


# COVID-19 Co-op Action Plan!

WOOD STREET COOPERATIVE // MERMAID HOUSE

Last updated: March 18, 2020

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  - c. When to seek medical advice/care
  - d. **Emergency contacts list**

## OTHER CONSIDERATIONS...

6. Other discussion/planning we need to do
    - a. General planning (e.g. shopping/groceries going forward)
    - b. Quarantine/Emergency planning (e.g. how to make quarantine more comfortable, how to make sure we have a plan should anyone develop emergency symptoms)
  7. House Energetics (vibes, wishes, attitude/approach in this crazy new world we're in -- add thoughts!)
  8. Staying up to date on CDC/RIDOH recommendations
  9. [optional reading] Other good resources for understanding what the hell is going on and how to approach it -- share what you've found!
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## 1. SET-UP → please sign up in the blank [ ] slots

- [ x ] Make more bleach solution spray bottles -- 1/3 cup bleach to 1 gallon water
  - Find place to store out of sunlight/wrap spray bottles in plastic -- UV inactivates bleach over time!
- [ x ] Sign for outside door to remind folks to go straight to the foot pedal sink
- [ ] Print instructions for food prep/clean-up, bleach solution, emergency contacts list, etc. to post around house
- [ ? ] Make hand sanitizer from grain alcohol & aloe?
  - Our priority is hand-washing though
- [ x ] Make foot door openers? (e.g. dining room - thanks Rosy!)
- [ ? ] Hand washing station outside the house?
  - No soap in the soil! Wash over bucket // dump bucket in driveway TxS and luv, Soil Nerd

## 2. ENTERING THE HOUSE

**IMPORTANT:** This is a KEY part of the plan! *Please do this thoroughly!*

0. If possible, wash your hands before leaving work (or wherever you had to go)
1. **As SOON as you open the back door**, head straight to the foot pedal sink to wash your hands for 20 seconds
2. Sanitize your PHONE after washing your hands (disinfectant wipes are next to sink)
3. Drop your stuff in your room & change clothes (<< doing more research on the changing clothes thing--good Q Eliza)

## 3. IN-HOUSE VIRUS-KILLING STEPS

### a. FOOD PREP/COOKING

**If you are sick**, DO NOT COOK! You are a hero for wanting to help, but the true hero action is to find a housemate who can take your place.

#### **Before setting out food or equipment...**

1. Wash yo' hands! for 20 seconds
2. Clear surfaces of clutter
  - a. important surfaces = kitchen counters, dining room table, serving window shelfy thing
3. Wipe surfaces clean of food/dirt
  - a. NOTE: Food & dirt inactivate bleach!! It's true I looked it up!
4. Spray bleach solution on surfaces & *fridge handles*
5. Wait 10 minutes
6. Wipe down sprayed surfaces & fridge handles with paper towel

### b. DINNER CLEAN-UP

1. Wash your handsies for 20 seconds.
2. Clear dishes/clutter
3. Wipe food/dirt off surfaces
4. Bleach surfaces & fridge handles
5. Wait 10 minutes
6. Wipe down sprayed surfaces & fridge handles with paper towel
7. Wash hands again! You're about to touch food
8. Make lunches/store tupperware
9. Do dishes -- dishwasher is best place for things that need to be sanitized!\*
10. Sweep, etc. and finish up cleaning

\*From NASCO: "Silverware can be bleached in the same bleach disinfecting solution. Leave a bin of solution on the counter to collect silverware throughout the day. "

- Bleach solution =  $\frac{1}{3}$  cup bleach to 1 gallon water

### c. WASHING HANDS REGULARLY

- Wash your hands often and [well](#)
- Wash for 20 seconds!!! Sing the birthday song\* twice // count 20 Mississippi/one-hundreds

When is it most important??

- ESPECIALLY important after -- coming into the house from somewhere else (#1), coughing/sneezing into your hands, going to the bathroom (don't eat poop!), touching your mouth/nose or someone else's, caring for someone who's sick
- ESPECIALLY important before -- working with food or anything that will go into someone's mouth,

\*Sure, it's an annoying song but we have TWO March birthdays, so it's very relevant -- Valentine (TODAY!) and Jonah (March 22)... and Teagan in April! So it's totally relevant and you might even want to sing it 3 times...

