

Practicing Community Care by Cleaning the Air:

**Layered Mitigations to Provide Safer Indoor Spaces for Survivors,
Advocates and Indigenous Communities**

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What to Expect

(Please get water, medicines, ground yourself before we begin)

Community Care

My Story: Surviving Climate Crisis Fueled Wildfires and Protecting Community During Covid-19 by Cleaning the Indoor Air

Our Collective Story: The Impacts of SARS Cov-2 and Long Covid

Intersections of Domestic Violence and Disability

Layered Mitigations 101

NIWRC Covid Technical Assistance Resources

Corsi-Rosenthal DIY Air Purifier Demonstration

Q&A

Survey

What is Community Care

Building the Conditions for us to be “Safer” Together

- Community care is the practice of the value of ‘collectivism’. Indigenous communities as collectivist societies have always had traditions and practices of community care.
- Community care stems from the understanding that the well-being of the individual is intrinsically tied to the well-being of others, including the larger community.
- Community care focuses on the connections, intentional actions and efforts to mobilize individuals to support one another

“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 the government, schools and businesses to do more alone. We need each other. We need each other. We need each other.”

-“You Are Not Entitled to Our Deaths: Covid Abled Supremacy & Interdependence” by Mia Mingus, Writer, Educator, Disability Justice Advocate

Examples of Community Care and Interdependence

Community gathering spaces, webs of support and community roles

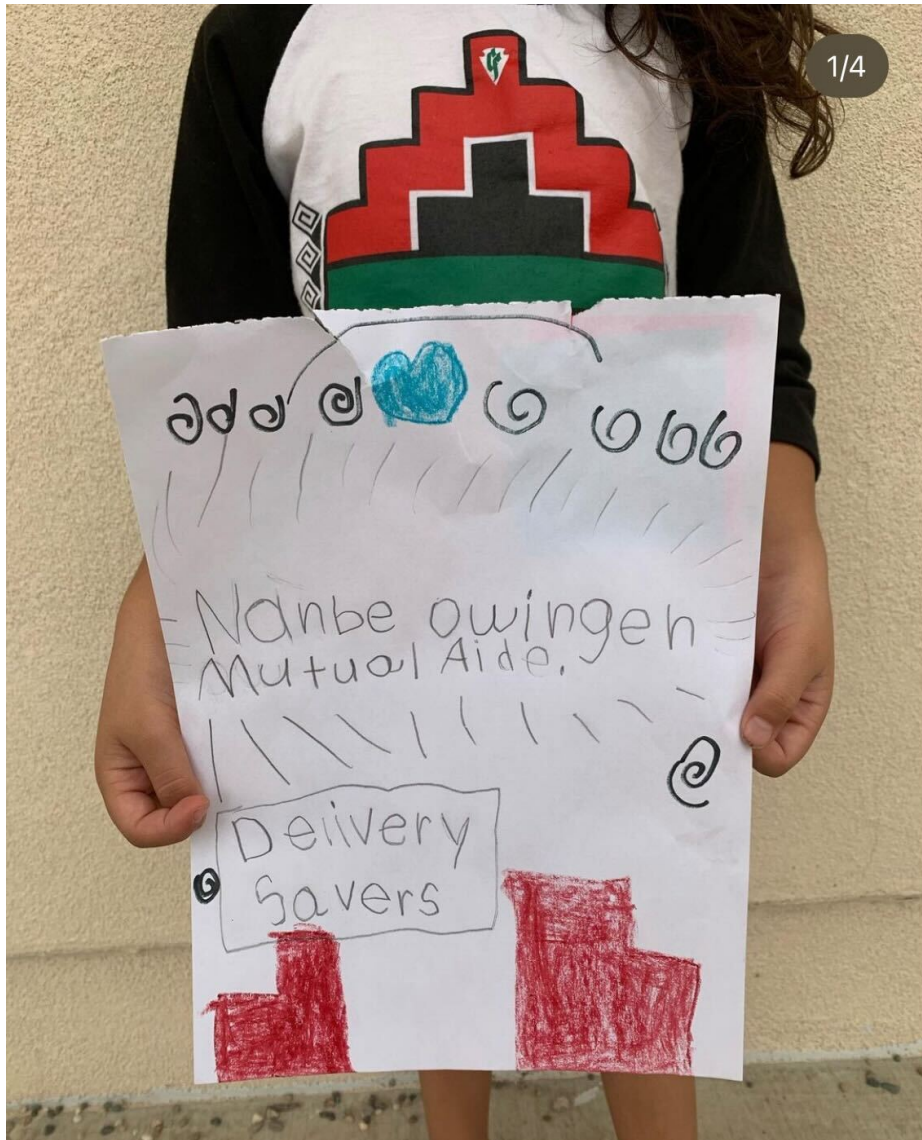
- Ceremonies and healing circles
- Indigenous medicine, warrior, hunter and gatherer societies
- Mutual aid
- Peer support
- Community health workers
- Advocates
- Indigenous birth workers/doulas
- Community gardens/farms

