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U.S. coronavirus death toll rises; New York, Los Angeles region confirm new cases



Inside C2

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Make Today Different

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How many Americans have coronavirus? New Reuters poll might offer a hint



People wait in line to be tested for coronavirus disease (COVID-19) while wearing protective gear, outside Elmhurst Hospital Center in the Queens borough of New York City, U.S., March 26, 2020. REUTERS/Stefan

NEW YORK (Reuters) - The official count of coronavirus infections in the United States sits at about 70,000 cases, but a chronic shortage of tests means only a fraction of the people infected are being counted. So how can we know how many Americans actually might have the disease?

A Reuters/Ipsos poll conducted in the past several days could offer what one behavioral health expert called a “fascinating” hint of the possible numbers.

In the nationwide poll, 2.3% of Americans surveyed said they’ve been diagnosed with the coronavirus, a percentage that could translate to several million people.

Of course, it’s impossible to know if the answers are a result of misinformed self-diagnoses, untested professional diagnoses or test-confirmed infections. But Carnegie Mellon University professor Baruch Fischhoff, who studies risk perception and analysis, said that the poll results shouldn’t be viewed as merely a collective neurotic reaction to the pandemic.

Given the shortage of coronavirus test kits, it may well be a broadly accurate estimate of the extent of the infection across the United States, he said. “It may be the best available data,” he said.

A further 2.4% of those polled said they have been in

close contact with someone who has tested positive. And in an illustration of the degrees of separation with the deadly virus, a further 2.6% said they knew someone who has been in close contact with a person who has tested positive.

The poll, which surveyed 4,428 adults between March 18 and 24, shows a dramatic increase in those saying they have tested positive for the virus from a similar poll conducted just a few days earlier. In the Reuters/Ipsos poll of 1,115 Americans conducted March 16 and 17, about 1% said they were infected.

The latest poll also suggests that Latinos are far more likely to come in contact with people who may be infected than whites; the same appears true for younger people compared to older Americans. The disease appears to be concentrated in the Northeast, according to the poll, but the survey also suggests it’s widespread throughout the country.

David Cates, director of behavioral health at Nebraska Medical Center in Omaha, was intrigued by the results.

“Going back to that concept of the wisdom of crowds, you’re getting a response that may actually be closer to reality than confirmed testing,” he said. “And that is just absolutely fascinating.”

But he said the conflicting information from officials and in the media, as well as the shortage of testing, may also explain some of the response to the poll.

“They are listening to the news and thinking, ‘Yeah, you know, that’s what my father has, and that’s what I have,’” he said. “And this is probably what’s going on with the neighbor.”

Still, the poll results may fill some gaps in knowledge in the face of limited testing.

For example, Fischhoff said, on March 15, Ohio Gov. Mike DeWine estimated there were about 100,000 infections in his state, which represents about 1% of the state’s population, despite there only being a handful of confirmed cases at the time. The governor’s office declined to comment on the estimate. “You know, with the doubling rate in the country, it’s not implausible that the infected rate was 1% and now it’s 2.3%,” he said.

He commented on another finding in the poll, the difference in proximity between rural and urban areas. In rural communities, according to the poll, about 9% of people said they were either infected; had contact with someone infected; or knew someone infected in their extended social network. In denser urban areas, that rate rose to 13%.



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China’s Xi offers Trump help in fighting coronavirus as U.S. faces wave of new patients

BEIJING/SHANGHAI (Reuters) - Chinese President Xi Jinping told U.S. President Donald Trump during a phone call on Friday that he would have China’s support in fighting the coronavirus, as the United States faces the prospect of becoming the next global epicentre of the pandemic.

The United States now has the most coronavirus cases of any country, with 84,946 infections and 1,259 deaths. Hospitals in cities like New York and New Orleans struggle to cope with the wave of patients.

Xi’s offer of assistance came amid a long-running war of words between Beijing and Washington over various issues including the coronavirus epidemic.

