# A Rough Guide to Shanghai Quarantine 2020

by the SH arrival and QuaranTEAM admins



Date: 21/09/2020

We are delighted to see more and more of you returning home as restrictions change/ease. We get a lot of the same questions in our groups and when you've finally made it to this point you now have 14 days of quarantine to look forward to once you arrive in the country. You're nearly there and fear not. Together with some excellent tips and advice from our group members we bring you a useful preparation guide for your hotel and/or home quarantine.









This pdf has been compiled by SH arrival and QuaranTEAM admins as a rough guide on how to prepare yourself for home and/or centralised (hotel) quarantine. Information and examples given are from our group members and is only a guide and not from any official sources.

### A rough Guide to prepping for Quarantine Q&A

\*\*This info is subject to change, please check with official government sources to verify details before you travel\*\*

### Q: How many tests will I need to do?

Number of tests depends on if you're doing 2+12 or 7+7 home quarantine.

- If 2+12 then it is the same as hotel quarantine. You do one test on arrival and one test on day 12. This is for people bringing children, elderly or have underlying health conditions.
- If you're doing home Q 7+7 you will need to do 3 tests. One on arrival, one on day 5 before you go home and one on day 12 before release on midnight of day 15.

### Q: We no longer have an apartment in Shanghai. Can I home quarantine on a short term lease or hire an Airbnb?

You can try to rent a short term place where your landlord agrees to let you quarantine, and the Juweihui also will approve the quarantine. It's uncommon but not impossible. Getting the landlord and the Juwehui is the hardest part.

# We are hoping to apply for home quarantine and would like to have our live in Ayi live with us during the Q period. What procedures do we need to go through for her to stay with us in our home?

'You should contact your 居委会 to warn them. We told them before we arrived that this was our plan. Then after 2 days in the quarantine hotel she was waiting for us when we got home and they just had her sign the consent form and it was fine'. (Group members experience).

### Q: What happens if I have a non-Covid related medical emergency during my Q?

'It happened to someone I know and he was able to get to a hospital for treatment. You'll be put in touch with your assigned doctor around day 2 and then you'll have a way to get help if needed'. (Group member)

### Q: What do I need to do in order to get approved for Home Quarantine?

In order for Home guarantine to be approved, the district committee in charge of your compound or 居委会 (Juweihui) needs to evaluate:

- 1) Whether not the home itself is suitable for quarantine
- 2) If there are any gov offices or embassies nearby the compound
- 3) If there are already a lot of international arrivals in guarantine in that area.

The district committee needs to arrange:

- 1) A rep: this person puts a door sensor on your door and is in charge of monitoring each time it opens.
- 2) A centralized trash collector (when our family did home Q we were the only ones in our compound. but this one guy had to collect from 100 families each day in our area)
- 3) A doctor assigned to you for temperature checks twice a day and visitation at the beginning and end of quarantine + issuing the home Q completion release paper. (Ariel)

### Q: Can I choose or change hotels when I arrive?

The hotel is allocated to you at the district arrival desks based on availability and you cannot choose. In some instances travellers have been given an option between a couple of hotels based on price per night. If you are a non Shanghai resident then your hotel will be based on the availability and can end up being in any district.

Some travellers have experienced that a bit of perseverance and kindness has gotten them a long way. Nothing is guaranteed to change your current situation but there is no harm in trying.

### Q: Should I be worried about the colour of my health code?

On the health code being green or red, it doesn't always exactly reflect your quarantine status for a few reasons

- 1) It pulls data from your mobile carrier as well as the passport attached to the one you opened the account with. So if you've gotten a new passport since you opened your mobile phone plan, the code could stay green for the whole 14 days
- 2) When you enter quarantine (both home/hotel) you will get assigned a doctor who is in charge of inputting your temperature daily. I've seen a screenshot of that doctors app from when I did home Q. Depending on how quickly/slowly they enter the info, it may also reflect when your code turns green/red.

