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## Essential Actions to #CrushTheCurve



EndCoronavirus.org

### Recommendations



#### Get Everyone On Board

Even small “leaks” in distancing can sink the ship. Everyone must fight back.



#### Protect Essential Services

Promote delivery services, curbside pickup, and require implementation of safe practices.



#### Lockdown

Social distancing means keeping people apart, even housemates. Going outside is fine.



#### Widespread Testing

Ramp up testing. Knowing where the virus is gives us valuable information.



#### Quarantine

Set up “Safe Family” programs including accommodations for mild cases.



#### Health Guidelines

Strengthen the immune system. Don’t medicate fevers below 103°F/39.5°C.



#### Wear Masks

Require masks in public and shared spaces to reduce transmission rates.



#### Support Medical Care

Make sure healthcare workers have access to facilities, equipment, and living essentials.



#### Travel Restrictions

Impose travel restrictions to prevent new outbreaks, preserve progress, and enable restoration of normal activities.

EndCoronavirus.org is a volunteer-based organization dedicated to minimizing the impact of COVID-19 by providing useful data and guidelines for action