

Malden Neighbors Helping Neighbors



Print 1st page out and tape it up/give to neighbors! Enter the URL or scan the QR code for the live version. LAST UPDATED: 4 PM Tuesday March 24

PRINT AND SHARE THIS INFO: <https://tinyurl.com/MaldenCOVID>
SIGN UP TO GIVE OR RECEIVE HELP: <https://maldenneighbors.org/>
JOIN US ON FACEBOOK: <https://tinyurl.com/MaldenCOVIDFB>

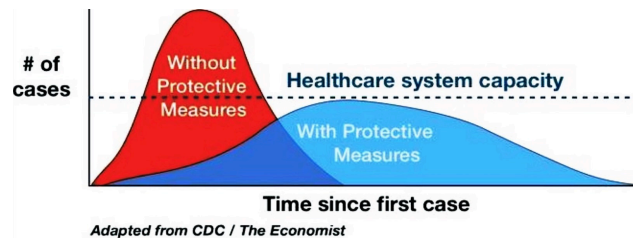


Gov. Baker issues STAY AT HOME advisory. MBTA service REDUCED. Non-essential businesses CLOSED. Schools, sit-in bars/restaurants, gatherings of 10+ people CANCELLED



Stay at home to "Flatten the Curve"

COVID-19 is the scientific name for "coronavirus". It's a respiratory disease with flu-like symptoms, **much higher risk of hospitalization or death, and no cure or vaccine.**



Up to 50% of us could get sick with COVID-19 over the next year. If too many people get sick at the same time, hospitals will run out of beds and equipment, and **many more people will die.** This is currently happening in Italy, and it could happen here too.

We all need to cooperate to [Flatten The Curve \(flattenthecurve.com\)](http://flattenthecurve.com):

- **practice extreme social distancing: no work, stores, MBTA, Uber/Lyft, parties, etc.**
- if you **HAVE** to leave home: soap hands, don't touch face, stay **6 FEET APART**
- be ready for to stay at home for up to 2 weeks
- if you get sick, be prepared to treat symptoms at home

Everyone should **STAY HOME AND CANCEL ALL EVENTS AND WORK.** People exposed to COVID-19 **must not leave home AT ALL for up to 2 weeks, even if they have no symptoms.** People with COVID-19 symptoms should [follow CDC guidelines](https://www.cdc.gov/coronavirus/2019-ncov/faq.html), including staying home for THREE DAYS after their fever ends (minimum 1 week). Most people can't do that alone, and without community help they risk infecting other people unnecessarily.

We have MORE INFO online! SIGN UP to help your neighborhood!

PRINT AND SHARE THIS INFO: <https://tinyurl.com/MaldenCOVID>
SIGN UP TO GIVE OR RECEIVE HELP: <https://maldenneighbors.org/>
JOIN US ON FACEBOOK: <https://tinyurl.com/MaldenCOVIDFB>

This could last a long time

If the distancing strategy works in Massachusetts, we will be socially isolating like this for as much as 2 months. However, COVID-19 is likely to be a threat **until we develop a vaccine**, which could take as much as a year. We need to get past the **initial** outbreak that we're unprepared for, and then continue to be vigilant going forward. This is a sprint, but there's a marathon right after it - take care of yourself and others!

Your neighbors will need your help

You don't need to be a medical professional to help our city beat COVID-19:

- Providing childcare for people who didn't expect school closures
- Taking care of a sick person's pets
- Dropping off medications or groceries on the doorstep of someone who's sick
- Cooking meals for people too sick to make food
- Sharing money with people who lost work
- Stop charging rent to people who lost work / are too sick to work
- Translating this document
- **Print and share this document with your neighbors**

Are you able to provide this kind of help? Do you think you'll need it when you get sick? We've made a form where you can [SIGN UP](#). We're [also on Facebook!](#)

Prepare your household

Refill your critical medications. Hospitals and doctors might get overloaded *quickly*. Make sure that you have everything you'll need for the next month or more.

Get flu supplies. If you're infected, it will probably feel like a flu. That means cough medication, Tylenol, tissues, and a thermometer.

Stock up your pantry - but don't go overboard. If you're exposed, you might need to stay home for **up to a month**. If you can stock up, that's one less person who needs to have food delivery arranged. But don't over-buy, because not everyone can afford to stock up!

Don't stock up on masks or disinfectant wipes! Healthcare professionals need them more than you, and there are shortages. If you have already stocked up, you can donate them!

- [Massachusetts Life Sciences Emergency Supply Hub](#)
- [CHA PPE donations](#), for masks and goggles

PRINT AND SHARE THIS INFO:

<https://tinyurl.com/MaldenCOVID>

SIGN UP TO GIVE OR RECEIVE HELP:

<https://maldenneighbors.org/>

JOIN US ON FACEBOOK:

<https://tinyurl.com/MaldenCOVIDFB>

Make a plan with your housemates/family. Most new cases occur when the disease spreads between people living together. Try to set up an isolated room in advance (or better yet, a floor of their own). Be prepared to disinfect shared kitchens and bathrooms aggressively. Even catching it a few days later can make a huge difference, preventing *everyone* in the house from being sick at the same time.

Share contact info with your neighbors. You don't want your first interaction with them to be asking for help when you're contagious!