My Story

CW: Land and Body Violence, Nuclear Colonialism, Death and Disability, where Climate Chaos and Covid-19 Intersect

- Grew up in the Tewa basin, near LANL, where the U.S. built the first atomic bomb -we have high rates of asthma and cancer
- Generational harms- grandmother who worked in Los Alamos died of lung cancer, both my paternal grandfathers have and had chronic respiratory issues
- First memories are of not being able to breathe, asthma was triggered by allergies, smoke, respiratory viruses
- Utilized air purifiers and masks before Covid-19 pandemic
- 2020 SARS Cov-2 and the Medio Fire burned for 28 days 4,010 acres
- Organized mutual aid distribution in collaboration with Three Sisters Collective to get air purifiers, fans and cooling units into tribal homes prioritizing elders, people with respiratory issues and infants
- During this time those experiencing DV were even more isolated, it was smoky outside and due to COVID we were still in our homes, being with the land outside had been a source of relief until then
- In 2021 we marched in Washington D.C with the Coalition to Stop Violence Against Native Women and Pueblo Action Alliance with People vs. Fossil Fuels action to demand Biden declare a climate emergency
- 2022 largest Wildfires in NM history, burned 904, 422 acres, months of smoke
- Emergency shelters lack any covid mitigation besides offering masks
- Organized Corsi-Rosenthal box distribution, in collaboration with NDN Collective and Tewa Women United









Learnings

Moving Forward With New Knowledge

- Advocates were working overtime without overtime pay and needed stipends and ample paid sick leave
- Ongoing PPE needs (high quality masks) N95, KN95 or KF94
- Covid-19 is Airborne
- Cleaning the indoor air became even more critical as the outdoor air became unsafe during wildfires
- CSVANW Utilized ARP funding to build more CR boxes, distribute HEPA purifiers and CO2 readers
- Testing access was a critical layer of prevention for gathering/shelter safety
- Covid-19 like many airborne viruses moves in the air like smoke



