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# Community's COVID-19 Curriculum

Updated October 2020



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Developed by UTHealth School of Public Health COVID-19 Communications Team in collaboration with Mayor Sylvester Turner's Health Equity Response Task Force, Public Health Education Subcommittee and COVID-19 Community Health Education Fellows



# Letter from the Mayor

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To My Fellow Houstonians,

This year has been a year like no other in recent memory due to COVID-19, and I want to personally thank you for keeping yourself, your family, and the community safe by masking up, regularly washing your hands, and engaging in physical distancing. In April 2020, I formed the COVID-19 Health Equity Response (H.E.R.) Task Force to connect Houston's most vulnerable and at-risk populations to critical guidance, resources, and supplies. I appointed and asked the H.E.R. Task Force's Public Health Education Subcommittee to develop the COVID-19 Community Health Education Fellows (CHEF) Program and a COVID-19 CHEF Curriculum to provide accessible and reliable public health education on how to fight COVID-19 in our most vulnerable communities.

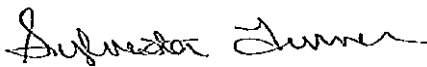
Over 100 Houstonians from our most vulnerable communities have received certifications as community health workers and contact tracers from Houston Community College, Lone Star College, and the University of Houston to become CHEFs. They have developed a public health education campaign to empower Houstonians to fight COVID-19, which includes the creation of a COVID-19 CHEF Curriculum. Over the past several months, our CHEFs have worked with my H.E.R. Task Force Public Health Education Subcommittee and experts at the University of Texas Health Science Center's School of Public Health to create this document, which we now share with you.

The purpose of this curriculum is to centralize and simplify information on COVID-19, so you do not have to search multiple sites and sources for answers that you need. It also provides you, your family, and your community with a one-stop handbook of reliable public health information, resources, and supports to address this challenging pandemic's mental, physical, and social impacts. I encourage you to read it and share it with others, so all Houstonians are empowered with the facts to promote health, safety, and well-being.

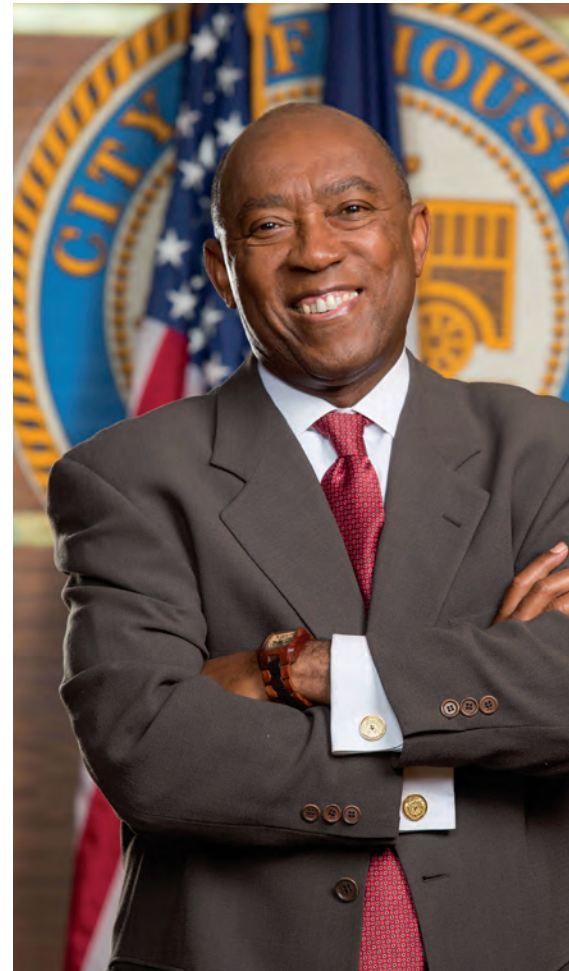
We remain "Houston Strong" because of your commitment to following public health guidance and practices.

Thank you.

Respectfully,



Sylvester Turner  
Mayor | City of Houston



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# Preface and Acknowledgments

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In April 2020, Mayor Sylvester Turner launched his Health Equity Response Task Force (H.E.R. Task Force) to support Houston’s recovery efforts through an equity-focused lens, and he explained,

“I started the H.E.R. Task Force to push more resources into the Houston neighborhoods that are most at-risk for community spread of the COVID-19 disease. The Task Force is committed to its mission and is working with the Mayor’s Office and the Houston Health Department to identify rapid responses the City can take to support its most vulnerable residents’ health and well-being.”

This initiative is led by five Mayor’s Office Division Directors including: Shannon Buggs (Complete Communities), Janice Weaver (Community Relations), Marissa Aho (Resilience), Susan Christian (Special Events), and Juliet Stipeche (Education). Chief Response and Recovery Officer Marvin Odum leads the City’s coordinated response to the public health crisis and economic downturn caused by the coronavirus pandemic.

The H.E.R. Task Force works to address health inequities and access by accelerating the data-driven, targeted and rapid response for residents in the city’s 22 priority Super Neighborhoods. It is comprised of more than 50 civic leaders from a diverse array of backgrounds including medical specialists, public health professionals, communications creatives, data scientists, technology experts, educators, and faith and community leaders. Five Task Force Subcommittees were created to focus on subspecialty areas including Data and Metrics, Faith & Community Leaders, Marketing & Communications, Technology Access, Medical Care, and Public Health Education. Each member has devoted a tremendous amount of time and talent to this city-wide effort, and we thank them for their leadership, service, and dedication.

Mayor Turner charged the Public Health Education Subcommittee to develop innovative strategies to educate and empower Houstonians in the fight against COVID-19. Using the social determinants of health, this subcommittee worked with public health departments, schools, government offices, local nonprofits, and community organizations to develop a community-focused COVID-19 curriculum and a strategic plan to promote equitable access to COVID-19 related public health information, training, resources, and healthcare services. In response, the subcommittee developed a new Mayoral initiative known as the COVID-19 Community Health Education Fellows (CHEF) Program.

This program empowered over 110 persons, ages 18 and up from Houston’s neighborhoods determined to have the greatest vulnerability using the CDC social vulnerability data, health data and accessibility data to become CHEFs. We actively sought opportunity

youth to serve as our initial CHEFs and thank JP Morgan Chase for their generous grant to facilitate the development of this program. All CHEFs received education and training at Houston Community College, Lone Star College, or the University of Houston to become certified community health workers and certified contact tracers before being deployed to serve the community.

CHEFs also received a week of intensive training at the City of Houston for essential skills development and training on COVID-19 outreach, curriculum delivery, and messaging, and an orientation to the City of Houston and Harris County's COVID-related programs and resources. CHEFs then started their externships to provide public health education to the community on how to fight COVID-19, with part of their duties including the development of this community-friendly, more accessible curriculum.

The H.E.R. Task Force's Public Health Education Subcommittee and CHEFs partnered with the health experts at UTHealth School of Public Health to develop this important Community's COVID-19 Curriculum. It is designed to be a timely and trustworthy resource that can be used by CHEFs to share valuable public health information regarding COVID-19 within their communities. It is intended to be modified or amended as new resources are developed, and it will serve as a reference and resource document during and after the CHEFs' COVID-related trainings.

We also hope that you will use this document as a guide and a resource to empower yourself with the knowledge needed to protect yourself, your loved ones, friends, family, and community. Please take the time to review the contents, share it with others, and help us in the fight against COVID-19. As COVID-19 is a contagious, community-acquired disease, we must come together, as we always do, to protect ourselves and others with the knowledge, habits, and skills to ensure that our beloved Houston remains healthy and strong.

Respectfully,



Juliet Stipeche  
Director, Mayor's Office of Education  
Mayor's Office Lead, H.E.R. Task Force, Public Health Education Subcommittee



Mayor's Office of Education

## Acknowledgments

We wish to thank the members of the Mayor's H.E.R. Task Force Public Health Education Subcommittee for their tremendous leadership, dedication and service:

### H.E.R. Task Force, Public Health Education Subcommittee Members

- ◆ Co-Chair: Asim Shah MD, Professor and Executive Vice Chair, Psychiatry, Baylor College of Medicine & Chief of Psychiatry Ben Taub Hospital
- ◆ Co-Chair: Rosie Valadez McStay, MPH, Assistant Vice President Government Relations and Community Benefits, Texas Children's Hospital
- ◆ Co-Lead: Juliet Stipeche, Director, Mayor's Office of Education
- ◆ Nelson Bowman, UNICEF USA
- ◆ Brandon Denton, Associate Director, Mayor's Office of Education
- ◆ Dr. Tonyel Edwards, Houston Endowment
- ◆ Kimberly Hatter JD, Mayor's Office, Project Manager for Bloomberg Associates
- ◆ Dr. Melanie Johnson, President and CEO, Collaborative for Children
- ◆ Keila N. Lopez, MD MPH, Pediatric Cardiologist, Director of Cardiology Transition Medicine, Texas Children's Hospital/Baylor College of Medicine
- ◆ Silvia Mintz JD, Attorney, Silvia Mintz Law Office
- ◆ Misty Mousa-Lanza, Director, Business Partnerships, Univision Communications Inc.
- ◆ Stephanie Nellons Paige CEO/President, Nellons Paige Group, Inc
- ◆ John Puder, Texas Hunger Initiative
- ◆ Norma Torres Mendoza, Consultant, EY-Parthenon
- ◆ Janice Weaver, Mayor's Office, Director of Community Relations
- ◆ Dr. Pam Wells, Executive Director, Region IV ESC

We offer much gratitude and appreciation to UTHealth School of Public Health for collaborating with us to create the Community's COVID-19 Curriculum and support our CHEFs. We thank Dean Eric Boerwinkle, PhD, Christine Markham, PhD, Lara S. Savas, PhD, Paula M. Cuccaro, PhD, and Allison Olmsted. We also thank our outstanding CHEFs who are acknowledged by name in this document.

We are grateful to the various educational partners who supported this effort including Houston Community College, Lone Star College, the University of Houston, and Rice University. We thank our diverse partners including David Persse, M.D., Chief Medical Officer - City of Houston, Director Stephen Williams and the Houston Health Department, Harris County, Harris County Public Health, Baylor College of Medicine, Karla Fredricks, MD, MPH, FAAP, Christopher Greeley, MD, MS, Quianta Moore, J.D., M.D., Jie Wu, M.A., Texas Children's Hospital, Norma Atherton and Kristi Rangel (MBK) from the Houston Health Department, JP Morgan Chase, the Greater Houston Community Foundation, Hire Houston Youth, Shift Press, Bloomberg Philanthropies, and Workforce Solutions. We thank the Houston Independent School District for assisting us to recruit CHEFs.

This program would not be possible without Mayor's Office of Education's outstanding members including Jo-Anne Reed (Grant Coordinator, Be Well, Be Connected), Laura Cuellar (Project Coordinator, UNICEF USA CFCI), Alfredo Dominguez (Fellow, Lead for America), and Brittany Johnson (Coordinator, Cities Connecting Children to Nature). We also thank the Mayor's Office of Education amazing former employees and interns from Hire Houston Youth and the University of Houston Mayoral Interns who provided tremendous support and insight in the development and implementation of the Mayor's CHEF program and COVID-19 response, especially Cindy Nguyen, Mary Brewer, and Luis Moreno.

If we missed you, we apologize and thank you for helping us in this community-driven effort to keep Houston Strong in the fight against COVID-19.

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#### **UTHealth School of Public Health Center for Health Promotion and Prevention Research COVID-19 Communications Team Members:**

Dr. Lara Savas
Dr. Christine Markham
Dr. Paula Cuccaro
Dr. Melissa Valerio
Mary K. Martin
Emily Adlparvar
Allison Olmsted
Nicole Yeung
Jacklyn Asamoah
Adetaju Adeniji

# General Information

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After reviewing this section, you should be able to...

- ◆ Explain the 3 common ways that Coronavirus Disease 2019 (COVID-19) can spread
- ◆ List at least 3 symptoms associated with COVID-19
- ◆ Name two groups who may experience more severe outcomes from COVID-19
- ◆ Identify ways to tell if a source can be trusted

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## a. What is Coronavirus?

- ◆ Coronavirus Disease 2019 (COVID-19) is a **respiratory illness** that is spread by the SARS-CoV-2 virus, which is a type of coronavirus<sup>1</sup>
- ◆ This new virus has spread globally. With time, we continue to learn more about how it travels and how to better protect ourselves and others
- ◆ Currently, there is no vaccine to prevent COVID-19 or specific medication to help people who are sick
- ◆ Most healthy people who get COVID-19 will experience mild to severe symptoms and recover. However, some people may have long-term effects or even die

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**Respiratory illness** is a general term for any disease that affects the lungs and can affect a person's ability to breathe.

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This virus is new and changing, which means we still do not know the long-term effects. It is best to keep yourself and your family healthy by making safe choices.



Wash hands



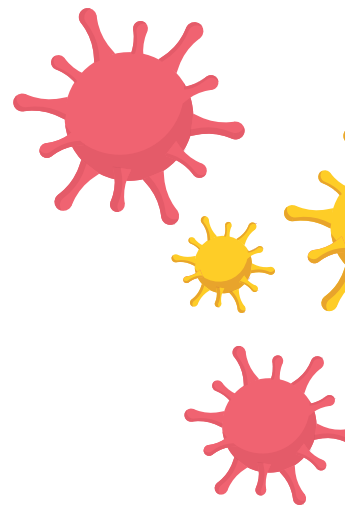
Wear a mask



Avoid contact



Do not touch face



## b. How is the Coronavirus Spread?

Coronavirus is mainly spread from person to person. You can become infected in the following ways:<sup>1</sup>



When you come into close contact (6 feet or two arm lengths) with a person who has COVID-19.



You have contact with respiratory droplets that come out when an infected person coughs, sneezes, or talks.

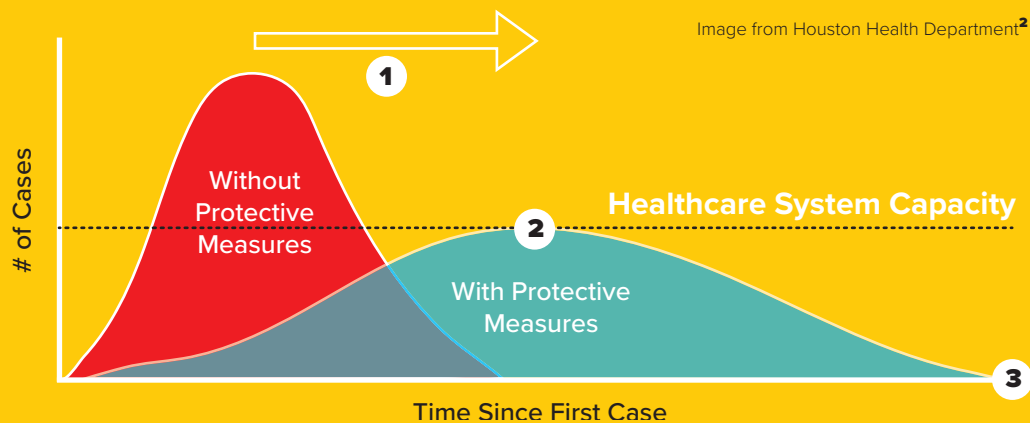


You touch a surface or object that has the virus on it, then touch your mouth, nose, or eyes.<sup>2</sup>



Since we know how the virus is spread, we can prevent it by practicing safe behaviors such as washing our hands, physical distancing, wearing a mask, and avoiding touching our eyes, nose, and mouth.

**If everyone does their part to protect themselves and others, we can flatten the curve.**



**Flatten the curve:**  
slowing the spread of the virus to a point where we have enough hospital beds to care for the sick. This requires that everyone does their part.

- ◆ “Healthcare system capacity” means how many sick patients the hospitals are able to treat
- ◆ If we don’t slow the spread (the red hump above), there will be more cases than our hospitals can treat, which will overwhelm them
- ◆ If we can slow the spread (the blue hump above), we will have fewer number of COVID-19 cases at a given time, which will not overwhelm the hospitals

# Think About It!



What are some activities that we do in our daily lives which could put us at risk of getting infected? What are ways we can avoid these activities, or steps we can take to protect ourselves if we must do them?