All in all there is no need to worry about the code to much. After quarantine you might need it for travel in airports, train station, hospitals, hotels, restaurants etc. However if your code is still not green you can use your quarantine release papers. There should also be a 'help' function of the app to contact help centre to have it changed. (Ariel)

### Q. Can I use my outdoor patio/garden during home quarantine?

This seems to be selective and down to the district committee and compound management. Some have been able to use their outdoor spaces whilst others have been unable to.

### Q. Do the TVs in the hotels have HDMI hookups?

Some hotel rooms have had these whilst others have not. It has also proven difficult to reach some plug in points due to the TVs being mounted on walls. You could try and unplug the cable as opposed to the TV since maneuvering the hdmi behind the TV on the wall might be more difficult if it doesn't move.

### Q: What happens if my children test positive for covid-19 once we've arrived, will they be separated from me?

At least three known families from our groups had children go to Fudan for treatment. Parents left a family phone so the nurses could assist with wechair calls. But Fudan is a very good hospital. The children from those families recovered after a few weeks and were discharged, they're doing fine.

There's strictly no visitations because Fudan only treats children. Adults go to one of the other designated hospitals specifically for adults. But this is also why adults should be separated during quarantine, especially if traveling with kids. If you're allowed to visit, or the entire family quarantines together, you have no back up should both parents get sick.

There was also a family where just the mom tested positive and went for treatment. She recovered already. Thankfully the dad was quarantined separately, and kids were also fine. So the kids just finished quarantine with dad. Mom recovered and returned home.

That being said, when you test positive you don't go straight to a covid treatment hospital. You go to an inbetween fever clinic for further testing for a few days. They will run chest xrays, blood tests, and swab you for a few days in a row. If after a few days the results all come back negative then you just finish your quarantine days as usual. During this in between step you get to stay together as a family. (Happened to a family back in March, the child had symptoms and mom accompanied the child). It's only when after further testing at the clinic and a child is confirmed that they in fact do need to be admitted into Fudan for treatment then they get separated from the parents.

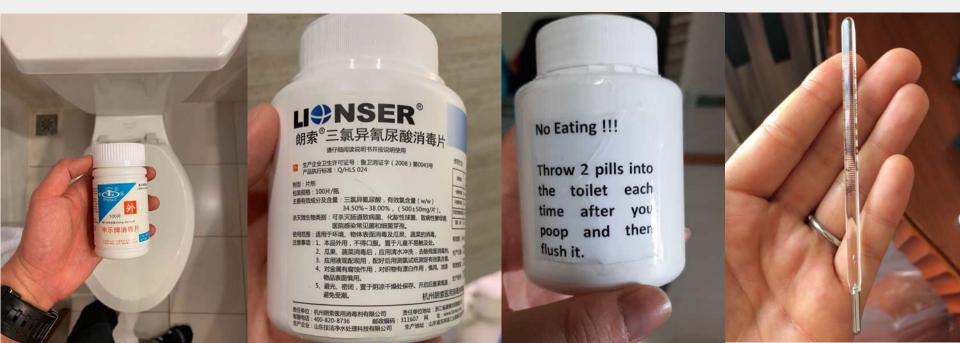
Every parent in here needs to weigh out the risk when flying. However there are things that you can control. People have suggested to quarantine yourselves 14 days prior to your flight. You'll also do a test before the flight. So it's the flight itself that's the highest risk. I also wrote down important information (parents info, address, kids milk/meals/nap schedule) and stuck the paper to my sons passport just in case he got separated. We had a carry on bag for him as well just for his most essentials. (Ariel)

### Q. Do I need to bring my own thermometer?

The hotel will provide one, however it's usually a basic thermometer. Some people have brought their own electronic ones which makes it easier and quicker to measure temperatures.

### Q: What is the purpose of the bleach tablets given in the hotel?

They are for toilet use. There were some concerns about covid-19 being spread through fecal matter in water.



# Useful Tips shared by other travellers

- Make sure your carry on luggage is light (if possible) because there is a lot of walking and stairs to the different stations prior to baggage claim.
- Try to divide bags up for each family member in case you are separated at any time due to either rooms or a positive Covid test
- Have each individual travellers information readily available and accessible either on phone or print outs on seperate sheets of paper since you will need it for several forms throughout your journey.
- Reminder that the staff at the various stations speak little to no english in some cases, but they try to help non Chinese speakers as much as they can.
- If you have not been in your apartment for a while it might be worth getting an Ayi in to give it a good clean before you return (don't forget your washing machines and pipes. White vinegar cleaning rinse could do the trick before you wash your sheets.

