

Connecting Communities for COVID19 News

12th May 2020

Isolation Tips

14 Small Self-Care Tips That Will Make A Big Difference Right Now

With everything going on in the world right now, self-care may not be high on your priority list. But it should be. "During crisis, self-care is often the first to go and the last to integrate back into our lives," San Diego therapist Jennifer Chappell Marsh told HuffPost. Perhaps you've been neglecting self-care because you think it's selfish to focus on yourself when so many others are struggling. In reality, taking care of yourself will help you show up for those who need you.

https://www.huffpost.com/entry/self-care-tips-big-difference-coronavirus_l_5eb57fe9c5b62d0addadd9db

Cabin fever tips for both extroverts and introverts

You're certainly not alone if you're beginning to feel the pressure of being cooped up at home. If you think the present situation is affecting your general state of well-being - feeling that the "cabin fever syndrome" is setting in - the obvious question is, what can you do to cope? How can you deal with the mental anguish that you may be experiencing? Here, I have a few suggestions:

<https://www.asiaone.com/lifestyle/cabin-fever-tips-both-extroverts-and-introverts>

Coronavirus anxiety: How to cope with life after lockdown

As some countries ease coronavirus restrictions, mental health experts are noticing an emerging phenomenon; anxiety about life after lockdown. Meanwhile people who remain living under the most stringent measures are fearful about what will happen when these rules are lifted. "It is going to be uncomfortable for most of us," says Akanksha Bhatia. The 25-year-old writer and advocate for mental health and women's rights lived with anxiety before the lockdown.

<https://www.bbc.co.uk/news/health-52443108>

Quarantine Blues: If You're Feeling Lonely, Here Are 5 Ways To Stay Connected : Shots - Health News

Finding ways to connect is essential to our well-being, since prolonged isolation can increase the risk of depression and anxiety, says Dr. Sandro Galea of Boston University's School of Public Health. "We know from other events, the longer the isolation, the more risk," Galea says. Social distancing recommendations will remain in place for months to come, and until there's a vaccine, limits on big gatherings will likely continue. For the elderly or those who live alone, the isolation can be particularly grueling. But, people are finding new ways to interact with each other, even under extraordinary circumstances. Here are some strategies to connect with others.

<https://www.npr.org/sections/health-shots/2020/05/10/849164258/too-much-alone-time-tips-to-connect-and-find-joy-while-social-distancing>

The impact of the COVID-19 pandemic on adolescents

Tamar Mendelson, director of the Johns Hopkins Center for Adolescent Health and Bloomberg Professor of American Health at the Bloomberg School of Public Health, and Beth Marshall, associate director of the Johns Hopkins Center for Adolescent Health and an assistant scientist at the Bloomberg School of Public Health, joined MPH/MBA student Samuel Volkin to discuss the impact of the COVID-19 pandemic on adolescents, and what parents can do to help. This conversation has been edited for length and clarity.

<https://medicalxpress.com/news/2020-05-impact-covid-pandemic-adolescents.html>

Hygiene Helpers

Street food vendors to be trained in hygiene, social distancing

The training of Delhi's street food vendors will be based on guidelines prepared by the Food Safety and Standards Authority of India (FSSAI) for food businesses during the coronavirus disease (Covid-19) pandemic.

<https://www.hindustantimes.com/delhi-news/street-food-vendors-to-be-trained-in-hygiene-social-distancing/story-v1W5XZfuzFLSHKXAFxJyCP.html>

Not just coronavirus, staying hygienic cuts risk of common infections

Researchers have found that improved everyday hygiene practices, such as hand-washing, reduces the risk of common infections by up to 50 per cent, thus reducing the need for antibiotics by up to 30 %

Read more at:

<https://english.manoramaonline.com/lifestyle/health/2020/05/12/not-just-coronavirus-staying-hygienic-cuts-risk-infections.html>

<https://english.manoramaonline.com/lifestyle/health/2020/05/12/not-just-coronavirus-staying-hygienic-cuts-risk-infections.html>

Coronavirus: Leave deliveries for 72 hours to limit risk of virus exposure, experts say

People must leave packages and deliveries for up to 72 hours before opening them to help prevent the spread of COVID-19, researchers have said. The advice comes from a team of researchers from the universities of Bath, Bristol and Southampton in a bid to help reduce transmission. The guidance from health experts and psychologists, who are working closely with Public Health England, is uploaded onto a website called Germ Defence, which the universities have updated to reflect the impact of coronavirus.

