



## COVID COMFORT CARE KIT

### RESOURCE LIST

#### Medical

**PLEASE NOTE:** [By law](#), health care providers ARE NOT REQUIRED to give any information on the immigration status of a patient to Immigration Services or Law Enforcement. The oath taken by healthcare providers extends to ALL individuals in their care.

(AS OF 10th APRIL 2020): That said, please note that for contact tracing purposes, in Minnesota, Governor Walz's [executive order](#) does allow for a database with names and addresses of folks who have tested positive to be accessed by the [Department of Public Safety](#). While this does not include immigration services or the police, it does include departments such as the State Patrol and Homeland Security. DPS website [here](#).

[COVID-19 Care Resource](#) This is a short guide to basic health self-support in light of the COVID-19 Pandemic

The [PAHO](#) (Pan-American Health Organization) sister site to the WHO is even easier to navigate than the core WHO site, and has ready translations between English (the same as the WHO site), Spanish and Portugese (switch in the upper right corner of the web page).

The best defense is washing with soap and water. Make bubbles and get between fingers and on the back of the hands. [This is more effective than hand sanitizer](#), and more accessible.

Support to make a Care [Directive](#).

#### Communication

The PAHO (Pan-American Health Organization) sister site to the WHO is even easier to navigate than the core WHO site, and has ready translations between English (the same as the WHO site), Spanish and Portugese (switch in the upper right corner of the web page). The [communications page](#) is incredible. In particular, scroll down for the Social Media Cards for some AWESOME easy communication resources.

Those include these [amazing posters](#) from the WHO. These posters are designed, like everything the WHO does, to be very accessible and comprehensible, and focused on the key important information. These are taken from the WHO/PAHO site above.



## Food

Everyone needs to eat. [This list of meals](#), aimed at new parents, is also reasonable as something to prepare for the household to eat even if not the patient themselves.

The patient is going to want healthy food, and for it to be easily taken in.

Soups, especially clear or “thin” soups are great ways to get plenty of liquid and protein. Here’s a [simple guide](#) to the basics of Chinese thin soups, and then you can add whatever you want - veg, meat, eggs, pre-cooked pulses or beans, anything. Almost all cultures, and certainly all North, Central and South American cultures have recipes for clear soups - any work great. Chicken soup is known to be terrific; if you can’t or don’t eat chicken, then make some other high-protein soup. Some examples of other chicken soups: [Caldo de Pollo](#), [Jewish chicken soup](#). Vegetarian soups: [niskena](#), [red lentil soup](#), [rasam soup](#).

Congees are great and versatile ways to pack in a lot of nutrition in an easy to swallow meal. Here’s a [basic recipe](#), that can again be dressed up any way you wish, and an [example of a spruced up one](#). The rice wine can easily be omitted, and a scrambled egg as a topping is common.

In the event of dehydration or diarrhea, an ORS (oral rehydration solution) is the best option. This [website](#) provides some great resources. A basic recipe is as follows:

**Preparing 1 (one) Litre solution using Salt, Sugar and Water at Home** Mix an oral rehydration solution using the following recipe. **Ingredients:**

- **Six (6) level teaspoons of Sugar**
- **Half (1/2) level teaspoon of Salt**
- **One Litre of clean drinking or boiled water and then cooled - 5 cupfuls (each cup about 200 ml.)**

### **Preparation Method:**

- Stir the mixture till the salt and sugar dissolve.

## Care

Health Professionals agree [breathing exercises](#) are super helpful for everyone in helping with anxiety and also working through the virus.

This is a [great video](#) on breathing and being active; these are things you can practice just generally.



This is another [great video](#) that also talks about lying on your stomach, not your back - and why. Also please remember to exercise every day, even if just a little bit!!

Videos in Spanish (need to write copy to uplift these and not sideline them. Thank you so much Genoveva Castañeda).

Latin American Spanish:

[Clear info about repetition, and suggestions of further resources.](#)

[Very engaging video with an explanation of how the lungs work.](#)

Spain Spanish:

[Some great examples, showing use of props to help. Some reading.](#)

A breath exerciser can be helpful as well in practicing breathing. Here's an [example](#) of a cheap, functional one.

Mental Health is also important!

1. **PAUSE** Breathe. Notice how you feel
2. **TAKE BREAKS** from COVID-19 content
3. **MAKE TIME** to sleep and exercise
4. **REACH OUT** and stay connected
5. **SEEK HELP** if overwhelmed or unsafe

This is a [comprehensive overview](#) of mental health and COVID-19, including some direct support resources.

[NAMI](#) is another solid resource.

Remember that you can unplug and disengage if that's going to be helpful while you heal. This is a [very helpful graphic](#) for managing stress.

## Setting up Mutual Aid

[Covid Safety in an Uprising](#)

[A scientific paper out of South Korea](#), outlining a care centre for folks with “mild symptoms”, with details on traffic patterns and safety for the care workers.