#### d. DISINFECTING HIGH-TOUCH SURFACES

- It's easy! I tried it. A mere whoosh of the spray bottle, a skip o' the feet.
- Squirt the places people touch a lot with bleach solution.
- High-touch surfaces in **kitchen** = fridge /freezer handles (in kitchen and dining room), bread box handle, dishwasher handle, toaster & toaster-oven handle, countertops (especially the island), dinner table, doorknobs
- High-touch surfaces in **bathrooms** = doorknobs, sink handles/knobs, toilet flusher handle, shower handle
- Hot tip: Open a window or turn on the oven fan for some air circulation
- Again: Bleach solution = 1/3 cup bleach to 1 gallon water

## 4. SOCIALIZING

Note: It's possible we'll need to make exceptions to the following.. but *please* communicate the need/situation to the house before making the exception for yourself!

#### Within the house

- No visitors (to the house) besides significant others who have been onboarded to this here plan)
  - HECK YES to skype parties and video visitors, though!
- Partners are ok once onboarded/read through this agreement

#### Outside of the house

- Wear a mask
- Keep 6 feet away from folks not living in the house



## 5. WHAT TO DO IF YOU GET SICK










Note: You are *most contagious* when you are symptomatic... So, even though we can't anticipate/do much about contagion *before* symptoms show themselves, we can be vigilant about keeping it in the house if/when symptoms do show up. This is how we keep others safe!

### a. If you have symptoms (e.g. sore throat), but aren't coughing and don't have a fever (100.4 or more)...

- Let the house know
- Monitor your symptoms! e.g. take your temperature, check in with your bod
- Do NOT cook dinner

## Is it cold, flu or coronavirus?

COVID-19, the new coronavirus, struck in the middle of cold and flu season, leading some people to wonder what their respiratory ailments indicate. According to health officials, fever, cough and shortness of breath are the main coronavirus symptoms and are similar to flu symptoms. A runny nose and sneezing most likely means hay fever.

SYMPTOM	COLD	FLU	CORONA-VIRUS
 <b>Fever</b>	Rare	Yes, often high	Yes
 <b>Cough</b>	Mild to moderate	Yes	Yes, typically dry
 <b>Shortness of breath</b>	Rare	Yes	Yes
 <b>Fatigue, weakness</b>	Mild	Yes	Yes
 <b>Headache</b>	Rare	Yes	Sometimes
 <b>Muscle aches</b>	Slight	Yes, often	Yes
 <b>Sneezing</b>	Common	Sometimes	No
 <b>Sore throat</b>	Common	Sometimes	Sometimes
 <b>Stuffy or runny nose</b>	Common	Sometimes	Rare

Source: World Health Organization, Centers for Disease Control and Prevention

The Chronicle

**b. If you develop a dry cough, FEVER (defined as 100.4 deg. F or more), or shortness of breath (i.e. flu/COVID-19 symptoms)...**

- Right now, tests are limited to folks who know they've interacted with someone else who has a confirmed case or travelled internationally -- meaning, *for now we stay home unless we develop emergency warning signs* (see below)... however, this could change if more tests become available... keep checking:

- Check the RI Health Dept. page for updates on testing:  
<https://health.ri.gov/diseases/ncov2019/>
- OR call the new hotline:  
RI COVID-19 Hotline  
401-222-8022  
(Mon-Fri 8:30am-4:30pm)  
After hours: Call 211
- OR email: [RIDOH.COVID19Questions@health.ri.gov](mailto:RIDOH.COVID19Questions@health.ri.gov)
- **As a household, we quarantine** - i.e. *all of us - sick or healthy - stop leaving the house/garden* -- in Evan's words, we make The Switch
  - Sick person gets assigned a point person to deliver meals, check in on them, monitor symptoms, etc.
  - A bathroom will be designated for the sick person(s)
  - As a house, we let our outside contact(s) know that we are quarantining, so they can be on deck if we need groceries or stuff from the outside world
    - FOR FURTHER DISCUSSION: I was thinking we could '**quarantine pair**' with Westmyn Co-op (since we already have connections there & are in a similar boat) and help them if they need to quarantine and vice versa
    - Stuff from the outside world should be brought to the yard/front steps, but the deliverer should not come inside
  - No visitors, including significant others.
  - **When do we un-quarantine?**
    - Current guidelines are: 1 week after the last person to get sick starts showing symptoms OR 3 days after the last person has no fever (source: public-health-aunt Polly)
  - Note on quarantine timeline: I talked to my doctor/statistician uncle and public health professor aunt (power couple of the moment, amirite?).. When I raised the concern that it might take weeks/months for us all to get sick and end quarantine, they said that's *highly* unlikely... they estimated it would probably take 3 weeks of quarantine tops..
  - Sleep as much as possible! For real, sleep is basically antiviral