<https://news.sky.com/story/coronavirus-leave-deliveries-for-72-hours-to-limit-risk-of-virus-exposure-experts-say-11986491>

Tips to reduce coronavirus risk in your home

Maintaining good indoor air quality in our homes is always important to prevent health hazards and to optimize the body's immune system, Reichel said, along with other healthy living practices like good nutrition, sleep and exercise. Here are some extra measures you can take in your home when no one is ill:

https://www.theadvocate.com/baton_rouge/news/coronavirus/article_703664be-8e43-11ea-9b61-bbbdc645957b.html

Caring for your teeth during lockdown: Why oral hygiene is more important than ever

Nipping to the dentist for a routine check-up might be trickier than usual. Plus, oral hygiene may play a part in avoiding the spread of infection if somebody in your household does become unwell. "If your household is affected by coronavirus, it's really important to prevent the spread, and one way to do this is by being extra careful with your oral hygiene kit," says dentist Dr Andrea Ubhi. So, what do the experts advise? Here's what they want you to know.

<https://www.pressandjournal.co.uk/fp/lifestyle/health-and-beauty/2199278/caring-for-your-teeth-during-lockdown-why-oral-hygiene-is-more-important-than-ever/>

Coronavirus could enter body via eyes, study says

A person could become infected with coronavirus (COVID-19) through their eyes, according to researchers. The disease could be spread to other people via the eyes and tears, according to a Johns Hopkins University School of Medicine study posted on BioRxiv. A person's infection could begin in their eyes or migrate to their eyes after first entering the body through the nose or mouth, according to the study.

<https://www.silive.com/news/2020/05/coronavirus-could-enter-body-via-eyes-study-says.html>

Community Activities

News - CORONAVIRUS - Relationship Matters website launch

Relationship Matters is a new partnership between City of York Council, East Riding of Yorkshire Council and 13 other local authorities across Yorkshire and Humber. A new website is being launched to offer families information, tips and help and what better time as the coronavirus is leading to big changes in the way we live our everyday lives. Whether couples are together or separated, disagreements are completely normal. But evidence shows that regular conflict has a big impact on children. All relationships have tricky moments it is how they're experienced and resolved that matters especially at the moment for getting us through enforced self- isolation, lock down and social distancing. We are all spending longer periods of time with our loved ones and this is bound to bring about some added challenges.

<https://www.minsterfm.com/news/local/3100216/coronavirus---relationship-matters-website-launch/>

Coronavirus - Gambia: Dignity Kits improve wellbeing and meet hygiene needs of women and girls amid COVID-19

During emergency situations like The Gambia is experiencing as a result of the COVID-19 pandemic, the essential needs of women and girls are often and easily neglected. This is why, UNFPA The Gambia in partnership with the Gambia Red Cross Society on 7 May 2020, commenced the distribution of 300 dignity kits for women and girls in Basse. The dignity kits distributed among the women and girls in the community of Basse are part of a drive to ensure they are not left behind in the National COVID-19 response efforts and make certain that access to essential sexual and reproductive health commodities and services is not limited during this period. Each dignity kit distributed contained a large plastic bucket, a baby flannel, 2 20g bars of bathing soap, 1 800g bar of laundry soap, a towel, wrapper, pair of slippers, drinking cup, scrub, deodorant, 2 underwear and a pack of sanitary pads.

<https://www.africanews.com/2020/05/11/coronavirus-gambia-dignity-kits-improve-wellbeing-and-meet-hygiene-needs-of-women-and-girls-amid-covid-19/>

Guy Fieri has helped raise more than \$20 million for out-of-work restaurant workers

Guy Fieri partnered with the National Restaurant Association Educational Foundation to raise money for the foundation's Restaurant Employee Relief Fund. And in under two months, Fieri, known as "The Mayor of Flavortown," has helped the fund raise more than \$20 million, according to the foundation. "During these challenging times, the NRAEF's mission to support the industry's workforce is more important than ever," said Rob Gifford, NRAEF president, in a statement. "With Guy as our champion and the support of so many generous companies, we can help get our family of restaurant workers back on their feet.