## c. Symptoms of COVID-19

- ◆ The main symptoms of COVID-19 include fever, cough and shortness of breath. Other symptoms include muscle and body aches, fatigue, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea<sup>3</sup>
- ◆ If you have these symptoms, take protective measures and call your doctor
- ◆ If you have any emergency signs, seek help immediately:
  - Trouble breathing
  - You cannot wake up or stay awake
  - Pain or pressure in the chest that will not go away
  - Bluish lips or face
  - New confusion

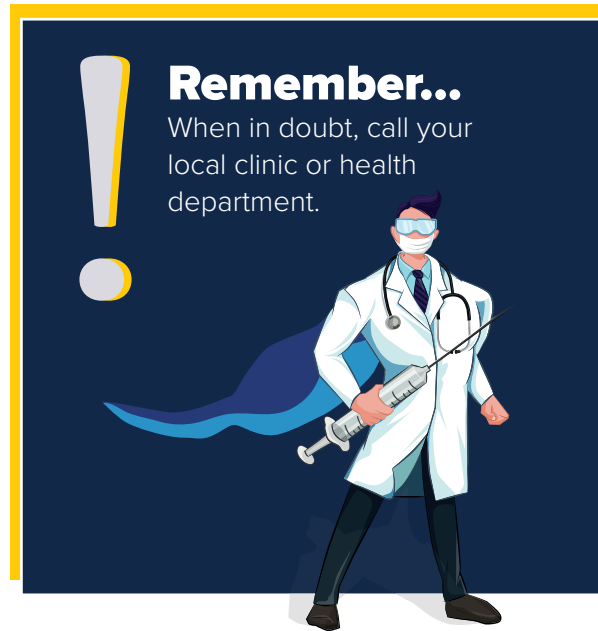




Some people have said that COVID-19 is the same as the flu. **This is not true! COVID-19 can be much more serious than the flu.** It kills more people and may lead to long-term problems. If you are unsure of your symptoms, the safe choice is to contact a doctor and get tested.<sup>4</sup>

#### Complications of COVID-19<sup>5</sup>

- ◆ This is a new virus and there may be long-term complications that we still do not know about. Some of the documented complications include:
  - Pneumonia
  - Respiratory failure
  - Multisystem organ failure



#### d. High Risk Populations

- ◆ Everyone is at **risk** of getting COVID-19. However, based on what we know, some groups are at higher risk of severe complications
- ◆ Here are some groups who may be more likely to have worse health effects if they get COVID-19<sup>6</sup>

##### Older People

- People 65 years and older
- People who live in a nursing home or long-term care facility

##### People with Pre-existing Conditions

- People of all ages with underlying medical conditions, especially if not well controlled. Examples include people with:

- Chronic lung disease (COPD)
- Moderate or severe asthma
- Diabetes
- Serious heart conditions

- People who are **immunocompromised**. Examples include people who:

- Are obese (body mass index [BMI] of 30 or higher)
- Have chronic kidney disease or are undergoing dialysis



- Have cancer
- Have immune deficiencies
- Have poorly controlled HIV or AIDS
- Have had prolonged use of corticosteroids and other immune weakening medications
- Had a bone marrow or organ transplant

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**Risk:** how likely you are to get the disease. High risk means that it is more likely you will have worse health effects if you get sick.

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**Immunocompromised** means that the person's immune system is too weak to fight off infections.

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## Check it Out!



Here is a video from the Centers for Disease Control and Prevention (CDC) on who is at higher risk and what to do to prepare:

[https://youtu.be/qb7shu\\_sdQ0](https://youtu.be/qb7shu_sdQ0)

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## Think About It!



Think about the groups who are considered “at risk.” Are you at risk of getting COVID-19? Why or why not? What is the difference between “at risk” and “high risk?” Can you give an example of each?

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## How Can I Support my Community



Anyone can get COVID-19! Help your community understand that although people with pre-existing conditions and the elderly have a higher chance of getting it, everyone exposed to COVID-19 can get it! We need to protect ourselves and also those in our household with a higher risk. Help your community understand this by sharing the numbers of cases of people without pre-existing conditions who also got COVID-19.

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### e. How to Tell if a Source Can Be Trusted

Information about COVID-19 will change as scientists learn more about the virus and how it affects us. When reading things online or listening to the news or radio, it is important to know if the **source** can be trusted.

Here are some tips on how to know if your source can be trusted to have correct, up-to-date information.<sup>7</sup>

- ◆ **Look for well-known institutions.** These will usually be government agencies, universities, or non-profit foundations or organizations. The website will usually end in “.org”, “.edu”, or “.gov”. Some examples:



- ◆ **Look for sites with expertise.** Look for websites that specialize on the topic you are looking up. For example, if you are looking for information on prevention, check out the Centers for Disease Control and Prevention (CDC) instead of a blog
- ◆ **Avoid commercial sites.** Many times, if a company owns a website or is trying to sell a product, their information may be biased. Many commercial sites end in “.com”
- ◆ **Beware of bias.** Where you get your news matters. Use the chart below as a guide for sources which may have bias

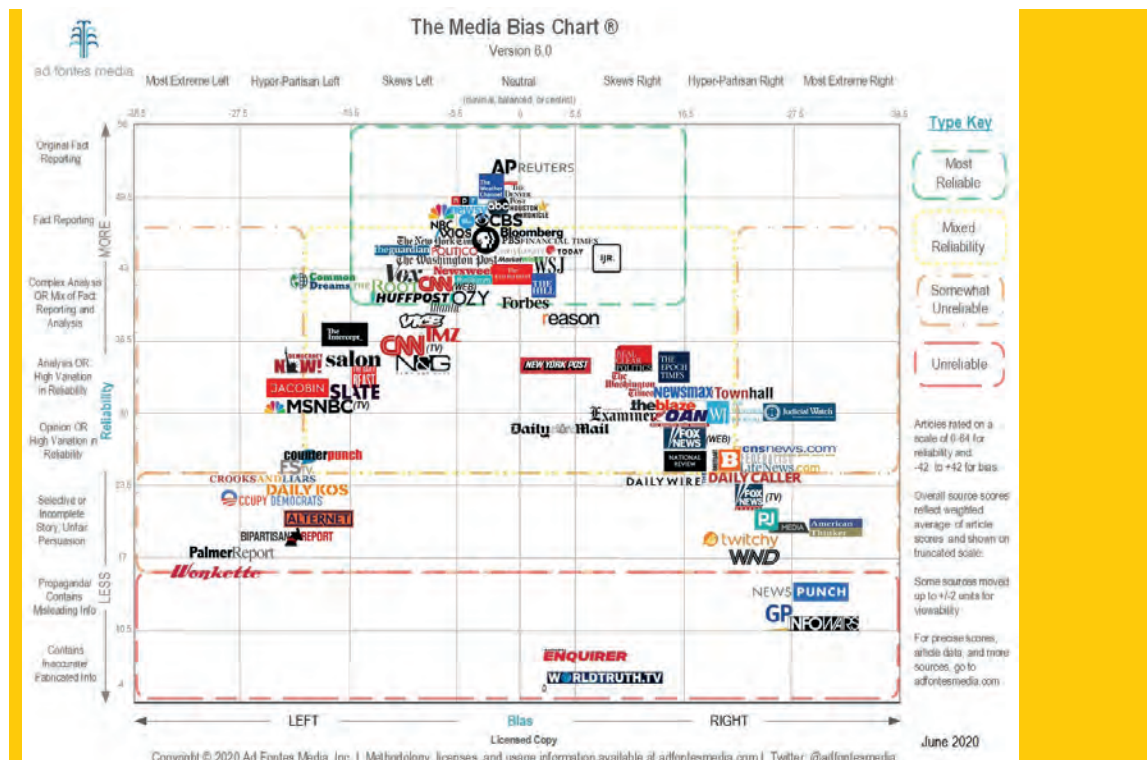


Image from Ad Fontes Media<sup>8</sup>

- ◆ **Check the date.** If the information is old, it may not be relevant anymore
- ◆ **Consider how the site looks.** If the website has poorly written language or is badly designed, it may be a sign that the website is not that reliable
- ◆ **Avoid anonymous authors.** If someone writes something that they are willing to defend, they will likely put their name on it. If you can see the author's name, you can also Google them to see their background and other articles they've authored
- ◆ **Check the links.** Reputable websites often link to each other. Enter the following into your Google search: [http://www.\[WEBSITE\].com](http://www.[WEBSITE].com) and replace [WEBSITE] with the domain of the site you are searching. If lots of sites appear because they include your search site as a link, and those sites seem reputable, that's a good sign

**Source:** where your information comes from.

**Bias:** prejudice in favor of or against one thing, person, or group compared with another, usually in a way considered to be unfair.



## Think About It!

Think about some incorrect information you may have heard about COVID-19. Do you remember where you learned this information? What makes the information biased or incorrect, based on what we know now? Discuss with a peer.

# COVID-19 Prevention

**After reviewing this section, you should be able to...**

- ◆ List 5 steps to correctly wash your hands
- ◆ Name at least 3 times when you should wash your hands
- ◆ Describe the pros and cons of using hand sanitizer versus hand washing
- ◆ Explain what is physical or social distancing
- ◆ List at least 3 ways to protect yourself and others as Houston reopens businesses and restaurants

## a. Hand Washing

The coronavirus can stay alive for long periods of time on surfaces (even if we can't see it)! Therefore, it is very important to keep your hands clean at all times.

### Handwashing Steps<sup>9</sup>

Follow these five steps every time you wash your hands:

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

Parents should encourage their children to practice hand hygiene and help them learn the steps at home.



Here are several images that you can share with your community, family or friends on the topic of hand washing and germs:

## 5 STEPS to proper hand washing



### Step 1 **WET** YOUR HANDS

with clean, running water (warm or cold), turn off the tap, and apply soap.



### Step 2 **LATHER** YOUR HANDS

by rubbing them together with the soap.

Lather the backs of your hands, between your fingers, and under your nails.



### Step 3 **SCRUB** YOUR HANDS

for at least 20 seconds.



### Step 4 **RINSE** YOUR HANDS

well under clean, running water.



### Step 5 **DRY** YOUR HANDS

using a clean towel or air dry them.

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**GERMS**  
are all around you.

Stay healthy.  
Wash your hands.

CS264906 F  
PR030006

[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)

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Los **MICROBIOS**  
están por todos lados.

Mantente sano.  
Lávate las manos.

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[www.cdc.gov/handwashing/esp](http://www.cdc.gov/handwashing/esp)



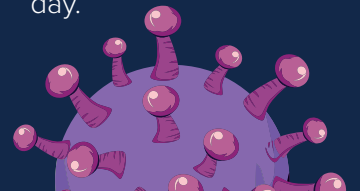
### When to Wash Your Hands<sup>9</sup>

- ◆ **Before**, during, and after preparing food
- ◆ **Before** eating food
- ◆ **Before** and **after** caring for someone at home who is sick with vomiting or diarrhea
- ◆ **Before** and **after** treating a cut or wound
- ◆ **After** using the toilet
- ◆ **After** [changing diapers or cleaning up a child who has used the toilet](#)
- ◆ **After** blowing your nose, coughing, or sneezing
- ◆ **After** touching an animal, animal feed, or animal waste
- ◆ **After** handling pet food or pet treats
- ◆ **After** touching garbage



### Remember...

Assume that every surface could have the virus. Wash your hands many times during the day.





During the COVID-19 pandemic, you should also clean your hands:<sup>12</sup>

- ◆ After you have been in a public place and touched an item or surface
  - Examples: door handles, tables, gas pumps, shopping carts, electronic cashier registers/screens, handles, rails, or seats on public buses or trains, elevator buttons
- ◆ Before touching your eyes, nose, or mouth because that's how germs enter our bodies
- ◆ When you arrive home after being outside or in a public place



Which surfaces are touched the most in your home? In your community?  
How can you encourage people to wash after touching these?

### Hand Sanitizer<sup>9</sup>

- ◆ Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not available, you can use hand sanitizer that contains at least 60% alcohol
- ◆ Find out if the sanitizer contains at least 60% alcohol by looking at the product label

Sanitizers can work quickly to reduce germs on hands in many situations.  
However, sanitizers...

- ◆ Do not get rid of all types of germs.
- ◆ May not be as effective when hands are visibly dirty or greasy.
- ◆ Might not remove harmful chemicals from hands like pesticides and heavy metals



**Caution!** Swallowing alcohol-based hand sanitizers can cause alcohol poisoning if more than a couple of mouthfuls are swallowed. Keep it out of reach of young children and supervise their use.



### Remember...

When it's possible, washing your hands is the BEST way to get rid of germs. Sanitizer is a good back-up but should NEVER replace handwashing.

## Hand Sanitizer Steps<sup>9</sup>

The steps for using hand sanitizer are similar to hand washing:

- ◆ **Apply** the gel product to the palm of one hand. Read the label to learn the correct amount.
- ◆ **Rub** your hands together.
- ◆ **Spread** the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around **20 seconds**.

## Think About It!



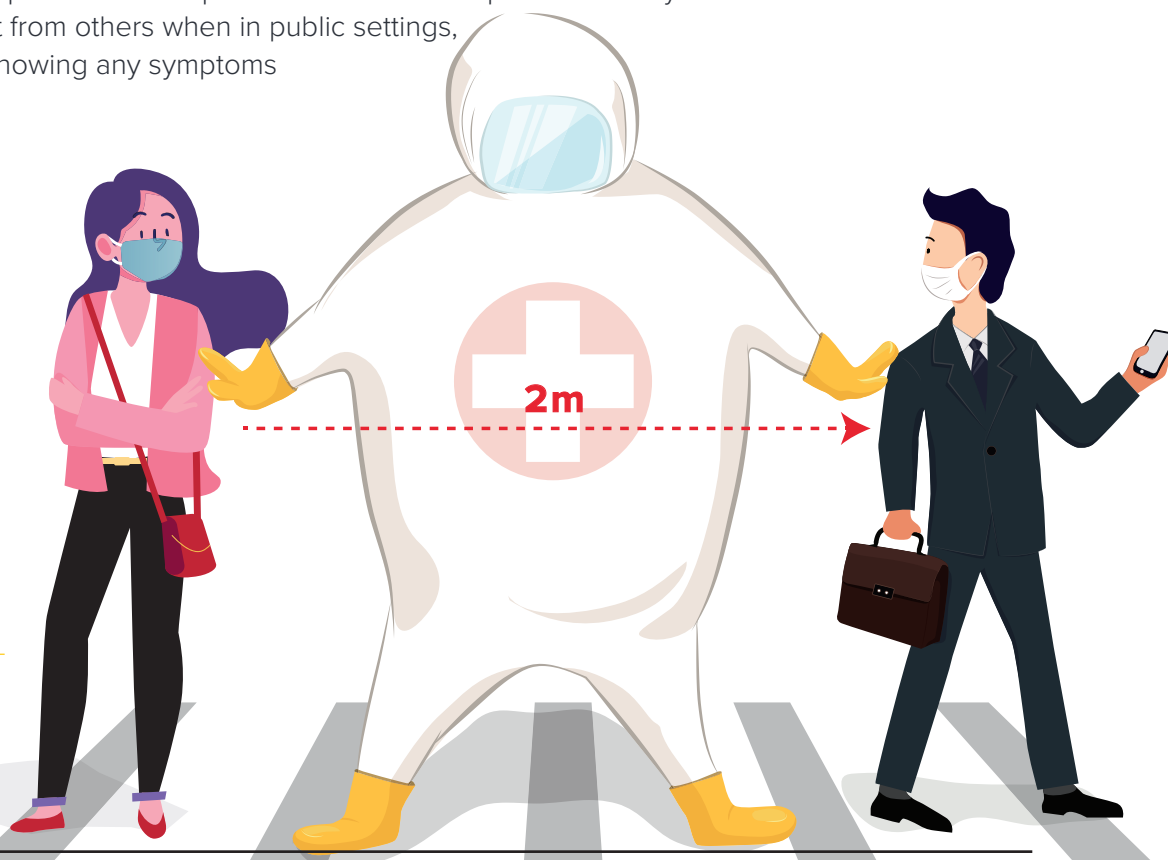
Can you think of ways to remind family, friends, and community members to wash their hands? What creative method would you use (ex: poster in the bathrooms, kitchen, etc.)?

### b. Social or Physical Distancing

What is **Social or Physical Distancing**<sup>13</sup>

- ◆ Social distancing is keeping space between yourself and other people who do not live with you
- ◆ Social distancing helps control the spread of the virus. People should stay at least 6 feet (2 meters) apart from others when in public settings, even if they aren't showing any symptoms

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#### Social or physical distancing...

what's the difference?  
They mean the same thing,  
but you may see people refer  
to it using these two names.



## Think About It!



Think about places where it may be difficult to socially distance. If someone told you they wanted to go to a family barbecue with cousins, how would you discourage them from going? Is there an alternative to doing this activity while practicing social distancing?

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## How Can I Support my Community



Many families live in crowded homes or must take public transportation where it is difficult to social distance. In these cases, encourage community members not to associate with people outside their families who they live with or, in the case of public transport, to wash hands or sanitize frequently and always wear a mask.

