



NOOTKA ROSE

A Guide on Navigating the Ongoing
Pandemic, Grief & Continual Care





Interdependence asks us to imagine new ways forward with intention and soulful commitment to each other. We need you. We need all of us. There is no getting out of this pandemic alone. There is no stopping the spread or pushing our government, schools and businesses to do more, alone. We need each other. We need each other.

We need each other.



-- Mia Mingus

in “You are Not Entitled to Our Deaths: COVID, Abled Supremacy, and Interdependence”

Content Warning for this Guide:

Mentions of eugenics, state, sexual & domestic violence, medical neglect, ableism, illness, white supremacy, and death



“Lifted” by Twiichii

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by Nahrin Khan



Welcome to

NOOTKA ROSE



Even though we are tired, COVID is not over. The ongoing pandemic has brought on so much. Layers and layers of violence have unfolded in front of our eyes. 3.5 years since the virus first erupted, we have continually found ourselves in a surge after surge. We have been forced to navigate the ongoing pandemic practically on our own, with no real support or guidelines.


As an organization dedicated to ending gender & power-based violence, we also saw that even the guidelines we once had like “just stay at home” without much other material support created conditions for violence to erupt within the home; survivors were heavily subjected to financial abuse with abusers stealing their stimulus checks, and many have been getting sick with little access to health care, paid leave, and other crucial support.

Right now, the messaging is strong. We need to go back to normal. We have been told to move on. But the reality is moving on isn't an option for so many folks, especially disabled, immunocompromised, and those who have become newly disabled in this pandemic. Many of whom may identify as survivors.

We also recognize that in the push to “go back to normal,” deeply undermines and diminishes the pain felt through the ongoing pandemic and by the loved ones of the millions who have died because of COVID. There has been incredible harm that has been caused and is continued to be caused because of the current COVID denial by many.

We thus found it imperative to create a container to hold all of this. With a mix of art, basic resources, and a call for continued care, we introduce to you Nootka Rose. We are sharing this information with you because we care about you and want you & your loved ones to be safe now and in the future. We invite you to read through this guide at your own pace, with gentleness, and care for yourself.

This is absolutely not an exhaustive guide; we have definitely missed a lot and have possibly not given the depth and care needed to fully explore all the topics.




This guide was written in September 2023. With the ever changing information of the pandemic, we invite you to engage with this guide grounded in the understanding that resources shared here are constantly evolving. **We are not constantly updating this guide.** We hope this guide provides you a **starting point** to dive deeper & stay connected with organizations & collectives who are tirelessly researching and putting out new and relevant information about COVID-19. We offer ways to connect with their work and have utmost gratitude for their labor in such a difficult time.

So what does this guide hold?


- **Resources, resources, and more resources!**
 - We have information on finding data on understanding COVID, COVID trends, prevention, acute care, and some basic information on understanding long COVID.
 - As stated earlier, there are several amazing grassroots collectives and organizations who are tirelessly working on spreading information about the pandemic; we are using this guide to share their information.
 - Additionally, we are sharing resources on disability justice and the need for us to unlearn ableism to truly stand with survivors.
 - Finally, we have resources to ground yourself and explore your grief in relation to the pandemic. We are sharing some herbal recipes and journaling questions too.
- **Art on the Pandemic, Grief, and all the Complexities**
 - In April 2023, we put a call out for artists to submit works in any medium of art linked to COVID-19. We received many pieces filled with heart and which embody the complexities, grief, moments of connection, and uncertainty of the pandemic. You can find art dispersed throughout this guide of 10 amazing artists. You can also find their bios and information on page 68.



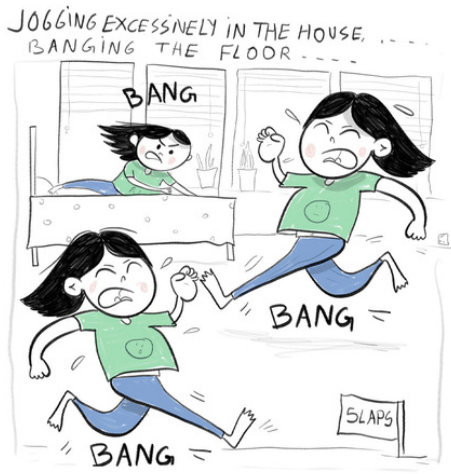
Why Nootka Rose?



Nootka Rose or *Rosa nutkana* is a wildflower that is native to Turtle Island. Herbalists have leaned on the wisdom of roses as a powerful ally in moving through grief. Rose provides us the container to work with our pent-up energies and move them through our bodies as we navigate grief. Nootka Rose embodies deep compassion, emotional healing, and joy. Thus, we dedicate this guide to the powerful plant ally who shows us how to move through grief and hold space for deep emotional healing & honor joy.



I WAS JUST TRYING TO SAVE LIVES!





Grounding & Calls for Gentleness

The topic of COVID-19 can be extremely difficult to engage with. In this section we ground ourselves in a common understanding of the pandemic and how we may engage with the information.



“Waiting” by Mandi Luo
Ink, Charcoal, Collage



Let us Understand How We Got Here

To understand how we got here, we invite you to read the article "[Let them Eat Plague](#)" which was shared in a guide on [how to talk to loved ones about COVID](#). The article "Let them Eat Plague" does an excellent job explaining how capitalism and different systems of supremacy have really put us all in danger.

The following is an excerpt from the article:



"Here's the truth: the pandemic is not over. It's much worse than you have been led to believe. And unless you've spent the past several years reading scientific studies on the subject, it can be hard to convey just how wrong the public perception of Covid really is. Everything from how it's spread, to how it's prevented, to what it does once it's in your body, is being tragically misunderstood."

"None of this is an accident. It's not your "fault" if you aren't a virologist, immunologist, epidemiologist, or evolutionary biologist. It's the job of experts and trusted voices to convey the truth and give you guidance. Not only have they failed at this, they have engaged in an active disinformation campaign dedicated to making the pandemic "disappear."

"Every actor within it has openly telegraphed motivations that we are all taught to see as acceptable: keeping the current economic system intact at all costs."

As the quote stated, it is not your fault for not knowing a lot of the information that is being shared in this guide. It can feel very overwhelming to read this information, especially if you haven't been keeping up with COVID research. So, we are inviting you to move through this guide at your pace, with curiosity, and with deep gentleness for yourself as you are reading it. Take breaks, pause, and reflect.

Some Journaling Questions & Questions to Reflect on In this Guide:

- Is this new information for me?
- How does knowing this information make me feel?
 - A great resource to name your feelings is by using this feelings wheel.
- How is my body feeling as I am reading this information?
- What actions does knowing this information make me want to take?
- Who should I share this information with?
- What do I want to know more about?
- How can I keep myself and my loved ones safe?
- Who in my life would I want to share this information with?

As you move through this guide, you can also use the following tools to center and ground yourself:

- **Box Breathing:**
 - <https://youtu.be/tEmt1Znux58?si=ljgAsCKuxll-Fgycl>
- **5-4-3-2-1 Grounding:**
 - <https://youtu.be/3øVMIEmA114?si=wz7XgSJGlwjTrnøC>
- **Five Finger Breathing:**
 - <https://youtu.be/3RG3J3nFGLø?si-ZBgQ1SaGonnz4upa>
- **Doodling + coloring + scribbling on a piece of paper**

Some Grounding Tools for You





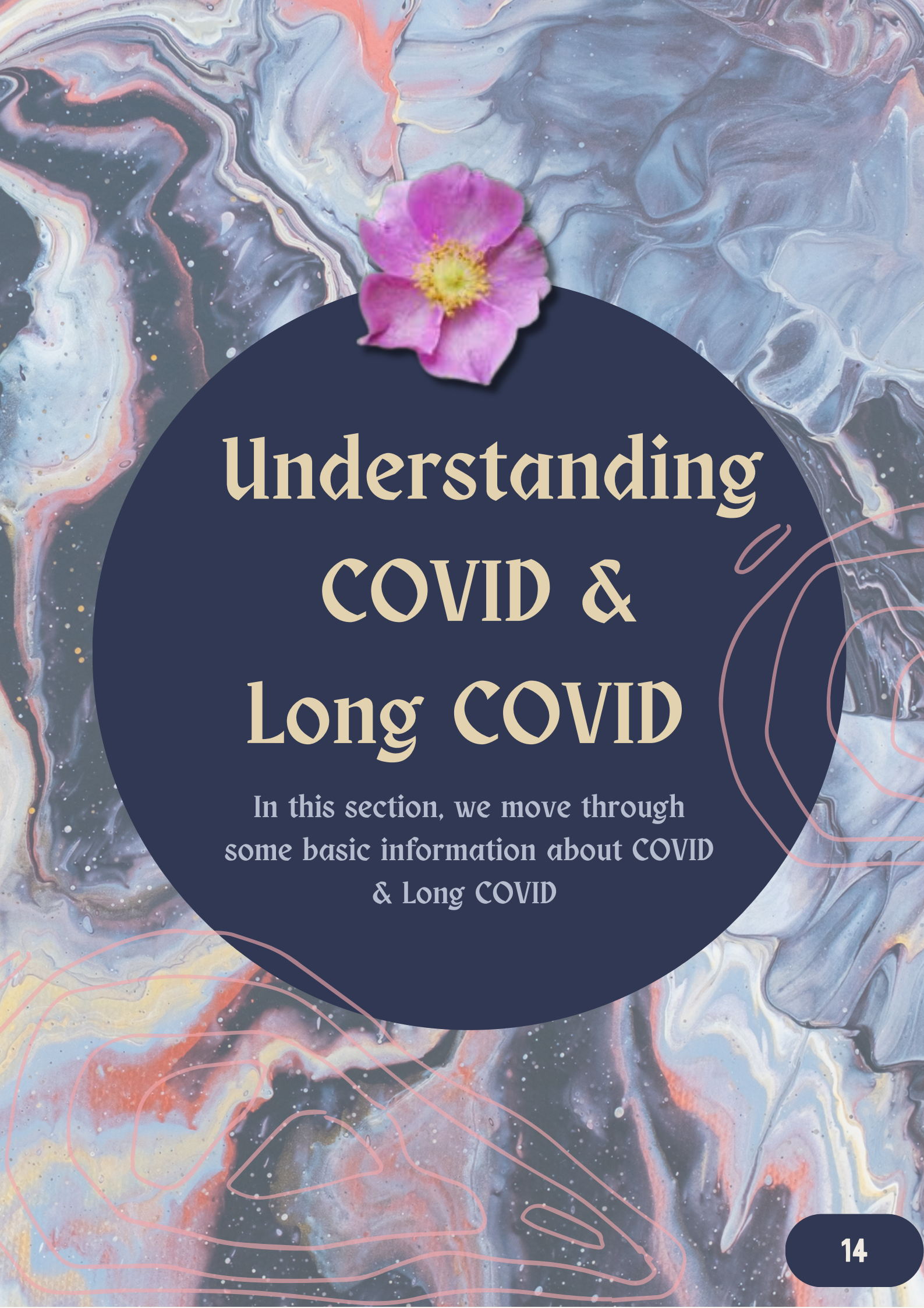
“Rage is Unsafe” by Victoria

Cw: mentions suicide, violent imagery



“Feeling rage doesn’t happen to me often, I won’t let it. Look at how scary and loud and obnoxious it is. When my partner got laid off during the pandemic, when I was forced to resign from my job after taking personal leave, when my grandfather told me to k*** myself, when I justified my experience of being raped, when people tell me to be quiet or take up less space and then I begin to tell myself the same messages...I feel trapped, strangled but the same forces telling me to scream, fight, bite back. Contorted. Rage, when I was able to visualize it and paint it, I could see it in its entirety. Flames from within and from around, a violent team against me making me silent, appease, depressed.