<https://edition.cnn.com/2020/05/09/us/guy-fieri-restaurant-employee-relief-fund-trnd/index.html>

Ballerinas from all over the world created a mesmerizing video to raise money for other dancers' coronavirus relief

Leading ballerinas from countries across the world have come together in a stunning performance to raise money for dancers facing financial difficulties due to the coronavirus pandemic. Misty Copeland, principal dancer with American Ballet Theatre, and fellow dancer Joseph Phillips collaborated with the nonprofit Entertainment Industry Foundation to launch "Swans for Relief," a worldwide virtual ballet event. The relief fund aims to raise money for dancers who depend on performance income to cover basic necessities like rent and food, and are now struggling financially as dance companies close their doors because of the pandemic.

<https://www.cnn.com/2020/05/09/us/ballerinas-coronavirus-relief-trnd/index.html>

After an officer was spat on, a UK resident made 200 face shields to protect police

Residents in the UK stepped up to help protect police on the frontlines of the coronavirus pandemic after an officer was spat on. Paul Mosley, along with his team, used a 3D printer to make 200 face

shields for the Nottinghamshire Police. He said he decided to make them at home after hearing about an incident involving Police Constable Anthony Brice, according to a press release issued by Nottinghamshire Police. Last month, a man that was being detained by Brice spat in the officer's eye, which led the officer to fear he may have caught coronavirus. He took a test, police officials said, which ultimately came back negative.

<https://www.cnn.com/2020/05/10/world/nottinghamshire-police-face-shields-trnd/index.html>

Working Remotely

Coronavirus in Ireland: Four in five want to keep working from home

More than four out of five workers want to continue to do their jobs from home after the lockdown but only one in eight want to avoid the office entirely, according to a survey. Eighty-three per cent want to continue to work remotely after the Covid-19 crisis but just 12 per cent said they wanted to do so every day, the Whitaker Institute at NUI Galway and the Western Development Commission found. Their online survey was completed by 7,241 workers this month and last. The most frequently cited difficulties of working from home included: not being able to switch off from work; that it was harder to communicate and collaborate with colleagues; and poor physical workspace. Juggling childcare and work was also a problem.

<https://www.thetimes.co.uk/article/coronavirus-in-ireland-four-in-five-want-to-keep-working-from-home-7kmxvxhfn>

Companies are dropping big hints about the 'new normal' once coronavirus lockdowns end

From cashless transactions, to smaller office footprints with fewer on-site workers, to cleaner hotels and less crowded casinos (alas, with no buffets), the post-lockdown era will be characterized by changes to public life that will be both subtle and dramatic. "To be honest I think we're going to be seeing structural changes within the U.S. economy, and other economies around the world as well, because this has opened up new opportunities too," ING Chief International Economist James Knightly told Yahoo Finance in a recent interview.

<https://uk.movies.yahoo.com/companies-are-hinting-at-the-new-normal-postcoronavirus-lockdowns-005631648.html>

Working from home is here to stay, even when the economy reopens

Companies in technology, financial services and insurance have invested in remote work tools, and there's no indication they'll be returning to the old way of doing business. The first batch of employees to return to the office will be the ones who are itching to get back, but even that won't start happening for weeks or months. "We're going to see this come back more slowly than you might have expected," said Liz Fealy, who runs the global workforce advisory group at EY.

<https://www.cnn.com/2020/05/11/work-from-home-is-here-to-stay-after-coronavirus.html>

Coronavirus: What should my employer do to keep me safe?

The government has issued new guidance on how different workplaces should be made safe for staff during the coronavirus pandemic. This follows the prime minister's announcement that those who could not work from home should be "actively encouraged to go to work" in England. Several key points must be followed, such as maintaining a 2m (6ft) distance wherever possible, cleaning more frequently and carrying out a risk assessment. But many employees are still worried about what will change in the workplace.

<https://www.bbc.co.uk/news/business-52623254>

Workplaces will not be the same again when employees return from coronavirus lockdowns

As authorities around the world begin to cautiously ease lockdowns that were put in place to stem the spread of the coronavirus, expect the office to look like a very different place, according to multiple experts that spoke to CNBC. "The office will not go away, but the need of the office space

may reduce,” said Carol Wong, director and head of workplace delivery for Asia Pacific at global commercial real estate firm Cushman & Wakefield.

