

CTZNWELL is committed to dismantling the cultural and systemic barriers that are in the way of wellbeing and creating the conditions for everyone to thrive on their own terms. The following is a compilation of real science and diverse perspectives to help us get centered and take right action for everyone. Social solidarity and collective care is how we survive. This is a **living guide** (will be updated daily) and community-sourced resource to help keep us informed, healthy and responsive throughout this crisis.

We are leaning into disability justice activist Mia Mingus's pod model to respond to this crisis and bring forward a politics of care. If you'd like to start or join a pod and organize with like-hearted folx, [sign up here](#).

PRESENCING

Epidemics are a category of disease that seem to hold up the mirror to human beings as to who we really are... They show the moral relationships that we have toward each other as people.

Isaac Chotiner

We realize this is a time of dynamic change, overwhelming anxiety and disinformation. So we've curated some essential information to help you presence yourself to the facts and manage your fear.

The essentials.

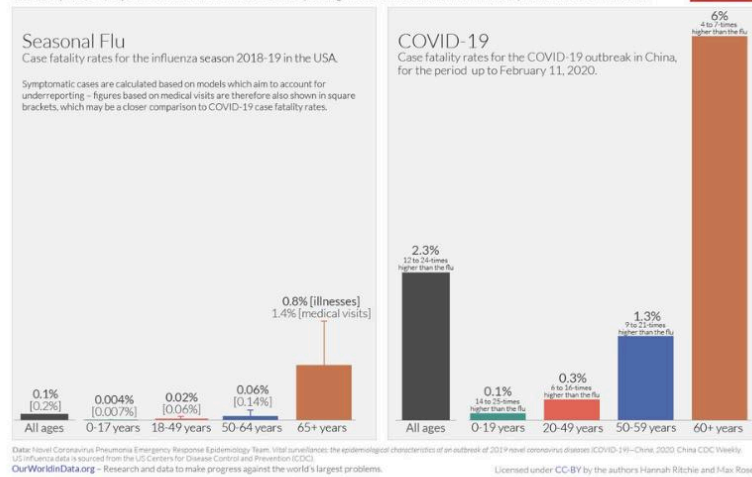
Here's a helpful blog answering commonly asked questions and [separating facts from disinformation](#). We can learn a lot from looking back at the past. [Here's how pandemics have shaped history](#). And [nine charts that explain the coronavirus pandemic](#). Lastly, an [up to date tracker](#) of how the virus is moving around the world.

It's not just the flu.

["It's just the flu"](#) is perhaps one of the most harmful myths about COVID-19. About 6 percent of people 60 or older infected with Covid-19 die, according to the data from China we have so far; that's over six times the fatality rate in the US for older people infected with the flu. Additionally, [outbreaks like coronavirus spread exponentially](#) and are significantly more contagious than the flu, infecting 2-3 people per sick person.

Case fatality rates: COVID-19 vs. US Seasonal Flu

Case fatality rate (CFR) is specific to a location and time. It is calculated by dividing the total number of deaths from a disease by the number of confirmed cases.



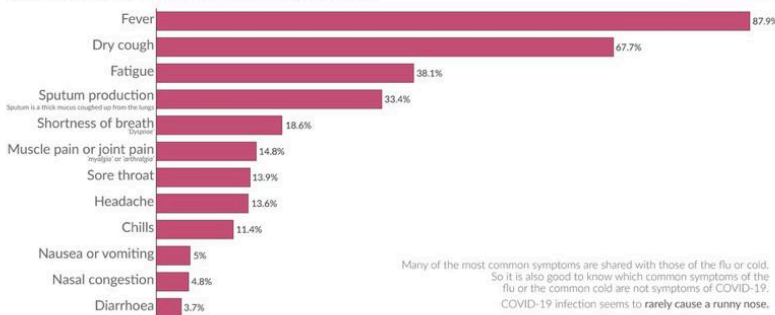
Max Roser and Hannah Ritchie/Our World in Data

Know the symptoms.

