



Deer Park Community Advisory Council

September 28, 2020 Meeting

COVID-19 Facts Shared with Deer Park Community Advisory Council

Deer Park Community Advisory Council (DPCAC) members attended a virtual forum on COVID-19 in late September, with facts from a variety of public health sources presented by Russell Suarez, MD, MPH, the Dow Chemical Health Services Physician Director. Dr. Suarez covered the Coronavirus's risks, symptoms, transmission, testing, and how to protect oneself from exposure. Readers may view his slides (attached).

Among the helpful information were charts showing the percentage of various symptoms experienced by pediatric vs. adult patients and graphs showing the percentage of patients who experience symptoms like fatigue, shortness of breath, and chest pain during the virus's acute phase and afterward. Illustrations showed how the virus can be transmitted and the effectiveness of physical distancing, masks, and eye protection to help prevent exposure and spread. Dr. Suarez also emphasized the importance of good hygiene, like handwashing. He used graphics to show how to wear masks properly, covering both nose and mouth. Members found helpful the explanations about different kinds of COVID-19 tests and when to use which type.

Dr. Suarez shared a list of travel do's and don'ts and how to protect oneself during travel. A chart prepared by the Texas Medical Association ranked from 1-10 the risk of contracting COVID-19 from 38 common activities. Least risky was opening mail. Most risky was going to a bar. Dr. Suarez ended his presentation with tips for families during the pandemic, emphasizing the importance of talking and listening to each other as we confront the Coronavirus together.

DPCAC's October 26 Zoom meeting will feature the Annual Report on Emissions from DPCAC Plants. For more information, contact info@deerparkcac.org.

Read about DPCAC meetings and see summaries of our most recent presentations at www.deerparkcac.org.