

FUMC ESL 4-23-2020 Online Lesson

*Introduction: The **THEME** in the news this past week has been re-opening the country. There have been protests by people who want to re-open immediately. There have been counter-protests from people who don't want to re-open at all. The Texas governor has chosen something in between. It probably will mean continued mask wearing and social distancing. But we're unsure what the rules will be and how we can keep our families safe if the pandemic gets worse again. So another **THEME** is uncertainty. If you are **CERTAIN**, you are **SURE** about something. You know the rules. If you are **UNCERTAIN**, there are lots of questions and you don't know exactly what to do.*

*This article from The New York Times may answer some questions you have. Teachers: Have a different student read each paragraph and answer the question if there is one. Discuss the meaning of the **bold** words. Ask the students to tell what the paragraph said in their own words.*

Here is the article-----

Is the Virus on My Clothes? My Shoes? My Hair? My Newspaper?

When we asked readers to send their questions about coronavirus, a **common theme emerged**: Many people are fearful about **tracking the virus into their homes** on their clothes, their shoes, the mail and even the newspaper.

Question: What common theme emerged from people's questions about coronavirus?

We consulted **infectious disease experts** to answer reader questions about the risks of coming into contact with the virus during **essential** trips outside and from deliveries. While we still need to take **precautions**, their answers were **reassuring**.

Questions: Who did the authors consult about the virus? How should their answers make us feel?

Should I change my clothes and shower when I come home from the grocery store?

For most of us who are practicing social distancing and making only **occasional** trips to the grocery store or pharmacy, experts agree that it's not necessary to change clothes or take a shower when you return home. You should, however, always wash your hands. While it's true that a sneeze or cough from an infected person can **propel viral droplets** and smaller particles through the air, most of them will drop to the ground.

Fill in the blank: Experts agree that it's not necessary to _____. But you should always _____. Most viral droplets in the air when someone coughs will _____.

Is there a risk that the virus could be in my hair or beard?

You should not be worried about viral **contamination** of your hair or beard if you are practicing social distancing. Even if someone sneezed on the back of your head, any droplets that landed on your hair would be an unlikely source of infection.

Question: Is it easy for your hair or beard to become contaminated by virus when you go out?

Should I worry about doing laundry and sorting clothes? Can I shake pieces of virus loose from my clothes and send them into the air?

The answer depends on whether you're doing **routine laundry** or cleaning up after a sick person.

Routine laundry should not cause worry. Wash it as you normally would. While some types of viruses can be tough to clean, the new coronavirus, like the flu virus is vulnerable to soap.

Question: What is the coronavirus vulnerable to?

Washing your clothes in regular laundry detergent, following the fabric instructions, followed by a **stint** in the dryer is more than enough to remove the virus — if it was even there in the first place.

Question: How can I remove the virus from clothes?

We do know that viruses can deposit on clothing (from droplets) and then be shaken loose into the air with movement, but you would need a lot of viruses for this to be a concern, far more than a typical person would encounter while going for a walk outdoors or going to a grocery store.

Question: Is it true that even a tiny amount of virus should be a concern when you go to the grocery store?

The exception is if you are in close contact with a sick person. The Centers for Disease Control and Prevention recommends that you wear gloves when cleaning up after someone who is sick, and take care not to shake laundry and **bedding**. Use the warmest water setting possible and dry completely. You can mix laundry from an ill person with the rest of the household load. But just leaving laundry to sit for a while also **reduces risk**, because the virus will dry out and **decay**. We know these types of viruses tend to decay faster on fabric than on hard, solid surfaces like steel or plastic.

Question: What should you do if you are in close contact with someone who has coronavirus? Can you safely mix laundry from a sick person with laundry from well people? Does leaving laundry to sit for a while help kill the virus? Does the virus decay faster on hard, solid surfaces or on fabric and paper?

How long does the virus last on surfaces?

Researchers tested increasingly large amounts of viral samples on paper and on a cotton gown. Depending on the **concentration of the virus**, it took five minutes, three hours or 24 hours

for it to become **inactive**. Even with high loads of virus, on paper and fabric, the virus rapidly lost strength and ability to infect someone.

Question: What is the longest time it took for the heaviest load of virus to become inactive?

Should I be concerned about the mail, packages or the newspaper?

The risk of getting sick from **handling mail** or packages is extremely low and, at this point, only **theoretical**. There are no documented cases of someone getting sick from opening a package or reading a newspaper.

But that doesn't mean you shouldn't take precautions. After handling mail or packages or reading the newspaper, dispose of the packaging and wash your hands. If you still feel especially anxious about it, just let mail and packages sit for 24 hours before handling them.

Question: The risk of getting sick from handling mail or packages is only theoretical. What does that mean?

Should I worry about coronavirus on the bottom of my shoes after I go out.

The soles of your shoes carry lots of bad bacteria and viruses, but they usually don't lead to infection. A study found that people who worked in hospitals in China did have coronavirus on their shoes when they got home. To be absolutely safe, you can wash your shoes. Or, what may be simpler is to make your house a shoe-free zone. Leave those dirty shoes outside.