<https://www.cnn.com/2020/05/12/workplaces-will-not-be-the-same-again-after-coronavirus-lockdown.html>

Survey Shows Employees Want To Keep Working From Home

A survey by a Carlsbad-based consulting company says more than three-quarters of respondents want to keep working from home at least some of the time after the pandemic quarantine is over. Only six percent said they would not want to work from home in the future. Kate Lister, president of Global Workplace Analytics, said a key to operating a successful work-from-home program is trust. She said managers who have worked from home are more likely to trust that employees are being productive when working remotely.

<https://www.kpbs.org/news/2020/may/11/how-coronavirus-could-change-the-workplace/>

'We cannot afford another lockdown': Italy's cautious return to work

KPMG Italy has completely reviewed the layout of its offices to allow social distancing. And Latorre says the capacity of its Milan base is down to 35-40 per cent on pre-crisis levels. Staff are required to undergo a temperature scan when they enter the building. Masks and gloves are also mandatory – apart from when workers are sitting at their desks. Common areas are shut, with staff asked to bring food from home. And lifts are limited to two occupants with workers encouraged to use the stairs. Non-partners need permission from a partner to come into the office to ensure there is enough space for effective social distancing.

<https://www.cityam.com/we-cannot-afford-another-lockdown-italys-cautious-return-to-work/>

Virtual Classrooms

COVID-19: How teachers can help students transition back to school

School situations vary within and across states and territories. At the time of writing, different levels of restriction are operating for the return to classroom teaching; though in almost all cases, the transition is occurring much earlier than expected. Here are some tips and suggestions to support school communities in managing this transition back to school for all students, and particularly those with additional needs.

<https://www.teachermagazine.com.au/articles/covid-19-how-teachers-can-help-students-transition-back-to-school>

Ministry of Education Launches Survey to Assess Remote Learning

Morocco's Ministry of Education launched on Sunday, May 10 a survey for students, parents, and teachers to assess the remote learning initiative, launched after the suspension of schools due to the COVID-19 pandemic. The questionnaire aims to determine how well learners, parents, and teachers are able to use technological devices to participate in remote classes, as well as how the initiative affects the learning process in comparison to face-to-face classes. The ministry also hopes to evaluate the pros and cons of remote learning to further improve methods for the remaining period of the nationwide lockdown, and to study ways to implement remote learning in regular curricula going forward.

<https://www.morocoworldnews.com/2020/05/302289/ministry-of-education-launches-survey-to-assess-remote-learning/>

10 things to keep in mind while taking a virtual class amid Covid-19 lockdown

Keep students informed...It is imperative that a clear communication is established with students regarding the schedule of the class to ensure maximum attendance and preparedness. The access details and instructions should also be sent well in advance so that students can prepare for the class and manage their schedule accordingly.

<https://www.indiatoday.in/education-today/featurephilia/story/10-things-to-keep-in-mind-while-taking-a-virtual-class-amid-covid-19-lockdown-1676392-2020-05-10>

Public Policies

China planning city-wide testing in Wuhan over next 10 days to avoid second wave

A month after coronavirus lockdown was lifted in Wuhan city where the global pandemic began a cluster of new infections seems to be sparking authorities into a wave of mass-testing

<https://www.mirror.co.uk/news/world-news/china-planning-city-wide-testing-22010068>

How Sweden's schools are adapting to the coronavirus outbreak

Sweden has kept its schools for under-16s open throughout the coronavirus outbreak, so as other countries start to ease restrictions and reopen schools, here's a look at the measures Sweden has put in place to reduce the spread of infection. Individual schools have the option to close if needed, and there have been closures across Sweden, but for the most part schooling is continuing face-to-face, with the following adjustments advised by authorities.

<https://www.thelocal.se/20200511/how-swedens-schools-have-adapted-to-the-coronavirus>

Coronavirus: Face masks at work? New business virus guidance is clear

Employees will not be advised to wear masks or face coverings when at work under government guidelines on how businesses can become "COVID-secure". The guidelines, which provide information on how companies should manage the risk of coronavirus in eight broad workplace categories, are intended to help get businesses "up and running". The advice on face masks and coverings contrasts with government advice that commuters should wear such protection if they have to use public transport.

