

# SF DIY List of SARS-CoV-2 (Covid-19, coronavirus) Guide V1.5a

With [Medical Studies](#) with [FACTS](#) and other legit shit.

Compiled by chronic disease auto-immune folks that understand wtf is up!

## ===What should you do to be safe?===

### 1. You need to take **extreme precautions** if you:

- a) You work in any kind of food service or food delivery
- b) You work in or around hospitals or patients
- c) You work with or around people over age 50 or immunocompromised folks (deliveries and drop-offs)

### 2. How to be Safe?

For **food service** and **immunocompromised** and people over 50:

- Wear **gloves** and (N95 or better) **mask** if at all possible. If you cannot get a N95 mask, see DIY options below. See here for proper removal guidelines (important):

[https://www.who.int/csr/disease/ebola/remove\\_ppequipment.pdf](https://www.who.int/csr/disease/ebola/remove_ppequipment.pdf)

- **Dispose of gloves** when you get to your destination (right before you arrive). Put on an extra pair if you have them.

- **DO NOT go inside** for any drop-offs. Leave items at the door.

- Do not touch doors and handles or anything if you can help it. Instruct people to use garage door openers if they can, to let you in to a front drop off area. See New Zealand Fire department's warning from 3/26:

<https://www.facebook.com/Nelsonfirebrigade/photos/a.250799035652779/629659991100013/?type=3&theater>

- **Guide by MD for disinfecting food and groceries:**

<https://www.youtube.com/watch?v=sjDuwc9KBps>

### 3. How to be Safe?

if you are **over 50** or **immunocompromised**?

You guessed it --- **STAY INSIDE!** Do Not Leave for any reason short of urgent care or emergency, if you can help it. See the lists below to get food, medications, etc. delivered most places for *free*. This is important: quarantine is the *only* solution proven to protect ourselves. Each time you go outside you are putting yourself and others at risk.

- If you have home care providers you cannot do without (i.e. will be in hospital) than show them this document and **educate!** Make sure they use the above safety procedures.
- Do Not answer the door. Non-Emergency drop-offs should be left outside for 24 hrs (min) if possible, if not, use alcohol (70% or 91% is better) diluted bleach, laundry detergent, or Lysol to disinfect whatever was dropped off. When you bring a package inside, leave it in your living room for a while if it's not urgent. Food should be left

outside for 24 hrs. (for that reason, try to limit frozen deliveries, unless the box has been sanitized).

- Wash your hands frequently for 30 seconds, use gloves in common spaces, and be especially careful of common bathrooms (and the toilet flusher). Gloves can be sanitized and reused as well (I rotate a few pairs each day, making sure not to touch used ones for 24 hrs+)
- Try to open cabinets and doors from the side and edges, instead of grabbing knobs and handles
- Disinfect knobs, handles, drawers, wheelchair brakes, canes, locks, keys, etc. frequently
- Wear a N95 or better mask in common spaces (this might be much for some folks, but it is best practice).
- If you're worried about mood / cabin fever, use Vitamin D supplements or a UV lamp. Remember, scientists and researchers in Antarctica can go without sunlight, it's not going to be that bad! Disabled folks are used to being inside a lot and have skills to offer.
- You won't be able to do all this perfectly (it's hard!) but do your best, and be kind to yourself <3

*These instructions should be the same for everyone, but are especially important for people over 50 and immunocompromised folks.*

If CDC says stay 6ft away, stay **10ft away**. If it says masks sometimes, **use masks always**. Err on the side of caution! Facts are coming in each day and they increasingly look bad as far as how contagious this disease is. See The Ethics Of Precaution:

[https://www.academia.edu/42223846/Ethics\\_of\\_Precaution\\_Individual\\_and\\_Systemic\\_Risk](https://www.academia.edu/42223846/Ethics_of_Precaution_Individual_and_Systemic_Risk)

