

LAST UPDATED 3/24/2020

This doc is accessible at <https://tinyurl.com/covidresources>

[LAST UPDATED 3/17/2020](#)

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General Info

- [CDC: What You Should Know](#)

"There is an ongoing investigation to determine more about this outbreak. This is a rapidly evolving situation and information will be updated as it becomes available."

- [Reddit/Canada: PSA Regarding COVID-19: A Warning](#)

"The aim of this document is simple: it's best to walk into something knowing what you're about to face. It also aims to reduce anxiety, panic and misinformation by arming you with key sourced information, all without downplaying the risks of COVID-19.

The document has gone through hundreds of iterations thanks to global community feedback, including from places such as Seattle, Australia, Canada, and the LA area. Although all facts are meticulously sourced from experts in their fields, you are responsible for your own health and your own research."

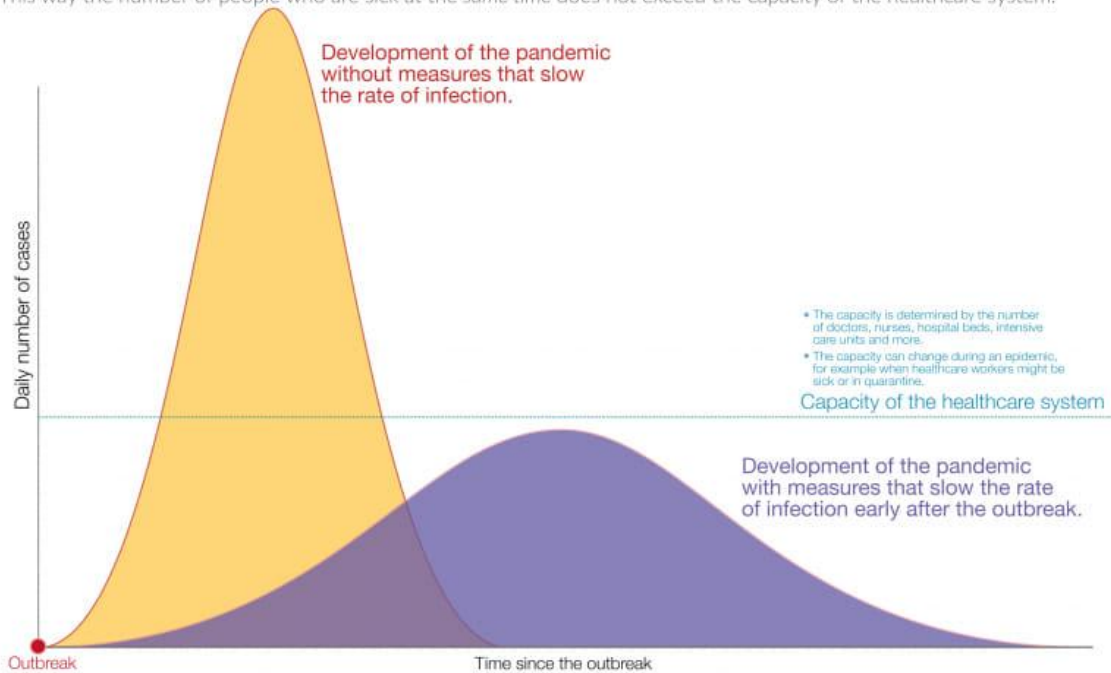
- <https://www.mutualaidhub.org/>

Flattening the Curve

In the outbreak of an epidemic *early* counter measures are important

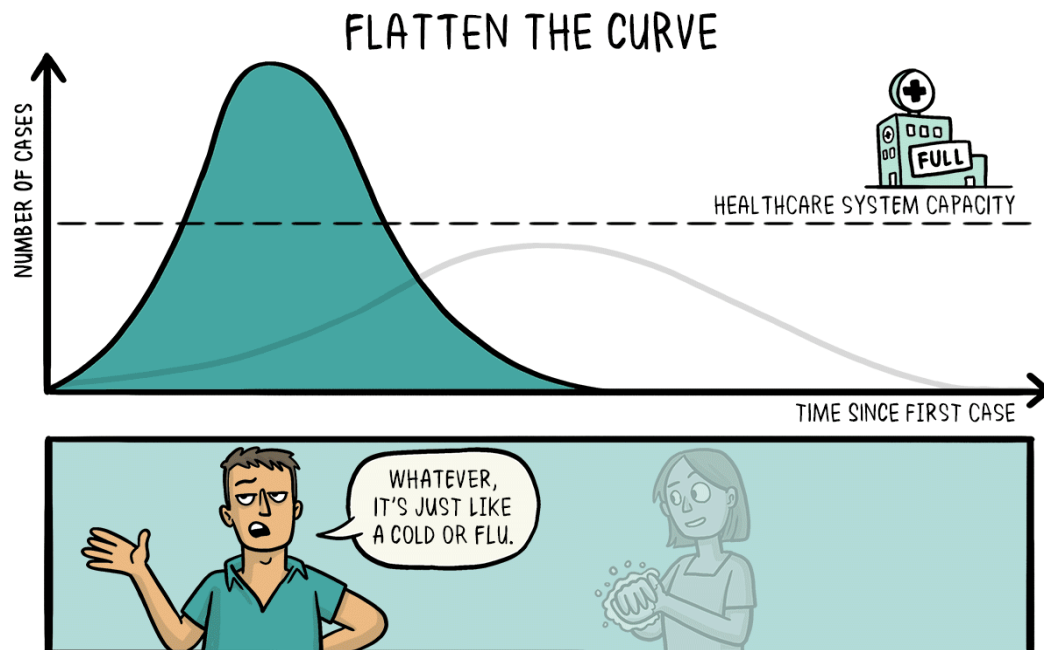
Our World
in Data

Their intention is to 'flatten the curve': to lower the rate of infection to spread out the epidemic. This way the number of people who are sick at the same time does not exceed the capacity of the healthcare system.



Based on the Centers for Disease Control and Prevention
OurWorldinData.org - Research and data to make progress against the world's largest problems.

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@SIOUXSIEW @XTOTL @THESPINOFTV

'ADAPTED FROM THOMAS SPLETTSTÖBER (@SPLETTE) AND THE CDC'

- [Scientific American: Preparing for Coronavirus to Strike the U.S.](#)
 "We should prepare, not because we may feel personally at risk, but so that we can help lessen the risk for everyone. We should prepare not because we are facing a doomsday scenario out of our control, but because we can alter every aspect of this risk we face as a society.
 "That's right, you should prepare because your neighbors need you to prepare—especially your elderly neighbors, your neighbors who work at hospitals, your neighbors with chronic illnesses, and your neighbors who may not have the means or the time to prepare because of lack of resources or time."