<https://news.sky.com/story/coronavirus-face-mask-or-no-face-mask-new-business-virus-guidance-is-clear-11986709>

Coronavirus: Care homes faced funding cut if they didn't take in COVID-19 patients

Sky News has seen letters which show local authorities threatened to withhold so-called uplift payments during the outbreak.

<https://news.sky.com/story/coronavirus-care-homes-faced-funding-cut-if-they-didnt-take-in-covid-19-patients-11986578>

Maintaining Services

Mexican border town uses 'sanitizing tunnels' to disinfect US visitors from Covid-19

The Mexican border city of Nogales, Sonora, has set up 'sanitizing tunnels' to disinfect people leaving the US through Nogales, Arizona. On the Mexican side of two major border crossings, drivers coming from Arizona must exit their vehicles and step into an inflatable tunnel that sprays them with a cleansing solution. The border city's mayor has told Mexican news outlets that a majority of the people who have tested positive for Covid-19 in Nogales, Sonora, had recently returned from the US

https://www.theguardian.com/global/video/2020/may/11/mexico-sanitizing-tunnels-disinfect-us-visitors-coronavirus-video?utm_term=Autofeed&CMP=tw_t_gu&utm_medium&utm_source=Twitter#Echobox=1589242520

5G will be essential for New York's COVID-19 rebound. Here's why

According to the CTIA, the Washington, D.C.-based wireless association, 5G will generate 3 million new jobs nationwide, as well as \$275 billion in new investment, and \$500 billion in economic growth. Here in New York, the industry projects that 5G will bring \$28.2 billion worth of economic growth over the next five years, creating 193,000 jobs in the process. Bringing high-speed wireless networks to New York will also help small businesses, which have long been the backbone of our economy, employing over half of the private sector workforce. These businesses are struggling to stay afloat in the face of significant financial stress caused by the pandemic. Ensuring they have full cellular coverage and access to high-speed broadband service will help them recover and thrive in the new, post-COVID-19 economy.

<https://eu.lohud.com/story/opinion/2020/05/11/5-g-new-york-coronavirus-economy/3108470001/>

When will kids go back to school?

Dr. Ali Mokdad, professor at the Institute for Health Metrics and Evaluation at the University of Washington—which is advising Inslee—warned that reopening schools will require aggressive testing, disinfecting, and social-distancing procedures. Kids and staff will need to stay six and possibly even 12 feet away from each other at all times. He recommended officials wait until scientists observe the novel coronavirus's circulation during the summer months before making major policy decisions, and noted the potential for a deadly resurgence of the pathogen when the weather chills again.

<https://www.thedailybeast.com/when-will-schools-reopen-amid-the-coronavirus-pandemic>

How will the Covid-19 pandemic change our cities?

Our once-packed bars, busy trains and bustling offices now look like hotbeds for the spread of contagion. Mark Kleinman, professor of public policy at King's College London, summed up the dilemma: "We are in this strange situation where many of the benefits of cities, particularly economic benefits, have turned into vulnerabilities." So how do our urban centres restore activity safely? Can health protection be built into the metropolitan landscape?

<https://www.newsandstar.co.uk/news/18442115.will-covid-19-pandemic-change-cities/>

Coronavirus: TfL lays bare £4bn loss in race to secure Whitehall bailout

TfL needs more than £3bn to balance an emergency budget that will be discussed this week, Sky News can reveal. London's transport system is braced to record a £4bn loss this year, underlining the urgency of the capital's efforts to access emergency funding from the government in order to keep bus and Tube services running. Sky News can reveal that Transport for London (TfL) has projected the massive annual deficit in its finances as it burns through roughly £600m every month during the COVID-19 crisis.