This is my rage. It’s unsafe for me to feel.



Understanding COVID & Long COVID

In this section, we move through
some basic information about COVID
& Long COVID



“Sleepless” by Mandi Luo
Collage, acrylic paint





Breaking Down Medical Jargon

In this section of the guide we will cover basic information about COVID & Long COVID. However, before we get into understanding COVID-19, here is a quick non-exhaustive list of medical terms we will be using and what they mean (heavily simplified).

- **Acute infection:**
 - A type of infection that develops quickly. If you have COVID, you are typically in what they would call the “acute stage” of the infection.
- **Airborne:**
 - Passed on through the air.
- **Asymptomatic:**
 - When you are infected but don't show any symptoms
- **Chronic infection:**
 - A type of infection which is still present even after the initial period has passed and people may have received treatment.
- **Mutate:**
 - Undergoing change
- **Pathogen:**
 - An organism causing disease to its host
- **Pre-symptomatic:**
 - When you are infected but haven't developed symptoms yet - the period after infection but before symptoms show up.
- **Respiratory:**
 - Related to your breathing.
- **Symptomatic:**
 - When you are infected and show symptoms.
- **Variant:**
 - A different form/version of something. There have been many versions of COVID.
- **Vascular:**
 - Related to the circulatory system/system that carries blood in your body.



Understanding COVID-19



The Basics

Let us learn about the basics of COVID. Covid (SARS-Cov-2) is short for Severe Acute Respiratory Syndrome Coronavirus 2.

- **COVID is a BSL3 Pathogen:**
 - BSL3 = Biosafety Level 3. BSL3 pathogens are those that can cause serious or potentially lethal disease when inhaled. COVID is classified as a BSL3 pathogen.
- **COVID is Airborne & Moves like Smoke:**
 - It moves through the air. A way to visualize how COVID can be transmitted is to imagine how smoke can move in the air. Since COVID moves through the air staying 6ft apart doesn't keep you safe.
 - COVID can linger in the air for hours after an infected person has left.
 - Learn more about COVID being Airborne: <https://www.covidisairborne.org/>
- **COVID can be Transmitted Outdoors too:**
 - You can catch COVID outdoors too. Wearing a mask outdoors is important too.
- **Asymptomatic Spread:**
 - Nearly 60% of COVID is spread by those who are infected asymptotically or before symptoms start showing up. It is thus important for all of us to take prevention measures so that we aren't spreading the virus.
 - Read more about prevention on page 25
- **New Variants Keep Popping Up:**
 - As of September 3, 2023, the most current variant in the US is the EG.5. Symptoms may include runny nose, sore throat, fevers. Some have reported stomach issues as well. Each variant might have different symptoms, the virus is constantly mutating, and old vaccines might not offer protections for newer variants.
- **Even Mild Infections Can Lead to Long Term Effects:**
 - COVID affects the vascular system of the body and even mild infections can lead to long term issues on multiple systems in the body.
 - Nearly 90% of people who live with Long COVID had a mild infection.
- **The Virus is Not Getting Milder:**
 - COVID has never been mild and it isn't getting milder. It continues to kill thousands of people each day.
- **We are all *high risk* for COVID:**
 - We all are at the risk of adverse effects of COVID and re-infections don't make you more immune to COVID, in fact it can cause Long COVID.



Understanding Long COVID



The Basics

So now that we understand what COVID-19 is, let us delve into understanding Long COVID.

• What is Long COVID?

- Long COVID is a multi systemic illness which is caused because of a COVID infection. Currently there is no treatment for Long COVID.

• Who can get Long COVID?

- Anyone who has had COVID can develop Long COVID.
- Even people with asymptomatic COVID cases or mild cases can develop Long COVID.

• How can I prevent getting Long COVID?

- The best way to prevent getting Long COVID is to prevent getting COVID in the first place. Read our prevention section on page 25 for more information.
- However if you do have an active COVID infection it is recommend that:
 - Rest, rest, rest
 - Take Paxlovid (if you are eligible - please talk to your doctor about this)
 - Take Metformin (if you are eligible - please talk to your doctor about this too).
 - Here is a study on how metformin reduces the chance of developing long COVID.

• What are the symptoms of Long COVID?

- Symptoms can differ by the person and can differ from what you originally had with COVID.
- Since COVID impacts the vascular system of the body, Long COVID can show up as multiple symptoms in many different parts of your body.
 - The following diagram shows which organs can be impacted. It is from a paper published in April 2023 which details the major findings of Long COVID.

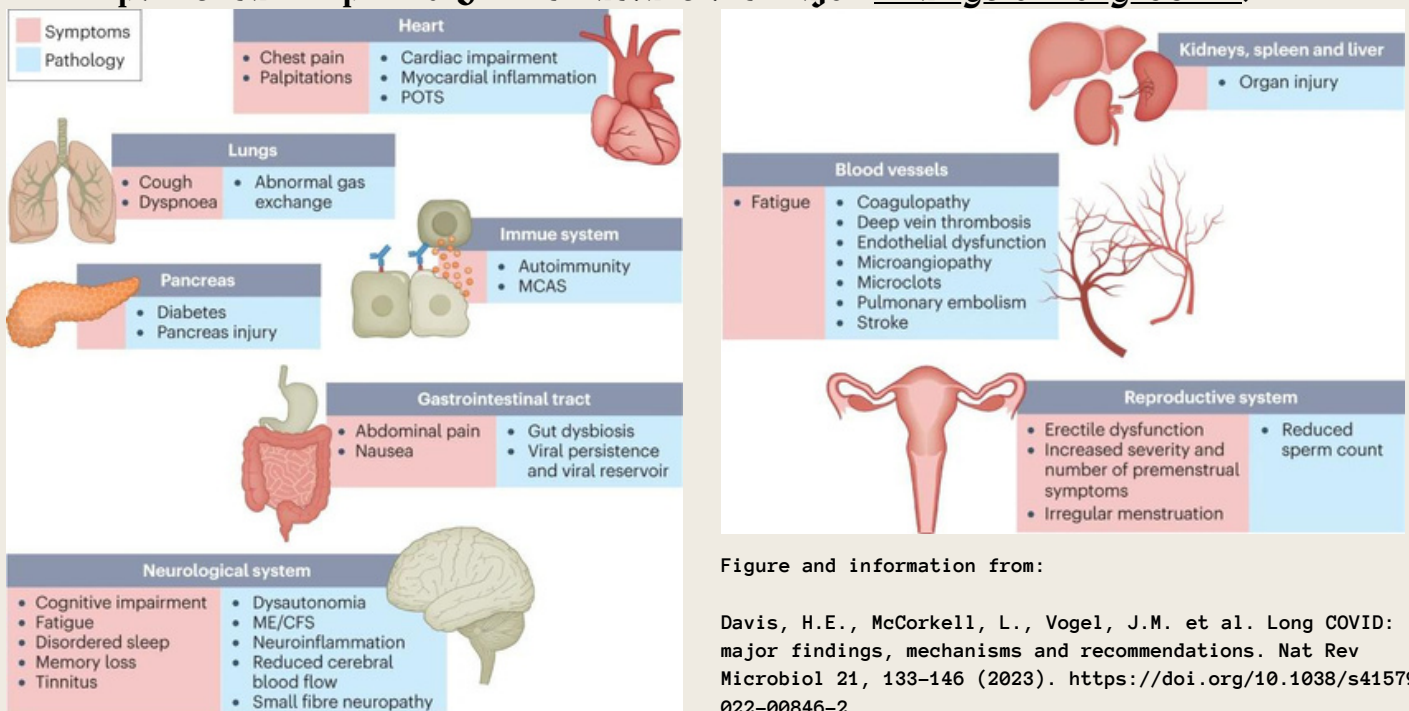
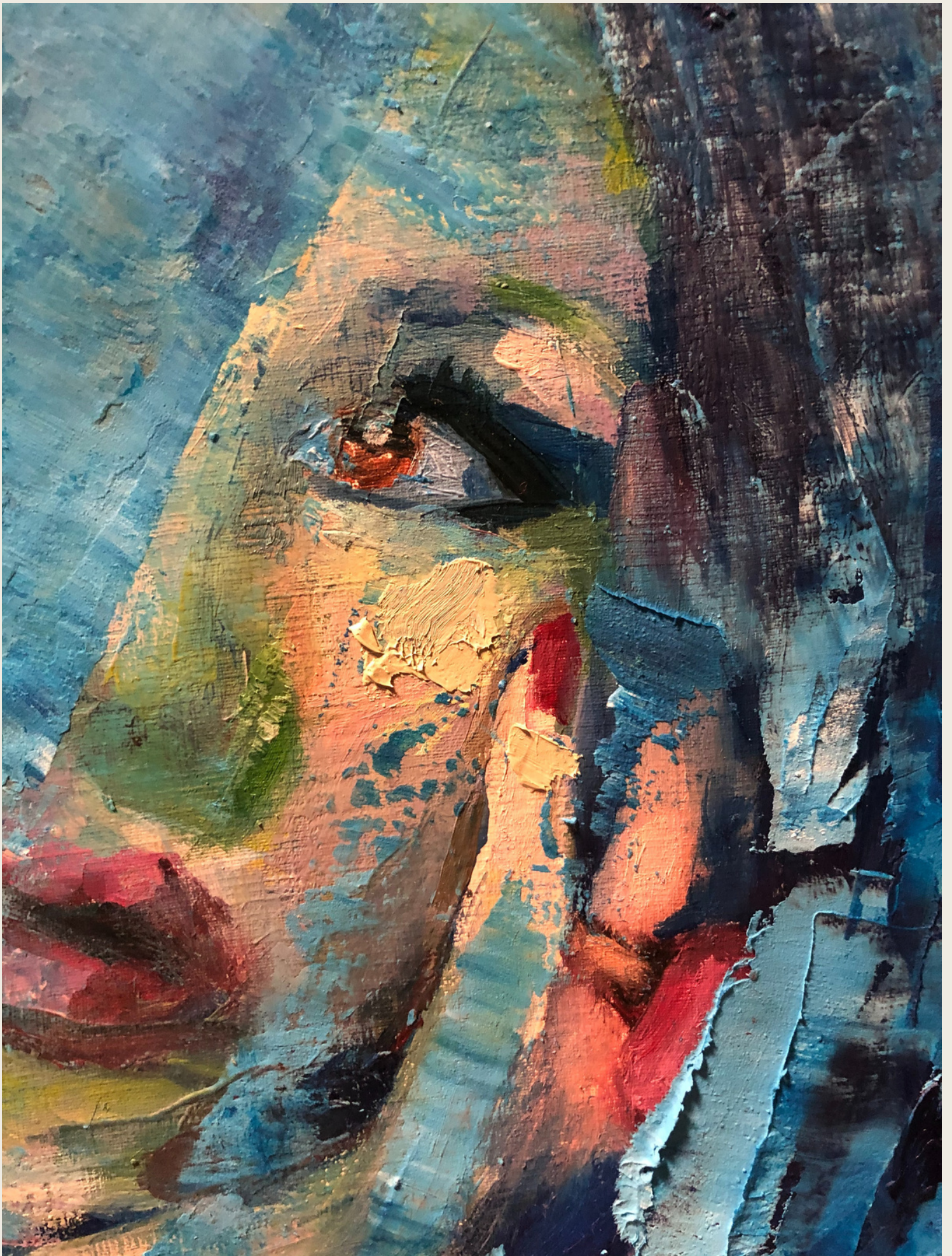