**Remember: This virus can live for DAYS on stuff (see study below)!**  
**Educate and read medical studies here**

Good intro video (it's slightly outdated but has good info and medical oversight):

<https://www.youtube.com/watch?v=BtN-goy9VOY>

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### **Medical Studies (trust studies, *not* CDC / WHO!)**

Study on Lifespan of Covid-19 on surfaces

<https://www.medrxiv.org/content/10.1101/2020.03.09.20033217v2.full.pdf>

Study shows Covid-19 can take up to 24 days to show symptoms:

<https://www.ncbi.nlm.nih.gov/pubmed/32134116>

Survival of Covid-19 up to 17 days on cruise ships:

<https://www.ncbi.nlm.nih.gov/pubmed/32191689>

<https://www.cdc.gov/mmwr/volumes/69/wr/mm6912e3.htm>

"SARS-CoV-2 RNA was identified on a variety of surfaces in cabins of both symptomatic and

*asymptomatic infected passengers up to 17 days after cabins were vacated"*

Study on Antibiotics to help cure Covid-19

[https://www.mediterranee-infection.com/wp-content/uploads/2020/03/Hydroxychloroquine\\_final\\_DOI\\_IJAA.pdf](https://www.mediterranee-infection.com/wp-content/uploads/2020/03/Hydroxychloroquine_final_DOI_IJAA.pdf)

Study on Covid-19 attacking the nervous system:

<https://onlinelibrary.wiley.com/doi/full/10.1002/jmv.25728>

Study on different blood types with Covid-19 (type A most at risk):

<https://www.medrxiv.org/content/10.1101/2020.03.11.20031096v1>

Covid-19 in fecal matter (poop):

<https://www.medscape.com/viewarticle/926682>

<https://www.medscape.com/viewarticle/926856>

Study on Immune response case study (non severe) for Covid-19:

<https://www.nature.com/articles/s41591-020-0819-2>

Study of SARS1 (similar, but not the same as Covid-19!) survival on surfaces:

[https://www.journalofhospitalinfection.com/article/S0195-6701\(20\)30046-3/fulltext](https://www.journalofhospitalinfection.com/article/S0195-6701(20)30046-3/fulltext)

Note, this study is not peer-reviewed and should not be taken at face value (like all studies). However, it's useful to know the the virus thrives in human conditions, and dies at hotter temperatures.

ER doctor Craig Spencer, MD (on the front lines in New York City):

[https://twitter.com/Craig\\_A\\_Spencer](https://twitter.com/Craig_A_Spencer)

<https://twitter.com/i/status/1243334671238299650>

*"We were too late to stop this virus. Full stop. But we can slow it's spread. The virus can't infect those it never meets. Stay inside. Social distancing is the only thing that will save us now. I don't care as much about the economic impact as I do about our ability to save lives"*

Staying safe distance when running / exercising (simulation study using medical info:

<https://docdro.id/JNz1X11>

<https://www.ansys.com/blog/simulations-reduce-covid-19-spread>

<https://www.theglobeandmail.com/life/health-and-fitness/article-joggers-need-to-be-even-farther-than-two-metres-when-going-past-you/>

Michael Lin, PhD-MD useful guide and breakdown on stats:

<https://docdro.id/ifCWExO>

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## Statistics

(don't rely on them too much, they are heavily manipulated right now). They can give a "ballpark" though.

London Imperial College predicts 1 Million+ USA deaths:

<https://www.imperial.ac.uk/news/196234/covid19-imperial-researchers-model-likely-impact/>

<https://www.imperial.ac.uk/mrc-global-infectious-disease-analysis/news--wuhan-coronavirus/>

March 20 demographics from Italian National Health Institute (ISS):

[https://www.epicentro.iss.it/coronavirus/bollettino/Report-COVID-2019\\_20\\_marzo\\_eng.pdf](https://www.epicentro.iss.it/coronavirus/bollettino/Report-COVID-2019_20_marzo_eng.pdf)