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### Ways to Practice Social Distancing<sup>1,13,14</sup>

- ◆ Avoid close contact with people having symptoms
  - ◆ Avoid large groups and crowded places
  - ◆ Do not hug, kiss, or shake hands
  - ◆ Do not host or go to social gatherings with friends and family
  - ◆ Do your errands online when possible (ex: grocery shopping, visiting your doctor through a virtual appointment, etc.)
  - ◆ Use the phone if you need to communicate with your doctor and call the pharmacy ahead of time to order and pick up medications
  - ◆ Limit grocery trips to only one person per household
  - ◆ If you need to go out, try to go during non-busy hours
  - ◆ If you must go in person, stay at least 6 feet away from others and disinfect items you must touch
- 

## How Can I Support my Community



Many families live in crowded homes or must take public transportation where it is difficult to social distance. In these cases, encourage community members not to associate with people outside their families who they live with or, in the case of public transport, to wash hands or sanitize frequently and always wear a mask.



### c. Masks

- ◆ The CDC recommends wearing cloth face coverings outside the home to help prevent the spread of COVID-19
- ◆ There is also growing evidence that face masks decrease transmission of the virus and may even decrease deaths and illness by reducing the number of severe cases<sup>15</sup>

**Check  
it Out!**



Here is a video from the Centers for Disease Control and Prevention (CDC) on how to make your own mask at home:  
<https://www.youtube.com/watch?v=tPx1yqvJgf4>

### How to Select a Mask<sup>16</sup>

- ◆ Here are some do's and don'ts:



**DO NOT choose masks that**

-  Are made of fabric that makes it hard to breathe, for example, vinyl
-  Have exhalation valves or vents, which allow virus particles to escape
-  Are intended for healthcare workers, including N95 respirators or surgical masks

**DO choose masks that**

-  Have two or more layers of washable, breathable fabric
-  Completely cover your nose and mouth
-  Fit snugly against the sides of your face and don't have gaps

**Gaiters & Face Shields**

-  Wear a gaiter with two layers, or fold it to make two layers
-  Caution: Evaluation is ongoing but effectiveness is unknown at this time

- ◆ Special considerations when selecting masks:

**Special Situations: Children**

-  If you are able, find a mask that is made for children
-  If you can't find a mask made for children, check to be sure the mask fits snugly over the nose and mouth and under the chin
-  Do NOT put on children younger than 2 years old

**Special Situations: Glasses**

-  If you wear glasses, find a mask that fits closely over your nose or one that has a nose wire to limit fogging

## How to Wear a Mask<sup>16</sup>

- ◆ Wear a mask correctly and consistently for the best protection
  - Be sure to wash your hands or sanitize before putting on a mask
  - Do NOT touch the mask when wearing it
- ◆ When wearing a mask, it should:
  - Cover your nose and mouth and be secured under your chin
  - Fit snugly against the sides of your face



- ◆ There are many common ways people wear masks which are incorrect and make them less effective:

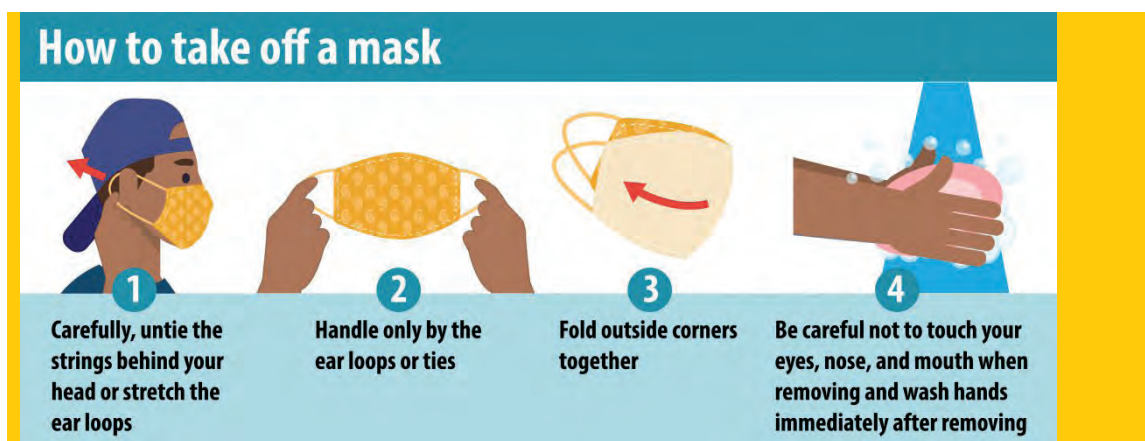


## When wearing face coverings **DO NOT...**<sup>14</sup>

- ◆ Re-use single-use face coverings
- ◆ Share a used or unclean mask with others
- ◆ Leave a used face covering in a place where others can touch it
- ◆ Take your mask off or pull it down past your nose and mouth while communicating with someone

## How to Take Off a Mask<sup>16</sup>

- ◆ Here are some steps you should follow when removing your mask:



## Cleaning Your Mask<sup>16</sup>

- ◆ Masks should be washed regularly. Always remove masks correctly and wash your hands after handling or touching a used mask
  - Include your mask with your regular laundry
  - Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the mask
  - Use the highest heat setting and leave in the dryer until completely dry



Replace your mask when it becomes damp, torn, dirty, or damaged.



Even when wearing a mask, it is important to continue to practice other preventive actions such as social distancing, washing hands, cleaning high-touch surfaces in your home often, and staying home when sick.<sup>14</sup>



### How to Wear a Face Mask



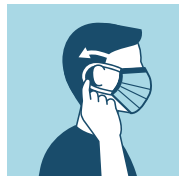
Step 1: Wash your hands before putting on and taking off the face mask.



Step 2: Put mask on to cover your nose and mouth.



Step 3: Make sure it fits snugly against the sides of your face.



Step 4: Adjust straps as needed so that the mask does not fall off.



Step 5: Make sure you can breathe easily.

### Tips for Effective Mask Use

- ◆ Straps should be attached to the mask and fit snugly around the ears
- ◆ A face cover which is too large or loose will reduce effectiveness
- ◆ Wash your mask regularly to remove any germs
- ◆ Avoid touching the outside of your mask during and after use. If you do touch it, wash your hands

**Note! Children under 2 years or anyone who has trouble breathing or is unable to remove the mask without assistance should NOT wear a face mask.**

### d. Avoid Touching Your Face

Avoid touching your eyes, nose, and mouth if you haven't first washed your hands. It can be a hard habit to break, but with good practice, you can better protect yourself!

### Check it Out!



Here is a video from a Rice University psychologist that talks about some ways that you can try to break the habit of touching your face: <https://www.youtube.com/watch?v=GwXfXZai-wk>

### Think About It!



Make a game out of it – if you live with family or have a roommate, challenge each other to try and not touch your face all day. Whoever touches their face gets a tally mark next to their name. At the end of the day, the person with the least number of tally marks wins! Can you think of another fun way you can engage your friends, family, and community members in breaking the habit of touching their face?



## How Can I Support my Community

Help those you know better understand how COVID-19 is prevented. Share details of how COVID-19 is transmitted and the importance of washing hands for 20 seconds, following social distancing, using a mask in public, and avoiding touching eyes, nose, and mouth to prevent getting COVID-19.

### e. Disinfecting Personal Items and Surfaces in Your Home

- ◆ The Environmental Protection Agency (EPA) has a list of products which are effective against COVID-19. When disinfecting surfaces, it is important to use EPA approved cleaners and to follow the directions on the bottle<sup>17</sup>
- ◆ See below for six steps to safe and effective disinfectant use:<sup>18</sup>



### Key Surfaces to Disinfect<sup>19</sup>

- ◆ Your phone
- ◆ Computers, keyboards, iPads
- ◆ Kitchen tops
- ◆ Shared utensils
- ◆ Taps and flush handles in the bathroom
- ◆ Light switches
- ◆ Door handles
- ◆ Bedside tables

## f. Protecting Yourself as Houston Reopens

### What you need to know:<sup>20</sup>

- ◆ In general, the more closely you interact with others and the longer that interaction, the higher the risk of COVID-19 spread
- ◆ If you decide to engage in public activities, continue to protect yourself by practicing everyday preventive actions
- ◆ Keep these items on hand when going out: a mask, tissues, and a hand sanitizer with at least 60% alcohol, if possible
- ◆ There is no way to ensure zero risk of infection, and the level of risk for an activity depends on many factors, such as:
  - Is COVID-19 spreading in your community?
  - Will you have a potential close contact with someone who is sick or anyone who is not wearing a mask (and may be asymptomatic)?
  - Are you at increased risk of severe illness?
  - Do you take everyday actions to protect yourself from COVID-19?
- ◆ It is important for you to consider your own personal situation and the risk for you, your family, and your community before going out

### Understand the Potential Risks of Going Out<sup>20</sup>

- ◆ The more closely you interact with others and the longer that interaction, the higher the risk of COVID-19 spread. So, think about:
  1. *How many people will you interact with?*
    - Interacting with more people raises your risk
    - Being in a group with people who aren't social distancing or wearing masks increases your risk
    - Engaging with new people (e.g., those who don't live with you) also raises your risk
    - Some people have the virus and don't have any symptoms, and it is not yet known how often people without symptoms can transmit the virus to others
  2. *Can you keep 6 feet of space between you and others? Will you be outdoors or indoors?*
    - The closer you are to other people who may be infected, the greater your risk of getting sick
    - Keeping distance from other people is especially important for people who are at higher risk for severe illness, such as older adults and those with underlying medical conditions
    - Indoor spaces are more risky than outdoor spaces where it might be harder to keep people apart and there's less ventilation
  3. *What's the length of time that you will be interacting with people?*
    - Spending more time with people who may be infected increases your risk of becoming infected



### Remember...

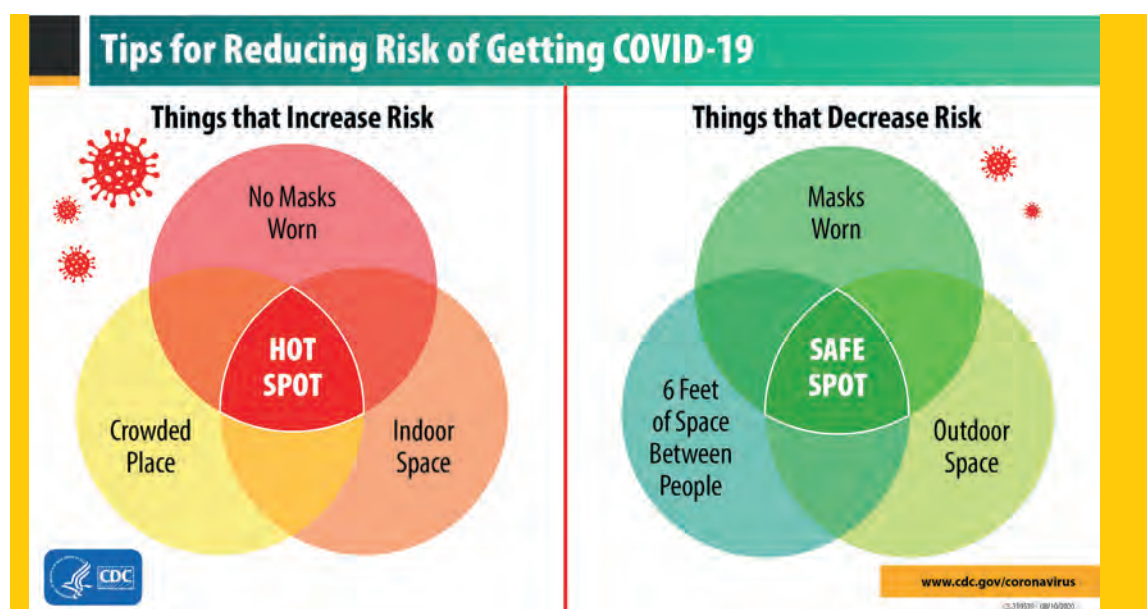
ALL activities will have SOME risk. It is best to choose ones that are lowest risk.

- Spending more time with people increases their risk of becoming infected if there is any chance that you may already be infected

## What Makes Activities Safer<sup>20</sup>

### Activities are safer if:

- ◆ You can maintain at least 6 feet of space between you and others. COVID-19 spreads easier between people who are within 6 feet of each other
- ◆ They are held in outdoor spaces. Indoor spaces with less ventilation where it might be harder to keep people apart are more risky
- ◆ People are wearing masks. Interacting without wearing masks also increases your risk



Prioritize outdoor spaces where people are wearing masks and keeping 6 feet away from others

## Your Responsibility to Your Family and Friends

We all miss enjoying time with family and friends. Please follow these steps to keep you and your loved ones safe and healthy:

- Greet each other by smiling and waving; do not hug or shake hands
- Provide masks or ask guests to bring their own
- Limit people in food prep areas and designate only a few trusted individuals (who are very careful about washing their hands thoroughly and not touching their face) to handle the food
- Spread out tables and chairs to keep everyone six feet apart
- Take turns visiting the food table
- Clearly mark handwashing and sanitizing areas
- Clean all surfaces every 20 minutes
- Wash your hands before and after eating or handling food

**Remember...**  
We all have an important role and are all responsible for flattening the curve and preventing the spread of COVID-19.





If you attend an event and do NOT have a mask, are NOT provided one, and are UNABLE to practice social distancing, you will need to leave the gathering.

Essential workers often face challenges to social distancing. When this is the case, washing your hands, wearing a mask, and avoiding touching your eyes, nose, and mouth become even more important. If you feel sick, or you know you have been in contact with someone with the virus, stay away home and get tested!

**It is a good idea to create a plan just in case an emergency arises during the coronavirus outbreak.**

#### **Emergency Checklist:<sup>14</sup>**

- ☑ A list of important contacts and phone numbers (ex: your doctor or health care provider, family, and friends)
- ☑ A list of emergency response services or community resources that will remain open (ex: schools and community centers that are providing free resources)
- ☑ In the case of store closures, have a 2-week supply of essential over-the-counter medications, food, and personal items



#### **Remember...**

Actions you take can keep your family and friends safe. You can save a life by making the right decision.

Here are images that you can share with your community, family, or friends on making the best decisions when going out:

COVID-19

BEFORE YOU GO...

How many people are with you?  
How many people will be there?

6 ft  
2 m

Can you maintain a safe distance from others?

How long will you be there? **Keep it short.**

Inside or outside? **Outside is better.**

Is the place following guidelines? **Masks? 6 ft?**

Image from San Antonio Mayor's Fitness Council Email Distribution

Avoid the Three Cs

World Health Organization  
Western Pacific Region

Be aware of different levels of risk in different settings.

There are certain places where COVID-19 spreads more easily:

1

**Crowded places**  
 with many people nearby

2

**Close-contact settings**  
 Especially where people have close-range conversations

3

**Confined and enclosed spaces**  
 with poor ventilation

The risk is higher in places where these factors overlap.

**Even as restrictions are lifted, consider where you are going and #StaySafe by avoiding the Three Cs.**

WHAT SHOULD YOU DO?

Avoid crowded places and limit time in enclosed spaces

Maintain at least 1m distance from others

When possible, open windows and doors for ventilation

Keep hands clean and cover coughs and sneezes

Wear a mask if requested or if physical distancing is not possible

If you are unwell, stay home unless to seek urgent medical care.

Some activities are riskier than others:



Texas Medical Association | 401 W. 15th St. | Austin, TX 78701-1680

[www.texmed.org](http://www.texmed.org)

[f](#) [t](#) @texmed

[i](#) @wearetma



If you attend an event and do NOT have a mask, are NOT provided one, and are UNABLE to practice social distancing, you will need to leave the gathering.

## Essential Workers<sup>22</sup>

- ◆ In addition to usual protective behaviors, there are other steps that essential workers can take to protect themselves and their families:
  - Carry hand sanitizer with you in case you can't get to a sink during the workday
  - Avoid sharing rides with co-workers and try to travel to and from work alone
  - Leave accessories (i.e. jewelry, ties, rings, watches) at home
  - If you wear contacts, consider glasses so that you touch your eyes less
- ◆ Making a plan for when you come home can help reduce spread:
  - If possible, change into clean clothes before coming home. If not, have a bag available near the entrance to your home that you can put dirty clothes into
  - Wash your hands or use hand sanitizer after removing dirty clothes and before touching clean clothes
  - Take off the shoes you wore to work before entering your home
  - Wash dirty clothes right away using your regular laundry detergent
  - Take normal precautions like cleaning high-touch surfaces and washing hands often

## Going Back to School

- ◆ Information for schools, parents, and students has been confusing. Kids and parents should take the same protective actions as others, and parents should work to model these actions for their children.
- ◆ Ask your school what their plans are for reopening so that you can make the best decisions for your family.





