



From the IIMHL and IIDL Update List

Update on Coronavirus/Covid-19

Issue 3 - 17th March 2020

*“The best way to find yourself
is to lose yourself in the service of others”*

Mahatma Gandhi

This e-bulletin outlines key issues from two main agencies: World Health Organisation (WHO) and Johns Hopkins University.

This edition also has information about safe greetings and media resources from New Zealand's Ministry of Health and Health Promotion Agency.

Other international or national agencies that belong to IIMHL or IIDL have also sent great information in to us. We thank the people who have sent information to us and hope this document is helpful for our IIMHL and IIDL members.

WHO

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

Situation report as at 16/3/20

<https://experience.arcgis.com/experience/685d0ace521648f8a5beeeee1b9125cd>

WHO has partnered with the **United Nations Foundation** and the **Swiss Philanthropy Foundation** to initiate a “Solidarity Fund”. The fund, the first-of-its-kind, enables private individuals, corporations and institutions anywhere in the world to come together to directly contribute to global response efforts.

<https://www.who.int/news-room/detail/13-03-2020-who-un-foundation-and-partners-launch-first-of-its-kind-covid-19-solidarity-response-fund>

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>

Mental Health Europe

As news about coronavirus (COVID-19) dominate the headlines and public concern is on the rise, Mental Health Europe would like to remind all that taking care of your mental health is as important as looking after your physical health. Good mental health and positive wellbeing can help you better cope with the COVID-19 threat and the uncertainty it's creating. They outline 8 ways to look after your mental health:

1. Seek information from legitimate sources
2. Set limits around media coverage
3. Look after yourself
4. Reach out to others and support people around you
5. Maintain a sense of hope and positive thinking
6. Acknowledge your feelings
7. Take time to talk to children about Covid-19
8. Ask for professional support.

<https://www.mhe-sme.org/covid-19/>

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>

City Mental Health Alliance UK

This agency has good information on "Supporting colleagues to stay mentally healthy in unusual working conditions" and this document has links to other international and national agencies.

<http://citymha.org.uk/supporting-colleagues-to-stay-mentally-healthy-in-unusual-working-conditions/>

The impact on people

As Dr Manderscheid noted in his Commentary in 2007 'Preparing for Pandemic Avian Influenza:

"Good mental health is essential for good health. The natural corollary is that there can be no true preparedness without planning for mental health care, with a particular focus on essential personnel.

One of the lessons of managing all crises—wars, pandemics, terror attacks, natural disasters—is that our ability to respond will be predicated upon our ability to keep

large populations in good mental health and to mitigate panic while we all ride out the storm. Now is the time to start planning and acting on those plans". P.67.
<https://www.iimhl.com/files/docs/20200316.pdf>

Alternative ways for greeting people: New Zealand

Note: A 'hongi' is a traditional Maori greeting - touching noses.



Now we have new ways of greeting people:

ALTERNATIVES TO HANDSHAKES, HUGS, HIGH FIVES AND HONGI



THE WAVE



THE HAND ON HEART



BLOWING A KISS



NZSL: HOW ARE YOU?



THE 'HI-BROWS'



THE 'ALL GOOD' NOD



THE 'EAST COAST WAVE'



