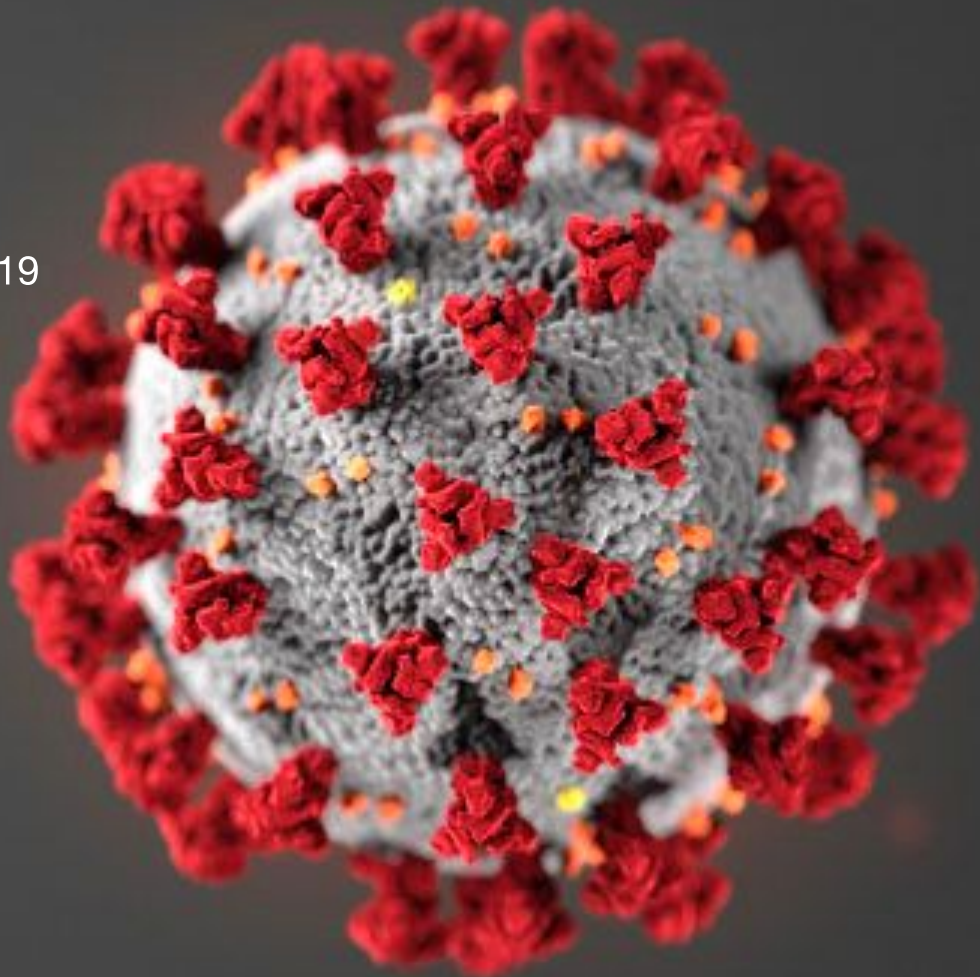


Coronavirus / COVID-19

Prepare for the battle to come

March 09, 2020

Feedback / Errors / Suggestions: ciprian@lateral-inc.com



Principles

1. Keep Lateral + Halcyon Mobile employees + families safe
2. Business continuity: Continue to serve our customers with highest standards
3. Do our part to slow community spread of the virus where there appear to be outbreaks, so that the most vulnerable people are able to get the care they need

Kill the other virus: Fear

Remove the fear that a lack of information can often create. By educating us as to 'why' we are doing certain things, we are empowering them to be actively involved in the process and thus in control of the situation.

Optimism Bias

“It won’t happen to me”

