

# COPING WITH COVID

**A Scouting BSA Troop 360 Handbook  
For the B'nai David-Judea Community  
Publication Date: August 26, 2020**

## INTRODUCTION

I organized this handbook because, as the COVID-19 pandemic has evolved these past six months, I found myself struggling more and more to find purpose and connection, as well as reliable sources for health, social, and financial information. I also realized that I was not alone in this struggle, so I decided to organize this handbook as part of my BSA Scout Eagle Project.

Working on this project has given me a great sense of meaning and purpose. Furthermore, it has connected me even more closely to the B'nai David Judea Community and with my fellow Troop 360 scouts who generously contributed time to this handbook.

This **Coping with COVID Handbook** includes carefully curated information on [ways to prevent the spread of COVID-19](#), helpful links to staying [mentally](#) and [physically](#) well, [occupational and financial](#) help, [senior citizen](#) support, and safe [grocery shopping and deliveries](#). This is such an overwhelming time of social isolation and frustration, so also included are valuable resources for people suffering from [mental illness](#) or [domestic violence](#). As you read through this handbook, click on the blue underlined texts to link to the handbook sections in the Table of Contents or to access recommended websites.

Please remember that prevention is not only for ourselves, but also for our more vulnerable neighbors with high-risk conditions that may be invisible to us, or even unknown to themselves. So please wear a face covering over both your nose and your mouth while remaining at least six feet away from people who are not from your household, whether you are indoors or outdoors. More detailed instructions on hand-washing and other guidelines can be found in this handbook.

Stay connected, ask for help if you need it, and know that we are all in this together! Remember that you are not alone during these uncertain times, and each of us is adapting in our own way.

Sincerely,

***Gabbi Stein***

BSA Troop 360 Scout  
Editor, **Coping With COVID-19**

# TABLE OF CONTENTS

## [INTRODUCTION](#)

## [TABLE OF CONTENTS](#)

## [COVID-19 INFECTION INFORMATION](#)

[How Is Coronavirus \(Covid-19\) Spread?](#)

[Covid-19 Symptoms & What To Do](#)

[Vulnerable Populations](#)

[Six Steps To Reduce Spread of COVID-19](#)

[Types of Masks](#)

[How-to Put On Masks](#)

[Why Should Everyone Abide By These Guidelines?](#)

[Mask-Wearing + Physical Distancing Reduces Risk Of Infection](#)

[Great Resources For Up-To-Date Covid-19 Guidance](#)

## [STAYING PHYSICALLY FIT DURING THE PANDEMIC](#)

## [MENTAL WELLNESS DURING COVID-19](#)

[Coping With Stress Specific To Covid-19](#)

[Stay Connected Online & Occupied with Purpose\\*\\*](#)

[Mental Health Conditions During Covid-19](#)

[General Mental Health Information](#)

[Mental Health Screening](#)

[Help Lines](#)

[Links To Mental Health Treatment Options](#)

## [DOMESTIC VIOLENCE RESOURCES](#)

## [EMPLOYMENT & FINANCIAL RESOURCES](#)

## [SENIOR CITIZEN RESOURCES](#)

## [GROCERY SHOPPING & DELIVERY DURING COVID-19](#)

[Grocery Curbside Pick-up](#)

[Grocery Delivery Resources](#)

[Restaurant Delivery Services](#)

## [WORDS OF ENCOURAGEMENT](#)

## [CREDITS](#)

[GRATITUDE](#)

[BSA TROOP 360 SCOUT CONTRIBUTORS](#)

[HANDBOOK SUPERVISORS](#)

## [DISCLAIMER](#)

# COVID-19 INFECTION INFORMATION

## How Is Coronavirus (Covid-19) Spread?

- Mainly from person to person via respiratory droplets expelled when an infected person breathes, coughs, sneezes, or talks.
- Droplets can land in the mouths, noses, or eyes of people nearby and possibly be inhaled into the lungs.
- Spread is more likely when people are in close contact with one another (less than 6 to 10 feet).
- [Recent research](#) suggests that smaller viral droplets can become airborne and float around the air much farther and longer, without the need for direct person-to-person transmission. This is controversial. A great website to keep up on this controversy and other COVID-19 research is Oxford University's [Centre for Evidence-Based Medicine](#).

