



COVID-19 Virtual Town Hall Q + A

April 29, 2020



*This publication was supported by
Cooperative Agreement U254IHS0001-01-
00, funded by the Indian Health Service.*



JOHNS HOPKINS 
**CENTER FOR AMERICAN
INDIAN HEALTH**

Panelists

Laura Hammitt, MD

Director, Infectious Disease Prevention Programs

Johns Hopkins Center for American Indian Health

Jill Moses, MD, MPH

Director of Public Health

Chinle Service Unit

Miranda Carman, LCSW

Mental Health Lead

Mental Health Program

RADM Kelly M. Taylor, MS, REHS

Director

Division of Environmental Health Services

Michelle Archuleta, MS, MA

Public Health Advisor

CHR and Health Education Program

Alberta Becenti, MPH

Public Health Advisor

Health Program/Disease Prevention Program

Tina A. Tah, RN/BSN, BMA

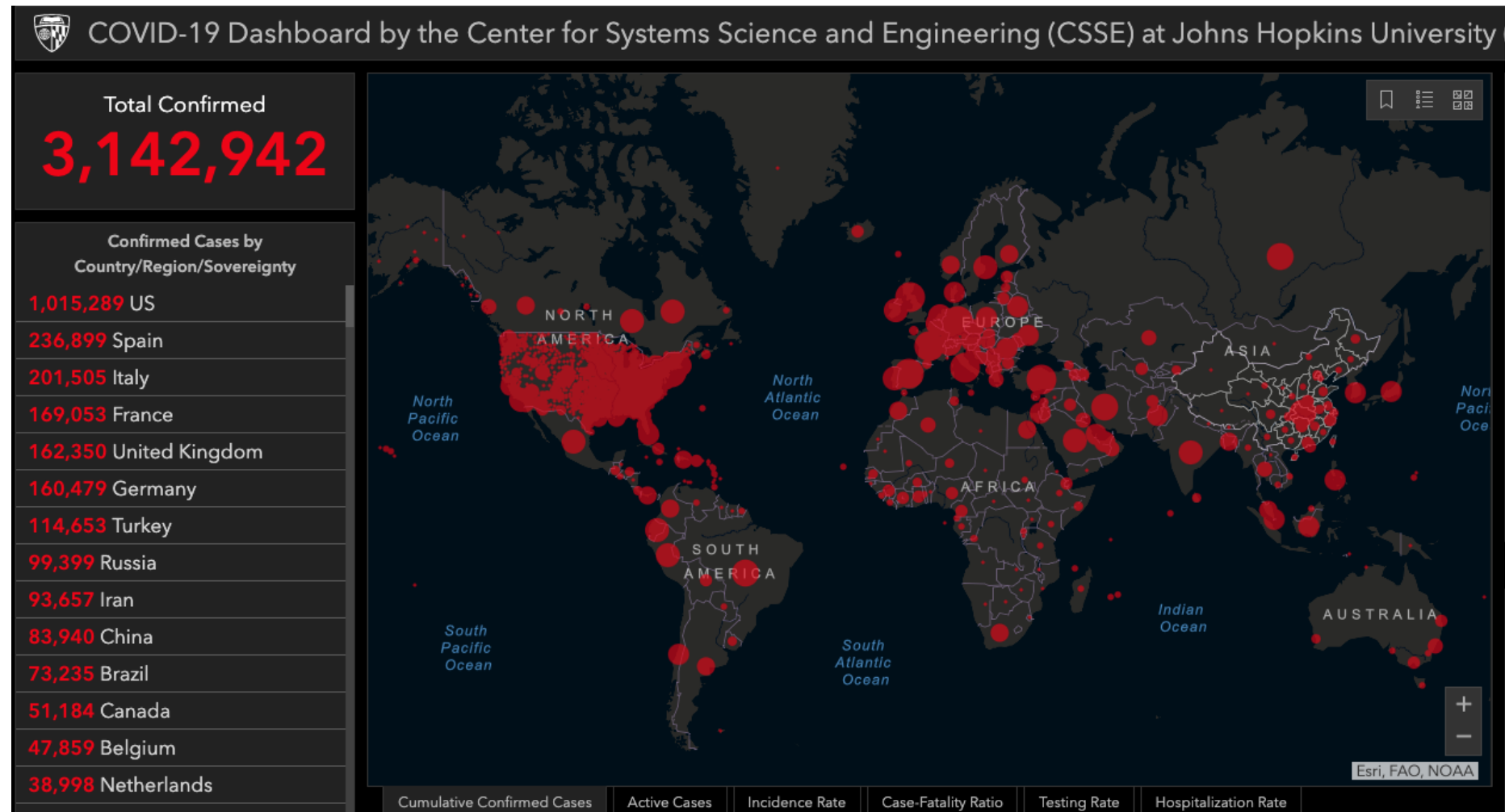
Senior Nurse Consultant

Public Health Nursing

Objectives

- Understand the current state of COVID-19 disease