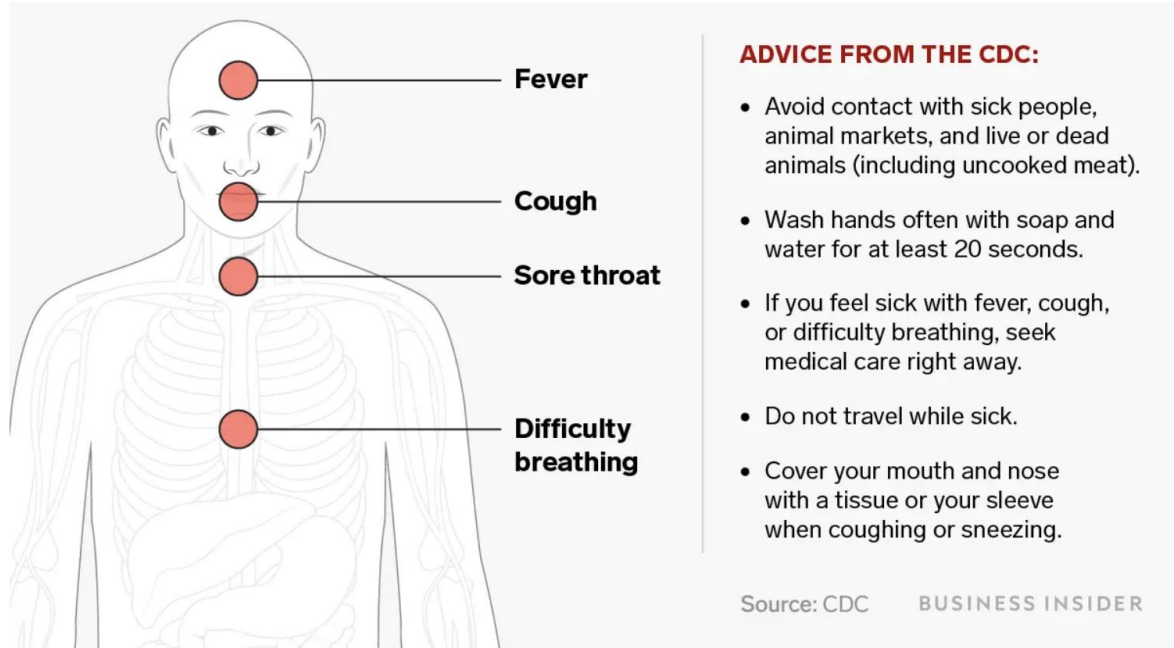


Said every couple
at their wedding.
Today's divorce
rate: 50%

Likely to be a wild ride. This is to help, not to freak out.

https://www.ted.com/talks/tali_sharot_the_optimism_bias?language=en#t-241661

Symptoms



ADVICE FROM THE CDC:

- Avoid contact with sick people, animal markets, and live or dead animals (including uncooked meat).
- Wash hands often with soap and water for at least 20 seconds.
- If you feel sick with fever, cough, or difficulty breathing, seek medical care right away.
- Do not travel while sick.
- Cover your mouth and nose with a tissue or your sleeve when coughing or sneezing.

Source: CDC BUSINESS INSIDER

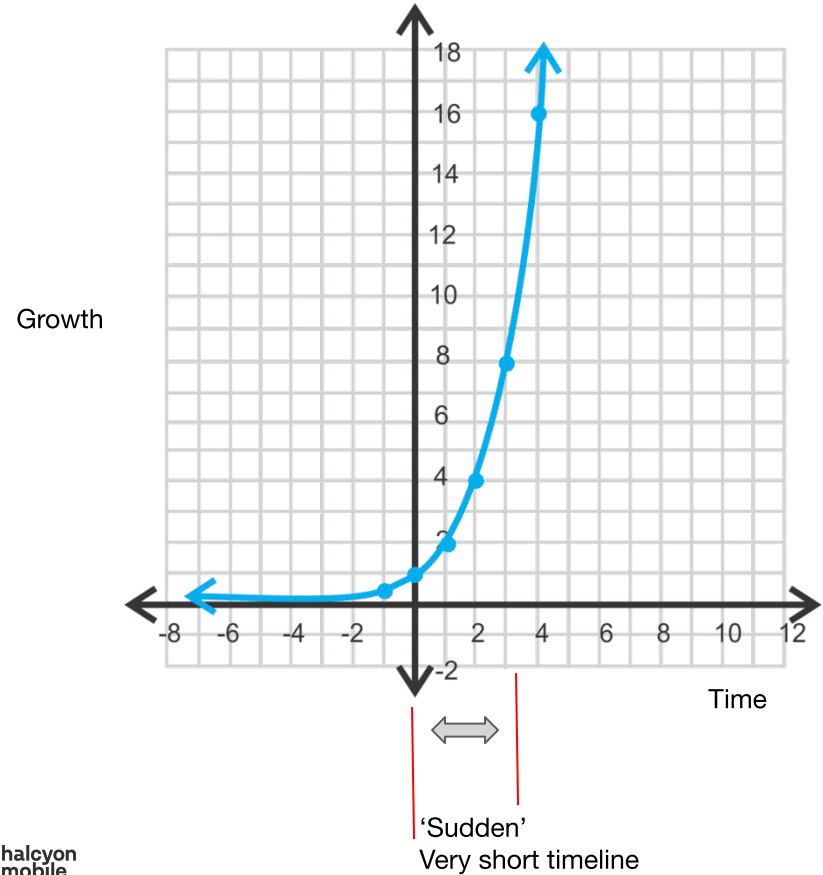
If any family member is showing flu-like signs, do NOT let them out of the house — especially to any place where they could infect others (work, school, shops, etc). Call the doctor for guidance, and **treat at home** if possible. At this point, you and all others in your home need to consider yourself possibly infected and should remain in home quarantine, too. Yes, it may be a drag and a huge inconvenience, but you're doing your part in a bigger effort to keep the disease from spreading to many others. And if you're already prepared by following the rest of the advice in this report, it really won't be that bad.

