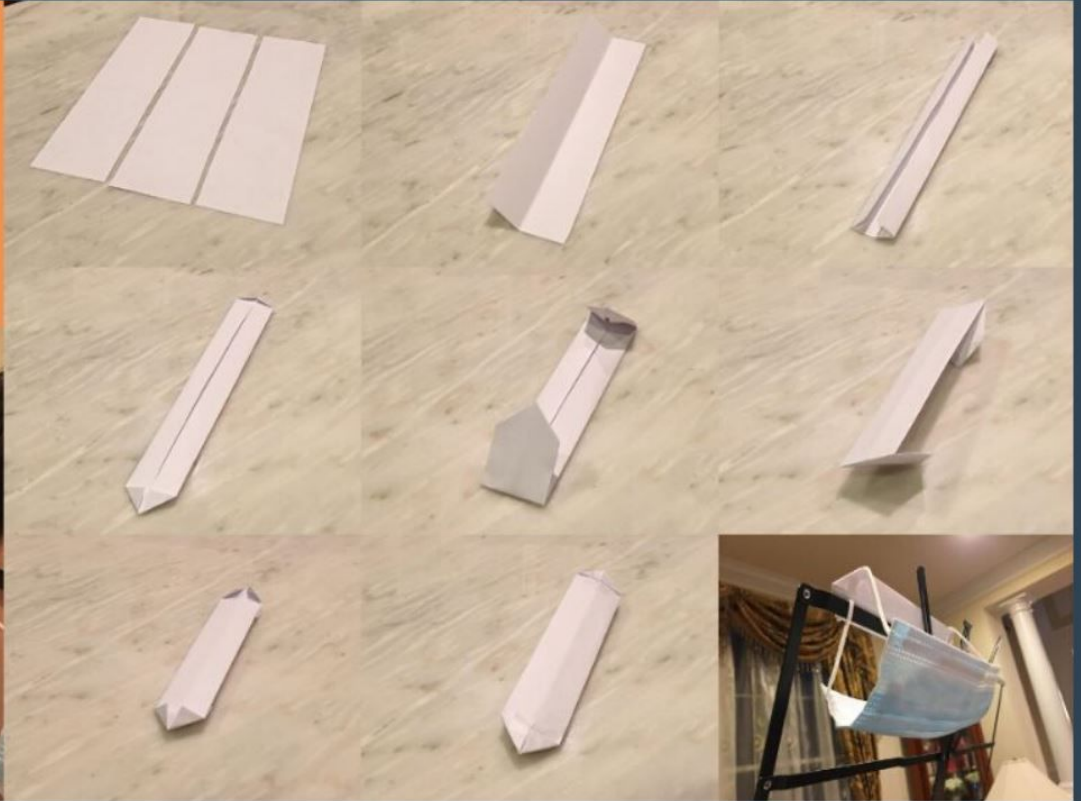


THE YCRO DISPATCH

Comfortable Origami Ear Saver!

*Source: OSMS



Origami Earsavers

By Emma Cheng

YCRO's very own 2D Printing subteam recently designed an innovative, yet simple way for people to help frontline workers from home. Frontline workers spend hours wearing masks. This puts painful strain on their ears, which can lead to chafing, skin irritation, and inflammation. To mitigate this, "ear savers" hold mask straps in place at the back of the head, without ears taking any of the burden. The amazing members in 2D Printing created origami ear savers, which require only a piece of paper, some tape or a stapler, and a few minutes! At first, each ear saver may take around three minutes to make, but the process quickly speeds up with practice. And although folding them involves little effort or time, these paper ear savers are incredibly durable; according to the 2D Printing team leaders, they lasted 15 days during stress testing. The easy-to-follow tutorial is posted on the YCRO Facebook page, as well as on its YouTube channel. Crafting ear savers is a small but mighty way to give back to our frontline heroes. In fact, YCRO has already delivered 470 of these and counting to local hospitals, accompanied by encouraging notes for receiving healthcare workers.

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Safely Protesting

By Khushmeet Chandi

The recent murder of George Floyd at the hands of Minneapolis police serves as a wake up call to the systematic racism embedded in our police departments. As many take to the streets to protest police brutality and call for reforms among law enforcement agencies, questions concerning how to safely protest amidst a global pandemic arise.

While exercising your rights and demanding reforms through protests is a worthy cause, it is important to take into consideration not only your susceptibility to COVID-19, but also that of your loved ones and roommates. Include age, comorbidities, and local infection rates in the assessment. If the risk is not worth it, there are other ways you can contribute to the movement from home.