#### **c. If you develop emergency warning signs...**

- "People who think they have COVID-19 should **call** their healthcare provider. These people should NOT go directly to a healthcare facility without calling a healthcare provider (unless they are experiencing a medical emergency)."
- Point person **CALLS** the sick person's doctor, the RI COVID-19 hotline (see above!)
- Monitor your symptoms and look for **EMERGENCY WARNING SIGNS** (i.e. signs someone needs emergency help)
  - Difficulty breathing or shortness of breath
  - Persistent pain or pressure in the chest
  - New confusion or inability to arouse
  - Bluish lips or face
  - A large amount of vomiting or diarrhea

## **d. EMERGENCY CONTACTS**

**Call 911**

- if they have severe shortness of breath, or other life-threatening symptoms arise.
- Notify the operator that you have COVID-19 or suspect exposure to the virus that causes it. If possible, put on a face mask before emergency medical services arrive.

### **Call medical provider of sick person or COVID-19 Hotline**

- If they have fever, coughing, shortness of breath, and especially if they have emergency warning signs above

### **RI COVID-19 Hotline**

401-222-8022

(Mon-Fri 8:30am-4:30pm)

After hours: Call 211

OR email: [RIDOH.COVID19Questions@health.ri.gov](mailto:RIDOH.COVID19Questions@health.ri.gov)

Cooper's Personal Emergency Contacts [DELINKED]

>> contact (or help sick person contact) emergency contacts if severely sick

>> this page also has maintenance contacts like plumber, electrician, etc.

Co-op Utilities Contacts/Log-ins [DELINKED]

>> includes accounts/numbers for food ordering, electricity and heat, water supply, banking, internet, etc.

### **If your doctor says you should be tested...**

- **Ocean State Urgent Care:** CALL FIRST for drive through COVID-19 testing to people who qualify. Call 401-287-4440 for locations and initial screening.

## **6. OTHER DISCUSSIONS/PLANNING NEEDED**

### **A. General Plan**

- Going forward, best way(s) to get **food for the house**
  - Jonah/Teagan still good to be food shoppers? Need back-up?
  - Farm fresh ordering ok?
  - Grocery stores ok? Bodegas?
  - Current house grocery/shopping needs
    - What do we need/want in the immediate future?
    - Anything we should stock up on?
- **House survey?** -- individual concerns/fears? Individual health conditions (mental and/or physical) we should know about? Emergency contacts? Does anyone *not* have insurance right now (so we can make a plan re: hospitals, if needed)? Work situations/needs?
- How can we keep **morale, trust, and communication** strong in the house?
- How can we help each other **manage stress/anxiety** and **conflict**?

### **B. Quarantine/Emergency Plan**

- How can we prepare for a situation in which we're all sick in bed at the same time?

- How can we make potential quarantine more comfortable, fun, and healing, so it doesn't feel like a punishment or government imposition? // How can we remember that doing it saves lives?!
- How do we get things from the outside world if we need to quarantine? Should we quarantine pair with Westmyn?

## 7. HOUSE ENERGETICS (feel free to add thoughts here!)

- Kind attention; avoiding panic
- Appreciation for one another, the space, our privileges in this time
- Compassion for those experiencing this more directly
- Intention to be helpful and reduce harm
- Living the questions; Acknowledging our lack of knowledge/certainty; staying humble
- Curiosity/knowledge gathering/problem solving attitude >> gently turn toward what you fear... with curiosity, openness
- Care and attention to each other's mental & physical health and morale
- Compassion & solidarity with greater community & the whole world

## 8. STAYING UP TO DATE

### RI Health Department updates

[Coronavirus Disease 2019 \(COVID-19\)](#)

**RIDOH Twitter**

[RI Dept. of Health \(@RIHEALTH\)](#)

### Rachel Miller updates

<https://www.millerforward13.com/covid19>

### RI COVID-19 Hotline

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OR email: [RIDOH.COVID19Questions@health.ri.gov](mailto:RIDOH.COVID19Questions@health.ri.gov)

### CDC website

[Coronavirus Disease 2019 \(COVID-19\) | CDC](#)

### WHO website

[Coronavirus disease 2019 | World Health Organization](#)

## 9. OTHER GOOD RESOURCES FOR UNDERSTANDING WHAT THE HELL IS GOING ON, COMMUNITY RESPONSE, ETC. -- please share if you've found good ones!

