

# STAYING SAFE DURING QUARANTINE

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# SOCIAL DISTANCING

“Social distancing” is a phrase that’s working its way into everyday conversations. A few months ago, most people have never heard of it. It simply means to keep a distance from people (At least 6 feet) and staying home as much as possible, avoiding crowded spaces, even if you are healthy. This helps to reduce the risk of infection in the high risk population.

One person who is infected with COVID-19 is likely to spread it to 2 or 3 people, and so on. This is how exponential growth occurs rapidly; Italy saw cases jump from 320 to 10,000 in just 2 weeks.

# SANITIZING AMAZON BOXES OR OTHER ONLINE ORDERS

Knowing that lot's of people touch our online orders, we can't just pull out a box cutter and grab the product out of the box anymore. CDC recommends to use gloves to open the box, than throw it out right away, than sanitizing the items. There is people who pack the order, people who load the trucks, and deliver it to your home. The virus can last up to 24+ hours on cardboard so it's important to take precaution!

# STAYING POSITIVE

With all the tragic things happening in the world right now, it can be tough to be positive. However, staying positive is the best thing for coping in a crisis. Now, more than ever, is a good time for us to stop taking everything/everyone for granted and to savour the small moments and we need to keep in mind that this won't last forever. It's also helpful to not watch the news all the time, since it can have a negative impact on mental health.

# LOOKING AT THE BRIGHT SIDE

The coronavirus is actually having a really positive impact on the environment. Here are some examples of the good that's going on right now.

- Air pollution has dropped significantly in China
- The Venice canals are clearer than ever
- Sea turtles lay millions of eggs due to empty beaches
- New York's air has gotten clearer
- Wild animals enjoy freedom
- Fresh air and cleaner skies; People in India can see the Himalayas for the first time in decades.

# DAILY LIVING

Our daily lives seem to be way different than they were a few months ago. What seems like forever ago, we could go to any store and easily get what we needed without having fear. Now, every time we leave the house, it seems like we are risking our lives. Having to wear masks and gloves all the time seems like some Not being able to see family members or friends can be extremely difficult, especially for teenagers. Being a teen is complicated sometimes even without a global pandemic in the mix.

# THINGS TO DO DURING QUARANTINE

- Go outside / Go for a walk
- Stay active / workout at home
- Organize and arrange drawers
- Learn new recipes
- Face masks
- Write / create a journal
- Make a list of things to do when quarantine is over
- Watch youtube or netflix
- Only go out for essentials
- Facetime friends/Family
- Color or draw
- Try yoga or meditation

# THINGS NOT TO DO DURING QUARANTINE

- Watching the news all the time
- Don't believe everything you see on the internet
- Sleeping all day
- Don't buy things you don't need
- Don't throw away face masks
- Don't plan a vacation

# STAYING HEALTHY

There are lots of things you can do - aside from social distancing - to protect your health and wellbeing. Eating well, Good night's sleep, Exercising, taking vitamins, and Quitting smoking! It's also obviously very important to wash hands for at least 20 seconds, and i'm sure everyone has heard that at least 100 times so far. It does do the job of preventing the spread of germs like bacteria and viruses well. It's important to clean and disinfect in common household areas as well. Also good to check your temperature more than usual.

# WHAT THE VIRUS STICKS TO

**Plastics:** (packaging like milk containers, detergent bottles, bus seats, elevator buttons) last up to **3 days**.

**Stainless Steel:** (refrigerators, pots and pans, and sinks) - **3 days**.

**Cardboard:** (shipping boxes) - **24 hours**

**Glass:** (drinking glasses, mirrors, measuring cups) - **5 days**.

**Ceramics:** (dishes, pottery, mugs) - **5 days**

# TESTING

It's stressful knowing if you or a loved one may have/ have had COVID-19.

Antibody tests check your blood, which will show if you've had a previous infection with the virus. Viral tests To learn if you have a current infection, the Viral test uses respiratory samples, like a swab from the inside of your nose. Yet if you test negative for the antibody test, there's a chance you may have a current infection. It can be hard to get a test, but it probably will eventually make you feel better.

# UNEMPLOYMENT

Due to the coronavirus, 17 million people filed for unemployment. That's roughly 1 out of 5 people who had a job in February. Because of this, most people are struggling to pay rent, stock up on food, and paying bills. Small businesses have especially been hit hard by mandatory closures. Fortunately, small business owners are getting some federal assistance including a stimulus check. This pandemic pushed the unemployment rate to the highest levels since The Great Depression in the 1930's.

# FOOD SHORTAGES

Meat shortages are expected to get lower and lower as the coronavirus disrupts production. President Donald Trump put out an executive order declaring meatpacking plants are “critical” to keep open. Many people have disagreed with him though. Thousands of workers who are packaging your meat daily are infected with the disease. Which leaves people worried to go to work, and to buy meat. The red meat production is falling drastically by 25 percent.

At the end of the day, we will get through this! This is history in the making. Not just the disease, we've had plenty of those before, but being pulled out of school, global efforts to socially distance ourselves from friends, and strangers willing to go shopping for elderlies. What we're going through right now, is going to be read about in textbooks in 10 years from now.

If there's anything self isolation has taught anyone so far, it's that it's never too late to bond with family and awaken new interests.