

PANDEMIC
!!! PANIC !!!
PACK

HEALTHY MASS HYSTERIA:
BRINGING US TOGETHER (DESPITE
STAYING APART) AND KEEPING US
ALL SAFE FROM COVID-19

The Kooky Clinic – Where It's Cool To Be Different!

www.kookyclinic.com.au | PRIVATE MENTAL HEALTH CLINICS
17 MORTIMER ST IPSWICH AND 107 SPRINGWOOD RD SPRINGWOOD

Pandemic !!!Panic!!! Pack

List Of Contents:

- 1 Paperbag for deep breathing into during a Pandemic Panic Attack
- 1 Packet of tissues – can be used for crying, blowing of nose, and emergency toilet paper
- 1 Werther’s Original – for memories of Nan or Pop, that will help soothe a sore throat, as well as that sickening feeling of existential dread that we are now living an apocalyptic TV show
- 1 Pet rock, “Wilson”, to keep you company in isolation
- 1 Piece of emergency soap to keep on your person to reduce spread of CoVid-19. Suggest washing hands, as follows, and no more or less (this is for those of you who have germ phobias or OCD), from the NHS website:
 - After using the toilet or changing a nappy
 - Before and after handling raw foods like meat and vegetables
 - Before eating or handling food
 - After blowing your nose, sneezing or coughing
 - Before and after treating a cut or wound
 - After touching animals, including pets, their food and after cleaning their cages
- 1 Pandemic !!!Panic!!! Pack Guidebook – How to Harness the Power of Panic for Pandemic Survival



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Pandemic !!!Panic!!! Pack Guidebook

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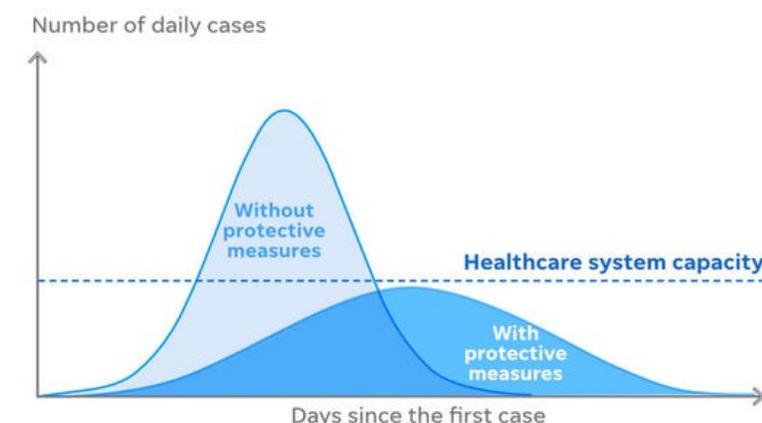
The Power of Panicking – Why We All Need to Panic Right Now

The Point Of Panic Is To Survive, When Survival Is Threatened:

- Anxiety is our in-built alarm system designed to mobilise resources and help us survive.
- Anxiety does this through the release of stress hormones, such as adrenaline, noradrenaline, and cortisol, when our sympathetic nervous system is activated by a perceived threat to our health and well-being.
- CoVid-19 is a real threat to our health and usual way of life, so feeling anxious about what will happen next, is completely appropriate.
- How our population reacts to the threat, particularly in the early stages of transmission through the community, will predict how many people will die from CoVid-19. Whilst >80% of those infected with the virus will have only mild symptoms, they put at risk those who are at much greater risk of death, particularly the elderly and those with chronic health conditions.
- If our community is too complacent, and doesn't practice social isolating and appropriate hygiene strategies to contain the spread in the early stages, then our most vulnerable will be put at risk.
- Data from overseas indicates that the reaction of the population and the speed at which healthy and mildly affected people practice containment strategies, will predict whether CoVid-19 has a 0.5% mortality rate, or up to a 5% mortality rate. This is known as "flattening the curve" of infection.

Flattening the curve

Mitigation efforts can help to reduce the number of daily cases and to reduce the pressure on the healthcare system