Figure and information from:

Davis, H.E., McCorkell, L., Vogel, J.M. et al. Long COVID: major findings, mechanisms and recommendations. Nat Rev Microbiol 21, 133–146 (2023). <https://doi.org/10.1038/s41579-022-00846-2>

- **I think I have Long COVID, what can I do?**
 - **Talk to your doctor about your symptoms.**
 - With the caveat that unfortunately the medical community is still at odds with whether Long COVID is real or not. Being an integral part of the medical industrial complex, doctors aren't necessarily the safest spaces for many, especially survivors. This is the unfortunate reality that we currently live in. Many Long COVID patients have talked about feeling gaslit and left without any support by the medical system.
 - **You might have to be your own researcher and advocate.** The following websites are a few places to get started with your research into understanding Long COVID and your symptoms so that you can advocate better for yourself:
 - **Long COVID Justice**
 - Long COVID Justice is a leading grassroots, collective effort to confront the Long COVID crisis, while centering racial, social, economic and disability justice.
 - **Website:** <https://longcovidjustice.org/>
 - **Patient Led Research Collaborative**
 - The Patient-Led Research Collaborative is a group of Long COVID patients who are also researchers. They facilitate patient-led and patient-involved research into Long COVID and associated conditions while following rigorous research methodology, and to advocate for policies that enable patients, particularly the most marginalized, to access care and live with dignity
 - **Website:** <https://patientresearchcovid19.com/>
 - **Long COVID Research Library:**
 - An online library which contains many of the important papers that have been published on Long Covid.
 - **Website:** <https://pandemicaidnetworks.org/long-covid-research-library>
 - **Monthly Webinars by Project ECHO “Long COVID & Fatiguing Illness Recovery Program - Monthly Session”**
 - Monthly presentations by subject matter experts on Long COVID & other post-viral illnesses.
 - **Sign up:** Using [this link](#)
 - **Joining a support group** might be helpful. the following website shares some spaces to find support groups for individuals with Long COVID & associated/similar conditions:
 - **Body Politic:** <https://www.wearebodypolitic.com/covid-19>



by Nahrin Khan





Resources

In this section, we hold resources on all things related to COVID: prevention, acute infection, strategies to adapt, and more



“Clouded Judgment” by Twiichii





Resources on Understanding Data and Trends



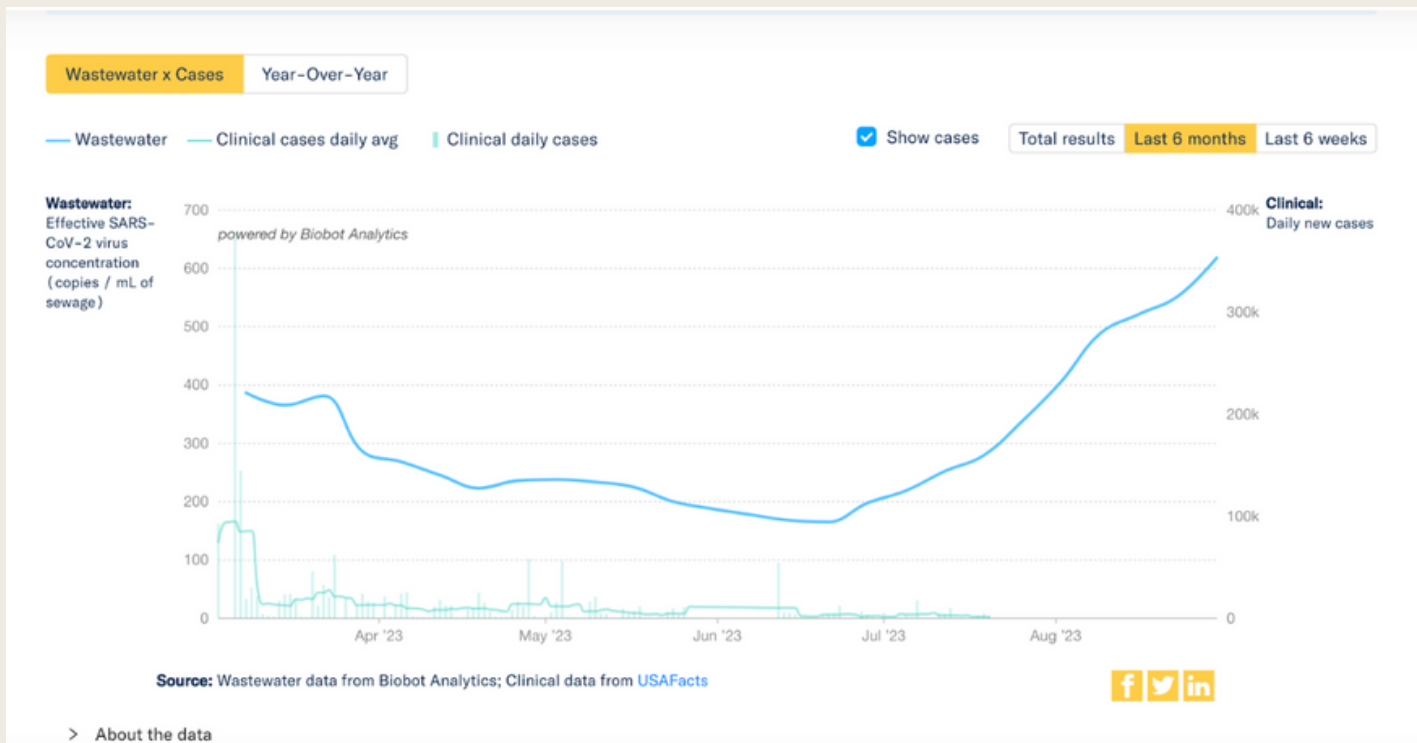
In May 2023, President Biden ended the Federal Public Health Emergency (PHE) for COVID-19. This meant that states were no longer required to report cases, have testing facilities open, gather accurate data about the COVID-19 pandemic, or offer support to those who have been infected by the virus. The end of the PHE has also meant that there is very little access to understand what the actual state of the pandemic is and what resources are out there for our communities. This section offers some resources on where to look to understand the current trends & find reliable(ish) data on the pandemic.

** Even the term reliable(ish) is a stretch. The fact of the matter is, current data for COVID-19 is heavily under-reported making it impossible to understand the actual state of the pandemic. Rule of thumb: if you think the numbers are bad, they are far, far worse.

The Biobot Network of Wastewater Treatment Plants

Website: <https://biobot.io/data/>

The Biobot Network of Wastewater Treatment Plants monitors the SARS-CoV-2/



This screenshot was taken on September 7, 2023. The data shown here shows the covid in the wastewater across the so-called U.S. is on the rise.

Disclaimer: The data collected by Biobot is by having states and territories report their COVID-19 wastewater levels. The website offers a disclaimer that not all states and territories may have submitted samples and that data is often subject to change.



Resources on Understanding Data and Trends

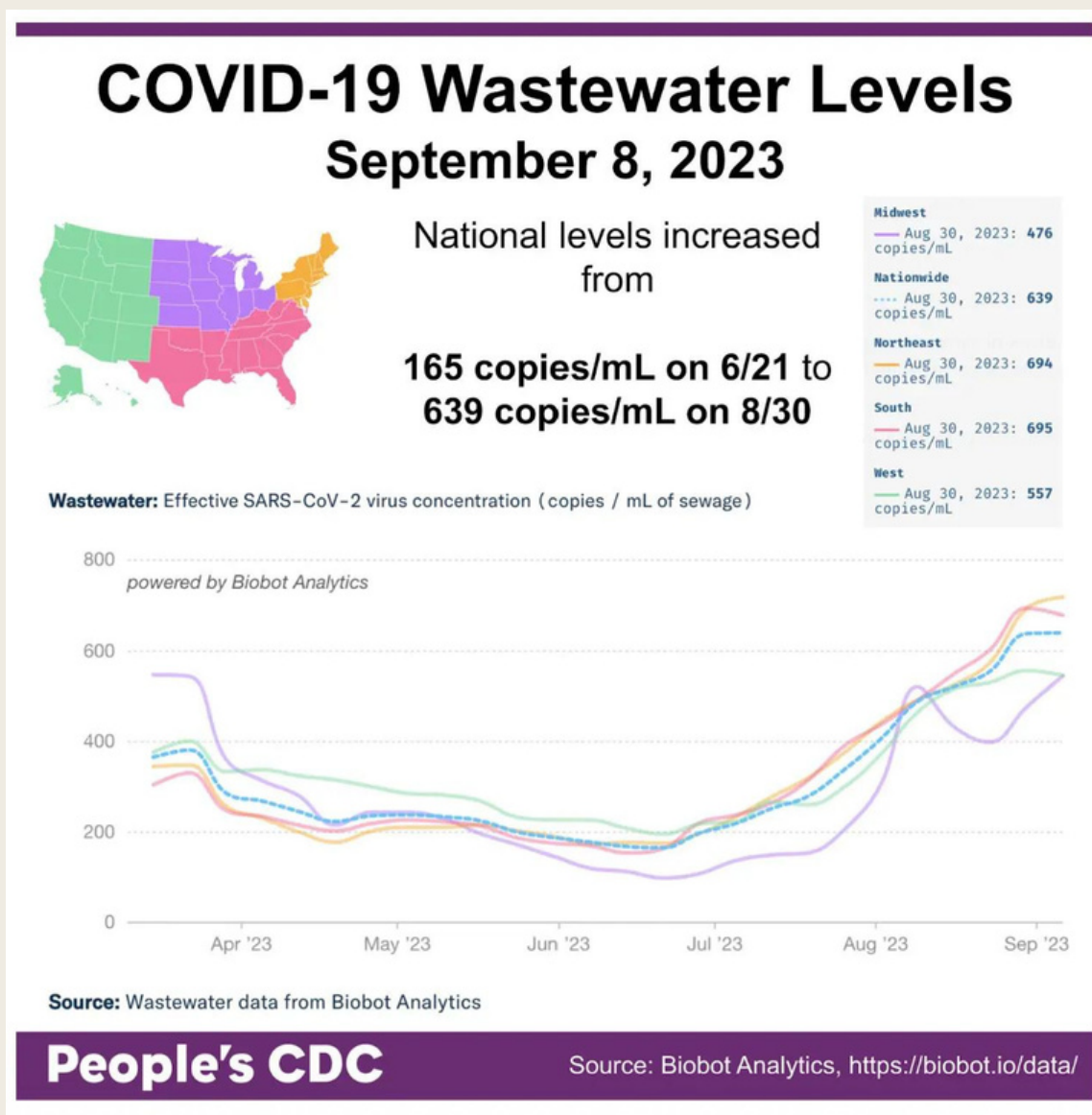


... Continued

People's CDC

Website: <https://peoplescdc.org/>

The People's CDC is a coalition of public health practitioners, scientists, healthcare workers, educators, advocates and people from all walks of life working to reduce the harmful impacts of COVID-19. The People's CDC offers COVID-19 Weather Reports which offer explanations of the COVID-19 trends, current policies, and avenues for change. The Weather Reports tend to also explain the Biobot Wastewater data.



This screenshot was taken on September 8, 2023, from the People's CDC website.



