Housing Cooperative / Group Living Suggested COVID-19 Protocol*

*last updated 03/20/2020
Copy freely, and add links and comments :)
This is meant to be shared and collaborative.

If you live in Madison, you might enjoy Madison Community Cooperative's local version of this document

This protocol is especially important because:

There's some evidence from Korean COVID-19 testing that people in their 20s are the most likely asymptomatic carriers.

Furthermore, asymptomatic transmission is an important way COVID-19 is spread. Early research showed that "the viral load of the specimens from the asymptomatic patients was higher than the viral load of the specimens from the three patients who did have symptoms."

And the more social distancing, the better it will be for everyone.

House best practices during this time:

- Here's a nice example
- Wash your hands repeatedly in the kitchen and common areas, especially before/after touching your face
    - Note: hand sanitizer is good, but soap and water is most effective if you wash for 20 seconds
- Before (or as soon as) you go into your house, wash your hands
    - Recommended: having anti-microbial wipes or sanitizer by the doors
- Wash hands before and after petting pets
- Minimize or eliminate guests coming over and encounters with others outside the house
- Reduce or minimize encounters with housemates to the best of your ability
    - Stay minimum 3 feet away from people without symptoms (6 is best)
    - Stay 6 feet away from people with symptoms (based on CDC recommendations)
- Create a schedule for wiping doorknobs and commonly-touched surfaces at least once or twice per day (door handles, light switches, railings, fridge handles, bathrooms etc)
- If possible, everyone should have personal hand sanitizer they use before moving about the house and touching doors, chairs, and other surfaces.

    - Buy large containers of hand sanitizer (or make it with rubbing alcohol and aloe vera) and put it into personal containers (use old travel bottles for lotion or shampoo)
- Identify which members of your houses are most at risk: the most isolated and/or the most physically at risk due to age, pre-existing conditions, pregnancy, etc
    - Check in with them daily to hear if they have symptoms and how those symptoms change

Quarantining individuals:

- If someone exhibits symptoms or has been around known cases of COVID-19, they should self-quarantine for 14 days (or at least 7 days after first symptoms appear and at least 3 days after fever has reduced)
    - Common symptoms include fever, cough, shortness of breath, persistent chest pressure/pain, digestive problems/diarrhea, body aches, sore throat, minor runny nose and sneezing (see also chart of symptoms at the bottom of doc)
    - If you exhibit these symptoms and are high risk, or if you get a fever, call your local health provider if possible, or make a digital appointment
        - Note that testing is reserved for those considered high risk and who exhibit the symptoms above
        - Note that the virus is known to spread asymptomatically, and that people in their 20s are more likely to have the virus but not exhibit symptoms
    - Individuals are also recommended to quarantine if they suspect they could have been exposed to the virus, if they feel more minor symptoms (like a cold), or if they see it important to take extra precautions for any other reason (like being immunocompromised, elderly, or pregnant)
- If available, wear a surgical mask when exiting your room
    - Do not use any mask for more than one day
- Do not share dishes, towels, or bedding. Keep a set of these for each quarantined person (or perhaps every individual, symptoms or not)
- Wash these things with soap and very HOT water (and/or a bleach solution)
- Stay in your room as much as possible
    - Optional: Keep a part of the house or common area for people who are quarantining
- Designate a bathroom to people who are self-quarantining
- If someone in the house is exhibiting symptoms, **do not have guests** at the house
- Do not touch pets
- For those exhibiting symptoms: Coordinate delivering food to their rooms

Conversations to have with your house:

- Options for quarantining elsewhere, and what the process would be for quarantining in the coop (see recommendations above)
- Discuss job loss, access to income for working remotely, and access to familial wealth and savings. Everyone should disclose their status and availability for contributing to

meet the needs of the house. Those who have access for more should step up and fill some of the gaps in rent that will not be collected from those who have lost their jobs.