SOURCE: CDC



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- Watch this brilliant simulator to understand the power of social distancing
<https://www.washingtonpost.com/graphics/2020/world/corona-simulator/>
- Experts predict that between 20 and 50% of the population is likely to be infected by the virus in Australia, and rapid early spread will over-whelm our health services, leading to many more deaths. This means that while there is little reason for the majority to personally panic, as this virus will not seriously harm them as individuals, we need to panic early as a community, to dramatically change our daily behaviours, in order to protect the most vulnerable amongst us.
- Some of you, who are in the high risk groups, or prone to anxiety, may notice that they are panicking more than others, about this situation. The changes in our bodies when we panic shift blood flow away from our digestive tract, sometimes causing nausea and butterflies, and towards our brain and muscles, supporting our ability to problem-solve under pressure, and engage in physical fight, flight, or freeze responses, which might save our lives in times of emergency.
- The anxious amongst us have a role to play to motivate the less anxious, and unmotivated, to make the changes needed to support our vulnerable. They are the canaries down the mine-shaft, and we need to listen to them!
- Stress hormones commonly cause an interruption of sleep and a tendency to ruminate or catastrophise. This is our brain's way of helping us prioritise and make time to problem-solve and prepare for worst case scenarios, so we aren't blind-sided, and have the best chance of surviving with our loved ones, through difficult times.
- If you are having trouble sleeping and thinking "worst case", this may be a good sign that you will be prepared and motivated to do what you can to protect yourself and your community.
- This guide will give you things to do with your panic, so that you can be reassured that you, and your family, are as prepared as you need to be, and putting your panic to good use.
- Take a moment to thank your panicking brain for taking the pandemic seriously, and trying to keep you and others safe, by being pro-active and protective.

Credible CoVid-19 News Sources:

- Australian Government Department of Health CoVid-19 Health Alert Page
<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>



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- Queensland Health CoVid-19 Website <https://www.health.qld.gov.au/clinical-practice/guidelines-procedures/diseases-infection/diseases/coronavirus>
- RACGP Website <https://www.racgp.org.au/coronavirus>
- World Health Organisation (WHO) CoVid-19 Website <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- Center for Disease Control and Prevention (CDC) Website <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Smart Traveller Website <https://www.smartraveller.gov.au/news-and-updates/coronavirus-covid-19>
- Please be wary of other news sources, particularly those which seek to boost ratings through scare-mongering, and are possibly profiteering off unhelpful public panic. If you are finding the news too distressing, consider not watching it, and instead, check the above trust-worthy sources of information, each morning, for direct updates. You will not be missing out on any important information, and will also be protecting yourself from too much anxiety, which may unnecessarily impact your health and well-being.

Contingency Plans:

- Now is a good time to make plans with family, friends, and colleagues, about what you will do in the event of needing to completely self-isolate, or if there are shut-downs with supermarkets, schools, day-care, work-places, public transport etc.
- What will you need to be able to work from home? How will you cope financially if you are unable to work, or need to cancel travel plans?
- Check your insurance policies to see if you will be covered for disruptions to your income (if self-employed) or travel.
- Find out from your employer what their policy for wages will be if your workplace needs to be closed for a period.
- Make sure all your medications are up to date and get your scripts filled.
- What will you, and your family, need if you are house-bound for 14 days?
- Make sure to include the most vulnerable people in your life in your plans, e.g. Pregnant women, the elderly, those with chronic health problems. Consider asking elderly neighbours if they have plans and need support with being prepared. Will they



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need help with organising their medication, or extra support in the home with the basics of food preparation, transport, or self care? How can you offer to help?

Protect Yourself and Others and Prevent CoVid-19 Spread:

Hand-washing:

How to Hand-Wash Correctly, from the Twitterverse, with cred to The Bene Gesserit Mantra from Dune, Frank Herbert (1965), "Fear Is The Mind Killer":



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Alternative 20 Second Song Melodies to Wash Your Hands To:

For Pre-schoolers:

- Happy Birthday To You X 2
- Wash, Wash, Wash Your Hands (To the tune of Row, Row, Row Your Boat)

Wash, wash
 Wash your hands
 Wash them nice and clean.
 Scrub them here (with hand motion scrubbing together)
 Scrub them there (with hand motion scrubbing tops of hands)
 And scrub them in between (with hand motion scrubbing between fingers).
 Wash, wash, wash, your hands
 Play our handy game
 Rub and scrub, scrub and rub
 Germs go down the drain HEY!
 Wash, wash, wash, your hands
 Play our handy game
 Rub and scrub, scrub and rub
 Germs go down the drain HEY!

For Primary Schoolers:

- Top 5 Handwashing videos for children
<https://www.tes.com/news/coronavirus-top-5-handwashing-songs-children>

For High Schoolers, Millenials, and Generation Y:

- *Dance Monkey*, Tones and I

They say, oh my god, I see the way you shine
 Take your hands, my dear, and place them both in mine
 You know you stopped me dead while I was passing by
 And now I beg to see you dance just one more time
 Ooh I see you, see you, see you every time
 And, oh my, I, I, I like your style
 You, you make me, make me, make me wanna cry
 And now I beg to see you dance just one more time

So they say
 Dance for me
 Dance for me
 Dance for me oh oh oh
 I've never seen anybody do the things you do before
 They say
 Move for me
 Move for me



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Move for me ay ay ay
And when you're done, I'll make you do it all again

For Generation X:

- *Lose Yourself*, Eminem

You better lose yourself in the music, the moment
You own it, you better never let it go
You only get one shot, do not miss your chance to blow
This opportunity comes once in a lifetime

(keep washing during a pause)

You better lose yourself in the music, the moment
You own it, you better never let it go
You only get one shot, do not miss your chance to blow
This opportunity comes once in a lifetime
You better

For Baby Boomers:

- *Jolene*, Dolly Parton

He talks about you in his sleep
And there's nothing I can do to keep
From crying when he calls your name
Jolene

And I can easily understand
How you could easily take my man
But you don't know what he means to me
Jolene

Jolene, Jolene, Jolene, Jolene
I'm begging of you please don't take my man
Jolene, Jolene, Jolene, Jolene
Please don't take him just because you can

Social Distancing Where Possible:

- In order to prevent rapid transmission of the CoVid-19 in the community, please look at your calendar and consider avoiding non-essential gatherings of people, such as meetings, concerts, sporting and entertainment events, or conferences; or other public places where transmission is more likely, including public transport, large shopping centres, hospitals and medical centres, airports, places of worship, schools, or nursing homes. Work from home, if you possibly can. How many meetings can really just be emails? We will now know! Don't allow elderly grandparents close contact with children,



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as this puts them at risk. Encourage daily contact through video calls instead, to keep spirits up.

- Educators will need to ensure access to online educational material for isolated children, and make provisions for potential school closures. Ensure means for kids to catch up online with their friends are made available, to allow social continuity, as well as academic continuity, for kids working from home.
- Don't let this get you down. Make sure you find alternatives to maintain your social connectiveness, mental and physical health and well-being, in the following sections.
- If you can't visit sick relatives in hospital, or your grandparent is in the nursing home, is it possible to stay connected with them, using technology e.g. phone-calls or video-conferencing?
- If you can't avoid these higher risk environments, be sure to exercise hand-washing, practice standing outside of infectious droplet distance (allow 1.5 to 2 metres of personal space), and consider whether you need personal protective equipment (PPE), including masks, particularly if you have any respiratory symptoms, or if you are a healthcare worker.
- Stay updated on the current advice about masks and PPE through the reliable news sources. Currently masks are only recommended for healthcare workers, and those who are sick. If you do not have a mask, cough and sneeze into your elbow, "do the dab", and wash your hands immediately afterwards. Avoid kissing, hugging, and touching your and others' faces. Clean and dis-infect surfaces regularly. Avoid touching surfaces or handles in public.
- This article gives support to the importance of early social distancing practices during a pandemic, based on statistical analysis of recent CoVid-19 trends and data from overseas <https://medium.com/@tomaspuoyo/coronavirus-act-today-or-people-will-die-f4d3d9cd99ca> .
- If you have cold or flu symptoms, particularly if you have travelled or been in contact with someone suspected to have coronavirus, consider booking a phone consult with your GP, first, who can assess your symptoms safely over the phone, and advise you on the next best course of action. Stay home until all of your symptoms have resolved to avoid spreading your illness or causing anxiety to others. Medicare rebates for GP and other medical phone consultations will be available from Friday the 13th March 2020, for the next 6 months.
- Continue to monitor the reliable news sources for clear guidance about social distancing protocols, and follow guidelines and recommendations, as they evolve.



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Problem-solving:

- Thank goodness for the internet! We have the world's knowledge and "how to" at our finger-tips, to help us with DIY solutions to any possible shortages or concerns that may arise.
- We have social media to allow cooperation and collaboration to ensure our local community is taken care of, no matter what faces us. This means we are not isolated, as long as we have wifi, phone, or internet connections. Be sure to join local community groups on Facebook and the like, to be informed of local issues, and problem-solve with your neighbours to find solutions for local resourcing issues.
- No toilet paper? Here are some tips:
<https://urbansurvivalsite.com/ways-to-wipe-your-butt-when-the-toilet-paper-is-gone/>
- Sick, no mask, and have to leave the house? Here are some tips for DIY from the University of Hong Kong:
<https://www.scmp.com/news/hong-kong/health-environment/article/3050689/how-make-your-own-mask-hong-kong-scientists>
- No hand sanitiser? Don't fret! The experts recommend using soap over sanitiser for hand-washing anyway. If you run out of soap, dishwashing detergent may also be effective (although might dry your skin out if used excessively).

Be Pro-Active:

- Share this Pandemic Guidebook with your friends and family, and work your way through it, for peace of mind. Add to the sections, as you see fit, to tailor it to suit you. Let's own this global crisis!

Be Productive:

- Don't let the Pandemic get you down! Use the most of any "down time" to reconnect with yourself, and what is really important. Crises have a way of being great times for necessary change, creativity, and prioritisation. See this as a much-needed opportunity to get your house in order, mentally, physically, socially, and spiritually.