## Covid-19 Symptoms & What To Do if You Think You Might Be Infected

- If you have a fever with a cough or shortness of breath:
  - You may have COVID-19 and are **required** to isolate yourself at home.
  - Let your doctor know and get tested. Wear a cloth face-covering when you go to get tested.
  - Click [here](#) for home isolation instructions.
  - If you need a primary care physician or need help finding testing call LA County Public Health at 211 or go to <https://covid19.lacounty.gov/testing/>.
- **CALL 911** if there are **emergency warning signs** such as:
  - Difficulty breathing
  - Chest pressure or pain
  - Bluish lips or face
  - Confusion or hard to awaken

## Vulnerable Populations at Risk of Severe Covid-19 Complications

- [Adults older than 50, especially those older than 85 years](#)
- People with [Underlying Medical](#) Condition , such as (this is from the CDC)
  - [Cancer](#)
  - [Chronic kidney disease](#)
  - [COPD \(chronic obstructive pulmonary disease\)](#)
  - [Immunocompromised state \(weakened immune system\) from solid organ transplant](#)
  - [Obesity \(body mass index \[BMI\] of 30 or higher\)](#)
  - [Serious heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies](#)
  - [Sickle cell disease](#)
  - [Type 2 diabetes mellitus](#)

## Six Steps To Reduce Spread Of Covid-19 (while indoors and outdoors)

1. Wear a face covering over your nose and mouth, that is valveless\* **AND**
2. Avoid large groups and gatherings **AND**
3. Physically distance yourself **at least** 6 feet away from people who are from outside your household **AND**
4. Wash your hands by lathering with soap and water for 20 seconds and then rinsing thoroughly:
  - [Before](#) eating or serving food.
  - [Before](#) touching your face.
  - [After](#) touching items in/from public spaces.
  - [After](#) using the restroom.
  - [After](#) coughing or sneezing.
  - [After](#) touching your face or your face covering.
5. No soap and water around? Apply hand sanitizer that contains **at least** 60% alcohol.
6. There is less risk of transmission outdoors than indoors.
7. When indoors, ventilate your indoor air by opening windows.

*\*Exceptions may exist for certain ages and people with respiratory or psychiatric conditions - talk to your doctor to clarify. While valved masks protect the wearer from infection and are more comfortable, they release the wearer's exhaled breaths to the outside, putting others at risk of coronavirus.*

## Types of Masks

- The general population should use washable cloth or non-medical grade disposable face masks while in public and while physically distancing.
- N-95 Respirators are medical-grade face masks in limited supply and should be reserved for healthcare workers in high-risk COVID-19 environments.

## How to Put On Masks

- In Los Angeles County, it is required to wear a face-covering when in public or outside your home.
- Here are some CDC guidelines regarding face coverings:
  - Wash hands thoroughly before putting on your mask
  - Put the mask over your nose and mouth.
  - Make sure it is secure by bending the wire on the mask near your nose.
  - Keep your mask tight over your nose and around your mouth at all times
  - Do not touch your mask while it is on your face
  - When removing, only handle the mask by the earpieces and avoid touching the outside of the mask
  - Wash hands after putting your (preferably reusable) mask in the washing machine.
  - Use a freshly washed mask or a new disposable mask every morning.
- Click [here](#) for an informative video from the CDC on proper mask use.

## Why Should Everyone Abide By These Guidelines?

- Since the pandemic started, we have learned that Covid-19 is most contagious from people who have the disease **before** they develop symptoms.
- Because there is a lot of asymptomatic transmission, we all have to assume everyone in public with whom we come in contact might have COVID-19, even if they have no symptoms.
- We also don't know which people with whom we come in contact in public are at high risk for developing severe complications, so it is important that we all wear masks and physically distance, even outdoors, in order to protect the most vulnerable of our community.

## Mask-Wearing + Physical Distancing Reduce Risk Of Infection

The [Institute of Health and Metrics](#) estimates that tens of thousands of deaths in the United States can be avoided over the next several months if every single person wears a mask in public.

- **Some Scientific Evidence:**

- A May 2020 report in the [New England Journal of Medicine](#) (NEJM) used laser light to demonstrate that speaking just a couple words generates hundreds of oral fluid droplets that can harbor infectious viral particles. It also showed that wearing a simple damp washcloth blocks the release of almost all the speech-generated respiratory droplets.
- A published study in [Health Affairs](#) demonstrates that state government mandates for public face mask use significantly slows the rate of COVID-19 cases.

- **Real-Life Examples:**

Wearing a simple mask barrier while not touching our faces, washing hands, and staying physically distant can make a huge difference!