 - Case counts
- Highlight community-based response activities
 - Protecting community health workers
 - Division of Environmental Health Services
 - Mental health during COVID-19
- Provide information on key resources

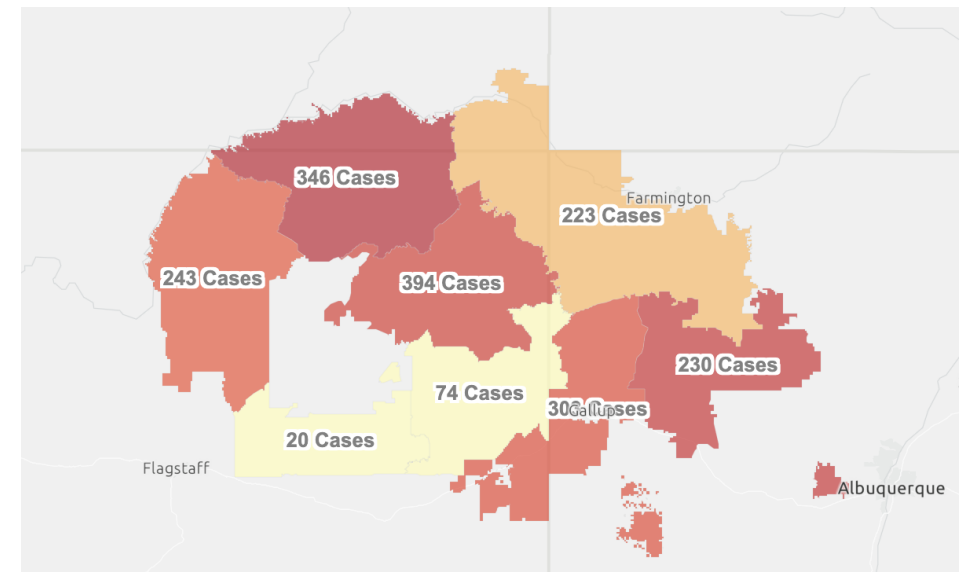
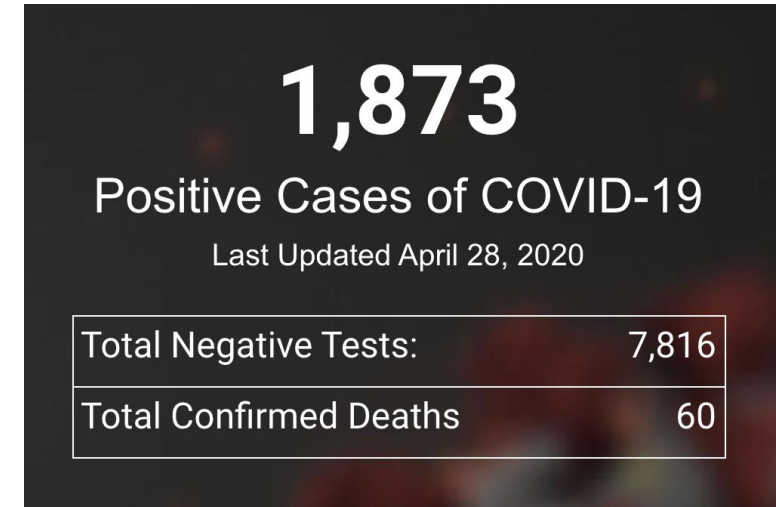
Global Cases



Updated April 29, 2020

COVID-19 Cases in Indian Country

IHS Area	Tested	Positive	Negative
Alaska	4,123	16	3,261
Albuquerque	2,483	259	1,760
Bemidji	441	33	288
Billings	2,564	49	2,330
California	1,005	63	732
Great Plains	1,159	48	1,104
Nashville	1,549	128	1,376
Navajo	7,533	1,880	5,044
Oklahoma City	3,397	120	3,100
Phoenix	1,274	250	904
Portland	1,067	111	907
Tucson	593	16	483
TOTAL	27,188	2,973	21,289



Success stories: COVID-19 Survivors



Today's COVID-19 community health workers could become our epidemic response corps of the future – always ready to help us fight the next epidemic.