Not the Flu

- **High complication Rate (15% pneumonia and 5% end up in ICU)**
- **Much more deadly than the flu (20X) - unless hospital overrun, then it could be 50x. Today Italy @ 4.75% (!!!)**
- **Very high R0 (Contagious rate), way over 3, may be as high as 6.7**
- **Spread asymptotically - very bad**
- **Spreads via droplets and aerosols**
- **Long incubation period (2-3 weeks)**
- **No natural immunity (no 'fire breaks')**
- **No vaccine**
- **Second exposure worse (Antibody Dependent Enhancement). Speculations of after effects.**
- **Kids spared**
- **Men affected 5:3 vs women**
- **Lungs inflamed and full of mucus**
- **Persists on some surfaces for up to 9 days ([Reference](#))**

The Pattern

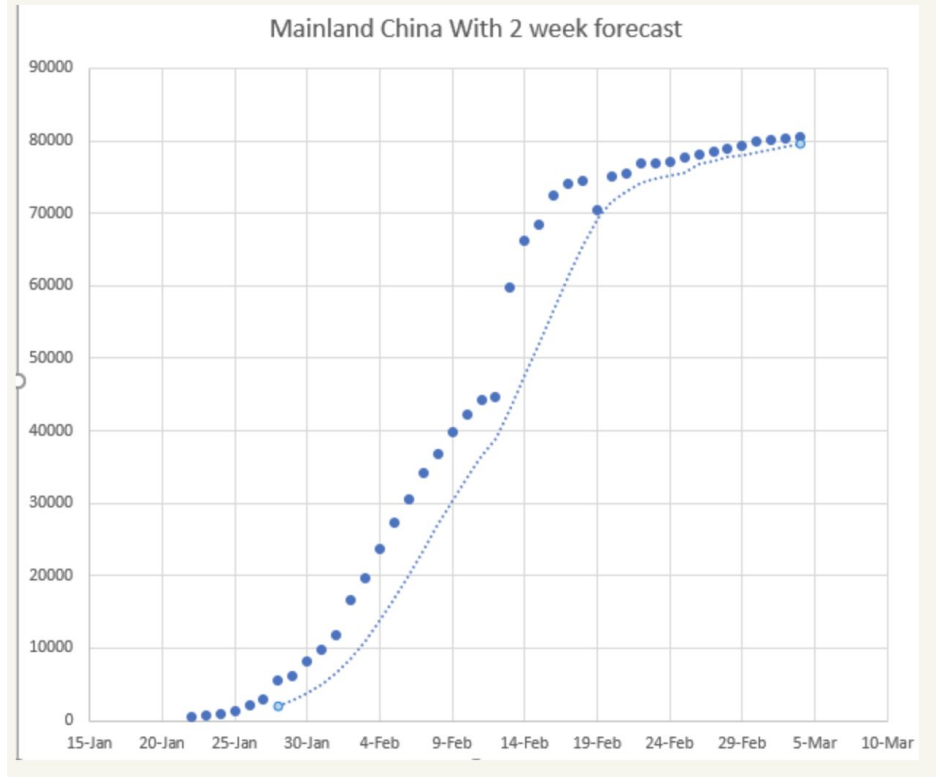
- Case
- Case
- Cluster
- Cluster
- Boom / Explosive
(Exponential)