- According to the WHO, the most common symptoms are fever, fatigue and a dry cough. What will you do if you start coughing? [Read this](#). But [asymptomatic people, are in fact, a huge driver of the virus](#). South Korea, who (unlike Italy and the US) tested widely, found young people ages 20-29 to be the most infectious. Even if you are not at high risk, we still all have a public health obligation to take interventions that will prevent its spread.

The symptoms of coronavirus disease [COVID-19]

The most common signs and symptoms of 55,924 laboratory confirmed cases of COVID-19. Reported from China in the period up to February 22, 2020.



Max Roser and Hannah Ritchie/Our World in Data

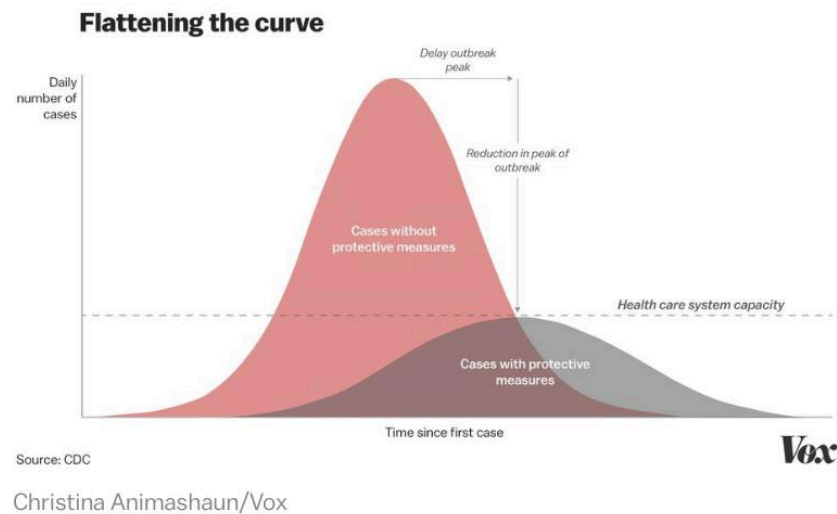
The 411 on testing.

The Trump administration's slow rollout of testing for coronavirus has become something of a national scandal, and it's easy to see why when you compare the US testing rate to that of other affected countries. South Korea stands out for its rapid rollout of extensive testing, including through innovative drive-through testing programs. [Here is the 411 on testing by state](#).

Flattening the curve.

Covid-19 has quickly made large-scale gatherings and conferences unpopular if not socially frowned upon. This change arrived quickly, and may seem jarring, but it's easier to see the logic when you understand the theory behind this kind of "social distancing" policy. The key is to "flatten the curve": slowing the rate of increase in infections so that you spread out the cases, even if the total number doesn't change. Flattening the curve slows the rate at which new cases arrive in hospitals, easing the

burden on health care infrastructure and improving the odds that individual patients will survive. How [canceled events and self-quarantines save lives](#), in one chart:



[Who's most vulnerable?](#)

Coronavirus is [revealing our inequities](#). The deep inequities that are embedded in our culture and systems are being exposed and will impact the most vulnerable. We must focus our support and social welfare on the most vulnerable including the elderly, [gig and service workers](#), [disabled people](#), [houseless](#), people of color, those who are [immune compromised](#), those who are [incarcerated/detained](#) and more. Even if you are not at high risk yourself, we still all have a public health obligation to take interventions that will prevent its spread. Here are [10 equity implications of coronavirus](#) outbreak in the US (NAACP):

- Racism and stigmatization have increased, particularly towards the Asian and Asian American population
- Certain populations face differential exposure and extensive corresponding implications
- Frontline workers face tough choices amid differential health and economic risks and impacts.
- Democracy vehicles are being jeopardized by coronavirus impacts (census, primaries)
- Coronavirus remediation will result in increased exposure to toxic cleaning chemicals from products used in households, businesses, schools, which may harm occupants and cleaners
- School impacts may include infection outbreaks due to confined spaces. Also, if schools close, children who rely on free meals may suffer from missed meals, college students may experience housing insecurity if they don't have a home to which to return, and students will experience education interruption.
- Testing kits are lacking and when they become available, it's unclear how access will be prioritized and for whom, as well as what the implications of diagnosis will be for those who are uninsured.
- Quarantine policies and practices are unfolding with a risk to human and civil rights, given the unprecedented scale of the outbreak, possibly exacerbated by the historic experiences of marginalized communities with state sponsored confinement.
- The coronavirus has already been used to justify restrictive immigration policies and increased militarization.
- Denial and misinformation on the crisis can exacerbate the outbreak, by discouraging critical precautions.

