

COVID-19

INFORMATION AND PREVENTION

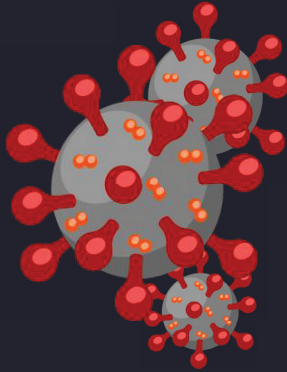




COVID-19 OVERVIEW

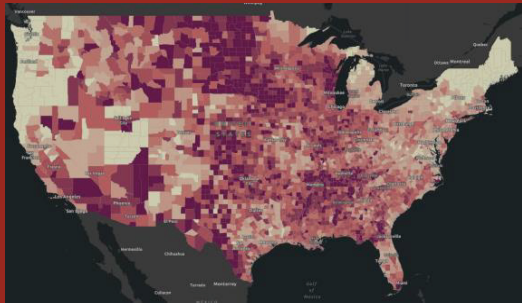


COVID-19 CORONA VIRUS DISEASE 2019



SARS-CoV-2 is the virus which causes the disease COVID-19. It is a new viral strain that leads to a respiratory illness characterized by fever, cough, and shortness of breath. The World Health Organization (WHO) declared COVID-19 a pandemic on March 11, 2020.

How Many People Have It?



JOHN HOPKINS Coronavirus Resource Center

Confirmed Cases
Globally: Over 88 Million
USA: Over 21 Million

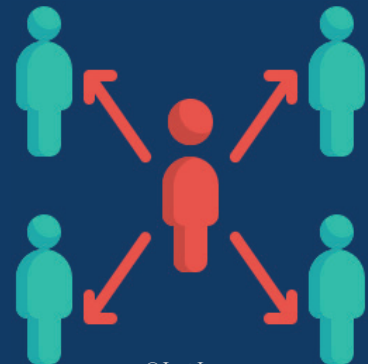
REPORTED NUMBERS FROM JANUARY 8, 2021



JOHN HOPKINS Coronavirus Resource Center

How Does It Spread?

SARS-CoV-2 spreads mainly through close contact from **person to person**. The virus can be transmitted from respiratory droplets when a person sneezes, coughs, or speaks. It can also spread if a person touches a surface with the virus and then touches their eyes, nose, or mouth.



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What are the Symptoms of COVID-19?



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Symptoms usually appear **2-14 days** after being exposed to the virus. Common symptoms are fever, cough, and shortness of breath but not limited to nasal congestion, fatigue, loss of taste and smell, and sore throat. Please notify your health provider if you have any symptoms or questions.

For a more comprehensive list of symptoms, visit: [cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html)



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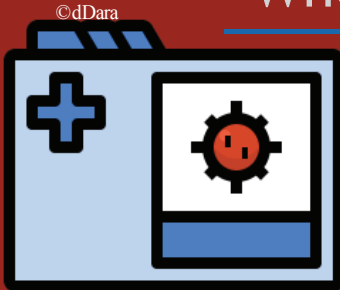
Who is At Risk?

- Elderly (>65 years old)
- Immunocompromised or immunodeficient individuals
- Underlying Conditions:
 - Chronic Lung Conditions
 - Chronic Kidney Disease
 - Cardiovascular disease
 - Obesity
 - Diabetes
 - High Blood Pressure



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When Should You Get Tested for COVID-19?



It is recommended to get tested when you:

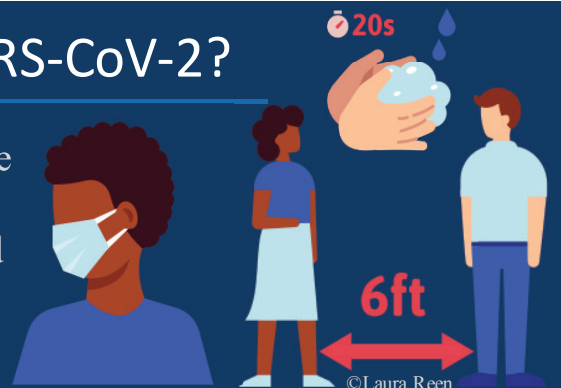
- Have been in close-contact with someone who has tested positive for SARS-CoV-2
- Develop symptoms of COVID-19
- Travelled internationally

How Do I Protect Myself from SARS-CoV-2?

Social Distance : Maintain a 6 feet (2 meter) distance between yourself and others

Wash Hands : For at least 20 seconds frequently and consistently

Wear Masks : To protect yourself and others



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Treatment



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There is no specific antiviral treatment recommended for COVID-19. Treatment for COVID-19 patients is supportive, which is why prevention is important. There are now two vaccinations available, which have been FDA approved for emergency use, with healthcare workers and most at-risk individuals receiving the two-dose vaccinations first.



COVID-19 OVERVIEW

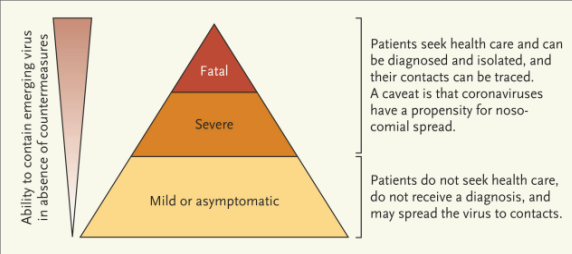


Frequently Asked Questions (FAQs)

For more information on COVID-19, visit <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Does Everyone Get Symptoms?

Munster VJ et al, NEJM 2020



No. Currently, 80% of individuals are asymptomatic or have mild symptoms, 15% have a severe infection, and 5% have critical infections requiring ventilation.

Why Must I Wear a Mask When I'm In Public?

It is important that you wear a mask to protect not only yourself, but also others. 80% of individuals have mild symptoms or are asymptomatic. Thus, some individuals may be infected with the virus and can unknowingly transmit the virus unto others. Wearing masks will help reduce the spread of your own respiratory droplets and protect you from another's respiratory droplets.