It's exponential everywhere

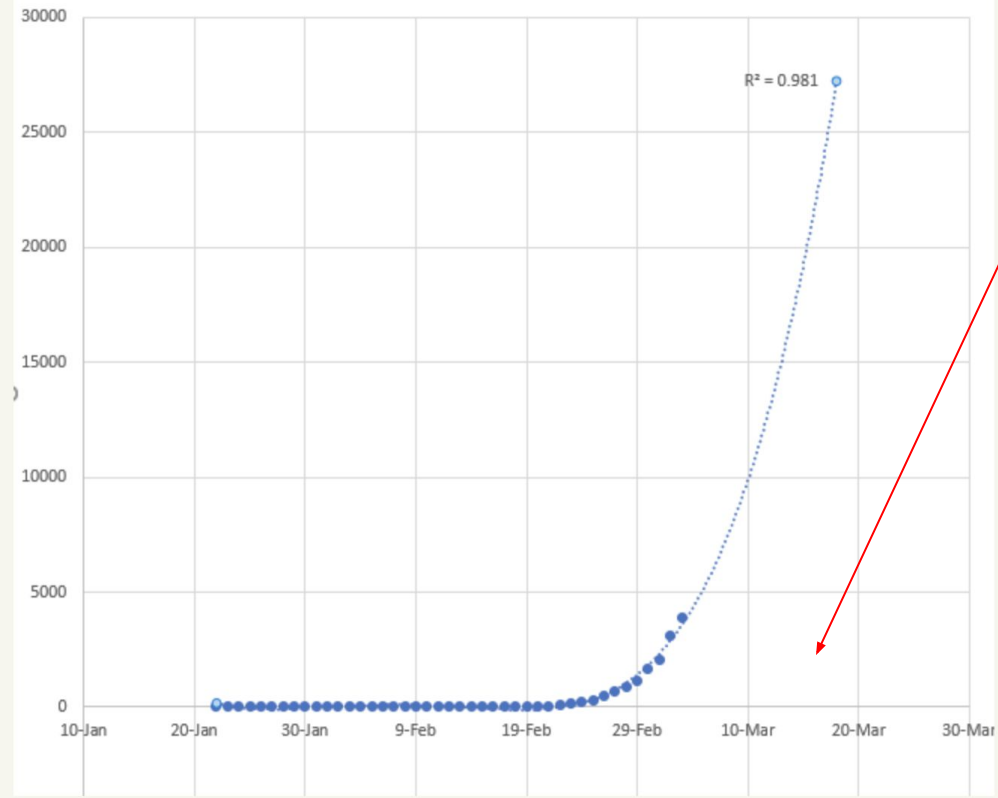
China's Curve

It is following the expected pattern and growth is ebbing much



Italy

Italy With 2 Week forecast



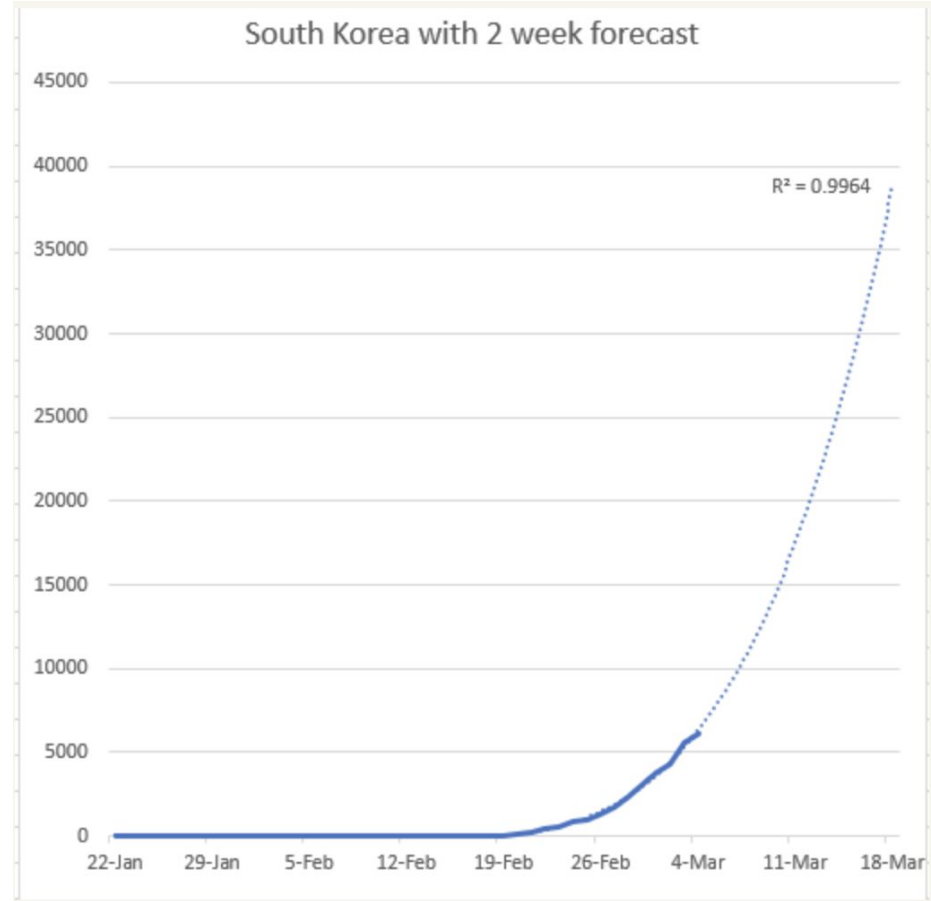
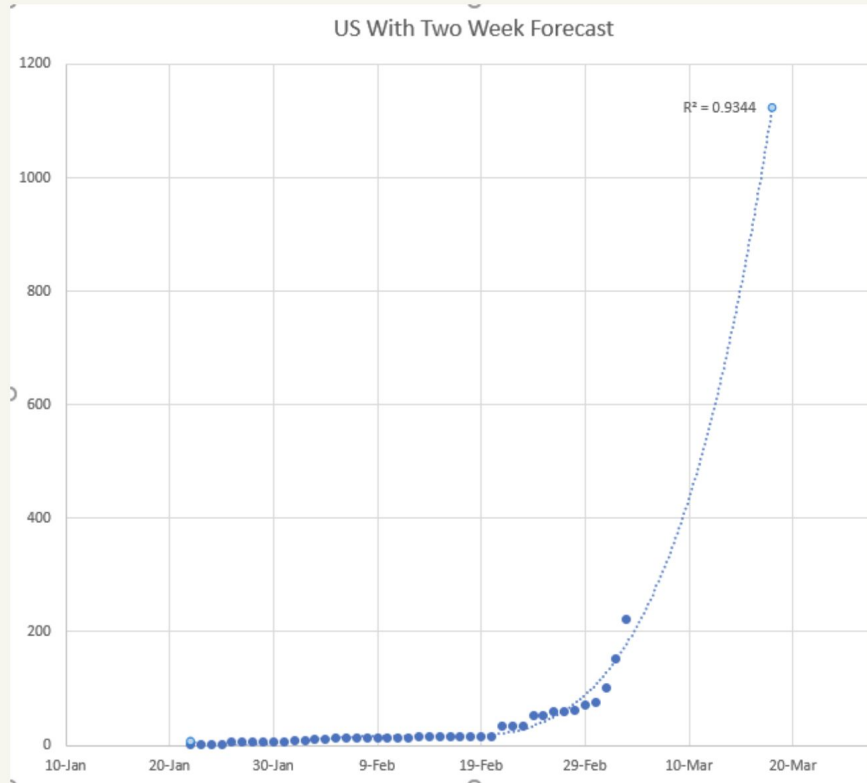
Romania likely trailing behind by a few weeks