You can take action virtually by signing petitions, calling government officials, and donating to bail funds or local organizations working to defund local law enforcement. There are resources linked at the end of

the article that detail how you can get involved from home. Please note that if you or anyone you have been in contact with for the past 14 days have displayed symptoms of COVID-19, please do not attend any protests.

If you do choose to go outside and take part in the protests, be sure to comply with COVID-19 safety measures to the best of your ability.



Figure 1. How To Stay Safe While Protesting from Malaka Gharib, NPR

Wear personal protective equipment, especially face masks, when protesting. If you can afford to wear a medical grade mask, please ensure that you are wearing it properly at all times. Pack hand sanitizer and cough or sneeze into your elbow. It is also worth noting that more respiratory droplets can be expelled when yelling or talking loudly. Please try to put an extra distance between you and anyone who is chanting, especially if they aren't wearing a mask. While social distancing may be long forgotten, if you are able to protest from your window, balcony, or even your car, please consider that option. Try your best to limit contact with others and wash or sanitize your hands often. While this article detailed how to stay safe from COVID-19 while protesting, feel free to explore the other resources linked to learn how to safely protest in other ways.

Resources on how you can make a difference from home:

<https://blacklivesmatters.carrd.co/>

<https://blacklivesmatter.com/resources/>

<https://www.manrepeller.com/2020/06/black-lives-matter-resources.html>



COVID-19: VA Phase 3

By Angie Huang

Is Virginia reopening too quickly? Perhaps the situation is better than we thought. Throughout Phase 2, Virginia's tracked statistics had been steadily improving, from available hospital beds and percent of people testing positive to overall personal protective equipment (PPE) supply. As a result, on Tuesday, June 23, Governor Ralph Northam announced his plan for Virginia's Phase 3 of reopening, beginning on July 1.

Despite being the areas that have been the most affected by the pandemic, northern Virginia and Richmond are planning to enter Phase 3 along with the rest of the state. However, delays for these regions are being considered if it later becomes necessary.

Phase 3 of reopening includes many increases in capacity and maximum number of people allowed in certain places. Both restaurants and nonessential businesses will be able to operate at full capacity, although physical distancing is still required. Recreational spaces, such as swimming pools, indoor gyms, and fitness centers will be at a 75% capacity. Entertainment venues, such as museums and zoos, will have their capacity increased to 50%, with a 1000 person cap on outdoor venues. The cap on social gatherings has now been raised to 250, a significant increase from Phases 1 and 2, which capped at 10 and 50 people, respectively.

Forward Virginia: Phase Three

	PHASE TWO	PHASE THREE
NON-ESSENTIAL RETAIL	 Open with 50 percent capacity	 Open
RESTAURANTS AND BEVERAGE SERVICES	 Indoor and outdoor seating at 50 percent capacity	 Open
ENTERTAINMENT VENUES	 Low-contact indoor and outdoor open; high-contact closed	 Open with 50 percent capacity
FITNESS AND EXERCISE	 Open with 30 percent capacity	 Open with 75 percent capacity
BEACHES	 Open	 Open
GATHERINGS	 50-person limit	 250-person limit
TELEWORKING	 Strongly encouraged	 Strongly encouraged
FACE COVERINGS	 Required	 Required
CHILDCARE	 Open	 Open
PERSONAL GROOMING	 Appointment only	 Open
PRIVATE CAMPGROUNDS	 Open	 Open
OVERNIGHT SUMMER CAMPS	 Closed	 Closed
STATE PARKS	 Open	 Open

Figure 2. A summary of Phase 3 of Virginia's reopening compared to Phase 2 from Governor Ralph Northam's press conference presentation.



Child care centers will be allowed to reopen across Virginia, while overnight summer camps will remain closed. Barbershops and hair salons can take walk-ins in addition to appointments. Facial coverings and social distancing, as always, will be required in all public indoor spaces and on public transportation.

Beaches are still open for leisure, a continuation from Virginia's Phase 2 plan. Recreational sports will be allowed to continue as long as physical distance can be maintained. Additionally, the limit on shared equipment will be lifted as long as it can be sanitized.

Despite the slight relaxation in reopening, people are still encouraged to stay at home, especially those that may be more at-risk for the effects of COVID-19. Teleworking is still strongly recommended whenever possible.

The governor's PowerPoint displayed during the press conference on June 23 can be found at <https://www.governor.virginia.gov/media/governorvirginiagov/governor-of-virginia/pdf/Slide-deck-6.18.2020-Forward-Virginia-Phase-Three.pdf>.

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