

# GLOBAL HORIZONS

*A communications platform for MDAD's Protocol and International Affairs Division*

## Stay Home, Stay Safe and Stay Sane

Due to the COVID-19) Pandemic, the Protocol and International Affairs Division, Miami-Dade Aviation Department, suspended protocol services at Miami International Airport until further notice. We apologize for any inconvenience and extend our appreciation for your kind understanding - From the protocol team.

**April is National Stress Awareness Month:** It is clear that due to the coronavirus pandemic we may be experiencing some degree of stress. What exactly is stress? According to the American Psychological Association, stress is "any uncomfortable emotional experience accompanied by predictable biochemical, physiological and behavioral changes." What is important to remember about stress are numerous:

- a). Everyone is affected by stress, but how we react differs from person to person;
- b). Not all stress is bad. A limited amount of stress can help you meet deadlines;
- c). Long-term stress can adversely affect your health and is related to such conditions as anxiety, insomnia, high blood pressure, heart disease, depression, and substance abuse among others;
- d). There are ways to manage stress, even high level, long term stress. Yoga, meditation, exercise, and gardening are only a few examples of activities that can help reduce stress and restore balance; and
- e). If you are overwhelmed by stress, reach out for help. <https://www.reference.com/world-view/psychological-definition-stress-7c6b1f8dbdcd15>, <https://www.nlm.nih.gov/health/publications/stress/index.shtml>.

To control stress, The International Stress Management Association recommends the following: Learning to manage your time more effectively, adopting a healthy lifestyle, knowing your limitations, taking time to discover what is causing your stress, avoiding unnecessary conflict, accepting that you might not be able to change a difficult situation; taking time to relax and recharge, finding time to meet with friends (via social media, by phone, etc., during our current situation), developing a positive thinking style, and avoiding using alcohol, nicotine and/or caffeine as coping mechanisms. <https://isma.org.uk/nsad-free-downloads>

**To help children cope with COVID-19**, the illustrated book "My Hero is You, How kids can fight COVID-19" was just released. It helps explain how children can protect themselves, their families and friends from this disease and how they can manage their emotions. It is available for download in PDF, and has been translated into: Ukranian, Bahasa Malay, Arabic, Spanish, German, Turkish, Danish, French, Chinese, Portuguese, and Russian languages. <https://interagencystandingcommittee.org/iasc-reference-group-mental-health-and-psychosocial-support-emergency-settings/my-hero-you>.

Since COVID-19 Pandemic continues to be a rapidly evolving situation, we still recommend that you consult with your physician and/or appropriate local and health authorities for the latest news and updates.



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Division Director's Message



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Protocol & International Affairs - MDAD

We now know that the COVID-19 Pandemic is a contagious respiratory illness caused by a novel (new) coronavirus and it continues to spread worldwide. The extent of this pandemic outbreak is rapidly evolving and risk assessment changes daily. Our health and government officials have asked every one of us to help slow the spread in our communities.

As countless Americans now engage in telecommuting, some may find it difficult to maintain equilibrium in their professional and personal lives. But it's critical to stay focused and keep working together to maintain cohesion, even from a constellation of home offices. The social, health and economic fallout from the combination of the pandemic, slowing economies and unprecedented job losses would affect us for some time. But like all past pandemics, the spread of COVID-19 shall peak and wither, and our economies will rebound.

Until then, we must each play our part - as our neighbors' keepers and act together to slow the spread of the virus. Please adhere to the advice of our health and government leaders. Stay home, stay safe and stay sane.

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## IMPORTANT WEBLINKS

(Please consult your health physician or local health officials for the most appropriate and up-to-date remedy for your ailment)

**Herd or Community Immunity:** This term is frequently used when discussing ways to mitigate the effects of COVID-19 before effective vaccines or medications are developed. By definition, community immunity is: "A situation in which a sufficient proportion of a population is immune to an infectious disease (through vaccination and/or prior illness) to make its spread from person to person unlikely. Even individuals not vaccinated (such as newborns and those with chronic illnesses) are offered some protection because the disease has little opportunity to spread within the community. Also known as herd immunity." <https://www.cdc.gov/vaccines/terms/glossary.html#commimmunity>

**COVID-19 Apple App:** On March 27, 2020, Apple Inc. released a free app and a website that guides users through a series of questions to help them determine if they should seek care for their COVID-19 symptoms. To download visit the Apple App Store or access via:

<https://www.apple.com/covid19/>.