- A man with COVID-19 and who had a cough flying from China to Canada **while wearing a mask**, did not transmit COVID-19 to the 25 people seated closest to him on that flight.
- Two hairstylists with COVID-19 **wore masks** while working on their clients. They did not transmit COVID-19 to any of their 140 clients

## Great Resources For Up-To-Date Covid-19 Guidance

- [Los Angeles County Department of Public Health](#)
- The [Johns Hopkins Coronavirus Resource center](#) has recent data about the virus.
- [The CDC COVID-19 Website](#) offers valuable, up-to-date information about COVID-19.
- [The California Department of Health's COVID-19 Website](#) for daily COVID-19 updates.
- Oxford University's [Centre for Evidence-Based Medicine](#)
- List of [CDC-Approved Disinfectants Against COVID-19](#)
- The [Harvard School of Public Health coronavirus website](#) has very practical guides on safe COVID-19 practices while:
  - Using a [Mask](#)
  - [Traveling](#)
  - [Grocery Shopping](#)
  - At [Home](#)
  - [Using Public Transportation](#)
  - At [Work](#)
  - On an [Elevator](#)

# STAYING PHYSICALLY FIT DURING THE PANDEMIC

Physical fitness during quarantine can keep you less vulnerable to physical illness and can optimize your mental health. Some things you can do to help yourself stay on track include:

- Go on a walk or go outside to get some fresh air (DON'T FORGET TO WEAR A FACE-COVERING)
- Subscribe to a workout channel where you can watch videos on demand. Here are some free online exercise resources:
  - [Les Mills on-demand exercise classes](#) (Currently FREE)
  - [Peloton Online App](#) (FREE 90 Day Home Trial)
  - [50 Best Free Exercise At Home Workout Resources](#)
- Stretch daily.
- Make sure you don't stay in one position for too long.
- Make a workout schedule log.

## MENTAL WELLNESS DURING COVID-19

A pandemic can be a serious strain on anyone's mental health. This is a stressful time on so many levels, so it is **perfectly normal** to experience changes in your sleep pattern and to feel stressed out about the uncertainties the pandemic has brought regarding your health as well as your social, economic, and professional status. The world has changed dramatically since 2019 and it takes time to adjust to these changes, as well as to accept things that we cannot control. Remember to have self-compassion and patience for others; we all have different ways we experience and cope with the world. Take time for yourself and you should never be afraid to ask for help. Here are some resources for help. Don't forget to check out our physical wellness section above, [Staying Physically Fit During the Pandemic](#), which will help you stay mentally healthy too!

### Coping With Stress Specific To Covid-19

- [COVID-19 stress](#): The COVID-19 pandemic is stressful for many people. On this website you can find ways to help relax and stay calm.
- [Self-Compassion](#)
- [Singing as therapy](#)
- [Live Virtual Concerts](#)
- [Sleep Recommendations during COVID-19](#)
- Amazing Free Mindfulness Meditation Programs:
  - Guided Meditations by [UCLA Health.org](#) or on the [UCLA Mindful APP](#)
  - [FREE HEADSPACE APP](#) ACCESS FOR L.A. COUNTY RESIDENTS DURING COVID!

### Stay Connected Online & Occupied with Purpose\*\*

- [Meet-up.com](#) online groups.
- Online [Book Clubs](#)
- Volunteer for Congregation B'nai David-Judea  
(options can be found in BDJ's weekly newsletter) or BDJ-affiliated BSA Scouts Troop 360
- Virtual volunteering opportunities also exist and can be found on the [LA Works](#) website.

***\*\*Minors/children should get permission from their parents before participating in anything outside their home or online.***



## Mental Health Conditions During COVID-19

If you are having difficulties facing the day, taking care of yourself or your responsibilities, are overwhelmed, or have thoughts of not wanting to live, you are not alone. You may be suffering from significant mental illness and should contact a mental health professional for help. People who struggle with mental illness are more likely to have exacerbations of their illnesses or delays in treatment or during the pandemic, due to diminished access to their usual social and support networks and healthcare providers. It is important to know that despite the pandemic, access to mental healthcare is possible without risking COVID-19, due to new offerings in telemedicine, or virtual online teletherapy and telepsychiatry.

## General Mental Health Information

These general mental health websites help clarify what you may be suffering from and/or guide you with valuable tips and recommendations. These general resources help people realize that they are not alone in their struggle against mental illness and show that there is hope!

