

# St. Mark of Ephesus Greek Orthodox Cathedral

## Parish Nurse Ministry - November 2020

"If there is no spiritual person with whom one can talk then do not grieve much. Sit at home, and the Lord who loves everyone, will send you His consolation and admonition. God knows your loneliness and will not leave you."

St. Nectarios of Aegina

I pray all are well and able to continue with vigilance in our very unique times. It really is a time of dealing with stresses and temptations, but we must always keep in our minds and souls on our Orthodox Christian journey. My Godmother would always say the devil doesn't like good things. And now more than ever we need to "keep the Faith". So, in terms of our health and others well-being, we still need to maintain the advice of the medical and health professionals during the pandemic to keep social distancing and good hygiene and mask wearing. The chief officer of the CDC said recently that this one practice of mask wearing could be even more important than when a vaccine is available. Of course, that will be a Godsend when that a vaccine is ready.

I also wanted to share that this is the time of seasonal transition so beautiful in our wonderful New England autumns but can also create havoc if we are susceptible to allergies. Over 50 million Americans suffer from allergies especially in the fall when tree pollen and ragweed are rampant. But during this time of the Covid19 crisis some symptoms might be similar so some information on assessing the differences are that the main warning signs of Covid19 are rapid onset, fever, fatigue, and a dry cough, trouble breathing, loss of taste, or smell, skin rash headache sometimes symptoms similar to cold symptoms such as runny nose therefore during allergy season it might be hard to tell the difference. However, allergy symptoms last longer and happen partly because of inflammation that is caused by the body's overreaction to things like mold and pollen. Some common symptoms are runny nose, dry tickly cough, itchy or watery eyes, congestion. As stated, allergies are caused by a response in the immune system and are not contagious. Medications can treat your symptoms and immunotherapy can help those with allergies find relief. Some helpful ideas to control pollen therefore allergies are exercise at night, be smart about lawn care, wearing a mask while doing yardwork, keep your windows closed use an air purifier, keep an eye on the kitchen cleaning garbage bins frequently, vacuum, leave your shoes at the door, wash your bedding often, and limit antihistamines/decongestants which when used too frequently can cause increased heart rate and blood pressure(advice from Purvi Parikh M.D, allergist and immunologist with Allergy and Asthma Network). Coronavirus is spread through coughing, sneezing and close personal contact so it's important to follow health care guidelines to prevent the spread and if you feel symptomatic or have been in contact with a person infected with COVID-19, it's important to be in contact with your health care professional and be tested.

Pray all are well and enjoying our beautiful autumn season.

Glory be to God for All Things.

In Christ, Elizabeth Ashton RN