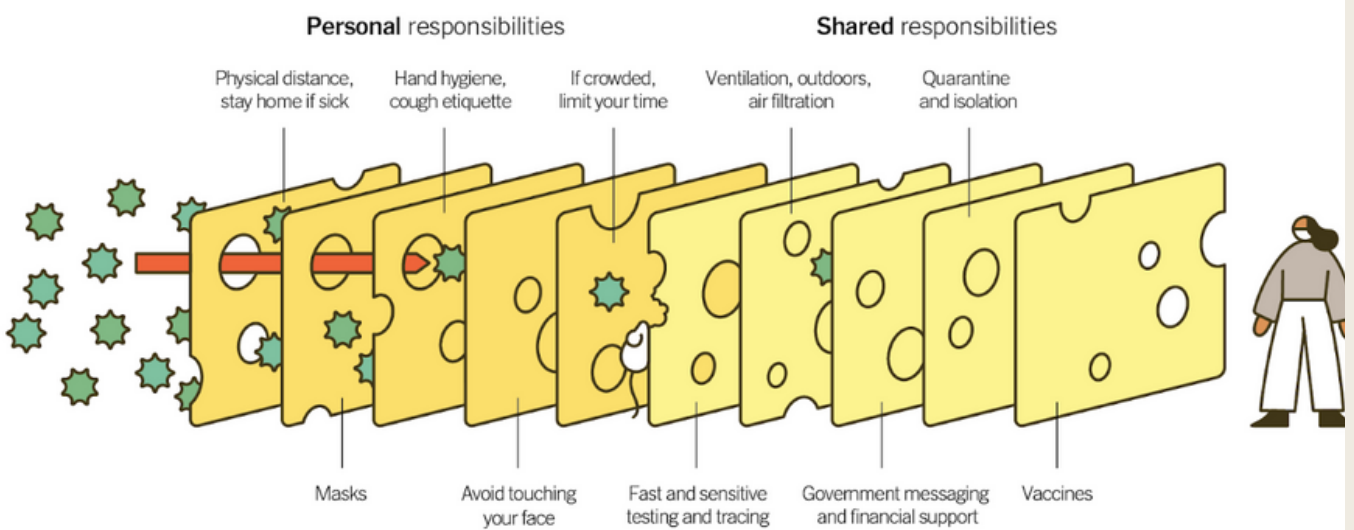
Resources on Prevention



No one method of prevention is going to fully prevent the spread of COVID-19. The “Swiss Cheese Model of Pandemic Defense” recognizes this. We also want to note that while you can take several individual precautions, you may still get infected with COVID-19. Preventing COVID-19 and controlling the pandemic relies on personal, communal, and systemic interventions. In this section, we cover the importance of wearing a mask, good ventilations, use of air purifiers, vaccinations, and newer proven methods to reduce the viral load.

Multiple Layers Improve Success

The Swiss Cheese Respiratory Pandemic Defense recognizes that no single intervention is perfect at preventing the spread of the coronavirus. Each intervention (layer) has holes.



Source: Adapted from Ian M. Mackay (virologydownunder.com) and James T. Reason. Illustration by Rose Wong

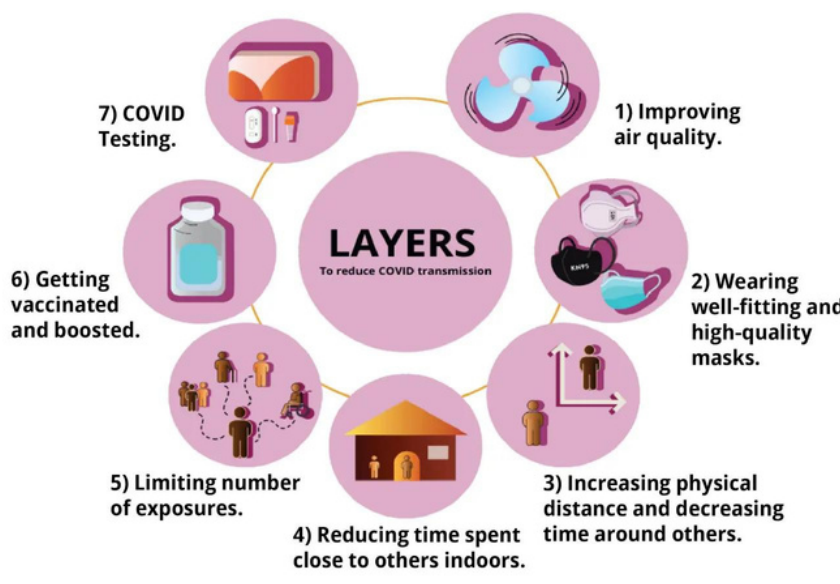
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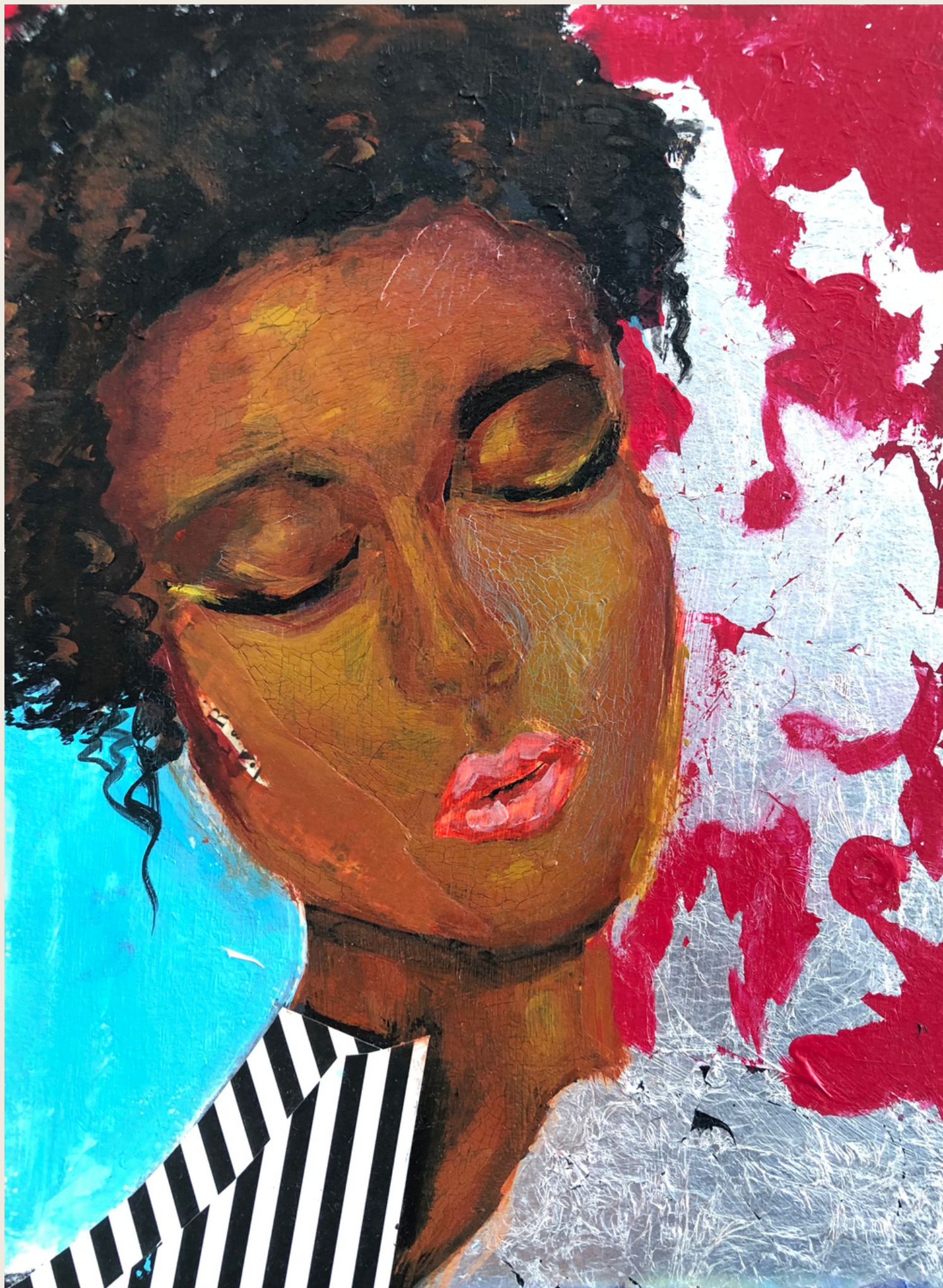
<https://www.nytimes.com/2020/12/05/health/coronavirus-swiss-cheese-infection-mackay.html>

7 Layers of Protection

The People’s CDC similarly recommends a 7 layers of protection approach to prevention.

Learn more through [this link](#).





by Nahrin Khan

Prevention: Masking

Masking is a highly effective prevention tool.

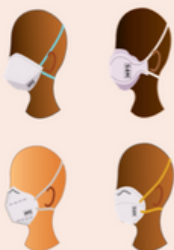
Masking works waaaay better than you think it can. [This video](#) shares the information on why. In this section we are sharing information on masks. Which masks work the best, where you can get a mask, and in what situations you should use a mask.

So, which mask should I wear?

The following graphic is from the [People's CDC on a guide to masking](#). It explains which mask works best and why.

Which masks are best?

Choose masks that are **high quality** and **well-fitting**.



BEST: N95

Quality filter material; has a tight fit because of the straps over the head and can produce an airtight seal. They come in several shapes, as shown at left. They are best for people with high-exposure situations, or people who are vulnerable due to medical conditions or age.



VERY GOOD: KN95 and KF94

Quality filter material. Can fit against the face without gaps. Try different models for best fit to your face. Many people find them more comfortable and easier to breathe through than N95s. They are best for everyday use with moderate exposures, such as running errands, or attending indoor events. KN95s and KF94s come in children's sizes.



GOOD: DOUBLE MASKING, cloth over surgical

When a cloth mask improves the fit of the surgical mask, then double masking adds more protection than just a surgical mask.



PRETTY GOOD: Surgical mask

Quality filter material, but not well-fitting. Offer much better protection than not wearing a mask! For some people, surgical masks can be made more form-fitting by knotting the ear loops where they attach to the mask, then folding and tucking the extra material under the edges.



BAD: CLOTH MASK

Cloth masks alone are **not** effective against aerosols and the new variants.

Where can I get a mask?

- **DVRP's Mask Distro:**
 - If you are in D.C., stop by DVRP's office to receive KN95 masks. We give out masks at different outreach events as well.
- **Libraries:**
 - Some libraries still give out masks. Call your local library and ask whether they are offering masks.
- **The People's PPE**
 - The People's PPE is a nurse curated catalog of masks and other personal protective equipment needed to stay safe during the pandemic
 - **Website:** <https://thepeoplesppe.org/>
- **Project N95:**
 - Project N95 is a non-profit protecting communities during the COVID-19 pandemic and beyond.
 - **Website:** <https://www.projectn95.org/>
- **Well Before:**
 - Well Before offers lower cost PPE and often has sales on bulk PPE items.
 - **Website:** <https://wellbefore.com/>

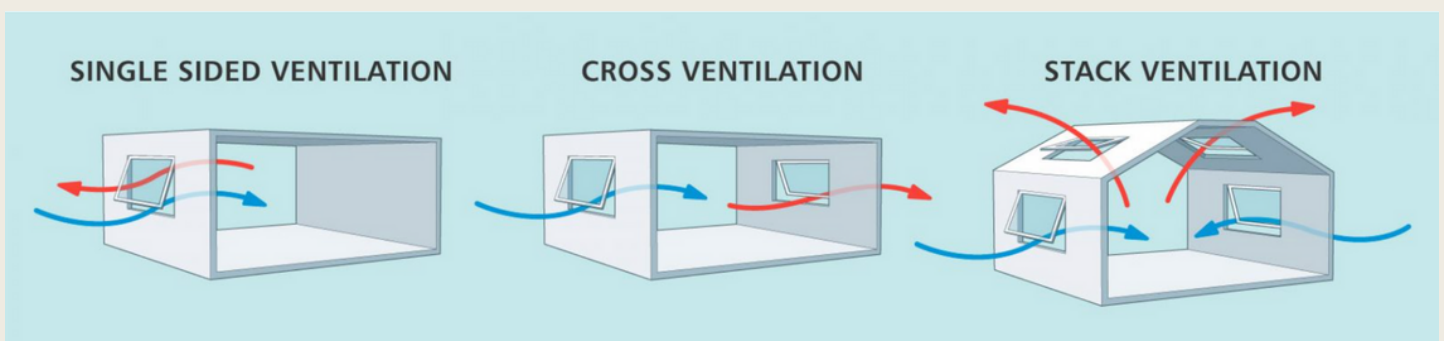
When should I wear a mask?