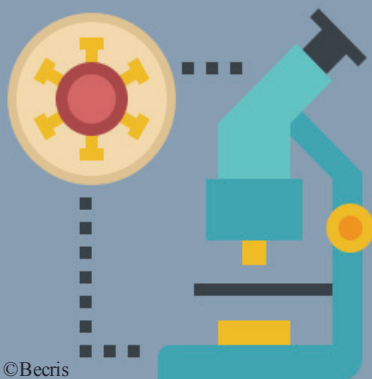


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Where Can I Get Tested In El Paso?

You can visit your state or local health department's website to look for the latest local information on testing.

If you have symptoms of COVID-19 and want to get tested, call your healthcare provider first.



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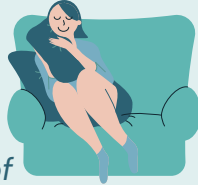
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<https://el Paso.ttuhscc.edu/el Paso/coronavirus/>

True or False? The Covid Vaccines



It is safer to get the virus than the vaccine.



False. The vaccine is not made of live particles so it cannot give you Covid-19. The virus could cause long-term damage.

I do not need to get the vaccine because I already tested positive for COVID-19.

False. We do not know how long the immune system protects you after you got the virus. You may not make enough antibodies from when you were sick to protect you from future re-infection.



The vaccine will turn me into a zombie and change my DNA.

False. The vaccine cannot enter the nucleus of your cells where your DNA is located.



The vaccine was made so quickly, so it can't be safe.

False. It is the fastest vaccine to ever be created, but this is due to teamwork. Scientists have been working on mRNA vaccines for a long time.



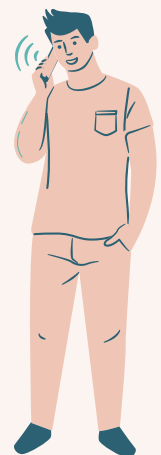
The vaccine won't work since it has to be stored in such cold temperatures.

False. Think of the vaccine as a frozen bag of vegetables that stays refrigerated for transport but is warmed up to be consumed.



I got the first dose of the vaccine, so I don't need a second one.

False. The United States recommends getting both doses to make the strongest response. The first dose "primes" your immune system and the second dose "boosts" your immune system. Pfizer vaccine is two doses 28 days apart. Moderna vaccine is two doses 21 days apart.



If I have been vaccinated, I don't have to wear a mask.

False. People can have COVID-19 and not know it. It is important to continue to protect yourself and others by wearing masks and practice social distancing.

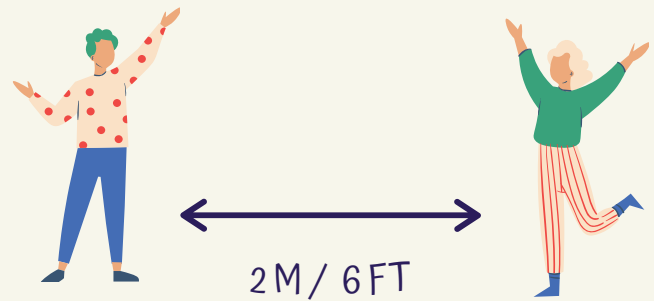


Once I get the vaccine, I am protected from the virus forever. False. The vaccine is not 100% effective, so it is still possible to get the virus.



MY CHILD IN ELEMENTARY SCHOOL SHOULD GET THE COVID-19 VACCINE BEFORE GOING TO SCHOOL.

False. As of January 11, 2021, the Pfizer vaccine is recommended for 16 years old and over; Moderna vaccine is recommended for 18 years old and older.



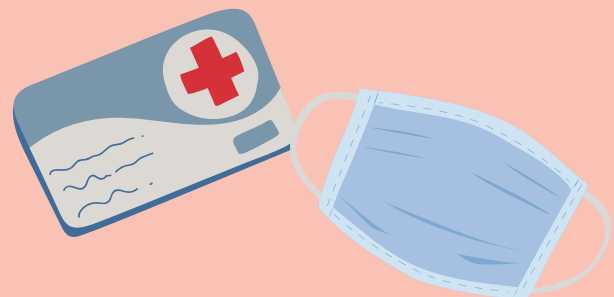
INDIVIDUALS WHO ARE IMMUNOCOMPROMISED SHOULD AVOID GETTING THE VACCINE.

False. If you have a weak immune system, your body will need more help from the vaccine to produce antibodies and protect you from COVID-19.



I GET REALLY BAD ALLERGIES, SO I SHOULDN'T GET THE VACCINE.

False. Even if you have severe allergies to things like food or pollen, these are not ingredients in the vaccine. When you get the vaccine, you will be monitored for a reaction by medical staff. If you have questions regarding this, please visit <https://www.cdc.gov/coronavirus/2019-ncov/index.html>



THE VACCINES ARE SAFE.

True. The data shows the benefits of getting the vaccine outweigh the harm of not getting it and getting COVID-19 instead.

SARS-CoV-2 Testing

For information regarding **testing sites**, please visit: 
<http://www.epstrong.org/testing.php>

What tests are used?

A: RT-PCR and Antibody Testing

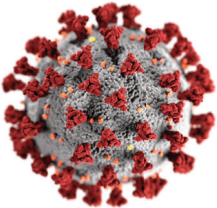
What does RT-PCR testing detect?

A: Current infection of SARS-CoV-2 

What does Antibody testing detect?

A: Past SARS-CoV-2 infection

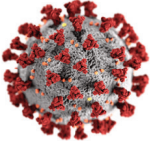
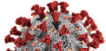
How do you test for RT-PCR?

A: Nasopharyngeal or Oropharyngeal Swab 

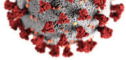
How do you test for antibodies?

A: Collect a blood sample

When do I get tested?

