

In this time of crisis we are coming together as a community in ways we never imagined. One of our biggest concerns right now is that needs arising from this crisis will overwhelm our local health infrastructure. There is so much that is unknown and we understand that this creates a great deal of anxiety. WE hope that this document will serve as a reference for questions you might have regarding COVID-19. It has been compiled by doctors and nurses from the Lebanon Health Assembly, a group advocating community-centered health in New Lebanon, and is a collection of the information that is known at this point. We will attempt to update as often as possible whenever new information becomes available. References are linked or listed at the bottom. This is a living document, updated regularly to provide you with the most up to date resources and knowledge that is available. By sharing this information we hope to provide access to available resources and to help people make informed choices for themselves and those they are caring for. Please read through as much of the information as you can. If there is still a question or concern, please call the number listed at the bottom. Keep in mind that we are a group of volunteers who may not have the ability to answer every question you might have, but will do our best with the information that is available.

Thank you for your work, your care, and your courage during this time and beyond.

-Lebanon Health Assembly

ABOUT COVID

A little about Covid-19

- COVID-19 is a new strain of respiratory virus belonging to the Coronavirus family.
- Due to its quick spread around the globe, and in communities, it is best to limit travel and keep socializing to a minimum.
- It can take between 2 and 14 days for COVID-19 symptoms to appear.

Signs + Symptoms of COVID-19

- SYMPTOMS can include: *Fever, Cough, Fatigue, Sputum (thick mucus from lungs) and Shortness of Breath.*¹ It can also include loss of smell/taste as well as abdominal pain/loose stools/nausea (although less common). For a detailed report on symptoms, see [this report by the WHO, page 11](#).
- There are no specific symptoms for COVID that completely differentiate it from a flu or common cold.
- Watch for symptoms, especially if you are a care provider. Do you have a thermometer to check your temperature? Low grade fevers, mild cough, and fatigue are early symptoms.
- If you feel like you have symptoms of any cold or flu, you should assume you could be infected with COVID. Please self-isolate until you feel better!

How does it spread?

- Since this is a respiratory virus, it most likely spreads the same way a cold or flu does--through respiratory droplets. So COVER your coughs and sneezes! Use a tissue when possible and throw it in the garbage.
- It can spread when we are in close contact (less than 6 ft) with someone who has it and the longer we are in close contact with them, the more likely we might pick it up.
- It is also possible to get it from touching something someone else coughed on, for example, and then touching our mouth or nose. So let's keep communal spaces clean and wash our hands.
- [Recent study published in the New England Journal of Medicine](#) indicates that COVID19 lives on surfaces for different amounts of time, depending on the material. Cardboard - up to 24 hours, Stainless Steel and Plastic - up to 72 hours, Copper - up to 4 hours

Vulnerable Populations we should take special care of!!

- People who are over 65
- Have weakened immune systems
- With chronic conditions such as diabetes or lung troubles.
- Who are unhoused or far from home and can't self-isolate
- Who are incarcerated
- Who are pregnant

Personal Prevention

- Direct contact such as shaking hands, hugging and kissing put you and others at very high risk of contracting this disease. Reframe your greetings: a smile, a bow, or a simple hello will do!
- Wash your hands with soap and water! Hand sanitizer is a second option, but soap and water is ideal. Keep nails trimmed!
- Don't touch your face!
- Cover your coughs + sneezes! If you don't have a tissue, then cough into your elbow. Immediately wash your hands following any contact with your face.
- Boost your immunity and support overall health and wellbeing 
 - See [Herbalista Cold Care Kitchen guide](#) for a TON of immune support options
 - Stop smoking! Avoid heavy alcohol use, exercise and get outside!
- If you feel symptoms of any cold or flu - **PLEASE STAY HOME** until you feel better!
- [Social Distancing](#) - the less we congregate, the less things can spread. It is suggested to keep six feet of personal space. Limiting our social interactions now can help [flatten the curve!](#)

Community Prevention in Shared Spaces

- Come up with [Community/ Household Agreements](#) and make sure entering guests are also aware. For example:
 - Wash your hands upon entering the space/ house.
 - Wash your hands before working in the kitchen.
 - No smooching on the shared pets.
 - Are outside guests allowed? How many at a time? Are they allowed into some spaces

and not others? Make sure to inform them of the household agreements!

