

WHAT ABOUT MASKS AND OTHER PROTECTIVE GEAR?

Masks can be helpful, but within limits. **Most masks that are available for purchase in a drug- or hardware store are not able to block viruses**, because viruses are super duper small! However, they can block droplets of moisture (e.g. from a sneeze or cough) that might be carrying viruses.

Because the coronavirus that causes COVID-19 is so widespread throughout the world, there is now a shortage of medical masks for healthcare workers. **Healthcare providers don't have the option of avoiding risk**, because their jobs require them to be in contact with sick people. Therefore, protective gear like masks is most important for them.

If you need to go out in public, you can cover your nose and mouth to help prevent the spread of germs. These methods will not provide complete protection— like staying away from others does— but they may lessen the spread from you (or another person) by sneezing or coughing.

WHAT IS MUTUAL AID?

Mutual aid is a practice of sharing resources with one another, wherein you give what you can to others, and you receive what you need from others. “Resources” can mean anything, from information, to skills, to physical objects, or even material wealth. Mutual aid is one of the central tenets of anarchism: in contrast to hierarchical systems (someone who has a lot gives to others who have less), or more specifically capitalism (giving to others in the hopes of making a profit for oneself), practicing mutual aid means a belief that we all do better by cooperating, and making sure everyone's needs are met.

MUTUAL AID IN HEALTHCARE

There is a long tradition of community healthcare arising from social justice movements of the 1960's and 70's. The Black Panther Party was renowned for their community health clinics, where medical professionals, organizers, Party members, and community members joined forces to exchange expertise and provide people with free, readily accessible health care. But the Panthers were not alone: when medical testing and care was not available to their community, Puerto Rican sovereignty movement the Young Lords made history by creating their own programs, including testing for tuberculosis and other common diseases, providing free care to to their entire community. In the 1970s, when doctors would often refuse care for (or worse, extort or blackmail) gay and lesbian patients, community clinics arose to specifically serve the queer community's health needs. These clinics were also on the front lines when the AIDS epidemic took hold in the early 80s, and were the first to not only recognize the threat, but to provide care to people who had become sick-- long before the government ever admitted the existence of AIDS, let alone did anything.

Learn more here: http://bit.ly/bdb_mutualaid

"TOMORROW BELONGS TO THOSE WHO PREPARE FOR IT TODAY."

- MALCOLM X



A ZINE ON COMMUNITY HEALTH
DURING THE COVID-19 PANDEMIC

BY LULU WHATEVERR

WHAT TO DO IF YOU FEEL SICK

IF YOU ARE IN A LOW RISK GROUP AND FEEL UNWELL:

Self-isolate as much as possible, and treat it like you would the flu: monitor your temperature, rest, and drink lots of fluids

If you start to feel worse, seek contact with your doctor— ideally via phone or other remote contact.

Do not physically go to a healthcare center unless you are concerned you need urgent or emergency medical care

YOU DESERVE A MEDICAL SYSTEM THAT CAN MEET YOUR NEEDS, THAT IS AFFORDABLE/FREE FOR EVERYONE, AND THAT IS ACCESSIBLE TO ALL.

Unfortunately, we have the US healthcare system, which is none of the above. In keeping with the realities of our failing health system, the advice on these pages is from Reed Caldwell, Assistant Professor of Emergency Health at NYU Langone, via Chris Hayes, and is in line with recommendations from the CDC.

AN IMPORTANT FACTOR IN KEEPING AHEAD OF COVID-19 IS MAKING SURE THE MEDICAL SYSTEM ITSELF CAN KEEP UP WITH THE NUMBER OF PATIENTS WHO NEED CARE.

Tests for COVID-19 are still not widely available as of this writing.

IF YOU ARE IN A HIGH-RISK GROUP (60+ YEARS OLD, IMMUNOCOMPROMISED, OR OTHER UNDERLYING HEALTH ISSUE) AND FEEL UNWELL:

Self-isolate and immediately contact your doctor for advice, ideally via phone or other telemedicine.

