

QUARANTINE QUALITY

Featuring an interview with WHO doctors and a first-hand account of one of the toughest lockdowns in Europe.



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Issue 1



By Julie Pearce

During the Covid-19, life in Spain is comprised of rules, regulations and procedures. These exceptional circumstances when the mere thought of catching the coronavirus either gives you the willies or frightens the life out of you depending on the news and the emotional state one finds oneself in at the time.



Lockdown in Spain began with mandatory mask-wearing, rubber gloves and a draconian police force handing out fines like a parent offering jelly babies to children at a birthday party. Self-isolation except to buy those precious loo rolls at the supermarket enforced the Spanish to hide themselves away and take up those long-cherished hobbies, work from home or make up ridiculous pastimes (the videos of which have been sent to well-known TV programmes like the Spanish equivalent of “You’ve been Framed”). The Covid-19 has brought a shock to the Spanish who are known to be very tactile and family-orient-

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tated. No mandatory two-kiss greetings, no weekly family lunch affairs, no regular visits to the hairdresser, no get-togethers in bars or restaurants (known to be embedded in their DNA according to one Spanish journalist!). With their personal space being half the size of other northern Europeans (Spaniards generally keep about half a metre of personal space from one another), the two-metre rule has been hard to adjust to.

agers missing their slot of between 6 am-10 am (normally due to late lie-ins) then surprising mums by offering to do some food shopping in order to meet their friends in the supermarkets!

Many children (and I suspect many a parent too) have missed attending school: the social side of getting together with friends, the teachers' (highly verbal) motivation for them to get on with school work, school lunches, es-

one can go back to work (if one of the lucky ones) but to travel into different regions for social occasions is not allowed. Those who live inland, but not far from the coast or mountains, cannot cross health care regions, to venture off to the mountains for a long-awaited trek or soak up the sunshine on the allotted sections of beach. Visiting shopping centres in other regions that are in Stage One has been vetoed and visiting remote family members is out of the question.

“ Government money has been slow to arrive or being laid off has been the consequence of this formidable bug that has brought the world to a halt!

Stage one entailed more regulations enforced on the population. Police patrolled the roads, stopping cars from leaving small towns unless these people travel with authorisation. Specific times of the day to leave the home were allocated to dog walkers, children allowed out with only one parent, those between 15 and 65, and OAPs (Old Age Pensioners). Mums and dads fighting to take out their only child, dog walkers taking their 'cherished' pet out umpteen times a day so that each family member can leave the house and teen-

pecially for those who have been forced into poverty where government money has been slow to arrive or being laid off has been the consequence of this formidable bug that has brought the world to a halt!

Different parts of the country have entered into Stage Two. But not everywhere! What does this mean? Life is a bit freer insofar as nearly every-

Life has been physically and mentally difficult during these last three months. For many, it has been emotionally, physically and psychically demanding but for others it has been a therapeutic time of review. A mentally and/or physical clearing out of the unwanted. A period of re-think, downsize, and appreciation of people, moments and momentos that have been important in our lives.

“ Life has been physically and mentally difficult during these last three months.



Video: NASA Scientist Talks About TESS And The Search For Alien Life



Video: How COVID-19 has affected travel photography

These videos are part of the Quarantine Quality Podcast. [Click here to watch more.](#)



**“We may find ourselves
in a situation where
the spread of the virus
might get out of hand
again”**

No Lockdown Shouldn't Mean No Mask - Interview with WHO researchers

By Adam Pearce

With lockdown restrictions being eased and relaxed, it is important that we continue with certain habits that we were taught during the past few months.

There could be a second wave of infections. So it's up to us to minimize the effects on the economy and to people.

How? Facemasks, social distancing and hand washing.

What are the dangers of easing a lockdown?

To answer that question we should look at Texas, in the United States.

than 80 days, as reported by Sky news.

Texas recently lifted its lockdown restrictions, it was one of the first states to do so.

After lockdown things changed. While they still enjoy a 96% success rate, they are facing a potential "Tsunami" according to one medic there.

Before lockdown, medics in the coronavirus wing at a hospital named HMMC could boast about a 100% success rate in treating COVID-19 patients over a period that lasted longer

The number of coronavirus cases in Texas has nearly tripled in two weeks and there have been days of record-high infections in Houston, the state's the

**A QUICK GUIDE TO
CREATING THE
PERFECT FACE
MASK**



LISTEN ON SOUND CLOUD

largest city.

Governor Greg Abbott has admitted lifting lockdown was a mistake and is now slowly reversing his decision.

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Without the ability to implement widespread testing and to be able to track cases, we may find ourselves in a situation where the spread of the virus might get out of hand again.

Could this happen in the UK?

Professor Larry Chu, who is a practising anesthesiologist in Stanford and helped write changes to the WHO (World Health Organisation) guidelines on cloth face masks, says that in the state of California, one of the first states to ask its population to remain home, “there’s some concern that without the ability to implement widespread testing and to be able to track cases, we may find ourselves in a situation where the spread of the virus might get out of hand again”.

Businesses in the service and hospitality industries are at risk of exposure to those who do not present COVID-19 symptoms (asymptomatic carriers):

“We know for instance that up to 40% of people may be asymptomatic carriers of the virus, so wearing a mask in public can greatly help with source control and preventing the spread”.

Dr Amy Price, a senior researcher at Stanford University, who also helped write the WHO guidelines on face

masks has had a family member whose manager has tested positive in the hospitality industry.

She explains that the importance of wearing a mask isn’t to protect ourselves, it’s to protect others. “I don’t wear a mask to protect myself, I wear a mask to protect you from me, and if you’re also wearing that mask then it’s a dual protection.

“It’s how we help each other”.

And that’s the problem in Britain. Britons are far less likely to wear protective facial coverings “than almost all other countries”, writes Matthew Smith, a lead data journalist, in an article on the statistics organisation ‘YouGov’.

Only 31% of Britons wear a face mask in public according to YouGov data. The percentage in countries in Asia, for contrast, is between 79-92% according to data from the same survey.



“We’re all less careful than we think”

There are a lot of misconceptions around face masks. The YouGov study that pointed out how bad we are at wearing them, also says that those who don't wear masks are less likely to think positively of them.

to smile and to show expression, [...] so it's a lot easier to communicate.

“There's a lot of people that, they're not stone deaf, but they can't hear so well”, she adds, “So they get in very close, so they can hear”.

similar issue. People who haven't been wearing a mask are a lot more likely to expect to feel silly, uncomfortable and other negative emotions than those who wear masks; 75 to 55% respectively.

However, Price argues there are all sorts of ways we can work around it. “If it's made something that turns into fashion, that changes everything.

than we think”, says Price.

As of writing this article, Britain became the first country in Europe to pass 30 thousand deaths in May, and is still second highest in the world, behind only to the US. In terms of infection rate, the only country in Europe that surpasses Britain is Sweden, which decided not to impose a lockdown.

That is why it is more important than ever that we act in a socially responsible way.

“Once the mask becomes socialised as a fashion statement, I think there'll be far more acceptance.

Dr Amy Price says that is because masks prevent us from making our usual kind of contact with people.

Price also says that getting small children to wear a mask can also be very difficult because some are afraid of masks.

“Once the mask becomes socialised as a fashion statement, I think there'll be far more acceptance”.

“We use our mouths

In Britain, we face a

“We're all less careful

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