Trump and some U.S. officials have accused China of a lack of transparency on the virus, and Trump has at times called the coronavirus a “China virus” as it originated there, angering Beijing.

RELATED COVERAGE

In China’s Hubei, uncertainty, pessimism and hope as life resumes

In the call, Xi reiterated to Trump that China had been open and transparent about the epidemic, according to an account of the conversation published by the Chinese foreign ministry.

Trump said on Twitter that he discussed the coronavirus outbreak “in great detail” with Xi.

“China has been through much & has developed a strong understanding of the virus,” Trump said. “We are working closely together. Much respect!”

The World Health Organization has said the United States, which saw 17,099 new coronavirus cases and 281 deaths in the past 24 hours, is expected to become the epicentre of the pandemic.

CHINA CUTS FLIGHTS

Like U.S. hospitals now, China’s medical system struggled to contain the coronavirus just two months ago, but draconian city lockdowns and severe travel restrictions has



Customs officers in protective suits are seen near a Sichuan Airlines aircraft on the tarmac of Chengdu Shuangliu International Airport following a global outbreak of the coronavirus disease (COVID-19), in Chengdu, Sichuan province, China March 26, 2020.

seen China dramatically ease the epidemic.

Mainland China on Friday reported its first local coronavirus case in three days and 54 new imported cases, as Beijing ordered airlines to sharply cut international flights, for fear travellers could reignite the coronavirus outbreak.

The 55 new cases detected on Thursday were down from 67 a day earlier, the National Health Commission said on Friday, taking the tally of infections to 81,340. China’s death toll stood at 3,292 as of Thursday, up by five from a day earlier.

The central province of Hubei, with a population of about 60 million, reported no new cases on Thursday, a day after lifting a lockdown and reopening its borders as the epidemic eased there.

The commercial capital of Shanghai reported the most new imported cases with 17, followed by 12 in the southern province of Guangdong and four each in the capital Beijing and the nearby city of Tianjin.

Shanghai now has 125 patients who ar-

rived from overseas, including 46 from Britain and 27 from the United States.

In effect from Sunday, China has ordered its airlines to fly only one route to any country, on just one flight each week. Foreign airlines must comply with similar curbs on flights to China, although many had already halted services.

Stay home!

BUSINESS

Work safe!

House Vote Friday Paves The Way For \$2 Trillion Stimulus Package



Compiled And Edited By John T. Robbins, Southern Daily Editor

The House of Representatives on Friday approved the historic \$2 trillion stimulus package that had passed the Senate earlier this week and cleared the way for President Donald Trump’s signature as the American public and the U.S. economy fight the devastating spread of Covid-19.

The far-reaching legislation stands as the largest emergency aid package in US history. It represents a massive financial injection into a struggling economy with provisions aimed at helping American workers, small businesses and industries grappling with the economic disruption.

Key elements of the package include sending checks directly to individuals and families, a major expansion of unemployment benefits, money for hard-hit hospitals and health care providers, financial assistance for small businesses and \$500 billion in loans for distressed companies.

House leaders faced pressure to pass the legislation as quickly as possible and minimize the risks to their members in the process.

Floor debate on the legislation began around 9 a.m. ET with House Majority Leader Steny Hoyer saying in his opening remarks that it will be an “unusual”

but “critical” session. There will now be up to three hours of debate ahead of a vote, setting up a possible voice vote in the noon ET hour.

The bill had been expected to be passed by voice vote, a move that would allow for swift passage and was designed to permit most House members not to return to Washington for a full roll call vote.

But Hoyer’s office advised members Thursday evening they were encouraged to be in Washington on Friday at 10 a.m. because the bill may not pass that way after all. “There is now a possibility,” the notice from the Maryland Democrat’s office said, that a Republican may force a recorded vote.

Republican Rep. Thomas Massie of Kentucky is viewed as the most likely member to try to force the vote after indicating publicly his reservations about a voice vote.