- Indoors and outdoors around people you don't live with or pod with.
 - Here is podcast on how COVID can be transmitted outdoors as well.

Prevention: Ventilation & Air Purifiers

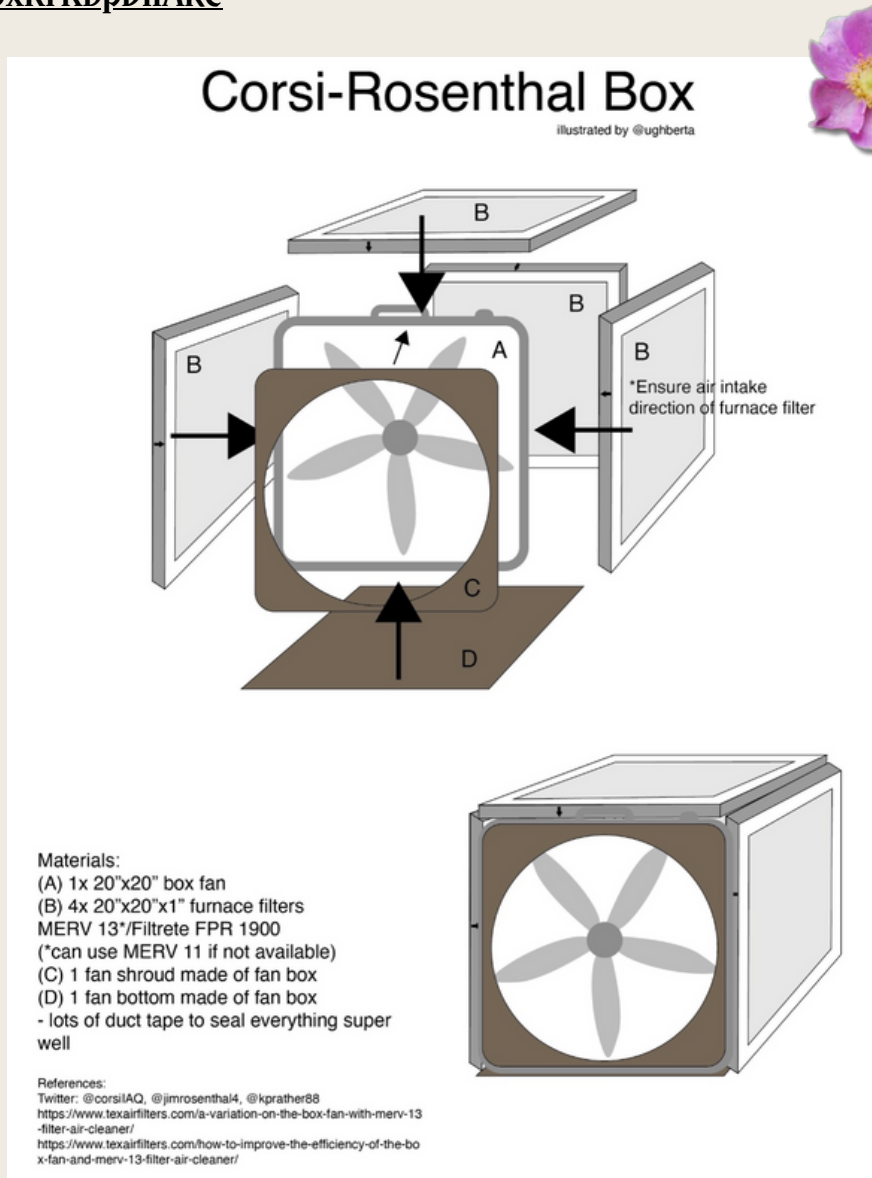
Since COVID is airborne, needing the air to flow is very important. If you are gathering indoors, having good ventilation is key to making the space COVID-safer. You can have natural ventilation or filter the air.

- **Natural Ventilation:**
 - Read more on natural ventilation: <https://cleanairstars.com/naturalventilation/>



- **Air Purifiers:**

- Air purifiers with a HEPA filter are essential to keep the air clean indoors.
 - Here is information about the best air purifiers:
<https://www.nytimes.com/wirecutter/reviews/best-air-purifier/>
- Corsi-Rosenthal (CR) Boxes are a more affordable DIY alternative to air purifiers
 - Learn more about CR Boxes: <https://cleanaircrew.org/box-fan-filters/>
 - Learn how to make your own CR Box: <https://youtu.be/hluH-znaozI?si-njvoxRrKbpDIIAke>



People's CDC Safer In-Person Gathering Toolkit

- As we are moving through these strange times and we navigate having in-person gathering, prevention of COVID is key to make spaces inclusive and welcoming to all.
 - Check out People's CDC's Safer In-Person Gathering Toolkit:
<https://peoplescdc.org/2022/11/17/safer-in-person-gatherings/>.
- The toolkit gives information about other prevention methods as well.



by Kiki Spiezio




Vaccination

Vaccines are a helpful tool in reducing the negative impacts of COVID-19. In the time of writing this guide, a new booster has been announced. The following are graphics from [COVID Safe MD](#) explaining the new booster and where you can get the booster in Maryland.

THE FDA & CDC HAVE APPROVED THE

NEW COVID BOOSTER

FOR EVERYONE AGES SIX MONTHS AND UP

Vaccine appointment scheduling is available now. Here's what you need to know 

@CovidSafeMD

WHO IS ELIGIBLE FOR THE NEW COVID BOOSTER?

Individuals 5 years of age and older are eligible to receive a single dose of an updated mRNA COVID-19 vaccine at least 2 months after the **last dose of any COVID-19 vaccine.** (1)

Individuals 6 months to 4 years of age:

- If previously vaccinated against COVID-19: eligible to receive one or two doses of an updated mRNA COVID-19 vaccine (timing and number of doses to administer depends on the previous COVID-19 vaccine received). (1)
- If unvaccinated: eligible to receive three doses of the updated authorized Pfizer-BioNTech COVID-19 vaccine or two doses of the updated authorized Moderna COVID-19 Vaccine. (1)

@CovidSafeMD

WHAT IS THE NEW COVID BOOSTER?

The new vaccine is a “monovalent” booster, meaning it is targeted at one strain of COVID, XBB.1.5. (1)

The XBB.1.5 strain made up 10.7% of cases as of Aug. 23, 2023. (2)

“As of Aug. 19, strains called EG.5 and FL.1.5.1 dominated cases in the United States. Both variants are within the same family as XBB, so the new vaccine should still offer good protection,” says Dr. Wesley Long, MD, PhD, Pathology and Genomic Medicine. (3)

@CovidSafeMD

WHERE CAN I GET THE NEW COVID BOOSTER IN MARYLAND?

Vaccine appointments will be available at most major pharmacies, including CVS, Walgreens, Walmart, and Giant. You can find locations near you using [Vaccines.gov](#).

If you prefer, you can check with your primary care provider or your local pharmacy to see if they carry the vaccine.

To learn more about local health centers near you, visit our [Remaining County Resources](#) page (link in bio).

@CovidSafeMD

from [COVID Safe MD](#)

Check out [vaccines.gov](#) to see where you can get your vaccination

Vaccination Continued...

HOW MUCH DOES THE VACCINE COST? IS IT COVERED BY INSURANCE?

Most insurers will cover the cost of vaccination, so if you have insurance, your vaccine will likely still be free.

Though, due to the end of the COVID emergency declaration, methods for accessing free vaccines for those without health insurance or whose insurance does not cover all COVID-19 vaccine costs has changed.

The CDC's Bridge Access and Vaccines for Children programs (links in bio) will provide no-cost COVID-19 vaccines for individuals without full coverage.

@CovidSafeMD



@CovidSafeMD

WHY SHOULD I GET THE NEW COVID BOOSTER?

Even if you have already been vaccinated for COVID before, getting boosters is important as this virus changes rapidly. (4)

Regular booster vaccines provide your immune system with updated information about how to fight off the newer variants of COVID. (5)

Also, every person who gets boosted makes it a little bit harder for COVID to spread from person to person through the community.

Disclaimer: This is not medical advice. Check with your doctor to see if getting the vaccine is right for you.

@CovidSafeMD

WHY SHOULD I GET THE NEW COVID BOOSTER?

A boosted person who does get infected creates fewer copies of the virus than an infected person who has not been boosted. (6)

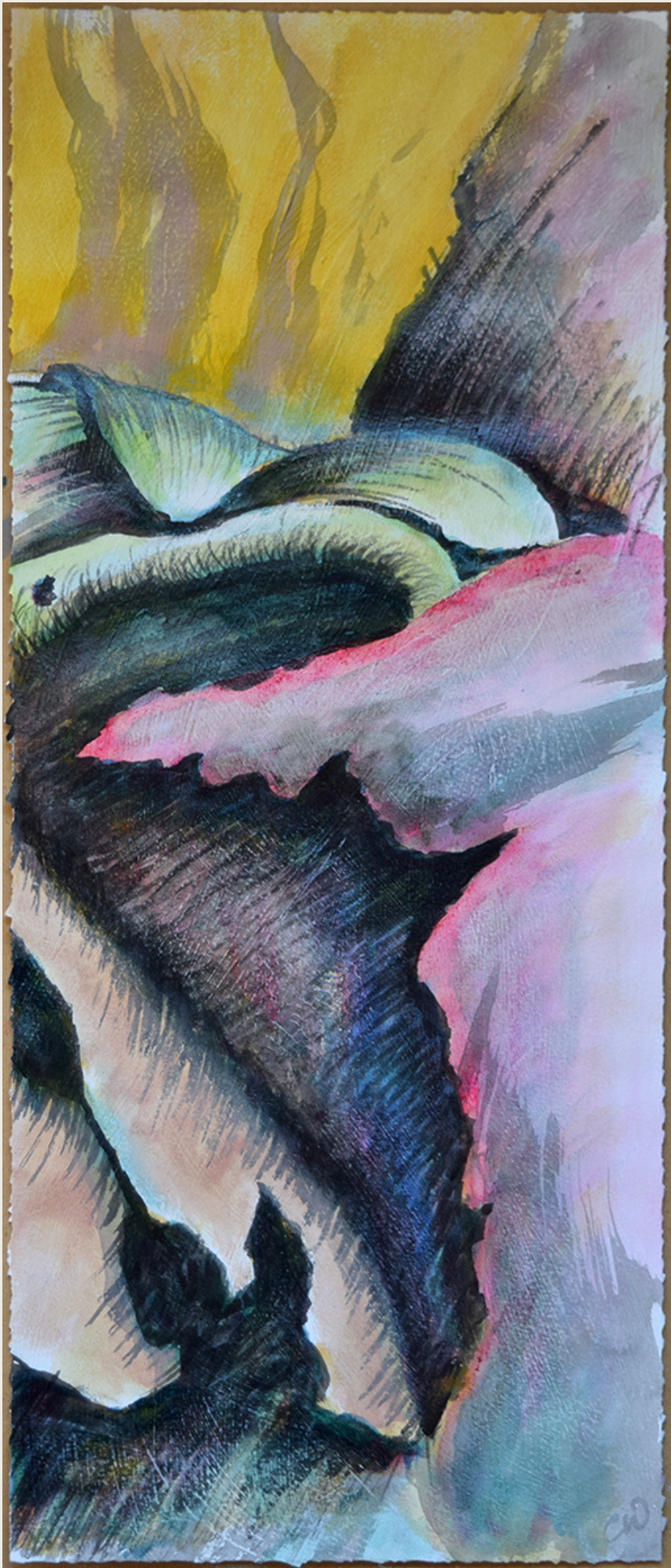
The more people who are boosted and protected against COVID, the fewer chances the virus has to copy, mutate, and create new variants. (7)

Every person who gets boosted for COVID protects themselves and everyone around them - including those who aren't able to protect themselves with vaccines.

