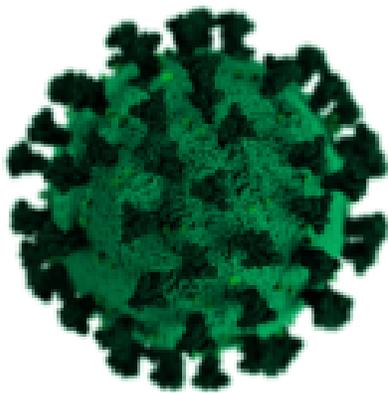


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Alpha Kappa Alpha
SORORITY, INCORPORATED®



COVID-19

CORONAVIRUS

PANDEMIC TASK FORCE

SORORITY OPERATIONS

Boule	Under Advisement
International Regional Conference	Under Advisement
All Other Regional Conferences	Postponed
Membership Intake Processes (MIPs)	Postponed
Chapter Meetings	Virtual
Chapter Activities & Events	Virtual**
Foundation Meetings	Virtual
Foundation Activities & Events	Virtual**
Program Targets & Service Projects	Virtual**
Leadership Fellows Conference	Postponed
Executive Leadership Academy (ELA)***	Postponed
Ivy Beyond the Wall Ceremonies	Postponed
Corporate Office	Virtual****

* Updates will be provided as decisions are made and additional information becomes available.

** Activities, events, program targets and service projects can be conducted virtually where applicable and to the extent possible.

*** The ELA application deadline has been postponed until further notice.

*** The Corporate Office will continue virtual operations through April 30 due to the extension of the Stay-At-Home Order by the Governor of the State of Illinois.

EXEMPLIFYING EXCELLENCE THROUGH SUSTAINABLE SERVICE INTERNATIONAL PROGRAM

The Supreme Basileus has heard our members'™ desire to continue serving mankind even in this global pandemic. She charged the International Program Committee under the leadership of Soror Ora Douglass to consider creative, impactful virtual programming opportunities for our membership. A preliminary document which can be accessed by clicking [here](#) was provided to chapter basilei and graduate advisors in a separate communication. Stay tuned for additional virtual program strategies to promote the Excellence Program platform.

GUIDE FOR VIRTUAL CHAPTER MEETINGS

In an effort to assist chapters in conducting the business of the sorority virtually during these unprecedented times, the International Standards Committee, at the direction of the Supreme Basileus and under the leadership of Soror Brenda Lewis, has created and disseminated a resource document entitled, *How to Conduct an Effective Virtual Meeting*. This document also was provided to chapter basilei and graduate advisors recently. The Pandemic Task Force is currently working with the International Standards Committee and other standing committees to develop an even more comprehensive tool to include other operational areas which will be titled, *The Pandemic Guide for Virtual Sorority Operations*. This enhanced resource will include sections covering chapter meetings, financial operations, elections, programs, sisterly relations, parliamentary procedure, technology, Ivy Beyond the Wall ceremonies, etc. In the meantime, continue to utilize your international representatives to the various standing and special committees as a resource and for guidance.

SISTERLY RELATIONS

In light of the aggressive social distancing requirements that have been imposed to slow the spread of this pandemic, it is important that we seek creative ways to remain connected. The International Sisterly Relations Committee under the leadership of Soror Andrea Miles offers eight (8) suggestions to help you keep that warm, sisterly feeling flowing during this social distancing period:

1. Perform random welfare checks by calling sorors.
2. Schedule a face-time chat with multiple sorors.
3. Write a note to a soror to let her know you are thinking of her.
4. Create a group chat to facilitate regular conversation.
5. Send an email or text to your Basileus to keep her encouraged.
6. Find a fitness and diet accountability partner to stay healthy.
7. Share recipes to help with meal planning and to hone your culinary skills.
8. Share inspirational messages, funny memes and music to keep sorors'™ spirits high.

Remember social distancing does not mean social isolation!

STANDARDS

In recognition of the impact this global health emergency is having on Alpha Kappa Alpha and local chapters, the Supreme Basileus has directed the International Standards Committee to postpone all chapter evaluations, including onsite and electronic evaluations, until further notice. New documentation will be submitted to chapters regarding evaluations when normal sorority operations resume. The Supreme Basileus encourages chapter leaders and sorors to use this time to assess and evaluate their own chapter operations as opportunities arise.

DAY OF PRAYER

This week's **Day of Prayer** will be focused on healthcare workers and their families. We will pray corporately for the covering, endurance and protection of **healthcare workers**, whether physicians, nurses, therapists of all stripes, pharmacists, patient advocates, EMS workers, orderlies, hospital custodial staff and any others who are on the front lines working each and every day to treat those who are or who are believed to have been infected by COVID-19. The designated prayer times are 7:00AM, 12:00 Noon and 6:00PM in your time zone. Pray once, twice or at each of the designated times as your schedule allows. Just pray. Sorors, we know the power of prayer. So, continue to remain prayerful.