President Donald Trump

President Donald Trump sharply criticized the congressman on Friday, saying in a pair of tweets that he “just wants the publicity” and should be thrown out of the Republican party.

Many members were scrambling to book flights and return to Washington on Thursday night amid concerns that they could be asked to vote in person on the stimulus, according to multiple sources familiar with the matter.

The fear was that one member could prevent the House from approving the bill by voice vote, forcing them instead to cast a roll call vote in person. That has angered many members worried about traveling during the public health emergency.

Two House members have already tested positive for Covid-19, while more than three dozen others have self-quarantined after experiencing flu-like symptoms, interactions with infected individuals or potential exposure.

House Speaker Nancy Pelosi and Minority Leader Kevin McCarthy both made clear on Thursday that they want the \$2 trillion stimulus bill to be approved by their chamber Friday by voice vote.

After debate on Friday, the House proceeded to a voice vote. Once the presiding officer says the “ayes” have it, the bill was passed.



House Speaker Nancy Pelosi

Pelosi on Thursday predicted that the House will approve the stimulus package with a “strong bipartisan vote,” adding that “if somebody has a different point of view, they can put it in the record.”

“We expect to have a voice vote on it, but if we don’t, we’ll be prepared for whatever it is,” she said.

House officials detailed steps to limit member interactions in a notice to all House offices Thursday.

In the notice, obtained by CNN, the House Sergeant-at-Arms and the Capitol physician’s office outlined new procedures ahead of the vote, explaining that access around the House chamber and on the floor will be limited. To that end, the House is closing the Speaker’s Lobby, an area right off the House floor where reporters stake out and interview lawmakers and members frequently congregate.

If there is a recorded vote, new procedures are also detailed to only allow small groups of members on the floor at a time.

Hard-fought negotiations led to a massive aid package

The stimulus package came together after intense and drawn-out negotiations between congressional Republicans and Democrats and the Trump administration that spanned multiple days and involved ongoing talks that stretched late into the night.

Key provisions in the stimulus

A centerpiece of the stimulus package is that it will provide direct financial assistance to Americans in the form of checks with the amount received based on income.



The U.S. Capitol in Washington DC

What’s in the \$2 trillion coronavirus stimulus bill

Individuals who earn \$75,000 in adjusted gross income or less would get direct

payments of \$1,200 each, with married couples earning up to \$150,000 receiving \$2,400 -- and an additional \$500 per each child.

The payment would scale down by income, phasing out entirely at \$99,000 for singles and \$198,000 for couples without children.

In addition, the bill would provide billions of dollars in aid to hard-hit hospitals struggling to deal with the outbreak as well for state and local governments that are cash-strapped due to their response to coronavirus.

One point of contention in negotiations centered around a fund for distressed industries, with Democrats worrying that there would not be adequate oversight. In a compromise move, the final deal provides for accountability through an independent Inspector General and congressional oversight panel. (Courtesy cnn.com)



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Editor’s Choice



A homeless woman puts her baby to sleep as they queue to be checked by health officials before heading to shelters, during a nationwide 21 day lockdown in an attempt to contain the coronavirus disease (COVID-19) outbreak, in Durban, South Africa, March 27, 2020.



A man wearing a protective mask and gloves checks his watch on an almost empty concourse at Waterloo station as the spread of the coronavirus disease (COVID-19) continues, in London, Britain, March 26, 2020. REUTERS/Toby Melville TPX IMAGES OF THE DAY



A man wearing a protective face mask and a woman are seen on a train as the spread of the coronavirus disease (COVID-19) continues, Istanbul, Turkey, March 26, 2020. REUTERS/



First responders evacuate sick crew members with flu-like symptoms from two cruise ships, the Costa Favolosa and Costa Magica at U.S. Coast Guard station at Port of Miami after the Florida Department of Health reported more than 2300 confirmed cases of coronavirus disease (COVID-19), in Miami, Florida U.S., March 26, 2020