Collaborate:

- Cooperate with your friends, family, neighbours, colleagues, schools, churches, recreational clubs, and social media communities to share resources and tips for getting by over the next few months, and protecting and caring for each other.



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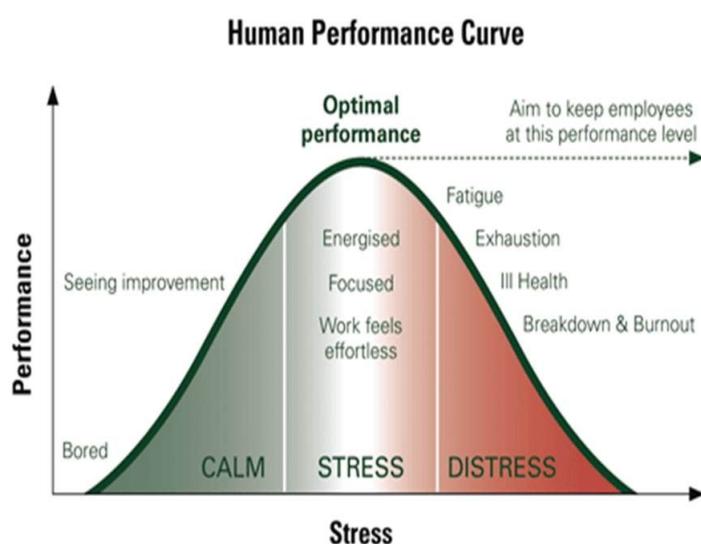
- Reach out and offer items you have in excess, and request things you need in return.
- Be mindful when prepping, to only take what you and your family need, as recommended by health authorities. It is in all our interests to ensure other community members have access to essentials for hygiene and good health.

Support the Needy of the Herd:

- Make an inventory of all the needy folk in your life, and reach out to them and let them know you have their back, if needed.
- Particularly think about the elderly in your neighbourhood, those with chronic health conditions, pregnant women or people with infants, those suffering from financial hardship, or with a history of mental health concerns. Print and deliver the attached “viral kindness” calling cards at the end of this pack, to your neighbours.
- We are all in this together! Every disaster has its helpers that restore our faith in humanity. Be the change you want to see in the world. Make yourself proud!

The Power of Not Panicking – Why We Also Need To Chill Right Now

- Excessive anxiety without purpose, makes us physically and emotionally sick (by lowering our immune system, and worsening mental health problems), making us more vulnerable to the impacts of the pandemic.
- Out of proportion anxiety impedes planning, judgement, and decision-making, and distorts the way we assess risk. We need some anxiety to perform at our peak, but too much affects our ability to think clearly. What is needed is the “state of optimal tension” or “just right amounts of stress” for the challenge.



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- Unchecked “herd mentality” and “mass hysteria” can lead to self-defeating stampedes on toilet paper, and other irrational decision-making!

*“Grant me the serenity to accept the things I cannot change,
 Courage to change the things I can,
 And wisdom to know the difference.” Reinhold Niebuhr (1892–1971)*

When To Panic Checklist Summary

- If you have cold or flu symptoms after returning from Overseas
- If you have been in contact with someone who has tested positive for novel coronavirus (CoVid-19), or is suspected of having coronavirus
- If you have a chronic disease or are elderly and are at greater risk if you contract CoVid-19, and you are developing flu-like symptoms
- If your GP takes your history and is concerned about your symptoms, please take their advice!
- If you meet criteria for testing according to the reputable news sources
- If you have been instructed to self-isolate for 14 days, please do so!
- If you have been advised that your school, workplace, medical centre, or other organisation has been shut down due to a suspected case, please seek and follow medical advice from your GP or ring the Coronavirus Health Information Hotline 1800 020 080 .
- In an emergency, if you, or someone else, has any seriously concerning health problems, including respiratory difficulty or chest pain, consider calling 000.
- If you are a frontline healthcare worker and develop respiratory symptoms, you are currently advised by local health authorities to stay home.

When Not To Panic Check List Summary

- When you are otherwise healthy and at low risk of contracting CoVid-19, or unlikely to have serious health problems if you do, as you are not in a high risk category



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- When you or a family member have symptoms of a common cold, and do not meet current criteria for testing. Don't panic, but seriously consider taking time off work, or keeping kids home from school, and avoiding public places, if you can, to be on the safe-side, and reduce unnecessary anxiety in your community.
- When you have been watching too many worrying TV reports about CoVid-19. Turn off the TV, and do something fun or relaxing to distract yourself for a bit.
- Panicking about Panicking. It's OK to panic. Right now it's pretty necessary to be alarmed and motivated to act to protect yourself and your loved ones. Follow the "How To Panic" Check-list, and know that your brain is trying to keep you and others safe, and the panic waves are necessary and helpful for your prepping and behavioural change to protect the vulnerable. If you must panic about panicking, allow 5 minutes a day to do so, in your action-packed pandemic timetable!

