[I will likely edit this periodically]

# City of Toronto

City of Toronto official page for advice:

<https://www.toronto.ca/home/covid-19/>

# email from one of the leading coronavirus research scientists

He wrote this email, but it was never intended to be widely distributed (although he does not mind)

“...

Subject: What I am doing for the upcoming COVID-19 (coronavirus) pandemic.

Dear Colleagues, as some of you may recall, when I was a professor of pathology at the University of California San Diego, I was one of the first molecular virologists in the world to work on coronaviruses (the 1970s). I was the first to demonstrate the number of genes the virus contained. Since then, I have kept up with the coronavirus field and its multiple clinical transfers into the human population (e.g., SARS, MERS), from different animal sources.

The current projections for its expansion in the US are only probable, due to continued insufficient worldwide data, but it is most likely to be widespread in the US by mid to late March and April.

Here is what I have done and the precautions that I take and will take. These are the same precautions I currently use during our influenza seasons, except for the mask and gloves.:

1) NO HANDSHAKING! Use a fist bump, slight bow, elbow bump, etc.

2) Use ONLY your knuckle to touch light switches. elevator buttons, etc.. Lift the gasoline dispenser with a paper towel or use a disposable glove.

3) 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.

4) Use disinfectant wipes at the stores when they are available, including wiping the handle and child seat in grocery carts.

5) 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.

6) 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.

7) 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!

What I have stocked in preparation for the pandemic spread to the US:

1) Latex or nitrile latex disposable gloves for use when going shopping, using the gasoline pump, and all other outside activity when you come in contact with contaminated areas.

Note: This virus is spread in large droplets by coughing and sneezing. This means that the air will not infect you! BUT all the surfaces where these droplets land are infectious for about a week on average - everything that is associated with infected people will be contaminated and potentially infectious. The virus is on surfaces and you will not be infected unless your unprotected face is directly coughed or sneezed upon. This virus only has cell receptors for lung cells (it only infects your lungs) The only way for the virus to infect you is through your nose or mouth via your hands or an infected cough or sneeze onto or into your nose or mouth.

2) Stock up now with disposable surgical masks and use them to prevent you from touching your nose and/or mouth (We touch our nose/mouth 90X/day without knowing it!). This is the only way this virus can infect you - it is lung-specific. The mask will not prevent the virus in a direct sneeze from getting into your nose or mouth - it is only to keep you from touching your nose or mouth.

3) Stock up now with hand sanitizers and latex/nitrile gloves (get the appropriate sizes for your family). The hand sanitizers must be alcohol-based and greater than 60% alcohol to be effective.

4) 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.

I, as many others do, hope that this pandemic will be reasonably contained, BUT I personally do not think it will be. Humans have never seen this snake-associated virus before and have no internal defense against it. Tremendous worldwide efforts are being made to understand the molecular and clinical virology of this virus. Unbelievable molecular knowledge about the genomics, structure, and virulence of this virus has already been achieved. BUT, there will be NO drugs or vaccines available this year to protect us or limit the infection within us. Only symptomatic support is available.

I hope these personal thoughts will be helpful during this potentially catastrophic pandemic. You are welcome to share this email.

Good luck to all of us!

Jim

James Robb, MD FCAP

# Flu pandemic preparation from NZ gov website

Prepare yourself for an influenza pandemic

Have a plan and be prepared in case you need to stay at home during a pandemic.

The Ministry of Health is working with the health sector and other government agencies to ensure New Zealand is as prepared as possible for a potential pandemic.

Staying at home

In a pandemic you may need to stay at home because:

you are sick

you are caring for a sick family or household member

you are caring for a dependant (for example, if schools close).

Get prepared

Here are some simple things you can do to make sure that you and your family household are prepared for a pandemic.

Have a plan

Make a plan with family and friends that includes:

who will help with food and supplies if you and your household are ill

who will look after your extended family if they don’t live nearby (for example, who could deliver groceries or meals to sick family members)

who would look after your children/ dependents if they need to stay at home and you must go to work.

Think about whether you could work from home and what you would need to do this.

Learn more about infectious disease prevention and control.

List key contacts

Have key contact numbers in a place that is easy to find (for example, on the fridge door).

Include the phone numbers of:

- the people living nearby who you could call if you needed help

- your doctor

- your workplace.

Build up your emergency supplies

Keep at least a week’s supply of food, tissues, and your usual medicines so you don’t need to make trips out in public.