- [B'nai-David Judea's Website on Mental Health](#)
- [Mental Health.gov](#)
- [HelpGuide](#)
- [Mental Health Resources](#)

## Mental Health Screening

- [This Stress Screening Website](#) helps you measure your stress level. It also offers tips on distress management and tolerance.
- [Depression Test](#) Depression is a condition that should be taken with extreme caution. If you are feeling depressed and want to talk about it, this website can help you. Also the website has a test to help you diagnose yourself with depression.
- [Drug Screening](#) and [Alcohol Screening](#) and [Referrals](#)

## Help Lines

- [National Suicide Prevention Hotline](#) (24 hours): **(800) 273-TALK (8255)**. Call if you are feeling suicidal or having thoughts of ending your life.
- [Crisis Text Line](#) (24 hours): **Text 741-741** from anywhere in the USA, anytime.
- [The Help Guide website](#) has more information on suicide prevention.

## Links To Mental Health Treatment Options

- EMERGENCY OR LIFE THREATENING SITUATIONS: **CALL 911** or **go to your nearest emergency room**.
- Contact your primary care physician for a referral.
- Call the customer service phone number on the back of your medical insurance card for in-network referrals.
- [UCLA behavioral health services](#) (inpatient and outpatient): 310-825-9989
- [USC behavioral health services](#) (inpatient and outpatient): 800-USC-CARE (800-872-2273)
- Jewish Family Service Counseling programs:
  - [Addiction and Prevention Program](#) (ADAP) -- (310) 247-1180
  - [General Counseling](#) (877) 275 – 4537
  - [Aleinu Family Resource Center](#) -- (310) 247-0534
- Public/Low-fee Mental Health Services
  - [Medi-Cal Psychiatrist Locator](#) – (800) 854-7771
  - [MediCare Physician Search](#) – (800) 633-4227
  - [Didi Hirsch Clinics](#): Multiple locations across Los Angeles -- (888) 807-7250
  - [The Maple Center](#): Beverly Hills – (310) 271-9999

## DOMESTIC VIOLENCE RESOURCES

Increased stress levels due to COVID-19 raise the risk of domestic violence. Here are important resources to know about if you suspect you or others you know are suffering from domestic violence:

- Jewish Family Service Los Angeles [Hope](#) program 24/7 at (818) 505-0900 or (323) 681-2626
- [National Domestic Abuse Hotline](#): Reach out by phone 1-800-799-SAFE (7233) or 1-800-787-3224 TTY or chat online.

## EMPLOYMENT & FINANCIAL RESOURCES

- If you lost a job due to COVID-19, check out [I Lost My Job to Coronavirus](#), a website that offers a job search tool, a space for users to create personal profiles that can be viewed by job recruiters, and a chat function that attempts to create community around those seeking to rejoin the workforce. Interestingly, this site was highlighted in a recent [Jewish Journal Post](#) and is a creation of Shalhevet High School graduates.
- If your employer has shut down or reduced hours, your hours have been cut, or you have been laid off, you can file for [unemployment insurance](#).
- If you are sick with COVID-19 or have been exposed and can't work, you can file a [disability insurance claim](#).
- If you are caring for someone else who is sick with COVID-19 and as a result can't work, file a claim for [paid family leave](#).
- The California Employment Development Department's (EDD) FAQ [Frequently Asked Questions](#).
- [Jewish Free Loan Association](#)
- [State of California Recommendations](#)
- [US Department of Labor Job Training](#)

## SENIOR CITIZEN RESOURCES

- [Jewish Family Service](#)
- [Benefits Check-up](#)
- [Free Road Scholar Online Learning](#)

# GROCERY SHOPPING & DELIVERY DURING COVID-19

If you prefer to grocery shop yourself, here are [Guidelines on Grocery Shopping](#) during COVID-19 by the Harvard School of Public Health. Here are other grocery-shopping options that can maintain more physical distance:

## **Grocery Curbside Pick-up:**

These stores will hand you your groceries at the curb or in a parking lot, no need to go inside the store.

- [Target Curbside](#)
- [Ralphs](#)
- [Albertsons/Vons](#)

## **Grocery Delivery Resources:**

These stores can deliver your groceries to your house.