- Create a policy for guests/partners visiting, with recognition that this policy may become more stringent over time
    - You may want to create a policy up front with different stages of stringency, for flexibility as concerns arise
- Create a policy for leaving the house and seeing people outside of the house
    - Eg. you may decide going to work, doctor, grocery store, and natural areas is ok, or not, depending on the situation
- Set a regular call-in/video-chat check-in for the quickly-changing situation and to emotionally support one another
    - Include updates on symptoms, if you have any
- Create a schedule and work chart for wiping doorknobs and commonly-touched surfaces and if/when needed, a system of cooking and food delivery for quarantined individuals
- Etiquette with house-members, especially using the kitchen or in common areas
    - Consider a kitchen use schedule, or policy of one person in the kitchen at a time
    - 3 ft (if not exhibiting symptoms) and 6 ft (if exhibiting symptoms) rules for encounters
    - Or if everyone is staying in the house quarantined, is less distance ok?
- Work on a tiered system of quarantine based on the level of symptoms exhibited by individuals in your house AND the level of outbreak in your locality. See this example. And another example.
- Consider creating a house preparedness plan and budgeting for needed items
- Record health insurance and health care access and needs
    - Record the following information for each housemate in a copy of this sheet, print out once filled in.
        - Where are they covered by health insurance?
        - Are ambulances covered?
        - Do they have any medication allergies?
        - Other important medical information?
        - Emergency contact
    - This can also be written out and put in an envelope for each person to keep confidential and given to medical staff etc if the need should arise.
- See also:
    - Collective Living and COVID-19
    - Suggestions and Recommended Conversations for folks with roommates
    - Guided discussion worksheet for talking about COVID response in co-ops

Disinfectants

- A Bleach solution can be made by adding 1/3 cup bleach to 1 gallon **COLD** water (or ~1.5T/quart water). This is the ratio recommended by the CDC.
    - Check expiration date of bleach. It does degrade over time and will not be effective.
    - Remake solution daily, label it and date it.
    - Do not mix bleach with anything else.

    - Keep in a dark container out of sunlight in a cool place
- Isopropyl alcohol also works, but make sure the solution is at least 70% alcohol.

Dishes

- Cleaning all dishes, and especially silverware, should be done thoroughly, with hot soapy water. This should be common practice but can be something that is especially important right now.
- Dishes and silverware can be sanitized with the bleach disinfecting solution above
- Leave washed dishes in the solution at least 2 minutes before getting them out to dry.
- Leave a bin of solution on counter to collect silverware though day (CLEAN with hot soapy water/rinse first!), and assign rotating chore for pouring off solution and rinsing silverware each night.

Sanitizing surfaces

- Coordinate for sanitizing commonly-touched surfaces twice a day if possible
- Surfaces should be kept clear of clutter and **cleaned prior to being disinfected**
    - Organic materials inactivate bleach, so this is important.
    - Remove “big things” like food, dirt, messes to give disinfectant access to the actual surface. .
- Wear disposable gloves to protect hands from harsh disinfectants. Throw them away after use, and wash hands afterwards.
- Let people know you’re spraying bleach, open some windows.
- Spray solution onto surfaces and **let sit for 10 minutes**. Easiest is to make a lap
    - Spray the kitchen counters, sink handles, stove and handles, fridge handles, cabinet handles, then go to next room, spray door knobs/handles, tables, etc. spray house door/screen handles, light switches.
    - Then once everything has been sprayed, the first things should be ready to be wiped down. So come back around from the beginning to wipe in the same order.
    - Use paper towels if possible. Yes, it kills trees, but they are more sterile and that is the goal here.
- Leave disinfectant in easy to find spot, encourage everyone to disinfect their phones, keys, computer keyboards etc.

More Coop Living Resources

(we borrowed from these above!)

- Dreamship Quarantine Protocol (with escalation strategies if outbreak gets worse)
- Boulder Housing Coalition policies (concise and fairly stringent)
- Wood Street Coop/ Mermaid House protocol
- Solar Community Housing Association protocol from Davis, CA
- Coronavirus Quarantine Guidelines for Communal Houses (The Hearth, Oakland, CA)
- Suggestions and Recommended Conversations for folks with roommates
- Communal living and COVID-19 (concise and clear)
- Co-op Emergency Preparedness (very comprehensive)
- More communal living resources from NYC coops

- Guided discussion worksheet for talking about COVID response in co-ops
- House Resilience Plan template
- Housemate medical info form
- Sample protocols from San Francisco coops (list of links at top)
- NASCO recommendations for kitchen and common area sanitation
- Checklists/chore charts for cleaning every commonly-touched surface
- Sample notes from The Heart (an Oakland coop)'s preparedness meeting
- Collective Living and COVID-19 (helpful for facilitating conversation)
- Sweet article on COVID in coops

More Resources on Contagion and Sanitation

- Recipe for Hand Sanitizer
- DIY masks
- General information on COVID-19 from UW Health
- WHO- Laboratory biosafety guidance related to **coronavirus** disease 2019 (**COVID-19**)
- CDC- FAQ _ COVID_19
- CDC information for households
- FDA on masks, and mask supply chain disruption
- Infection Prevention and Control of Epidemic- and Pandemic-Prone Acute Respiratory Infections in Health Care (on the use of bleach)
- Hand washing as a means to prevent spread and resistance of infectious disease