How To Panic Check List

- Purposely panic with friends, colleagues, and family. Do this virtually, if in isolation or trying to socially distance. Sharing is caring people! Co-operate, plan, problem-solve resource allocation, and how to maintain social connections, despite distancing. Be proactive together, console each other, and come together emotionally, even if you can't physically.
- Panic well and intentionally, when needed. Give yourself up to 15 minutes a day to hyperventilate, rock in the corner, and freak completely out, as you need to. Write down all your panicky thoughts during your daily, scheduled, panic attack. Turn them into a "To Do List" for what needs problem-solving and planning, to be well prepared, particularly if you, or someone you care about, is in a high risk group.
- Work out what is within your power, do something about that, and surrender what isn't. Put your panic to good use, by systematically working through this guidebook as needed. Once you've done that, distract yourself with relaxing and pleasant activities to take your mind off the pandemic. Practice mindfulness and watch your waves of panic come and go, and learn to surf the waves!
- Hold a "Pandemic Panic Party" under your doona. Best done with your pet (pet rock if you don't have a pet or stuffed animal), or hugging a hot water bottle or roll of toilet paper, in your PJs. Make yourself a hat out of alfoil, if it feels right. Make an event on Social Media, invite all your friends, and encourage everyone to upload pics of themselves panicking, so you don't feel as alone.
- Tell people that you love them, reach out and support them, look after the needy and vulnerable, be mindful of the special needs of children and the elderly.

