



From the IIMHL and IIDL Update List

Update on Coronavirus/Covid-19

Issue 4 - 18th March 2020

"And the very last thing we need right now, is a mindset of mutual distancing.

We actually need to be thinking in the exact opposite way: Every hand that we don't shake must become a phone call that we place. Every embrace that we avoid must become a verbal expression of warmth and concern. Every inch and every foot that we physically place between ourselves and another, must become a thought as to how we might be of help to that other, should the need arise."

Rabbi Yosef Kanefsky

We thank the people from international and national agencies who have sent information to us and hope this document is helpful for our IIMHL and IIDL members.

This e-bulletin focuses self-isolation and quarantining and people's wellbeing and resources that agencies can use.

It also gives information for children, older adults and people with disability.

General information

WHO

<https://www.who.int/>

Live updates on countries' situation from CDC and WHO

<https://ncov2019.live/>

Johns Hopkins University

This website is a great resource to help advance the understanding of the virus, inform the public, and brief policymakers in order to guide a response, improve care, and save lives.

<https://coronavirus.jhu.edu/>

Interactive map of world-wide Covid-19 statistics

<https://coronavirus.jhu.edu/map.html>

Self-isolation, Quarantining, Social Distancing and Wellbeing

The **New Zealand Ministry of Health** has a very comprehensive description of what this means for a person and their friends, family and colleagues.

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-novel-coronavirus-health-advice-general-public/covid-19-staying-home-self-isolation>

The **National Health Service of the UK** states:

- try to keep at least 2 metres (3 steps) from other people in your home, particularly older people or those with long-term health conditions
- ask friends and family and delivery services to deliver things like food shopping and medicines – but avoid contact with them
- sleep alone if possible
- regularly wash your hands with soap and warm water for at least 20 seconds
- drink plenty of water and take everyday painkillers, such as paracetamol and ibuprofen, to help with your symptoms.

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/>

SAMHSA's Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak

This tip sheet describes feelings and thoughts you may have during and after social distancing, quarantine, and isolation. It also suggests ways to care for your behavioural health during these experiences and provides resources for more help.

<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

Public Health Wales: Novel Coronavirus (COVID-19) - Self-isolation advice

Stay at home: guidance for people with confirmed or possible coronavirus (COVID-19) infection

Published 12 March

<https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/self-isolation-advice/>

European Centre for Disease Prevention and Control writes on social distancing

Social distancing is an action taken to minimise contact with other individuals. Ten page document.

<https://www.ecdc.europa.eu/sites/default/files/documents/social-distancing-measures-in-response-to-the-COVID-19-epidemic.pdf>

Mental Health Foundation UK

Looking after yourself during the corona virus pandemic

<https://mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

Mental Health Europe

Words matter when talking about mental health

2-page infographic

https://mhe-sme.org/wp-content/uploads/2018/11/MHE_MentalHealth_42x297cm_CMJN.jpg

Mind UK

Mind in the UK have put together a very helpful webpage called: “Corona virus and your Wellbeing”. This page outlines practical ways people who experience mental distress (and anyone who may be feeling anxious) can look after themselves if they are unwell, if they have to work from home and if they have to self-isolate.

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse832ce>

Center for the Study of Traumatic Stress US

This agency has two new 2-page documents.

1. Psychological Effects of Quarantine During the Coronavirus Outbreak: What Public Health Leaders Need to Know
2. Psychological Effects of Quarantine During the Coronavirus Outbreak: What Healthcare Providers Need to Know

<https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response>

Coronavirus: The Psychological effects of quarantining a city.

This article in the **British Medical Journal** by **Rubin and Wessley** (based on previous virus) outlines how people feel when a quarantine is in place, for example:

“First, the measure has significant signal value, indicating that authorities believe the situation to be severe and liable to worsen.

Second, the imposition of the measure primarily for the benefit of others outside of the affected cities reduces trust and reassurance for those within the cordon—the belief that authorities are acting in my best interests.

Third, quarantine is by definition associated with perceived loss of control and a sense of being trapped, which will be heightened if families have become separated.

