

COVID-19 Avoidance

MAN 4633 Strategic Management

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## Introduction

Just over a year ago, a new kind of coronavirus disease was discovered in Wuhan, China (CDC, 2020). Concern over the virus rapidly increased throughout early January with the World Health Organization creating several teams to help detail and combat the new virus (*Archived: WHO Timeline - COVID-19*, n.d.). By the end of January, scientists were able to test for the new disease, named COVID-19, and had determined that human-to-human transmission was possible (*Archived: WHO Timeline - COVID-19*, n.d.). On March 11, 2020, the World Health Organization “made the assessment that COVID-19 can be characterized as a pandemic” (*Archived: WHO Timeline - COVID-19*, n.d.).

## Plan

My plan to protect myself from the possibility of acquiring COVID-19 consists of three parts. Social avoidance will detail my plan to limit visits to the “outside world.” Masks will outline my plan to make sure I always have a fresh mask available and am wearing it properly. Testing will profile my plan to get tested when possible and when necessary.

### Social Avoidance

My plan for avoiding the outside world can be broken as well. Rather than planning to maximize my time at home, I have a plan to minimize my time in and contact with the outside world with sections for work, school, shopping, and sports and leisure.

### *Work*

When I started my new position at Draken International, I was disappointed to learn that while the company officially has a mask policy, no one enforces it and the employees, when they do wear masks, wear them at odd times like walking through the building but not when talking to each other.

My position involves finding items in inventory and pulling their maintenance cards and scanning them in. This means frequent contact with potential high touch surfaces and so I sanitize my hands accordingly, frequently and with vigor. I also wear my mask at all times except when at my desk. The reason I do not wear my mask at my desk is because I have an entire room to myself at the back of the building where no one else visits except for my roommate who also happens to work there.

### *School*

I visit campus as little as I possibly can and always wear my mask indoors and when outside and chatting with friends. I make an effort to sanitize and wash my hands as frequently as possible and use the provided Clorox wipes to wipe down my desk at the beginning and end of class. For any Flex classes that I may have, I attend in person as little as possible to limit my exposure. I also do my best to attend my online classes at home but this can be difficult because they are back-to-back with my in-person classes.

### *Shopping*

Limiting my exposure to the outside world is a key part in my plan to avoid COVID-19, including limiting unnecessary shopping. When possible, I do all my shopping online. If I need to go into a store, I find the product I want online and go straight to that product on the shelves and then to the checkout lanes. For groceries, I maintain a shopping list for each store I may want to visit (Costco, Aldi, Publix, etc), and do my best to maximize the number of items purchased from one store while minimizing the other two with the end goal of making fewer visits. I also purchase as many things at Costco as I can because their large packages mean that I need to make fewer grocery trips.

### *Sports and Leisure*

I do not have fun outside of the house with one exception. I go mountain biking at Alafia River State Park every two to three weeks. However, I always go with the same people and we always do our best to stay socially distanced. Otherwise, if I am participating in a leisure activity, it is a solo activity such as hiking or longboarding.

### **Masks**

Not only is wearing a mask important, it is also important to wear a clean one. I have many masks that I keep in rotation and wash every week. Not only do I wear a new one each day, but if I feel that I have been in close contact with the same people for too long, I will change masks once I have left to reduce the risk of me spreading

what they may have had to new people. I also carry spare masks with me in case one breaks or otherwise becomes unusable.

### **Testing**

Testing can take up a large portion of my day depending on where I am being tested. In addition, it can be difficult to register for a test online. I know that I can register for a drive-through test at CVS which will take approximately two hours in a worst case scenario and that their online test registration opens at approximately 6am every day for the day two days out.

### **Expected Outcomes**

With this plan in mind, I do not expect to contract COVID-19. Unfortunately, masks mainly serve to protect others and I do not trust my fellow man to take the same care and considerations in protecting my health that I have in protecting their health. I expect that I am most likely to contract COVID-19 at school due to my prolonged close proximity with students and faculty who, as said before, do not take the same cares I do.

## **Bibliography**

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