- ❖ Show symptoms of COVID-19
- ❖ Someone you were in close contact with tested positive
- ❖ You are over 65
- ❖ You have chronic health conditions (like diabetes)
- ❖ You are in a group living situation 
- ❖ You are at the hospital
- ❖ You are having a procedure done
- ❖ You are in contact with a lot of people 

I tested positive, what should I do?

- ❖ Self-isolate 
- ❖ Contact people you've been in contact with so they can get tested
- ❖ Contact your Health Center for support, information and resources



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For more information regarding coronavirus:

<https://el Paso.ttuhscc.edu/el Paso/coronavirus/>



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Home Care Tips During COVID-19

Mild Symptoms

- Fever
- Dry cough
- Sore throat
- Body aches
- Fatigue
- Headache
- Vomiting/Diarrhea
- Loss of taste and/or smell
- Congestion/runny nose

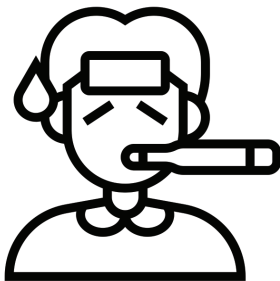
Emergency Symptoms

- Continuous chest pain
- Blue lips and/or face
- Confusion
- Extreme difficulty breathing
- Dizziness and lightheadedness
- Unconscious
- New or worsening slurred speech
- Seizures

For more info and assistance visit:

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Caring for yourself or a loved one with Covid-19 at home



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Minimize contact with the person who is ill

Physically isolate

Disinfect regularly touched surfaces w/ household disinfectants or diluted bleach solution

Follow pain reliever directions for symptom relief

Interacting with others after COVID-19

No symptoms + 3 days since fever + 10 days since first symptom + no cough



+



+



=



Be around others!



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For more information visit:

<https://el Paso.ttuhsc.edu/el Paso/coronavirus/>



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Home Care Tips During COVID-19



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Prevention



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- Maintain 6+ ft from others
- Use alcohol based hand sanitizer/wash hands with soap after leaving an activity
- Wear a mask when social distancing is not possible
- Stay home if you are sick, unless to visit a doctor or hospital

Treatment

Research is ongoing, but at this time there is no FDA approved treatment, vaccine, or cure.



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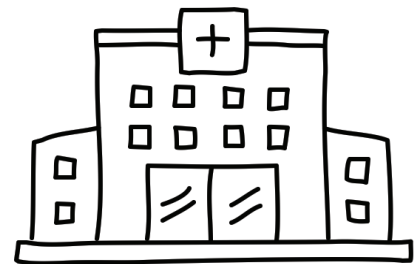
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Drink fluids + Rest + Eat Well

Hospitalization

If you have to go to the hospital for emergency covid-19 care:

- Isolation rooms
 - Oxygen
- Symptomatic Treatment



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For more information visit:

<https://el Paso.ttuhsc.edu/el Paso/coronavirus/>

Protection from COVID-19: Face covering & handwashing

RULES

1. Wear your mask to cover your **mouth AND nose!**
2. Wash your **mask and hands!**
3. Face coverings are mandatory!



Homemade hand sanitizer recipe:

- 1/8 cup Aloe Vera
- 1/4 cup Isopropyl Alcohol (90%)
- Measuring cup
- Empty plastic container
- Optional: essential oils or peppermint



Homemade masks materials:

- T-shirt or socks or bandana
- Hair bands
- Coffee filters



Watch step-by-step video:

- Bandana mask: <https://tinyurl.com/y97bkzvw>
- T-shirt mask: <https://tinyurl.com/yancbmoq>
- Sock mask: <https://tinyurl.com/y8bjb582>
- Sewn mask: <https://tinyurl.com/ybkrtznx>



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For more information visit:
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Self-Care in times of a pandemic

✧ The pandemic is a **major stressor** that affects our physical and mental health.

✧ **It has changed our:**

- ✧ Social life
- ✧ School and work
- ✧ Finances
- ✧ Plans

✧ **We may worry about:**

- ✧ Getting infected
- ✧ Infecting our loved ones
- ✧ Money
- ✧ Health insurance
- ✧ The future

✧ **We might feel:**

- ✧ “Burned out”
- ✧ Tired
- ✧ Scared
- ✧ Frustrated
- ✧ Helpless
- ✧ Alone
- ✧ Bored
- ✧ Angry
- ✧ Down
- ✧ Confused

Phone Numbers

Emergencies call **9-1-1**

EHN mental health crisis hotline
915-779-1800
or
1-877-562-6467

National Suicide Prevention Hotline
1-800-273-8255

Center Against Sexual and Family Violence Hope Line
915-593-7300



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You are not alone!

- ✦ Feeling fear is a **normal reaction** from our body that protects us.
- ✦ However, fear can become a problem when it's with us every day or when it affects our daily lives.
- ✦ Some of us have lost someone.
- ✦ We need to be aware of **what we are feeling** and ask for help if we feel we can't take it anymore.
- ✦ Some people can take those emotions and turn them into **unhealthy** habits such as drinking too much, smoking and using drugs.
- ✦ Some people feel they want to hurt themselves. If you are feeling like this call **911**.
- ✦ Some people are hit, slapped, kicked, or abused in any other way by family members or strangers. **You can get help.** Report abuse towards children, elder adults, and adults with disabilities to the Department of Family and Protective Services at **1-800-252-5400**. Report domestic violence to the Center Against Sexual and Family Violence **915-593-7300** or **call 911 if you are in danger.**

Phone Numbers

Emergencies call **9-1-1**

Report child abuse and neglect. Call Department of Family and Protective Services
1-800-252-5400

EHN mental health crisis hotline
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National Suicide Prevention Hotline
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How can *you* take *care* of your mental health?