See below for some resources for kids and parents:

# ***BE A HERO: FIGHT AGAINST COVID-19***

## **What do heroes do?**



Wash your hands  
for 20 seconds



Wear a face  
covering over  
your nose and  
mouth



Avoid  
touching your  
eyes, nose,  
and mouth



Keep 6 feet (two  
desks) of space  
between you and  
others

Add some color to your hero!



**Who is your hero? Write the name of someone who has been a COVID hero to you:**

\_\_\_\_\_

# HELP YOUR HERO FIGHT COVID-19

## Parent Edition

### Tips to Help Your Hero

- Practice wearing a mask and washing hands frequently at home
- Make masks together and encourage kids to decorate them
- Incorporate games:
  - Who can go longer without touching their face?
  - Role play to model good behaviors
- Always keep masks and sanitizer handy

### How do kids react?

- Reactions depend on age
- Younger kids may feel upset, uncomfortable, scared, and may even cry
- Older kids may not react or have many questions which are difficult to answer

### What to Do if Your Hero Feels Upset

- **Accept how they react.** It's normal to react negatively when things are new.
- **Comfort them.** Let them know that is it okay.
- **Be playful and show love.** Laughing can be relaxing and sweet moments can help balance stressful ones.
- **Seek out positive media.** Share stories of real-life heroes.
- **Talk about it.** Praise their willingness to try and acknowledge that you know it wasn't easy. Discuss what it means to be a hero.
- **Be an example.** Little heroes look up to you. Show them that you too wear a mask, wash your hands, and don't touch your face.



Source: KidsHealth.org

#### Additional Resources

##### Games and Coloring Pages for Kids

Sesame Street: Caring For Each Other  
<https://www.sesamestreet.org/caring>  
BrainPop-Games  
<https://www.brainpop.com/health/diseases/illnessesandconditions/coronavirus/>

##### Information for Parents

PBS: COVID Resources  
<https://www.pbs.org/parents/coronavirus-resources-for-parents>  
Centers for Disease Control and Prevention  
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>



## g. Hurricanes and COVID-19

Planning for hurricane season and other potential disasters can be stressful, and because the 2020 hurricane season comes during the COVID-19 pandemic it may be especially so. Understand that planning may be different because of the need to protect yourself and others from COVID-19.

Here are some tips to help you and your family stay safe: <sup>23,24</sup>

## Prepare for Hurricane Season

- ◆ Give yourself more time than usual to [prepare your emergency food, water, and medicine supplies](#), using home delivery when possible or calling pharmacies in advance of pick-up.
- ◆ Pay attention to local guidance about updated plans for evacuations and [shelters, including shelters for your pets.](#)
- ◆ When you check on neighbors and friends, be sure to follow [social distancing](#) recommendations (6 feet from others).

## Prepare to Evacuate

- ◆ Prepare a “go kit” which includes the following:
  - [Water](#): One gallon of water per person per day for at least three days, for drinking and sanitation
  - [Food](#): At least a three-day supply of non-perishable food
  - Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
  - Flashlight and extra batteries
  - First aid kit
  - Medications
  - Whistle to signal for help
  - Dust mask to help filter contaminated air and plastic sheeting and duct tape to [shelter-in-place](#)
  - Moist towelettes, garbage bags and plastic ties for personal sanitation
  - Wrench or pliers to [turn off utilities](#)
  - Manual can opener for food
  - Local maps
  - Cell phone with chargers, inverter or solar charger
  - Pet food, leashes, crates, medications
  - **Masks (2 per person)**
  - **Gloves**
  - **Hand sanitizer and soap**
- ◆ Know a safe place to shelter and have several ways to receive weather alerts, such as National Weather Service [cell phone alerts](#), [NOAA Weather Radio](#), or [\(@NWS\)](#) Twitter alerts.
- ◆ Find out if your local public shelter is open. Your shelter location may be different this year due to the COVID-19 pandemic.



- ◆ [Make a plan and prepare a disaster kit for your pets.](#) Find out if your disaster shelter will accept pets. Typically, when shelters accommodate pets, the pets are housed in a separate area from people.
- ◆ Follow [safety precautions when using transportation](#) to evacuate.

### Staying With Friends or Family

If you will be staying with others outside your household to evacuate from the storm:

- ◆ Talk to the people you plan to stay with about how you can all best protect yourselves from COVID-19. Consider if either of your household have anyone who is at higher risk of severe illness from COVID-19.
- ◆ Follow [everyday preventive actions](#) and know what to do if someone in your family or theirs becomes sick.

### Stay Safe After a Hurricane

- ◆ Continue to follow [preventive actions](#) to protect yourself and others
- ◆ It may take longer than usual to restore power and water if they are out. Take [steps to prevent carbon monoxide poisoning](#) if you use a generator.
- ◆ If you are injured or ill, contact your medical provider for treatment recommendations. [Keep wounds clean](#) to prevent infection. Remember, accessing medical care may be more difficult than usual during the pandemic.
- ◆ After a hurricane, it's not unusual for rats, mice, and other pests to try to get into your home or building. Be aware that with restaurant and commercial closures related to COVID-19, there are already reports of [increased rodent activity](#) as they try to seek other sources of food. Follow recommendations for [keeping pests out of your home](#).

## COVID-19 Intervention



**After reviewing this section, you should be able to...**

- ◆ Identify when to recommend testing and provide appropriate testing resources.
- ◆ Describe the purpose of contact tracing.
- ◆ Explain “asymptomatic spread” and how it relates to incubation period.
- ◆ List the steps to follow based on positive or negative test results.



### a. General Information About Testing in the City of Houston<sup>25</sup>

Anyone, regardless of symptoms, may get tested. Information on locations of free testing sites is updated daily, and can be found at: <https://houstonemergency.org/covid-19-testing/>



## When should you get tested?

- ◆ If you are experiencing symptoms of coronavirus
- ◆ If you think or know that you have been exposed to someone who has tested positive for the disease
- ◆ If you want to know your status

## Additional Information

- ◆ The Houston Health Department and agency partners offer free testing sites across the city with Spanish speakers onsite.
- ◆ Scheduling a COVID-19 test through the secure website or by phone is safe. Houston Health Department COVID-19 workers are sworn to confidentiality. **You will not be asked to provide your social security number, bank account information, or proof of citizenship.**
- ◆ COVID-19 testing does not affect Green Card status or application for a permanent residency card (not considered a “public charge”). Undocumented individuals will not be deported if they test positive.



## b. What to Do if You Think You've Been Exposed

### Advice for Anyone Who Has Been Around a Person with COVID-19<sup>26</sup>

- ◆ Stay Home. Anyone who has had close contact (within 6 feet for at least 15 minutes) with someone with COVID-19 should stay home for 14 days after **exposure**, based on the time it takes to develop the illness.
- ◆ Get Tested. Following exposure, you should wait at least five days to get tested.
  - If you test positive, stay home unless experiencing severe symptoms and notify any recent contacts.
  - If you know you have been exposed and you test negative, you should continue to self-isolate for 14 days.
  - Note: See “Testing Locations” for where to go to get tested and “COVID-19 Testing Follow-Up” for more general information on what to do with results if you don’t have known exposure.

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**Exposure** means having come into contact with a cause of a disease, in this case COVID-19



Here is a video from Houston Health Department from the “Better Together/”Juntos Mejor” Campaign: <https://www.youtube.com/watch?v=gBsIJsxPBrYmonth.html> (English)  
<https://www.youtube.com/watch?v=4g97xZTEeaU> (Spanish)

## c. What to Do if You or Someone in Your Household Gets Sick

### If You Are Sick:<sup>27</sup>

- ◆ If you think you may be sick, isolate yourself from other people in your household (See “Protect Yourself When Caring for Someone Who Is Sick”).
- ◆ Stay at home except to get medical care. If you seek care, call your doctor’s office before visiting and tell them about your symptoms.
- ◆ Wear a mask that covers your mouth and nose when seeing anyone (even family!)
- ◆ Clean your hands often and stay at least 6 feet away from other people.
- ◆ Clean all **high-touch surfaces** frequently.
- ◆ Avoid coming into close contact with your pets; have a trusted friend or family member take care of them for you.

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**High-touch surfaces** are areas like phones, remote controls, doorknobs, counters, tabletops, toilets, keyboards, and bedside tables.



## If You Are Caring for Someone Who Is Sick:<sup>28</sup>

If you live with others in the same household, you may care for someone if they get COVID-19. Remember that in order to take care of others, you have to keep yourself safe and healthy first. Even young caregivers are at risk for illness! Here is what you should do to stay safe:

### Watch for Warning Signs

- ◆ Check for symptoms such as fever, cough, fatigue, headache, body aches, shortness of breath, sore throat, loss of taste and/or smell, diarrhea, nausea, and vomiting.
- ◆ Call the doctor if the person does not get better after two weeks. In medical emergencies, call 911 and let the dispatcher know that the person may have COVID-19.



The CDC has an online Self-Checker to help guide you on when to make decisions to seek care and get tested: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

### When to Call 911

If someone is showing ANY of these signs, seek emergency medical attention immediately.

- ◆ Trouble breathing
- ◆ Persistent pain or pressure in the chest
- ◆ New confusion
- ◆ Inability to stay awake or unable to wake up
- ◆ Blue lips or face

### Remember...

People have died after delay in seeking medical attention. Call 911 in any emergency.

### Protect Yourself When Caring for Someone Who Is Sick<sup>28</sup>

- ◆ Limit contact with the person who is sick
  - A caregiver should not be within 6 feet of someone who is at high risk for severe illness from COVID-19.
  - If possible, have a separate room and bathroom for the person who is sick. If you can't distance yourself, make sure you have good air flow—you can open a window to improve air circulation.
  - Avoid having visitors.
  - Eat in separate rooms or areas.
  - Do NOT share personal items with the person who is sick. **Ex: Do not share cups, silverware, towels, bedding, cell phone, etc.**



◆ Wash Your Hands and Clean Items Frequently

- Wash your hands often or use hand sanitizer when you are unable to wash your hands.
- Clean around the home especially the bathroom and bedroom.
- Wash used utensils using gloves and hot water and soap.
- If the person who is sick is able to clean for themselves, provide them with paper towels and cleaners.

◆ Be Safe When Disposing Trash

- Use a lined trash can.
- Add a plastic bag to line the inside of the trash can.
- Use gloves when taking out the trash.

◆ Be Safe When Doing Laundry

- Wash and dry laundry. Do NOT shake dirty laundry.
- Laundry that belongs to the person who is sick CAN be washed with everyone else's items.
- Wash your hands after putting the wet clothes in the dryer.
- Dry clothes completely on high heat if possible.
- Clean and disinfect hampers.

◆ Track your own health.

- Stay at home when possible while you are caring for someone who has COVID-19.
- Caregivers can leave their home 14 days after their last close contact with the person who is sick (based on the time it takes to develop illness, or 14 days after the person who is sick meets the [criteria to end home isolation](#)).



## Check it Out!



Here is a link to the CDC's website for more information on the criteria to end home isolation:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>

---

### When to Wear a Mask or Gloves in the Home<sup>28</sup>

For a person who is sick, they should:

- ◆ Wear a mask whenever they are around other people, including others in their home

For a caregiver of a person who is sick, they should:

- ◆ Wear gloves when they touch or have contact with the sick person's blood, stools, bodily fluid. Throw away the gloves after use and wash your hands immediately afterwards.
- ◆ Wear gloves when handling the belongings of someone who is sick.
- ◆ Ask the person who is sick to put on a face mask or covering before the caregiver enters the room.
- ◆ Wear a cloth covering over their nose and mouth while caring for the person who is sick.

### Remember...

Cloth masks should NOT be placed on children under 2 years of age, anyone who has trouble breathing, or is not able to remove the mask on their own.



### Tips for Shared Living Spaces<sup>29</sup>

Follow all above instructions as best as you can. Additionally, you can:

- ◆ Only have one person in the household take care of the person who is sick. If possible, this should not be someone who is at high risk and this person should minimize contact with others
- ◆ Someone who is ill should not prepare food for others
- ◆ Open a window and turn on a fan to bring in and circulate fresh air
- ◆ Provide a separate room when possible. If you must share a room:
  - Maintain 6 feet between beds
  - Sleep head to toe
  - Divide the space using a shower curtain, cardboard poster board, or other barrier to separate the ill person's bed

- ◆ Provide a separate bathroom if possible. If you must share a bathroom:

- The person who is sick should clean and disinfect the frequently touched surfaces in the bathroom after each use
- If someone else is cleaning:
- Open outside doors and windows before entering and use ventilating fans to increase air circulation
- Wear a mask and wait as long as possible after the sick person has used the bathroom before going in to clean for the next user



When living in close spaces, washing hands, disinfecting surfaces, and wearing masks becomes even more important!



# How Can I Support my Community?

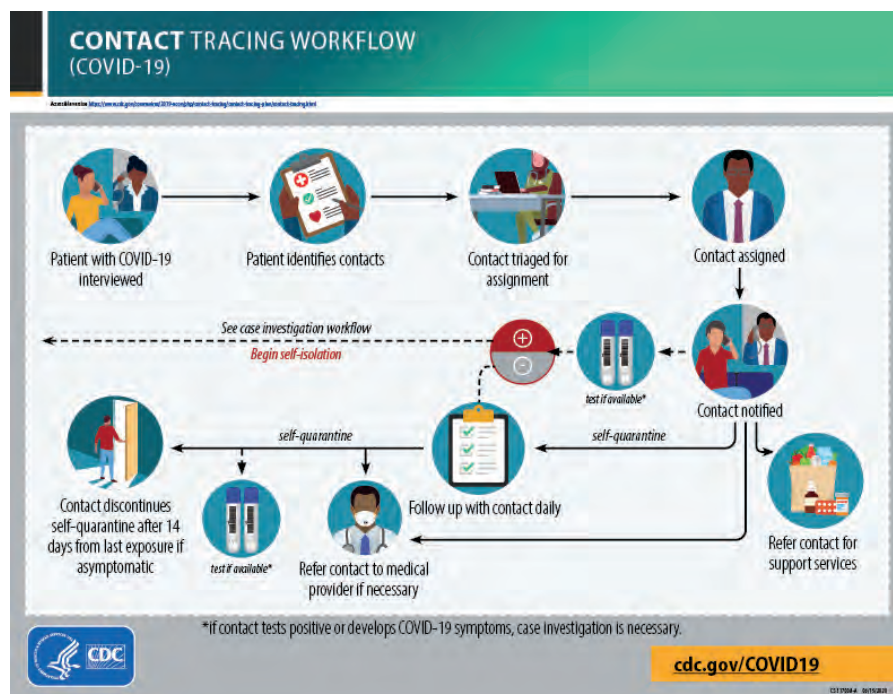
Help those around you feel confident in their own ability to care for themselves or a family member if either gets COVID-19. Suggest they set a goal for how they will prepare if someone in their home gets COVID-19 by asking themselves: what do I need to have at home to care for someone with COVID-19? How can I make sure the person with COVID-19 stays isolated and no one else gets sick?



## d. Contact Tracing

### What is Contact Tracing?<sup>30</sup>

When a positive case of coronavirus is identified, public health staff will call to ask for information about recent contacts in order to warn individuals of their potential exposure as rapidly and sensitively as possible. This is called contact tracing. During these calls, public health staff will also help guide the patient if they are experiencing symptoms.



! Contact tracing is not new, and is typically used when there is an outbreak of an infectious disease. Examples of other outbreaks where contact tracing has been used include Ebola, tuberculosis, and HIV.

## Basics of Contact Tracing

- ◆ To protect patient privacy, contacts are only informed that they may have been exposed to a patient with the infection, **not who may have exposed them**.
- ◆ Support Services are Offered
  - Contacts are provided with education, information, and support to understand their risk.
  - They are told to separate themselves from others who are not exposed and monitor themselves for illness.
  - They are told that there is a possibility that they could spread the infection to others even if they themselves do not feel ill (see “asymptomatic spread”).
- ◆ Contacts are encouraged to stay home and maintain social distance from others (at least 6 feet) until 14 days after their last exposure, in case they are also infected. They will be instructed to contact public health staff if there are any changes in symptoms.

### Remember...

Timing is very important! The sooner contacts are reached, the better chance we have of slowing the spread.