# PVG - Pudong International Airport























Just landed at Pudong this morning 21 September with Junevao flying Gothenburg-Stockholm-Helsinki-Shanghai. Traveling 2 adults with two kids, 3 and 4. Only hand carried backpacks and two vovo's for kids. Need to fill in the health declaration form just before departure in Helsinki otherwise the code will expire too early. All has been very smooth, people at Juneyao very helpful. Only a few snack, water was provided. Took around 40 minutes after landing to Pudong to disembark the plane, fill in paper for testing took around 30 minutes due to typo on name. Collect the test kit was no queue. Me and husband took nose swab test (One in each nasal cavity), kids took

mouth test, went ok. Test was

Pudong than the one we took

back in Sweden, here it didn't

hurt at all, but uncomfortable

of course 6. Pass through

besides now they asked for

Chinese phone number on

Changning. They say the

arrival card. Picked up luggage

guarantine leaves around every

4 hours, we waited for 3. If you

don't forget to bring your lease

charge the kids devices in the

from landing 7 am to departure

Now we are hoping we will not

All in all it took us 5.5 hours

apply for home quarantine.

for the waiting, and fully

and Waiting for quarantine in

immigration like normal

our district which is

busses to centralized

agreement.

12:30 with bus.

plane.

actually more smooth at

I will leave this group now, to leave space for new travelers. Let me know if any questions

tomorrow.

before I leave this group.

Carolina Vilca

Thanks all for great support to prepare for this trip! I was more nervous than I had to be. It was far more smooth than I had expected co

need to stay more than 1 day at

hotel and let to go home

Good to bring something to eat

Ariel [Admin] 🌻

@Carolina Vilca welcome back and thanks so much for the very detailed information!!

# Recent travel experiences

Kiera es BLHR-HEL-PVG

The crib sheet with all the details indeed saved a lot of stress!!! Waiting for the hotel

although twice in one nostril).

pleasantly surprised with the

hotel room (Venus Royal Hotel)

as it didn't look much from the

outside but we managed to get

a family room (no challenge to

my request), the room is clean

(the bedding has a paper layer

I'm quessing for easy disposal

but I had brought bedding so

without it for one/two nights),

bottles of water. The hot food

has also been nice! As nice as

it is I'm hoping to return to my

apartment tomorrow (about 50

using that but would be fine

large and has a nice, hot

mins away in Liaiazui).

confirm to me it's 72 hours

from when results are received

(and my results had the time

and date we did the test).

shower. It has a kettle and

Hi all! We (me,husband, 2 boys - 4 & 7) returned to Shanghai today! We flew LHR- HEL-PVG bus was the longest wait - we just missed out on one. All in all landed around 07:00 and in the hotel for around 13:00ish. I was

vesterday at 10:20 with Finnair/Junevao, I was very impressed with Finnair - we had a very kind lady who checked in our overweight bags (the guy on the other

desk wasn't so kind to other passengers) and also let us

cheese sandwich. The

connection with Juneyao in

check in hand luggage. The Finnair flight staff are friendly

and even given the short flight offered refreshments and a

Helsinki, as kindly advised by Warren, was just across from the Finnair flight gate and we didn't have to rescan the bags

so a nice relaxing connection! Helsinki is a nice airport and you get about 50 minutes between flights to eat lunch (we brought a packed lunch so