Resources

Podcast “This is Wellness”

<https://emergencehealthnetwork.org/ehn-podcast/>

Mindful Breathing Exercise

<http://projects.hsl.wisc.edu/SERVICE/courses/whole-health-for-pain-and-suffering/Script-Mindful-Breathing.pdf>

- ✧ **Set a limit!** Watching the news and social media keeps us informed, but too much can increase worry.
- ✧ Try to **keep a positive attitude**. You are protecting yourself and others.
- ✧ Remember that **the pandemic will end!**
- ✧ **Ask for help** if the pandemic is affecting your life too much.
- ✧ **Call** long-lost friends and family members.
- ✧ Pay **attention** to what you are feeling.
- ✧ **Keep in touch** with close friends at a distance!
- ✧ **Talk to someone** if you are very sad, worried, or nervous.
- ✧ Know that **you are playing an important role** in this pandemic.
- ✧ Bring to mind at least one thing you feel **thankful** for.
- ✧ Remember that we are social distancing, but **you are not alone**.

How can *you* take *care* of you?



Resources

Relaxation Room

<https://ccprelaxation.org/video-showcase/>

National Alliance on Mental Health Covid-19 Resource and Information Guide

<https://www.nami.org/Support-Education/NAMI-HelpLine/COVID-19-Information-and-Resources/COVID-19-Resource-and-Information-Guide>

- ✧ **Keep a schedule** for your day.
- ✧ Go to bed and wake up at the same time every day.
- ✧ Don't use the cell phone or TV before going to sleep.
- ✧ Try to eat as healthy as you can and exercise for 30 minutes every day.
- ✧ Find a hobby.
- ✧ Follow CDC guidelines such as using **face masks**.
- ✧ Keep an eye on each other's stress.
- ✧ Know that **you are playing an important role** in this pandemic.
- ✧ Find an online social group such as a book club.
- ✧ **Check on your loved ones** often, especially if they have a mental health condition or are elderly.



Caring about our

CHILDREN & TEENS

in times of a pandemic

Children and Teens:

- * **Are affected by the stress** of the COVID-19 pandemic.
- * **May have experienced changes** such as not going to school or seeing friends, losing a loved one, and losing their plans and celebrations
- * May show their stress by being anxious, irritable, angry, restless, or quiet.
- * Younger children may be more “clingy.”

Keep in mind:

- * It is important to **recognize that this is a stressful time** not only for adults, but also for teens and children.
- * Their reactions may be misinterpreted as bad attitudes.
- * The best way to help them decrease their stress is for parents and caregivers to learn to deal with their stress in a healthy way. **Be a role model!**

Phone Numbers

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1-800-252-5400

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Suicide Prevention
1-800-273-8255



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How can **you** help them take **care** of their mental health?

- * **Get creative!**
Engage in fun family activities at home.
- * Encourage them to **find a hobby**.
- * Strengthen family bonds.
- * Set up a **flexible routine** and follow it every day.
- * Have a **sleep schedule**.
- * Eat as healthy as possible.
- * Get **physically active** and if possible, engage in outside activities.
- * **Monitor** what they see on the news or social media.
- * **Talk openly** about feelings and concerns.
- * Ask what she/he has heard or seen about the pandemic. **Be available for questions.**
- * **Reassure** them.
- * **Make social connections!**
- * Allow supervised phone calls, emails, online calls with friends and family.
- * **Talk to your pediatrician** if you notice big changes in their behavior.
- * **Be patient!**
Remember children may struggle with online education and complete less work.
- * **Report abuse:**
Children and teens may experience abuse at home during this time. It is important to put an end to it. Call Department of Family and Protective Services to report at 1-800-252-5400 or dial 911 if it is an emergency.

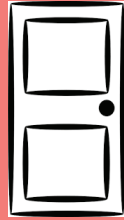


COMMON AREAS OF EXPOSURE

PLAYGROUND
& PARKS



DOORS & HANDLES



ELECTRONICS



SOCIAL
GATHERINGS
& PARTIES



TRAVELING

of CHILDREN
IN EL PASO
POSITIVE FOR
COVID-19: **1960**
As of August 10, 2020

WHAT ARE SOME
COVID-19 SYMPTOMS
CHILDREN CAN HAVE?

Over 3 million people in the US are positive for COVID-19. The number of children infected with COVID-19 is increasing daily.



Common Symptoms:

- Fever
- Cough
- Runny nose
- Diarrhea
- Vomiting
- Muscle aches

Other Symptoms:

- Abdominal pain
- Headache
- Shortness of breath
- Fatigue
- Sore throat

SCHOOL & EDUCATION



- Stay informed with the school's response to COVID-19
Anthony: <https://www.anthonysd.net/covid-19>
Canutillo: <http://www.canutillo-isd.org/COVID19>
Clint: <https://www.clintweb.net/domain/3218>
EPISD: <https://www.episd.org/covid19>
Socorro: <https://www.sisd.net/Page/65749>
- Stay current with COVID-19 by visiting <http://epstrong.org/results.php>

WELLNESS & HEALTH



KEEP CHILD ACTIVE



REINFORCE GOOD
HYGIENE PRACTICES



DISINFECT SURFACES

SARS-CoV-2 can survive on different surfaces for hours to days. Visit the EPA website for a list of products that are effective against the virus.
<https://www.epa.gov/coronavirus/how-does-epa-know-products-list-n-work-sars-cov-2>



