COVID-19 Update

August 14, 2020

This week (August 7-14) was World Mask Week. Since we were not aware of this until halfway through the week, we'd like to encourage a do-over and invite you to join in. Please share a photo of yourself in your favorite mask and send it to us at C19info@covia.org.

Of course, it feels like every week is World Mask Week. As always, thank you for following all of the healthy protocols: covering your nose and mouth, keeping your distance from others, and washing your hands.

This week, Laura Darling, VP of Communications and Spiritual Care, got to talk with Jerry W. Brown, Covia's Senior Director of Affordable Housing, about his personal experience with COVID-19. After 10 days in the hospital, Jerry is now home and doing better, though as he notes, the long-term effects of COVID-19 are unclear. He advises everyone to be a good advocate for yourself – and wear your mask! You can watch the full conversation online at https://youtu.be/tqQcsgX-wyU.

After the conversation, Jerry followed up with three further pieces of advice:

1. Update your Healthcare/Financial Directive now – "not when you are in a hospital bed."
2. Update your will or trust now.
3. Purchase an oximeter - a battery-operated finger device that gives instant reading of your pulse and blood oxygen levels. "One of the first signs of COVID is not enough oxygen in the blood. To be up walking at a natural movement pace the reading should be 90 or above. You can purchase at most drug stores or on line for around $30…I now check mine twice a day."

If you want to share your own COVID-19 story, you are welcome to send us an email or record a video message at https://coviavoices.gv-one.com/?gId=1362&rId=4478.

In non-COVID-19 related news, we learned this week that Christina Spence, San Francisco Towers' Executive Director, gave birth to a baby girl on August 9. In the midst of all the fears and confusions of this year, we're grateful for signs of new life and new beginnings. Congratulations and best wishes to the family!