You can read a list of suggested supply items to include in the pamphlet Getting ready for a flu pandemic – HealthEd website.

If you have an existing medical condition make sure that you:

don’t run out of your regular medications

take medications to keep any medical condition under control.

# My own thoughts

**NOTE: These are just my comments, collated from various sources. Use and adapt as you see fit. Listen to your doctor, they are smarter than me.**

## Comments given to employees on March 5, as pandemic was hitting.

If you feel sick, stay home

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If you feel sick (i.e. cough, shortness of breath) stay home and rest, or work from home if you can, until fever free (100.4° F [37.8° C] or less using an oral thermometer), and free of any other symptoms for at least 24 hours while not taking any medicines (e.g. cough suppressants).

Let us know you are staying home. We do not need a doctor’s note unless we ask. Healthcare provider offices and medical facilities may be extremely busy. If a family member is sick, let us know. We will allow you to care for a sick family member.

If you feel sick at work, go home and rest. Don’t try to work through it. Get better first.

Hygiene.  
• Don’t touch handles and buttons with the pads of your fingers.  
• Wash hands with soap and water for twenty seconds frequently (sing Happy Birthday to yourself).  
• Use hand sanitizer (60-95% alcohol) frequently.

• Both at work and at home, we should all cover our noses and mouths with a tissue when coughing or sneezing (or an elbow or shoulder if no tissue is available).

Clean your workstations frequently. We will clean and disinfect the doorknobs frequently.

Be prepared at home.

Keep some extra food, water, medicines, tissues, and cleaners at your home, so you don’t have to go out as much as normal if you need to stay home. Try to have some extra funds available if possible. Trade information with neighbors so you can call them if you need anything, and so they can call you.

Stay informed.

Watch reliable news sources and stay in touch with friends and family. You might want to stay at home to rest but you don’t need to stay out of touch.

## Tips from May - re-opening time.

Well, Ontario is re-opening.

1. we are still confirming ~350-400 cases a day (latest ~320); (Charts analyzing the outbreak in Ontario, done with a colleague, are now here: https://jonathanmc.github.io/COVID-19-and-SARS-CoV2-info/)
2. we have no front line worker testing ready - we will test if you have symptoms (5% of people never develop and incubation period is 4 or 5 days, so those people still can’t get tested);
3. no contact tracing yet although just recently announced we have 2000 tracers ready to go (if true, finally!);
4. no real plan for people or businesses or condos on how to handle this. No guides to reopening. The retail council made some for their constituents but nothing from the gov.

This will be at BEST be a challenge (read: it’s insane) and we appear to have wasted our lockdown period getting testing/contact tracing up and running. If I seem critical, I am.

That said, this means more personal effort will have to be put into distancing / being safe / doing the tracking ourselves.

Here are some tips. Just my thoughts, based on being repeatedly asked these questions:

1. worst place to be as we re-open is closed spaces with recirc air. i.e. office. So try to stay away. stagger work with co-workers. If someone has gone to a big gathering, stay away from others 14 days. You can always isolate yourself voluntarily.
2. Outdoors? Reasonably safe. When you’re out, assume everyone is a smoker and that you do not want to smell their smoke. Behave accordingly.
3. Masks? They’re great. Use em. They stop you spitting out droplets. In 1918 it stopped measles dead in its tracks in an army hospital, so much so they debating not bothering to quarantine wards that caught measles/scarlet fever. Debating it is simply killing people. BTW, if you are outdoors and reasonably far from people, you can take them off.
4. Groceries? Don’t need to wash everything. Just put perishables away leave the rest for 4 days at your front door, then bring it in.
5. Gloves? Don’t bother. They just spread virus everywhere. Just wash your hands and when you’re out carry hand sanitizer and use it liberally. You are much safer.
6. Going out? If you absolutely need to go out to a risky venue, do it (life can’t stop), be safe, and then isolate once done. That will reduce spread. Keep a journal of who you were around in case you get sick.
7. Someone in your household sick? Get them isolated and in a mask. In separate room until a week after they’re better. They should if possible use a separate washroom which is disinfected vigorously, because virus comes through body and out in stool.
8. If you live in a condo, see if you can have them block open your garbage room doors so you can use your shoulder to open them. It’s one of the few points in a condo that everybody touches. Automatic doors are good too.

Oh, and this will be seasonal. Wait for it but don’t waste time debating it. At least two CoVs that give us colds, E229 and OC63 are. Also, pig CoV is.

I may add to this or get it on a github. Anyone have other other tips feel free to send my way.