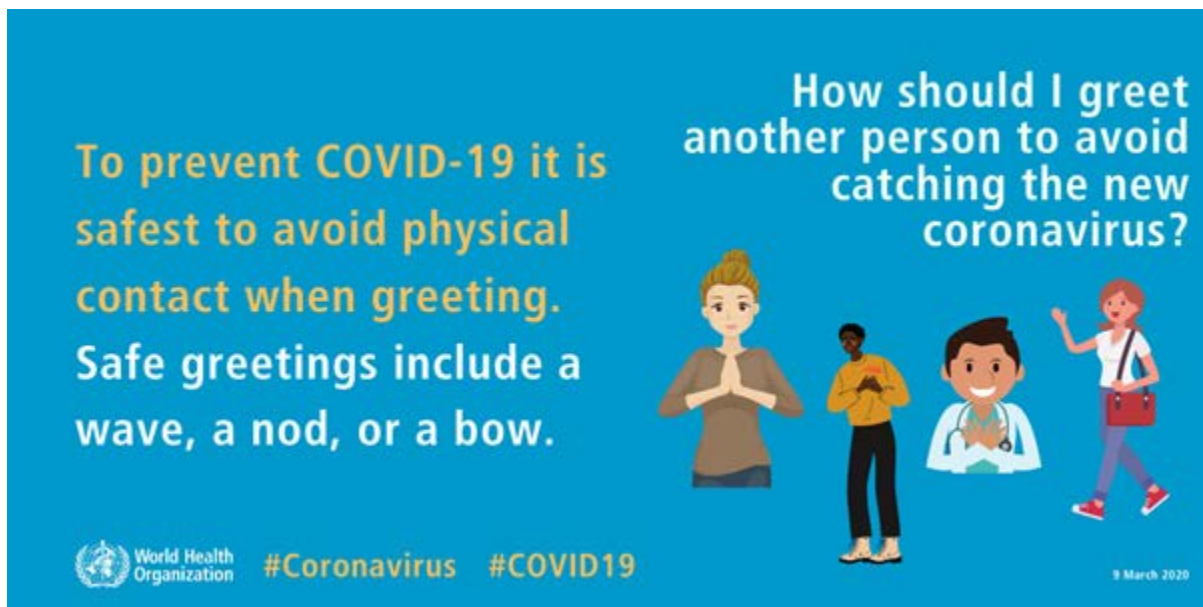
THE 'WHAT A WORLD EH?'

@SIOUXSIEW @XTOTL thespinoff.co.nz

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https://thespinoff.co.nz/society/16-03-2020/the-world-is-on-fire-my-message-to-new-zealanders-on-covid-19/?fbclid=IwAR1z-dk5sMC_fsQc4KR29z66VUn6jeVNY-MaGfsMtJJ9KOdkB33oNA280hE#.Xm7gBsOsG4g.facebook

WHO posters about greeting people



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](#)

Media messaging

The Ministry of Health and Health Promotion Agency of New Zealand

The HPA has developed a range of resources for New Zealand/Aotearoa including:

Here are the assets for COVID-19.

- [Email signature](#)



Bus shelter adverts:

- [Ad 1](#)
- [Ad 2](#)

- Radio adverts:
 - [Radio ad 1](#)
 - [Radio ad 2](#)

Note, the radio adverts can't be edited or modified. Talent agreements expire March 2021.

- Digital banners:
 - [Banner 1](#)
 - [Banner 2](#)
- Social media images:
 - [Image 1](#)
 - [Image 2](#)
- Infosheets:
 - [How is COVID-19 spread](#)
 - [How to protect yourself and others](#)
 - [What is contact tracing](#)
 - [Children in self-isolation](#)

You can also download the assets kit [here](#).

Keep checking back. Further assets will be added as the campaign evolves.

<https://www.hpa.org.nz/covid-19>

<https://www.hpa.org.nz/sites/default/files/COVID-19 Assets Kit 11 Poututerangi 2020.pdf>

Government of Canada

A new Coronavirus research process was initiated in Canada culminating in 47 research projects totalling \$26.8 million. Two research areas are:

1. Medical countermeasures research, e.g., transmission and zoonotic source of the 2019-nCov, development and evaluation of diagnostic tools for early case detection and surveillance, and development and evaluation of candidate vaccines, among other areas; and
2. Social and policy countermeasures research, e.g., examining how individuals and communities understand and react to the disease, and developing strategies to combat misinformation, stigma, and fear, among other areas.

<https://www.canada.ca/en/institutes-health-research/news/2020/03/government-of-canada-invests-27m-in-coronavirus-research--details-of-the-funded-projects.html>

Previous Covid-19 e-bulletins:

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

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

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