- |                                     |                                    |                                  |
|-------------------------------------|------------------------------------|----------------------------------|
| • <a href="#">Amazon Fresh</a>      | • <a href="#">Costco Wholesale</a> | • <a href="#">Western Kosher</a> |
| • <a href="#">Amazon Whole Food</a> | • <a href="#">LA Glatt Mart</a>    | • <a href="#">Yummy</a>          |
| • <a href="#">Grocery Delivery</a>  | • <a href="#">Livonia Market</a>   |                                  |
| • <a href="#">Instacart</a>         | • <a href="#">Shipt</a>            |                                  |

## **Restaurant Delivery Services:**

You can order food from restaurants from these services. Lots of them have discount codes.

- [Postmates](#)
- [Doordash](#)
- [Uber Eats](#)
- [Grubhub](#)

## WORDS OF ENCOURAGEMENT DURING UNCERTAIN TIMES

*Our experiences in life are not coincidental.  
We can learn from any and every interaction;*

*Patience,  
Kindness,  
Gratitude, and*

*Beauty in simplicity, to name a few.*

*When we are present in the moment, we not only exist in this world, but we enable ourselves to experience our lives – each high, low, and everything in between - to the fullest.*

*Take a breath and think back on events that have contributed to your life.*

*Breathe them in and then out.*

*Look towards the future.*

*Breathe in all your hopes and dreams to inspire you.*

*Look up and breathe in the enormity of the world and the importance of your unique presence.*

*Look within. Find the peace, power, and soul that is within each and every one of us.*

*May you be blessed with health, peace, joy and light.*

# CREDITS

## GRATITUDE

I am so thankful for the many contributors to this handbook, including my fellow Troop 360 scouts, listed below, as well as infectious disease specialist, **Dr. Julie Higashi**, who fact-checked the COVID-19 information section, and **Rabbi Kanefsky, Rabbanit Alissa Thomas-Newborn, and Dr. Rena Selya Cohen**, who all previewed the handbook's content before its release.

I also want to thank my BSA Scout Troop 360 Scoutmaster **Dr. Noah Blumofe**, who established our troop -- the first Jewish female BSA Scout troop in the West Coast -- giving me and other young women the chance to learn important life skills and to challenge ourselves and each other each and every day. Finally, I would also like to thank **my parents** for always being there for me to listen and support me throughout my life.

***Gabbi Stein***

BSA Troop 360 Scout

Editor, **Coping With COVID-19**

## BSA TROOP 360 SCOUT CONTRIBUTORS

Leila Balter  
Hannah Balter  
Rachel Blumofe  
Leah Cohen  
Hannah Grinblat  
Datya Kurzban  
Kyle Lim  
Raquel Serure  
Kikuyo Shaw  
Tomomi Shaw

## HANDBOOK SUPERVISORS

Rabbi Yosef Kanefsky  
Rabbanit Alissa Thomas-Newborn  
Dr. Rena Selya Cohen, PhD, BDJ Executive Board Member  
Dr. Julie Higashi, MD, PhD, Infectious Disease Expert  
Dr. Noah Blumofe, DPM, Scoutmaster, Scouting BSA Troop 360 Girls

## DISCLAIMER

This Coping With COVID Handbook ("Handbook") is provided for informational and educational purposes only and should not be relied upon as medical or legal advice. This Handbook does not necessarily represent the positions of BSA Scouts or Congregation B'nai David Judea.

This Handbook and its recommendations reflect the best available information at the time it was published. Given the extremely dynamic and rapidly-evolving COVID-19 situation, this Handbook's suggestion may not take into account any pending or future medical recommendations or government policy changes. Unfortunately, adherence to any or all of the recommendations included in this Handbook will not completely ensure successful avoidance of COVID-19. Furthermore, the recommendations contained in this Handbook should not be interpreted as setting a standard of medical prevention or care. Please consult with your family doctor regarding any particular medical circumstances unique to you or your family.

There are links and pointers to third party Internet websites in this Handbook, which are provided for convenience. No responsibility or liability is assumed for any information, communications or materials available at such linked sites, or at any link contained in a linked site. Each individual site has its own set of policies about what information is appropriate for public access. The reader assumes sole responsibility for interpretation and use of third party links and pointers. Reference to any specific establishment, commercial product, process, or service by trade name, trademark, manufacturer, or otherwise, does not constitute or imply its endorsement or recommendation.

The COVID-19 outbreak is an ongoing, rapidly developing situation. We encourage the public to monitor available information and to always follow federal, state and local health organization guidance and government mandates.