- Having a plan for how to handle a sick housemate BEFORE folks get sick.
- Post informational graphics like [this one](#) to help educate folks on good hygiene.
- Encourage frequent **handwashing**. Make hand soap and easy to dispense. Use paper hand towels or electric dryers available at public sinks. No shared cloth towels.
- Offer hand **sanitizer** when handwashing isn't an option.
- **Routine cleaning** of frequently used surfaces (door knobs, tables, light switches, toilets, remotes, etc.). Wear gloves when cleaning and clean your hands after you're done. Ventilate the space regularly by opening windows.
- **Disinfection**: either 70% alcohol or Bleach Blend [4 teaspoons bleach per quart of water] to clean surfaces. And here is a detailed [list of EPA registered disinfectants](#).
- **Shared kitchens** - If you live with others, you might want to keep your own personal set of dishes, utensils, and cup. If your home doesn't have a dishwasher, then have your own designated sponge and drying towel as well. Use hot soapy water.
- When **eating in large community settings**, use disposable if possible. Don't let people self serve from main dishes, but provide designated servers. And most importantly - DON'T TOUCH YOUR THING TO THE COMMUNAL THING! For example, this means let the food drop from the serving spoon to the plate, don't tap the serving spoon onto someone's plate. Don't touch the lip of the bottle to someone's cup as you pour into it.

Masks

[Per the WHO](#), there are certain times when wearing a mask might be recommended. An N95 mask is not necessary for folks outside of a hospital setting, here we are talking about surgical/construction or homemade masks. Here are recommendations:

- Wear a mask if you are caring for someone with a suspected COVID-19 infection.
- Wear a mask if you are coughing or sneezing to protect others.
- Another mask benefit is to help stop you from touching your face. A bandana can also help with this reminder.
- Masks aren't that effective without [also](#) paying attention to other hygienic protocols.
- Unless masks get wet or torn, you can reuse masks for roughly 12 hours. Make sure to not touch your mask though, if you touch the front of your mask, consider it contaminated.
- [DIY Mask Making](#)
- [CDC Mask Guidelines](#)
- The more people in shared spaces are wearing masks, the less their secretions (along with potential virus) are released into the air.

IF YOU GET SICK

The overwhelming majority of people will not need hospitalization and will recover without issues. In most states at present, if you are not a frontline worker with a known exposure or an admitted patient, you likely will not qualify for testing. This fact will change as more testing equipment becomes available, but it will still be limited. As above, at this point, **if you feel ill assume it is COVID-19**. Prepare as though you know you're going to get a nasty respiratory bug, like bronchitis or the flu. You will get through it, here's how to prepare.

Things you should have ahead of time:

SUPPLIES & MEDICINE

- Kleenex
- There are tons of holistic and herbal remedies (see treatment section below). Highly recommend [Herbalista Cold Care Kitchen Guide](#)
- Fever reducers: Acetaminophen (Tylenol, Paracetamol)
 - At this time, there are rumors about NSAIDs (Motrin, Ibuprofen, Advil) causing worse symptoms. There is almost no evidence for this, but if you are able to take Tylenol, avoid NSAIDs until further data is out. If you can't take Tylenol, at this time there is no proof that NSAIDs cause significant harm, it is likely ok to take NSAIDs as directed for a short period while you are sick
 - Take 500-1000mg of Tylenol every 4-6 hours (Take as directed, you can overdose on Tylenol)
 - Take 400-600mg of NSAIDs every 4-6hours (take with food or milk to avoid stomach upset)
- Mucinex, Robitussin or whatever your generic cough medicine of choice is (check the label and make sure you're not doubling up on acetaminophen - some brands like DayQuil have it included and you don't want that, the maximum daily dose of acetaminophen is 3,000 mg).
 - You want a cough medicine with both a cough suppressant and expectorant.
- Vicks vaporub for your chest is also a great suggestion. [Recommendation on steam baths with Vicks for opening up congestion](#)

TOOLS

- HUMIDIFIER - If you don't have a humidifier, that would be a good thing to buy and run in your room when you go to bed overnight. (You can also just turn the shower on hot and sit in the bathroom breathing in the steam).
- INHALER - If you have a history of asthma and you have a prescription inhaler, make sure the one you have isn't expired and refill it/get a new one if it is.

FOOD & WATER

- Drink A TON, hydrate hydrate hydrate. Water, coconut water, vitamin water, etc. (your pee should be clear. If yellow, drink more). Avoid sugary drinks (gatorade/fruit juice), coffee, or caffeine (they dehydrate you)
- Soothing foods, soups, salads, fresh foods. Avoid foods with lots of salt, processed foods (packaged), they also dehydrate you
- Soothing teas with honey!