SOCIAL SOLIDARITY

*We need to change our behavior in radical ways—
right now.*

Yascha Mounk

Why Social Distancing Matters.

The Centers for Disease Control and Prevention recommended against any gatherings of 50 or more people over the next eight weeks, in an effort to contain the coronavirus pandemic. [“Every single reduction in the number of contacts you have per day with relatives, with friends, co-workers, in school will have a significant impact on the ability of the virus to spread in the population”](#). **Social Distancing is an act of love.** Social distancing is one of the most important steps we can take right now to save lives and protect our most vulnerable. [Here’s how it works](#).

[Social Distancing is not a snow day.](#)

Here’s how to take care of yourselves and your communities:

- Push our local, state, and national leaders to close ALL schools and public spaces and cancel all events and public gatherings now.
- Take care of yourself and your family, but maintain social distance.
- Reduce the frequency of going to stores, restaurants, and coffee shops for the time being.
- If you are sick, isolate yourself, stay home, and contact a medical professional.
- Think twice before hosting kid playdates, parties, sleepovers, or families/friends visiting each other’s houses and apartments

[Social Organizing in a time of social distancing.](#)

This is an important social justice perspective on social distancing by Kenneth Bailey and Lori Lobenstine. [New diseases are mirrors that reflect how society works and where it fails](#). Ed Yong writes “We see a time when scientific research and the demand for news, the spread of misinformation and the spread of a virus, all happen at a relentless, blistering pace. The new crisis is very much the kind of epidemic we should expect, given the state of the world in 2020.” How we respond to this crisis will inform who we become on the other side of it.

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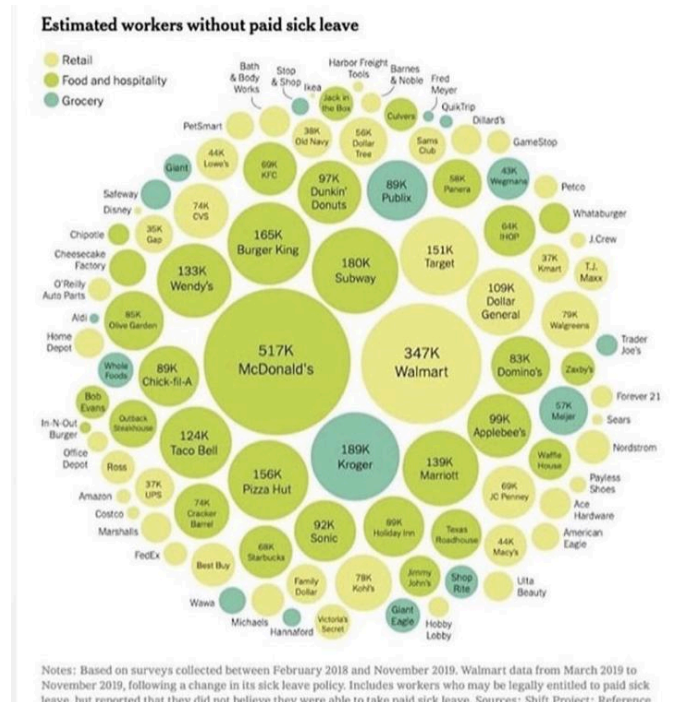
[Collective Care.](#)

Self care is not enough. While it is a part of collective care, it does not address the systemic issues people face that holds them back from being well. Community care is how we show up for each other. It is a mutual commitment to the wellbeing of the whole that looks like small and big acts of compassionate action like buying groceries, non-violent resistance, childcare, running errands and more. Collective care is our best weapon against COVID-19. [Here’s a list of mutual aid needs/resources by state and issue](#).

THE POLITICS OF CORONAVIRUS

"This contagion is exposing our interdependence. When anyone is denied testing and access to healthcare, all of us are vulnerable."