WEAR MASKS



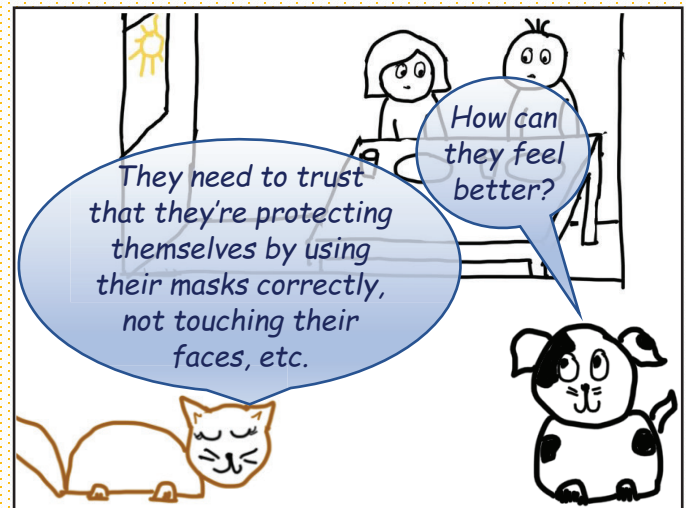
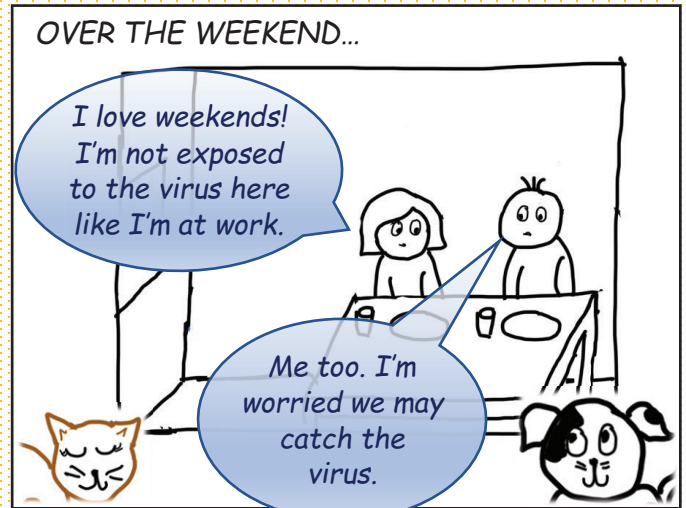
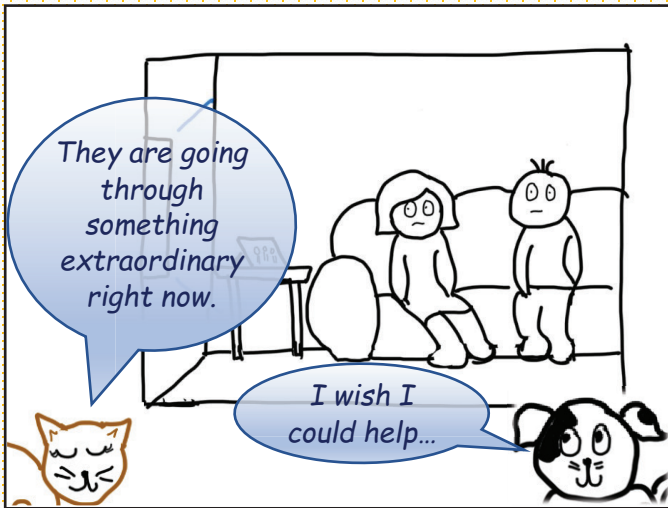
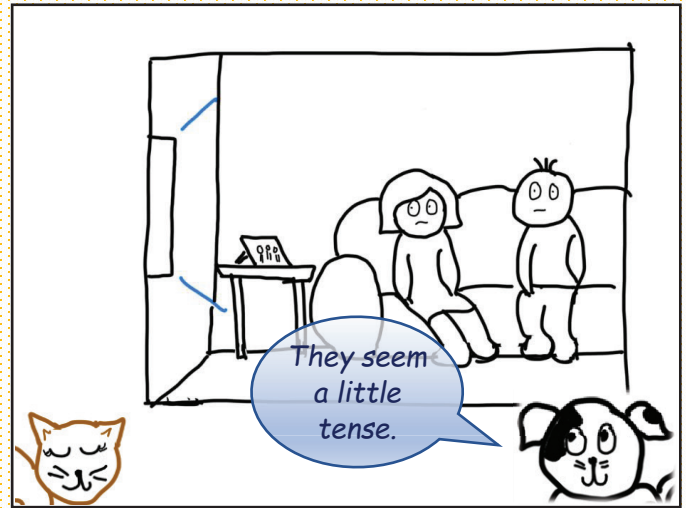
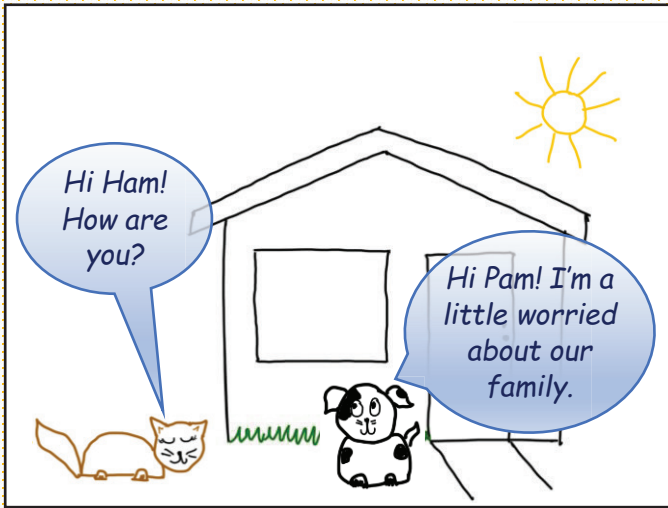
STAY CONNECTED WITH
FRIENDS AND FAMILY