## Contact Tracers Will NOT:

- ◆ Give your name to those you identify as close contacts (unless you give permission)
- ◆ Use your information for any other purpose
- ◆ Ask for your social security, bank, or credit card information

## Priority Communities for Contact Tracing

- ◆ Healthcare facilities, including long-term care facilities (like nursing homes)
- ◆ Group homes/boarded homes (living arrangements where there are spaces shared by many people such as bathrooms, kitchens, etc.)
- ◆ Homeless shelters
- ◆ Federal, state, and local correctional facilities
- ◆ Crowded, multigenerational housing (where many people of different ages live together)



Identifying contacts and ensuring they do not interact with others is important to protect communities from further spread. If communities are unable to isolate patients and make sure contacts can separate themselves from others, the community spread of COVID-19 is likely to increase to the point that serious measures will be needed to contain the virus.



### e. Spread Without Symptoms (“Asymptomatic” Spread)

Once someone has been exposed to the virus, it can take anywhere from 2 to 14 days to become sick (with or without symptoms) and the average is 5-6 days. This period is called the incubation period.

#### What Does it Mean if You Are Asymptomatic?<sup>31</sup>

- ◆ When a person does not have any symptoms such as shortness of breath, fever, or cough BUT is infected with the virus, they are **asymptomatic**.
- ◆ The [Centers for Disease Control and Prevention](#) (CDC) estimates that about 35% (7 out of 20) of all people with COVID-19 are asymptomatic, but says that those people are just as likely to spread the virus as those with symptoms.
- ◆ This is different from being **pre-symptomatic**, which means that someone is infected who does not show symptoms but will later go on to develop symptoms.
- ◆ In both cases, an infected person is able to spread the virus without feeling or looking sick.



Young people are a group who are especially likely to be asymptomatic, and can contribute to the spread of Coronavirus even when they don't feel sick.

Incubation period: also known as the “pre-symptom” period, this is the period when a person can infect someone else, even without symptoms.

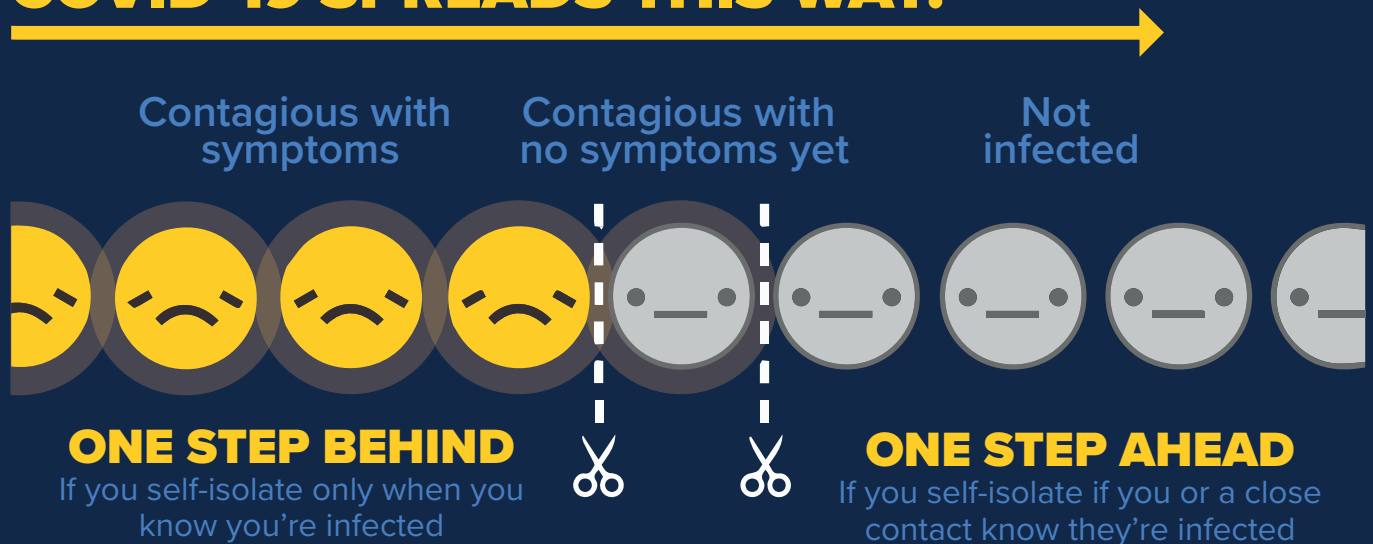


## Think About It!



In August in Harris County, young people (ages 20-39) made up over 40% of Coronavirus cases. Many young people don't "feel" sick, so they may practice less safe behaviors. What are some things you could say to community members to get them to understand asymptomatic spread and what it means for their families?

## COVID-19 SPREADS THIS WAY:



CCO/Public Domain:  
remix & reuse freely!

by Marcel Salathe (epidemiologist)  
& Nicky Case (visualizer)

32



For up to 14 days after exposure, you can still infect your parents, siblings, aunts and uncles, friends, neighbors, and people who you are in close contact with, even if you feel okay.

If you think you may have been exposed to Coronavirus, it is important to act like you are sick, even if you still feel healthy. Follow guidelines in "If You Are Sick" and try to isolate yourself, not touch surfaces such as doorknobs, light switches, refrigerator door handles, countertops, etc., and practice washing hands and wearing a mask.

## i. Testing Locations

### ◆ Houston Health Department Testing Resources:

- Map of Testing Sites: [houstonemergency.org/covid-19-testing/](https://houstonemergency.org/covid-19-testing/)
- COVID-19 Call Center: 832-393-4220
- Call this number for testing appointments and other information

### ◆ Harris County Public Health (HCPH) Testing Resources:

- Map of Testing Sites: [publichealth.harriscountytexas.gov/Resources/2019-Novel-Coronavirus/COVID-19-Testing-Information](https://publichealth.harriscountytexas.gov/Resources/2019-Novel-Coronavirus/COVID-19-Testing-Information)
- Harris County Public Health: 832-927-7575
- Call this number for testing appointments and other information
- Starting August 6th, you can also make appointments for the above locations at [www.DolNeedaCOVID19Test.com](https://www.DolNeedaCOVID19Test.com)

- ◆ To help you make a decision about whether or not you should get a test, use the following Assessment Tool: [covcheck.hctx.net](https://covcheck.hctx.net)

Information at most sites is available in English and Spanish. Call lines have bilingual staff and the caller can request an interpreter for other languages. Additional information is available in Chinese and Vietnamese on HCPH site.



## ii. What to Expect When Getting a Test for COVID-19

Some testing sites have different requirements. People should ask at the above websites and numbers for procedures specific to each site (see “Testing Locations”).

### Types of Tests<sup>33</sup>

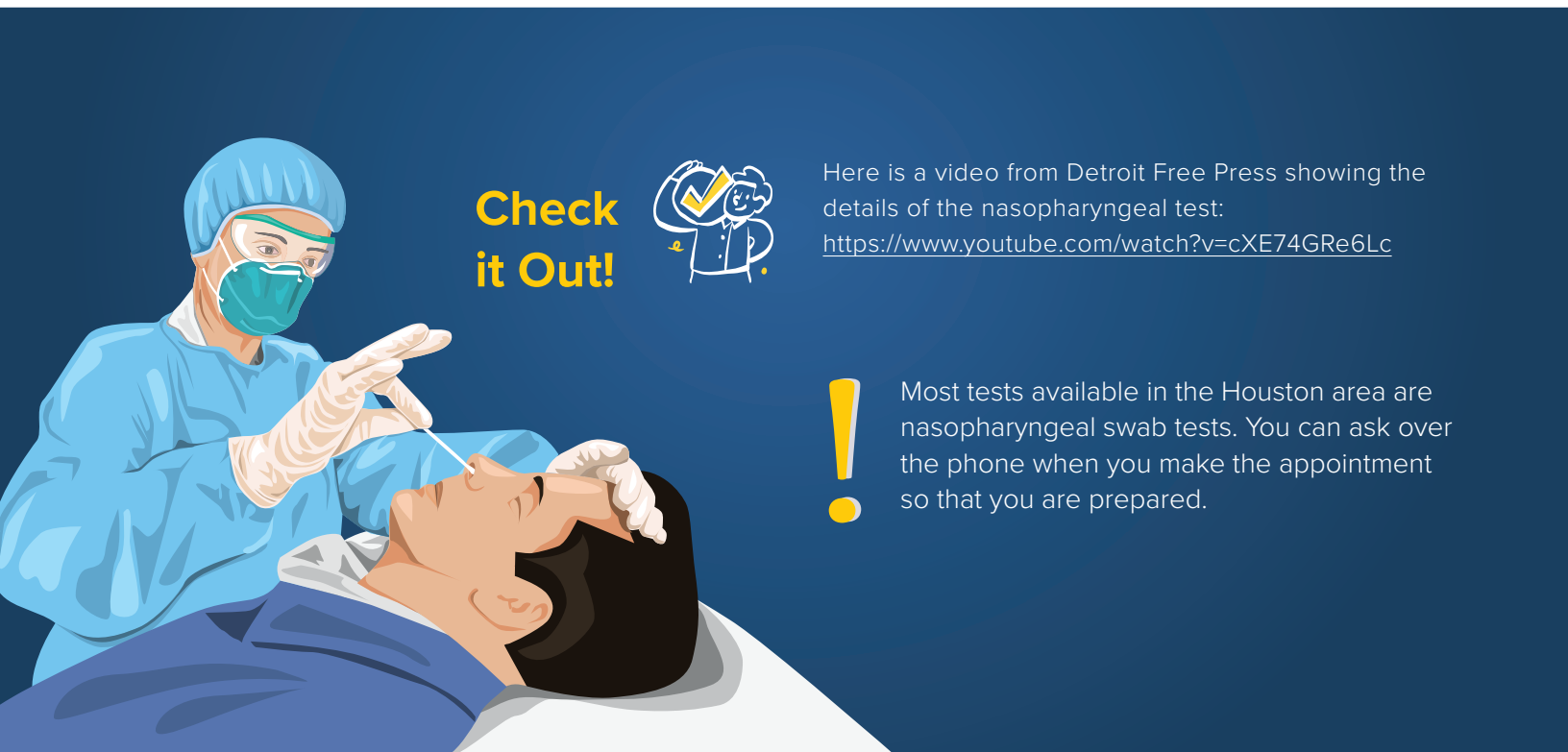
The partner sites provide viral tests via **nasopharyngeal** or **oral** swabs, which tell you if you have a current infection.

Another type of test, an **antibody test**, looks for possible past infection.

### Nasopharyngeal Swabs

- ◆ A small, flexible swab is slowly inserted into one or both sides of your nose for 10-15 seconds each.
- ◆ The swab is then placed in a red tube and sent to a laboratory to be tested.

This test is slightly uncomfortable but should not be painful. The swab should be inserted for no more than 15 seconds, and at many test sites the swab will be self-administered. Most tests available in the Houston area are nasopharyngeal swab tests. You can ask over the phone when you make the appointment so that you are prepared.



**Check  
it Out!**



Here is a video from Detroit Free Press showing the details of the nasopharyngeal test:

<https://www.youtube.com/watch?v=cXE74GRe6Lc>

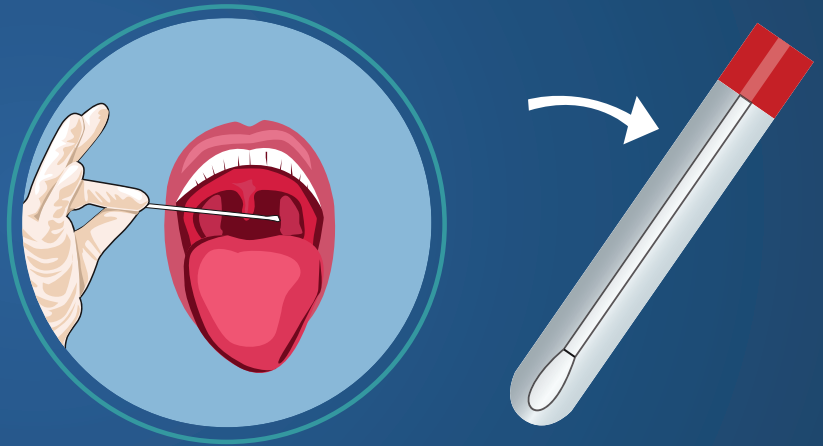


Most tests available in the Houston area are nasopharyngeal swab tests. You can ask over the phone when you make the appointment so that you are prepared.

## Oral Swabs

These are the instructions for an oral swab test:

- ◆ Make sure not to eat before taking the test!
- ◆ Take a deep breath and cough 3 to 5 times
- ◆ Swab for 20 seconds in this order:
  1. Inside of both cheeks
  2. Bottom and top gums
  3. Top and bottom of the tongue
  4. Roof of the mouth
- ◆ Place the swab in the tube with liquid, mix, and send to the laboratory for testing



**Check  
it Out!**



Here is a video from [houstonemergency.org](https://www.houstonemergency.org) showing the details of the oral swab test  
<https://www.youtube.com/watch?v=LNopEE7IC6E&feature=youtu.be>

## Antibody Test

- ◆ Antibody tests look for antibodies in blood samples, which can tell you if you had Coronavirus in the past. Antibodies help fight infections in the body and can provide immunity. It can take 1–3 weeks after infection for your body to make antibodies.
- ◆ Antibody tests should **NOT** be used to diagnose a current COVID-19 infection.

For more information on different types of tests, see this link:

[https://coronavirus.jhu.edu/downloads/JHU\\_Facts\\_About\\_COVID-19\\_tests.pdf](https://coronavirus.jhu.edu/downloads/JHU_Facts_About_COVID-19_tests.pdf)



## What Should People Bring with Them to Testing Sites?<sup>25</sup>

- ◆ Universally, the only item required at all sites is a **photo ID**
- ◆ Is any of this information different for children?
  - Children may be tested at Houston Health Department and partner agency sites if they are able to administer the nasal self-swab without assistance. Parents of children who cannot should contact their primary care provider to arrange testing

### Check it Out!



Here is a video from [houstonemergency.org/covid19](https://www.youtube.com/watch?v=vsQVxsQY3jc&feature=youtu.be) showing the details of testing <https://www.youtube.com/watch?v=vsQVxsQY3jc&feature=youtu.be>



People do **NOT** need to prove Houston residency or immigration status. Information obtained through COVID-19 testing, treatment, or services will not be used against anyone in their public charge evaluation.

UNITED STATES OF AMERICA

PERMANENT RESIDENT



## Where Can I Go if I Don't Have Insurance?<sup>25</sup>

- ◆ Testing at the two fixed location Houston Health Department community-based test sites (Butler and Delmar Stadiums) as well as at The Texas Division of Emergency Management (TDEM) and United Memorial Medical Center (UMMC) is **free**

### iii. COVID-19 Testing Follow-Up

#### General Guidelines Following Testing

- ◆ See [instructions for what to do while waiting for test results](#), and this CDC page for [details about when you can be around others if you think you've had COVID-19](#).

#### If I Test Positive, Should I Tell Someone?

- ◆ People who test positive are contacted by their local health department through the contact tracing process. However, if you know people who you have had contact with, you should tell them so that they can also get tested

#### How to Proceed with Additional Testing If Needed<sup>25</sup>

- ◆ This information is provided during the contact investigation process. Multiple testing is not always needed

#### What to Do If You Test Positive for COVID-19<sup>34</sup>

- ◆ Asymptomatic or not, you and your family remain at home and limit contact with others.
- ◆ Notify your employer about your positive test results. Discuss ways to work remotely, if possible.
- ◆ Contact your CHEF/CHW/Promotor de Salud to assist in finding local resources for food pantries and other essentials, in case needed.
- ◆ Hospitals are for emergencies only. There is no need to go to the hospital because most cases can be cared for at home.
  - Call the nurse hotline for light symptoms Ask-my-nurse: 713-634-1110
- ◆ Seek medical attention immediately if you develop ANY of the following:
  - Extreme difficulty breathing
  - Difficulty waking up
  - Bluish lips or face
  - Slurred speech (new or worsening)
  - Constant pain or pressure in the chest
  - New seizures or seizures that won't stop
  - Severe constant dizziness or lightheadedness



Do not go to the hospital to seek care unless you have a medical emergency.