**"Safer at home" vs "Shelter in place":** Most of the time, these terms are used interchangeably, but they are not the same. *Safer at home:* means that citizens should make every effort to stay at home. *Shelter in place:* is more restrictive and indicates that there is an imminent threat and a person should stay inside a building, room, vehicle, or other safe shelter until the all clear or other guidance is given. *Shelter in place* is often used in conjunctions with events such as tornados, hurricanes and active shooters. Since COVID-19 is an ever-evolving situation, please follow the orders given by your local government officials. Additional information can be found on: <https://cityspeak.org/2020/03/30/whats-the-difference-between-shelter-in-place-safer-at-home-and-stay-home-orders/>.

### ABOUT US

The core mission of MDAD's Protocol and International Affairs Division is -

*To facilitate the movement of official guests, delegations, dignitaries and VIPs through MIA and support the airport's international programs and initiatives.*

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For comments, suggestions, event announcements or to opt-out, please send us an email.



## BRIEFS & NOTES

**Miami Dade County Emergency Order 20-20:** On April 9, Miami-Dade County Mayor Carlos A. Gimenez signed emergency order 20-20. This order required people to wear masks "in situations where it is difficult to attain social distancing." Masks are now mandatory in *grocery stores, restaurants, pharmacies, construction sites, public transit vehicles, and vehicles for hire.* Children under the age of two or persons who have difficulty breathing due to pre-existing conditions are not required to wear masks. Residents are urged not to use N95 respirators to ensure that they will remain available for essential frontline personnel. For additional information, please refer to: <https://miami.cbslocal.com/2020/04/09/miami-dade-mayor-carlos-gimenez-emergency-order-facial-coverings/>.

**Miami International Airport:** MIA remains operational for essential travel and cargo services. If you are going to travel for an essential reason, please contact your airline to confirm the status of your flight before heading to the airport. For operational updates and to receive the most up-to-date information regarding the airport, please visit: <https://news.miami-airport.com/mia-operational-update-in-response-to-covid-19/>. Answers to questions specific for TSA and/or CBP can be found on their respective websites: [www.tsa.gov](http://www.tsa.gov) and [www.cbp.gov](http://www.cbp.gov).

**'One World: Together at home':** On April 6, The World Health Organization (WHO) and Global Citizen announced a special event to support healthcare workers in the fight against the COVID-19 pandemic, that will be broadcast live on Saturday, 18 April 2020 at 5:00 p.m. PDT/8:00 p.m. EDT/12:00 a.m. It will be hosted by Jimmy Fallon, and Stephen Colbert, as well as Friends from Sesame Street. Scheduled performers include among others: Alanis Morissette, Andrea Bocelli, Elton John, Paul McCartney and Stevie Wonder. For additional information please visit: <https://www.who.int/news-room/detail/06-04-2020-who-and-global-citizen-announce-one-world-together-at-home-global-special-to-support-healthcare-workers-in-the-fight-against-the-covid-19-pandemic>.

### Fun Things to Consider While Social Distancing

We have compiled some sites below for your consideration. Please enjoy the many online activities and fun things during self-isolation:

<https://www.kiro7.com/news/trending/coronavirus-fun-things-do-while-self-quarantined-social-distancing-over-weekend/LSX3Z7OCDNFRMPRHVOHGKVTVA/>

To explore UNESCO World Heritage sites:

<https://whc.unesco.org/en/list/>

### National Museum of Natural History - Virtual Tours:

<https://naturalhistory.si.edu/visit/virtual-tour>

### Virtual Tour of Vizcaya

<https://vizcaya.org/experience-vizcaya/>

### Digital Experiences at The Wolfsonian

<https://wolfsonian.org/whats-on/digital-experiences/>

### Foster an Animal, via Wonder Paws Rescue

<https://wonderpaws.wufoo.com/forms/wonder-paws-rescue-foster-inquiry-agreement/>

### Jungle Island's Virtual Learning Exercises for Children 5-12

<https://www.jungleisland.com/education/homeschool/>

# CORONAVIRUS (COVID-19) PREVENTION



**Wash your hands** often with soap and water for at least 20 seconds.



**Cover your cough or sneeze** with a tissue. If you don't have a tissue, cough or sneeze into your sleeve or elbow.



**Clean and disinfect** frequently touched objects and surfaces.



**Avoid touching** your eyes, nose, and mouth.



**Stay home** when you are sick, except to get medical care.



**Avoid close contact** with people who are sick.

Individuals in Miami-Dade County who believe they may have been exposed to COVID-19, should call the Florida Department of Health at **305-324-2400**. If you have a medical provider, call them. If traveling to a medical office or facility, call ahead. For questions about COVID-19 in Florida, please call the Florida Department of Health at **1-866-779-6121**.

For more information, visit [miamidade.gov/coronavirus](https://www.miamidade.gov/coronavirus)

**FOR A MEDICAL EMERGENCY, CALL 911**