Disclaimer: This is not medical advice. Check with your doctor to see if getting the vaccine is right for you.

from COVID Safe MD

As a reminder: Vaccination alone is not going to end COVID, we need to remember the Swiss Cheese Model - we need multiple forms of protection.



"Crepitate" By Chris Wu



Resources on Testing for COVID-19



Testing is extremely important when it comes to knowing if you or a loved one has covid. Two type of tests are often used used, This section covers the type of tests and the current issues with testing.

Rapid
Antigen Test
(RAT)
“Rapid Test”

PCR Tests

Rapid Antigen Tests (RAT):

- RATs usually produce results in 15-30 minutes.
- Positive results are very accurate and reliable. However, in general, antigen tests are less likely to detect the virus than PCR tests, especially when symptoms are not present. Therefore, a single negative antigen test cannot rule out infection.
- We are seeing that unfortunately if you get a negative on a COVID test often times it doesn't mean that you are actually negative for COVID.
 - RAT Positives are 97% reliable, but RAT negatives are, esp. with the current variants are only 27% accurate.
 - Source: [Clean Air Club](#)
- Where can I get rapid tests?
 - Order at home tests: <https://www.covid.gov/tests>
 - Some local libraries still give out tests
 - DVRP often has a few tests, please reach out to your case manager if you need one.
- When should I take a test?
 - RATs are great at picking up the virus only when there is a lot of viral protein. So, often for a test to detect anything it takes about 3-6 days post exposure. Also, as stated before, a negative test doesn't mean you are out of the woods.
 - Source: [@thosenerdygirls](#)

- Swab your cheek and nose to increase sensitivity to the test. Lean more:



COVID-19 Rapid Antigen Tests: How to Collect a Sample

To collect a sample for a rapid antigen test (RATs), users should follow the instructions described in the kit insert.

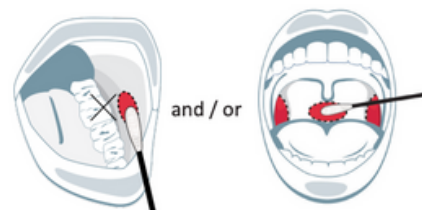
In addition to the collection method option approved by Health Canada (as described in the kit insert), users may choose to perform combined oral and nasal sampling as it may increase test sensitivity.

The following highlights general steps for collecting a sample using either the combined oral and nasal method or the nasal method.

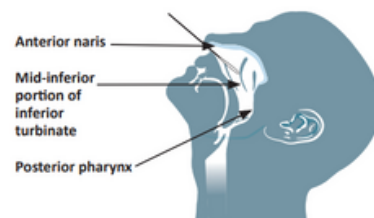
If swabbing your mouth and nose (combined oral and nasal method)

1. Do NOT eat, drink, chew gum, smoke, or vape for at least 30 minutes before collecting the sample.
2. If you have access to a facial tissue, blow your nose before the test.
3. Wash your hands and only hold the end of the swab opposite the soft swab tip
4. Insert the soft swab tip between both inner cheeks and lower gums and turn the swab a few times.
5. Then, rub the soft swab tip on your tongue as far back in your throat as you feel comfortable.
 - Optional: Instead of swabbing your inner cheeks and tongue, you may choose to swab the back of your throat and tonsils. You can use a mirror to help see where to rub your swab.
6. Tilt your head back and fully insert the soft swab tip straight back (not up) into your nose until you hit resistance (up to 2.5 cm). Make sure the soft swab tip is fully inside the nose.
7. Rotate the swab several times against the wall of the nose and let it sit for a few seconds to absorb nasal secretions.
8. Remove the swab from your nose and using the same swab, repeat for the other nostril.
9. Immediately place the swab into the test tube following the kit instructions.

Steps 4 - 5

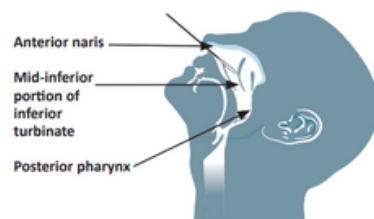


Step 6



If only swabbing your nose (nasal method)

1. If you have access to a facial tissue, blow your nose before the test.
2. Wash your hands and only hold the end of the swab opposite the soft swab tip.
3. Tilt your head back and fully insert the soft swab tip straight back (not up) into your nose until you hit resistance (up to 2.5 cm). Make sure the soft swab tip is fully inside the nose.
4. Rotate the swab several times against the wall of the nose and let it sit for a few seconds to absorb nasal secretions.
5. Remove the swab from your nose and using the same swab, repeat for the other nostril.
6. Immediately place the swab into the test tube following the kit instructions.



The information in this document is current as of February 9, 2022
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PCR Tests:

- PCR tests are the “gold standard” for COVID-19 tests.
- PCR tests are more effective but take time in getting a result back to you.
- Unfortunately, with the end of the public health emergency, accessing PCR tests is very difficult - especially if it is not covered by your insurance.
- Find No Cost PCR Tests:
 - Website: <https://testinglocator.cdc.gov/>





“Isolation Introspection” by Mandi Luo
Rubber Boot, acrylic paint





Resources for Acute Infection



What do I do if I have COVID?

Acute infection is when you have tested positive for COVID-19. In this section we share guides & resources on what may be supportive for you as you move through COVID.

Clean Air Club: What to Do When I Have COVID?

This is a comprehensive guide which provides a step-by-step on how you can prepare for illness, manage symptoms, and recovery. The guide also offers a symptom tracker which can be extremely helpful to keep. Access the [guide here](#).

Recording a Positive Test:

- If you test positive on an at-home rapid test, make sure that you report it.
MakeMyTestCount was set up by NIH to self-report at-home tests:
<https://learn.makemytestcount.org/>
- Until May 2023, county-specific health departments had a reporting mechanism as well. It is unclear at the moment if this mechanism still exists everywhere. Call your local health department to see if they have a means of reporting at-home tests.
- If you have access to a medical provider, contact them and make sure that this information is recorded with a provider. This will be helpful if you develop long covid and require accommodations or treatment, long term.

Pharmaceutical Options for Treatment:

- **Paxlovid:**
 - Check with your doctor if you can get it & check if you are eligible:
 - <https://www.fda.gov/news-events/press-announcements/coronavirus-covid-19-update-fda-authorizes-pharmacists-prescribe-paxlovid-certain-limitations>
- **Metformin:**
 - Check with your doctor if you can take metformin.
 - Metformin can reduce the risk of developing long covid. Learn more:
<https://news.unchealthcare.org/2023/06/study-shows-metformin-lowers-long-covid-risk/>

COVID-19 Acupressure Guide:

This acupressure guide was created by [Chiara Acu](#); the guide offers at-home COVID-19 care with explanation of acupressure points and other traditional Chinese medicine remedies. Find the [guide here](#).



“Leaf Litter” By Chris Wu



Quick Links



TL;DR Resource Links

We realize that there must be a lot of information. Here we are summarizing some of the more important websites and articles for easy access & for you to share with your loved ones & community:

Zines to Share:

We invite you to print these zines and share with your communities as quick and easier COVID education.

- **COVID Must Know Zine:** <https://thepeoplesdoctor.itch.io/covid-must-know-zine>
- **COVID is a Mass Disabling Event:** <https://thepeoplesdoctor.itch.io/covid-is-mass-disabling-event>
- **An Artists' Guide to Not Being Complicit with COVID-19:**
https://www.celebrate845.com/uploads/4/2/0/8/42082929/covid_guide_zine_text_only.pdf

Websites to Understand COVID & Long COVID:

- **Biobot Wastewater Data:**
 - <https://biobot.io/data/>
- **COVID is Airborne:**
 - <https://www.covidisairborne.org/>
- **The People's CDC**
 - The People's CDC is a coalition of public health practitioners, scientists, healthcare workers, educators, advocates and people from all walks of life working to reduce the harmful impacts of COVID-19.
 - **Website:** <https://peoplescdc.org/>
- **Long COVID Justice**
 - Long COVID Justice is a leading grassroots, collective effort to confront the Long COVID crisis, while centering racial, social, economic and disability justice.
 - **Website:** <https://longcovidjustice.org/>
- **Patient Led Research Collaborative**
 - The Patient-Led Research Collaborative is a group of Long COVID patients who are also researchers. They facilitate patient-led and patient-involved research into Long COVID and associated conditions while following rigorous research methodology, and to advocate for policies that enable patients, particularly the most marginalized, to access care and live with dignity
 - **Website:** <https://patientresearchcovid19.com/>



- **Long COVID Research Library:**
 - An online library which contains many of the important papers that have been published on Long Covid.
 - **Website:** <https://pandemicaidnetworks.org/long-covid-research-library>

Some Websites for PPE:

- **The People's PPE**
 - The People's PPE is a nurse curated catalog of masks and other personal protective equipment needed to stay safe during the pandemic
 - **Website:** <https://thepeoplesppe.org/>
- **Project N95:**
 - Project N95 is a non-profit protecting communities during the COVID-19 pandemic and beyond.
 - **Website:** <https://www.projectn95.org/>
- **Well Before:**
 - Well Before offers lower cost PPE and often has sales on bulk PPE items.
 - **Website:** <https://wellbefore.com/>

Testing Resources:

- **Free at Home COVID Tests:**
 - **Order tests for your household starting September 25:**
 - **Website:** <https://covid.gov/tests>
- **CDC No Cost PCR Tests:**
 - Look up locations for no cost PCR Testing:
 - **Website:** <https://testinglocator.cdc.gov/>

Vaccination Resources:

- **COVID Safe MD Fall 2023 Booster Information:**
 - **Instagram Post:** https://www.instagram.com/p/CxJsd3øOYp9/?img_index=1
 - **Booster Sources:** <https://www.tinyurl.com/CSMDVaccineSources>
- **Find a Vaccination Site Near You:**
 - **Website:** <https://www.vaccines.gov/>