The concerning part. Italy is super connected to Romania

Country, Other	Total Cases	New Cases	Total Deaths	New Deaths	Total Recovered	Active Cases	Serious, Critical	Tot Cases/1M pop
China	80,703	+52	3,098	+28	57,333	20,272	5,264	56.1
Italy	7,375	+1,492	366	+133	622	6,387	650	122.0
S. Korea	7,313	+272	50	+2	130	7,133	36	142.6
Iran	6,566	+743	194	+49	2,134	4,238		78.2
France	1,126	+177	19	+3	12	1,095	45	17.3
Germany	1,018	+218			18	1,000	9	12.2
<i>Diamond Princess</i>	696		7		245	444	32	
Spain	613	+88	17	+7	30	566	9	13.1
Japan	502	+41	7	+1	76	419	28	4.0
USA	464	+29	19		15	430	8	1.4
Switzerland	337	+69	2	+1	3	332		38.9
UK	273	+64	2		18	253		4.0
Netherlands	265	+77	3	+2		262	1	15.5

USA

This is likely an underestimated due to poor testing coverage which is being corrected.



Ministerul Sănătății menține în 2019 numărul de paturi din spitalele din România la aproape 120.000, din care peste un sfert sunt în București, Iași și Cluj



martie 07 11:45 2019

de SM
Timp citire articol: 2 minut(e)



Ministerul Sănătății intenționează să mențină anul acesta numărul de paturi din spitale la nivelul din ultimii trei ani, de 119.579, din care peste 33.000 de paturi (28% din numărul total la nivel național) sunt în unitățile medicale din București și din județele Iași și Cluj.

Astfel, un proiect de ordin lansat în dezbatere de minister prevede detalierea pe județe a numărului total de paturi din 2019, în baza Planului național de paturi pentru perioada 2017 – 2019.

Planul național de paturi se referă la numărul maxim de paturi pentru care casele de asigurări de sănătate pot încheia contracte de furnizare de servicii medicale cu spitalele publice, indiferent de subordonare, cu spitalele private, precum și cu sanatoriile și preventoriile în condițiile prevăzute în Contractul-cadru.

Hospital Beds in Romania

Rough model:

Population: 19.53 Milion

Beds: 120,000

6.14 beds to 1000 people

But already a % occupied.

Guesstimate 50%?

That's 3.07 beds to 1000 people

**BUT a lot less ICU (Intensive Care Units)
Romania has a Total of 5000 ICUs**

**That's 1 ICU to nearly 4,000 people, but
say half are full. 1 ICU to 8000 people!
Another article - worst case: 95 ICU beds
for Coronavirus to 19M people (!)**

<https://www.digi24.ro/stiri/actualitate/romania-are-2-500-de-paturi-pentru-bolnavii-de-coronavirus-95-de-locuri-sunt-la-terapie-intensiva-1265589>

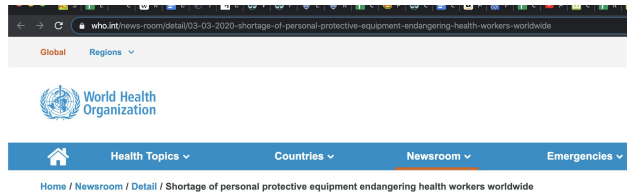
https://www.economica.net/spitalele-din-romania-pot-interna-la-terapie-intensiva-cel-mult-5000-de-oameni_109603.html

The situation with Masks in hospitals

Issue is: “How many masks and PPE materials do hospitals have?”

Answer: Nowhere close to enough

Why: min 6 masks needed / day for medical staff



Shortage of personal protective equipment endangering health workers worldwide

3 March 2020 | News release | Geneva

WHO calls on industry and governments to increase manufacturing by 40 per cent to meet rising global demand

The World Health Organization has warned that severe and mounting disruption to the global supply of personal protective equipment (PPE) – caused by rising demand, panic buying, hoarding and misuse – is putting lives at risk from the new coronavirus and other infectious diseases.

Healthcare workers rely on personal protective equipment to protect themselves and their patients from being infected and infecting others.