Seek emergency care if you are experiencing urgent symptoms (including, but not limited to, difficulty breathing) that cannot be managed by approaches you would use for a more typical illness like the flu

If you can't get to soap and water, it's easy to make hand sanitizer at home! Hand sanitizer is basically just rubbing alcohol mixed with something to keep it from drying out your hands (e.g. aloe vera or other moisturizers). There are several recipes for doing so-- the main idea is that you need to be sure that your hand sanitizer is made of at least 60-70% alcohol when you're done.

HAND SANITIZER RECIPE

3 parts alcohol to 1 part moisturizer (aloe vera gel works well and is cheap, but other lotions work too, as long as they mix well with alcohol, and don't cause allergies). Rubbing alcohol is sometimes sold diluted— this recipe assumes you are using 90% strength alcohol. If your % is lower, use more.

You can add a few drops of essential oils to make it smell better if you like, but you don't have to!

Make sure you are preparing everything in a clean space: wipe down counter tops with a diluted bleach solution beforehand, wash your hands thoroughly, and mix using clean utensils!

Mix the ingredients in a clean bowl, or other clean vessel that is easy to pour. This formula will be thin and watery, so you can put it in a small bottle or even an empty spray bottle. Note that sometimes what you mix with the alcohol might separate out when the bottle sits-- that's OK! Just give it a really good shake before using.

WASH YOUR HANDS

Washing your hands with soap and water is the most effective way to get them clean!

Though hand sanitizer gels/lotions/sprays are popular, and might make you feel like you're getting "extra clean", they aren't as good at getting rid of all germs, and should be used as a secondary line of defense when soap and water isn't readily available.

1. **Wet** your hands with clean, running water, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for **at least 20 seconds**. Need a timer? Sing the songs listed in this zine! "Happy Birthday" (sung twice) works too.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

PROTECTING YOURSELF & OTHERS

Your first line of defense is to think about ways you can avoid being exposed! That means changing your behavior and habits so that you don't come into contact with people or places that are likely to lead to transmission.

Even if you are a healthy, young person, putting yourself at risk means that you could pass germs on to someone who is more vulnerable-- and you don't want to be the person who makes someone sick, right?

One of the best ways we can protect one another is through "social distancing", or trying to keep your contact with others to a minimum. That means things like:

- Avoid large gatherings: no crowded bars or restaurants, no sports events, no parades, no big parties or weddings or other group celebrations
- If you are in a group, try to maintain several feet of distance between you and others
- If you have friends over, or go to someone's house, commit to not going if you feel unwell (note this comes with some risk, because even if you feel fine, you could still be carrying the disease and just not have symptoms)
- If you go to public spaces (e.g. the gym) maintain distance from others and try to go at times when it's not crowded

"TRUTH HURTS" BY LIZZO

Why men great 'til they gotta be great?
Don't text me, tell it straight to my face
Best friend sat me down in the salon chair
Shampoo press, get you out of my hair
Fresh photos with the bomb lighting
New man on the Minnesota Vikings
Truth hurts, needed something more
exciting
Bom bom bi dom bi dum bum bay

"TOXIC" BY BRITNEY SPEARS

Oh, The taste of your lips
I'm on a ride
You're toxic I'm slippin' under
With a taste of a poison paradise
I'm addicted to you
Don't you know that you're toxic?
And I love what you do
Don't you know that you're toxic?

"NO SCRUBS" BY TLC

And no, I don't want no scrub
A scrub is a guy that can't get no love
from me
Hanging out the passenger side of his
best friend's ride
Trying to holler at me
I don't want no scrub
A scrub is a guy that can't get no love
from me
Hanging out the passenger side of his
best friend's ride
Trying to holler at me



"RASPBERRY BERET" BY PRINCE

She wore a
Raspberry beret
The kind you find in a second hand
store
Raspberry beret
And if it was warm she wouldn't wear
much more
Raspberry beret
I think I love her

"LOVE SHACK" BY THE B-52'S

The love shack is a little old place
where
We can get together
Love shack baby
A love shack baby
Love shack, baby love shack x4

"GANGSTER'S PARADISE" BY COOLIO

As I walk through the valley of the
shadow of death
I take a look at my life and realize
there's nothin' left
'Cause I've been blastin' and laughin'
so long
That even my momma thinks that my
mind is gone
But I ain't never crossed a man that
didn't deserve it
Me be treated like a punk, you know
that's unheard of
You better watch how you talkin' and
where you walkin'