<https://news.sky.com/story/coronavirus-tfl-lays-bare-4bn-loss-in-race-to-secure-whitehall-bailout-11986715>

Disneyland reopens in Shanghai after three months of closure

Disneyland reopens in Shanghai after three months of closure #AFP

<https://twitter.com/afpfr/status/1259958962520158208>

'Adapt or die': Turkey restaurants rise to coronavirus challenge

German-Turkish Chef Cem Eksi would normally be plating up colourful, modern Mediterranean dishes in his intimate 15-seater bistro, Mabou. But coronavirus restrictions have forced him to do away with his planned spring menu and rethink his entire approach. "I completely changed everything, I'm now making pasta and bread and sending it out to be delivered on a motorcycle," he says. Eksi, who began his career in a three-Michelin-starred restaurant in Germany, says there is no time for having an ego in an environment where you either "adapt or die"

<https://www.aljazeera.com/ajimpact/die-turkey-restaurants-rise-coronavirus-challenge-200510204603804.html>

Class size of 15 pupils when primary schools return

There is an "ambition" for all primary school children in England to spend a month back at school before the summer holidays, says the government's updated Covid-19 guidance. But to support social distancing there will be class sizes of no more than 15 pupils, staggered break times and frequent hand washing. The National Education Union rejected the reopening plans as "reckless". Parents who choose to keep their children at home will not face fines.

<https://www.bbc.co.uk/news/education-52618187>

Scotland's tech scene helping tackle coronavirus - Nick Freer comment

I was honoured when Heriot-Watt asked me to be interviewed for the university's inaugural edition of its Entrepreneurial Speaker webinar at the end of April.

<https://www.scotsman.com/business/scotlands-tech-scene-helping-tackle-coronavirus-nick-freer-comment-2847527>

Coronavirus: Turkey unveils plan to revive tourism with health and hygiene certificates

With safety measures and certificates of health, Turkey hopes to reassure travellers worried about Covid-19

<https://www.independent.co.uk/news/world/europe/coronavirus-turkey-tourism-certificates-holiday-a9507471.html>

More People Turning to Cars Because of Fears of Coronavirus Infection on Public Transit

Vehicle traffic is rising quickly in cities around the world as pandemic lockdowns are eased. Ridership on public transit is likely to remain depressed because of the coronavirus outbreak. Most people planning to buy a car this year say it reduces the chance of catching COVID-19 on public transit.

<https://weather.com/health/coronavirus/news/2020-05-11-car-use-versus-public-transit-coronavirus-fears>

How Leeds tech distributor is helping tackle PPE shortages

Technology distributor Farnell is supporting a number of projects to tackle the shortage of Personal Protective Equipment (PPE) on the NHS front line.

<https://www.yorkshirepost.co.uk/business/how-leeds-tech-distributor-helping-tackle-ppe-shortages-2848210>

Healthcare Innovations

Practices can consider remote working or 'buddying' to get BAME GPs off frontline -

Staff from black, Asian and minority ethnic backgrounds could work remotely during the Covid-19 crisis, while small practices may wish to get into 'buddying' arrangements with neighbouring practices if their GPs are at higher risk. These were messages in a webinar on how to protect BAME GPs and general practice staff which took place yesterday evening, ahead of NHS England releasing a bespoke risk assessment tool for general practice. And it comes as new data from the Office for National Statistics has shown that people from certain black, Asian and minority ethnic (BAME) groups are twice as likely to die from coronavirus than their white counterparts. NHS England medical director for primary care Dr Nikki Kanani told GPs last night that practices should consider remote working for their staff who are at risk.

<https://managementinpractice.com/covid-19/practices-can-consider-remote-working-or-buddying-to-get-bame-gps-off-frontline/>

Enzyme makes men more vulnerable to coronavirus; adding interferon may improve treatment

A study from 11 European countries may help explain reports that the new coronavirus seems to attack men more often and more severely than women. Researchers have found that men have higher blood levels of the enzyme that helps the virus infect cells. The higher levels of "angiotensin-converting enzyme 2," or ACE2, in men's blood might mean their organs have more of the ACE2 "receptors" the virus uses to get into cells, researchers suggest in a paper published on Monday in European Heart Journal.

<https://uk.reuters.com/article/uk-health-coronavirus-science/enzyme-makes-men-more-vulnerable-to-coronavirus-adding-interferon-may-improve-treatment-idUKKBN22N2JD>

Surviving Covid-19 May Not Feel Like Recovery for Some

Debilitating symptoms can last long after a person's body has gotten rid of the coronavirus, a reality Italians are now confronting.

<https://www.nytimes.com/2020/05/10/world/europe/coronavirus-italy-recovery.html?smtyp=cur&smid=tw-nytimesworld>