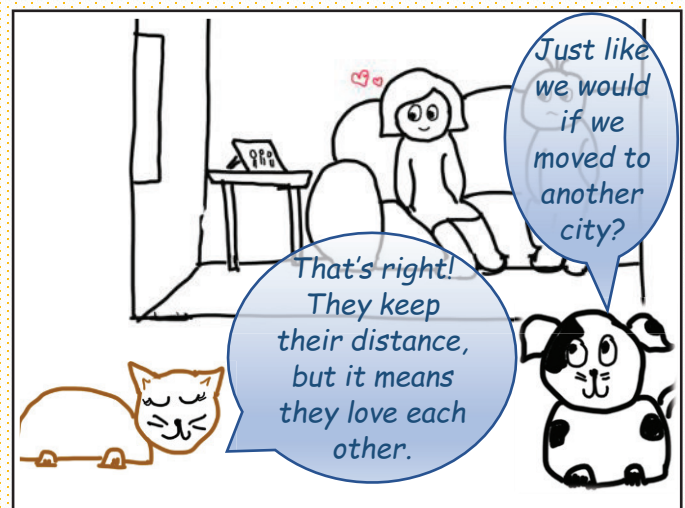
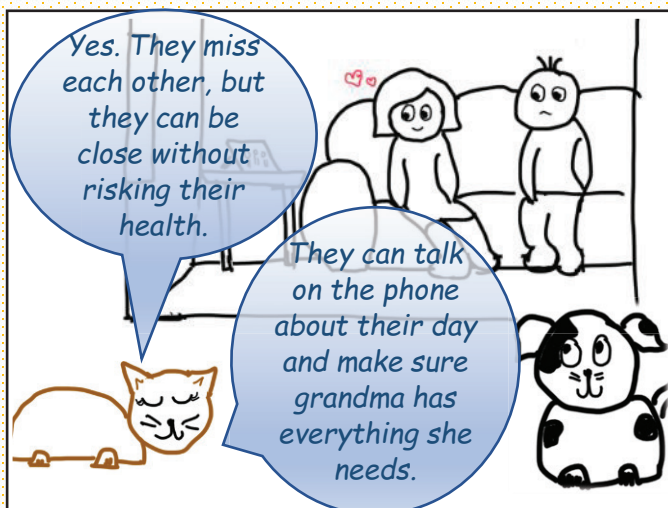
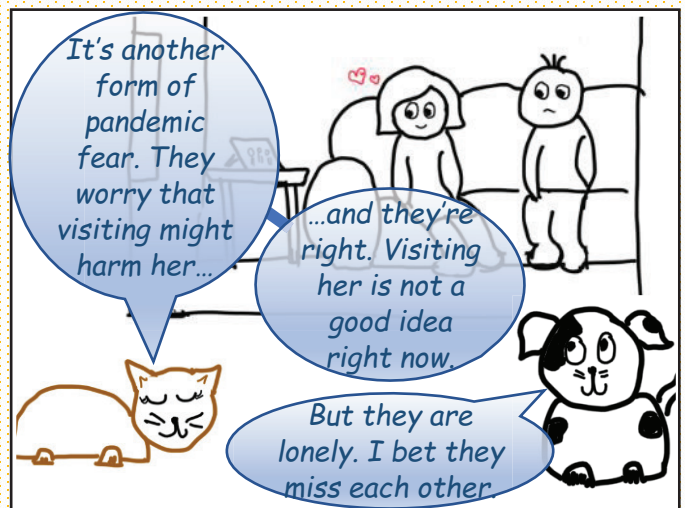
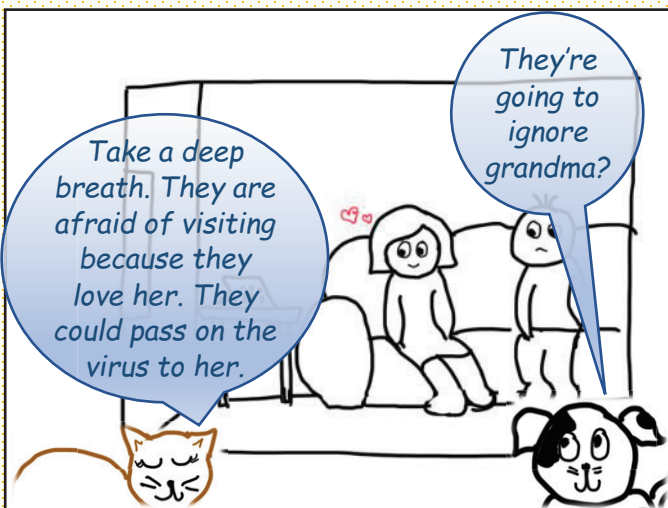
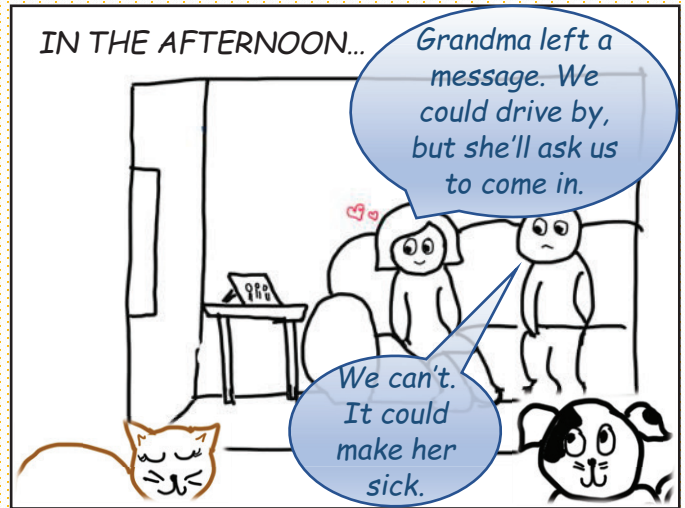
Open Your Eyes!

