

Corona Pandemic 2020

Household Preparedness Plan

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Part 1: Prevention

- a) Public health authorities are telling us to take a couple of simple steps to prevent infection:
 - i. Use soap and water to
 - wash your hands frequently
 - wipe surfaces like doorknobs within the house
 - ii. Maintain lockdown, i.e. stay within the house unless necessary to step outside
 - iii. When necessary (e.g. to get groceries), maintain a minimum distance of 6 feet (2 meters) from others
- b) In addition
 - i. wear a mask when outside and close to other people
 - buying groceries
 - exercising outside
 - indoors as well if any household member has a higher risk of infection due e.g. to the nature of their jobs
 - ii. even a scarf covering your face and nose will help
- c) insulate your home from the virus
these are described next

Insulating the house from the virus

Step 1: Designate three separate “Insulation Areas” in your house

a) Area A is where the virus has wreaked havoc on mankind

As the diagram on the next page indicates, Area A consists of

- the entire outside world
- a small part next to the garage door

if you don't have a garage with door connected to inside of house, this part of Area A may a small area next to the front door with tape to mark off area where outside shoes and garbage bins etc. may be kept.

b) Area B is the part of your home where the virus is destroyed

As the diagram also shows, Area B consists of the remainder of the garage (or other space designated as Area A) inside the house next to the front door

c) Area C is where you can, with a few minor changes in life-style, live with peace of mind and continue life as usual

Area C consists of the remainder of the house

Area A

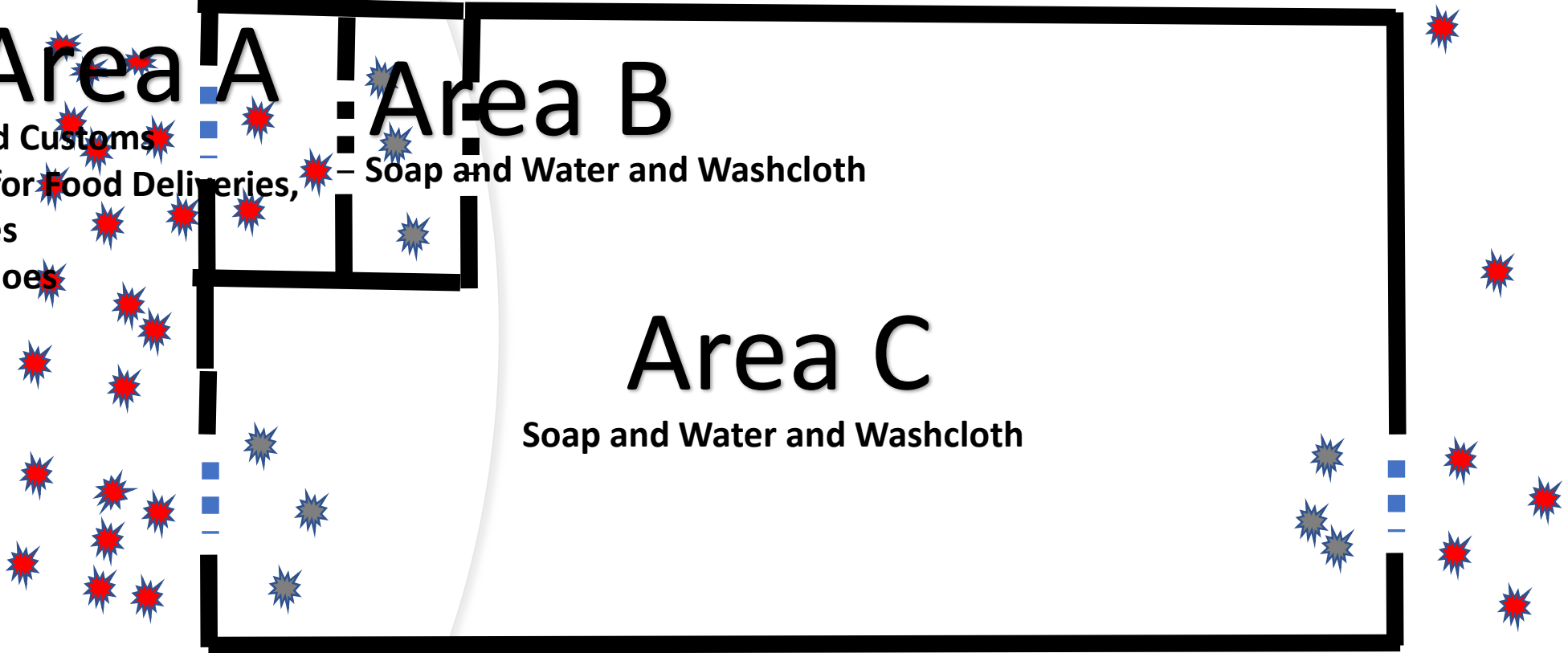
1. "Household Customs Checkpoint" for Food Deliveries, Mail, Packages
2. Outdoor shoes

Area B

Soap and Water and Washcloth

Area C

Soap and Water and Washcloth



Insulating the house from the virus

Step 2: Adopt “Household Policies” for each of designated area

The purpose of these policies is to ensure that:

- a) the importance of insulating the house is understood by all household members
- b) insulation is maintained over time