Our Collective Story

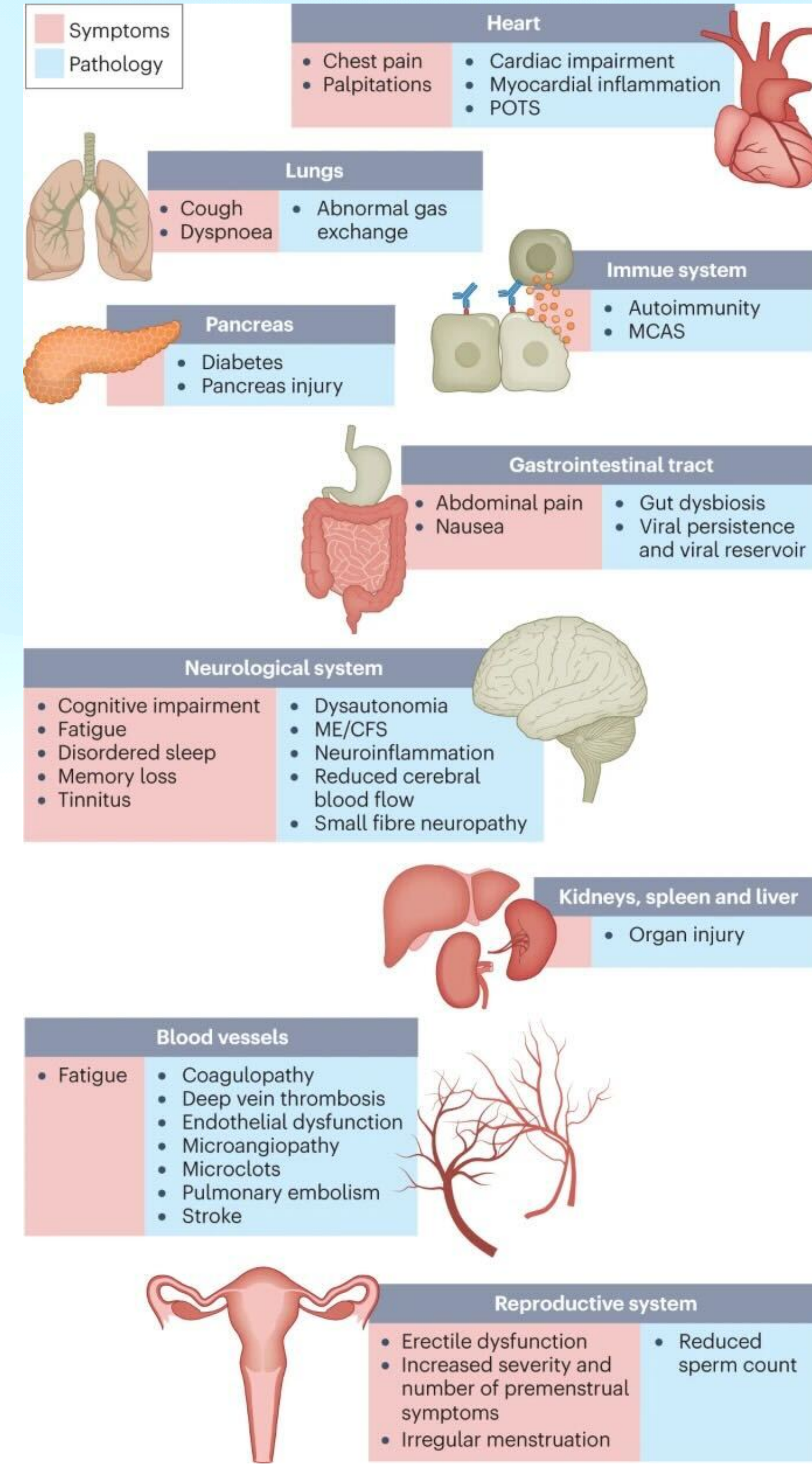
The Impact of Covid-19

- American Indian life expectancy dropped by 6.6 years from 2020-2022 according to a vital statistics report released by the CDC in August 2022;
- 1.11 million have passed in the U.S. and across Tribal Nations;
- A reported 254,124 people died in 2022. In the first week of January 2023 2,731 people died (5x times more than the worst flu deaths in a decade);
- Covid-19 was the third leading cause of death in the U.S. from 2020-2022;
- As of May 2022, 10.5 million children globally experienced the loss of a caregiver due to Covid-19; orphanhood increases the likelihood of poverty, abuse, delayed development, mental health challenges and reduced access to education
- Indigenous Nations have lost knowledge keepers, language teachers, advocates, traditional leaders and valued community members
- We are in a cycle of prolonged grief and there is a need for acknowledgment of the loss of life, quality of life and collective healing

Long Covid

Long Term Impacts on Our Collective Health

- People with long COVID have a range of new or ongoing symptoms like deep fatigue, irregular heartbeat, brain fog and neurological issues, dizziness, headaches, shortness of breath, numbness in the extremities, tinnitus, muscle and joint pain to name a few, that can last weeks or months after they are infected with the virus that causes COVID-19 and that can worsen with physical or mental activity;
- Nearly 1 in 5 U.S. adults who have had COVID-19 have Long COVID; an estimated 16 million adults ages 18-65
- Socio-economic risk factors include lower income and an inability to adequately rest in the early weeks after developing COVID-19;
- Women and trans people are more likely to develop long COVID; bisexual women are also more likely to develop long Covid;
- Children can develop long Covid;
- Long Covid can develop after a mild or asymptomatic infection and in vaccinated population



Risks of Reinfections

- A VA study of 5.8 million found Covid-19 reinfection increases the risk of death, hospitalization, organ failure and disorders affecting the lungs, heart, brain, circulatory, musculoskeletal and gastrointestinal systems
- Reinfections also contribute to diabetes, kidney disease and mental health issues
- Covid-19 can cause immune system dysregulation in the 8 months after acute infection
- Babies whose mothers had Covid-19 were more likely to be diagnosed with neurodevelopment disorders in their first year than babies of people who did not have Covid-19 during pregnancy

Disability and Domestic Violence

With a growing number of the population experiencing disability and debility from Long Covid, how does this intersect with Domestic Violence?

- Studies from the American Psychological Association show that disabled people are twice as likely to experience domestic violence than non-disabled people, and that women with disabilities have a 40% greater chance of experiencing domestic violence than women without disabilities
- People with disabilities are three times as likely to be sexually assaulted as their peers without disabilities
- Trans people and bisexual women experience IPV and disability at higher rates than cisgender and straight women
- The Centers for Disease Control and Prevention found that Native people overall are 50.3% more likely to have a disability, when compared to the national average
- Domestic violence can cause both temporary and long-term physical or mental health disabilities
- Inaccessibility of resources and shelters makes survivors with disabilities more vulnerable to abusers and often extends the duration of the abuse
- People with disabilities, like those with abusive partners, are often isolated and dependent on a small circle of friends, family members, and other caregivers for critical support
- The National Coalition Against Domestic Violence estimates that 70% to 85% of cases of abuse against disabled people go unreported

Traumatic Brain Injury (TBI) and Long Covid

- Native women have a three times higher risk of violent traumatic brain injury (traumatic brain injury from acts of violence) and blunt force trauma than white women
- Preliminary data suggests that those with a history of both Covid-19 infection and TBI experience more severe long Covid symptoms, a higher symptom burden and more frequent symptoms
- Those who reported Covid-19 and TBI reported worse depressive symptoms, worse functional outcomes and increased fatigue