- [Washington Post: Why outbreaks like coronavirus spread exponentially, and how to "flatten the curve"](#)
This article is free from WaPo because it's COVID-related. It is phenomenal because it includes interactive graphics that simulate inaction vs social distancing.
- [Medium: "COVID-19 Update; 3/14/2020. A Message From Concerned Physicians"](#)
 "EVERYTHING WE DO BEFORE A PANDEMIC WILL SEEM ALARMIST. EVERYTHING WE DO AFTER WILL SEEM INADEQUATE" - Michael Leavitt
- [Google Docs: "Caring Across Distance: Some Things to Consider Before Movement Gatherings During COVID-19"](#)
 "1. Some Things That Are True About COVID-19 and Its Context
 2. Some Things to Take Into Consideration About Gatherings & COVID-19
 3. Some Alternatives to In-Person Events
 4. Even More Things That We Know About COVID-19 (Risks + Rates + Links)"
- [LinkedIn: What's your risk of dying of COVID-19 - or inadvertently allowing the death of someone in your community?](#)
 "As shown below, your personal risk, if you're a young and healthy adult, of catching and dying of the COVID-19 coronavirus this week is fairly low: probably below or only slightly above your risk of accidental death from something else. The risk to older age groups and those with chronic diseases is somewhat higher, so they should indeed be doing everything they can to limit outside contact.
 "But your risk of inadvertently catching and passing along the coronavirus to someone else, and continuing a transmission chain that eventually results in a COVID-19 death, is much higher. It's so high, in fact, that anything you can do as an individual to reduce that risk has a social value of at least \$250/day (doubling every week), and canceling large gatherings presents an opportunity to save multiple lives, even for fairly small groups."
- [Inquirer: "Coronavirus has shut down schools and events. Here's why that helps, short- and long-term."](#)
 "Cannuscio and colleague Alison M. Bittenheim, an associate professor at Penn Nursing, reminded the students to think of the human cost of shutting down schools and other programs, urging them to consider a less disruptive approach when possible. Delay large events that involve students from multiple schools, perhaps. Split classes into smaller groups, or put students on rotating schedules. Or, hold certain athletic events as scheduled but close them to fans, as host Amherst College did Friday for a

first-round NCAA championship basketball game featuring Rowan University.