Apologies for the long text! Hope it helps and happy to we didn't have to eat on the stay on a couple of days Incase next leg of the journey). There anyone has questions! In are places in terminal 2 (for regards to testing we had tests at DoctorCall in Manchester (St Ann's square next to Fat

both flights) to fill up bottles of water - LHR (after the security bag check) and in the boarding Face) on Wed (flight Sunday area in Helsinki. The Juneyao morning) - it was 48 hour flight was fine although late taking off by about 1 hour - the

service (they had suggested it would be more like 36 hrs) but I did chase them up around 50 hours and the result can run around 51 hours (Friday). They did warn me that their London labs are taking longer to return

flight attendants in full hazmat suits, goggles and gloves. There was a box of snacks and a drink on our chairs but I don't think my boys would have been enthusiastic towards it and we results due to demand! I sent had already eaten pre flight. the results to the Chinese They have movies (I strongly embassy in London around recommend The Gentleman 16:00 and got the stamped declaration at 16:40 so quick turnaround). The embassy did

and the Mad Man ( ) ( ), headphones and blanket. It

took about 40 minutes to disembark. The process was very efficient as already well

documented (nose swab only

### **#JUST IN CASE BAG#**

(2020.03.28 Version 2.0)

#### - Passport

- Health Insurance \*\* Load money on to WeChat & AliPay
- (this is your main method of payment)
- Cash & credit card

#### FOOD

(Try to check before hand if you could get deliveries and adjust the list accordingly)

- Snacks, cheese & crackers, chips
- Fresh fruits
- Instant Coffee/ Tea bags
- Bread/brioche/croissants
- Jam/Butter/Peanut butter
- Cereal/muesli + boxed milk
- Nuts & dry fruits, trail mix
- Cereal bars/ protein bars
- Canned food, canned tuna, sweet com
- Instant Noodles
- Bowl & plates
- Utensil (fork, spoon, cutting board, ?
- knife? knife might be taken away)
- Kitchen towel
- Cups
- Electric Water Kettle
- Hotplate/microwave (might need to get permission to plug electronics in)
- Cooler Box/Bag. One family brought a
- mini-fridge!

#### CLEANING PRODUCTS

- Antibacterial wipe/spray
- Cleaning spray
- Paper towels & Kleenex / wet wipes
- Clothing detergent (no laundry available)
- Vacuum (if have allergies. Reduce dust)
- Heater & Fan (cannot use AC at hotel)
- Scented candles \_\_\_ /Room spray

#### TOILETIES

- Hand wash / bar soap
- Shampoo & conditioner
- Tooth brush + Tooth paste
- Deodorant
- Hair Brush & Dver/flat iron
- Meds you might need, vitamins, headache
- Bandaids & antibacterial ointment

#### CLOTHES

- Flip flops/Slippers
- Underwear
- Socks
- Towels
- PJs
- Warm cosy clothes
- Quick dry clothes
- Exercise clothes if with KIDS:
- Juice boxes
- Fruit pouches
- Milk, diaper, kids essentials

#### ENTERTAINMENT

- Laptop ( HDMI cable)
- Extension cords
- iPad, tablet, PlayStation etc.,
- Bluetooth speakers
- Movies
- Toys & stuff animal
- Books
- Board Game, jigsaw puzzle
- Crafts stuff
- School items for kids (laptop, iPad, books, notebook, pens, crayons)
- Yoga mat, jump rope

Additional resource: Quarantine Essentials: What to Bring for 2 Weeks in Isolation

-Toiletries

### Centralised guarantine survival list

05.08.2020

#### Food

-Dry food e.g. crackers, crisps, biscuits, cereal bars, nuts, dried fruit

-Food that you can make with a kettle e.g. pot noodle, pot pasta, cous cous, custard powder, pot porridge, cup of soup

-Tea, coffee, hot chocolate, powdered

-Cutlery, plates, bowls, cups

-Cooking equipment (if you have space in your luggage!) e.g. kettle, hot plate, microwave, mini fridge

-Vitamins/medications

#### Clothing

-A few outfits per person appropriate to the season

-A jumper in case air con is cool

-Slippers/flip flops

-Exercise clothes

### Cleaning products

-Antibacterial wipes or spray

-Cleaning clothes -Tea towels

-Washing up liquid and sponge

-Clothing detergent

Entertainment

-lpad

-Laptop

-Games e.g. cards, toys, puzzles, suduko,

-Film downloads

-Cables to connect devices to TV -Books

For kids...