Easy reference for what Mutual Aid looks like, how you can support a household that's affected by COVID-19, and why reaching out and asking for help from your neighbors helps everyone:



Shout out to Bay Area Transformative Justice Collective for teaching us about pods/podmapping

**PODS**  
5-20  
People

**MOTHERSHIP**

**SOLIDARITY not CHARITY**

**BUILDING A NEIGHBORHOOD POD FOR MUTUAL AID**

**THE 4 COMPONENTS OF MUTUAL AID**

**SOLIDARITY** **SUPPORT**

**BUILDING** **FUTURE**

**POD MAPPING**

**INFO (READY!)**  
4 COMPONENTS

- 1 "SOLIDARITY", not charity."
- 2 3 Buckets of **SUPPORT**: Material, Socio/Emotional, Service-Based
- 3 **BUILDING** a shared political analysis
- 4 Building power for the **FUTURE**.

Start inviting people with a flyer (check resources for safety protocol). Pods are usually 3-20 people

**ACTIVATE (SET!)**  
Congratulations you're a pod captain. Make it your own.

- 1 Form a communication **TREE** (text, phone, conference call, email)
- 2 Get to **KNOW** each other
- 3 Resources to **OFFER** & Resources likely **NEEDED**
- 4 Regular schedule for **CHECK-IN**

Recommendations not requirements

**RESOURCES (GO!)**  
[tinyurl.com/NeighborhoodPodResources](https://tinyurl.com/NeighborhoodPodResources)



## COVID COMFORT CARE KIT TEXT ON BOX

### KIT CONTENT

#### **MEDICAL PANEL**

ADVANCE CARE DIRECTIVE  
INSURANCE  
WILL  
ALLERGIES

EVERYONE IN HOUSEHOLD:

- Copy cards and all documents.
- Make sure allergies are spelled out.
- All documents should be kept together.

#### **FOOD PANEL**

HYDRATION!

Nutritious balanced meals are the key

- protein
- carbs
- veggies
- fruits

A great soup can be a balanced meal that hits everything including liquids!

If someone has diarrhea, make sure they take plenty of electrolytes. Avoid honey.

#### **COMMUNICATION PANEL**

The patient will need to focus on getting better; other than working with health care workers, any other matters ought to be primarily handled by someone else.

Letting people know

It can be helpful to have others manage some of the communication for the patient while they focus on healing.

- Who will be the spokesperson?
- Please inform Public Health folks about an infection. A doctor, or state Department of Health if the patient doesn't have one. This helps trace the spread of the virus and keeps the community safer.
- It's good to inform anyone the patient was in face-to-face contact with for up to a week before the patient fell ill so that they can quarantine and protect the community. This can also be done by others including Dept. of Health..
- Respect the wishes and privacy of the patient!

Be clear when communicating what you need and want, including with health care workers.



Try wellness check code coding:  
“Same”, “Better” or “Worse”

## **CARE PANEL**

### **PATIENT**

**BREATHE** practice taking deep breaths while upright or on your belly.

**CUT** way back on sodas (even diet), smoking and alcohol.

**REST** Get sleep and be gentle with yourself.

**STAY CALM** Meditate, pray, relax in whatever way works for you! Practice caring for yourself and others before anyone is sick.

**EXERCISE** even when sick, it's important to keep moving, even a little bit

Some people have reported that hot showers can make it difficult to breathe.

### **LOVED ONE, CHILD**

- Explain what is happening calmly and answer their questions honestly. Work with them to figure out a role they could play.
- Weigh out how to include children and not alienate them.

### **PET / ANIMAL**

- Do pets have a "Furry Godmother" to take them in for a while?
- Will a pet bring more comfort to the home by being home or by taking a pet-cation?

## **SUPPORT**

**KNOW YOU CAN REACH OUT:** we're all in this together

- Is there someone who could help with groceries, medicines, supplies?
- Who can help bring cooked meals? Let them know your dietary needs.
- Can someone help with transportation to the hospital? Please remind anyone who comes into face-to-face contact with your household to quarantine for 14 days afterwards for the health of the community!
- Most of us need mental and emotional support especially during challenging times. When patients and their caregivers get the support they need, moving through the ups and downs can feel more manageable.
- Expect there will be ups and downs - kinda like life ;-)

## **RESOURCES**

**This guide and these additional resources are to help your household PLAN and PREPARE before navigating any diagnosis.**



**These are suggestions and are not a substitute for professional medical advice.**

## **QUIZ**

Test your knowledge chops!

1. Covid-19 lasts longest on...

A. cardboard/paper OR B. metal

2. The air in a delivery box should be considered risky, and the box should be opened using gloves and a surgical mask. True OR False?

3. Pandemic-related shutdown orders are unconstitutional, and persons arrested for violating them can collect damages. True OR False?

4. Washing with soap and water is more effective than hand sanitizer against the virus. True OR False?

1. F 2. F 3. F 4. T