A5 News

AS RECEIVED: The new NCP coronavirus may not show sign of infection for many days, how can one know if he/she is infected. By the time they have fever and/or cough and goes to the hospital, the lungs is usually 50 % Fibrosis and it's too late!

Taiwan experts provide a simple selfcheck that we can do every morning:

Take a deep breath and hold your breath for more than 10 seconds. If you complete it successfully without coughing, without discomfort, stuffiness or tightness etc it proves there is no fibrosis in the lungs, basically indicating no infection.

In critical times, please self-check every morning in an environment with clean air!

SERIOUS EXCELLENT ADVICE by Japanese doctors treating COVID-19 cases. Everyone should ensure your mouth & throat is moist, never DRY. Take a few sips of water every 15 mins at least. WHY? Even if the virus gets into your mouth...drinking water or other liquids will WASH them down through your esophagus and into the stomach. Once there in tummy...your stomach ACID will kill all the virus. If you don't drink enough water more regularly...the virus can enter your windpipes and into the LUNGS. That's very dangerous.

Please send and share with family, friends and everyone about this ! Take care and may the world recovers from corona virus soon.



February 28, 2020

Executive Director

Dear Paul Rockower.

Judaism.

Greater Phoenix, Arizona

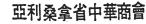
Jewish Community Relations Council

Re: Letter of Support by Jewish Council for Public Affairs

Paul Rockower

2020年3月06日

农历庚子【鼠】 年 二月十三



CHINESE CHAMBER OF COMMERCE OF ARIZONA

P.O. Box 32865 • Phoenix, Arizona 85064-2865

Mission Statement: To provide business resources, knowledge, services and connections with Chinese markets, serving Arizona Chinese businesses and individuals, along with the Arizona Business Community at www.cccarizona.org

President John Lee, PhD; PE Vice Presidents Joyce Chan

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The Chinese and Jewish communities share many common values such as family, education, entrepreneurship, etc. The long-lasting friendship between our communities may be traced as far back as World War II, when Chinese families in Shanghai opened their doors to tens of thousands of European Jews escaping Nazi persecution. From the start, there was a friendship and warmth among our communities, and it is my honor to continue that here in Phoenix, Arizona.

spread of the dangerous coronavirus. Only true friends show up in hard times.

I was thrilled to read the above letter and am deeply appreciative of your timely support when

Thanks for forwarding me a copy of the Letter of Support to Our Friends in the Chinese American and Chinese Communities by Jewish Council for Public Affairs, on behalf of more than 70 Jewish

organizations from the across the US, including the rabbinical bodies of the four major branches of

Chinese communities across the US are experiencing difficulties and discrimination due to the rapid

We cordially invite you to join us, as our guest, at our 81st Anniversary celebration and our sumptuous Chinese New Year Banquet. This is a wonderful, valley wide community event drawing over 300 people from diverse segments of the private, public and non-profit sectors. It is scheduled at Great Wall Chinese Restaurant, NE corner of 35th Ave./Camelback Road, Phoenix, Arizona, 6:30 PM, Saturday, 4/4/2020.

Thank you again for your support. We look forward to hearing from you or from your scheduler soon

Respectfully,

)ohn (). Lee John J. Lee, PhD, PE, President Chinese Chamber of Commerce of Arizona

AMERICANS WITH CORONAVIRUS SYMPTOMS ARE BEING TURNED AWAY FOR TESTING

Among the many terrifying tmraits of the Trump administration, one that sticks out is its seemingly bottomless supply of incompetence. It's not enough, for example, for Donald Trump and Co. to be woefully late to a coronavirus response; they must subsequently double down by tasking a guy known for helping to cause an HIV outbreak with leading the government's efforts to stop this thing. It's not enough for that guy to be in charge; he must also gag people who actually know what they're talking about from communicating with the public. And, it's apparently not enough to have a president who's singularly focused on how the bad news will affect not humans but the stock market; we must also have such a convergence of fuckups that, as cases surge around the world and at least six people in Washington state have died, Americans showing possible symptoms of the virus are literally being turned away for testing. Take Jennifer Knight, who returned to her home in Queens from Italy more than a week ago, where confirmed cases of the virus reportedly jumped by 50% on Sunday. She's had migraines and a sore throat, her partner has had a fever and a bad cough, and other friends from the trip have also fallen ill. Definitely sounds like a group of people you'd wanted to test for a virus whose possible symptoms include [checks notes] fever and cough. And yet! "It seems like we can't get tested," Knight told the New York Times. "Whenever we make an attempt to get tested, we're pushed out the door."