Household Policies: Area A

- a) Garbage bins and recycling bins are stored in Area A
- b) Shoes, gloves worn outside are left in Area A
- c) ALL packages, junk mail etc. from the outside area are discarded in the garbage/recycling bins in Area A
- d) Only things that you need proceed beyond Area A and into Area B
 - a) the groceries, essential mail, prescription refills themselves
 - b) any covering that comes with the incoming things that has been sanitized
- e) To sanitize incoming groceries and other items
 - a) Take some contents out of packages or grocery bags in Area A and place them on a suitable location in Area B
 - b) Repeat this until all packages, grocery bags are emptied
 - c) Discard packages to garbage/ recycling bins kept in Area A

Household Policies: Area B

1. Place soap, water, and washcloth on table or other convenient place in Area B of garage
2. Swipe all cardboard or plastic coverings of contents with soapy wet cloth. Do the same with individual oranges, apples, vegetables
3. Place individual oranges, apples, vegetables in dish with soapy water or vinegar (in case of berries)
4. Carry them to kitchen (or other convenient) sink in Area C

Household Policies: Area C

- a) Incoming groceries etc. from Area B
 - a) Rinse out soap (vin egar in case of berries) covered grocery items in kitchen sink
 - b) Place them on counter to dry
 - c) Put away in fridge, tsorage shelf or directly into cooking pot or cutting board.
- b) Keep surfaces clean
 - i. Place washcloth at one or more convenient location in Area C
 - ii. Once each day or more, wet the washcloth with soap and water and use to clean doorknobs, handrails and other surfaces in Area C that may be contaminated
- c) Wash hands frequently
- d) Wear a mask in Area C if
 - i. someone is more likely to be infected
 - someone has been in close contact with people outside the house
 - particularly among larger groups of people
 - ii. there is a member of the household who, if infected, could get more severally ill and require medical assistance due to ill health or a weakened immune system. Such members could include those old people, people with diabetes or high blood pressure, expectant mothers, and people with a weakened immune system for some other reason

Implementation of the Household Policies

I. A word of caution

- a) The Household Policies noted above are simple, but they do call for some life-style changes
- b) To make these life-style changes sustainable in the weeks ahead, they need to be simple, practical and ones that all members of the household can understand
- c) For this purpose, a couple of human weaknesses need to be overcome, as follows:
 - i. in case of imminent danger that it senses, the human mind tends to panic
 - the current rush on purchase of groceries and even fridges and freezers among the affluent is an example of panic. A moment's reflection will call for relaxing on this account: this is a pandemic. Not a famine. 😊
 - ii. in case the danger does not seem imminent (as in case of this pandemic was true in many places until as late as February 2020, and as will no doubt be the case after a few days that these Household Policies are in effect), and until it gets used to the change in life-style, the human mind tends to revert to the life-style it is used to, regardless of what science or even common sense is telling us

Implementation of the Household Policies

II. Ensuring Effectiveness over Time

To overcome hurdles mentioned in the previous slide

- a) keep in mind the broader picture
 - i. the humble corona virus, easily destroyed by soap and water, has turned the world upside down for all humanity.
 - ii. Bloated military budgets, vast nuclear arsenals, incredible wealth, provide no security against the virus
 - iii. therefore, don't repeat at the household level the same mistake that political leaders and nations around the world made simply because their minds did not register it as being an imminent threat regardless of what even their own public health advisers were telling them
- b) ensure that every member of the household understands the need for these policies
 - discuss these policies with other members of the household
 - pay attention to their concerns and make sure they are addressed

Part 2: Mitigation

- a) The immune system is like the armed forces of the human body
- b) The corona virus is the invader
- c) The stronger immune system and the healthier your body, the greater the chance that the invader will be destroyed
- d) You can keep your immune system healthy by doing the following things:
 - a) Stay calm, don't panic
 - b) eat vegetables and fruits
 - c) exercise
 - d) sleep

Part 3: Response

Symptoms

1. A high fever is the most common indication of corona infection
2. a non-productive cough (i.e. a dry cough)
3. shortness of breath
4. headache

Response to Symptoms

a) Before seeking medical help

- a) Don't panic. The disease is generally not severe and the vast majority of people recover. The pandemic is because of the ease with which infection spreads. Not a result of the severity of the disease.
- b) Use Tylenol as needed. Avoid Advil and Aleve
- c) Drink liquids, eat vegetables and fruit

b) Call for medical help using instructions by local authorities

- a) This would typically include a telephone number to call as first step. Have that number available for use if needed

c) Information for use by medical staff

- a) List of medications you are currently taking
- b) Past medical history
- c) Emergency contacts

Annex I: Possible Extensions to the Basic Plan

1. Household Characteristics

- a) households that include medical staff
 - a) attending to corona patients
 - b) attending to other patients
- b) multi-family households
 - i. multi-tenant homes
 - ii. live-in domestic servants
- c) presence of older parents or of people with weakened immune systems
- d) ages of children in the household

2. External Environment

- a) national and local government and neighboring community
 - a) instruction on seeking medical help in case of suspected corona virus by local public health authorities
 - b) resources
 - c) regulations

3. Business Continuity Planning

Annex II: Instructions for Customization

1. Go to <https://github.com/tauheedahmed/Household-Corona-Preparedness/upload/master>
2. Download a copy in any of the formats available
3. Edit if necessary for your purposes
4. Optionally: if you have made some improvement or correction to the downloaded copy that you believe would help others, you may upload it to the the above address on github.com as well

Note: that downloaded copy is made available to you under the the MIT License. The MIT License is widely used by the open source community. If you are unfamiliar with the use of “open source”, it basically means people around the world helping one another as fellow humans. Just like those soldiers of all humanity, the medical workers around the world battling this pandemic.