Institutul Marius Nasta intră în carantină, să nu rămână fără măști sanitare. Manager: „Oamenii sustrăgeau toată cutia”

25.02.2020 16:55



FOTO: Getty Images

Institutul de pneumologie Marius Nasta intră în carantină, astfel că pacienții nu vor mai putea fi vizitați de rude. Motivul: stocul de măști sanitare s-a micșorat, atât din cauza epidemiei de gripă, cât și pentru că oamenii care ajungeau în spital, speriați de coronavirus, plecau cu câte o cutie de măști în loc să folosească doar una, în timpul vizitei.

**If facts alarm you,
the problem isn't the facts**

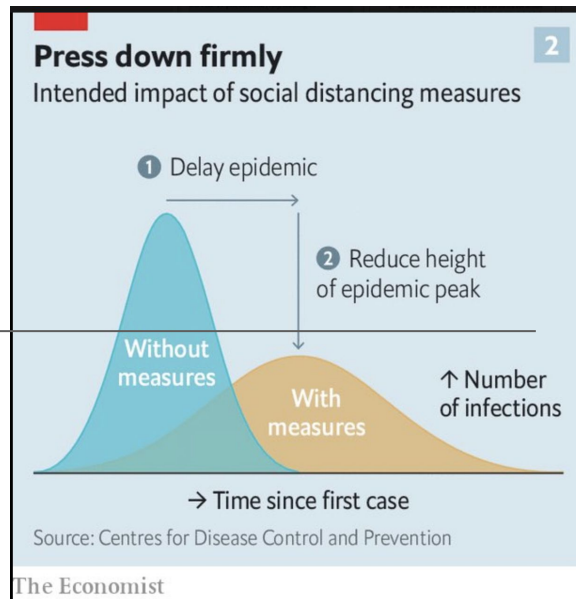
What are the dynamics

Romania (and most other countries with a few exceptions like S. Korea, HK) are deeply unprepared.

- Hospitals overwhelmed. Avoid
- Pharmacies - clusters. Avoid.
- Rations
- Isolation

https://www.dor.ro/izolare-in-vremea-coronavirusului/?fbclid=IwAR08LZbgOJcdJvp_r-rqBxv4J6ey-DodaSSxzmQJ5y8VRAdMkVix8-7-gHlc

Hospital capacity



Personal Preparation



Coronavirus: Tesco
rations essential
shopping items

BBC

3 hours ago

The screenshot shows the NPR website interface. At the top, there's a navigation bar with 'npr' logo, 'SIGN IN', 'NPR SHOP', and 'DONATE NOW'. Below that, a menu includes 'NEWS', 'ARTS & LIFE', 'MUSIC', 'SHOWS & PODCASTS', and 'SEARCH'. The main article is titled 'Coronavirus: Italy Imposes Quarantine On 16 Million; U.S. Sees 1st East Coast Deaths' by Colin Dwyer, dated March 7, 2020. The article features a photo of people wearing masks and carrying luggage in a public square. To the right, there's a sidebar with 'NPR 24 Hour Program Stream' and 'The Nature Conservancy' advertisement with the slogan 'Save Their Home.' and a 'HOW TO HELP' button.

Personal Preparation

Expect draconian measures implemented. (When? When hospitals become overwhelmed.)
It all happens extraordinarily quickly.



Step 0: The Fundamentals – Emergency Preparedness

Develop a baseline readiness for whatever surprises the future may bring



Step 1: Financial Capital

Protect your money and its purchasing power, then invest it wisely



Step 2: Living Capital

Strengthen the living systems upon which you rely



Step 3: Material Capital

Create a resilient home



Step 4: Knowledge Capital

Improve your mastery in order to create value



Step 5: Emotional Capital

Stay grounded during stressful times



Step 6: Social Capital

Cultivate a community of neighbors who support each other



Step 7: Cultural Capital

Understand how others around you will react during crisis



Step 8: Time Capital

Efficiently use the one resource you can't make more of: Time

Personal Preparation

- **Stock up on essentials** (Prepare, Do not Panic)
- Ready.gov has [a good list](#) to use as the starting point for building a disaster supply kit. This basic kit is designed to help you self-sustain for 3 days post-disaster (hurricanes, earthquakes, etc) without utilities until the government and aid workers can get help to you. Unlike natural disasters, outbreaks tend to have a longer-lasting impact due to recommended or mandatory “social distancing” (read: self-quarantine), but a lower impact as utilities tend to stay available. This can last for 30 days or more. As such, we encourage you to plan to self-sustain for at least 30 days, however you can assume you’ll have power/gas/water during that time. If you build this kit, you will not only be preparing for its potential need because of COVID-19, but future emergencies as well.

Why do it?

If it gets back, ability to self-quarantine.