tugal with a fever, coughing, and sneezing, and a friend who attended the same conference later tested positive for the virus. Again, probably wise to get him checked out, but:

...when Dr. Almeida called the Rhode Island Department of Health and asked to be tested, he was told that he did not fit the criteria to be screened.

have any tests but transferred her to a Covid-19 hotline

get to the point where she develops February 4, 2020. pneumonia or bronchitis

"Clearly, there have been problems

with rolling out the test," said for-

mer CDC director Thomas Frie-

from Website

den.

Medicare now covers coronavirus testing

The coronavirus is dominating the news right now and it is important that the retiree market understands how to better protect yourself during this time. At Healthcare Solutions Direct, we work hard to make sure that you stay informed about Medicare and your options.

Medicare now covers coronavirus testing

You may be hearing about the coronavirus (officially called 2019-novel coronavirus or COVID-19) in Being told by the woman on the the news. While there isn't a vaccine yet, Medicare is still here to help. Medicare Part B (Medical

line that she does not qualify for Insurance) covers a test to see if you have coronavirus. testing and that the only way she This test is covered when your doctor or other health can get treated is if her symptoms care provider orders it, if you got the test on or after

You usually pay nothing for Medicare-covered clinical diagnostic laboratory tests. Note: Your provider will To put things in perspective, South need to wait until after April 1, 2020 to Korea has been testing roughly submit a claim to Medicare for this test.

Likewise, Onésimo T. Almeida, an author and professor living in Rhode Island, recently returned home from a conference in PorLuckily, on Monday, the health department called and asked him to go to a hospital for testing, where medical staff deployed what sounds like a super sterile process for checking if someone has a deadly disease:

A doctor swabbed his mouth, nose, and throat through the driver's side window, in what he imagined looked like a drunk-driving test. He is now waiting for the test results. "I'm looking forward to getting back to teaching, and I'm looking forward to going outside," he said.

Elsewhere, a Seattle woman wrote on Twitter Monday night that she's had all the reported symptoms of Covid-19 and wanted to get tested, a process that, for her, apparently entailed Waiting on hold on the coronavirus hotline for 40 minutes before giving up - Following the Centers for Disease Control's directions to see a primary care doctor

Calling two primary care doctors, one of whom told her they didn't know where she could be tested and that she should not seek out testing, the other of whom told her to go to the ER or an urgent care facility - Calling urgent care, which told her to call a hospital

Calling a hospital, which didn't

10,000 people a day, Ralph Bar-To prevent the spread of this illness or other illnesses ic, who studies coronaviruses and ncluding the flu, here are some tips to follow: emerging diseases at University of

North Carolina, told the Times, Wash your hands often with soap and water while China has probably already

Cover your mouth and nose when you cough or sneeze tested millions. And, according to the Times, there's a distinct pos-

Stay home when you're sick sibility that "failure to provide"

adequate testing" gave the virus See your doctor if you think you're ill "time to gain a toehold" in the U.S.

Coronavirus in US and Canada Real Time Updates (+ x

"There are a lot of frustrated doc- tors and patients and health de-	Summary	Map Ne	ews Supplies	Videos
partments." Or as Michael Mina, an epidemiologist at Harvard Uni- versity, put it: "The incompetence has really exceeded what anyone would expect with the CDC." For- tunately, on Monday, administra- tion officials promised there would be a rapid expansion of testing ca- pabilities by the end of the week.	Case Summary Last updated at : 2020-03-05 20:34			
	United S 234 Confirmed Reco	8 12	Canad 47 6 Confirmed Recover	0
Unfortunately, it appears that old habits—by which we mean lies and obfuscation—die hard:	Cumulative	e Cases	New Cas	ses
Meanwhile, in an interview on Fri- day, Dr. Anthony Fauci, the direc-	Count 250		-O- USA	-O- CAN
tor of the National Institute of Al- lergy and Infectious Diseases, told Politico: "I don't think that we are	200			
going to get out of this completely unscathed. I think that this is going to be one of those things we look	150		~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~	6
back on and say boy, that was bad." from Website	50	~	Jooon	~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~