and back out into the community through funerals, birthdays, and church gatherings is believed to be responsible for the broader transmission of COVID-19 in Chicago.

Sobering right?

Commonality of outbreaks

The reason to highlight these different outbreaks is to show you the commonality of outbreaks of COVID-19. All these infection events were indoors, with people closely-spaced, with lots of talking, singing, or yelling. The main sources for infection are home, workplace, public transport, social gatherings, and restaurants. This accounts for 90% of all transmission events. In contrast, outbreaks spread from shopping appear to be responsible for a small percentage of traced infections.

Importantly, of the countries performing contact tracing properly, only a single outbreak has been reported from an outdoor environment (less than 0.3% of traced infections).

So back to the original thought of my post.

Indoor spaces, with limited air exchange or recycled air and lots of people, are concerning from a transmission standpoint. We know that 60 people in a volleyball court-sized room (choir) results in massive infections. Same situation with the restaurant and the call center. Social distancing guidelines don't hold in indoor spaces where you spend a lot of time, as people on the opposite side of the room were infected.

The principle is viral exposure over an extended period of time. In all these cases, people were exposed to the virus in the air for a prolonged period (hours). Even if they were 50 feet away (choir or call center), even a low dose of the virus in the air reaching them, over a sustained period, was enough to cause infection and in some cases, death.

Social distancing rules are really to protect you with brief exposures or outdoor exposures. In these situations there is not enough time to achieve the infectious viral load when you are standing 6 feet apart or where wind and the infinite outdoor space for viral dilution reduces viral load. The effects of sunlight, heat, and humidity on viral survival, all serve to minimize the risk to everyone when outside.

When assessing the risk of infection (via respiration) at the grocery store or mall, you need to consider the volume of the air space (very large), the number of people (restricted), how long people are spending in the store (workers - all day; customers - an hour). Taken together, for a person shopping: the low density, high air volume of the store, along with the restricted time you spend in the store, means that the opportunity to receive an infectious dose is low. But, for the store worker, the extended time they spend in the store provides a greater opportunity to receive the infectious dose and therefore the job becomes more risky.

Basically, as the work closures are loosened, and we start to venture out more, possibly even resuming in-office activities, you need to look at your environment and make judgments. How many people are here, how much airflow is there around me, and how long will I be in this environment. If you are in an open floorplan office, you really need to critically assess the risk (volume, people, and airflow). If you are in a job that requires face-to-face talking or even worse, yelling, you need to assess the risk.

If you are sitting in a well ventilated space, with few people, the risk is low.

If I am outside, and I walk past someone, remember it is “dose and time” needed for infection. You would have to be in their airstream for 5+ minutes for a chance of infection. While joggers may be releasing more virus due to deep breathing, remember the exposure time is also less due to their speed. Please do maintain physical distance, but the risk of infection in these scenarios are low. Here is a great article in Vox that discusses the low risk of running and cycling in detail.

While I have focused on respiratory exposure here, please don't forget surfaces. Those infected respiratory droplets land somewhere. Wash your hands often and stop touching your face!

As we are allowed to move around our communities more freely and be in contact with more people in more places more regularly, the risks to ourselves and our family are significant. Even if you are gung-ho for reopening and resuming business as usual, do your part and wear a mask to reduce what you release into the environment. It will help everyone, including your own business.

STAY SAFE - STAY WELL

About “The Bob Stahl Memorial Newsletter”

Bob Stahl was a WW2 veteran (US Navy - Pacific Theater) - part of the Greatest Generation - and a Fairfax Lion for nearly 40 years (serving as Secretary, President, bulletin editor, and sharing at each meeting a bit of “Lions Information.”)

Special thanks to...

Several Lions always step up to help make this newsletter happen...thank you for providing ideas and/or input (whole articles, reports, photos). Such help is essential to presenting the news of this Club!

“The Bob Stahl Memorial Newsletter” is published on the Fairfax Lions web page. Club members are alerted to its availability on the web page around the 1st of each month.

YOUR COMMENTS AND CONTRIBUTIONS ARE ALWAYS WELCOME! (That does not mean \$ contributions, but your words & photos!) Send anything, anytime, to the newsletter editor; we need your help to publicize information about our Club, and about you. Editor’s Note: starting with this issue, we will try to no longer publish persons last names for privacy considerations.

That's all folks!

Send any suggestions, or items to include in the next newsletter.

**WE SERVE THE WORLD AND OUR LOCAL COMMUNITIES...WITH PRIDE,
COMPASSION AND KINDNESS**

Fairfax Lions Club



We Serve

Since 1951