

# ESSENTIALS FOR UNDERSTANDING THIS HISTORICAL MOMENT

## PUBLIC HEALTH AND EPIDEMIOLOGY::

- ★ United States Coronavirus: Cases and Deaths
- ★ COVID-19 Projections
- ★ Coronavirus tracking from the Financial Times (*excellent visuals*)
- ★ COVID Exit Strategy: How We Reopen Safely
- ★ End Corona Virus: Countries beating COVID-19

## MEDICAL (*for general public*):

- ★ **COVID-19 Protecting Your Family**
- ★ The Coronavirus Explained & What You Should Do
- ★ How soap kills the coronavirus

## MEDICAL (*for clinicians*):

- ★ **COVID-19 summary** (EMCRIT)
- ★ **COVID Care Protocol** (EVMS)
- ★ Not Intubating Early & Why ARDSnet may be Wrong Ventilator Paradigm (AAEM)
- ★ Practical resources for clinicians on the front lines (HIPPO Education)
- ★ COVID Clinical Guidelines and Information for Staff (Mount Sinai)
- ★ Critical Care for the Non-ICU Clinician (SCCM)
- ★ COVID mechanical ventilation course (Harvard)
- ★ Handbook of COVID-19 Prevention and Treatment (China)
- ★ COVID study collection (UCSF)

## SOCIO-POLITICAL:

- ★ Coronavirus Capitalism — and How to Beat It (Naomi Klein with The Intercept)
- ★ We're not going back to normal (Technology Review)
- ★ Capitalism is the Disease (Mike Davis with Haymarket Books)
- ★ From mutual aid to dual power in the state of emergency (Roar Mag)
- ★ Doctor on COVID, the State's Response & Building Mutual Aid (It's Going Down)
- ★ COVID-19 and the Working Class in the United States (Naked Capitalism)
- ★ The Authoritarian Trade-Off (Real Life)

## SELF-CARE AND MUTUAL AID (*NY resources mostly*):

- ★ Four Ways You Can Take Caring Action Around Coronavirus
- ★ Three videos on meditation (*helpful to managing stress/anxiety, calming the mind and body, and bring in grounded and stable energy*):
  - 10 minute morning Qi Gong
  - 10 minute evening Qi Gong
  - Guided meditation
- ★ Mutual Aid NYC
- ★ Mutual Aid information and resources (*from Woodbine in Queens, NYC*)

## IN A CATEGORY ON ITS OWN:

- ★ Peak Prosperity (*Economics and Medicine rolled into one. There are some things here I take with a grain of salt - his Libertarian mindset - but overall good research in an easily digestible form*)