Fourth, the impact of the rumour mill must not be underestimated. The desire for facts will escalate and an absence of clear messages will increase fear and push people to seek information from less reliable sources.

Fifth, stigma can be rampant”

<https://blogs.bmj.com/bmj/2020/01/24/coronavirus-the-psychological-effects-of-quarantining-a-city/>

Children

From New Zealand a video for children: “Corona virus explained” Dr Michelle Dickinson

<https://www.youtube.com/watch?v=OPsY-jLqaXM>

Child Mind Institute: Video and information

https://childmind.org/article/talking-to-kids-about-the-coronavirus/?utm_source=newsletter&utm_medium=email&utm_content=http%3A//d31hzhk6di2h5.cloudfront.net/20200310/c7/82/94/e7/d5db3fa4aaf224284d265443_242x172.png&utm_campaign=Weekly-03-03-20

How to talk to children about the coronavirus from Harvard Health

<https://www.health.harvard.edu/blog/how-to-talk-to-children-about-the-coronavirus-2020030719111>

National Association for School Psychologists, US

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

WHO graphic for children

<https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf>

Coronavirus (COVID-19): How to Talk to Your Child from the Nemours Paediatric Health System US

<https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>

Older people

Covid-19 Guidance for older adults from CDC in the US
Information and a video

<https://www.cdc.gov/aging/covid19-guidance.html>

New Zealand Ministry of Health Aged Care Providers

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-novel-coronavirus-information-specific-audiences/covid-19-information-aged-care-providers>

Centers for Medicare & Medicaid Services (CMS)

From the US – actions to assist rest homes

- Restricting all visitors, effective immediately, with exceptions for compassionate care, such as end-of-life situations;
- Restricting all volunteers and nonessential health care personnel and other personnel (i.e. barbers);
- Cancelling all group activities and communal dining; and
- Implementing active screening of residents and health care personnel for fever and respiratory symptoms.

<https://www.cms.gov/newsroom/press-releases/cms-announces-new-measures-protect-nursing-home-residents-covid-19>

Public Health England

COVID-19: residential care, supported living and home care guidance

Residential care, supported living and home care in the event of a coronavirus (COVID-19) outbreak.

<https://www.gov.uk/government/publications/covid-19-residential-care-supported-living-and-home-care-guidance>

World Economic Forum: Tips to help the elderly stay connected by Geriatrician

[Laurie Archbald-Pannone](#) University of Virginia, US

<https://www.weforum.org/agenda/2020/03/seniors-elderly-coronavirus-isolation/>

People with a disability

Information about Coronavirus – easy read from **Mencap – the voice of learning disability**

<https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20UPDATED%20130320%20SD%20editsAH.pdf>

Sign language videos for Covid-19 from the **Office of Disability Issues in New Zealand**

<https://www.odi.govt.nz/whats-happening/covid-19-novel-coronavirus-new-zealand-sign-language/>

The National Disability Insurance Scheme (NDIS) from Australia has many resources

Two national supermarkets will open from 7am-8am in a dedicated shopping hour for the disability community and the elderly.

https://www.ndis.gov.au/understanding/ndis-and-other-government-services/ndis-and-disaster-response?utm_source=National+Disability+Insurance+Scheme+eNewsletter&utm_campaign=1277371634-

[EMAIL CAMPAIGN 2017 01 20 COPY 01&utm_medium=email&utm_term=0_85b9cee0c8-1277371634-50745617](mailto:b9cee0c8-1277371634-50745617)

Poster

Below is a poster developed by the New York state Department of Health Center for Disability Rights:

[Protect yourself from COVID-19 and stop the spread of germs](#)

Previous Covid-19 e-bulletins:

No. 1 <https://www.iimhl.com/files/docs/IIMHL-Updates/20200210.pdf> (10.2.20)

No. 2 <https://www.iimhl.com/files/docs/IIMHL-Updates/20200313.pdf> (13.3.20)

No. 3 <https://www.iimhl.com/files/docs/IIMHL-Updates/20200317.pdf> (16.3.20)