#### Will They Call Me If I Test Positive?

- ◆ Different sites have different procedures. Ask the test site when and how to expect getting your results
- ◆ A Houston Health Department contact tracer will reach out to you via phone, text, or email. Working with contact tracers helps protect your family and your community by slowing the spread of COVID-19 (see "Contact Tracing")<sup>25</sup>

### Additional Information<sup>34</sup>

- ◆ Most people experience minor symptoms such as fever and cough. Over-the-counter medications may help to lessen these symptoms
- ◆ It is important to get rest and drink plenty of fluids while recovering
- ◆ There is currently no vaccine or medication to treat or prevent COVID-19

### When Does Home Isolation End?<sup>34</sup>

1. You have been fever-free for at least 3 days without using medicine that reduces fevers like acetaminophen (e.g. Tylenol)

**AND**

2. Your other symptoms have improved

**AND**

3. At least 7 days have passed since your symptoms first appeared



- ◆ Consult your employer prior to returning to work
- ◆ If you are unable to work for an extended period because of a positive test, see “Additional Resources” section for assistance

### If You Test Negative for COVID-19<sup>34</sup>

- ◆ You are probably not infected at this time. However, you could have been exposed and test positive later
- ◆ As long as the virus that causes COVID-19 is spreading in your community, continue to follow recommendations to protect yourself, including:
  - Practice social distancing
  - Wash your hands or sanitize often
  - Wear a mask or cloth face covering
  - Avoid touching your face
  - Avoid social gatherings according to local guidance
- ◆ Follow guidance from your healthcare provider and your state and local health departments

#### **Remember...**

A negative result does not mean you are free from being infected



# Mental Health and Emotional Well-being

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**After reviewing this section, you should be able to...**

1. Define stress and anxiety and explain how they are different
  2. Name at least 3 examples of ways to cope with stress and anxiety
  3. Identify at least 5 groups who may have higher stress responses during this outbreak
  4. Explain compassion fatigue and how it may affect community members
- 

## **Mental Health<sup>35</sup>**

- ◆ Mental health is an important part of overall health and well-being. It affects how we think, feel, and act. It may also affect how we handle stress, relate to others, and make choices during an emergency
- ◆ People with pre-existing mental health conditions or substance use disorders may be particularly vulnerable in an emergency. These people should continue with their treatment and be aware of new or worsening symptoms. If someone has new or worse symptoms, call a healthcare provider

## **Mental Health in a Pandemic<sup>35</sup>**

- ◆ Pandemics can be stressful. Fear and anxiety about a new disease and the unknown can be overwhelming and cause strong emotions in adults and children
- ◆ Sudden changes in financial situations, food stability, and housing can increase stress and anxiety. On top of this, public health actions, such as social distancing, can make people feel isolated and lonely and can add to an already difficult situation
- ◆ Loss of family or community members can also increase stress and anxiety
- ◆ Seeking out resources to help with finances, housing, and food, as well as finding ways to cope with stress and anxiety in healthy ways will make you, the people you care about, and your community stronger

# Think About It!



Think of a time when you were stressed or felt anxious. How did you overcome it? What would you have done differently?

## a. Anxiety and Stress

- ◆ Anxiety is the restless feeling that some people have when the outcome of an event is unknown
- ◆ Stress is a feeling of tension that individuals feel when they are put through difficult situations
- ◆ When our way of life is forced to change during an outbreak, many people feel stress and anxiety related to the fear of the unknown, uncertainty, and instability caused in their lives
- ◆ As a CHW, it is important to recognize when this is happening so that you can look for ways to help cope

**Stress and anxiety during an infectious disease outbreak can sometimes cause the following symptoms:<sup>35</sup>**

- ◆ Fear and worry about your own health and the health of your loved ones, your financial situation or job, or loss of support services you rely on
- ◆ Changes in sleep or eating patterns
- ◆ Difficulty sleeping or concentrating
- ◆ Worsening of chronic health problems
- ◆ Worsening of mental health conditions
- ◆ Increased use of [tobacco](#), and/or [alcohol and other substances](#)



...these are just a few examples. Keep in mind that different people may show their stress and anxiety in different ways.

How you respond to stress during the COVID-19 pandemic can depend on your background, your social support from family or friends, your financial situation, your health and emotional background, the community you live in, and many other factors. The changes that can happen because of the COVID-19 pandemic and the ways we try to contain the spread of the virus can affect anyone.

**Some groups of people may respond more strongly to the stress of a crisis. These include people who:<sup>35</sup>**

- ◆ [Are at higher risk for severe illness](#) from COVID-19 (for example, older people, and people of any age with certain [underlying medical conditions](#))
- ◆ [Are children](#) and [teens](#)
- ◆ Are caregivers
- ◆ Are frontline workers such as [health care providers and first responders](#)
- ◆ Are essential workers who work in the [food industry](#)
- ◆ Have existing [mental health conditions](#)
- ◆ Use [substances](#) or have a substance use disorder
- ◆ Have lost their jobs, had their work hours reduced, or had other major changes to their employment
- ◆ [Have disabilities](#) or developmental delay
- ◆ Are [socially isolated](#) from others, including people who live alone, and people in rural or frontier areas
- ◆ Are part of [racial and ethnic minority groups](#)
- ◆ Do not have access to information in their primary language
- ◆ Are experiencing [homelessness](#) or unstable housing
- ◆ Live in [congregate \(group\) settings](#)

### **Concerns During Recovery from COVID-19 or Ending Home Isolation<sup>35</sup>**

It can be stressful to be separated from others if you have or were exposed to COVID-19. Each person ending a period of home isolation may feel differently about it. Emotional reactions may include:

- ◆ Mixed emotions, including **relief**.
- ◆ **Fear and worry** about your own health and the health of your loved ones.
- ◆ **Stress** from the experience of having COVID-19 and monitoring yourself or being monitored by others.
- ◆ **Sadness, anger, or frustration** because friends or loved ones have fears of getting the disease from you, even though you are cleared to be around others.
- ◆ **Guilt** about not being able to perform normal work or parenting duties while you had COVID-19.
- ◆ **Worry** about getting re-infected or sick again even though you've already had COVID-19.
- ◆ **Other emotional or mental health changes...**



Children may also feel upset or have other strong emotions if they, or someone they know, has COVID-19, even if they are now better and able to be around others again.



## Severe Stress or Anxiety

- ◆ Call your healthcare provider if stress or anxiety gets in the way of your daily activities for several days in a row. Also see “Coping” and “Resources and Tools” for more information.

## Suicide<sup>35</sup>

- ◆ Different life experiences affect a person’s risk for suicide. For example, suicide risk is higher among people who have experienced violence, including child abuse, bullying, or sexual violence.
- ◆ Feelings of isolation, depression, anxiety, and other emotional or financial stresses are known to raise the risk for suicide. People may be more likely to experience these feelings during a crisis like a pandemic.
- ◆ Support from family and community, or feeling connected, and having access to in-person or virtual counseling or therapy can help with suicidal thoughts and behavior, particularly during a crisis like the COVID-19 pandemic. See “Coping” and “Resources and Tools” for more information.



## b. Grief and Loss

- ◆ Many people are experiencing grief during the COVID-19 pandemic. Grief is a normal response to loss during or after a disaster or other traumatic event.
- ◆ Grief can happen in response to loss of life, as well as to drastic changes in daily routines that usually bring us comfort and stability.
- ◆ Common grief reactions include:<sup>35</sup>
  - Shock, disbelief, or denial
  - Anxiety
  - Distress
  - Anger
  - Periods of sadness
  - Loss of sleep and loss of appetite
- ◆ Some people may experience multiple losses during a disaster or large-scale emergency event. Because of the COVID-19 pandemic, you might be unable to be with a loved one when they die, or unable to mourn someone's death in-person with friends and family.
- ◆ Other types of loss include unemployment, or not making enough money, loss or reduction in support services, and other changes in your lifestyle. These losses can happen at the same time, which can complicate or prolong grief and delay a person's ability to adapt, heal, and recover.
- ◆ People cope with losses in different ways. See "Coping" and "Resources and Tools" for help dealing with these challenges.

### Think About It!

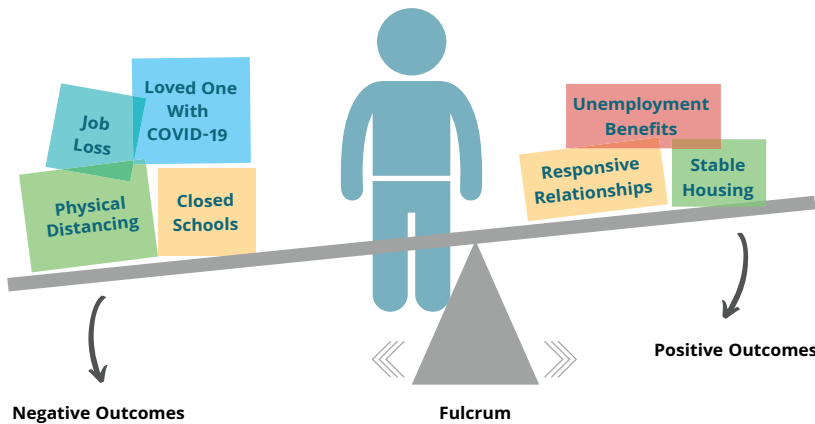


Imagine your neighbor calling you on the phone. He tells you he has been feeling helpless and hopeless since the COVID-19 outbreak started. He lives alone. What advice would you give to him? Would you provide him any resources?



### c. Coping

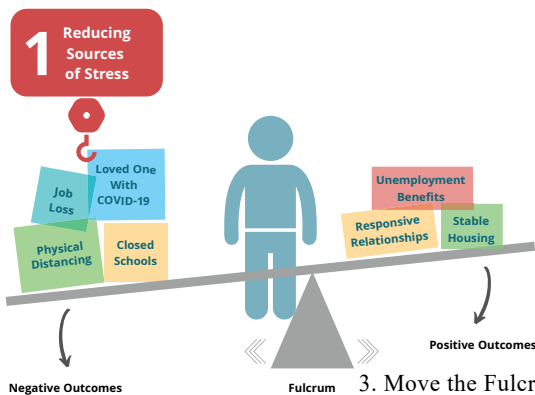
- ◆ Coping is taking healthy actions to minimize and master stress.
- ◆ For some people during the COVID-19 outbreak, the resilience scale may look like this, where the negative outcomes are outweighing the positive ones and making people feel stressed and overwhelmed.<sup>37</sup>



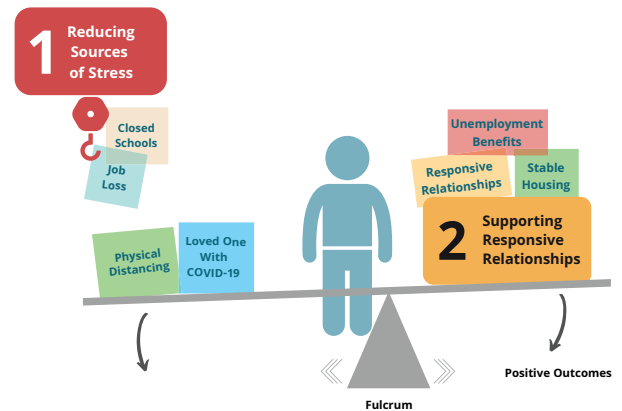
The resilience scale is an imaginary scale that shows how balancing the positives with the negatives can help people succeed even during tough times.

- ◆ As community health workers, you can work with individuals and communities to shift the scale to the right by navigating people to useful resources and outlets:

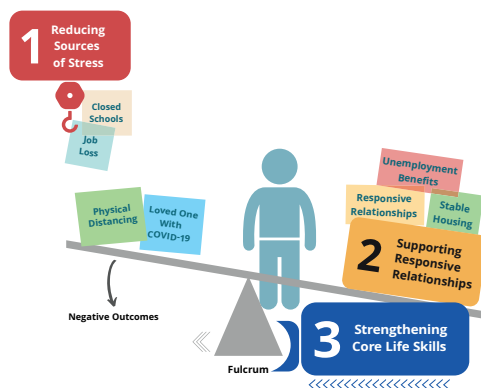
#### 1. Unload the Negative Side



#### 2. Load Up the Positive Side



#### 3. Move the Fulcrum





## Dealing with Social Distancing<sup>38</sup>

While practicing physical distancing, there are easy self-care strategies that can help reduce feelings of depression and anxiety or prevent these feelings before they start.

Here are some tips from Mental Health First Aid to take care of your mental health while practicing physical distancing:



1. **Eat healthfully and exercise regularly** to reduce symptoms of depression and anxiety. Exercise can even release endorphins, which trigger positive feelings in the body.



2. **Practice relaxation therapy.** Try focusing on tensing and relaxing muscle groups or doing breathing exercises.



3. **Let light in.** For some people, increased exposure to light can improve symptoms of depression. If you can, open the shades and let more sunlight in.



4. **Be kind to yourself!** Treat yourself with the same compassion you would a friend.



5. **Stay connected.** Even if you can't get together face-to-face, you can stay connected to people you love on social media. We are all experiencing this scary and uncertain time together.



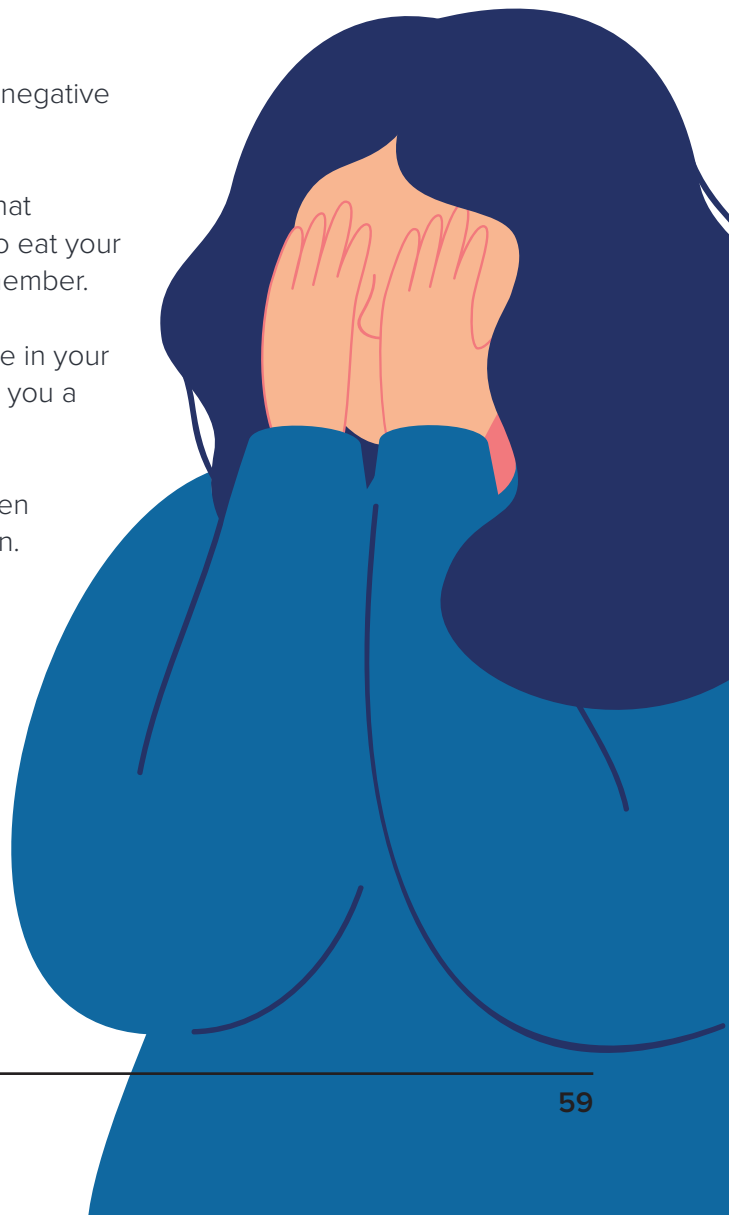
6. **Monitor media consumption.** While you might want to stay up-to-the minute with COVID-19 news, too much exposure can be overwhelming. Balance media consumption with other activities you enjoy, such as reading, cooking or listening to music.



Self-care doesn't require you to go outside or spend a lot of money. Adding small changes to your routine can make a big difference to your overall mood and well-being.