People panic, avoid shortages

Personal Preparation

- **Food.** Buy dry or canned food for at least 30 days. Frozen goods are also a great choice, but most households lack freezer space for 30 days of food.
- **Medicine.** Work with your primary care physician to get at least 30 days of any critical medicines, more if possible. Thermometer. Pulsoximeter
- **Household goods.** Buy at least 30 days worth of whatever consumables your house goes through (toilet paper, paper towels, hygiene items, etc)
- **Fuel.** Make sure your car(s) have a full tank of gas. (in the eventuality you need to drive to a hospital)
- **Do any critical house maintenance now.** Anything that might impact the livability of your house over the next 90 days (roof leak, broken pipe, etc). Anything non-critical, defer until later.
- **Cash**

During a Crisis

Replenishing supplies

- Always ask people bringing you things to leave them outside your door. Wait until they have moved away before opening your door to get your items.
- Talk with friends and family members who don't live with you about supporting each other if a household has to be quarantined. For example, agree to drop off groceries or food at the front door.
- You should use delivery services if they are available rather than visit a store.
- If delivery service workers are still conducting deliveries, you can request your delivery be left by your door to limit your contact with individuals outside of your home.
- UV-C light can be an effective hands off sterilization measure, just make sure you expose surfaces for sufficient time.

During Crisis

Physical health

- In lieu of going to the gym, try doing some body weight exercises at home to stay fit and healthy during this time.
- Practice good hygiene to include washing hands, washing laundry, cleaning dishes and your home, etc. Avoid touching your eyes, mouth, and nose. Throw tissues away after single use.

Mental health

- Have in-home entertainment plans.
- Keep in touch with family members and friends via phone, email, or social media.
- Schedule 1:1s or group chats with other members of your team to stay in touch. Check out <https://www.netflixparty.com/> for a way to schedule a remote movie night with friends!
- While at home, be sure each household member is getting ample time to themselves as well. Having quiet time to oneself is an important part of being well.

During Crisis

Children

- If school is not canceled, kids are the most likely way for COVID-19 (and really any other virus) to enter your home. Enforce strict hand washing protocols on your kids when they come home. If your child is sick, isolate them as much as possible. If you have young children AND a person from an at-risk population in your house, quarantine the vulnerable person.
- Talk to them about what is happening and why your family is taking extra precautions.
- Remove the fear that a lack of information can often create. By educating them as to 'why' you are doing certain things, you are empowering them to be actively involved in the process and thus in control of the situation.
- Make it fun! Cancelling all the playdates and normal weekend activities you might do will be tough on them and you. Take this opportunity to find new fun activities to do in the home. Fort building, writing stories and then illustrating them, and playing hide and seek are all excellent choices.
- Ask your child's school to provide assignments, worksheets, homework, etc. via email, if possible. You can also keep in contact with your child's school or teacher via phone in order to provide necessary information, obtain schoolwork, and stay up to date on school activities. This will help your child be prepared for their return to the classroom and keep them on track with their work!
- Arrange video and phone calls with your children's friends so they can stay in touch.

During Crisis

Pets

- Be sure to also stock up on at least 30 days worth of food and medications for the pets in your home.

Minimizing exposure to people

- Don't use public transit, at all.
- Avoid crowds when possible and stay at least 6 feet away from any person exhibiting signs of illness.
- Avoid small rooms with others.
- Avoid any non-essential public gatherings, including concerts, the movies, shopping, sports, etc.
- Use Stairs instead of elevators

Help others.

- This is the time to be charitable and help each other
 - Give financial support
 - Give mental support
- Build a support network, know who / how to call: eg: who has an oxygen concentrator? Some extra disinfectant?

Company Preparation WIP

Critical Business Continuity: Keep business going. (answer the team why: effects compound)

- Work from home - Drill on Friday (March 13th)
- Be prepared to work remotely at short notice (take laptops home everyday)
- No large (> 4+people?) group meetings (unless business critical)
- Visitor Protocols

Response Framework (Work in Progress)

Triggers and Actions

Phase 1 Triggers

More than 25 instances of in-the-wild person-to-person virus transmission between people who are not close relatives/living in the same house and outside of a hospital setting, occurring within the commuting radius of a given Lateral/Halcyon Mobile office. Measured mortality rate remains 1% or above (10x the seasonal flu). Observed transmission rate remains above 1.5.

Actions

- We may ask certain groups of employees to WFH in the impacted area (e.g. if there is a hotspot of transmission)
- We will offer optional WFH for all employees in the impacted area (especially important for those with potentially vulnerable populations at home, the very young, very old or those with otherwise compromised immune systems).
- We will enhance office cleaning schedules to be more frequent/in-depth, especially around areas of high traffic (elevators, meeting rooms, bathrooms, food areas) along with specific mask disposal bins.
- We will limit office visitors to essential personnel only (and work with recruiting to e.g. move interviews to video calls where possible)
- We will ask all leaders to start making plans for continuity of operations/identification and movement of critical workloads/personnel to other offices or to WFH.

Response Framework

Phase 2 Triggers

If any of Lateral / Halcyon Mobile employees (or flatmates/family members living together) get sick and have been in contact with colleagues in the last 10 days.

