

Caring for Our People

Manaakitia ā tātou tāngata

March 2020

As-salāmu ‘alaykum. Peace be with you.

Coronavirus Life Hacks

I saw my first Christchurch bus driver wearing a facemask today. My immediate thought was “that’s a bit over the top” but then curiosity asked “**what would wearing a facemask achieve?**”.

A bus driver wouldn’t have enough face to face contact with a sick passenger for any amount of time to contract an illness (excluding the awful thought of a direct sneeze or a cough to the face).

Even the U.S. Surgeon General is quoted

“Seriously people – STOP BUYING MASKS! They are NOT effective in preventing general public from catching #Coronavirus, but if healthcare providers can't get them to care for sick patients, it puts them and our communities at risk!”

— U.S. Surgeon General Dr. Jerome Adams complained Saturday on Twitter.



1. Not the bus driver I saw. Just a photo I found on the internet.

However (because there is always a however in my stories) every bus driver handles cash, cards and coins from unknown sources.

The facemask is a physical reminder not to touch his nose and mouth with his hands.

Brilliant!

So what other simple, brilliant ideas are there to help us at this time...

Make your own temporary face mask

As a reminder to not touch your face, here is a simple mask that has no other useful properties.

Materials: paper towel
2 long rubber bands
stapler

Method: Accordion fold the paper towel
Fold each end around rubber band and staple

Alternate: Use elastic string instead of rubber bands for an easier fit to your head.



Make your own hand sanitiser since most shops are sold out

Sanitisers are useful when you are unable to wash your hands. Or when you are in public spaces touching public items like door handles and buttons.

Ingredients: Aloe vera gel
Isopropyl Alcohol (rubbing alcohol)



- Method:** Assuming gel is 60% alcohol already, we want to aim for a much higher alcohol content in our sanitiser. Therefore mix just less than 2/3 alcohol to 1/3 gel.
 Alternately: 2/3 of 90% alcohol plus 1/3 pure aloe vera (no alcohol) gives 60% concentration
 Arrange ratios to suit your ingredients.
- Goal:** Alcohol concentration needs to be over 60% to be effective. The higher the better.

Disposing of paper towels

Soap and water for cleaning your hands is better than sanitiser, but in a public space we also need to dry our hands on a clean material. Paper towels are a great option:

- buy compostable – dispose of paper towels to the green bin
- can be used to open the toilet door too!

Here is a useful “no touch” bin for our church toilets, rather than swing lid bins.

Materials: bin as per picture

Method: Cut out the central knob handle in the lid. Job done!



Easy access to compress the towels if the bin starts to overflow unnecessarily!

Sanitise your personal items

Use rubbing alcohol on a piece of tissue (slightly moist – not dripping wet!) as a hygienic wipe over your phone or other items that are regularly touched. It might not kill all germs but your items will be a lot cleaner.

Pushing public buttons – elevators and ATM/EFTPOS machines etc

- Use your knuckles.
- Use a tissue.
- Use a sanitising wipe.
- Take the stairs.
- Shop online.

This is supposed to be a light hearted article for what has the potential to be a terrible situation for some people.

To help keep ourselves and others safe we need to:

- maintain good public health habits (washing and drying hands, sanitising when we can’t wash, clean and sanitise ‘touch’ surfaces)
- avoid prolonged face to face contact with sick people (closer than 1 metre, for 15 minutes or over)
- have a contingency plan for if the virus arrives at your place

Be prepared for the worst and then call me a pessimist if nothing bad happens!

Further advisories will be issued later this week for considerations around:

- how we worship together, and
- ways to keep our Holy Communion safe and still keep it Holy.

In addition, a business continuity plan is being developed for the Connexional Office. Once the process is repeatable, then a template and process guide will be made available to the Connexion.

I have said this before...

He waka eke noa we are all in this together.

Please contact me if you have questions about keeping your parish safe.

Further information can be found at:

[http://www.methodist.org.nz/caring_for_our_people/coronavirus_2019 - advice](http://www.methodist.org.nz/caring_for_our_people/coronavirus_2019_-_advice)

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