



**CHARACTER SHEET PACKET:
PRINCIPAL DEPUTY
DIRECTOR, CDC**

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WELCOME TO LIVES IN BALANCE LETTER

Scan this letter for the basic details you'll need to discuss the Bubble Plans. You can find links to the *Lives in Balance* trailer and tutorial videos here, too.

CHARACTER SHEET (PRINCIPAL DEPUTY DIRECTOR, CDC)

Read all about your character's background and goals for this scenario.

SOUTHWEST STATES COALITION MAP

Check out a map of the Southwest States Coalition. Will the pandemic unite or divide these neighbors?

CDC REOPENING GUIDELINES

Find out what the experts at the Centers for Disease Control and Prevention recommend that states and employers do in the face of a pandemic.

ROLE REFLECTION EXERCISE

Use these prompts to help you get into character before you play *Lives in Balance*.

BASIC TROUBLESHOOTING GUIDE FOR VIDEO CONFERENCING SOFTWARE

Look here for help if you're playing *Lives in Balance* virtually and have some trouble with your video conferencing platform.

To view a black and white, printer-friendly version of this packet, click [here](#).

WELCOME TO LIVES IN BALANCE



The **Southwest States Coalition** has agreed to meet in response to the pandemic. The Coalition will work together to review each state’s plan to move ahead with the “reopening” of their state.

Governors from Arizona, New Mexico, California, and Nevada will be joined by the Deputy Secretary of Commerce and the Principal Deputy Director of the Centers for Disease Control and Prevention to ensure the most up-to-date financial and healthcare information is presented at the meeting.

Both Nevada and Arizona governors will be presenting their plans to move forward into Phase II of “reopening” the economies of their respective states. Today’s agenda: Vote to approve or deny “the Bubble Plan.”

In **Arizona**, Major League Baseball (MLB) will start its season under their proposed Bubble Plan:

- Players, teams, and personnel will be housed in socially distanced hotel rooms.
- All team and stadium personnel will have temperature checks each day.
- All team and stadium personnel will have weekly virus testing.
- Food will come only from the restaurant(s) at the hotels, with rapid testing of workers.
- Teams will be allowed to congregate only in the hotel restaurant and lobby.
- Private shuttles will transport teams to and from the hotel and stadium.
- Shuttles will be cleaned each day before taking the teams to the stadium.
- There will be **no fans**.

In **Nevada**, the National Football League (NFL) will start its season under their proposed Bubble Plan:

- Players, teams, and personnel will be housed in socially distanced hotel rooms.
- Isolated hotels: One team per hotel.
- All team and stadium personnel will have weekly virus testing.
- All team and stadium personnel will have temperature checks twice a day.
- Players/staff will be allowed to congregate in private meeting rooms only.
- Private shuttles will be provided to transport teams to and from the hotel and stadium.
- CDC-approved helmets will be provided that feature an improved visor and a certified air filtration system.
- There will be **no fans**.

What is more important, putting people back to work or the health of the residents? Where does the federal government stand and is it helping or hurting the states? You decide!

BEFORE PLAYING THE SIMULATION,
PLEASE WATCH THE VIDEOS
LINKED BELOW.



[LIVES IN BALANCE TRAILER](#)



[ITHRIVE SIM WALKTHROUGH](#)

ROLE DESCRIPTION

CENTERS FOR
DISEASE CONTROL
AND PREVENTION (CDC)
EST. 1946



You are the Principal Deputy Director of the Centers for Disease Control and Prevention (CDC), reporting to the Director of the CDC. You work to protect America from health, safety, and biosecurity threats, both foreign and in the U.S. Whether diseases start at home or in other countries, you and the CDC fight disease and support communities and the country as a whole to do the same. You save lives by conducting research, releasing vital health guidelines to protect the public, and mobilizing (springing into action) when health threats arise.

ABOUT YOU

-  You started as a small-town doctor in Oklahoma. You are known for your kind bedside manner; you are calm, patient, and listen well. Your work with infectious disease research led you to the CDC.
-  The pandemic has pushed you into the spotlight. You care deeply about saving lives and people's health and well-being is first and foremost in your mind.
-  You do not directly challenge people when you disagree. You have a way of getting your point across politely and usually do so using personal stories.
-  You are science-driven and dead-serious about enforcing the CDC guidelines for the sake of the nation's health.

WHAT YOU DO

-  You take direction from the Director of the CDC and the White House.
-  In these Southwest States Coalition meetings, you provide information and clarity on the CDC guidelines and try to ensure that the Governors adhere to them.
-  You provide medical guidance and are occasionally at odds with the Governors' financial goals. Sometimes you think their goals to do business in support of the economy put the people's health at risk.
-  You monitor social media to understand the public's reaction to CDC's guidelines and ensure the CDC's positions are understood correctly.

