

Facebook Live Webinar with Dr. Lucy McBride and Parent Coach Meghan Leahy (5/1/20)

Question: Am I experiencing grief even if I haven't suffered a loss?

Yes, we are all experiencing trauma and grief. It may look differently for people, but the fact is there is grief for all. Whether it is a high school senior missing graduation or a young child missing their friends, there is grief being spread around the community.

Question: What about Sweden? Is what they are doing okay?

(Sweden is suggesting social distancing, but not enacting any kind of policy to quarantine, limit contact, or close any businesses or schools.)

Dr. Lucy said that no one is safe in this kind of scenario.

Question: Why don't we just try herd immunity and take our chances and open everything back up?

Many answers to that question that include:

- This is an extremely contagious and lethal virus. It is a virus that the human body has never seen so we have no antibodies/defenses against it.
- Our current mortality rate is too high.
- Our decisions must be driven by science, facts, and data.
- We also more time for medicine and vaccine research to occur.
- We also need to better understand our own health and our own personal health risks. Everyone person needs a doctor.

Some signs we able to move to reopening:

- Hospitals are prepared to be in a surge mode.
- When the case load in your area is going down for 14 days consecutively.
- There is better testing and contact tracing.

We will need to reopen all communities everywhere at some point. When we do, we will not be at 0% risk. We may never get to 0% risk. What we will have is an appropriate risk-tolerance for the community to manage.

Question: I hear some of the tests give false negatives and that the antibody tests aren't always accurate. So should I get tested or not?

It depends.

- The COVID test:
 - In DC we are now able to test every single person who wants it, for free.
 - It is true that the COVID test is not always accurate (20-30% false negative rate), but getting the test is still the right thing to do if you suspect you have COVID.
- Antibody test: This is not widely available and will become available in 3 waves.

- Right now the focus is on essential workers.
- The next wave is people who were sick with COVID-like, viral symptoms.
- Eventually, we will be able to test anyone who wants it.

It is at this point that we will know who can go back to work and when.

You should only seek out the antibody test after at least 14 days have passed since you thought you had COVID. It can be longer than that, but it should not be shorter than that.

If you test positive for having antibodies it tells us you had coronavirus and having an antibody is better than not. It does not mean you are immune or that you might not get sick again from coronavirus, but it is better to have them than not.

Question: Should I go to the beach this summer?

It depends. It depends on the state and it depends on your personal comfort level.

Some things to consider:

- Is this a state that has rates that are going down?
- Are the state and local government making policy choices governed by facts?
- Is social distancing still in place in this state?
- Are you in good health and do you have a low-risk health profile for serious reaction to COVID?

If all of this is in place, then it may be okay for you to spend the day at the beach as long as you are socially distancing from others.

Question: What do I do about summer camp?

- It is important to strike a balance of being noncommittal and hopeful.
- It is okay to answer "I don't know and...". "Am I going to camp this summer?" "I don't know the answer to that today and I know that's hard to hear. I do know that There are great people working on making sure we are safe and cared for and that we have a good plan for what comes next. I will tell you as soon as I do know."
- Resist using language around "getting back to normal." Instead refocus on how we will all work on creating a new normal. It's going to be different, but it's going to be okay.
- Yes, there will be grief around this, but there will also be reassurance and comfort. And the fact that you are being honest will keep the relationship intact which is among the most important emotional protective factors.
- We are helping our children live in the gray areas of life and be comfortable with uncertainty, which is a lifelong skill.

Question: Are people with Celiac at higher risk?

It depends, but probably not if you are following your recommended diet, adhering to social distancing, and practicing good hand-washing hygiene.

Being high-risk is not necessarily all about one particular disease or condition, rather it is about your behavior and your habits and your general health picture.

Question: Can I hug and snuggle grandma once my state reopens?

You need to consider your health risks and the health risks of your family/friends. You have to decide how comfortable you are with taking a risk because the risk will be there.

There is still a lethal virus going around even if your state reopens so be mindful that there is risk to the decisions you make.

Question: Should people be wearing gloves, especially for pick-ups and deliveries?

Not really. Just don't touch your face and always wash your hands.

Question: A neighbor/friend/family has tested positive, but continues to take walks with their dog and spend time outside is this okay or is it against CDC guidelines?

Yes, it is against all guidelines. They should be indoors, self-quarantined for at least 14 days.

Question: How realistic is it to hope for a vaccine to be available in early 2021?

Not sure. Creating a vaccine for this virus is a complicated and difficult process. There is reason to be hopeful, but be prepared for a longer wait than you would like.

There is reason to be optimistic that we will work to create a new normal by this summer or fall, but that does not mean "back to normal."

Question: What can I do for my teen who seems to be slipping into a depression due to lack of social contact?

Get a therapy recommendation for your teen.

Once DC and MD stay-at-home orders are lifted, you might be able to look for safe ways to practice a socially distant interaction with some friends:

- Outside
- With adult supervision
- Short amount of time
- Chairs/people separated by 6-10 feet
- Everyone in masks.

Contact the NPS Counselors

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