

Day 84 | Thursday, 11 June 2020

Today I am sharing some information shared by Ann Lawson

Decision Making During a Pandemic

As the world is reopening in June 2020, we are faced daily with decisions about what we should or should not do. It was almost easier in March, April and much of May, when the decisions were made for us – stay home and remain safe. Now it is different.

Thinking about this for myself and how I can plan my days -- and after listening to countless talking heads on the television -- I have decided that for me, it comes down to five factors that will guide me. Specifically, they are:

1. What is happening in my surroundings, i.e., are new cases of the virus popping up around me and by how much.
2. The relative danger associated with different activities that I engage in regularly.
3. My control over my own behaviors, specifically, can I remain diligent about wearing a mask, washing my hands or wearing gloves, and social distancing in different situations calling for caution.
4. My personal vulnerability to the virus given my age, general health, and any special condition; and
5. My tolerance for risk.

Factors 3, 4, and 5 are personal and require self-knowledge and acknowledgement – in other words, I am the one that needs to seriously take stock of these areas of my life. These factors are unique to me and need to enter into my decision-making.

For factors 1 and 2, however, there is information available to help us. For information on changing trends in our immediate area, the Church Mouse will be providing regular updates, or you can check for this information yourself on the Chautauqua County web site.

That leaves factor 2, the relative danger associated with different everyday activities, which can be difficult to determine as more options become available daily. That being said, for me, I look for guidance from experts, which I found in Monday's issue of [The New York Times](#). The article, "When 511 Epidemiologists Expect to Fly, Hug and Do 18 Other Everyday Activities Again," by Quoc Trung Bui, Claire Cain Miller and Margot Sanger-Katz, June 8, 2020, was exactly what I have been looking for in recent days. A summary table with results for the 20 activities is provided below. If you would like a link to the full article, please send me a request and I will forward it.

When epidemiologists said they expect to do these activities in their personal lives, assuming the pandemic and response unfold as they expect

Activities they said they might start doing soon	THIS SUMMER	3 TO 12 MOS.	1 YR.+	NEVER AGAIN
Bring in mail without precautions (n = 379)	64	16	17	3
See a doctor for a non-urgent appointment (507)	60	29	11	<1
Vacation overnight within driving distance (372)	56	26	18	<1
Get a haircut at a salon or barber shop (485)	41	39	19	1

Later in the next year	THIS SUMMER	3 TO 12 MOS.	1 YR.+	NEVER AGAIN
Attend a small dinner party (n = 509)	32	46	21	<1
Hike or picnic outdoors with friends (506)	31	41	27	<1
Send kids to school, camp or day care (304)	30	55	15	<1
Work in a shared office (434)	27	54	18	1
Send children on play dates (272)	23	47	29	1
Ride a subway or a bus (408)	20	40	39	1
Visit elderly relative or friend in their home (485)	20	41	39	<1
Travel by airplane (512)	20	44	37	<1
Eat at a dine-in restaurant (506)	16	56	28	<1
Exercise at a gym or fitness studio (406)	14	42	40	4

Later in the next year	<u>THIS SUMMER</u>	<u>3 TO 12 MOS.</u>	<u>1 YR.+</u>	<u>NEVER AGAIN</u>
Maybe a year or more	THIS SUMMER	3 TO 12 MOS.	1 YR.+	NEVER AGAIN
Attend a wedding or a funeral (n = 501)	17	41	42	<1
Hug or shake hands when greeting a friend (503)	14	39	42	6
Go out with someone you don't know well (363)	14	42	42	2
Attend a church or other religious service (220)	13	43	43	2
Stop routinely wearing a face covering (513)	7	40	52	1
Attend a sporting event, concert or play (489)	3	32	64	1

Holy God, as your spirit continues to move among us and guide us, we each need to think seriously about the decisions we make every day. As we move into the future, some of the decisions we will make will keep us separated from family and friends, and that may be painful. Help us be wise about the decisions we will make. Hear our prayers. Amen

Today: Guides for making responsible decisions.