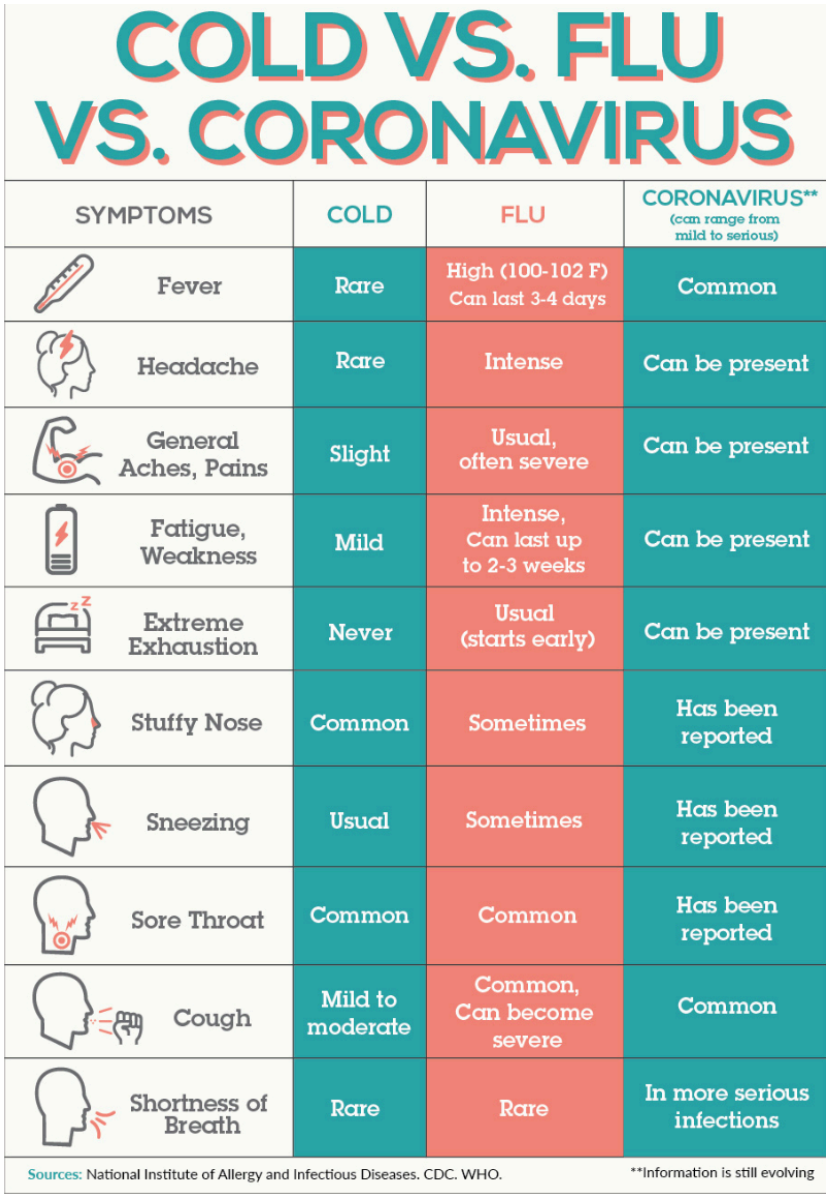
More Resources for Preparedness, Support, & Resistance

- Mutual Aid & Advocacy Resources (mutual aid networks and resources across the US)
- Permanently Organized Communities
- Democracy Now: Solidarity not Charity
- Demands from Grassroots Organizers Concerning COVID-19
- Wisdom from a social justice lens (podcast)
- adrienne maree brown's writing on COVID-19
- Resources for students
- Some meager tips on working remotely
- Guide to working online

Articles to nerd out to

- Imperial College of London study
- COVID-19 and the Cardiovascular System
- Review of the Clinical Characteristics of Coronavirus Disease 2019 (COVID-19)
- Herbal Treatment for Coronavirus infections

Look below for symptoms chart □□□□



COLD VS. FLU VS. CORONAVIRUS

SYMPTOMS	COLD	FLU	CORONAVIRUS** (can range from mild to serious)
Fever	Rare	High (100-102 F) Can last 3-4 days	Common
Headache	Rare	Intense	Can be present
General Aches, Pains	Slight	Usual, often severe	Can be present
Fatigue, Weakness	Mild	Intense, Can last up to 2-3 weeks	Can be present
Extreme Exhaustion	Never	Usual (starts early)	Can be present
Stuffy Nose	Common	Sometimes	Has been reported
Sneezing	Usual	Sometimes	Has been reported
Sore Throat	Common	Common	Has been reported
Cough	Mild to moderate	Common, Can become severe	Common
Shortness of Breath	Rare	Rare	In more serious infections

Sources: National Institute of Allergy and Infectious Diseases. CDC. WHO.

**Information is still evolving