

Faith and Facts

Coronaviruses are a large family of viruses that cause respiratory infections.

SARS-CoV-2 is a virus that is a member of the Coronavirus family.

COVID-19 is a disease or illness caused by the SARS-CoV-2 virus.

The SARS-CoV-2 virus is spread or transmitted from an infected person's mouth or nose when small particles are released into the air when they exhale, cough, sneeze, talk or sing.

The SARS-CoV 2 virus is spread or transmitted to other people a few days prior to the development of symptoms in the infected person.

The risk of SARS-CoV-2 infection increases in small, confined, and less-ventilated places with a large number of people.

Wearing masks prevents the horizontal spread of virus.

Vaccines help people develop a defensive response to a virus without having to experience the virus.

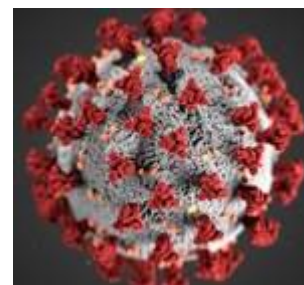
Vaccines are made to recognize a particular part of a virus. The coronavirus vaccine recognizes the viral spike (red protrusions in figure).

SARS-CoV-2 keeps making changes to its spike. Because of this, another vaccine has to be made to help people develop a defensive response to the new spike on the virus.

People with the old vaccine can't fight the new virus because their body can't recognize it. This is why you need to keep your vaccinations up to date.

Because SARS-CoV-2 infections increases in small, confined spaces, social distancing is an effective way to lower risk.

Handwashing with soap and water for at least 20 seconds is an effective way to reduce the spread of any germ, including SARS-CoV-2. But when soap and water are not available, hand sanitizers containing ethanol, 2-propanol, 1-propanol or a combination of the two at concentrations no less than 60% and not more than 90% are also effective.



Schematic of the Corona virus that causes COVID-19: SARS-CoV-2

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Share Facts About COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

**FACT
1**

Diseases can make anyone sick regardless of their race or ethnicity.

People of Asian descent, including Chinese Americans, are not more likely to get COVID-19 than any other American. Help stop fear by letting people know that being of Asian descent does not increase the chance of getting or spreading COVID-19.

**FACT
2**

The risk of getting COVID-19 in the U.S. is currently low.

Some people who live in or have recently traveled to places where many people have gotten sick with COVID-19 may be monitored by health officials to protect their health and the health of other people in the community.

**FACT
3**

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

**FACT
4**

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

**FACT
5**

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



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For more information: www.cdc.gov/COVID19

Rural Alabama Vaccination, Education and Events Project (RAVE2)



Serve the Lord with gladness; come before His presence with singing! *Psalms 100:2 KJV*

COVID-19 and Choirs

It is well documented that singing in a group with infected individuals who are transmitting viral particles like SARS-CoV-2, increases the risk of viral infection. Moreover, it is also known that singing with a large group of people indoors and in small spaces with poor ventilation increases that risk. Yet, singing has also been shown to substantially improve the immunity and well-being of individuals with respiratory diseases like COVID-19. This is because singing has been shown to increase feelings of happiness and to lower stress hormone levels which improves the immune system and lowers blood pressure.

So how can we still give God the glory through song while lowering the transmission of SARS-CoV-2?

To reduce the transmission of viruses during singing, one could employ one or more of these methods: virtual rehearsals or performances, wearing a mask, decreasing the size of the choir, performing outside, singing in spaces with excellent ventilation while being socially distanced from one another, and holding shorter rehearsals. In the table below, you will see how implementing one or more of the above activities can provide a safe, safer or safest environment for singing in a choir.

Safest Indoor (3 ft apart)		Safer Indoor (3 ft apart)		Safe Indoor (3 ft apart)	
Vaccinated	Mixed (some unvaccinated)	Vaccinated	Mixed (some unvaccinated)	Vaccinated	Mixed (some unvaccinated)
Masks at all times	Masks at all times	Masks for warm-ups and part of rehearsal	Masks required	Masks recommended but not required	Masks required
Depending on ventilation, move after 30 – 50 minutes	Move after 30 minutes	Depending on ventilation, move after 30 – 50 minutes	Move after 30 minutes	Depending on ventilation, move after 30 – 50 minutes	Move every 30 minutes

Adapted from presentation given by Dr. Lucinda Halstead MD July 2022, past president Performing Arts Medicine Association [Choruses and COVID-19 \(Coronavirus\) | Chorus America](#)

EXCITE