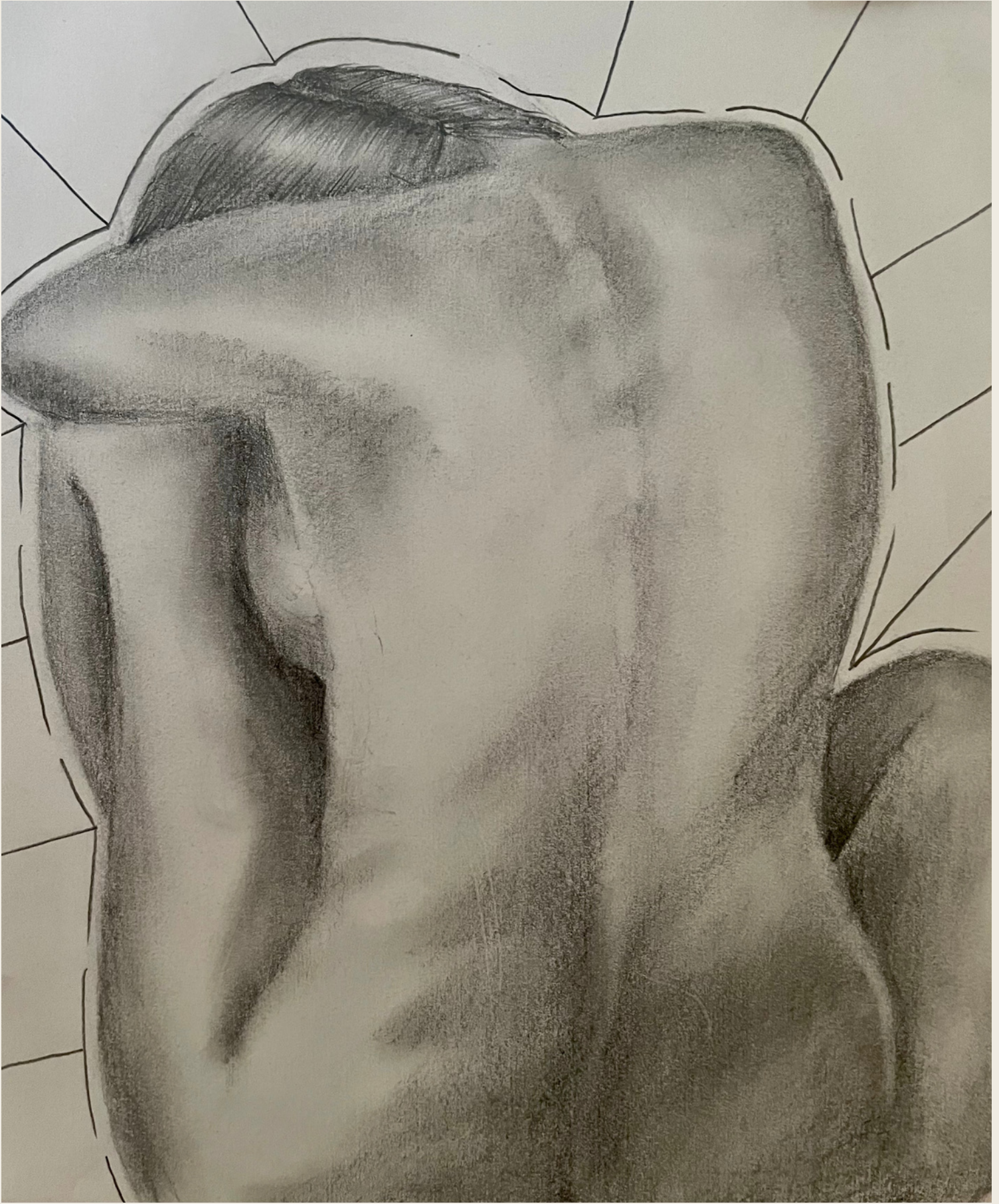


Instagram Accounts & Collectives:

- **COVID Safe Maryland:**
 - A collective of Marylanders working to stop SARS-CoV-2
 - **Instagram:** <https://www.instagram.com/covidsafemd/?hl=en>
- **We Keep Us Safe:**
 - A collective in Baltimore sharing COVID information and information on cleaner air.
 - **Instagram:** https://www.instagram.com/wekeepus_safe/?hl=en
- **Clean Air Club:**
 - A Chicago-based collective supporting artists get air purifiers & sharing important COVID information.
 - **Instagram:** <https://www.instagram.com/clean.air.club/?hl=en>
- **COVID Solidarity NYC:**
 - A NYC-based COVID solidarity project, sharing information and distributing masks
 - **Instagram:** <https://www.instagram.com/covidsolidaritynyc/?hl=en>

Peer Support Spaces:

- **COVID is Not Over/Still COVDing Weekly Virtual Spaces:**
 - COVID is Not Over offers weekly virtual meetups for peer support and connection.
 - Still COVDing are Facebook Groups which are interest and location-based for folks to connect and offer peer support, community, and connections
 - **Links to the Groups/Meetings:** <https://linktr.ee/covidisntover>



By Serena Martinez



Nurturing Collective & Community Care

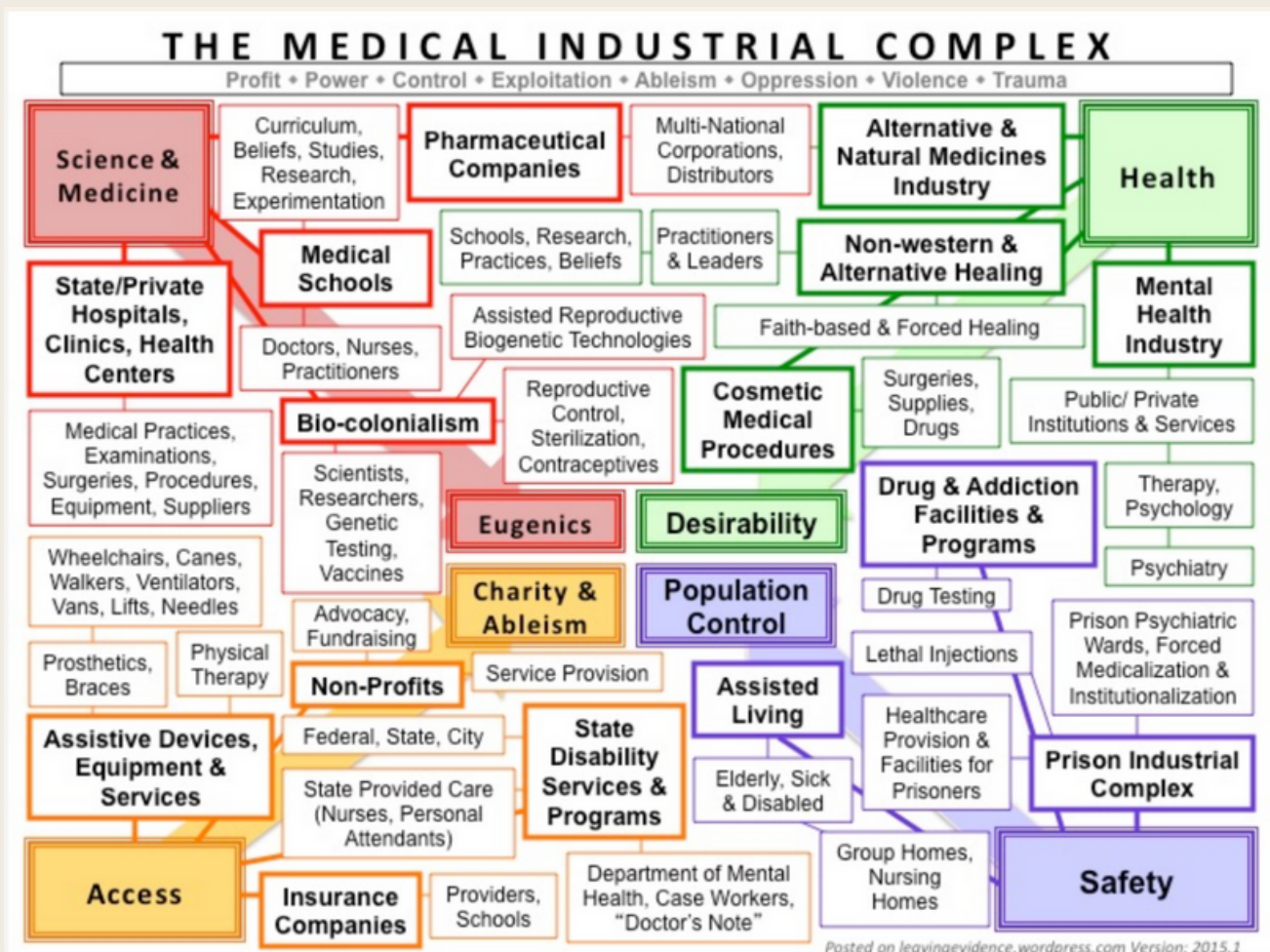
In this section, we call for the deep need for us to unlearn ableism and be rooted in disability justice to truly nurture collective care through this time and beyond.



Understanding the Medical Industrial Complex



We again invite you to read “Let them Eat Plague,” to understand how we got here with the pandemic - this article provides a comprehensive understanding of how different systems, especially systems of supremacy and putting profits over people has played a pivotal role in the pandemic response. After you read that, you might still feel as though your doctors/health care providers are not asking you to mask/take COVID precautions. Maybe they themselves aren’t taking precautions. So what does this mean for you? For this, we invite you to understand the concept of the Medical Industrial Complex.



“The MIC is an enormous system with tentacles that reach beyond simply doctors, nurses, clinics, and hospitals. It is a system about profit, first and foremost, rather than “health,” wellbeing and care. Its roots run deep and its history and present are connected to everything including eugenics, capitalism, colonization, slavery, immigration, war, prisons, and reproductive oppression. It is not just a major piece of the history of ableism, but all systems of oppression.” - Mia Mingus



Illness is the night side of life, a more onerous citizenship. Everyone who is born holds dual citizenship, in the kingdom of the well and in the kingdom of the sick. Although we all prefer to use the good passport, sooner or later each of us is obliged, at least for a spell, to identify ourselves as citizens of that other place



-- Susan Sontag, *Illness as Metaphor*



Need for Unlearning Ableism & Grounding in Disability Justice



“We are in this together.”

We heard that right? We all heard that and may have said that too in 2020 when the pandemic first erupted. So what's changed now? Are we still in this together?

Very early on, the messaging was clear: immunocompromised people and elderly folks would be disproportionately impacted by the pandemic, and a big portion of our community decided that this is okay. Including and especially those at the helm of the COVID response.

If you have found yourself saying “only the most vulnerable will be impacted by covid,” I ask you to sit with why you think that is acceptable? It is imperative for us to ask ourselves why it is okay for anyone to die or be disabled by the virus?

The fact of the matter is, anyone can become disabled at any time. I invite you to re-read the quote by Susan Sontag shared on the previous page. We live our lives being able bodied for a very short time. Beyond this, there is much research and data showing two things:

1. If you have gotten COVID-19 even once, you are immunocompromised, which makes you “high risk” for COVID.
2. There are several instances of perfectly healthy individuals developing long covid and becoming permanently disabled or dying from the virus - even in 2023.