Kerri Kelly



We need a care infrastructure.

Everyone needs to care for themselves or their families in times like this, but our lack of care infrastructure is forcing people into unsafe working conditions or financially debilitating situations. Our lack of care policies is contributing to not only a health crisis, but personal financial crises as folks are having to choose between keeping themselves and their families safe and paying their bills. Here's what it looks like:

- **Medicare for All:** "Refusing to talk about #MedicareForAll right now is like refusing to talk about climate change during wildfire season or gun control after a school shooting" (Robert Reich). The US is at a "severe disadvantage" when it comes to treating citizens who test positive for the coronavirus because the country doesn't provide health care to all citizens. [We need Medicare for All.](#)
- **Workers Rights & Protections:** We need to bail out ordinary Americans, not Wall Street. 40% of Americans don't even have \$400 in their savings for emergencies. While businesses close down, workers will be hardest hit and need to be protected with:
 - Extend medicare/medicaid coverage to all
 - Suspend school loan payments
 - Freeze evictions + moratorium on rent, mortgages and utilities
 - Provide paid sick leave
 - No-strings universal basic income (UBI) programs (unemployment is not far-reaching enough)
 - Eliminate work requirements for SNAP benefits and other assistance
 - Humanitarian provisions in prisons/detention centers and decarceral policies

- **Ensuring fair elections:** The coronavirus outbreak is impacting the primaries. In order to ensure access and turn out while protecting people's health and security, we should postpone upcoming primaries until all states have a plan for mail-in ballots. Call the DNC and demand they postpone primaries and require all states to have mail in ballots. Here's what you need to know about [voting and COVID-19](#).
- [Fill out your census form online](#). The census determines how policy gets set in terms of where funding goes, how congressional districts are drawn, and many other super important things.

Federal Support:

There are a lot of bills (some better than others) being proposed by Congress and the administration to address relief and supplemental support during this crisis. The Senate approved on Wednesday a [House-passed coronavirus relief package](#) that includes provisions for free testing for COVID-19 and paid emergency leave. And here's the most recent [working document by the Treasury Department](#) (complete with Wall Street bailouts). Congress is working on passing a #COVIDAct but Trump & McConnell want to force through a huge bailout for billionaires and corporations with no strings attached. Elizabeth Warren laid out [8 conditions companies should accept if they want a government bailout](#). Keep the pressure up and [demand a People's Bailout now](#).

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SOCIAL SOLIDARITY

"Shouting self-care and people who actually need "community care" is how we fail people"

Nikita Valerio

Pod Mapping.

The Bay Area Transformative Justice Collective (BATJC) suggests using the term "pod" to describe the kind of relationship between people who would turn to each other for support around violent, harmful and abusive experiences, whether as survivors, bystanders or people who have been harmed. These would be the people in our lives that we would call on to support us with things such as our immediate and on-going safety, accountability and transformation of behaviors, or individual and collective healing and resiliency. [Check out this pod mapping tool](#).

To start or join a pod and organize with like-hearted folx in the CTZNWELL community, [sign up here](#).

[Color Communication Symbols](#)

Since physical distancing is the best way (and washing your hands!) to slow down the spread of Coronavirus, many people will be in their homes. There are not many ways to communicate with folks however the use of colors outside of people's homes, apartments and doors can allow folks to identify who needs to help and who can offer help.

Green-Show unity and solidarity in this time by placing the color green outside your home. We are in this together and only through unity, making decisions for the common good will we make it through.

Yellow - If you see the color yellow, outside one's home that means that there are people inside who are in isolation because they have signs of illness, have traveled or, were told medically that they need to be isolated from the outside world.

Blue - Two of the most vulnerable populations are those with preexisting health problems and elders. Having a blue symbol means you have a health issue that makes you vulnerable to Coronavirus and/or someone elderly is in the home.

White - Many people may be in need of extra supplies in the coming days, as store sellout of essentials and populations might go without pay, we are asking folks who may have extra supplies to indicate that by putting the color white outside of their homes.

Red - Many people may be in need of supplies but can't leave because of a variety of issues. If you are in need of supplies place the color red outside your home or wear it as a square.

