



MAC

MUSLIM AMERICANS FOR COMPASSION

March 2020

A Message From MAC President Dr. Muhammad Babar

Dear Friends and Supporters,

The Coronavirus continues to change our daily lives both anticipated and unforeseen. As Louisville physicians, nurses and other health care staff prepare for the continued spread of this disease, we must all do our part to limit the virus' ability to reach the elderly and infirm.

Gov. Andy Beshear has done an excellent job so far keeping our state educated and organized on developments as they arise. Please heed the advice given by health care professionals to avoid large gatherings of people, consistently wash your hands and avoid touching your face.

If you exhibit signs of respiratory illness (fever, severe cough, difficulty breathing), contact your primary care physician to learn the next steps you should take. For more information about how you can protect yourself and fight the spread of this disease, [visit the Center for Disease Control's website here.](#)

Until a cure is found, we must work together to maintain the health of our community and our loved ones. Thank you for your care and consideration

Peace and Blessings,
Muhammad Babar MD, MBA, MSc

MAC Shares COVID-19 Best Practices

The week has been a busy one for DHC as our physicians worked to prepare our elderly and at risk populations ahead of the spread of Coronavirus.

[Dr. Muhammad Babar visited Wave3 News to explain how COVID-19 may affect your family. Watch his interview here.](#)

[Dr. Babar also participated in this joint interview with Mary Rademaker, the Norton Healthcare Immediate Care Center executive medical director.](#)

Both links are filled with great information. Please read/watch and share.

On Thursday, March 12, Dr. Waqar Saleem

DOCTORS FOR HEALTHY COMMUNITIES

COVID-19 PREVENTION

SIMPLE STEPS WITH HUGE IMPACT



WASH YOUR HANDS

SOAP AND WATER CAN SAVE LIVES

The Center for Disease Control recommends washing your hands for at least 20 seconds several times per day to better control the spread of germs.

THROW AWAY CONTAMINATION

COUGH OR SNEEZE INTO A TISSUE,
THEN TOSS IT



All potentially contaminated disposable items should be discarded as soon as possible. Also, avoid touching your eyes, nose and mouth whenever possible.



UNDERSTAND THE SYMPTOMS

SYMPTOMS CAN OCCUR 2-14 DAYS AFTER EXPOSURE

Be on the lookout for fever, severe cough and difficulty breathing. These are the first signs of COVID-19. More serious cases may lead to impaired liver and kidney function, kidney failure and pneumonia.

KNOW WHO IS AT RISK

SICK INDIVIDUALS WHO RECENTLY TRAVELED TO A
FOREIGN COUNTRY MAY NEED EXTRA ATTENTION



Elderly persons and those with immunodeficiencies have proven to be the most at risk. The vast majority of cases reported have been found in adults 30 or older.

PROMOTE GOOD PRACTICES FOR YOUR LONG TERM CARE FACILITY



ADHERE TO POLICIES WHICH PROMOTE
CAUTION & COMMUNICATION

Address symptoms of respiratory infection immediately.
Monitor residents and employees for signs.
Ensure sick leave policies allow employees to stay home.
Support the proper use and availability of personal protective
equipment such as face masks, gloves and gowns.

Together, we can maintain the safety of ourselves and
our patients.

TO LEARN MORE, VISIT
WWW.CDC.GOV/CORONAVIRUS

participated in a ElderServe training of caregivers and other staff on COVID-19. DHC will continue to offer support on best practices to observe as America works together to overcome this virus.

Church Leaders Preach Private Prayer Worship

Via Wave3 News:

Interfaith leaders said Friday they are following the advice of Kentucky Gov. Andy Beshear and other lawmakers to suspend services for now until more is known about the coronavirus' impact.

“COVID-19 is different from any other former tragedy in that it spreads through crowds,” said Dr. Muhammad Babar, the Compassionate Louisville Chairman who also happens to be an Internal Medicine Specialist.

To read the full story and watch video from Wave3:

<https://www.wave3.com/2020/03/13/church-leaders-preach-prayer-private-worship-over-public-services/>

Don't Miss Our Interview with Rev.



Ron Loughry

MAC is proud to present an interview with Reverend Ron Loughry, a long time champion of human rights, compassion and interfaith respect. Please follow the link below to read more.

[MAC Reverend Loughry Interview](#)



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