Lydia Hassebroek attends a ballet class from home while practicing social distancing during the outbreak of coronavirus disease (COVID-19) in Brooklyn, New York, U.S., March 25, 2020. Picture taken March 25, 2020. REUTER



Customers wearing protective face masks make their transactions through a plastic barrier as a preventive measure against the coronavirus disease (COVID-19) in a local grocery in Quezon City, Metro Manila, Philippines March 26, 2020. REUTERS/Eloisa Lopez TPX IMAGES OF THE



Life in lockdown: Schoolteacher Marzio Toniolo, 35, takes a picture of his two-year-old daughter Bianca painting his toenails as they while away time at home in San Fiorano, one of the original ‘red zone’ towns in northern Italy that has now been extended to the whole country, as his wife, Bianca’s mum Chiara Zuddas looks out from their balcony, March 20, 2020.



A man wearing a protective face mask walks a graffiti in a street amid the coronavirus disease (COVID-19) outbreak in Bangkok, Thailand March 26, 2020. REUTERS/Jorge Silva TPX IMAGES OF THE DAY

The Action Will Free Up More Federal Aid For The State

Trump Approves Disaster Declaration For State of Texas



President Donald Trump, Friday, March 20, 2020, during a briefing of the Coronavirus Task Force.

Compiled And Edited By John T. Robbins, Southern Daily Editor

President Donald Trump declared a major disaster exists in Texas related to the outbreak of novel coronavirus and ordered Federal assistance be sent to the Lone Star State. The declaration came just two days after Texas Gov. Greg Abbott asked the White House for the designation, saying the state’s response needed the support of tens of millions of federal dollars. “Texas is aggressively pursuing and implementing all necessary strategies to limit the impact of COVID-19, and I thank President Trump for his swift action to issue a Major Disaster Declaration for the State of Texas,” said Abbott in a statement Wednesday. “The President’s declaration opens up new sources of funding for individual and public assistance that will help Texas respond to this public health emergency and protect public health and safety.” Trump ordered federal monetary assistance to supplement state and local recovery efforts in areas affected by COVID-19 beginning on Jan. 20 “and continuing,” said a White House release.



Gov. Greg Abbott on Friday had declared a “state of disaster” over the new coronavirus in Texas. (Special Contributor)



Greg Abbott
@GregAbbott_TX
GREAT NEWS. President Trump just granted a Major Disaster Declaration for Texas. This will expand the resources available to Texas & speed our ability to robustly respond to #coronavirus. #COVID19 #txlege 10K
1:34 PM - Mar 25, 2020
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It is not yet clear exactly how much assistance is headed Texas’ way. In his letter to the White House, Abbott said, “Texas is all-in on our response to COVID-19 and we need Washington’s financial assistance as provided for under the law to support our efforts to limit the spread of this virus. COVID-19-related expenses and obligations are already exceeding \$50 million and that will only rise as our efforts continue. Additional federal funding is essential for us to maintain our aggressive course of action to protect our state.” The federal funds will supplement state and local recovery efforts in the areas affected by the coronavirus outbreak beginning on Jan. 20 and continuing. Trump’s action makes Federal funding available for crisis counseling, an area Abbott specifically requested assistance for, for affected individuals in all areas of Texas. Federal funding is also available to state and eligible local governments and certain private nonprofit organizations for emergency protective measures, including direct Federal assistance, for all areas in the State of Texas impacted by COVID-19. So far, nearly 1,000 CCP virus cases have been confirmed in the state. President Trump has said he would like the United States to get back to business by Easter, which is April 12. The Coronavirus Task Force is urging all Americans to adhere to the “15 Days to Slow the Spread” campaign to urgently reduce the spread of the virus.

