

March 6, 2020-03-12

Hi ...,

We spoke yesterday on the phone and you invited me to email you our suggested recommendations as the City of ... prepares its recommendations to be sent out to the community.

I have attached ours that come from the past month of tracking counties and communities from around the world and their response to the outbreak, as well as researching best health practices in regard to the outbreak.

If you could send me a quick note to let me know this has arrived in your inbox, that would be great - thanks!

And thank you for your efforts, with warm regards,

Miriam

*Miriam Mason Martineau*

***As the City of ... prepares its recommendations for the community, here our suggested points to include. Thank you for your efforts!***

**Community Preparedness - Recommendations for the City of ... in regard to the Coronavirus and its implications on our systems, community and healthcare**

**As an individual:**

- Only visit elderly in Senior's homes and their own homes if you are healthy. Stay away if you are sick.
- Keep your immune system strong. Vitamin C and Zinc are good for this.
- NO HANDSHAKING! Use a fist bump, slight bow, elbow bump, etc.
- Use ONLY your knuckle to touch light switches, elevator buttons, etc.. Lift the gasoline dispenser with a paper towel or use a disposable glove.
- Open doors with your closed fist or hip – do not grasp the handle with your hand, unless there is no other way to open the door. Especially important on bathroom and post office/commercial doors.
- Use disinfectant wipes at the stores when they are available, including wiping the handle and child seat in grocery carts.
- Wash your hands with soap for 10-20 seconds and/or use a greater than 60% alcohol-based hand sanitizer whenever you return home from ANY activity that involves locations where other people have been.

- Keep a bottle of sanitizer available at each of your home's entrances. AND in your car for use after getting gas or touching other contaminated objects when you can't immediately wash your hands.
- If possible, cough or sneeze into a disposable tissue and discard. Use your elbow only if you have to. The clothing on your elbow will contain infectious virus that can be passed on for up to a week or more!
- Stock up now with zinc lozenges. These lozenges have been proven to be effective in blocking coronavirus (and most other viruses) from multiplying in your throat and nasopharynx. Use as directed several times each day when you begin to feel ANY "cold-like" symptoms beginning. It is best to lie down and let the lozenge dissolve in the back of your throat and nasopharynx. Cold-Eeze lozenges is one brand available, but there are other brands available.
- Avoid crowded places and large gatherings
- Stock up on some basics at home so that you are self contained for a few weeks if required at any point.

#### **As an organization / business:**

- Put disinfectant at entrances to all public spaces with clear directions to use them!
- Get creative - is there a way you can run your business, your school etc. online if needed? For example, fitness gyms could offer classes online and not lose members. Counselors can offer sessions online and still serve their clients. Students can keep up with their classes through online options. If you get this ready now, you will be ready when/if the time comes that we need to truly stay home for a few weeks.
- Churches: Disinfectant at entrance with signage that also talks about not giving sign of peace with a hand shake for the next while.
- Schools: Make online teaching alternatives available for kids/families who choose to self-quarantine and/or in the case of school closures (which have been happening increasingly). Also, ensure that the washroom facilities are in good working order so the kids can full-fill their preventive measures of hand washing.
- Give your employees clear directions to stay home if they feel sick and give employees options to work from home if possible.

#### **As the Healthcare System:**

- Make testing for the virus easy! Some countries are offering drive-by testing - it doesn't have to happen in a hospital and it only takes a couple of minutes. Without sufficient testing of people with symptoms we are simply "putting our

heads in the sand". And getting false data about how fast and where the virus is travelling to.

- Testing should be available to anyone concerned they have been infected. The time when it made sense to only check those of have been to China, Iran, Japan, Singapore or Italy, is over. There is now evidence of community transmission in BC, as well as a growing number of confirmed cases just south of the border, and many people who travel extensively, especially with spring break just around the corner.
- While most cases of the virus are mild, it is a new virus and we don't yet know the long-term implications of it. There are now accounts that it could cause irreversible lung damage, even in cases that are mild (reference: <https://www.news.com.au/lifestyle/health/health-problems/chinese-doctors-say-coronavirus-like-a-combination-of-sars-and-aids-can-cause-irreversible-lung-damage/news-story/f58f19c5eeae99b845c54e2d2b9305ca>)

And to close, here a link to **an example of a country (Taiwan) that has been proactive rather than reactive, with very encouraging results:**

<https://www.voanews.com/science-health/coronavirus-outbreak/why-taiwan-has-just-42-coronavirus-cases-while-neighbors-report>

#### **References:**

Recommendations for individual prevention and containment: Common sense :) and this from eminent pathologist Dr James Robb: <https://slippedisc.com/2020/03/some-expert-advice-on-coronavirus/>

Community transmission now in BC: <https://www.theglobeandmail.com/canada/article-bc-records-first-known-community-transmission-case-of-coronavirus/>

Possible long-term implications of the virus:  
<https://www.news.com.au/lifestyle/health/health-problems/chinese-doctors-say-coronavirus-like-a-combination-of-sars-and-aids-can-cause-irreversible-lung-damage/news-story/f58f19c5eeae99b845c54e2d2b9305ca>