GOALS



Your goal is to ensure the Coalition states follow the CDC's guidelines and reopen in a safe manner. You want to keep the virus under control and do not want see any cases spread from one state to another.

OTHER CHARACTERS

ARIZONA
GOVERNOR

You try to support the **Arizona Governor**, but think their policies often ignore the medical advice you know is so important.

CALIFORNIA
GOVERNOR

You support the **California Governor** and respect them for strictly following the CDC's guidelines.

NEVADA
GOVERNOR

You find the **Nevada Governor** to be insincere; you do not always trust what they say. You feel they tend to dismiss your expertise in the Coalition meetings.

NEW
MEXICO
GOVERNOR

You like the **New Mexico Governor**. You also have a lot of empathy for the position the state is in, battling the virus and in need of funds and equipment. You admire the NM Governor for their deliberate approach to problem-solving and their compassion for the residents of their state.

DEPUTY
SECRETARY
OF
COMMERCE

You have not worked directly with the **Deputy Secretary of Commerce** before this Coalition. So far, you feel they mostly ignore the science and rely too much on financial projections.

SOUTHWEST STATES COALITION

This map is intended for educational purposes only.



REOPENING THE STATES

GATING • PREPAREDNESS • PHASES

Prepared by The White House and the CDC

Proposed State or Regional Gating Criteria

(Satisfy Before Proceeding to Phased Opening)

SYMPTOMS

Downward trajectory of influenza-like illnesses (ILI) reported within a 14-day period

AND

Downward trajectory of COVID-like syndromic cases reported within a 14-day period

CASES

Downward trajectory of documented cases within a 14-day period

OR

Downward trajectory of positive tests as a percent of total tests within a 14-day period (flat or increasing volume of tests)

HOSPITALS

Treat all patients without crisis care

AND

Robust testing program in place for at-risk healthcare workers, including emerging antibody testing

*State and local officials may need to tailor the application of these criteria to local circumstances (e.g., metropolitan areas that have suffered severe COVID outbreaks, rural and suburban areas where outbreaks have not occurred or have been mild). Additionally, where appropriate, Governors should work on a regional basis to satisfy these criteria and to progress through the phases outlined below.

Guidelines for All Phases: Employers

Develop and implement appropriate policies, in accordance with Federal, State, and local regulations and guidance, and informed by industry best practices, regarding:

- ✓ Social distancing and protective equipment
- ✓ Temperature checks
- ✓ Testing, isolating, and contact tracing
- ✓ Sanitation
- ✓ Use and disinfection of common and high-traffic areas
- ✓ Business travel

Monitor workforce for indicative symptoms. Do not allow symptomatic people to physically return to work until cleared by a medical provider.

Develop and implement policies and procedures for workforce contact tracing following employee COVID+ test.

Core State Preparedness Responsibilities

TESTING & CONTACT TRACING

- ✓ Ability to quickly set up safe and efficient screening and testing sites for symptomatic individuals and trace contacts of COVID+ results
- ✓ Ability to test Syndromic/ILI-indicated persons for COVID and trace contacts of COVID+ results
- ✓ Ensure sentinel surveillance sites are screening for asymptomatic cases and contacts for COVID+ results are traced (sites operate at locations that serve older individuals, lower-income Americans, racial minorities, and Native Americans)

HEALTHCARE SYSTEM CAPACITY

- ✓ Ability to quickly and independently supply sufficient Personal Protective Equipment and critical medical equipment to handle dramatic surge in need
- ✓ Ability to surge ICU capacity

PLANS

- ✓ Protect the health and safety of workers in critical industries
- ✓ Protect the health and safety of those living and working in high-risk facilities (e.g., senior care facilities)
- ✓ Protect employees and users of mass transit
- ✓ Advise citizens regarding protocols for social distancing and face coverings
- ✓ Monitor conditions and immediately take steps to limit and mitigate any rebounds or outbreaks by restarting a phase or returning to an earlier phase, depending on severity

Phase One

SPECIFIC TYPES OF EMPLOYERS

SCHOOLS AND ORGANIZED YOUTH ACTIVITIES (e.g., daycare, camp) that are currently closed should remain closed.

VISITS TO SENIOR LIVING FACILITIES AND HOSPITALS should be prohibited. Those who do interact with residents and patients must adhere to strict protocols regarding hygiene.