-Nappies -Baby wipes

-Lots of toys

-lpad

-Books -Sticker books/colouring in/arts and crafts

-Formula milk

Tips and advice -Download games, films etc to devices in

advance

-Take food items out of original packaging to allow for more space

-Sign up to online courses to use your time productively

-Get friends to deliver items if allowed

Checklist for packing for quarantine

(This is keeping in mind young children travelling with parents)

1. mostly one adult per room is suggested by hotel and one kid can stay with one parent So please pack your luggage accordingly

Mostly they allow you to stay in one room if parents are with small kid/2kids If with big kids above 12+ better to be prepared for quarantine like 2 people per room ( rooms can be

small at times)

No movement allowed at all outside your room door

#### 2. Tolletries

Kids soaps

Adult soaps/ shampoo ( some hotels provide) Tooth paste/ brush

Utensils washing soap and scrub Cloth washing soap bar( hotel can provide if requested)

3. Carry few bedsheets and extra towels as no house keeping and no change overs will happen till

Pack light/casual clothes as you have to stay indoors and mostly have to wash them yourself.

4. Carry below items \* Face masks

\* Disinfectant wipes

\* Sanitizer liquid packs ( 50ml packs are more safe to carry) \* Some dry tissue packs

\* Medicines basic and essentials

\* Plastic cup/ plate/ spoon \* Electric kettle if you travelling with a young kids( below image)

\* Kids puzzles/ books/ coloring sets/ toys/ some entertainment device like tab or laptop \* Bring international travel adapter for any indian charger

5. Food articles

\* Ready to eat packs \* instant Noodles

\* Cup noodles/ poha/ upma

\* Dry fruits \* Khakra/ thepla

\* Tea premix \* Dry snacks

\* biscuits/ cookies / chocolate wafers

Food delivery are allowed in most of quarantine hotels JD/taobao /hema /eleme/Meituan apps all can deliver

They leave order at hotel reception and delivery done by staff at your room door.

For more tips and advice on surviving quarantine visit- https://tourismteacher.com/how-to-survive-centralised-quarantine/



the tourism teacher

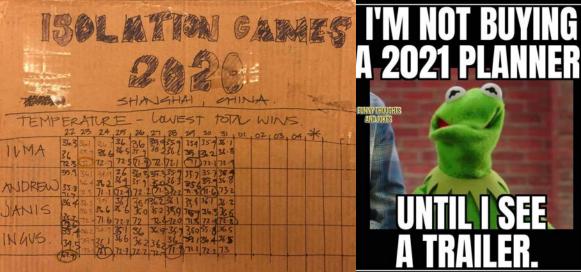


@thetourismteacher

### How to kill time

- Routines routines routines
- 2. Daily 'To Do' Schedule
- 3. Visual timetable of events (meetings/yoga/games)
- 4. Facetime/Zoom with family and friends
- Online Classes
- 6. Language apps
- 7. Online fitness apps/classes
- 8. Daily journal (Picture journal for kids)
- 9. Listen to podcasts, read books
- 10. Catch up on movies and shows
- 11. Virtual tours (around the world/museums/historical attractions)
- 12. Share your experience with other members





THINGS TO DO

### for creative breaks

AT HOME

Create a vision board.

Learn a new fun and creative skill.

Take an online creative class from a small business owner.

Begin bullet journaling.

Write just to write.

Learn your Creative Type.

Learn your Love it applies to your life. Change (or design!) a new wallpaper for your desktop, tablet,

Create a different playlist for each of your moods.

Learn a new language

Create a "Places to Travel Someday" list.

Have a marathon "Pinterest pinning session" with everything you'd like to

learn how to do.

### PICK YOUR -**QUARANTINE HOUSE**

#2

WHISKEY

· FIRE PIT

PORCH SWING

FISHING POND

□ #4

MARGARITAS

MASTER GRILL

m#6

· BIG DOG

SWIMMING POOL



- · NETFLIX + HULU
- HEATED BLANKET
- COMFY COUCH
- ENDLESS SNACKS



- · HOME GYM
- PROTEIN SHAKES
- · VIEW OF CITY
- SMALL DOG



- m#5
- LIBRARY
- GARDEN
- · COFFEE BAR
- - HOT TUB MOUNTAIN VIEW
- MOVIE PROJECTOR FLUFFY CAT WINE CELLER

IF I HEAR ONE MORE PERSON SAY HOW TIRED, ANXIOUS, AND BECAUSE THIS SOCIAL DISTANCING MASK WORLD OF HARD DECISIONS AND DECLINING MENTAL HEALTH WE'RE LIVING IN IS FREAKIN' HARD.

