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Jonathan Shi

February 23 ·

Day 3 of the Northern Italy shutdown.

I went out to see how Milan is doing and to grab some supplies that I'd missed earlier: dehydrated fruit for a bit of Vitamin C. I didn't see any crowds and cafes were nearly empty, but the supermarket was busy. There's been a mild store run—they were out of hand sanitizer, rubbing alcohol, and disinfecting wipes, while supplies were low or half gone for the bread, pasta, sauce, olive oil, beer, wine, coffee, milk, juice, bottled water, fresh fruit and vegetables, soap and detergents, disinfecting sprays, gloves, and sanitary paper products. The cashiers were wearing gloves at the checkout.

The official announcement said that schools might reopen in a week, but in my evaluation, they're kidding us or themselves if they think that's going to happen. The numbers will only get worse over the next two weeks.

The source of the infection is still unknown. Most infected people only caught it in the last few days, and won't show symptoms for maybe a week. People have been celebrating Carnival (now cancelled), gathering in large crowds and parties. And the confirmed cases are scattered all over Northern Italy, implying time spent on mass transit.

Consider the numbers: the 16 cases detected on the first day were all in serious condition. China reported about 14% of cases end up in serious condition (with pneumonia). That means, off-the-cuff, around 100 people in Italy had already had it for a week. The doubling time in Wuhan before government intervention was estimated at 2.5 days. So during that week, those ~100 people in Italy could've easily spread it to 7 people each. Most of these people haven't been found. Some, I assume, won't be found by contact-tracing and won't show symptoms for at least a week. If the government's plan goes perfectly, I expect average infectivity/person will peak after about a week at best.

That said, I'm amazed at how quickly and effectively the Italian health system responded. In just one weekend, they've managed to trace a single known case out to 150 others, with many times more tested and quarantined. Comparatively, Iran is in dire condition. They've had twice as much time, and their outbreak is likely twice as large judging by the number of deaths, but they've only found 43 of the cases. China started locking down Wuhan three days after reporting their 6th death, and Iran has 8 now—take from that what you will.

23

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Jonathan Shi Here's a list of supplies I made in case anybody feels inspired to get ahead of the panic. These should be good to have as a general emergency preparedness kit in any case. The CDC and other like orgs also have similar recommendations you can look up.

- Like 2 weeks of food, incl. bulk carbs, comfort food, dried fruits, shelf-stable protein source, canned vegetables
- Prescription medicines
- Toilet paper/paper towels/tissues
- Soap and other toiletries
- Pads/tampons
- Detergents
- Plastic bags

- Hand sanitizer
- Bleach and/or rubbing alcohol
- Disinfecting wipes/spray
- Gloves
- Cold/flu medicine
- Anti-diarrheal medicine
- Bandages
- Thermometer (check the battery)
- Batteries
- Stationary and reading material

- Pet/child stuff if necessary

Unlikely to be needed for COVID, but still good for emergencies:

- Drinking water
- Lighter/matches
- Flashlight
- Power banks or manual/solar chargers

15w · Edited

2



Jonathan Shi would you recommend shelf-stable food, or is freezer food okay?

15w



Jonathan Shi i'd be reaaalllly surprised if power went out because of this epidemic, but shelf-stable food also helps against the next hurricane.

15w

1



Jonathan Shi There was just a case announced 13 minutes by foot from me, a dermatologist at a hospital that I've been to.

15w

4



Jonathan Shi the immediate consequence of this is that theaters, museums, cinemas, etc are closed, and bars and clubs are now on a 6pm curfew.

15w



Jonathan Shi not like i go out anyway, hah

15w

7



Jonathan Shi i asked my representatives to allow supplies to get to Iran, with the sanctions and all, but it's probably a bit late for that anyway. maybe someone in the state department instead.

15w



Keep this Up it's fascinating !

15w