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**Jonathan Shi**

March 11 ·

### Northern Italy quarantine, Day 19:

As of last night, all of us are ordered to stay home unless necessary. This came with some intense messaging ([#iorestoacasa](#)) that looks like it's gotten through.

I have never seen Milan so empty at night: ambulances are all I hear at nighttime now. I made a trip to the grocery store last night (everything well stocked except hand sanitizer), and it really felt like this city was deserted: the three others I did see were also shopping, with masks on.

People walking past my window now usually are wearing masks, gloves, goggles, or scarves wrapped around their faces. I've decided also to use a scarf when out: partly because improvised fabric masks might offer some small protection, but, I think more importantly, to help visually set the social norm that we are all taking precautions now. I regret not doing that earlier.

It does seem there's a decrease in the infection growth rate, especially in areas that were quarantined earlier.

There's some worry that this nationwide quarantine might be unsustainable. I sketched what it might look like if it fails, to help me imagine and plan for the next few weeks:

- Weeks 1,2: Quarantine efforts hold pretty strong, decrease in active cases during this period.
- Week 3: People start socializing more. Virus returns to previous activity.
- Week 4: After considering the circumstances, Italy makes the tough decision not to renew the quarantine orders. Still only 1 doubling/week as people remain cautious (the growth rate is about 3 doublings/week in business-as-usual).
- Weeks 5–12: Maybe about 1 or 2 doublings/week during this period.

If this happens, the peak of the epidemic in Milan would be 6–10 weeks from now, at which time I'd be most likely to get it too. And hospitals would have their hands full with this for the next 3 or 4 months.

Madrid, Paris, and Berlin are each about a week or two behind this schedule; Seattle and New York about 2 or 3 weeks. A ton of other cities will be in the same place 3 to 4 weeks from now. Places at lower latitudes or with warmer climates might possibly be spared for a while, but who knows.

There's a funny sentiment going around Chinese social media that's something like, "we sacrificed Wuhan for you, and you're squandering it". Chinese doctors pleaded to the rest of the world to get ready for this. Now Italy is in that position, with warnings from doctors and scientists going out to other countries.

So it's exasperating to me to see people still saying the flu kills more people. Like, do they think both China and Italy would shut their entire countries down just for the seasonal flu? We can confidently say that COVID is deadlier, and the mathematical fact of how pandemics work is that, without intervention, it goes from barely noticeable to everywhere in a matter of weeks.

What I don't understand at all is how effective intervention will be. The WHO thinks containment might still be possible, which would be a first in human history: to successfully contain an ongoing pandemic. South Korea might have started to rein it in, and everyone talking about it now means they might be better prepared than Northern Italy was. The government response in The States has not reassured me, but maybe people will be more ready for the social distancing.

So there's hope.

On a lighter topic, I caught myself unconsciously doing the Italian finger-purse thing while talking to myself today . (talking to self is normal for me, don't worry about that).

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**Jonathan Shi** i keep telling myself these will get shorter...

12w

5



I've been doing social distancing for medical reasons for the past week and a half and I have absolutely leveled up my talking-to-myself game. I hope you are doing ok—and I hope that we start taking social distancing seriously in the US. I don't think containment is likely but mitigating and slowly the spread as much as possible is essential

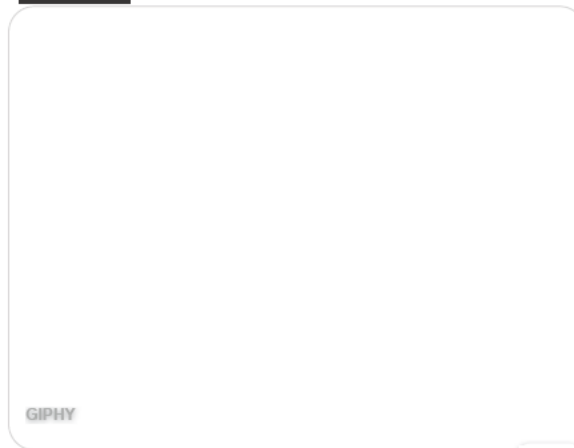
12w

2



I just meow at myself when I'm home alone, I've discovered

12w



12w

3



"There's a funny sentiment going around Chinese social media that's something like, "we sacrificed Wuhan for you, and you're squandering it". Chinese doctors pleaded to the rest of the world to get ready for this. Now Italy is in that position, with warnings from doctors and scientists going out to other countries."

Ugh hat makes me teary.

12w

6



Thinking of you and hope things will get better soon!

12w

1



Can't send you anymore +sanity buffs, think I'm starting to need hem

12w



**Jonathan Shi** oh you were giving me those buffs? I thought you were just narrating them.

12w

1



good thoughts = sanity buffs

12w




**Jonathan Shi** ohhhh. yeah, save 'em, I don't need them.

12w




**Jonathan Shi** give them to he might need to stockpile some of them.



12w


 **Jonathan Shi**  
I haven't intubated anyone in a year. And my residency hospital ICU is the biggest in the state, aka will be slammed with patients when the virus hits Arizona. All of this is to say, you can go ahead and press F for me right now  
12w · Edited 3



 Don't get sick  1  
12w

 **Jonathan Shi** FFFFFF  
12w



 Jonathan why do you say you will get it? Surely you can avoid it if you continue to have social distancing. Also, any tips for ppl in New York to prepare for this? Thanks, best wishes to you, sending my prayers  
12w


 **Jonathan Shi**  you're right, with good enough distancing through the peak of the outbreaks, most of us can expect not to get it during the pandemic.  
I put some tips in previous posts. might think of something else later, but sleep now bye!  
12w 1

 **Jonathan Shi** find some way to get exercise at home.  
12w



  Would it be safe to go running in the early hours when nobody is out?  
12w


 **Jonathan Shi**  no people = no problems. watch out for surfaces though.  
12w



  Talked to a conservative friend who's real pissed about Inslee's ban on gatherings of 250+ in Western Washington, says it violates the constitutional right of assembly. Doubt it'd be effectively challenged in court.  
12w 1

 **Jonathan Shi** it's part of the WA pandemic response plan, so it's not like Inslee just came up with it too.  
12w · Edited 1

 **Jonathan Shi** second-to-last page here:  
[https://www.dshs.wa.gov/.../16\\_-\\_NPI\\_Guidance\\_and...](https://www.dshs.wa.gov/.../16_-_NPI_Guidance_and...)  
12w

  No rush Jonathan, but I wanna ask your thoughts on something that I can't find any outlet addressing anywhere. Maybe it's just impossible to know. But Seattle is probably going to be in a somewhat similarly locked down situation shortly it seems like, ... [See More](#)  
12w

 **Jonathan Shi** The current order expires April 3. Looking at Wuhan, it could easily take 2-3 months of lockdown to get it actually contained.  
12w

  And do we not come in contact with people for 2-3 months and not work?  
12w

 **Jonathan Shi**  depends on how much the world wants to stop this monster. and is able to coordinate to do so.

12w



**Jonathan Shi** [redacted] probably one month would be sufficient if the social distancing is started before the outbreak gets to Italy proportions.

12w



[redacted] At which points most people won't have jobs and people in isolation will go insane

12w

1



[redacted] I'm glad you're still healthy! What a crazy time.

12w

1