TREATMENT

At present, there are no specific treatments for COVID-19. Antiviral medications are being developed but will take years to test and distribute. A vaccine is likely a year away at best, and even then, will likely be moderately effective (think flu vaccine). Existing antivirals are in the experimental phase for treating COVID-19 and are reserved for extremely ill patients. You may have heard politicians and other folks with NO medical background touting medications that will supposedly cure COVID. **THIS IS NOT TRUE! It is extremely important to understand that chloroquine and**

hydroxychloroquine are very dangerous and should never be used except as prescribed by your doctor!! Scant research has suggested a slight possibility of benefit to using these drugs, much more testing is needed to determine if this is the case. Also they likely will be only available for extremely ill patients. Be wary of expensive treatments sold on-line, they are, at best, no better than things found in your kitchen and at worst can do far more harm than good.

With that being said, there is a lot you can do to boost your immune system, work with your plant allies, and eat healthy foods, almost all of which can be found in your kitchen, garden, nearby woods, or supermarket. Here are some great resources, use at your comfort level. Herbal medicines are powerful, complex and different for everyone, please consult an herbalist with questions.

[Herbalista Free Clinic- Cold Care Kitchen Medicine](#)
[Herbalista Free Clinic- COVID19 Community Care Guide](#)
[Buhner - Herbal Treatments for Coronavirus Infections](#)

WHEN TO SEEK MEDICAL CARE

Unfortunately, there are folks who get very sick. Because of the limited resources of hospitals, emergency rooms, and clinics, it is asked that folks limit their exposure to these institutions until necessary. How do we know when it is necessary? There's no clear answer, but here are some guidelines.

On the [CDC site](#), here are some guidelines. There is also a "self-check" tab that is automated and there to help you decide.

When to Seek Medical Attention

If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**. Emergency warning signs include*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.



Call 911 if you have a medical emergency: If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.

 Self-Checker

- In other terms, if you feel so short of breath that you can't walk up the stairs, put a mask on and go to the ER.
- If you have significant chest pain, like someone is stepping on your chest, put a mask on and go to the ER.
- If you or someone you are caring for is making no sense or you can't wake them up, put a mask on them and go to the ER or call 911.
- If you or someone you are caring for is so short of breath that you/their lips are blue, put a mask on and go to the ER or call 911.

GETTING BETTER

Again, the overwhelming majority of folks will get better! Symptoms may last for two weeks, sometimes even three weeks. Be prepared for this, it is normal with COVID.

When you have been completely free of symptoms for 14 days, you are cleared from your self-isolation. At this point, smile! You should go back to social distancing protocols (see above). We welcome you back with a virtual hug.

MENTAL HEALTH

The disaster we find ourselves in is likely going to last a long time. Based on expert projections, we need to prepare ourselves for 9-18 months of some type of social upheaval. Regardless of

the physical aspects of the disease, the isolation and economic precarity we are all facing is enormously stressful for us all, particularly those who have already struggled with anxiety, depression, bipolar, schizophrenia or other emotional states; this upheaval can be extremely triggering. Be aware of your mental state and that of your neighbors.; we need each more than ever at this time. Call friends, limit your computer time, limit your news time, engage in hobbies or things that give you joy, and spend time in nature. In addition, here is also a list of [mental health resources](#) that are available.

Columbia County/Capital District Medical Hotline
This hotline is a free service for folks in our community. It is volunteer run by local health professionals, but is not meant to replicate 911 or other emergency services.

(The advice should not be considered medical advice but rather informed guidance to navigate the current crisis, please refer to your primary care doctor or other health institutions for formal guidance.)

Call/text- (518) 545-4904

(Follow the prompts, state your name, if we're unable to answer, please leave a message.)

SHOUT OUTS:

This guide was made from excerpts or informed by awesome guides already in circulation.

Thank you so much for your work:

[Mutual Aid Disaster Relief- Medic info](#)

[Covid-19 Community Care \(Herbalista.org\)](#)

[If you get sick](#)

OTHER RESOURCES:

[Coronavirus Resource Kit \(Extensive!\)](#)

[Black Girl Magik COVID-19 Global Resource Guide](#)

[Compromised People In Need](#)

[How to have sex in the COVID-19 Pandemic](#)

[Safer Drug use during Covid-19 Outbreak](#)

[Undocumented Covid-19 Resources](#)

[Queer Care](#)

[Financial Solidarity Needs list](#)

[COVID-19 Mutual Aid List \(national/crowd-sourced\)](#)

[Spanish Safe Practices](#)