Information about the virus and how it spreads // [why be concerned](#)

- [Q&A on coronaviruses \(COVID-19\) | WHO](#)
- [Transmission of Coronavirus Disease 2019 \(COVID-19\) | CDC](#)



- <https://www.flattenthecurve.com/act-and-prepare/> << very clear, well-organized Do's & Don'ts
- Some suggested reading from our science-writer friend Lynne (remember Lynne/Shuo/bbJuno from mosaic weekend!?)  
Lynne says... [here are] some of my "favorite" (?) science writing on the COVID-19 epidemic, all of which I've read thoroughly and (remotely) fact-checked myself:
  - [A COVID-19/coronavirus update from concerned physicians](#). Good graphs; doctor-led reporting.
  - [This coronavirus is unlike anything in our lifetime, and we have to stop comparing it to the flu](#). What do you do when there is no cultural precedent for your communal experience? You stop pretending to have one and pay attention. [ProPublica]
  - [Who is getting sick, and how sick? A break down of coronavirus risk by demographic factors](#). Great explanations, but skip if you have trouble thinking of humans as statistics. [STAT]
  - [They say coronavirus isn't airborne, but it's definitely borne by air](#). The race to prevent and treat coronavirus is exposing gaps in our knowledge of virology, epidemiology, and even fluid physics. The best science writing on coronavirus so far, IMO. [Wired]"

#### Community Resources (PVD or RI)

- AMOR's [RHODE ISLAND COMMUNITY RESOURCES DOCUMENT](#)
- [Motif Magazine Guide](#) >> includes info on States Resources, Feeding Kids, Community Help, Support for Artists, "Fun from Afar"
- [Rachel Miller's website - COVID-19 updates & resources](#)
- Economic Progress Institute fact sheets on RI [\(Un\)Employment Benefits and Services](#)
  - If you are out of work or if your place of business has closed, apply for UI.
  - If you are sick or quarantined, apply for TDI.
  - [RI eligibility for employment benefits](#)
- [RI Coalition for the Homeless resources/response](#)
- [Rhode Island Department of Health Updates](#)
  - Medical and quarantine information
  - Employment issues
  - Food sites for school children
  - School and child care information
  - COVID - 19 Fact Sheets
- [RI Food Assistance List](#) >> being continually updated for COVID-19 response
- Uninsured? [HealthSource RI](#) is opening a special enrollment period on Monday, March 16.
- Prescription delivery
  - ❖ [CVS free prescription delivery service](#)
  - ❖ [Green Line Apothecary](#): \$25 over-the-counter (e.g. Tylenol) deliveries are free, \$10 delivery charge for purchases less than \$25

#### Other co-op/group house/communal COVID-19 plans & resources

- [Kaleidoscope COVID19 Precautions - Public & shareable - Updated 3/14/20](#)
- NASCO | [Coronavirus Update & Resources](#)
- NYC Cooperative Housing Exchange | [Cooperative / Collective Housing Coronavirus Response](#)

#### Managing Stress & Mental Health

- Take breaks from the news!
- Learn factual facts!
- [Mental Health and Coping During COVID-19 | CDC](#)
- **Mindfulness and meditation resources**
  - ❖ <https://www.tarabrach.com/guided-meditations/>
  - ❖ <https://www.puregym.com/blog/top-free-mindfulness-apps/>
  - ❖ <https://www.unr.edu/counseling/virtual-relaxation-room>
  - ❖ <https://insighttimer.com/meditation-app>
  - ❖ [Center for Resilience Daily Mindfulness Sessions](#) at 8:00pm
- **Free phone-based crisis counseling:** Casey Gallagher, LMHC, LUNA Counseling and Community Care, 401.484.1551
- **COVID-19 related anxiety and Trauma-informed care for Health-care workers (English only)** <https://vimeo.com/398138843/b4dc58fcf5>
- <https://www.virusanxiety.com/>

#### Ways to help others...

...without leaving the house

- HOMELESSNESS | [National Low Income Housing Coalition](#) and the [National Alliance to End Homelessness](#) are asking that we call our representatives and senators to urge them address the housing and health needs of America's lowest-income renters and people experiencing homelessness who are at the greatest risk in the coronavirus pandemic. Click the links to go directly to information about contacting your Senator and Representative.
- AMOR is [collecting donations](#)
- [This fundraiser](#) is for financial relief for **RI hospitality workers**

...outside the house

- AMOR is also [looking for volunteers](#)
- Donating to the [RI Food Bank](#), the diaper bank (through [Project Undercover](#))

#### Mutual Aid Resources

- **Transformative Spaces' Demands from Grassroots Organizers Concerning COVID-19**
- [COVID-19 MUTUAL AID & ADVOCACY RESOURCES - Shared](#) << HUGE amount of resources in here -- like, lists of lists of resources... worth checking out!
- [Community Care Resources - COVID-19 MUTUAL AID & ADVOCACY RESOURCES](#)

- adrienne marie brown (*Emergent Strategy/Pleasure Activism*) | [Additional Resources for Facing Coronavirus/Covid19](#)