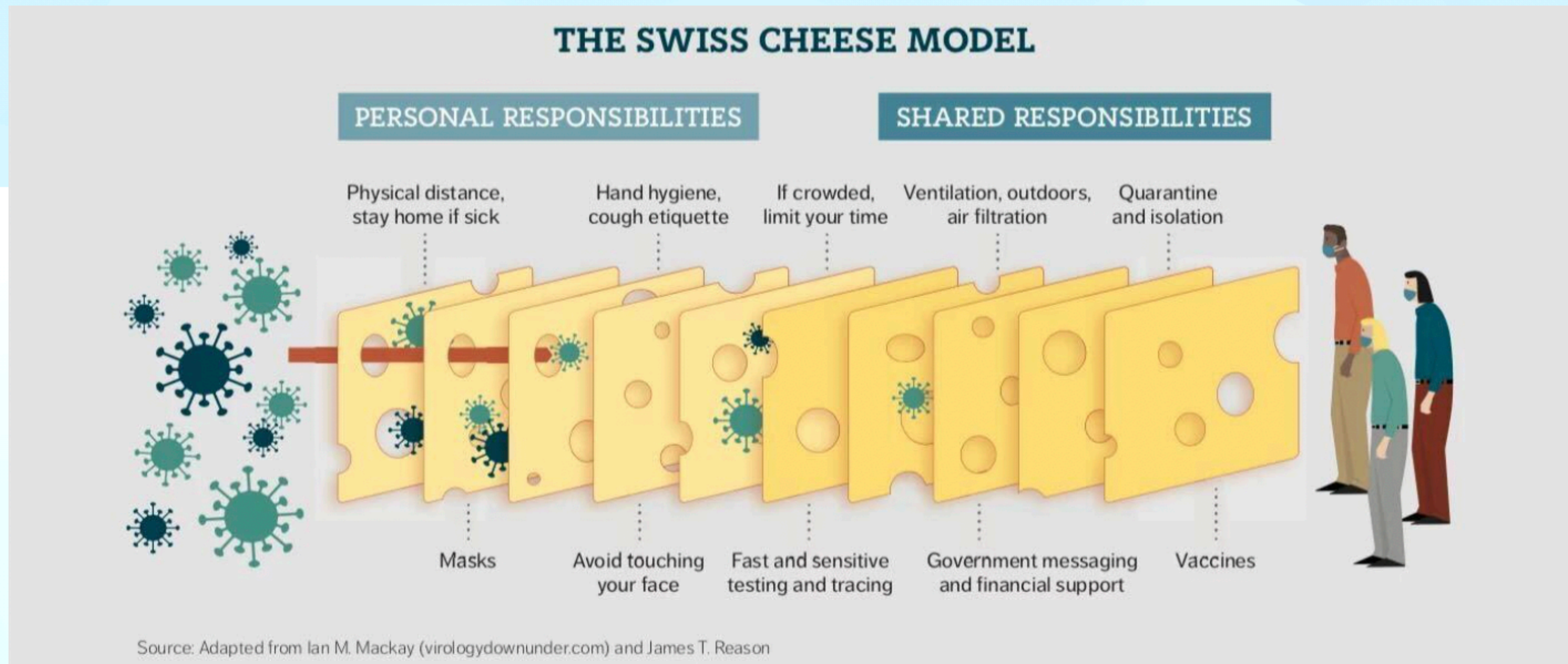
Supporting Survivors, Advocates and Community with Long Covid

- Understand Long COVID can be a disability under Titles II (state and local government) and III (public accommodations) of the Americans with Disabilities Act (ADA),³ Section 504 of the Rehabilitation Act of 1973 (Section 504),⁴ and Section 1557 of the Patient Protection and Affordable Care Act (Section 1557) if it substantially limits one or more major life activities. Limitations do not have to be severe, permanent or long term.
- Support making medical appointments, filling paperwork, house-hold chores, cooking, child-care
- Listen to them and validate their experience, advocate for internal policy changes to create more accessible spaces
- Implement a layered mitigation approach to planning shelter safety, gatherings and events so spaces are more accessible
- Provide changes or adjustments in workplace or educational settings to meet their access needs
- Invest in training staff on the systemic discrimination and ableism that disabled survivors face
- Domestic violence agencies can partner with disability rights organizations in their local communities to ensure survivors can access services
- Build awareness and solidarity with disability justice advocates as well as advocacy groups organizing around post viral chronic illness awareness like MEaction.net and the Peoples CDC

Layered Mitigations

Covid-19 Mitigations Create More Accessible and Equitable Environments

- Layered mitigation strategy: each intervention (layer) has imperfections (holes), therefore multiple layers improve success and efficiency



Layers of Prevention

- Vaccines reduce risk of death and serious illness during active infection, help reduce the strain on hospitals; they slightly reduce risk of long Covid by 15%, however current vaccines as singular tool do not prevent transmission
- Universal masking with a well fit respirator (N95, KN95, KF94)
- Testing BEFORE gathering, when symptomatic and to leave quarantine
- Cleaning the indoor air with a HEPA purifier or DIY Corsi-Rosenthal Air Purifier and monitor ventilation with a CO2 reader like an Aranet 4
- Improving ventilation indoors; opening doors windows for cross ventilation, updating HVAC systems and turning system to 'on' instead of 'auto' to ensure outdoor air is being brought in, taking gatherings/meetings outdoors when possible
- Stay home when sick (with any virus)
- Symptom/exposure checklist
- Smaller, more consistent groups; limit number of attendees/occupancy
- Post event contact tracing: request testing 5 days after a gathering and inform attendees of any exposure

Masks

Well-fit, high filtration respirators with a good seal are most effective

- The World Health Organization just updated its mask guidance this January 2023 given the high spread globally: “for anyone in a crowded, enclosed, or poorly ventilated space.” (Previously, WHO recommendations were based on the epidemiological situation.)
- Without the HEPA air cleaners, universal masking has shown to reduce the combined mean aerosol concentration by 72%
- The combination of the two HEPA air cleaners and universal masking reduced overall exposure by up to 90%
- The fibers of N95s use ‘electret’ material and do not filter like a strainer, the fibers act more like collection of spiderwebs to capture particles

Wear a mask with the best fit, protection, and comfort for you.



