



Phi Beta Sigma Fraternity, Inc.
State of Alabama
Social Action Press Release
March 18, 2020

Brothers of Sigma,

I hope and pray that all is well with you and your families. Over the course of two weeks, we have witnessed a historic event of epic proportions in our nation and in our state. This event has and will continue to affect our everyday lives and interactions with others. This pandemic has also caused the postponing of our state and regional conferences. As a result, I would like to take a moment to discuss the latest information on the Coronavirus Disease (COVID-19), as well as, best practices for prevention.

Although the Coronavirus has been around, the Coronavirus COVID-19 is the newest strand of the virus. This current virus is so new that the medical field is just now beginning the research. With that being said, information changes almost daily as we continue to learn about the virus. As of March 17, 2020, at 10:18 A.M., there are 29 confirmed cases in Alabama. As of now, we know that a person can be contagious for up to 14 days and not present any symptoms. Also, the Coronavirus COVID-19 can live on the surface of plastic and metal for up to nine days. It is imperative that we take action and safeguard ourselves and our loved ones.

In order to ensure safety from this virus, preventative steps are key and the best line of defense. Health officials have already urged measures such as postponing travel and to practice social distancing. It was also recommended not to have gatherings of more than 10 people in one location. Furthermore, please note the following Best Daily Practices:

- NO HANDSHAKING! Use a fist bump, slight bow, elbow bump, head nod, etc.
- Use ONLY your knuckle to touch light switches, elevator buttons, etc.
- Use disinfectant wipes at the stores when they are available, including wiping the handle and child seat in grocery carts.
- Wash your hands with antibacterial soap for 10-20 seconds and/or use a greater than 60% alcohol-based hand sanitizer whenever you return home from ANY activity that involves locations where other people have been.
- Keep a bottle of sanitizer available at each of your home's entrances. Also, keep a bottle of sanitizer in your car for use after getting gas or touching other contaminated objects when you can't immediately wash your hands.
- If possible, cough or sneeze into a disposable tissue and discard. Use your elbow only if you have to, because the clothing on your elbow will contain infectious virus that can be passed on for up to a week or more!
- Keep hand sanitizer (greater than 60% alcohol based), Clorox Bleach, and Clorox Wipes at home.

- Stock up on zinc lozenges. These lozenges have been proven to be effective in blocking coronavirus (and most other viruses) from multiplying in your throat and nasopharynx.

As Men of Sigma, we pride ourselves in being community change agents and our community starts at home. I am asking brothers throughout the state to check on each other, your family members, our sorority sisters, other members Greek and Civil organizations, Church members, co-workers, the elderly, and the shut-in. It can be a phone call, a Facebook or text message, Face time, Skype, or any other forms of communication. We are stronger when we stand together, support together, and encourage together. We know that trouble don't last always and when this crisis is over, we will have work to do. We will answer the call to help get our state, region, and nation back to normal. As always The Men of Phi Beta Sigma will SERVE OUR COMMUNITIES because we believe in our motto **"Culture for Service and Service for Humanity."**

Yours in Service,

Abraham Evans, III
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Joseph T. Alexander, Jr
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