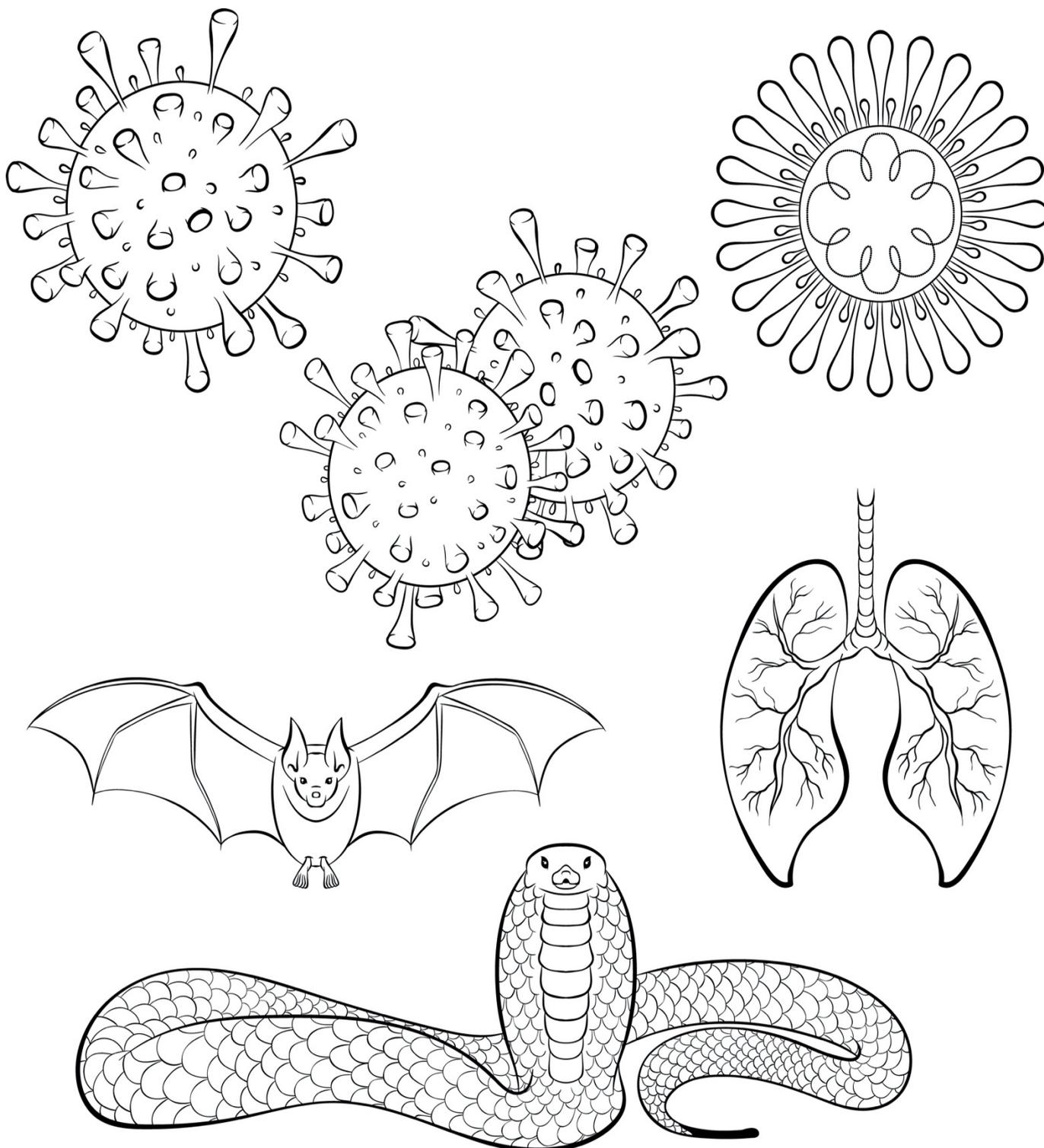


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- Be creative with non-contagious ways of spreading affection, e.g. write love poems, or words of affection in chalk on concrete, leave loving post-it notes around, pick flowers to leave on people's door-steps with home-made meals, share your toilet paper, and give people pats on the back, instead of handshakes, hugs, and kisses.
- Mindfully colour in this fetching CoVid-19 Colouring in page:



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How Not To Panic Check List

- Don't stock-pile more toilet paper, or other supplies, than you realistically need, particularly if you are not in a high risk group. Think about the longer-term big picture for the community as a whole, rather than focusing on your immediate needs as an individual.
- Best not to run down the street screaming, "It's a Pandemic, we're all going to die!" This isn't true, won't help anyone, and is a waste of your sensible panic, time, and energy. If you must yell this, try screaming into a pillow, or under water in your bathtub or pool.
- Don't contact your ex-lovers to tell them you still love them, because you think the "end is nigh". If this was a bad idea before the pandemic, it definitely is during!

How To Talk To Kids About CoVid-19 Check List

- Don't lie to them!
- Let the child drive the conversation, and answer all their questions honestly, with age-appropriate explanations and information, in simple language they can understand.
- Kids have a right to know, and a right not to know, some of the details, depending on their levels of distress and information-seeking. Knowledge is power. Teach your child to access credible news sources with you, and switch off commercial media, if it is too distressing for you, or your child. Ensure you debrief and process any new information with your child, so they can ask questions and have their anxiety be productive and contained.
- Validate their feelings, share that you are worried too, and model using your panic for good purpose.
- Educate them about anxiety, what it feels like in the body, and the importance of the fight/flight/freeze response to keep us safe.
- Enlist them in preparation activities, so they can be active participants in the Pandemic response.



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- Teach them what they can do personally to help protect themselves and others from CoVid-19, e.g. Hand-washing, changes to social habits, reporting of any physical symptoms, etc.
- Have them help you with a "Pandemic Action Plan" in the case of needing to be isolated for a period.
- Reassure them that our medical and government services, doctors, and researchers, are all working together to keep us as safe as possible.
- Take every opportunity to point out the "helpers", when you see them.
- Find out who they will want to stay in contact with, in the event of isolation, and ensure you make this happen by gathering peer contact details in advance (phone, email addresses etc).
- Access free colouring-in CoVid-19 info sheets for kids, downloadable in different languages, here <https://gumroad.com/weimankowart> .

How Not To Talk To Kids About CoVid-19 **Check List**

- When you are in the middle of an acute panic attack yourself. Wait to talk about CoVid-19 with them calmly, when you have had a moment to compose yourself.
- By telling them "there's nothing to worry about, everything will be ok", giving mixed messages to what they might be told at school or by the media.
- Lie to them, be in denial of the facts, or try to hide the truth from them, particularly when they are asking reasonable questions.
- Use medical jargon or words they will not understand. Explain the meaning of any new words in simpler terms.
- Talk loudly about your pandemic panic to others, whilst in their vicinity, where they can hear your panic, but are not included in your conversation, or with putting the panic to good purpose. Pandemic panic is more contagious than CoVid-19, be careful not to spread purposeless panic to children who need help with processing the information.



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Pandemic Action Plan

Prepping Check List for 14 Days Isolation

Time To Share Supplies Around, Stock Up, But Not Hoard!