N95 Respirator

NIOSH-approved

When worn correctly, respirators offer the highest level of protection and filter 95% of particles.



KN95 Respirator

Filtration varies depending on standard.
When worn correctly, KN95s provide more protection than disposable masks.



Disposable Mask

Sometimes referred to as “surgical masks” or “medical procedure masks”

Disposable masks offer more protection than cloth masks.



Cloth Mask

Non-medical, made of fabric

Layered finely woven cloth masks offer more protection.

Loosely woven cloth masks provide the least protection.



Masks and respirators should not be worn by children younger than 2 years old.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Community Care Agreements

Reflecting on Values

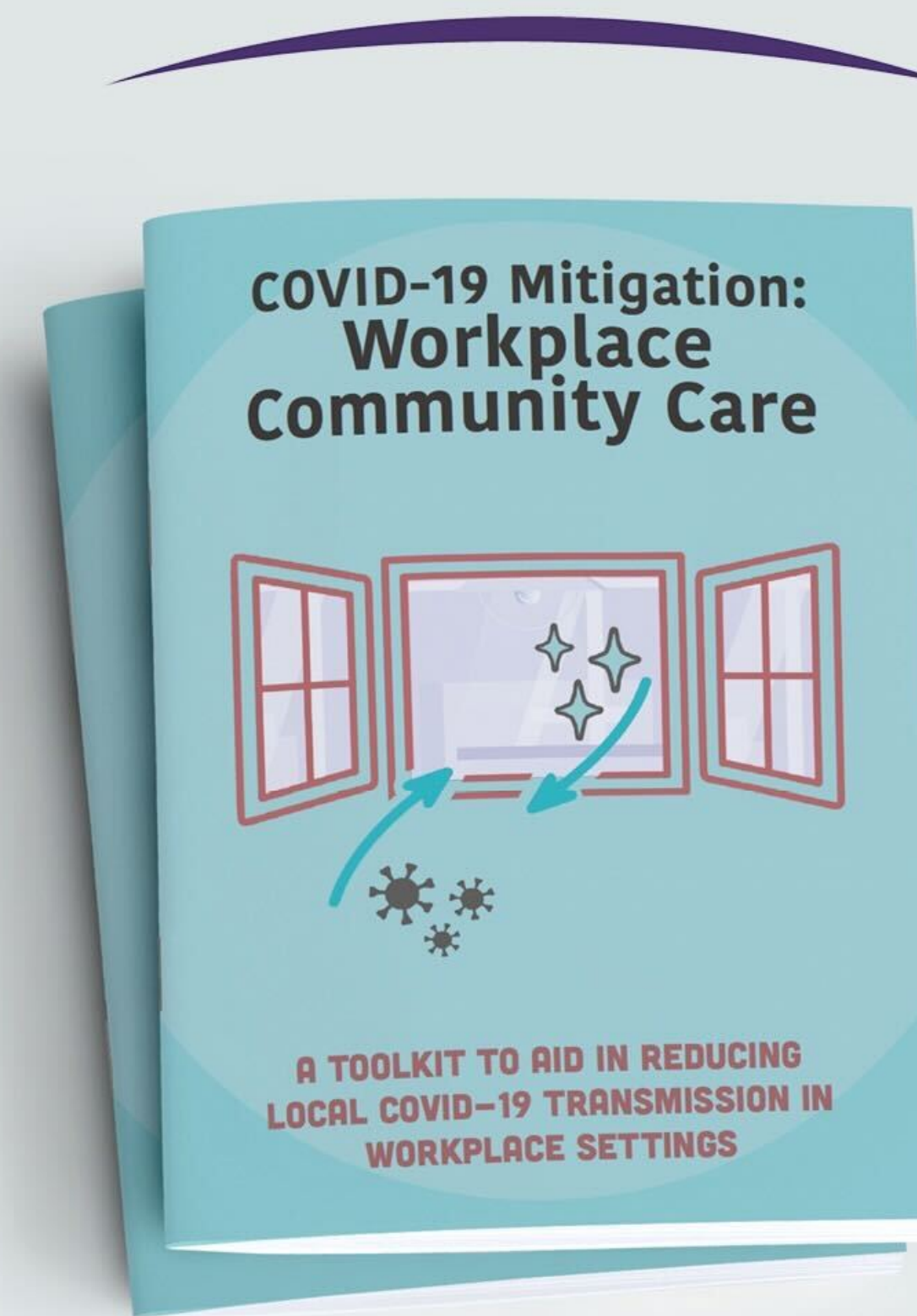
- Every community or group holds a different set of collective values
- The most effective way to build a culture of community care in your organization or a group of new people is to find alignment in your values
- Co-create community agreements or pre-select agreements the group agrees to and can come back to for accountability
- What does everyone need and what can they offer to space?
- What Indigenous and/or organizational value is the guiding light for your mitigation approach?
- Mitigations are a way to practice and model consent culture
- Organizations/programs are more likely to host COVID-19 safe in-person meetings when staff embraces ongoing discussion of prevention practices and safety protocols, as a practice of community care