Purple - People with disabilities might need help or someone just to check in, if you put purple outside your home or wear it as a square, it will indicate that someone with disabilities is inside.

Calendar of mutual care: "The Shared Living Room"

Many facilitators are offering regular or one-time virtual gatherings. To collect these in one place, "The Shared Living Room" is a daily, community-fed calendar of mostly free or donation-based live-streamed meditations, yoga classes, workshops, group therapy sessions, and more. Bookmark the calendar to check in with the happenings. To be listed, send gathering details to thesharedlivingroom@gmail.com.

Needs Assessment:

Thanks to our friends at Sister Care Alliance for creating [this helpful needs assessment tool](#). The goal is to empower every member of the community with a tool to track needs and continuously research, store and monitor available contacts and resources.

COLLECTIVE ACTION

Ok...here's where we come together for collective impact. Organizing is how we take care of each other and aggregate our efforts and resources for the greater whole. Here's how to activate your "pod" in mutual care and collective action:

1. Mutual-aid and real-time relief

Start with the people most proximal to you. Ask who needs help and what is needed. Encourage the use of color communication symbols to signal where you are located, what is needed and how you can be of service. Coronavirus is also [exposing the inequities in wellness](#) and the very real need for ongoing job security, insurance, paid sick leave and benefits. In the absence of systems that protect workers in times like these, we are helping raise funds to provide real-time relief in the form of one month's lost revenue to underestimated applicants who are of the greatest need. Here's how you can help:

- [Sign the solidarity pact](#) to advocate for employment equity for wellness instructors
- [Donate to the relief fund](#) to support marginalized wellness businesses and instructors
- [Take the State of Yoga Instructor Survey](#) to share your experience during this difficult time
- [Share](#) with your friends and help us make a BIG collective impact

You can [list your mutual aid network](#) in this interactive map.

2. Solidarity with more vulnerable communities

This virus is revealing our inequities and calls us to respond to the most vulnerable in our society. Look and listen to leaders of those communities to understand what is needed and how to show up. Here are some community led resources:

[Mutual Aid for People Impacted by Incarceration](#)

[Immigrant Justice Accompaniment Skillshare](#)

[East Bay Disability Ally Form](#)

[Poverty Amidst Pandemic](#)

[Donate directly to undocumented immigrants facing financial hardships during COVID-19](#)

[Support home care workers, nannies and house cleaners who are experiencing financial hardship](#)

3. Politics of Community Care

Our lack of care policies is contributing to not only a health crisis, but personal financial crises as folks are having to choose between keeping themselves and their families safe and paying their bills. We need a politics of community care that takes care of everyone. [Here's what it could look like](#). We're going to need to translate this energy of community care into a politics of community care over the next couple of months in how we advocate, organize and elect representatives who embody our values. Get ready to organize.

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HEALING

Self Care.

Mutual care includes self-care and how we take responsibility for our own health and wellbeing. Here are some resources to help you stay centered and healthy in community:

[Centering and Grounding in Online Work](#)

[Empowered Wake Up 21-Day Meditation Practice with Tracee Stanley](#)

[Haven Yoga Studio 21-Day Meditation Challenge](#)

[How to become immune to the global pandemic of fear](#)

[Wash your hands by Dori Midnight](#)

[A litany for Survival by Audre Lorde](#)

[Free Books!](#)

Additional Resources:

[For Yoga Teachers](#)

Pandemic

*What if you thought of it
as the Jews consider the Sabbath--
the most sacred of times?
Cease from travel.
Cease from buying and selling.
Give up, just for now,
on trying to make the world
different than it is.
Sing. Pray. Touch only those
to whom you commit your life.
Center down.*

*And when your body has become still,
reach out with your heart.
Know that we are connected
in ways that are terrifying and beautiful.
(You could hardly deny it now.)
Know that our lives
are in one another's hands.
(Surely, that has come clear.)
Do not reach out your hands.
Reach out your heart.
Reach out your words.
Reach out all the tendrils
of compassion that move, invisibly,
where we cannot touch.*

*Promise this world your love--
for better or worse,
in sickness and in health,
so long as we all shall live.*

-Lynn Ungar 3/11/2020