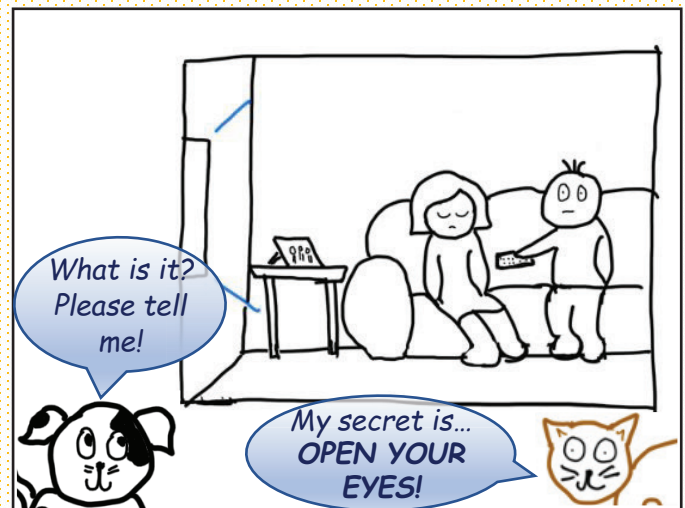
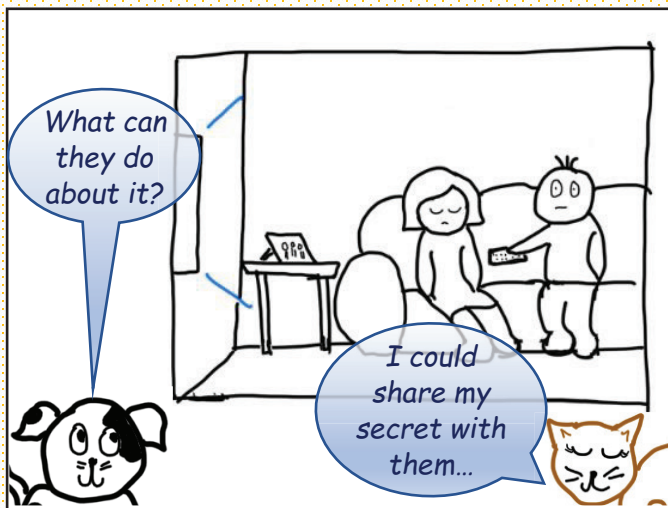
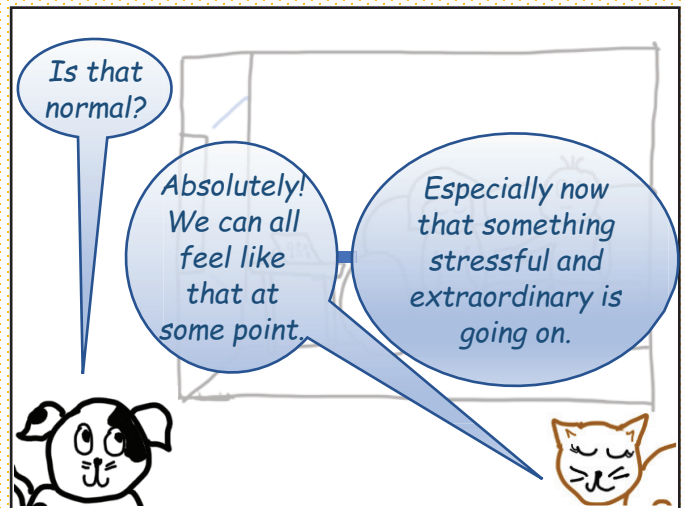
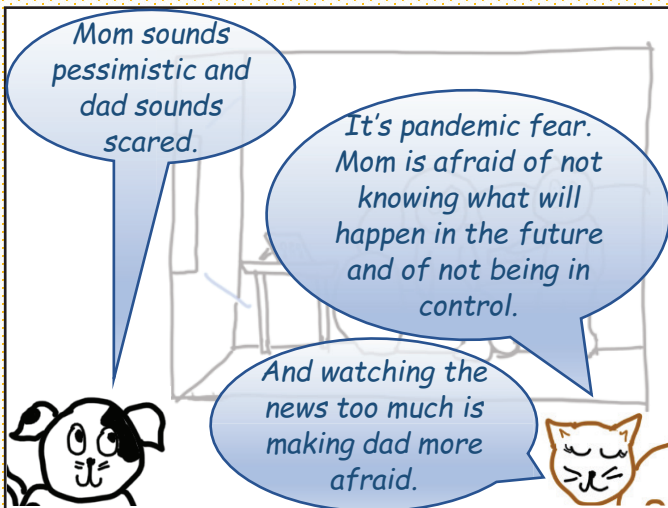
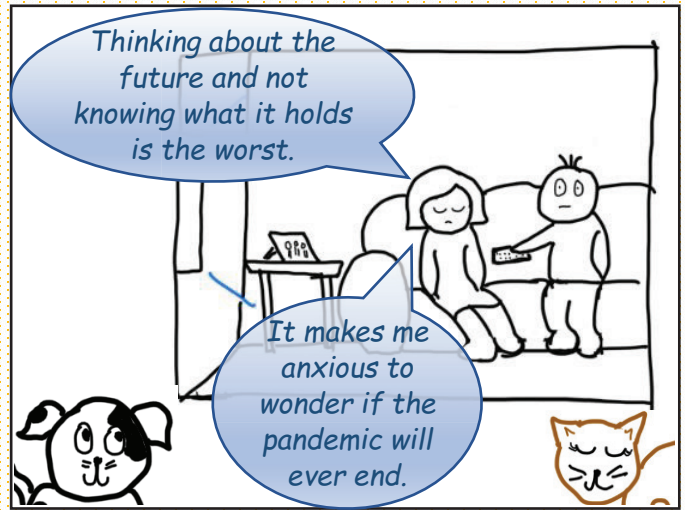
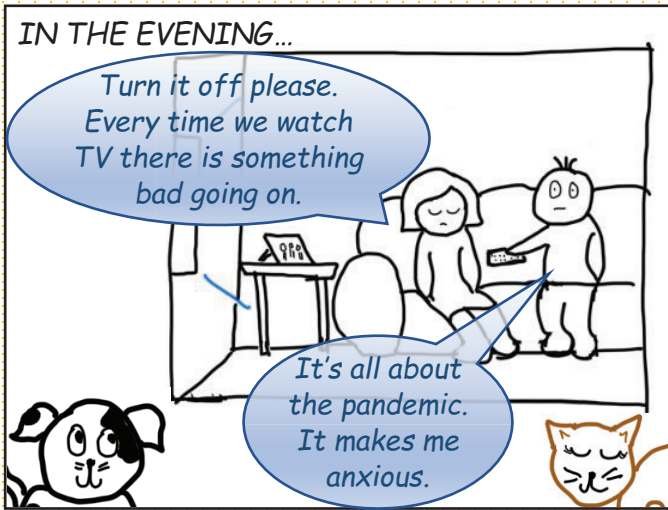
Understanding Pandemic Fear