NIWRC Covid Technical Assistance Resources

- COVID-19 Layered Mitigations: Workplace Community Care: Includes “Layered Mitigation for In-Person Meetings & Travel Guidance” “In-Office Community Care Best Practices,” and “Internal Staff Correspondence”:
www.niwrc.org
- Long COVID: A Community Conversation on Disability, Equity, and Its Impact on Advocates and Survivors in Native Communities webinar:
www.niwrc.org
- Bathing Bundles for Tribal shelter programs request form: www.niwrc.org
- Sign up for our NIWRC newsletter featuring Covid-19 monthly updates: [NIWRC Newsletter Sign Up](#)

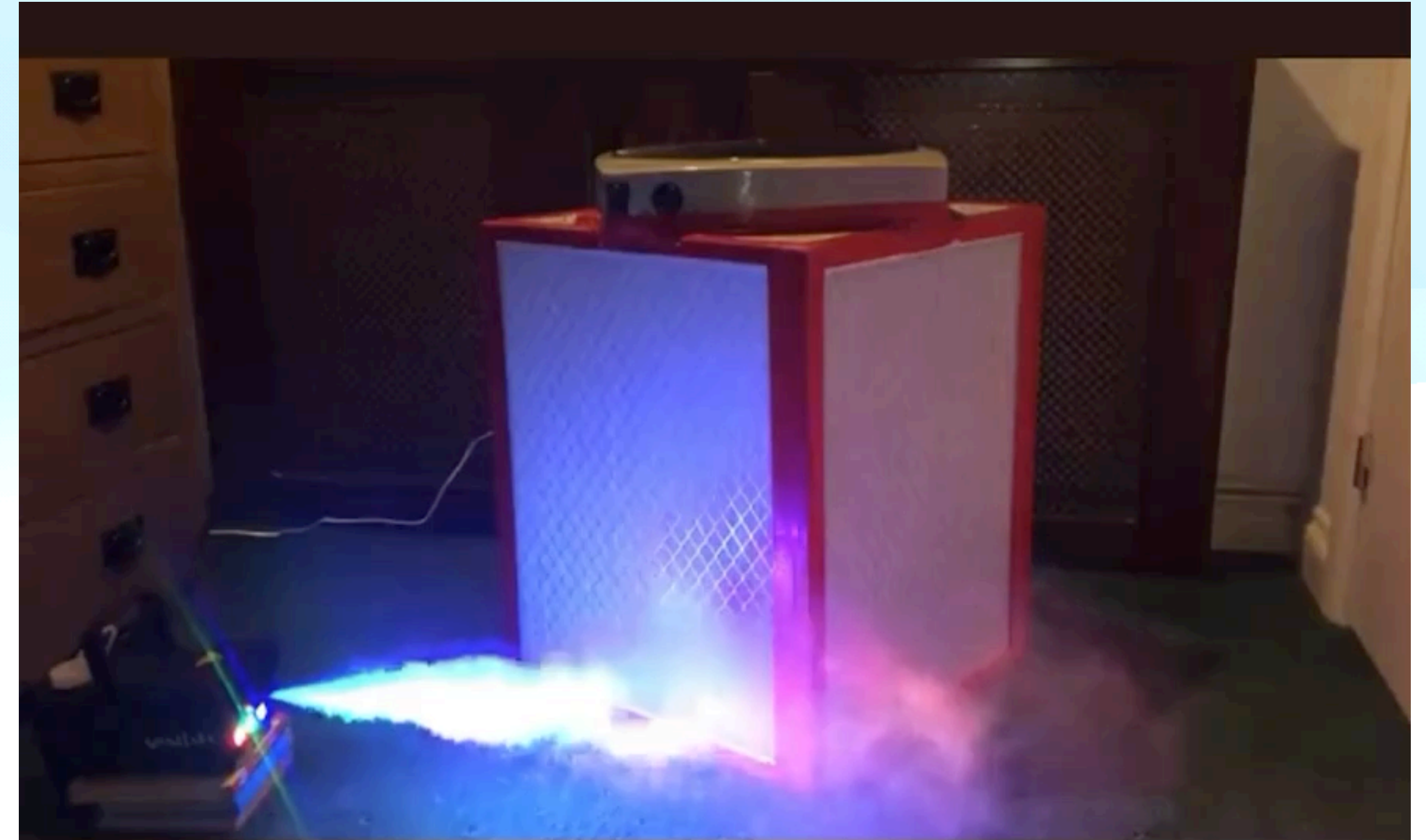


TOOLKIT: COVID-19 MITIGATION WORKPLACE COMMUNITY CARE



How to Build a DIY Corsi - Rosenthal Air Purifier (CR Box) Demonstration

- CleanAirCrew.org for more DIY videos and examples
- Purchase a pre-assembled one or a kit for a STEM project: www.cleanairkits.com
- Allowable cost under FVSPA ARP funding for mitigation