<https://www.epicentro.iss.it/coronavirus/sars-cov-2-decessi-italia>

Live stats from Italy (official):

<https://lab24.ilsole24ore.com/coronavirus/>

Other statistics:

<https://www.worldometers.info/coronavirus/coronavirus-age-sex-demographics/>

<https://www.worldometers.info/about/>

Japan analysis on asymptomatic cases on cruise ship:

<https://www.eurosurveillance.org/content/10.2807/1560-7917.ES.2020.25.10.2000180>

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## **Masks**

Study on masks using household items:

<https://academic.oup.com/annweh/article/54/7/789/202744?>

<https://academic.oup.com/annweh/article-pdf/54/7/789/523168/meq044.pdf>

HongKong.gov mask guidelines:

<https://www.info.gov.hk/info/sars/en/facemask.htm>

Great detail on different kinds of masks and stats:

<https://fastlife hacks.com/n95-vs-ffp/>

DIY Simple homemade mask:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3373043/>

Lookup DIY mask – there's lots of video and info out there!

Proper removal of masks and gloves (PPE guidelines):

[https://www.who.int/csr/disease/ebola/remove\\_ppequipment.pdf](https://www.who.int/csr/disease/ebola/remove_ppequipment.pdf)

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## **DIY Projects:**

DIY projects to help with outbreak

<https://helpwithcovid.com/>

Outschool (make money teaching online!)

<https://blog.outschool.com/outschool-needs-5-000-teachers-to-start-offering-live-online-classes-outschool-needs-5-000-teachers-to-start-offering-live-online-classes-in-the-next-2-weeks/>

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## **Tenant Rights Info:**

The Tenants Will Win: TANC Pandemic Organizing Guide - TANC (Tenant And Neighborhood Councils):

<https://docs.google.com/document/d/1osMMHmOn3nyhx3Or4HzKtRaeaRAyEDwnQRAtVDgt47c/>

Tenant Resource List (SF)

[https://docs.google.com/document/d/1G-n\\_wK1JXuNHc2drqFjq3JdY-8ILG343zvbM5q8Ykx8/edit#](https://docs.google.com/document/d/1G-n_wK1JXuNHc2drqFjq3JdY-8ILG343zvbM5q8Ykx8/edit#)

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## Cough Medicine Info:

Mucinex "active ingredient" guaifenesin does not help with mucus:

<https://www.cbsnews.com/news/active-ingredient-in-mucinex-other-cold-medicines-doesnt-help-get-rid-of-phlegm-study/>

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## Huge, Awesome Resource Lists (TONS of links and info in each to all categories!)

Nationwide wiki with tons of info (but Beware, relies on innaccurate CDC guidelines!)

<https://cazkilljoy.com/2020/03/07/pandemic-chronic-illness-and-us/>

Massive activist-led mutual aid list:

<https://pad.riseup.net/p/covid19mutualaid-keep>

California Main List:

<https://nextgenpolicy.org/covid-19-ca-resources/>

SF and LA:

<https://www.1degree.org/covid-19>

SF Bay Area:

<https://docs.google.com/document/d/1R9y8KLbU-oZTJheoqobmqg6TJxkwSjTkJvm6WywHURk/>

SF Bay Area:

<https://mailchi.mp/peacockrebellion/coronavirus-cash-tips-mutual-aid-7036968?e=5d6191c066>

(older):

[https://drive.google.com/drive/folders/1s\\_plo8ISly4a-JfV0wgEvIYIzvxnl0P8](https://drive.google.com/drive/folders/1s_plo8ISly4a-JfV0wgEvIYIzvxnl0P8)

SF Bay Area Alameda County Houseless Resources

<https://docs.google.com/document/u/0/d/1NM09MaFbV7IBEalGDA1i511pOno8ejuf47Wl0k5cJUI/mobilebasic>

Undocumented (Immigrant) Support and info:

[https://docs.google.com/document/u/0/d/1PxLuuH0-hwHXftUXuEi52Q1qWUDegN8\\_I1L4ulIFwzk/mobilebasic](https://docs.google.com/document/u/0/d/1PxLuuH0-hwHXftUXuEi52Q1qWUDegN8_I1L4ulIFwzk/mobilebasic)

Note: Authors of this doc strongly disagree with the "10 reasons not to panic" listed in the above doc.