LARGE VENUES (e.g., sit-down dining, movie theaters, sporting venues, places of worship) can operate under strict physical distancing protocols.

ELECTIVE SURGERIES can resume, as clinically appropriate, on an outpatient basis at facilities that adhere to CMS guidelines.

GYMS can open if they adhere to strict physical distancing and sanitation protocols.

BARS should remain closed.

EACH PHASE OF THIS GUIDANCE ADDRESSES THOSE ASPECTS OF DAILY LIFE FOR WHICH RESTRICTIONS REMAIN APPROPRIATE DUE TO COVID.

Phase Two

SPECIFIC TYPES OF EMPLOYERS

SCHOOLS AND ORGANIZED YOUTH ACTIVITIES (e.g., daycare, camp) can reopen.

VISITS TO SENIOR CARE FACILITIES AND HOSPITALS should be prohibited. Those who do interact with residents and patients must adhere to strict protocols regarding hygiene.

LARGE VENUES (e.g., sit-down dining, movie theaters, sporting venues, places of worship) can operate under moderate physical distancing protocols.

ELECTIVE SURGERIES can resume, as clinically appropriate, on an outpatient and in-patient basis at facilities that adhere to CMS guidelines.

GYMS can remain open if they adhere to strict physical distancing and sanitation protocols.

BARS may operate with diminished standing-room occupancy, where applicable and appropriate.

EACH PHASE OF THIS GUIDANCE ADDRESSES THOSE ASPECTS OF DAILY LIFE FOR WHICH RESTRICTIONS REMAIN APPROPRIATE DUE TO COVID.

ROLE REFLECTION EXERCISE

ITHRIVE SIM: LIVES IN BALANCE



PART ONE: Read about your character, then answer the following questions:

- (1) What role will you be playing?

- (2) Based on what you know about the scenario and the role, what are you most curious about?

- (3) What is one main goal your character is trying to achieve?

- (4) Based on the description, what's one thing about your character you relate to? Explain.

- (5) Based on the description, what's one thing about your character you DON'T relate to? Explain.

PART TWO: Discuss your responses with one or more members of your role-play team. Your role-play team also may choose to warm up for the simulation by introducing yourselves in character.

Complete this exercise using the Google Docs document [here](#).

BASIC TROUBLESHOOTING GUIDE FOR VIDEO CONFERENCING SOFTWARE



ITHRIVE SIM: LIVES IN BALANCE

iThrive Sim is designed to be accessible to participants in any location. All you need is WiFi access and a device, such as a laptop or Chromebook.

For students learning virtually, the social interactions in *iThrive Sim* will require using an additional video conferencing software tool, such as Zoom, Google Meet, Microsoft Teams, etc.

ACROSS VIDEO CONFERENCING PLATFORMS, HERE'S WHAT TO DO IF:

YOU ARE USING A BROWSER FOR VIDEO CONFERENCING:

You will need two (2) browsers open; one for the *iThrive Sim* website and one for the video conferencing site.

Arrange the browsers side-by-side so that they are both visible. To do this, you may need to minimize both windows so that you are able to adjust the size and arrangement of both to be visible (for example, neither browser should be in full-screen mode).

NO ONE CAN HEAR YOU:

Call into the meeting using the phone number listed on the video conferencing invitation you received.

Mute your computer mic and use your phone to communicate.

YOU CAN'T SEE THE VIDEOS IN THE ITHRIVE SIM PLATFORM:

Post a note in the chatbox to let the facilitator know. The facilitator can play the videos over the video conferencing software instead.

YOUR CAMERA FEATURE ISN'T WORKING:

As long as you can hear and be heard by the other participants, you will be able to play *iThrive Sim*.

MORE RESOURCES

Below, you'll find links to help guides for relevant questions on commonly used video conferencing platforms. If there are other platforms you need information about, search for help guides online or feel free to reach out to us at least one week prior to running your simulation at support@ithrivegames.org.

FOR ZOOM:

- [Frequently Asked Questions](#)
- [Managing Breakout Rooms](#)
- [Pre-assigning Participants to Breakout Rooms](#)

FOR GOOGLE MEET:

- [Troubleshooting Network, Audio, and Video](#)
- [Start a new Google Meet Video](#)
- [Recent Updates and What's Coming to Google Meet](#)

NOTE: Google Meet breakout rooms will launch in October 2020 for G Suite Enterprise for Education users.

FOR MICROSOFT TEAMS:

- [Get Started with a Live Event](#)
- [Using Video in Teams](#)
- [Join a Teams Meeting](#)

NOTE: Microsoft Teams is slated to launch its virtual breakout rooms feature in late 2020.