You Will Need

- (4) 20" x 20x 2" MERV13 or 3M 1900 Filtrete furnace filters
- 20" square box fan (keep the cardboard box)
- Scissors and/or utility knife
- Duct tape
- Painters tape (optional)

HOW TO BUILD A CORSI-ROSENTHAL BOX

The Corsi-Rosenthal Box is an affordable DIY air-cleaning system made with simple materials found in hardware stores. The box fan pulls air through the filters on the sides and blows out clean air. It is proven to reduce indoor exposure to airborne particles including those containing the virus that causes COVID-19. The box can also decrease the levels of other particles in the air, such as dust or wildfire smoke.

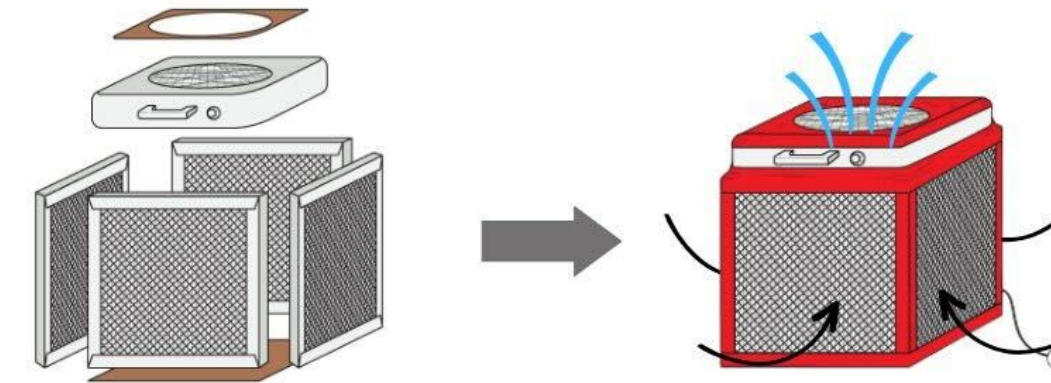
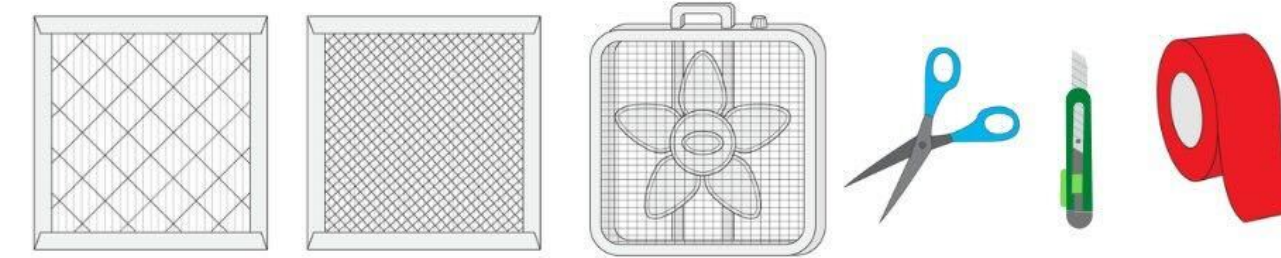
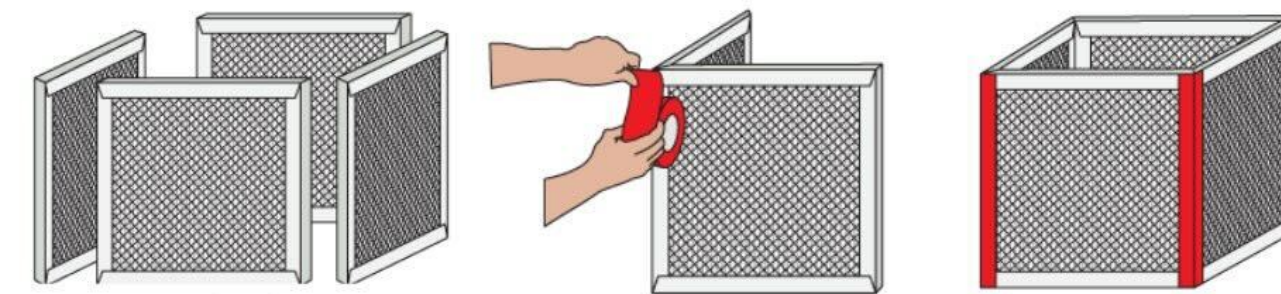


