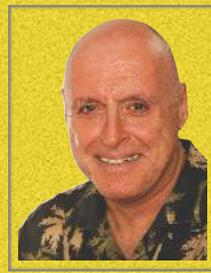


THE EXTRA POINT

BY JERRY ROBERTS



539 Remaining Focused is the Key

Today is a hard day. The news isn't good. But other than sheer numbers, what has really changed? I'm Jerry Roberts and let's make sure we look at this through glasses that give us a clear picture. That's next on The Extra Point.

The number of people infected in Guam has jumped from 37 to 45. Indeed, that's not good news, especially for the individuals and families directly affected. Our prayers go out to them as they now prepare to take on the virus.

Let's be clear about what we know. The increase in numbers was expected. Governor Leon Guerrero said it would happen. We knew it was coming, as we know those numbers are going to go higher.

The virus takes time, days, to settle in and then show symptoms. What we're seeing now and what we will see over the next week or two, is a result of personal behavior and the the level of human-to-human contact citizens had prior to — please focus on this — prior to her executive order to minimize activity.

I'll say it another way. The people who have the virus are no more contagious today because of the news that more are infected. Many who have it don't know because they don't have symptoms.

In fact, there are some who will never actually know because their immune systems will be strong enough to fight off the infection. However it won't stop them from infecting others.

The best thing I've heard in all this came from Dr. Sanjay Gupta, a contributor to NBC and other media outlets, when he said the proper way to approach this situation is to act as if you've got the virus. If we do that we'll stay home except to go out to buy what we need, or see a doctor. Otherwise, we would not be around others we could spread disease to.

Let's add some additional protection to our routines for when we do go outside and have to be around others. Experts say we can do more to prevent infection.

1. Wear a mask. It won't prevent us from getting the virus but it will help us not to pass it to anyone else. It will also be somewhat of a barrier to touching our face and that will help. Happy Mart in Barrigada requires all shoppers to wear one or they can't enter the store. Maybe all stores will soon start requiring it.

2. When you come home, take off your shoes outside or just inside the door. Put down your purchases, perhaps in a box near the door, or in the kitchen.

Don't put things away yet. Take off your clothes and put them in a bag or in your hamper. Then take a shower, making sure you spend more time soaping down all areas that were exposed while you shopped.

3. Take out each item and disinfect it with a wipe or even a solution of bleach and water. Wash your produce. Then, put things away and disinfect the surfaces you placed your bags on. If you go on YouTube and search for videos on how to do all this, you'll find them.

It requires a little bit of time to get all this done, with the shower and disinfecting taking maybe 30 minutes. Is it a pain to do this every time you come back? Yes. However, we can invest that time to be that much more careful.

Guam is no more dangerous a place today than it was two weeks ago when everyone was circulating more or less freely. In fact, Guam is actually less dangerous because most of us are — for the most part — hunkered down in our homes.

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We cannot lose sight of the fact that the virus has no legs, and cannot run after us. It has no wings, and cannot fly after us.

If we're in our homes and avoid contact with others, and if we practice some extra hygiene, that's the recipe for avoiding infection.

When the numbers rise and others begin to panic, let them know that this was predicted and we're moving through a phase where the infections are greater because of how we lived before.

If we, as a community, continue to do what we're doing now, taking greater precautions, the virus will have fewer targets and the rate of new infections will slow. That's what has happened in South Korea, Israel, China, Japan and elsewhere. They are being super careful and the virus is under control.

Eat as healthy as you can afford to. Get some sunshine and fresh air. Stay away from sugar. Sleep more than usual. Call friends and family. Worry about what you can control and control that. Do the little things days after day, and give it to God.

That's The Extra Point. Stay home and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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