

WORST CASE SCENARIO

SEEKING MEDICAL ATTENTION SAFELY

We know that at a bad time- everyone is anxious, however going to the hospital or doctor's office if you actually have COVID19 can be worse for us all. Here are the guidelines:

MILD SYMPTOMS:

Use your best judgement - typically you will have a mild fever and cough for a few days. If you have mild symptoms, refer to the infographic below to help stop the spread of germs. Wash your hands after disposing of your tissues. Use a sealing/covered bin for your tissues.

GET RELIEF: Keep the temperature in your room warm but not hot and a humidifier, for a dry cough. An essential oil diffuser may be used with eucalyptus, bergamot or red thyme which all have known anti-congestion and antimicrobial qualities as vapor.



CATCH IT.



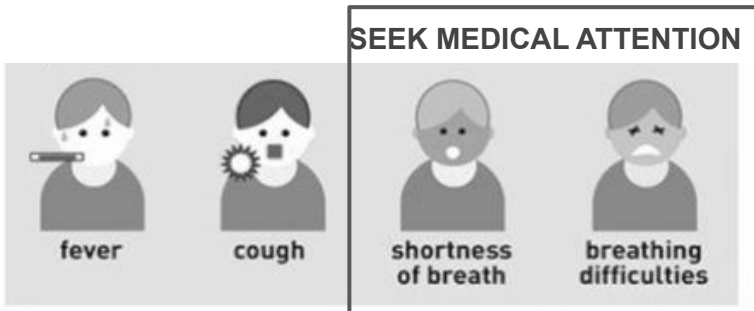
BIN IT.



KILL IT.

*SEVERE SYMPTOMS:

Seek immediate medical attention if you have difficulty breathing.



Severe cases



pneumonia



kidney failure



death

WHEN THE SH*T GOES DOWN

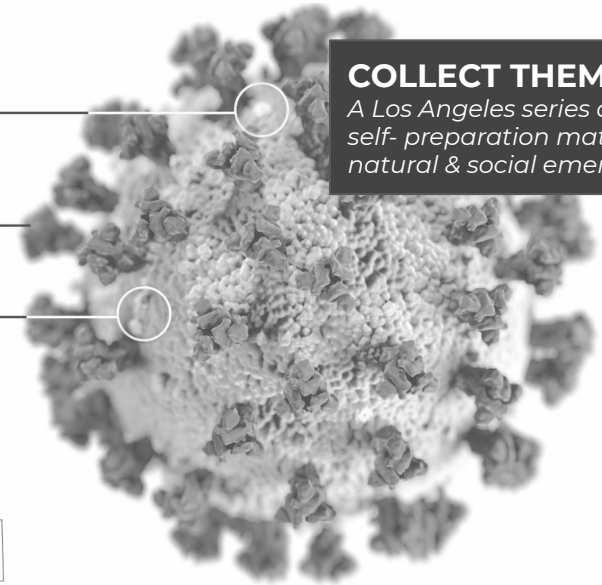
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COLLECT THEM ALL!

A Los Angeles series of deschooling & self-preparation materials for natural & social emergencies.

COVID-19

COVID-19 SURVIVAL

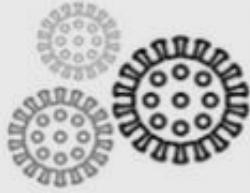
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What is a coronavirus?



Coronaviruses are a group of viruses that cause illness ranging from the common cold to more severe diseases, such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

HYGIENE & PREVENTION

PANDEMIC PUBLIC SAFETY

We all need to head out to the store now and then and get supplies, in the midst of a viral pandemic, we can still safely do so. Here are the guidelines:

1. Wearing disposable gloves to touch “public things” like ATM pads, gas pumps, common doors/surfaces.
2. Quarantine packages and deliveries.
3. Wipe Packages/ purchases down with Lysol/Clorox wipes or alcohol (60-75%).
4. Washing any new clothes before wearing them.
5. Taking a shower when you get home.
6. Wash your hands & do not touch your face.
7. If you're sick or immunocompromised stay home and/or wear a mask in public & common/shared spaces.
8. Take off your shoes before going into your home/at the door.
9. Clean all disposable packaging with soap and water before drinking from them/eating from them.



ISOLATION & QUARANTINE

KEEPING IT TOGETHER

Here are some guidelines to keep you sane during a prolonged self-quarantine or self-isolation:

1. Relax. Stress hurts your immune system.
2. Exercise. Rejuvenated your immune system and fights stress.
3. Do your favorite “thing”. Watch your fav shows, play a game, read a book. Happiness will fight depression and anxiety through your own love/expressions of love.
4. Allow space for others co-self isolating in the same space (don't further aggregate people by being up “under them”)
5. Breathe and meditate once a day.
6. Get some sunshine! Sunshine is a requirement for a healthy life- sit in a sunny window or go outside at least once a day.
7. As long as you have your own space- you can go outside and gardening is known to help anxiety.
8. Get to all the things you never have time for- give your home some love with a deep cleaning, some new paint.

