

UF-VA UNESCO BIOETHICS UNIT: CORONAVIRUS RESOURCES



What is Coronavirus?

COVID-19 is a newly discovered type of Coronavirus. It is spread from person-to-person by coughing or sneezing and getting exposed to droplets that have the virus in them.

The main risk is close contact with someone who has it. It's usually mild like a common cold, but it can be very serious for people with stressed immune systems or underlying conditions or older adults.

The thing we need to prevent is overloading our medical systems with everyone catching the illness at the same time.

The main symptoms feel like the flu or a really bad cold:

- Fever
- Cough
- Shortness of breath/difficulty breathing
- Fatigue

These symptoms show up between 2 and 14 days after you've been exposed to the virus.

How can I prevent COVID-19?

- If you have access to clean water, wash your hands with soap for 20 seconds.
- Sing a verse of "I Fought The Law" "Do They Owe Us A Living" "My Corona"
- Avoid close contact with people who are sick.
- Cover your cough and sneeze with a tissue and throw it away in a lined trash can, or if you don't have a tissue, cough into the bend in your elbow.
- Keep your hands away from your eyes, nose, and mouth.

If using drugs:

- When possible wipe down surfaces where you are preparing drug with antimicrobial wipes, or at least prepare them on a piece of foil or new newspaper.
- Before/after handling drugs, wash your hands with soap and water, or alcohol-based hand sanitizer. Be mindful if you're buying drugs that are being held in peoples' mouths, that it is putting you at a big risk right now.
- Do not share your drug using supplies or paraphernalia. This includes smoking supplies. If you need to reuse syringes, reuse only your own.
- If you are sharing a pipe, use new mouthpieces and/ or wipe them down. Think about how you use, do you hold syringes in your mouth, the tourniquet etc? Be mindful about this. Don't share pushers either.
- Also stock up on Naloxone/Narcan. Emergency services may be stretched in a COVID-19 outbreak, and slow to respond.

Other helpful things to have:

- Sunglasses, Face covering (but don't use if wet)
- Bucket with 1 part bleach to 9 parts water to wash objects (but don't use to wash your hands as it can cause cracking which leads to infection)
- Gloves, Wipes, Napkins, & Garbage Bags
- Food and Water. Tents are actually really good for "social distancing"- meaning keeping your space from others to slow down the infection rate. So get tents and enjoy them until it gets too hot or a "sweep" disrupts what little privacy you have.

Helpful numbers:

- **Grace Marketplace - 352-792-0800**
- **Disaster Distress Helpline - Call 1-800-985-5990 or text TalkWithUs to 66746**
- **National Suicide Prevention Lifeline - Call 800-273-8255 or Crisis Textline - Text TALK to 741741**