This is an excellent Australian summary of how to successfully self-isolate from CoVid-19

<https://www.gps-can.com.au/covid19-basics/a-guide>

Essential Hygiene and Health Products:

- 30 days of prescribed medication
- Paracetamol, ibuprofen
- First aid supplies – bandages, band-aids
- Mask if sick, consider DIY if unable to source
- Female sanitary products
- Toilet paper, tissues, paper towels
- Soap, disinfectant, sanitiser, detergent, dish cloths
- Condoms
- Shampoo, conditioner
- Laundry detergent
- Nappies, baby wipes, other infant supplies
- Sunscreen and insect repellent

Food Essentials:

- Baby Formula

- Tea, Coffee, UHT Milk, Sugar, Flour, Salt, Pepper, Yeast
- Tinned goods – beans and legumes, canned tomatoes, coconut milk, tuna, tinned vegetables
- Frozen food, including frozen bread, vegetables, meat etc
- Pasta, rice, sauces, and stocks
- Dried fruit and nuts
- Cereal, oatmeal
- Treats to help the isolation blues, and reduce the sense of deprivation
- Pet food and supplies

Boredom Busters:

- Books and magazines
- Arts and Crafts supplies
- Board games
- Deck of cards
- Backyard sporting equipment
- DIY supplies for other home projects

Maintaining Mental Health in Isolation Check List

Pandemic Projects:

- Write a novel, poem, journal, play, or short story to pass the time. Bonus points for Pandemic themes!
- Take up a musical instrument, or reconnect with practicing one you have neglected for a while.



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- Teach yourself a new language online. Start with your favourite Coronavirus high risk country first! That way you can enjoy their wisdom first hand.
- Take up a craft or DIY project, using free internet tutorials as your guide – teach yourself to draw, paint, knit, crochet, do origami, start a veggie garden using off-cuts from your fresh vegetables and learning to root them into new plants, learn about permaculture and eco-sustainability, build something with your hands. Mend your clothes. Make candles or soap.
- Learn another new skill, using internet tutorials, such as a martial art, meditation, Zumba, how to dance the tango, the possibilities are endless!

Pandemic Music Play List, Make Your Own and Share With Your Friends!

- Check out the ***COVID-19 Quarantine Party*** playlist by Alistair Ryan on Spotify

Here's a flying start for your Pandemic Play List:

Hysteria, Def Leppard

Panic, The Smiths

Shiver and Shake, The Cure

Fever, Peggy Lee

Night Fever, The Bee Gees

Catch My Disease, Ben Lee

Don't Stand So Close To Me, The Police

The End Of The World As We Know It, R.E.M.

Breathe, The Prodigy

Overkill, Men At Work

I'm Not Sick, But I'm Not Well! Harvey Danger

Welcome To The Jungle, Guns n' Roses

The Fully Sick Rapper, Van Vuuren Bros series, YouTube

It's Oh So Quiet, Bjork

Corona Virus Song – Sound of Silence Parody, Simon & Garfunkel, YouTube

Tomorrow, "Annie" Soundtrack (1984)

My Favourite Things, Julie Andrews, Sound of Music Soundtrack (1965)

Don't Worry, Be Happy, Bobby McFerrin



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Pandemic Reading List:

Some Suggestions, if you are game, for Pandemic or Post-apocalyptic-themed books (if you need a bit more panic in your life):

- The Stand*, Stephen King
- Educated*, Tara Westover
- The White Plague*, Frank Herbert
- The Day of The Triffids*, John Wyndham
- World War Z*, Max Brooks
- The Last Man*, Mary Shelley
- Metro 2033*, Dmitry Glukhovsky
- Lucifer’s Hammer*, Larry Niven and Jerry Pournelle
- Bruny*, Heather Rose
- Truganini*, Cassandra Pybus

A Must Read For All:

Hard Times Handbook, Keith and Irene Smith

Good Reads That Are Unrelated to the Pandemic:

- Boy Swallows Universe*, Trent Dalton
- Eleanor Oliphant is Completely Fine*, Gail Honeyman
- Too Much Lip*, Melissa Lucashenko
- The Night Dragon*, Matthew Condon

Your Picks:



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Pandemic TV/Movie/Streaming Play List:

Pandemic-themed or Dystopian:

- Pandemic, Netflix Series*
- Contagion, Movie on Google Play, YouTube*
- 28 Days Later, Movie on Foxtel GO, Google Play, YouTube*
- Black Mirror, Netflix Series*
- Years and Years, SBS On Demand Series*

Light Relief:

- Kath and Kim, Netflix*
- The Good Place, Netflix*
- Grace and Frankie, Netflix*
- Brooklyn Nine-nine, Netflix*
- Schitts Creek, Netflix*
- Arrested Development, Netflix*
- I'm Not Ok With This, Netflix*

Tour the World's Best Museums From Your Couch:

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

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Pandemic Socialising:

- Isolation can cause emotional distress if social connections are not maintained in non-physical ways. Stay connected as often as you can, using Facetime, Skype, Social Media, or via phone calls, emails, and SMS.
- Ensure you have your neighbours' contact details, particularly if they live alone, are elderly, or have chronic mental or physical health concerns. Try and touch base with them via technology daily, to combat the effects of loneliness, and to provide emotional and tangible support, as needed. Do the same for your friends and family members who don't live with you.
- Be creative with ways to feel connected with those you care about, even if you are physically separated.
 - Hold house parties with a shared playlist and dance together, separately, in your lounge rooms. Live-stream videos of yourselves having fun whilst you are at it!
 - Plan to simultaneously watch TV and movies together, and message each other your reactions and commentary, as you go.
 - Arrange to simultaneously meditate, or do other calming rituals involving mindfulness, or feeling connected to nature and each other, e.g. meditate on the same moon and stars together.
 - Join social media groups based on practicing gratitude, photograph challenges, or book clubs, so you can easily share your daily experiences and small joys with others.
 - Learn a language with a friend, and practice with each other over the phone.
 - Set Pandemic challenges for your nearest and dearest, such as daily writing, creating, or healthy habit goals, and keep each other motivated with plenty of encouragement.
 - Join online community groups and organise to help out the least fortunate in your community, with resource drives, charity, and practical assistance, where needed.

Pandemic Nutrition and Hydration:

- Ensure a healthy and well balanced diet which will support your immune system functioning through this time. Eat lots of fresh fruits and vegetables whilst you can,



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and stock up on frozen, dried, and tinned versions, to ensure a healthy diet in the event of future lock-downs.

- Keeping up hydration is important during times of illness, particularly if you are producing mucous or have diarrhoea or vomiting. Keep a refillable water bottle handy and ensure you drink 2 to 2.5L of water a day, unless advised differently by your doctor.

Pandemic Exercise:

- Moderate regular exercise is as effective as antidepressants for the treatment of mild to moderate anxiety and depression. During this anxiety-provoking time, it is important that we “burn off nervous energy” to support our mental and physical well-being.
- Ideally, if you are well, exercising until you are “puffed” and having trouble talking in sentences for half an hour a day will be enough to significantly improve your mood. If you are sick, it is better to rest until you feel better, and then resume your exercise routine.
- Home Isolation may mean you are unable to access your usual sporting clubs, pools, or classes. In this event, it is important to find easy ways of exercising from home. Consider trying:
 - Dance, aerobics, yoga, martial arts, and fitness classes found on YouTube
 - Working out a home fitness program, using any training or fitness equipment you have, or substituting with house-hold goods, e.g. using cans as small weights etc.
 - Exercising in nature has been proven to have significantly more improvements on mood than exercising inside, or in built up urban environments. Take your exercise into your back garden, or find a park or nature reserve near you, where you can enjoy nature, whilst avoiding contact with other people.

Pandemic Sunning:

- During periods of lock-down or home isolation, it is important for your mental and physical health that you receive enough sunlight to ensure you have adequate Vitamin D levels. Sit near windows with natural light, and spend at least 10 minutes each morning outdoors in the sunshine to ensure you do not become Vitamin D deficient.



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Not Coping? Options for Mental Health Support in the Ipswich and Logan Regions

In an acute psychiatric emergency and a life is in danger, contact 000, or attend your local Emergency Department.

Otherwise, contact your GP for an assessment and appropriate mental health treatment plan, including referrals to the local mental health services which best suit your needs.

Ipswich Adult Mental Health Service
Ipswich Child and Youth Mental Health Service (CYMHS)
1300 MH CALL (T: 1300 64 2255)

Ipswich Headspace T: 07 3280 7900

Logan Adult Mental Health Service
Logan Child and Youth Mental Health Service
1300 MH CALL (T: 1300 64 2255)

Headspace Meadowbrook T: 07 3804 4200

The Kooky Clinic, Private Multi-disciplinary Mental Health Clinics for All Ages, Ipswich and Springwood Clinics, go to our website www.kookyclinic.com.au, for new patient enquiries. Contact reception on info@kookyclinic.com.au to make an appointment.
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Online Support:

Queensland Health <https://www.qld.gov.au/health/mental-health>
Beyond Blue <https://www.beyondblue.org.au/>
Headspace <https://headspace.org.au/>
Lifeline <https://www.lifeline.org.au/>
Smiling Mind <https://www.smilingmind.com.au/>
Mood Gym <https://www.moodgym.com.au/>
The Brave Program <https://www.brave-online.com/>

Important Numbers:

Emergency 000
Lifeline 13 11 14
For access to Public Mental Health Services, call 1300 MH CALL (T: 1300 64 2255)
Beyond Blue 1300 224 636



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HELLO! If you are self-isolating, I can help.

My name is
.....

I live locally at
.....

My phone number is
.....

If you are self-isolating due to COVID-19 I can help with:

- | | |
|--|--|
| <input type="checkbox"/> Picking up shopping | <input type="checkbox"/> Posting mail |
| <input type="checkbox"/> A friendly phone call | <input type="checkbox"/> Urgent supplies |

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.

#ViralKindness

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