HONORING AND SUPPORTING HEALTHCARE WORKERS

The COVID-19 pandemic has had an effect on every industry in our society, but none perhaps more profoundly than the healthcare system. The stories about hospitals that are filled to capacity with insufficient beds, ventilators and personal protective equipment (PPE) seemed unimaginable before this coronavirus hit. The toll that being on the front lines is having on healthcare workers is severe. These brave and committed professionals risk their lives each time they make the choice to report for work. They are sacrificing their own health and even that of their loved ones in order to care for those who have contracted this deadly virus. Sadly, as we have heard, some have even lost colleagues and co-workers fighting this deadly disease. We are grateful beyond words for the selfless service of healthcare workers, and we especially honor our Alpha Kappa Alpha sorors who are members of this special community. Sorors, we value you. As we consider how to show our gratitude and to support healthcare workers during this unprecedented time, here are some suggestions offered by healthcare workers on the front lines as compiled by Nicole Pajer:

1. *Follow trusted, expert advice.* Refrain from trusting or sharing any unvetted health information on social media and rely, instead, on reputable sources like The Centers for Disease Control and Prevention and the World Health Organization.
2. *Reach out to a doctor if you can before heading to the ER.* If you're sick in any capacity and it's not an emergency, call your doctor or do a telemedicine appointment first even if you have mild COVID-19 symptoms, like a cough or a low-grade fever.
3. *Check in on their well-being.* A simple "How are you doing?" can go a long way with someone who is knee-deep in coronavirus chaos. The key is a tiny bit of distraction through a thoughtful text, sharing a funny story or joke to lighten the mood, or getting in some personal time over Skype, FaceTime or Zoom.
4. *Offer to help out with childcare if you're in a position to do so.* Many schools and childcare centers are closing in an attempt to limit the spread of coronavirus, creating huge childcare issues for healthcare workers. Offering to take care of a healthcare worker's children removes a huge worry and allows them to focus on caring for those who need them most.
5. *Don't make them your own personal coronavirus source.* Try to refrain from pestering your close friend or loved one with coronavirus questions. The very last thing a friend would need is to be used as an information tool.
6. *Have some patience if you're a patient.* Be understanding when your doctor keeps you waiting during this crisis. Everyone is overwhelmed and managing the best they can.

7. *Express your gratitude.* Healthcare workers agree that taking the time to offer gratitude can go much further than anything else one can do.
8. *Provide them with the essentials everyone else is busy hoarding.* If you have extra supplies, share them with the people who need them the most. Most healthcare workers have little, if any, time to shop. Share sanitizers, thermometers and disinfectants so that healthcare workers and their families can be safe outside of the hospital setting.

UNDERSTANDING COVID-19: FREQUENTLY ASKED QUESTIONS

Notification Protocols

What if I test positive for COVID-19?

- STAY AT HOME and isolate yourself from other people.
- Call your doctor and inform your doctor that you tested positive.
- Follow the doctor's orders.
- Cover your coughs and sneezes with your elbow or a tissue.
- Wash your hands frequently using soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Do not attend chapter meetings, chapter programs or social gatherings.

Who should I notify?

- Notify your chapter Basileus that you tested positive for COVID-19.
- Inform your Basileus if you have been in close contact with other chapter members or sorors and where the contact occurred.
- Chapter Basileus will notify only sorors who are at risk for possible exposure without divulging the infected soror's name.
- Chapter Basileus will remind at-risk sorors to regularly monitor their symptoms and immediately notify their doctor if they become symptomatic.
- Chapter Basileus will remind at-risk sorors to quarantine themselves and STAY AT HOME for 14 days to stop the spread of the virus in the event they become symptomatic and test positive.

QUARANTINE VS. ISOLATION: TERMINOLOGY MATTERS

As more and more Americans are gaining a deeper appreciation for the reality that the only way we can begin to slow the spread of the virus is through social distancing, new terminology has emerged. Terms like quarantine and isolation are heard with increased frequency. In everyday conversations, people sometimes use quarantine and isolation interchangeably to refer to separating people in various ways due to the spread of a disease. But are they interchangeable? For doctors, public health officials, and other professionals, there is an important distinction between quarantine and isolation. In order to be effective in our efforts to slow the spread of the coronavirus, we first must ensure that we all are speaking the same language. So, exactly what do the terms mean.

Quarantine: In general, quarantine is "a strict isolation imposed to prevent the spread of disease." Sounds like isolation, right? Well, not exactly.

According to the Centers for Disease Control and Prevention, the practice of quarantine specifically involves the separation of a person or group of people reasonably believed to have been exposed to a communicable disease but who are not yet symptomatic, from others who have not been exposed, to prevent the possible spread of the communicable disease.

Translation: People are put in quarantine when they are not currently sick, but they have been or may have been exposed to a communicable disease. Quarantine can help stop the spread of the disease.

Voluntary Quarantine: When someone isn't ordered to go into quarantine but chooses to do so just out of an abundance of caution. This practice is often called **self-quarantine**.

The term quarantine is derived from Latin and means forty (40). Historically, quarantine referred to a period originally 40 days imposed upon ships suspected of carrying an infectious or contagious disease. This practice was followed in Venice, Italy in the 1300s in an effort to stave off the plague.

