Resources List

This list provides a compilation of websites, articles and videos referenced in the health fair presentations. The resources are grouped by presentation topic.

**Overview of SARS-CoV-2 /COVID-19**

CDC Guidelines on Food and COVID-19

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/food-and-COVID-19.html>

Johns Hopkins Map of COVID-19 Cases Nationwide

<https://coronavirus.jhu.edu/us-map>

Scientific Article on the Assessment of Deaths From the Flu and COVID-19

<https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/2766121>

CDC Get the Facts About Coronavirus (Everything you need to know)

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

Overview of SARS-CoV-2 /COVID-19 Pre-Recorded Session

[https://elpasottuhsc.mediaspace.kaltura.com/media/Overview+of+SARS-CoV-2+COVID-19/1\_xkn9u25m](https://elpasottuhsc.mediaspace.kaltura.com/media/Overview%2Bof%2BSARS-CoV-2%2BCOVID-19/1_xkn9u25m)

**Different Types and Importance of Testing, How and Where to Get Tested**

COVID-19 Testing Sites in El Paso

epstrong.org/testing.php

CDC information about testing for COVID-19

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

FDA Coronavirus Testing Basics

<https://www.fda.gov/consumers/consumer-updates/coronavirus-testing-basics>

Texas Department of State Health Services COVID-19

<https://dshs.texas.gov/coronavirus/>

Different Types and Importance of Testing, How and Where to Get Tested Pre-Recording

[https://elpasottuhsc.mediaspace.kaltura.com/media/COVID+Testing+Recording+English/1\_56e2rfsi](https://elpasottuhsc.mediaspace.kaltura.com/media/COVID%2BTesting%2BRecording%2BEnglish/1_56e2rfsi)

**Differences in SARS-CoV-2/ COVID-19 in Adults and Children**

Children and COVID-19 Statistics
<https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/children-and-covid-19-state-level-data-report/>

El Paso COVID-19 Statistics
<http://epstrong.org/results.php>

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

CDC: Vaccinating during the COVID-19 Outbreak
<https://www.cdc.gov/vaccines/parents/visit/vaccination-during-COVID-19.html>

Baby Shark Hand-washing song
<https://www.youtube.com/watch?v=L89nN03pBzI&t=24s>

CDC: Families Deciding How to Go Back to School

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/decision-tool.html>

CDC: Back to School Decision Making Questionnaire

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/community/schools-childcare/back-to-school-decision-checklist.pdf>

CDC: Back-to-school Planning In-person classes checklist
<https://www.cdc.gov/coronavirus/2019-ncov/community/pdf/Back-to-School-Planning-for-In-Person-Classes.pdf>

Virtual classes checklist
<https://www.cdc.gov/coronavirus/2019-ncov/community/pdf/Back-to-School-Planning-for-Virtual-or-At-Home-Learning.pdf>

Differences in SARS-CoV-2/ COVID-19 in Adults and Children English Pre-Recording

[https://elpasottuhsc.mediaspace.kaltura.com/media/Differences+in+SARS-CoV-2+++COVID-19+in+Adults+and+Children+Pre-Recording+%28English%29/1\_5dv6jqu6](https://elpasottuhsc.mediaspace.kaltura.com/media/Differences%2Bin%2BSARS-CoV-2%2B%2B%2BCOVID-19%2Bin%2BAdults%2Band%2BChildren%2BPre-Recording%2B%28English%29/1_5dv6jqu6)

**Care Tips at Home for SARS-CoV-2 / COVID-19**

CDC self-checker

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

EPA website to check disinfectants

[www.epa.gov/listn](http://www.epa.gov/listn)

Care Tips at Home for SARS-CoV2/ COVID-19 English Pre-Recording

[https://elpasottuhsc.mediaspace.kaltura.com/media/Home+Care+Tips\_English+Recording/0\_7380vcqf](https://elpasottuhsc.mediaspace.kaltura.com/media/Home%2BCare%2BTips_English%2BRecording/0_7380vcqf)

**Importance of Mask Wearing and How to Make Masks and Hand Sanitizer at Home**

Bandana Mask

<https://tinyurl.com/y97bkzvw>

Sewn Cloth Mask

<https://tinyurl.com/ybkrtznx>

Sock Mask

<https://tinyurl.com/y8bjb582>

T-Shirt Mask

<https://tinyurl.com/yancbmoq>

Pre-Recorded Session

[https://elpasottuhsc.mediaspace.kaltura.com/media/All+About+Face+Masks+and+Hand+Sanitizer+Pre-Recording+%28English%29/1\_dlsnyc20](https://elpasottuhsc.mediaspace.kaltura.com/media/All%2BAbout%2BFace%2BMasks%2Band%2BHand%2BSanitizer%2BPre-Recording%2B%28English%29/1_dlsnyc20)

News Article Detailing How Researchers Developed a Test to Determine Which Masks are the Least Effective

<https://kvia.com/news/us-world/2020/08/08/researchers-created-a-test-to-determine-which-masks-are-the-least-effective/>

Scientific Articles Discussing the Effect of Masks

This meta-analysis in LANCET found that physical distance, face masks, and eye protection reduced transmission of SARS-CoV-2 and related viruses in health-care and community settings.

[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)31142-9/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736%2820%2931142-9/fulltext)

This Nature article shows that surgical face masks reduced detection of influenza and (seasonal common cold) coronaviruses in aerosols.

<https://www.nature.com/articles/s41591-020-0843-2#change-history>

This NEJM (New England Journal of Medicine) article shows how cloth face masks prevent the dispersion of respiratory droplets.

<https://www.nejm.org/doi/full/10.1056/NEJMc2007800>

**Coping Mechanisms During the Pandemic**

Emergency Health Network Crisis Hotline: (915) 779-1800

Toll Free Crisis Hotline: 1 (800) 562-6467

National Suicide Prevention Hotline: 1 (800) 252-5400

Mindfulness Exercises

<https://positivepsychology.com/mindfulness-exercises-techniques-activities/>

8 Tips to Help Your Child Focus and Stay Engaged During Distance Learning

<https://education.jhu.edu/2020/04/8tipsforfocus/>

Our Minds in Times of a Pandemic Pre-Recording of Presentation

[https://elpasottuhsc.mediaspace.kaltura.com/media/Our+Minds+in+Times+of+a+Pandemic/1\_8k5ptby2](https://elpasottuhsc.mediaspace.kaltura.com/media/Our%2BMinds%2Bin%2BTimes%2Bof%2Ba%2BPandemic/1_8k5ptby2)