It is imperative that we all recommit to COVID safety. COVID is not going to go anywhere unless we take care of each other. We **MUST** center the most vulnerable and be rooted in disability justice. Unfortunately, with the climate catastrophe, COVID might not be the only pandemic in our lifetime. We need to learn how to adapt & truly be in it together. The following are some articles for you to read to learn about the connection of pandemic, ableism, and disability justice:

- I'm Immunocompromised. I Know Ableism Is Oppression. We Need Disability Justice.
- You Are Not Entitled To Our Deaths: COVID, Abled Supremacy & Interdependence
- Practicing a Love Ethic in the Ongoing Pandemic Part 1 & Part 2
- Abled-Bodied Leftists Cannot Abandon Disabled Solidarity to “Move On” From COVID
- To All The Ableds Who Think They're “Special” In The Face Of #COVID19
- Disabled Oracles and the Coronavirus



Principles of Disability Justice



“A Disability Justice framework understands that all bodies are unique and essential, that all bodies have strengths and needs that must be met.” - Patty Berne

10 PRINCIPLES OF DISABILITY JUSTICE

- 1 INTERSECTIONALITY** *“We do not live single issue lives” --Audre Lorde*
Ableism, coupled with white supremacy, supported by capitalism, underscored by heteropatriarchy, has rendered the vast majority of the world “invalid.”
- 2 LEADERSHIP OF THOSE MOST IMPACTED**
“We are led by those who most know these systems.” --Aurora Levins Morales
- 3 ANTI-CAPITALIST POLITIC**
In an economy that sees land and humans as components of profit, we are anti-capitalist by the nature of having non-conforming body/minds.
- 4 COMMITMENT TO CROSS-MOVEMENT ORGANIZING**
Shifting how social justice movements understand disability and contextualize ableism, disability justice lends itself to politics of alliance.
- 5 RECOGNIZING WHOLENESS**
People have inherent worth outside of commodity relations and capitalist notions of productivity. Each person is full of history and life experience.
- 6 SUSTAINABILITY**
We pace ourselves, individually and collectively, to be sustained long term. Our embodied experiences guide us toward ongoing justice and liberation.
- 7 COMMITMENT TO CROSS-DISABILITY SOLIDARITY**
We honor the insights and participation of all of our community members, knowing that isolation undermines collective liberation.
- 8 INTERDEPENDENCE** We meet each others’ needs as we build toward liberation, knowing that state solutions inevitably extend into further control over our lives.
- 9 COLLECTIVE ACCESS** As brown, black and queer-bodied disabled people we bring flexibility and creative nuance that go beyond able-bodied/minded normativity, to be in community with each other.
- 10 COLLECTIVE LIBERATION** No body or mind can be left behind -- only moving together can we accomplish the revolution we require.

www.sinsinvalid.org

SINS INVALID 2015

Learn more about Disability Justice:

<https://www.sinsinvalid.org/news-1/2020/6/16/what-is-disability-justice>



Why should Anti-Violence organizations continue to care about COVID?



Disabled people have a higher chance of being abused because of the ableist society we live in. Survivors of gender & power-based violence are also in a state of chronic stress, which can impact their overall health. The following are some articles talking about disability and survivorship:

- [Domestic Violence & Disability](#)
- [Disability Often Intersects with Domestic Violence. Here's How to Better Help Survivors](#)
- [Intimate Partner Violence and Chronic Health Conditions: Are They Linked?](#)

At the core, we must understand that anti-violence work must be rooted in Disability Justice. We need to truly understand that disability justice is anti-violence work. We need to internalize that:

Anti-Violence Work Without Disability Justice Perpetuates Violence

In order to truly commit to disability justice, we must continue to practice solidarity & extending care in this ongoing pandemic. It is imperative that we truly show up for survivors -- by making survivors' health, needs, and future a priority.

For us to be truly survivor centered, we need to understand that survivors are being deeply harmed and impacted by the ongoing pandemic, in a multitude of ways.

Some questions to think about:

- What can our organization do to recommit to COVID safety?
- What conversations can we have to ensure COVID safety is considered and centered in working with survivors?
- What resources can we offer to survivors as we navigate the ongoing pandemic?





“Lovers” by Twiichii



Epitaph for the Living

by Ona Wang



What indulgence
to have hobbies
instead of battles

What reverence
for name to be mouthful
not bite-size chunks
gummed gristle

What satisfaction
to chew “what if”
without bitter aftertaste

What liberation
to be bold
in moonlight
not shrink from slinking
indigo shadows

What license
to know body as fortress
not forfeit
or barter

What simplicity
to be more
than a name
to settle into draping arms
grow into your sagging belly
smile stretched across the
constellation of your teeth

What immunity
to meet fear the moment heart stops
and not its reverse
to find respite only in rest

What ease
to grow old
then forgetful
instead of remembered as potential

What contentment
to deteriorate
watch the next generation outpace you
outgrow you
students teach you
instead of saying your name

What luxury
to be wrong
instead of dead

What freedom
to ask yourself how you want to be
remembered
instead of becoming activist in death
instead of becoming martyr with last
breath

What joy
to be remembered for what you say in
life
instead of your last words



Holding Continual Grief

In this section, we create space to hold our grief through the pandemic. We explore somatic practices, herbal remedies, and offer journaling questions.



“Ancestor Altar” By Gabrielle Francis
“ We are the new ancestors, act accordingly”
Find the full series [here](#)





Grief & the Pandemic



The pandemic has brought on so much grief, so much loss. So many lives have been lost. Several people lost many loved ones & connections because of differences in how they moved through the pandemic - this especially rings true for disabled & immunocompromised people. In this section, we hold space for the grief that has been bubbling up. Take your time with this section, create space for yourself, make yourself the center, and hold this grief.

In this space, we invite you to bring with you what feels grounding - maybe it is a fuzzy blanket, maybe it is a plant friend or an animal friend, maybe it is your journal & some art supplies.

Embodiment Practices for Grief:

So much of our sadness & pain is in our bodies. To truly move through grief, we need to be able to feel it in our bodies and we need to be able to move through this grief in our bodies. The following is a video explaining how we can unlock grief through movement:

- **Dance movement psychotherapy: unlocking grief through movement + embodiment**
 - Video: <https://youtu.be/vyD-71AMN9o?si-gpvr51ABqCVPoY9U>
- **The GEN Grief Toolkit shares the following embodiment practices:**
 - The following is a playlist shared in the [GEN Grief Toolkit](#) which moves through 5 embodiment practices: Butterfly Hug, Knee Tapping, Orienting, Resourcing, and Self Hold Practices.
 - Video Playlist: https://youtube.com/playlist?list=PLzdLz8eromtGICNPizULssoaD6zvXrv_L&si-kl6mvmeRrDvLB6sr





by Kiki Spiezio



Grief & the Pandemic



Some Herbal Remedies for Grief:

- **Using Rose for Grief Support:**
 - With our guide dedicated to the powerful and loving Nootka Rose, we would be remiss if we didn't add how rose can be used for grief support. The following article talks through how our powerful plant ally can hold us in moving through grief. Read the article [here](#).
- **Plant Medicine for Grief & Stress Video**
 - Healer, Thanh Mai, gives vivid instructions of how to use traditional indigenous practices of plant medicine to create calming sprays or aromatherapy, natural teas, and tinctures. Watch the video [here](#).
- **Herbs to Support the Heart in Times of Grief:**
 - A lovely article talking through other plants and herbs we can use in the time of grief. Read the article [here](#).

Consider Some Journaling Questions:

- What grief has the pandemic brought on to me?
- What does my grief look like? Does it have a color? Does it have a texture?
- How can I bring tenderness in me as I move through grief?

Diving Deeper:

For further reading, check out the following resources on moving through grief:

- **Grieving in the time of COVID-19:**
 - A resource list of articles on grief & COVID
 - https://docs.google.com/document/d/1-LAVsGxy1MrP1yA8_nFoN4kJbHdY5Zq7lxmmgc5fkml/edit
- **GEN Grief Toolkit:**
 - Offers rituals & embodiment tools to move through grief
 - Website: <https://global-diversity.org/grief-toolkit/>
- **Some books, articles, and podcasts on grief:**
 - [How Magic Helps Me Live With Pain And Trauma](#)
 - [It's Okay that you are not Okay](#)
 - **Griefcast:** Griefcast is a podcast that examines the human experience of grief and death - but with comedians, so it's cheerier than it sounds.



“Dream Memories” by Mandi Luo
Shells, beads, jewelry, acrylic paint





Our Gratitude for the Artists



The resource guide is an amalgam of creation; we wouldn't have been able to capture the depths & complexities of emotions that have arisen during the pandemic without the contributions of the amazing artists. The following are the artists who shared their craft and magic with us. We have such deep appreciation and gratitude for their love and labor.

Twiiichii

Twitter: <https://twitter.com/twiischibis>

Twiiichii (siya/they) is a Filipina Asian-American, certified 200-Hour Yoga Teacher, and Returned United States Peace Corps Volunteer (Thailand 130) who graduated from Seton Hill University with a MA in Art Therapy and Counseling.

Victoria

Growing up in an abusive home taught me some ugly unhealthy lessons which lead to a string of violent relationships and being unable to really express my emotions. Queer women face challenges existing; my art is the outlet I'm choosing post pandemic to exist, be loud, and relive the deepest most misunderstood parts of myself.

Gabrielle Francis

Instagram: [@gabrielle.a.francis](https://www.instagram.com/gabrielle.a.francis)

Gabrielle Francis (they/she) is a decolonial scholar, artist, organizer and healer.





Nahrin Khan

Instagram: @artwithpurposebyNK

Painting is not only one of my favorite hobbies but also an essential part of my self-care routine! I love experimenting with different mediums such as acrylic, gouache, cold wax with oil and fell in love with the creative process involved in mixed media art makings. Deeply inspired by the nature of my work as an advocate at Manavi and at the Center for Empowerment, I have started using my art as a prevention tool to raise awareness about sexual violence and work towards the goal of creating safer communities for all. Do give me a follow at my new page @artwithpurposebyNK on Instagram and support me in breaking myths and changing harmful socio-cultural norms surrounding Sexual violence in South Asian communities!

Mandi Luo

Instagram: @Mandimeix

Mandi is a multimedia artist from Virginia that focuses on the complexities of isolation. Isolation as a reaction to the cacophony of the universe by being in a state of loneliness, bitterness, and defeat; isolation as a way to recharge, reflect, and reconnect with oneself to grow and better take on the world.

Serena Martinez

Instagram: @serenamartinezart

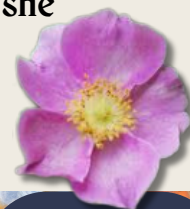
Website: <https://www.serenamartinezart.com>

Serena has been dabbling in the arts for their whole life but delved deeper into the practice during the pandemic to express themselves while in isolation. They dance, paint, draw, choreograph, collage, and more!

Ghazal Qadri

Instagram: @__alif

Ghazal Qadri is a Kashmiri-born illustrator. She went to school for Illustration at Maryland Institute College of Art. Born and grown up in the conflict area, Ghazal belongs to the cult of artists that makes art out of their lived experiences. She enjoys working on daily comics about her real-life situations, especially ones that she experienced while living in Kashmir. Changing a mundane moment into a relatable story is the way she makes sense through her art.





Kiki Spiezio

Kiki's interests lie in community, culture, innovation, public policy, and corporate social responsibility – but as a strong believer in balance of mind, body, and spirit, she tries to still make time for art. The pandemic has given an opportunity to pause and reflect, during a time when creative expression in a variety of mediums was sometimes easier than words. Kiki came to A/PI DVRP for its art therapy workshops, as a sexual assault and narcissistic abuse survivor, and continued to attend virtual programs throughout the pandemic even after having to relocate back to MA with family.

Ona Wang

Ona Wang is a writer, social practice artist, and restorative justice practitioner from Chicago.

Chris Wu

Instagram: @Christohwu

Website: <https://www.christohwu.com/>

Chris Wu is an art practitioner working predominantly on drawings and paintings that often investigate the shavings and weathered forms in nature. He currently works for the Smithsonian Institution's Office of Academic Appointments and Internships.





**This guide has been created and compiled by Avantika
Avantika is the Outreach and Training Program Manager at
DVRP; they can be reached at avantika@dvrp.org**

**The Asian/Pacific Islander Domestic Violence Resource Project (A/PI DVRP) is
a non-profit organization in Washington, DC. A/PI DVRP supports and
mobilizes Asian/Pacific Islanders to build safer communities by responding
to harm and striving to end gender and power-based violence.**

Asian/Pacific Islander Domestic Violence Resource Project

P.O. Box 14268

Washington, DC 20044

info@dvrp.org

Hotline: 202.833.2233

Follow DVRP on social media @apidvrp on all platforms