Preparing for the Pandemic: a great resource for what to do at various stages of prep
<https://siderea.dreamwidth.org/2020/03/08/pandemic-prep-toc.html?format=light>

[For a more complete list, read the CDC guidelines.](#)

PRINT AND SHARE THIS INFO:

SIGN UP TO GIVE OR RECEIVE HELP:

JOIN US ON FACEBOOK:

<https://tinyurl.com/MaldenCOVID>

<https://maldenneighbors.org/>

<https://tinyurl.com/MaldenCOVIDFB>

What to do when you feel sick

As always, trust your doctor more than the internet for health advice - but with the medical system overloaded, it's good to have public resources too!

Don't panic! COVID-19 is very contagious and **you need to stay home**. However, the symptoms are mild for most healthy people, and can take days before complications emerge. Take it seriously, but also take the time to make a plan.

Don't delay treatment because of cost. If you have ANY kind of insurance (including MassHealth), there will be no cost or co-pay for COVID-19 testing and treatment in Massachusetts. We can also help with other costs, [fill out our form to ask](#).

[Info for all insurance](#)

[Info for MassHealth](#)

Call your doctor. Let them know that you've been sick, and any info you can remember about how you might have been exposed. They are your primary point of contact through this. If you don't have a doctor, call an urgent care center and describe your situation.

Ask about COVID-19 testing. Tests are available but limited in Massachusetts. Your doctor will have the most up to date info about who should get tested. You can help your doctor decide by keeping a written record of your contacts and symptoms.

Reach out to everyone you've interacted with recently. You can spread COVID-19 *before* you feel any symptoms! If you feel sick *today*, you need to tell everyone you interacted with in the *past several days*.

Treat your symptoms at home. Even if you feel sick, most people do not need to go to the hospital for COVID-19. By treating at home you can avoid overstressing our healthcare system.

CALL AHEAD BEFORE GOING TO THE DOCTOR. If you are seriously ill - significant shortness of breath, chest pains, fever >100.4, confusion - you should *call your doctor or the hospital*. If you show up and wait in an emergency room you could infect everyone near you. Doctors and hospitals are continually revising guidelines as conditions change, so **call ahead**.

Follow the CDC guidance for how long to self-isolate. You can still be contagious even if you have no symptoms! You should follow the [most recent CDC guidelines](#).

Summary (Last updated March 20, from March 16 guidance)

PRINT AND SHARE THIS INFO:

<https://tinyurl.com/MaldenCOVID>

SIGN UP TO GIVE OR RECEIVE HELP:

<https://malddenighbors.org/>

JOIN US ON FACEBOOK:

<https://tinyurl.com/MaldenCOVIDFB>

Have you been told to self-isolate by a doctor? The CDC says to stay home until:

1) Wait until you have NO fever (check WITHOUT taking ibuprofen/tylenol), AND your cough has improved.

2) Wait 3 ADDITIONAL days to be sure.

3) If you are done waiting in LESS than 1 week, keep waiting until 1 week since you started feeling sick.

As always, your doctor is the best source of medical advice, not Facebook!

Malden Specific Resources

- [City of Malden grocery hours, food pantries, etc.](#)
 - LIVE updated, click through tabs at bottom

TBD, we're working on this! Reach out to help us organize!

Regional Resources

- Social services - ask for help via our form if you want help applying!
 - [Apply for SNAP/"Food Stamps"](#)
- Small businesses
 - [Mass. Gov Small Business COVID-19 Info](#)
- Queer/LGBTQ people
 - [Resources for MA LGBTQIA+ Youth During COVID-19](#)

COVID-19 official updates

We will keep this info sheet updated as the situation develops, but if you want it "straight from the source", here are some good sources:

Dial 211 for a state hotline with information about COVID-19

Malden Department of Public Health:

<https://www.cityofmalden.org/706/2019-Novel-Coronavirus>

CDC Guidelines: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

PRINT AND SHARE THIS INFO:

<https://tinyurl.com/MaldenCOVID>

SIGN UP TO GIVE OR RECEIVE HELP:

<https://maldenneighbors.org/>

JOIN US ON FACEBOOK:

<https://tinyurl.com/MaldenCOVIDFB>

MA State of Emergency: <https://www.mass.gov/info-details/covid-19-state-of-emergency>

Other Mutual Aid Projects

If you're closer to Somerville or Malden, check out MAMAS: <https://mutualaidmamas.com/>

Other regional mutual aid networks:

<https://www.massjw.net/news/2020/3/17/cover-19-mutual-aid-networks>

PRINT AND SHARE THIS INFO:

SIGN UP TO GIVE OR RECEIVE HELP:

JOIN US ON FACEBOOK:

<https://tinyurl.com/MaldenCOVID>

<https://maldenneighbors.org/>

<https://tinyurl.com/MaldenCOVIDFB>

What is mutual aid? Who's running this?

Mutual aid is just people helping each other without expecting compensation or a reward. We're just everyday folks in the neighborhood who want to help out our community. [Fill out our form](#) if you want to get in touch, or organize something like this in your own neighborhood.

PRINT AND SHARE THIS INFO:

<https://tinyurl.com/MaldenCOVID>

SIGN UP TO GIVE OR RECEIVE HELP:

<https://maldenneighbors.org/>

JOIN US ON FACEBOOK:

<https://tinyurl.com/MaldenCOVIDFB>