“15 Days to Slow the Spread” campaign

U.S. Surgeon General
@Surgeon_General
(Courtesy <https://www.dallasnews.com/>)
Are you doing your part to help slow the spread of #COVID19? Get the latest from the @WhiteHouse, @CDCgov and others at <http://coronavirus.gov>.



The money will help the state and Texas’ local governments and nonprofits take “emergency protective measures, including direct federal assistance, for all areas” affected by the disease, it said. As Abbott requested, the declaration also freed up federal funds for crisis counseling. On Monday, the Republican governor asked for the declaration, saying Texas’ response to the virus requires immediate infusions of tens of millions of federal dollars. In a letter to Trump, Abbott said the current virus-spread “incident is of such severity and magnitude that effective response is beyond the capabilities of the state and affected local governments.” Abbott, perhaps preparing rural residents for more aggressive state actions, highlighted how a lack of personal protective equipment such as masks and gloves for health care workers forced Shackelford County to close its one medical clinic. More closures of rural clinics could come soon, he warned.



In a state with more than 3.6 million residents who are 65 or older — or fitting the description of people most at risk from the virus — Abbott had another dire warning. “Even a small infected percentage” of a larger population cohort, he said “can be overwhelming.” As of Monday the state has 352 confirmed cases of COVID-19 and eight related deaths, the spread may be “inevitable,” despite the state’s taking “strong measures,” he said. (Dallasnews.com and <https://www.nbcdfw.com/>)



改变饮食观念，老年人饮食不可过度清淡

如今，疫情肆虐，大家都待在家里，对饮食格外的上心，厨艺也是日益精进了。按照老百姓的老话说，“青菜豆腐保平安”，是指常食青菜和豆腐,有利健康,能延年益寿。可是，疫情之下，中老年人切不可盲目相信“青菜豆腐保平安”！青菜豆腐一清二白含有“清白”保平安之意，这虽是弦外之音，却是题中之意。古人云清白生正气，邪不可入，平安矣。青菜富含维生素,有些还含有胡萝卜素和叶酸等。常食青菜既可以补充人

体必须的维生素,还可以润肠通便,有利于排出体内的有毒物质。豆腐的发明者是我国汉代淮南王刘安。相传淮南王刘安讲究黄老之术,在淮南朝夕修炼。陪伴他的僧道,常年吃素,为了改善生活,就悉心研制出了鲜美的豆腐,并把它献给刘安享用。刘安一尝,果然好吃,下令大量制作。这样,豆腐的发明权就记在淮南王刘安的名下了。传说刘安后来在八公山“升天”,山上修建了淮南王刘安庙,“八公山豆腐”,也因此而名扬天下。豆腐味美,是植物蛋白中的佼佼者

，青菜亦是宝贝，青菜、豆腐可以起到预防动脉粥样硬化和冠心病的作用，尤其是讨中老年人和慢病患者的喜爱——当新陈代谢变慢、胃口变小，为了预防或控制疾病，一日三餐只求简单。其实，粗茶淡饭可能会招来营养不良甚至更严重的后果。在素食中，除了豆类含有丰富的蛋白质外，其他食物中的蛋白质含量均很少，而且营养价值较低，不易于被人体消化吸收和利用。而诸如鸡、鸭、鱼、肉之类的荤食，却能够成为营养的重要来源，为人体

的生长发育和代谢提供大量的优质蛋白和脂肪酸。极端的清淡饮食不利于营养均衡，会导致体质下降，让人更容易被疾病侵袭。比如，如果拒绝吃肉，鸡蛋和豆制品摄入不足，会造成蛋白质缺乏，引起免疫力下降，皮肤弹性也会变差。如果油脂摄入不足，尤其是必需脂肪酸缺乏，可引起脂溶性维生素A、D、E缺乏，出现干眼病、骨质疏松等。事实上，清淡饮食不等于完全不吃肉，而是要在食物多样化的基础上，合理搭配营养，将动物性食物、食用油和