## Tips to Cope with Anxiety and Stress:<sup>39,40</sup>

- ◆ **Eat healthfully and exercise regularly.** Ensure people have access to food resources. Physical activity can reduce symptoms of stress and anxiety.
- ◆ **Limit alcohol and caffeine,** which can worsen anxiety and trigger panic attacks.
- ◆ **Get enough sleep.** When stressed, your body needs additional sleep and rest.
- ◆ **Take a time-out to relax.** Call your favorite aunt, read a book, or look out the window and take some deep breaths. Stepping back from the problem helps clear your head.
- ◆ **Take deep breaths.** Inhale and exhale slowly.
- ◆ **Do your best.** This is a difficult time for everyone, and it is important to be proud of little accomplishments.
- ◆ **Accept that you cannot control everything.**
- ◆ **Welcome humor.** Laughter is the best medicine!
- ◆ **Maintain a positive attitude.** Make an effort to replace negative thoughts with positive ones.
- ◆ **Practice gratitude.** Each day, think of one good thing that happened or that you are grateful for, such as getting to eat your favorite cereal, or having a good talk with your family member.
- ◆ **Get involved.** Volunteer or find another way to be active in your community, which creates a support network and gives you a break from everyday stress.
- ◆ **Learn what triggers your anxiety.** Write in a journal when you're feeling stressed or anxious and look for a pattern.
- ◆ **Talk to someone.** Tell friends and family you're feeling overwhelmed. Talk to a physician or therapist for professional help.
- ◆ **Know the facts.** Knowing the facts about COVID-19 and stopping the spread of rumors can help reduce stress and stigma. Understanding the risk to yourself and people you care about can help you connect with others and make an outbreak less stressful.
- ◆ **Be kind to yourself.** Remember that this is a difficult time, and it's okay to make mistakes or have a bad day.





# COPING WITH STRESS

## VIRUS OUTBREAK MANAGEMENT

Here are some images of how you can cope with anxiety and stress. Feel free to share this image with friends, family, and the community:



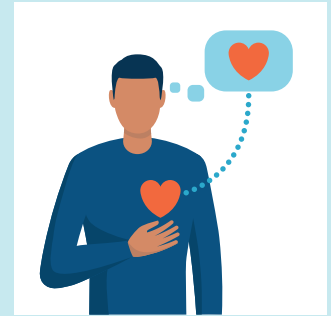
TALK WITH YOUR  
FAMILY AND FRIENDS



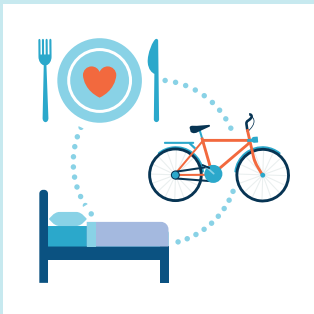
MAINTAIN YOUR  
ROUTINE WHERE  
POSSIBLE



FOCUS ON POSITIVE  
ACTIVITIES



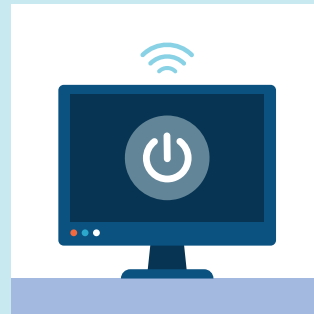
ACKNOWLEDGE  
YOUR FEELINGS



KEEP A HEALTHY  
LIFESTYLE: PROPER  
DIET, EXERCISE, SLEEP



DON'T USE ALCOHOL,  
SMOKE OR DRUGS



DISCONNECT  
FROM MEDIA  
AND LIMIT PANIC



SEEK ACCURATE  
INFORMATION



TALK TO  
A COUNSELOR



USE YOUR PAST  
COPING SKILLS  
AND TECHNIQUES



FOLLOW SAFETY AND  
HYGIENE PROCEDURES



PREPARE A SUPPLY OF  
WATER, FOOD AND  
HOUSEHOLD ITEMS

#### d. Compassion Fatigue

- ◆ **Compassion fatigue** is a term used to describe the emotional, physical, and spiritual distress in those who are caring for others. It is associated with caregiving for people or animals who are experiencing significant emotional or physical pain and suffering.<sup>42</sup>

#### Tips for Healthcare Workers and First Responders:<sup>42</sup>

- ◆ Communicate with your coworkers, supervisors, and employees about job stress.
  - Talk openly about how the pandemic is affecting your work.
  - Identify factors that cause stress and work together to identify solutions.
  - Ask about how to access mental health resources in your workplace.
- ◆ Remind yourself that everyone is in an unusual situation with limited resources.
- ◆ Identify and accept those things that you do not have control over.
- ◆ Recognize that you are performing a crucial role in fighting this pandemic and that you are doing the best you can with the resources available.
- ◆ Increase your sense of control by keeping a consistent daily routine when possible — ideally one that is similar to your schedule before the pandemic.
  - Try to get enough [sleep](#).
  - Make time to eat healthy meals.
  - Take breaks during your shift to rest, stretch, or check in with supportive colleagues, coworkers, friends, and family.
- ◆ When away from work, do things you enjoy.
- ◆ Take breaks from watching, reading, or listening to COVID-19 news stories.

**Compassion fatigue** is the emotional and physical tiredness that can occur in caregivers.

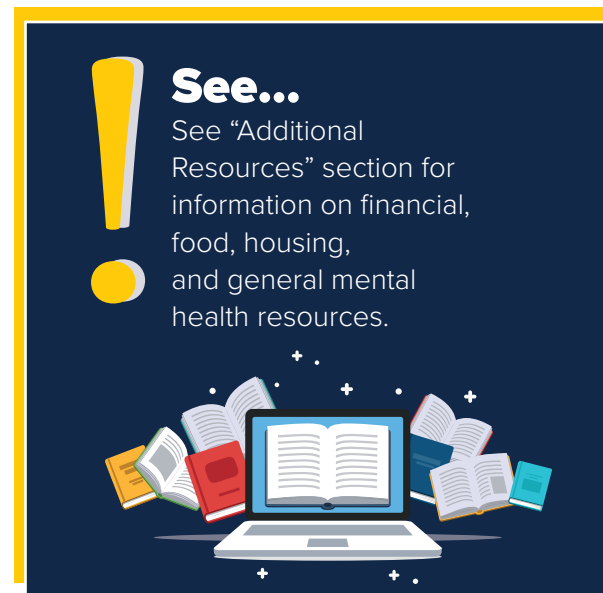


- ◆ If you feel you may be [misusing alcohol or other drugs](#) (including prescriptions), ask for help.
- ◆ Engage in mindful breathing exercises and meditation.
- ◆ If you are being treated for a mental health condition, continue with your treatment and talk to your provider if you experience new or worsening symptoms.

### Take care of yourself and your community

- ◆ As a CHW, you yourself may face compassion fatigue. Make sure you balance care for others with care for yourself.
- ◆ Helping others cope with their stress, such as by providing social support, can also make your community stronger.
- ◆ During times of increased social distancing, people can still maintain social connections and care for their mental health. Phone calls or video chats can help you and your loved ones feel socially connected, less lonely, or less isolated.

Here are some images to remind healthcare workers to deal with stress in a healthy way. Feel free to share this image with friends, family, and the community:



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As a community health worker, you will likely encounter difficult situations that may cause you stress. Make sure to communicate with your peers and supervisors so that you remember you are not alone and you can find healthy ways to cope yourself.

# Healthy Practices

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After reviewing this section, you should be able to...

1. Name at least three tips for healthy eating during COVID-19.
  2. Identify proactive ways to stay socially distanced while outside.
  3. Describe two special considerations for people with pre-existing conditions.
  4. Describe what to do in case of community spread.
- 

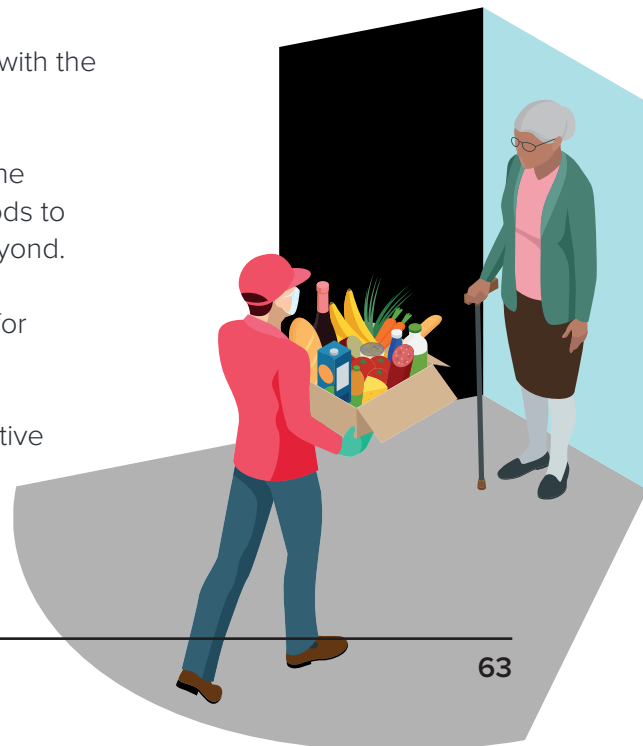
## a. Diet

### General Healthy Eating<sup>43</sup>

- ◆ No foods or dietary supplements can prevent or cure COVID-19, but eating a healthy diet is important because what we eat and drink can affect our body's ability to prevent, fight, and recover from infections.
- ◆ Good nutrition can also reduce the likelihood of developing other health problems including:
  - Obesity
  - Heart disease
  - Diabetes
  - Some types of cancer
- ◆ Be creative! It is important to make the best choices possible with the resources we have.
- ◆ **For babies**, a healthy diet means exclusive breastfeeding in the first six months, with the introduction of nutritious and safe foods to complement breastmilk from age 6 months to 2 years and beyond.
- ◆ **For young children**, a healthy and balanced diet is essential for growth and development.
- ◆ **For older people**, it can help to ensure healthier and more active lives.

### Remember...

Eating healthy reduces your risk of developing diseases which can make COVID outcomes worse.



# Check It Out!

Here is the link to a cookbook which provides recipes for shoppers on a budget, particularly those on SNAP/Food Stamps benefits (English and Spanish):  
<https://www.leannebrown.com/cookbooks/>

## Remember...

If community members have trouble accessing food, check out the “Additional Resources” section for organizations that can help.



## Tips from the World Health Organization #HealthyAtHome Campaign.<sup>43</sup>

1. Eat a variety of food, including fruits and vegetables
2. Cut back on salt
3. Eat moderate amounts of fats and oils
4. Limit sugar intake
5. Stay hydrated: Drink enough water
6. Avoid hazardous and harmful alcohol use
7. Breastfeed babies and young children

## Remember...

If community members have trouble accessing food, check out the “Additional Resources” section for organizations that can help.





## Check it Out!



Here is the link to a site which has materials you could use in your community:  
<https://hungerandhealth.feedingamerica.org/resources/?search=&resource-types=covid-19-resource&languages=null&sources=null>

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### Advice for Breastfeeding Moms<sup>44</sup>

- ◆ **Women with COVID-19 can continue to breastfeed if they wish to do so.** They should, however, practice respiratory hygiene during feeding:
  - Wear a mask when available
  - Wash their hands before and after touching the baby
  - Routinely clean and disinfect surfaces they have touched
- ◆ If too unwell to breastfeed due to the virus or other complications, mothers should be supported to safely provide newborns with breastmilk in any way possible.

### Food Hygiene<sup>45</sup>

- ◆ Currently there is no evidence of food or food packaging being associated with transmission of COVID-19. Like other viruses, it is possible that the virus that causes COVID-19 can survive on surfaces or objects. For that reason, it is critical to follow the four key steps of food safety: [clean](#), [separate](#), [cook](#), and [chill](#).

## Check it Out!



Here is the link to the Tu Salud ¡Si Cuenta! Teaching Resources for the importance of Fitness and Healthy Eating (videos in English and Spanish):  
<https://www.tusaludsicuenta.org/our-initiatives/community-health-worker-resources-training/>



## b. Exercise

- ◆ Regular physical activity benefits the body and mind. It can reduce high blood pressure, help manage weight, as well as help prevent heart disease, stroke, type 2 diabetes, and various cancers, which are all conditions that can increase **severity** of COVID-19.
- ◆ Regular physical activity can help give our days a routine and is good for our mental health - reducing the risk of depression and cognitive decline, delaying the onset of dementia, and improving overall feelings.<sup>41</sup>
- ◆ The COVID-19 pandemic means that many of us are staying at home and sitting down more than we usually do. It's hard for a lot of us to do the sort of exercise we normally do. It's even harder for people who don't usually do a lot of physical exercise.
- ◆ Remember that little things add up. Try to do what you can by keeping it simple.<sup>46</sup>
  - Do exercises like sit-ups or push-ups at home
  - Take the stairs every time you can
  - When you walk, go fast for 30 seconds, then slow for 30 seconds and alternate
  - If you drive, don't always look for the closest parking spot to the store

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**Severity:** how badly a disease affects the body.

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### Check it Out!



Here is the link some free online exercise resources  
<https://www.nytimes.com/wirecutter/blog/free-home-workouts/>

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## i. How to maintain social distancing while outdoors<sup>47</sup>

- ◆ Prepare for Transportation: Consider social distancing options to travel safely when running errands or commuting to and from work, whether walking, bicycling, wheelchair rolling, or using public transit, rideshares, or taxis.
  - When using public transit, try to **keep at least 6 feet from other passengers or transit operators** –avoid pooled rides where multiple passengers are picked up, and sit in the back seat in larger vehicles so you can remain at least 6 feet away from the driver. Follow these additional tips to protect yourself while using transportation.

### Think About It!



When you are waiting at a bus station or selecting seats on a bus or train, using rideshares or taxis, what ways can you remain safe and protect yourself and others? What are some examples or strategies?

## Check it Out!



CDC has great resources for the use of masks and face coverings:  
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

- **Limit Contact When Running Errands:** Only visit stores selling household essentials in person when you absolutely need to, and stay at least 6 feet away from others who are not from your household while shopping and in lines.
- If possible, use **drive-thru, curbside pick-up, or delivery services** to limit face-to-face contact with others. Maintain physical distance between yourself and delivery service providers during exchanges and wear a cloth mask.
- ♦ **Choose Safe Social Activities:** It is possible to stay socially connected with friends and family who don't live in your home by calling, using video chat, or staying connected through social media.
- ♦ If meeting others in person (ex: at small outdoor gathering, yard, or driveway gathering with a small group of friends or family members), stay at least 6 feet from others who are not from your household. Follow these steps to stay safe if you will be participating in personal and social activities outside of your home.
- ♦ **Stay Distanced While Being Active:** Consider going for a walk, bike ride, or wheelchair roll in your neighborhood or in another safe location where you can maintain at least 6 feet of distance between yourself and other pedestrians and cyclists. If you decide to visit a nearby park, trail, or recreational facility, first check for closures or restrictions. If open, consider how many other people might be there and choose a location where it will be possible to keep at least 6 feet of space between yourself and other people who are not from your household.



### c. Special Considerations for People with Health Concerns

It is important to practice healthy behaviors to lower your risk for disease. People with pre-existing conditions are more at risk for complications if they contract the virus. See “High Risk Populations” for more information.

#### Planning for Coronavirus with a Pre-Existing Condition:<sup>48</sup>

##### Gather your supplies:

- ◆ Phone numbers of your doctors and healthcare team, your pharmacy, and your insurance provider
- ◆ List of medications and doses (including vitamins and supplements)
- ◆ Simple carbs like regular soda, honey, jam, Jell-O, hard candies or popsicles to help keep your blood sugar up if you are at risk for lows and too ill to eat
- ◆ If a state of emergency is declared, get extra refills on your prescriptions so you do not have to leave the house
  - If you can't get to the pharmacy, find out about having your medications delivered
- ◆ Always have enough insulin for the week ahead, in case you get sick or cannot refill
  - If you are struggling to pay for insulin or know someone who is, the ADA has resources to help—visit [InsulinHelp.org](https://www.diabetes.org/insulin-help)
- ◆ Extra supplies like rubbing alcohol and soap to wash your hands
- ◆ Glucagon and ketone strips, in case of lows and highs
- ◆ Have enough household items and groceries on hand so that you will be prepared to stay at home for a period of time

### Check it Out!



CDC video about those who are at higher risk and what to do (i.e. prepare) [https://youtu.be/qb7shu\\_sdQ0](https://youtu.be/qb7shu_sdQ0)



### **Talk to your healthcare team.**

Be ready to discuss the following:

- ◆ When to call your doctor's office (for ketones, changes in food intake, medication adjustments, etc.)
- ◆ How often to check your blood sugar
- ◆ When to check for ketones
- ◆ Medications you should use for colds, flu, viruses, and infections
- ◆ Any changes to your diabetes medications when you are sick

For those on Medicare, keep in mind: Medicare has temporarily expanded its coverage of telehealth services to help you have access from more places, including your home, and with a wider range of communication tools, such as smartphones. This will help ensure you are able to visit with your doctor from your home, without having to go to a doctor's office or hospital, which would put you and others at risk of exposure to COVID-19. You can learn more at [medicare.gov/medicare-coronavirus](https://www.medicare.gov/medicare-coronavirus) and by reading the FAQs.<sup>49</sup>

### **Remember...**

Always check the date to see when information was last updated—guidelines change as new discoveries are made.

