



Sun, Mar 22, 4:19 PM (1 day ago)

From: Ted Ning

Greetings,

I have been a convener, a community builder, and a conference creator. In doing so, I tend to scan a variety of sources for things I think are useful for others to know about. As we all scan the headlines and social feeds, grappling with the ongoing shifts to our world and dealing with the emotions they evoke, I thought I'd share some of the things I feel cut through the noise and provide some education and clarity on events. Because things are changing so rapidly some things may be outdated. But my hopes are to provide some basic resources so that you stay informed and updated for you and your loved one's benefit.

Stay Properly Informed

If you don't know already, the best dashboard to get up to date international outbreak numbers is the [John Hopkins University of Medicine Coronavirus Resource Center](#) and is the primary site all experts refer to when seeking up to date data on COVID-19.

The [Google Coronavirus information site](#) provides resources on health advisory material from the World Health Organization and to public health departments for each US state, safety tips, data on the spread of coronavirus around the world, ideas for living well and working at home, and a donation drive to support the UN Foundation's COVID-19 Solidarity Response Fund for the World Health Organization.

There is also [The World Economic Forum Strategic Intelligence site](#) that aggregates articles, videos and data points related to global government responses, financial markets, travel, trade, vaccine development and avoiding the spread.

For local Colorado Residence, use the [Colorado Covid19 site](#) for updated outbreak numbers that is updated daily at 4pm.

Best Practices for Protection

Social Distancing from others is key. [To clarify what this means and its limitations read this.](#)

It is important to know that [COVID19 survives differently on different surfaces](#) and can last up to 3 days on certain surfaces and conditions.

That being said, many are scared to go out to the grocery stores. Here is a [FAQ on grocery store safety and how best to navigate](#). (At least for now.) Some stores are [starting to ban reusable bags](#) to protect their staff from customers.

For those concerned that food will run out and feel the need to stock up, here is an article explaining why [grocery store supply chains are NOT at risk of falling apart](#). It is better to shop LESS FREQUENT vs PANIC BUYING [toilet paper](#) and [guns](#).

NPR has a great article answering basic [FAQs on outside exercise, shopping and ibuprofen rumors](#). We will need to modify behavior in this new era to not only protect us, but others around us from infection. Here are [10 things to consider adopting to your routine when you leave your house](#).

Personally, I am limiting my outside activities to walking my dog and trail hikes (the benefits of being in CO) and using delivery services such as

[Instacart](#) for groceries (when they work) and to support local restaurants such as [Shine Restaurant](#) that has amazing immune boosting potion drinks and organic food options. Or [Azitra](#) my favorite Indian Restaurant. I recommend adopting something similar to your lifestyle and to error on the side of caution. I am also shopping directly from companies. A fav for me are [Rasa](#) (fanastic coffee alternative). But expect shipping to be delayed and stock to be short with the online order rush. I have not gone to heavily trafficked areas or indoor places such as stores but have been told when returning home from something, remove your clothes and wash them or put them in sun, take a shower. Also, get into the habit of washing your hands every 20 minutes with any soap that foams.

Eat fruits and veggies. Elevate Zinc and Vit C levels. [There is no evidence animals do not transmit the virus.](#) Use them to get yourself out of the house or to have pleasurable connection time away from the news. They love it! A good homeopathic doctor I know recommended [Yerba Santa](#) as a good herb to protect the respiratory system used commonly by Indigenous communities. Brew it as a tea to drink daily morning and evening.

Job Assistance

Impacted by coronavirus? Here are some resources.

For those suffering [hardships as a result of COVID-19, here is a list of services](#)

If you are in CO here is [a great list of things from unemployment to mortgage assistance](#) to help get by as businesses shutter.

If you are looking for freelancing [here is a list of jobs, resources and support networks.](#)

Grocery stores are desperate for people.

- King Soopers is looking to hire people to help restock shelves, bag groceries, unload truck and more at its stores statewide. [Hiring information can be found here.](#)
- Amazon is hiring 100,000 full and part-time workers nationwide at their fulfillment centers and for delivery to help with what they are calling an "unprecedented" need for labor. The company says online sales have surged well beyond what is normal for this time of year. Information on [Amazon jobs can be found here.](#)
- Domino's Pizza says they are hiring 10,000 workers to meet the huge increase in pizza orders. The chain is looking to hire in stores and factories, including chefs, customer service representatives and managers. [Information can be found here.](#)
- Here is a list of

Working from Home

Be aware that hackers and viruses are licking their chops. Here is a [great list of scams to be on the lookout for](#) now that you are not protected by firewalls or IT departments. It is also a good time to redo passwords and use a password manager security tool. I use [LastPass](#) but there are a host of other [password manager systems out there](#).

Small Business Owners

If you or someone you know has been hit hard here is a [list of national small business aid programs available](#).

Business owners and executives are staying up late with all kinds of thoughts. People are counting on leaders to lead in times of crisis. [Read this for ways to lead and engage with optimism during uncertainty.](#)

I found this article to provide a solid [list of tactics and the next steps to get your business organized for an uncertain future](#). One main point the article underlines is demonstrating to your staff and customers that you are being proactive. Not sure what to do? [Here are some great examples of other companies providing things to employees, community and customers](#).

There is still an opportunity to sell products, particularly if you are digital-focused as ecommerce will skyrocket. [Here is a good article on ways to use email in managing a crisis](#).

Google also has some [tools to help your small business manage through uncertainty](#).

Those concerned about packages being infected may want to reach this [article saying the virus can't travel through the mail](#).

Home Activity Ideas

Remember to keep solidarity with friends and family in the new quarantine paradigm I found this [article to be particularly interesting discussing the various apps to use such as Netflix Party, Zoom and other ways to create community](#).

Those that need to calm anxieties with all that is happening here are [5 TED Talks to build resilience](#).

Can't go outside? [Here is a list of Top 10 Adventure Documentaries on Youtube](#).

Or if you want a larger playlist here are [Netflix's Top 250 Best Movies To Watch In Lockdown, According To Rotten Tomatoes](#).

And if you have young kiddos here are [activities and online resources for homebound kids](#).

Here are [additional ideas to help others you know that are in need](#).

I hope some of these resources are helpful to you during this time and you do your own research on articles when you are reading and sharing so you do not spread false information. [It is important to determine if sources are credible.](#) Our lives are likely to be changed forever from this and we have no choice but to make the best of it. The shifts underneath us are so rapid and unprecedented and likely to [change our global economics](#) for a long time. Stay safe and stay in commune with your friends and family.

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