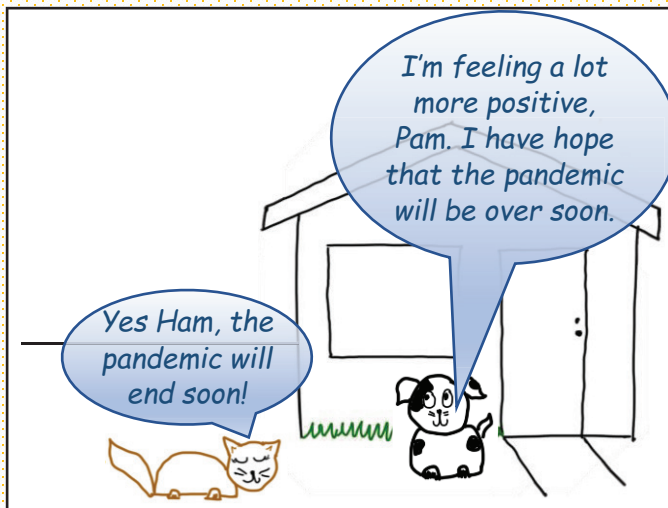
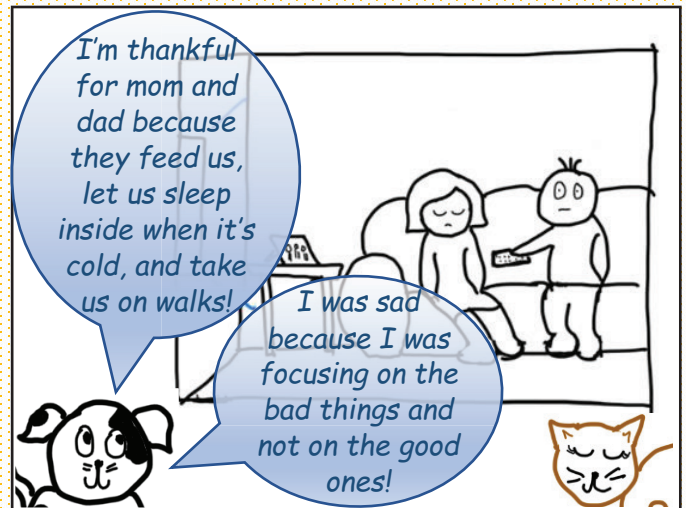
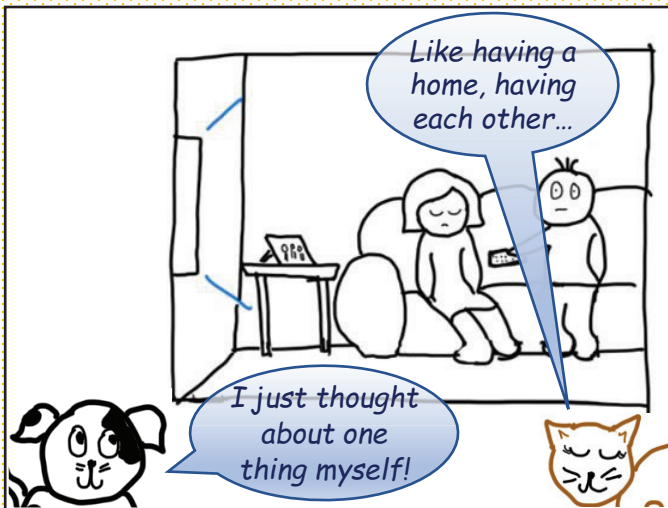
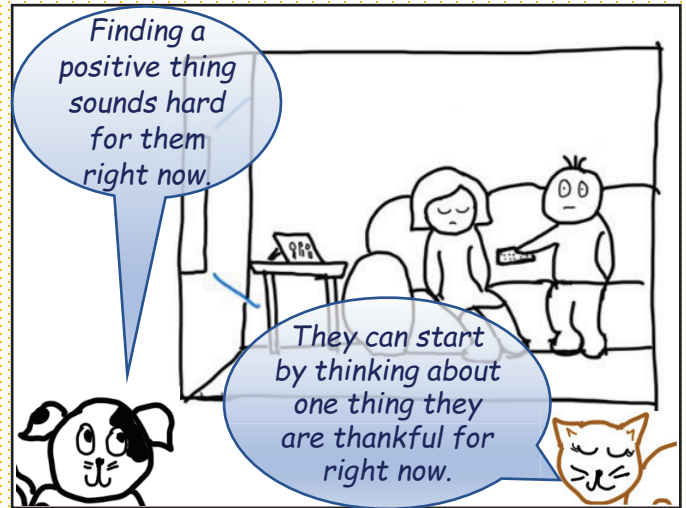
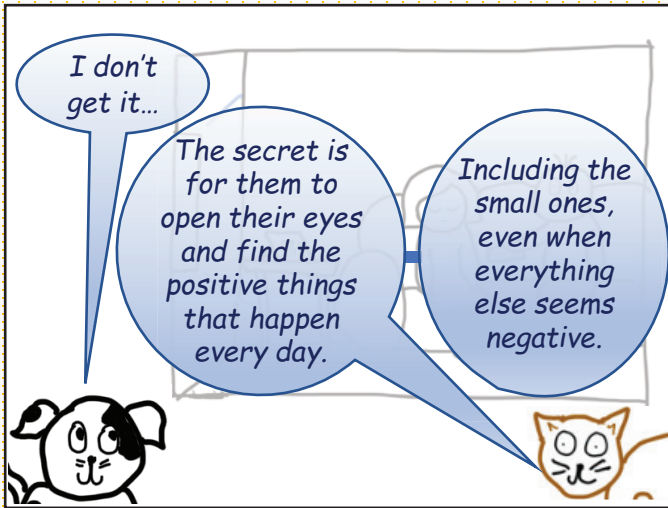


*Script and Illustrations By:
Luz Luna*









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