

# EPIDEMIC PREVENTION TIPS V1

From the 'Global View of Wuhan' volunteer team  
By an editor living in Shanghai

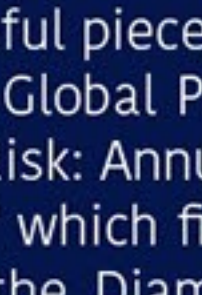
## 致外国友人的生活防疫指南 V1

来自“全球看武汉”志愿者团队 | 执笔：一名生活在上海的编辑

2020/02/22



COVID-19 (the 2019 novel coronavirus) is not the common flu—it's much worse! Take precautions to keep yourself healthy. You'll be glad you did.



### Why we made this guide?

I haven't left my neighborhood since January 20, 2020, and the farthest I've been to is the supermarket at the entrance to the neighborhood. Every three or four days, I go downstairs to buy groceries, pick up delivery packages and throw out the trash. During the first few days of the epidemic, I still wandered around the neighborhood, but I've since stopped. Now when the weather is good, I enjoy the sunshine on my balcony and breathe in the fresh air.

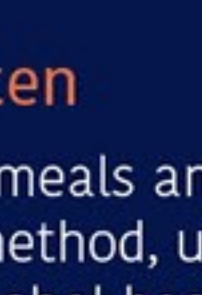
As an editor at a news site, I've been following the epidemic since the beginning of January. Every day I receive a huge amount of information and pass on the most useful pieces to the public. On February 16, we translated a report by the Global Precautionary Monitoring Board (GPMB) entitled "A World at Risk: Annual Report on Global Preparedness for Health Emergencies," which finds significant risk of a global epidemic. The outbreaks on the Diamond Princess cruise ship and among communities in South Korea, Singapore and Japan are proof of the potential for a global crisis.

Just last November I was in Daegu, South Korea, for a friend's wedding, so when I saw the news of the outbreak there, I immediately told my Korean friends to take extra precautions. They were skeptical, just as I was at first. In fact, a month ago I was still planning to travel to the southern part of China for Chinese New Year. However, when I heard the renowned epidemiologist Zhong Nanshan state that the virus could be transmitted between people, I decided to cancel my plans.

As we have seen in recent weeks, the epidemic can spread rapidly and in unpredictable ways. However, there's no need to panic if you take proper precautions. By protecting yourself, you're helping do your part to relieve the burden on society as a whole.

On January 21, I wrote my first epidemic-related report to give a warning to people in China. Now, one month later, I've decided to share some tips based on our experience to people around the world.

Over the past month, based on the information I've gathered, I've heightened my defenses and changed my daily habits. The following is a summary of the protective measures I take, along with extra information added by our volunteers. Maybe you won't want to take the same steps as I do—and hopefully you won't need to. However, if the situation gets worse, this summary may help you mentally prepare. These suggestions are only a reference, and I encourage you to listen to more voices.



### Precautions at Home

Make sure you're prepared at home with adequate supplies, proper disinfection methods, and the latest health information.