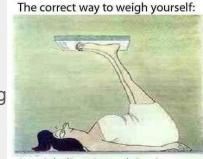
LIVING A FULL LIFE

I finally remember what Zoom meetings remind me of.



# Staying fit

It can be difficult to find the energy and motivation to keep going and doing exercises. However there are plenty of online resources for staying fit during your guarantine like; Online videos (add member examples), Apps, Zoom classes.



I can't believe I was doing it wrong all these years.

WE MUST SHARE THIS TO ALL



# ABS

- Scissors x 20
- 3. Butt ups x 15
- 4. Hip twists x 30
- 5. L-crunch L x 25
- 6. Criss cross x 40

Do 4 rounds of this circuit for a daily 30 min. apartment friendly workou Check the when you're done! Have fun and be safe! - \*blogilates



### **SPELL** YOUR NAME DO THE WORKOUT EVERY DAY

A: 10 PUSH UPS

B: 1KJOG

C: 10 SQUAT JUMPS

D: 20 BURPEES

E: 10 SQUATS

F: 20 STAR JUMPS

G: 20 LUNGES

H: 1 MIN SKIPPING

1: 45 SEC PLANK

J: 3 SETS OF STAIRS

K: 10 BURPEES

L: 20 SOUATS

M: 2 MIN PLANK

N: 5 SETS OF STAIRS

O: 20 LEG RAISES

P: 1 MIN PLANK

Q: 30 STAR JUMPS

R: 2 MIN SKIPPING

S: 20 BURPEES

T: 30 SEC PLANK

U: 15 SQUATS

V: 15 PUSH UPS

W: 20 SIT UPS

X: 10 LUNGES

Y: 20 SOUAT IUMPS

Z: 2 MIN PLANK

DAY 2

### ANTI- COVID



- 2. L-Crunch R x 25



# **Easy Food Hacks**

Food is a hot topic in our QuaranTEAM group and there have been some great food tips and hacks shared in our group. Here is a small summary, but scroll on down and feist your eyes on some great meal and snack ideas from our adventurous and inventive members. We off course encourage you to check out customs regulations on what can and can't be brought into the country.

- Couscous
- Ramen
- Instant/Cup-of-Soups
- Instant noodles
- Dehydrated meals found at camping stores
- Cereal
- Instant pastas

- Multigrain bars
- Jerky
- Tea's/coffee's
- Baby food pouches
- Tinned tuna and meats
- Nuts and dried fruit
- Bread/Rice cakes/Crackers
- Spices/herbs/sauces













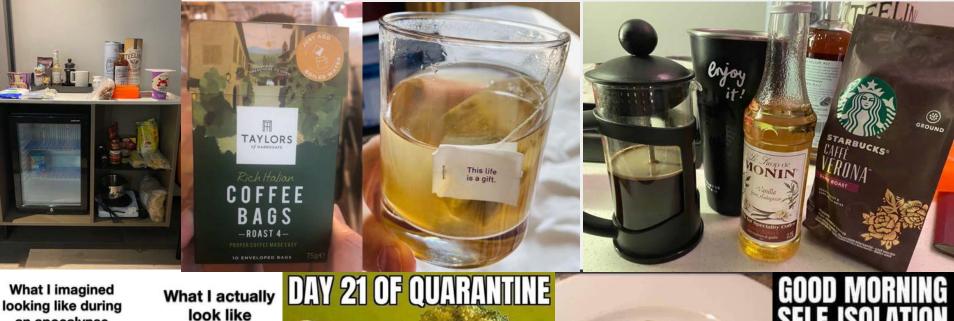








PIZZA



an apocalypse

What I actually look like





OOH! A BROGGOLLIE AND COLLIEFLOWER I ain't afraid of no toast



# Allergies and special food requests

女儿对花生和所有坚果过敏,请饭菜里不要有花生、坚果,也不要用花生油做饭菜

My daughter is allergic to peanuts and all nuts. Please no peanuts and nuts in food, and don't cook in peanut oil.