Isolation: Isolation generally occurs when someone or something is set apart or separated from other persons or things. In the medical context, isolation specifically means the complete separation from others of a person suffering from a contagious or infectious disease.

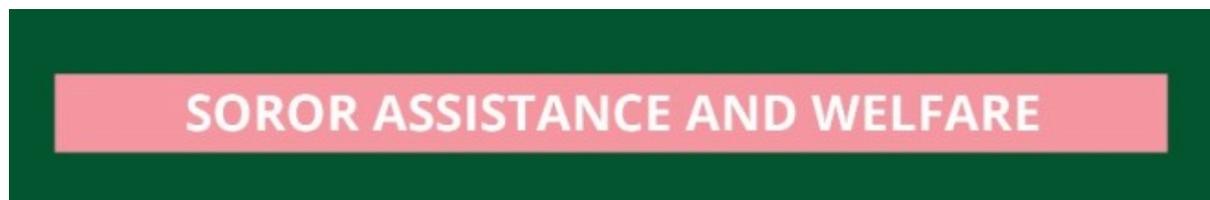
According to the CDC, the practice of isolation entails the separation of a person or group of people known or reasonably believed to be infected with a communicable disease and potentially infectious from those who are not infected to prevent spread of the communicable disease. Isolation for public health purposes may be voluntary or compelled by federal, state, or local public health order.

Translation: Isolation occurs when a person infected with a communicable disease is separated from people who are healthy. Isolation also helps stop the spread of disease.

Voluntary Isolation: This practice is sometimes called self-isolation, although everyday people using the latter term may not mean they are actually infected.

The term isolation also derives from Latin and comes from the same root as insulation and refers to the concept of being made into an island.

Source: What Is The Difference Between Quarantine And Isolation ? by John Kelly



Stay Home. Stay Active. Stay Connected.

We want to hear from you! As you know, it is up to all of us to stay safe and STAY HOME. Starting today, we want to hear from you! Let us know for whom you staying home by using the hashtags **#SocialDistancingIsASeriousMatter** and **#AKAStayingHomeFor**. Share who YOU are protecting while practicing social distancing and ensuring you, your family and your community are healthy and safe. Whether it is your parents, grandparent, siblings, friends or others, we want to hear YOUR story.



I am proud that I am an #AKAStayingHomeFor my mom because #SocialDistancingIsASERIOUSMatter

Stay Home. Stay Active. Stay Connected. Stay tuned for tips and suggestions in the coming weeks about things like suggested daily routines while social distancing, health updates from accredited health professionals, a recipe book where sorors can submit their favorite recipes, and more! We also will launch a **MIND & BODY & SPIRIT Social Media Campaign** to amplify our message and stay connected through our social media. Additional information will be forthcoming.



Caring for Our Children

During these uncertain times when the world has changed so drastically, many of our children are struggling to understand COVID-19 and what it means. They are desperately trying to cope with daily life in a world none of us quite understands. There are resources available for parents to guide you through these difficult conversations. Click [here](#) for guidance from the CDC about talking with your children in the midst of this global pandemic.

The sorority also is exploring additional ways that we can provide support to our sorors who are rearing children, including the emotional wellbeing of children and parents along with homeschooling resources and support. More information to come.

Supporting Our Precious Pearls

In the spirit of sisterly relations and to ensure the health and safety of our Precious Pearls, our Supreme Basileus began making personal telephone calls to Diamond Sorors to check in on them and to let them know she was thinking of them. These special sorors were both surprised and delighted to receive a personal call from the Supreme Basileus. They were uplifted by the calls and so was the Supreme Basileus. Have you reached out to a Diamond, more seasoned or infirmed soror recently? If not, there is no better time than the present. Remember, we are our sisterâ€™s keeper.



Soror Glenda Glover, Supreme Basileus

Soror Danette Anthony Reed, First Supreme Anti-Basileus

Soror Kasey Coleman, Second Supreme Anti-Basileus

Soror Kaylen Long, Undergraduate Member-at-Large

Soror Hollye Weekes, Undergraduate Member-at-Large

Soror Carol Dixon, Far Western Regional Director

Soror Joy Elaine Daley, International Regional Director (*Chairman*)

Soror Cynthia Howell, Executive Director of Alpha Kappa Alpha Sorority, Inc.

Soror Martha Perine Beard, Chief of Staff to the Supreme Basileus

Soror Robyn Jones, Physician & Medical Director for Womenâ€™s Health

Soror Ora Douglass, Program Committee Chairman

Soror Kimberly Esmond Adams, Special Assistant to the Supreme Basileus & Risk Management Task Force Chairman (*Co-Chairman*)

Soror Cynthia Finch, MIP Committee Chairman & Healthcare Professional

Soror Jasmine Adkins Moore, Disaster Relief Committee Chairman

Please do not reply to the eBlasts@aka1908.com email address. For any questions/concerns, visit our [Member Assistance Form](#).

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