- 1 Stay calm and make a plan**  
First, make an inventory of your household supplies, including food, toiletries, and medications, etc., and calculate how long they will last. Then stock up: I usually buy enough to last for one month. Don't store more than you need, and don't waste what you have.
- 2 Set up a buffer zone for disinfection near the front door**  
A buffer zone separates the outside from the inside. In my home, I place everything from outside on a mat at the door, then I disinfect it before bringing it into the house. Later I place everything I use outside on the balcony to air it out.
- 3 Disinfection at home**  
Many resources offer advice on the choice of disinfectants, and I've provided guides below. Personally I use disinfectants containing peracetic acid and chlorine bleach. I also use laundry sanitizer, dishwashing liquid, hand sanitizer, and disinfectant wipes. Follow local instructions and check the ingredients of any product you use.
- 4 Don't spread germs at the dinner table**  
When eating with others, make sure to use separate dishes and serving utensils. In my home, we boil dishes every few days for 15-20 minutes.
- 5 Wash your hands often**  
Wash your hands before meals and after using the toilet. Follow the WHO handwashing method, using soap and scrubbing for at least 20 seconds. Use alcohol-based hand sanitizers if you don't have immediate access to soap and water. You can also add laundry sanitizer when washing clothes.
- 6 Ventilate your home**  
Ventilate your home as much as possible. When the weather is good, place quilts and clothes under the sun.
- 7 Stock up on food**  
Keep plenty of non-perishable food items on hand, in case of shortages or rising prices due to interruptions in the transportation and delivery network.
- 8 Get exercise**  
If you can't exercise outdoors, work out at home. I exercise every day for about 30 minutes.
- 9 Keep track of your health**  
Consider taking your temperature on a daily basis to track your health. Avoid unnecessary visits to the hospital or doctor's office, where you may be exposed to cross-contamination. Keep cold remedies and other medications on hand.
- 10 Disinfection your bathrooms**  
Experts say that transmission through fecal particles may be possible. If you have a P-trap or U-trap under your sink, make sure to keep it filled with water to prevent vapors.
- 11 Communicate with your family**  
Keep your family up to date with the latest information and raise illness-prevention awareness together. Especially take care of children and the elderly.



### Precautions for Going Out

Keep items used outdoors separate from items used indoors to avoid cross-contamination.

- 1 Staying protected**  
Protect yourself appropriately when you go outdoors, as described below.
- 2 Outerwear**  
Choose a designated coat and hat to wear every time you go outside. When you return, air them out on a balcony, if possible, and clean them regularly. Personally, I have a set of clothes I wear only outside, including socks I put on over my indoor socks.
- 3 Disinfect your shoes**  
When you return home, disinfect your shoes, especially the soles. If you can't disinfect them, set aside one pair for going out and store them in a designated place. Avoid wearing slippers outdoors.
- 4 Gloves**  
Wear gloves outdoors, preferably medical latex gloves. If you can't find any, then disposable plastic gloves (like those used for handling food) are acceptable. Personally, I wear plastic gloves over my ordinary cloth gloves.
- 5 Respirator masks**  
Many resources offer advice on the choice of masks. Any mask is better than none, and N95 respirator masks offer the best protection. Masks are in short supply in many places. The only way to save masks is to stay at home as much as possible.  
In my case, we have 20 masks at home. Since we never left the neighborhood, so far we only use five N95 masks.
- 6 Minimizing contact**  
When outside your home, be aware of everything you touch. Doorknobs, elevator buttons, and handrails can all spread germs. Avoid touching your face, even if you're wearing gloves.
- 7 Returning home**  
When you return home, remove your shoes first, then your outerwear, and then your respirator mask. Carefully fold the mask up and avoid touching your face. Wash your hands thoroughly and change into your indoor clothes.
- 8 Extra precautions for public transit**  
Have a raincoat or extra jacket and shoe coverings ready in case you need to take public transit.
- 9 Crowds**  
Avoid crowded public spaces and large gatherings. Stay at home as much as possible. In China, many people are thought to have caught the virus during family dinners during Spring Festival.



### Shopping List

- ✓ N95 respirator masks (or surgical masks, if respirators are unavailable)
- ✓ Disinfectants, including hand sanitizer, hand soap, laundry detergent, and dish soap
- ✓ Gloves, coat, and coverings for shoes
- ✓ Medical supplies, including thermometers, cold remedies, and any prescription drugs
- ✓ Non-perishable food



### Guides

With the attached QR code at the bottom of the page, you may find some guides helpful. Here to list a few topics.

- Daily precautions
- Disinfection guidelines
- Prevent fecal transmission
- Guidelines for protecting yourself at home
- Guidelines for the elderly and other vulnerable populations
- Guidelines for hospitals
- Mental health tips
- Guidelines for protecting yourself at work
- Report on the global preparedness for health emergencies

For more information and links, please scan the QR code.