Illustration by Amanda Hu

THE MATERIALS



THE CUBE



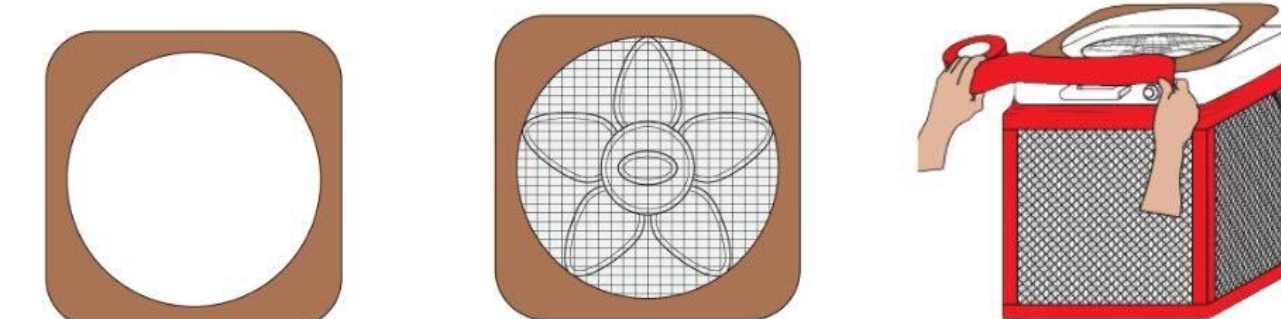
THE BASE



THE FAN



THE SHROUD



- Filters can last up to a year
- Keep away from walls and corners

- Filters 3M 1900 MPR (20" x 20" x 1" or 20" x 25" x 1") or MERV 13 (20" x 20" x 2" or 20" x 20" x 1" or 20" x 25" x 2" or 20" x 25" x 1" [2-inch preferred])
- Lasko or Mainstays 20-inch Box Fan
- Scissors, Utility Knife, Duct Tape

- Arrange the filters to create a symmetrical structure
- Ensure the arrows are pointing inwards
- Duct tape the four edges
- Vertical orientation of the pleats is preferred

- Use one side of the fan's cardboard box
- Cut the cardboard to fit the base of the cube.
- Duct tape it on all four sides

- Place the fan on top of the cube
- Seal all sides, including corners
- Ensure any holes on the side of the fan are sealed off with duct tape

- Cut the other cardboard sheet to fit the top of the fan
- Cut a circular hole (15.75" diameter)
- Place the shroud on the fan and tape it on all four sides
- The shroud increases efficiency and decreases the noise level

Imagining Our Future

Using our tools while keeping a focus on the solutions

Covid-19 amplified existing inequities, we have the opportunity to take intentional action to restore balance

We need a clean indoor air revolution!

Universal healthcare

Ample paid sick leave for all

Housing access for all

Updates to current and future infrastructure with clean indoor air standards

Sterilizing mucosal vaccines that prevent transmission

Masking as practice in times of high viral spread

Creating more accessible spaces

A return to our values held within our languages

A return to building reciprocal relationships one another, with our traditional medicines, foods and the land

Questions

Survey/Feedback

Help us better support you

- Please take 5 minutes to fill out this survey
- https://niwrc.qualtrics.com/jfe/form/SV_4YPJtpBHxjyM9Bs



Sources

- [BIPOC Mental Health Community Care](#)
- [CDC Vital Statistics Report August 2022](#)
- [Covid Orphanhood CDC](#)
- [The Lancet Medical Journal Article: Moving from Individual Responsibility to Collective Action](#)
- [Covid-19 is Airborne](#)
- [Covid Ableism: You are Not Entitled to Our Deaths](#)
- [Disproportionate Impact of Covid-19 on Racial and Ethnic Minorities in the U.S. Pubmed.gov](#)
- https://www.cdc.gov/violenceprevention/pdf/cdc_nisvs_victimization_final-a.pdf
- [Domestic Violence and Traumatic Brain Injury](#)
- [Connection Between Traumatic Brain Injury and Long Covid](#)
- [Long Covid Major Findings](#)
- [NIH.gov How Does Covid-19 During Pregnancy Affect Child Development](#)
- [Efficacy of Portable Air Cleaners and Masking for Reducing Indoor Exposure to Simulated Exhaled SARS-CoV-2 Aerosols — United States, 2021](#)

Sources Continued

- [HHS Long COVID Report](#)
- [Brookings.edu Long COVID is Keeping as Many as 4 million People Out of Work](#)
- [Nearly 1 in 5 Adults Who Have Had Covid-19 Now Have "Long COVID"](#)
- [IHS.gov Long COVID/](#)
- [Services and Supports for Longer Term Impacts of Covid](#)
- [Immune Dysregulation and Immunopathology Induced by SARS-CoV-2 and Related Coronaviruses](#)
- [NCADV.org Domestic Violence and People with Disabilities](#)
- [LGBTQ People With Disabilities](#)
- [Disability Often Intersects with Domestic Violence, Here's How to Support Survivors](#)
- [Physics of N95 Masks](#)
- [The People's CDC](#)
- [SeeYouSafer.org](#)