



## What's Happening What's Next

April 12, 2020

*Dear Friend of AAHPO,*

*This Easter Sunday, the Board would like to acknowledge the heroic efforts of our Armenian medical colleagues who are valiantly fighting on the front lines, the battle with COVID-19. Each one has our support, prayers and admiration. Our thoughts and prayers are also with the families impacted by this crisis.*

*In this challenging time, many good deeds have been and will continue to be performed. It is heartwarming to see the response of our medical community to the needs of our brethren. Please continue to do all you can to support them, practice social distancing, help vulnerable neighbors, and stay safe at home.*

*We wish you a Blessed Easter, and pray that you and your loved ones remain healthy and safe,  
AAHPO Board of Directors*



At left is our Armenian American colleague Michael Entrup, MD, Chairman, Department of Anesthesiology, Jersey Shore University Medical Center (JSUMC): *"I'm at the front lines at JSUMC and have been coordinating intubation and ventilation teams and creating protocols for the entire Hackensack Meridian Health network. I'm happy to offer any assurance to our Armenian colleagues around the globe."*

We salute Dr. Entrup and all of our colleagues on the front line fighting COVID-19.

# Updates on COVID-19, Including Face Masks

Please note this update is provided by Board Member and pediatric infectious disease specialist **Tsoline Kojaoghlanian, MD.**

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The U.S. has half a million cases of confirmed COVID-19, the disease caused by SARS-CoV-2 virus, as of today. SARS-CoV-2 infection has now been documented in people who never develop any illness (asymptomatic) and in people who develop symptoms of illness a few days after getting tested (pre-symptomatic). This has been shown in nursing homes, in up to 20% of tested children and in various age groups in different countries. SARS-CoV-2 transmission from one person to another during the pre-symptomatic and asymptomatic periods has been suggested and detected. Risk of transmission is thought to still be greatest when people are ill.



## Updates on the Use of Face Coverings

-Because of the potential for transmission of this infection while someone has no illness, as of 4/3/2020, the CDC recommends that everyone wear cloth face coverings in public settings where other social (physical) distancing measures are difficult to maintain, especially in areas of significant community-based transmission, such as in our area (New York, New Jersey and Connecticut). This may help people who may have the virus and do not know it, and are obligated to leave their home to go to grocery stores or pharmacies, from transmitting it to others.

The face coverings recommended are **not surgical masks or N-95 respirators**. Those are critical supplies that **must continue to be reserved for healthcare workers and other medical first responders**.

Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used. [Click here for Sew and No-Sew methods.](#)

[Armenian brothers in London make innovative face visors](#)

Cloth face coverings **should**—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be **washed in regular laundry** and machine dried without damage or change to shape

Cloth face coverings **should not**:

- be placed on young children under age 2, or on anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance

- be pulled down below the nose or chin, then pulled back up, undermining any of their benefits
  - replace physical distancing
  - be put in a microwave or oven for “disinfecting”
- If a sick person with COVID-19 needs to be around others (within the home, in a vehicle, or doctor’s office), they also should wear a face covering that covers their mouth and nose. If the sick person can’t wear a face covering, the caretaker of that person should wear one while in the same room with them. If you are caring for someone at home, [monitor for emergency signs](#), [prevent the spread of germs](#), [treat symptoms](#), and carefully consider [when to end home isolation](#).

### [Read a previous update on COVID-19](#)

- People exercising outdoors with a face mask may feel some resistance to breathing which may raise discomfort and attenuate their performance. And when masks turn wet from sweating, they lose their efficiency. To protect and reassure other people with whom paths or sidewalks are shared while running, covering should be worn for a brief period of exercise and physical distancing should be maintained.

## Updates on the use of Gloves

- Wear disposable gloves when cleaning and disinfecting surfaces.

### [Read Coronavirus Mythbusters](#)

Gloves should be discarded after each cleaning. If reusable gloves are used, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other purposes. Consult the manufacturer’s instructions for cleaning and disinfection products used.

- DO NOT touch your face eyes, nose and mouth while wearing gloves.
- Wash hands immediately for 20 seconds with soap and water after gloves are removed



## Other Updates

There is no evidence that one can get Covid-19 from eating food contaminated with a sick person’s cough or sneeze. One can order pre-prepared food such as pizza and eat it with no worries.

If one touches contaminated raw food and then touches their nose, eyes or mouth, that could be a theoretical source of transmission. Thoroughly wash your hands with soap and water when you bring the food home and, as usual, separate raw meat from other foods, cook to the right temperature, and refrigerate foods promptly.

Fruits and vegetables need not to be washed with anything but clean water.

[https://www.usda.gov/coronavirus?mod=article\\_inline](https://www.usda.gov/coronavirus?mod=article_inline)

Watch yesterday's interview with **Dr. Lawrence Najarian**, AAHPO President, and **Dr. Matthew Nalbandian**, Vice President of the Armenian Nursing & Rehabilitation Center:  
[https://www.youtube.com/watch?v=9\\_N7BVee80o&t=7s](https://www.youtube.com/watch?v=9_N7BVee80o&t=7s)

**Do you have questions?**  
**Do you know someone who needs help obtaining a prescription or connecting with a health care provider?**  
**AAHPO Experts are now offering TeleHealth appointments!**

**CALL AAHPO: 908-914-5549**

**[EMAIL AAHPO](#) WITH "COVID-19" IN THE SUBJECT LINE**

**Save the Date: Wednesday April 15 at 8 pm EST**  
**AAHPO Experts Present a free Webinar on the Pandemic**  
**Further detail to come**

## Our Board & Our Mission

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***AAHPO's mission is to improve health care awareness, increase disease prevention and early detection, foster fellowship and career development of Armenian health care professionals, and provide medical support and education to both our local communities and Armenia.***

**Call AAHPO: 908-914-5549**

**[Email AAHPO](#)**