"We tend to think in a dichotomous way: Either schools are open or schools are closed," Cannuscio said. "I want us to be thinking about a gradient."

- <https://www.flattenthecurve.com/>
This is a LOT of content, and the formatting isn't stellar, but there are LOADS of wonderful recommendations.
- [Medium: "Coronavirus: Why You Must Act Now"](#)
Data on the efficacy of lockdowns.
- [Medium: Hold the line](#)
"In contrast to hand-washing and other personal measures, social distancing measures are not about individuals, they are about societies working in unison. These measures also take a long time to see the results. It is hard (even for me) to conceptualize how on a population level 'one quick little get together' can undermine the entire framework of a public health intervention, but it does. I promise you it does. I promise. I promise. I promise. You can't cheat it. People are already itching to cheat on the social distancing precautions just a "little"- a playdate, a haircut, or picking up a needless item at the store, etc. From a transmission dynamics standpoint, this very quickly recreates a highly connected social network that undermines all of the work the community has done so far."
- [Google Docs: Safe Handling & Decontamination Protocols](#)
"I've had several people ask me for best practices for strict safe handling and decontamination procedures to effectively isolate themselves and protect immunocompromised or otherwise vulnerable family members from COVID-19. While nothing is perfect, here are a set of reasonable practices you can adopt to minimize the risk of infecting yourself and other people within your home.
I have a background in designing protocols for sterile technique in labs and biopharmaceutical manufacturing facilities, and have attempted to adapt instructions so they can be followed by a tired, untrained human. While you may not choose to adopt all of the recommendations below, they offer reasonable guidance for minimizing contamination, and you can decide how stringently to apply them. This document is a work in progress."

Maps and Statistics

- [NCoV2019.Live Dashboard](#)
This one is apparently being run by a student. It's text only, and seems to be getting frequent updates. Numbers are very slightly behind JH, below, at least on 3/10/2020.
 - [Democracy Now: Meet the 17-Year-Old Behind a Website Tracking Coronavirus Cases That Is Now a Vital Global Resource](#)

- [Johns Hopkins Global Cases map](#)
Exactly what it says on the tin. Massachusetts numbers are very very slightly behind news reports, at least on 3/10/2020.

Further reading!

- [Google Docs: Boston + MA COVID19 Resources](#)
This is actually a phenomenal list of reading along different axes. They included many additional resources I was considering sharing, plus more. Lots of utility whether you're in Boston or not.
"A Limited List of Resources Compiled by the Asian American Resource Workshop (a small grassroots pan-Asian organization) (Boston and Massachusetts specific with some national resources)"
- [Healing Justice: "Coronavirus: Wisdom from a Social Justice Lens"](#)
This is a podcast episode, plus a whole bunch of resource links.
"Unlike much of what we're seeing in the media and public discussion, the virtual gathering -- organized in a week's time -- centered the wisdom and life experiences of people who live with chronic illnesses and disability."
- [Vox: "A coronavirus reading guide for the perplexed, the anxious, and the obsessive"](#)
"It's overwhelming — including for those of us covering it. But if you're just getting up to speed, or you want to dig deeper, here's a (not-comprehensive, but still expansive!) list of some of the articles, papers, podcasts, and interviews we've found most useful, from both Vox and elsewhere."
- [Shine: CARE FOR YOUR CORONAVIRUS ANXIETY](#)
"We know that the internet can be an overwhelming place right now, and it can be tough to find the support you need.
So the team at Shine, in partnership with Mental Health America, have vetted and compiled a wealth of research-backed and helpful tools for you—articles, meditations, access to mental health experts, anxiety screenings, and more. Think of Care For Your Coronavirus Anxiety as your mental health toolkit during this time.
We'll be updating this resource regularly as we all move through this time together."
- [AFP: "Debunks of novel coronavirus prevention, cures, treatments"](#)
"The spread of the novel coronavirus and the Covid-19 disease that it causes has sparked an unprecedented wave of claims about how to prevent, treat and 'cure' both all over the globe.
Here is a list of debunks that AFP FactCheck has made on these types of claims so far, starting with the most recent."
- [Medium: "A Colorado COVID-19 Story"](#)
This is a first-person account of someone who's partner (age 33, healthy) became symptomatic with what is likely COVID-19. I found it helpful to put a narrative to what this illness looks like in a case that is deeply unpleasant but not requiring hospitalization.