### **d. What to Do in Case of Community Spread**

Everyone should assume that Coronavirus is present in their community, whether you can see it or not. Here is what you should do to stay safe:

- ◆ Practice safe behaviors such as washing your hands or sanitizing, wearing a mask or cloth face covering, keeping six feet (2 meters) between you and other people, and avoiding touching your eyes, mouth, or nose.
- ◆ Act like you are sick! Just because you don't have symptoms, doesn't mean that you can't spread the virus.
- ◆ Avoid non-essential activities to keep yourself and your loved ones safe.

### **Check out the following links for special considerations for specific organizations:**

- ◆ Faith-Based Communities: <https://www.cdc.gov/coronavirus/2019-ncov/community/faith-based.html>
- ◆ General Community-Based Organizations: <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/community-based.html>
- ◆ Nail Salons: <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/nail-salon-employers.html>
- ◆ Restaurants and Bars: <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/business-employers/bars-restaurants.html>
- ◆ Construction Workers and Sites: <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/construction-workers.html>
- ◆ Reopening Guidance for Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools, and Homes: <https://www.cdc.gov/coronavirus/2019-ncov/community/reopen-guidance.html>

# Additional Resources

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## Access Up-to-date Information about Coronavirus

- ◆ Centers for Disease Control and Prevention COVID-19 Homepage:  
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>  
Access this page for up-to-date information and guidelines about Coronavirus in the United States
- ◆ Harris County Public Health COVID-19 Homepage:  
<https://publichealth.harriscountytexas.gov/Resources/2019-Novel-Coronavirus>  
Access this page for up-to-date information on Coronavirus in the Greater Houston area

## Curriculums and Guides for Community Work

- ◆ Community First COVID-19 Roadmap:  
<https://www.communityfirstcovid19.org/communicate-key-messages-with-your-community>  
Information and resource to communicate key messages with your communities
- ◆ Coronavirus en Pictogramas:  
<https://clintonhealth.app.box.com/s/70sj28ivsx4ycxegiykszk62319nde>  
Graphics and simple Spanish language to explain basic facts about Coronavirus
- ◆ Metropolitan Area Planning Council of Boston Community Engagement Guide:  
<https://www.mapc.org/wp-content/uploads/2017/08/MAPC-Community-Engagement-Guide-2016.pdf>  
Use this guide to get tips on how to implement programs in your community
- ◆ MHP Salud Coronavirus Safety Guide:  
<https://mhpsalud.org/portfolio/coronavirus-safety-guide/>  
Make a free account to access a PDF version of this bilingual English/Spanish resource
- ◆ National Association of Community Health Workers (NACHW) COVID-19 Resources:  
<https://nachw.org/covid-19-resources/>  
Visit this site for information to help you in your knowledge as a CHW as well as some easy-to-read resources and graphics for community members

- ◆ Risk Communication and Community Engagement Action Plan Guidance: [bit.ly/COVID19prepare](https://bit.ly/COVID19prepare)

See annexes for survey tools to assess community beliefs and ideas about Coronavirus to figure out how best to plan your efforts

### **Houston Health Department Resources**

- ◆ COVID-19 Testing Sites: Houston Health Department affiliated COVID-19 testing sites are free, waits are minimal, results average 2-4 days, and safety is top priority. Visit [HoustonEmergency.org/covid19](https://HoustonEmergency.org/covid19) or call 832-393-4220 to find a nearby site.
- ◆ In-Home Testing: The Houston Health Department offers in-home COVID-19 testing for eligible people who live in Harris County, including testing for community groups. Call 832-393-4301 or 1-800-213-8471 for information.
- ◆ COVID-19 Call Center: The Houston Health Department operates a COVID-19 call center that helps people with COVID-19 questions and resources, including help locating free testing sites. The call center can be reached at 832-393-4220 Monday-Saturday from 7:30 a.m. to 4 p.m. Hours are extended until 5 p.m. on Tuesday and Thursdays.
- ◆ Let's Beat COVID Mental Health Support: The Houston Health Department's Let's Beat COVID-19: Health Education, and Support Services includes a mental health helpline and other resources to help anyone adjust mentally and emotionally during the pandemic, with a focus on parents and guardians of school-age children, childcare providers, teachers, and City of Houston employees
  - Helpline: People may call 713-999-9442 to reach a trained mental health professional who will provide appropriate intervention and follow-up. The helpline is open 7 days per week from 1 p.m. to 11 p.m. through December 24th.
  - Other Support: The program also offers virtual support groups, toolkits, trainings and other resources to support people's mental and emotional needs.
  - Website: Visit [houston-beatcovid.com](https://houston-beatcovid.com) for more information.
- ◆ Houston Area Women's Center Domestic Violence and Sexual Abuse Hotline: The Houston Health Department is expanding the capacity and reach of the Houston Area Women's Center Domestic Violence and Sexual Abuse Hotline. People experiencing domestic violence can call 713-528-2121 for immediate help and support.
- ◆ Harris County Area Agency on Aging: The Houston Health Department's Harris County Area Agency on Aging is committed to continuing to serve the needs of older adults in Harris County through the COVID-19 crisis. People 60 or older who live in Harris County and are in need of food or other services such as rental assistance, transportation assistance, referrals, and benefits counseling can call 832-393-4301.



## General Resources

- ◆ 211 Texas/United Way Helpline: <https://www.unitedwayhouston.org/211/>  
Dial 2-1-1 to reach a 24/7 helpline where trained specialists provide information and referrals from a variety of social service organizations. Multiple languages available; translators on request.
- ◆ Aunt Bertha - The Social Care Network: <https://www.auntbertha.com>  
Use this site to search for food, housing, legal, financial, and other resources by zip code
- ◆ COVID-19 Houston Resource Pack: <https://www.cdrchouston.org/resources>  
Created by the Community Design Resource Center at University of Houston  
English/Spanish booklet of resources in the Houston area

## Mental Health Resources

Immediate Help for a Mental Health Crisis:  
National Resources:

- ◆ [Disaster Distress](#): 1-800-985-5990 (press 2 for Spanish), or text TalkWithUs for English or Hablanos for Spanish to 66746. Spanish speakers from Puerto Rico can text Hablanos to 1-787-339-2663.
- ◆ [National Suicide Prevention Lifeline](#): 1-800-273-TALK (8255) for English, 1-888- 628-9454 for Spanish, or [Lifeline Crisis Chat](#).
- ◆ [National Domestic Violence Hotline](#): 1-800-799-7233 or text LOVEIS to 22522
- ◆ [National Child Abuse Hotline](#): 1-800-4AChild (1-800-422-4453) or text 1-800-422- 4453
- ◆ [National Sexual Assault Hotline](#): 1-800-656-HOPE (4673) or Online Chat
- ◆ [The Eldercare Locator](#): 1-800-677-1116 TTY Instructions
- ◆ [Veteran's Crisis Line](#): 1-800-273-TALK (8255) or Crisis Chat or text: 8388255

### Local Resources:

- ◆ Call 911
- ◆ COVID-19 Behavioral Health line: <https://theharriscenter.org/COVID-19-Support-Line-and-Resources> or call (833) 986-1919
- ◆ Texas Rio Grande Legal Aide: <https://www.trla.org/covid19-main> or 1-866-757- 1570 (they provide legal advice and referral to other resources for victims of assault)

### Seek Treatment for Substance Abuse or Mental Health Counseling:

#### National Resources:

- ◆ [SAMHSA's National Helpline](https://www.samhsa.gov/1-800-662-HELP): 1-800-662-HELP (4357) and TTY 1-800-487-4889
- ◆ [Treatment Services Locator Website](https://www.samhsa.gov/treatment-services-locator)
- ◆ [Interactive Map of Selected Federally Qualified Health Centers](https://www.samhsa.gov/interactive-map)
- ◆ National Alliance for Mental Health and Substance Abuse Recover (NAMHSAR): <http://www.namhsar.org> or call (844)-341-8612

#### Local Resources:

- ◆ The Right Step- Houston (addiction treatment center): <https://www.rightsteprehabhouston.com> or call (832) 917-0310
- ◆ Anxiety and Health Research Laboratory / Substance Use Treatment Clinic: <https://uh.edu/class/psychology/clinical-psych/research/ahrl-sutcl/> or call (713) 743-8056
- ◆ ADAPT Programs: <https://www.adaptprograms.com/locations/houston-tx/> or call (855) 862- 3278
- ◆ The Council on Recovery: <https://www.councilonrecovery.org> or call (713) 942- 4100
- ◆ La Hacienda Treatment Center: <https://www.lahacienda.com> or call (713) 977- 5202

#### Other Mental Health Resources:

- ◆ Bo's Place Houston Resources: [https://drive.google.com/drive/folders/1AHXDTM\\_SG-Bx21Us\\_SirgQg-tiFd6jcex](https://drive.google.com/drive/folders/1AHXDTM_SG-Bx21Us_SirgQg-tiFd6jcex)
  - Check out bilingual English/Spanish resources and activities for adults, families, and children to deal with stress, anxiety, and grief

### Multilingual Resources

- ◆ Multilingual Print Resources from CDC: <https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html?Sort=Date%3A%3Adesc>
  - Website provides posters that can be used in communities in various languages (search the desired language to find all resources available)

- ◆ UNICEF Multilingual Resources Homepage: <https://drive.google.com/drive/folders/127dKagd-rsPqyQrp5KNq2C7dvsDeJfWk>
- Check out resources for kids, parents, and caregivers in a variety of languages (English, Spanish, Arabic, Mandarin, etc.)
- ◆ Western New York Council on Occupational Health COVID-19 Multilingual Resources: <https://wnycosh.org/coronavirus/>
- More multilingual posters, including videos for ASL on Coronavirus topics

### Other Resources

- ◆ Houston Apartment Association - Financial Help for Renters: <https://haaonline.org/financialhelp>
- ◆ Houston Food Bank (HFB) COVID-19 Resources: <https://www.houstonfoodbank.org/covid19/>
  - HFB offers services for families that have been affected by COVID-19. See their map for various food, produce, and prepared meal distribution sites around the city.
  - Certified navigators can also help with SNAP applications, rental assistance, and utility assistance.
- ◆ Immigrant Eligibility for Public Programs During COVID-19: <https://protectingimmigrantfamilies.org/immigrant-eligibility-for-public-programs-during-covid-19/>
  - See this document for information on federal acts and assistance and their availability to immigrants
- ◆ Lone Star Legal Aid: <https://lonestarlegal.blog/covid-19-eviction-resources/>
  - Assistance with COVID-19-related eviction and foreclosure information, unemployment compensation, public benefits, and domestic violence situations.
- ◆ The Way Home – Houston Resource Guide for Those Experiencing Homelessness: [https://irp-cdn.multiscreensite.com/2d521d2c/files/uploaded/Street\\_Map\\_Final\\_011519.pdf](https://irp-cdn.multiscreensite.com/2d521d2c/files/uploaded/Street_Map_Final_011519.pdf)

**See the following three pages for flyers with resources which can be distributed in your communities. Flyers are available in other languages upon request.<sup>18</sup>**

# WE ARE STRONGER TOGETHER

## PROTECT YOU, ME AND OUR COMMUNITY

**You can protect yourself and your family from COVID-19 when you:**

Wash your hands with soap for 20 seconds or sanitize when soap is not available



Keep 6 feet (2 meters) of space between you and others

Avoid touching your eyes, mouth, or nose



Wear a mask, or cloth cover, over your mouth and nose when in public

## Community Resources

### Food

The Houston Food Bank  
832-369-9390 or text "FOOD"  
to 855-308-2282  
[bit.ly/foodbanktx](https://bit.ly/foodbanktx)

Student Meals:  
[bit.ly/mealfinder](https://bit.ly/mealfinder)

No Kid Hungry  
Text "FOOD" to 877-877 to  
find food distribution centers

### COVID19 Testing Sites

TX COVID-19 Test Collection  
Sites  
[bit.ly/COVID19-test](https://bit.ly/COVID19-test)

Harris County Public Health  
832-927-7575  
[covcheck.hctx.net](https://covcheck.hctx.net)

### Financial Assistance

Electrical Relief Assistance  
1-866-454-8387  
[txcovid19erp.org](https://txcovid19erp.org)

TANF Cash Help  
1-877-541-7905  
[yourtexasbenefits.com](https://yourtexasbenefits.com)

Catholic Charities  
713-526-4611  
[bit.ly/cath-charities](https://bit.ly/cath-charities)

Community Assistance Program  
(HFB)  
832-369-9390  
[bit.ly/comm-assist](https://bit.ly/comm-assist)

211 Texas  
Assistance resources  
Dial 211  
[211.org](https://211.org)

### Employment

Texas Unemployment  
Benefits  
1-800-558-8321  
[bit.ly/ue-benefits](https://bit.ly/ue-benefits)

### Childcare

Childcare for Essential  
Workers  
713-334-5980  
[bit.ly/care-for-children](https://bit.ly/care-for-children)

### Emotional Wellbeing

Domestic Violence Hotline  
800-787-3224 (TTY), or text  
LOVEIS to 22522

COVID-19 Behavioral  
Health Line:  
833-251-7544





# JUNTOS SOMOS MAS FUERTES

## PROTEGETE A TI, A MI Y A LA COMUNIDAD

**Tú puedes protegerte y proteger a tu familia del COVID-19 cuando:**

Te lava las manos con jabón por 20 segundos o desinfectas tus manos cuando no hay jabón.



Te mantienes a 6 pies (2 metros) de distancia de otras personas.

Evitas tocarte los ojos, la boca y la nariz.



Usas una mascarilla o un tapabocas de tela que cubra tu boca y nariz en público.

## Recursos comunitarios

### Alimentos

Banco de alimentos de Houston  
832-369-9390 o mande el texto  
"FOOD" al 855-308-2282  
[bit.ly/foodbanktx](http://bit.ly/foodbanktx)

Buscador de comida para niños  
[bit.ly/mealfinder](http://bit.ly/mealfinder)

No Kid Hungry  
Enviar mensaje de texto "COMIDA"  
al 877-877 para encontrar un centro  
de distribución de alimentos

### Centros de prueba COVID-19

Sitios de prueba de COVID-19 en  
Texas  
[bit.ly/harris-test](http://bit.ly/harris-test)  
Salud Pública del Condado de  
Harris  
832-927-7575  
[covcheck.hctx.net](http://covcheck.hctx.net)

### Recursos Económicos

211 de Texas  
Recursos de asistencia  
Dial 211  
[211.org](http://211.org)

Asistencia pagos eléctricos  
1-866-454-8387  
[txcovid19erp.org](http://txcovid19erp.org)

TANF Ayuda en efectivo  
1-877-541-7905  
[yourtexasbenefits.com](http://yourtexasbenefits.com)

Catholic Charities  
713-526-4611  
[bit.ly/cath-charities](http://bit.ly/cath-charities)

Programa de asistencia  
comunitaria (HFB)  
832-369-9390  
[bit.ly/comm-assist](http://bit.ly/comm-assist)

### Empleo

Beneficios de desempleo de Texas  
1-800-558-8321  
[bit.ly/ue-benefits](http://bit.ly/ue-benefits)

### Apoyo para cuidado de niños

Buscador de guardería para  
hijos de trabajadores  
esenciales de Texas  
[frontlinechildcare.texas.gov](http://frontlinechildcare.texas.gov)

### Bienestar Emocional

Asistencia telefónica para  
violencia doméstica  
800-787-3224 (TTY) o enviar  
mensaje de texto "LOVEIS" al 22522  
COVID-19 Behavioral  
Health Line:  
833-251-7544



# Be Kind to Your Mind

## Tips to cope with stress during COVID-19

### MAKE TIME

to sleep and exercise.



### PAUSE

Breathe. Notice how you feel.

### SEEK HELP

if feeling overwhelmed or unsafe.



### TAKE BREAKS

from COVID-19 content.



### REACH OUT

and stay connected.



**You're not alone. Call For Stress And Emotional Support**

**Emergency Line**  
Dial 911

**Teen Crisis Hotline**  
713-529-TEEN (8336)  
crisishotline.org

**Houston Area Women's Center  
Domestic Violence Hotline**  
713-528-2121 or 713-528-3625 (TTY)  
noCOVIDabuse.org

**Harris Center for Mental Health and IDD**  
713-970-7000  
mhmrharris.org

**National Suicide Prevention  
Hotline**  
1-800-273-TALK (8255)

**SAMHSA Treatment Referral Helpline**  
1-877-726-4727  
samhsa.gov

**211 Texas**  
Assistance resources  
Dial 211

 **UTHealth**  
The University of Texas  
Health Science Center at Houston  
School of Public Health  
Health Promotion  
and Behavioral Sciences

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