Actions

- Mandatory closure of that office for 20 days
- Employees work from home, report daily

OR

More than 1000 events as above or any government quarantine actions in the commute range of a Lateral/Halcyon mobile office. Measured mortality rate remains 1% or above (10x the seasonal flu). Observed transmission rate remains above 1.5.

Actions

- Stop visitors at office

Response Framework

Phase 3 Triggers (aka containment has failed, it's going to be a wild ride)

More than 1000 infections in Romania with an increasingly upward trend (Doubling interval is 10 days or less).

Measured mortality rate remains 1% or above (10x the seasonal flu). Observed transmission rate remains above 1.5.

Actions

- Mandatory WFH in the impacted area(s)
- All workload movement plans executed, including potential relocation of essential personnel outside the danger area.
- At this level, we can expect our ability to use 3rd party services like cleaning, snacks, etc to start to break down because of fear driven absenteeism.
- We'd also expect to see regional isolation in the impacted area

Communication Protocols

If you suspect you're sick:

Who needs to know:

1. Studio Partner
2. HR Person in that office
3. But... also help others: People you have interacted with

Studio Partners will report situations to CEO.

Everyone

Keep Phones on Do not disturb (not Silent), to be contactable in Emergency.

Escalation Plan

In the eventuality of office closures we will inform everyone in all-channels (Whatsapp and/or Skype and Slack)

Keep these channels open for emergency, create other channels less real-time for sharing articles, content etc.

Consider joining FB invite-only [Corona Virus group](#) to share info that might help others:

Feel free to share this document

For public use, adapt, copy, reuse etc.

References

Worldometer.info

Private FB Group (scientists)

Doctors / people within the system in Romania

[Math of Covid-19 Cases – pragmaticpollyanna](#)

<https://www.dor.ro/izolare-in-vremea-coronavirusului/?fbclid=IwAR08LZbqOJcdJvpr-rqBxv4J6ey-DodaSSxzmQJ5y8VRAdMkVix8-7-gHlc>

Coinbase - planning

Chris matterson (Peak Prosperity), Ben Hunt

<https://uxplanet.org/the-curse-of-knowledge-d0d5ce26bd20>

<https://www.cdc.gov/>

World Health Org.

The Legal notice

This is a good faith initiative to keep our employees and families informed, prepared and responsible.

All recommendations are personal opinions of the authors and are in addition to any official measures (to be) taken by the authorities, which need to be carefully followed.

Novel Coronavirus COVID-19

PENTRU PACIENȚI ȘI VIZITATORI

Informații despre COVID-19

5 lucruri de știut

Ce este COVID-19?

COVID-19 este o boală cauzată de un nou coronavirus, care nu a fost anterior găsit la oameni. Coronavirurile sunt o familie mare de virusuri, care se găsesc atât la animale, cât și la oameni.

Care sunt simptomele COVID-19?

În majoritatea cazurilor, COVID-19 cauzează simptome ușoare, cum ar fi rinoree, durere de gât, tuse și febră. Poate fi mai gravă la unii oameni și poate duce la pneumonie și la dificultăți de respirație. În unele cazuri, infecția poate duce la deces.

Cum se transmite COVID-19?

COVID-19 pare să se răspândească cel mai ușor prin contact direct cu o persoană infectată. Când aceasta tușește sau strănută, elimină picături mici și, dacă sunteți prea aproape, puteți inhala virusul.

Cine este la risc mare?

Încă descoperim cum COVID-19 afectează oamenii. Vârstnicii și persoanele cu boli cronice, cum ar fi diabet sau boli cardiace, par să aibă risc mai mare de a face o formă gravă a bolii.

Care este tratamentul pentru COVID-19?

În prezent, nu există un tratament sau vaccin pentru COVID-19. Totuși, multe dintre simptome pot fi tratate.

5 lucruri de făcut

Spălați-vă frecvent pe mâini

Spălați-vă pe mâini cu apă și săpun sau, dacă mâinile nu sunt vizibil murdare, folosiți o soluție pe bază de alcool. Aceasta va elimina virusul dacă se găsește pe mâinile dumneavoastră.

Când tușiți și strănuți, acoperiți gura și nasul cu pliuul cotului sau cu un șervețel

Aruncați imediat șervețelul folosit și spălați-vă pe mâini cu apă și săpun sau cu o soluție pe bază de alcool. Astfel, îi protejați pe ceilalți de orice virus eliminat prin tuse și strănut.

Dacă se poate, păstrați 1 metru distanță față de o persoană care tușește, strănută și are febră.

COVID-19 pare să se răspândească cel mai ușor prin contact apropiat cu o persoană infectată.

Evitați să vă atingeți ochii, nasul și gura

Mâinile ating numeroase suprafețe care pot fi contaminate. Dacă vă atingeți ochii, nasul sau gura cu mâinile murdare, puteți transfera virusul către dvs.

Dacă aveți febră, tușiți și aveți dificultăți de respirație, mergeți la medic. Sunați și anunțați unitatea sanitară că urmează să ajungeți.

Respectați întotdeauna recomandările medicului dvs. sau recomandările autorităților sanitare.