### 请问早餐什么时候 送来呢?

When is breakfast brought up please?

# 请问核酸检测结果什么 时候告知我们?

May I know when we will be notified of our PCR test results?

# 请提供素食餐 我们不能吃肉

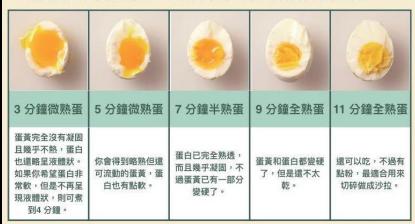
Please provide vegetarian meals, we cannot eat meat

# 工作人员和厨师 先生们,我需要 吃素的。请麻烦 你们给我安排素 食餐,谢谢

Staff and gentlemen chefs, I need to be vegetarian. Please arrange a vegetarian meal for me, thank you!

### 蛋煮好了沒?

煮蛋的過程變化飛快,來看看每隔一分鐘會有什麼樣的變化?



### 我对海鲜过敏

### 我不能吃鸡蛋

I am allergic to seafood

I can't eat eggs

# **Hotel food examples**









### **Kids in Quarantine**

Kids in both hotel and home quarantine can be challenging. Well, to be honest, on a daily basis under the best of circumstances it can be a challenge.

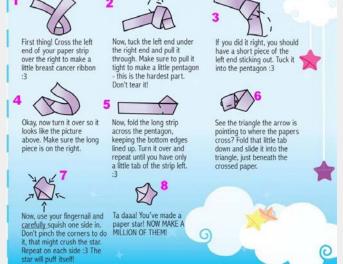
A lot of parents have found pre prep and setting up routines working well for them. Just know that this is not easy, speaking from our own personal experiences as admins. You can only do your best so don't be so hard on yourself when you feel like things are getting a bit rough. You're release from Quarantine is just around the corner and then you can finally after such a long wait return to your home, friends and family.

Straight from the frontlines we give you fellow QuaranTEAM parents experiences and useful tips on how they survived their 14 days of quarantine.



"I have young kids (9, 6, and 3). If you have suitcase space I created a prize bag for each day to countdown the days and add a little excitement for my boys. I hung them up and each morning they grabbed a bag! Some ideas for prizes are: play dough, puzzles, legos, stickers, crafts, paints, mini nerf, etc...My boys looked forward to their bag and the prize usually kept them busy for the first few hours..." Beijing Quarantine Group - Kristie







"Bingo is a good game that can be used for anything. My son loves plants vs zombies so I made bingo cards with the characters. And we folded paper stars as "chips" to put on the cards. Can also use bingo to reinforce learning of alphabets and numbers. And folding paper stars is also an activity itself which can be used for games like bingo and snakes and ladder! Paper stars are for good luck so it's really great to have a bottle of lucky stars!" QuaranTEAM - Lian

### More tips from the parents on how to entertain your child through 14 days of quarantine:

- Create a packed schedule
- Long shower and bath times use cups to collect water/experiments etc.
- Chopstick fishing rods add object to the bath
- Bowling with empty plastic bottles
- Clothes to make a dummy out of pillows
- Assault courses with pillows and other objects in the room
- Order new toys and arts and craft supplies from taobao
- Stack luggage to make a fort/den
- Writing and reading activities
- Eye spy from the bedroom window
- Spa day wash, dry hair, use creams, play hairdressers
- Dry erase markers on the shower glass
- Lots of shower/water play
- Play doh
- Puppet show
- IPad
  - Educational games from Toya
  - Leap frog
  - Party freeze dance
  - National Geographic kids