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## Mental Health

"Pay What You Can" Zoom therapy for at-risk:

<https://calendly.com/moonwise/paywhatyoucan?month=2020-03>  
<https://www.jihanmcdonald.com/>

Low Income Meditation:

<https://meditation.thinkific.com/courses/sage-institute-meditation-challenge-2020>

Meditation:

<https://eastbaymeditation.org/programs/zoom-links/>

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### **Just For Fun:**

Amazing Pet Fashion Show!

<https://docs.google.com/presentation/d/1PNrny-CdyZ1plGFzY2iAn7dUQZ6Exnc9dYCXpLisOuE/present?>

Wholesome Resources and Cool stuff

<https://docs.google.com/spreadsheets/d/1McMpN9HeIwgwnkZm69-W6u4szG3mjAi7G1HJjtAynW4/>

Quarantine Games!

[https://docs.google.com/document/d/10iOD7Wy\\_YU4NmkPU7ZH7YTrq11qJAANjZZ0PAotKhR8/preview?](https://docs.google.com/document/d/10iOD7Wy_YU4NmkPU7ZH7YTrq11qJAANjZZ0PAotKhR8/preview?)

Online Open Mics!

[http://www.drdsan.solutions/Global\\_Open\\_Mic\\_Listings.htm](http://www.drdsan.solutions/Global_Open_Mic_Listings.htm)

Free online concerts!

<https://www.billboard.com/series/billboard-live-at-home>

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### **Combating Prejudice:**

Combating Covid-19 Racism:

[https://docs.google.com/document/d/1-DLnAY5r-f4DRLZgndR\\_Bu47nqHVtAOKem5QRmbz7bg/](https://docs.google.com/document/d/1-DLnAY5r-f4DRLZgndR_Bu47nqHVtAOKem5QRmbz7bg/)

Incident Report forms for racist attacks against Asian Americans (Asian Pacific Policy and Planning Council)

<http://www.asianpacificpolicyandplanningcouncil.org/stop-aapi-hate/>

Combating Covid-19 Ageism and Ableism:

<https://creakyjoints.org/living-with-arthritis/rheumatoid-arthritis-during-coronavirus/>

<https://www.fastcompany.com/90476259/when-you-say-coronavirus-will-only-kill-the-vulnerable-youre-talking-about-me>

<https://docdro.id/LnCLC0X>

DREDF Warns that Medical Rationing on the Basis of Disability is Illegal:

<https://dredf.org/the-illegality-of-medical-rationing-on-the-basis-of-disability/>

Race and Ethnic discrimination in Disability (health issues disproportionately affect ppl of color):

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4919210/>

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### **Lyme Disease Resources:**

Very short video on why Lyme disease folks are at risk now:

<https://www.youtube.com/watch?v=GEK4XsAtE0U>

Article on why Lyme patients know the CDC is shitty:

<https://www.forbes.com/sites/marybethpfeiffer/2020/03/13/lessons-from-lyme-disease-six-reasons-the-cdcs-covid-19-failure-was-predictable/>

Lyme Disease patients protest CDC in SF in 2013:

[https://www.youtube.com/watch?v=M1X4zDZkI\\_4](https://www.youtube.com/watch?v=M1X4zDZkI_4)

Info about Lyme Disease autoimmune issues and advice for Lyme Disease patients with regards to coronavirus:

[https://www.youtube.com/watch?v=9BdKDIuALVc&feature=emb\\_title](https://www.youtube.com/watch?v=9BdKDIuALVc&feature=emb_title)

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### **Podcast on COVID-19**

<https://irresistible.org/podcast/corona>