盐限制在合理范围内，避免过多地使用辛辣调味品。新冠肺炎爆发后，武汉的老人成批的被击倒，原因是老年人的免疫力和身体素质普遍不强，有一个重要的原因就是长期营养不良——每天吃青菜、喝白粥，肉蛋奶不想吃，动物蛋白严重不足。其实，免疫系统是很消耗蛋白质的，想要健康完备的免疫系统，必须改善营养结构。让我们吃肉多瘦少肥，用油少量多种，吃肉配合吃蛋，主食粗细搭配，少吃医疗保健品，改变观念，合理养生！

不起眼的大豆，营养却远超某些补品



大豆（黄豆），是我们平时最常见的一种粮食作物。我们日常吃的食用油、豆腐、豆浆和畜牧业所需的饲料豆饼，都是通过大豆加工而来。但是你知道吗，大豆除了能加工成可口的食物外，还具有丰富的营养，对我们的身体健康也有极为重要的作用。

富含优质蛋白大豆，也叫黄豆，他们含有的蛋白质与大多数植物蛋白不同，大豆含有维持肌肉和骨骼健康所需的九种必需氨基酸。你的身体不能自己产生这些化合物，所以非素食者大多从动物蛋白中获得，比如牛肉、鸡肉和鸡蛋。

富含胆固醇如牛肉或猪肉含有更多饱和脂肪，这可能会增加你患心脏病风险。用豆腐之类的豆制品代替肉食可能对你的心脏有好处。零胆固醇大豆可能有助于降低低密度脂蛋白“坏”胆固醇。

像所有的蔬菜和谷物一样，大豆食品天然不含胆固醇。许多研究似乎表明，只要在饮食中添加大豆蛋白，就可以帮助降低 4%-6% 的低密度脂蛋白 (LDL)，也就是“坏”胆固醇。所以试着用它来代替不健康的选择。高纤维纤维可以降低胆固醇，促进肠道正常。大豆每杯大约含有 10 克纤维。相比之下，肉类是不含纤维素的。更重要的是，大豆中的高纤维有助于肠道健康，可以预防便秘。富含钾元素一杯大豆含有惊人的 886 毫克钾。这大约是一个中等大小的香蕉的两倍，相当于你一天所需的三分之一。目前中国人盐摄入量过高，体内钠超标，但是钾却不足。钾元素非常重要，维持心脏跳动，肾脏过滤废物，神经系统都离不开钾。富含铁元素一杯大豆含有大约 9 毫克的铁，它的重要功能之一就是帮助你的血液向全身输送氧气。如果铁元素缺乏的话会引起缺铁性贫血。男性每天需要 8 毫克铁，女性则需要 18 毫克。降血压让大豆成为你日常饮食的一

部分可以帮助你避免高血压。首先，大豆含有大量的蛋白质，但碳水化合物很少，这有助于降低你的血压。此外，大豆本身可以帮助降低收缩压 2 到 5 个点，这可能看起来并不多，但它可以使你中风的几率减少 14%。强筋健骨大豆中的异黄酮可以帮助女性增加骨密度。一些妇女在绝经后会有大量骨质流失的情况。这会让你骨头更脆弱，更容易骨折。医生经常使用雌激素来治疗这种和其他更年期症状。大豆食品中常见的一种植物化学物质——异黄酮与雌激素的作用类似。一些研究表明，异黄酮可能有助于增强更年期妇女的骨骼密度。降低乳腺癌、前列腺癌风险大豆可以帮助女性预防乳腺癌，尤其是如果你在儿童和青少年时期大量食用大豆。这可能会使你患乳腺癌的几率减少一半。另外，大豆还可以降低男性患前列腺癌的风险。它是世界上第二常见的男性癌症。在亚洲经常食用大豆的地区，患这种疾病的几率就较低。科学家认为异黄酮，可以减缓或停止前列腺、乳腺肿瘤的生长。