Doodles & SARAH

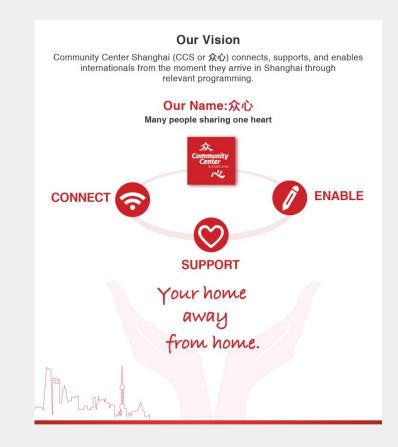
### **Mental Health**

Reach out for support when you need it - call a friend, family member, Lifeline, or CCS Counseling. Try to view the quarantine time period from a positive perspective - a much needed time to step back from the normal hustle and bustle of life and rest and recharge a bit. This can actually serve as valuable family time - fewer distractions, more time to focus on each other, and create significant shared experience and even fun memories as you tough it out together.

When things feel frustrating and ridiculous, try to keep a sense of perspective and a sense of humor.

Reach out to CCS counseling- check out our website <a href="https://www.communitycentershanghai.com/counseling/counselors/">https://www.communitycentershanghai.com/counseling/counselors/</a>. Or please reach out to our director of counseling at the following WeChat address

Senait Petros Tekeste (CCS Executive Director)
& Carrie Jones (CCS Counseling Director)



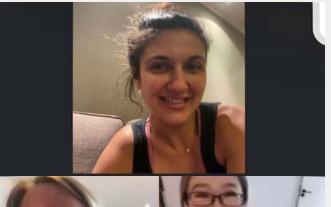
### **THANK YOU STAFF!**

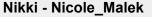
We know how exhausting it can be when faced with so many obstacles and such a long travel ahead of you. Staff are working tirelessly to get you home safe and sound. Please bear this in mind when arriving. They're doing their best to follow guidelines given whilst working from top to toe day in and out covered in PPE! Many fellow travellers have found patience and friendliness get them a long way when making requests during travel.



### Stay strong and remember you're not alone from Team QuaranTEAM

How it all began? Nikki and I arrived a day apart back in March and thought, wouldn't it be nice to start a little supportive quarantine group for people like us sitting in quarantine for the next two weeks. Little did we know it would take off like it did. Soon we realised we needed to separate the original QuaranTEAM group we had started and make a seperate Shanghai Arrivals Update group, which quickly turned into 3 full groups. Whilst juggling our own quarantines, with kids in toe as well as the groups, we were so over the moon to get some extra hands on board to help monitor groups and share information. It would be impossible to mention all but Bebe, Ariel, Silver, Joanne and Mirjam were some of the original admins on board. Since then, groups have developed into sub groups and there are now over 50 seperate admins involved in running these amazing support lines. What a community!





Co-founder of Arrival and QTeam groups.

Mum of two gorgeous girls, American/Lebanese Nikki is our social butterfly! Since returning to Shanghai in March she has been settling back into SH life and is a big believer in giving and volunteering and spent last month putting together an epic fundraiser after Lebanon's capital was hit by a colossal explosion. Needless to say with her talents of pulling people together especially in a time of need it was a huge success.

Janette - jseach5734

Co-founder of Arrival and QTeam groups.

Mum of a little-big girl that just turned 6 last week, Norwegian/British Janette spent the last 4 years living in Shanghai. Since her return to Shanghai in March she has repatriated back to England and continues to help admin and run the groups from there as she sets up her new home. Lucky her is currently sitting out her 3rd self isolation of the year.

#### Ariel - arielland

Kick ass admin Ariel joined the team at the end of March when she was first returning to Shanghai with her husband and her super cute 1 year old son Archer. She's been invaluable to the groups being so proactive answering questions and putting together useful guides for fellow travellers.

### **THANK YOU!**

It really is impossible to mention everyone who's been involved in the background of running these groups. We would just like to say a big big thank you to you all for making time to support so many others.

We'd like to say a very big thank you to all group members for contributing information, tips and pictures of their personal experiences. Also for being so amazing and helping each other out in these challenging times. It's been so nice from our end to see how everyone has been pulling together as a community to help each other out. It is our pleasure to be on the other end here helping where we can.

Keep your chins up. Don't give up, you will get there in the end. You're all amazingly strong and with a bit of determination and support from others you can get anything done!