Prevent

Detect

Respond

1. Prevent

- Stay home if sick.
- Organize and **carry out social media campaigns** to promote social distancing and handwashing.
- Encourage strategies in their communities and online to **promote mental and physical health and resilience**.
- **Deliver food and medications** to elderly and vulnerable residents.
- **Make masks** at home, and donate them to supplement the stock of personal protective equipment at local hospitals.

Today's COVID-19 community health workers could become our epidemic response corps of the future

Prevent

Detect

Respond

2. Detect

- Learn the signs and symptoms of COVID-19, and **help staff hotlines** run by hospitals and public health departments to answer questions from the public.
- **Refer possible COVID-19 patients** to their nearest testing center, and organize transportation.

Today's COVID-19 community health workers could become our epidemic response corps of the future

Prevent

Detect

Respond

3. Respond

- Assist public health nursing to call people with COVID-19 who are in isolation at home and **monitor them for worsening symptoms.**
- **Provide moral support** and **organize food deliveries** for people with COVID-19 at home.
- **Support rapid referral** of people who require hospitalization, if needed, in consultation with nurse supervision.
- With public health officers, support **contact tracing**, symptom reporting, and monitoring of contacts of COVID-19 patients.
- Help **ensure access to testing and treatment** for people who develop signs and symptoms.
- Help hospitals and non-profits **raise funds.**

Wearing a mask

- When you wear a mask or cloth face covering, **you help protect others** from COVID-19.
- Symptoms are often mild, and the virus can even be transmitted asymptotically, when **you might not know that you are carrying COVID-19**. Wearing a mask blocks respiratory droplets that might be infectious.

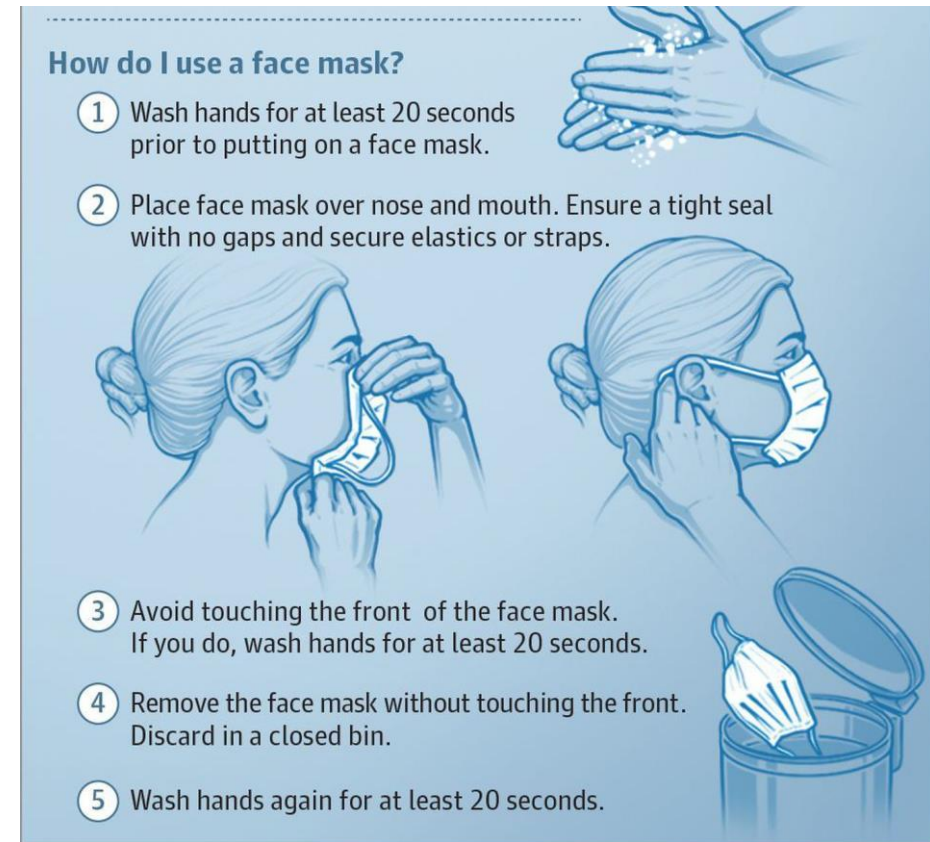
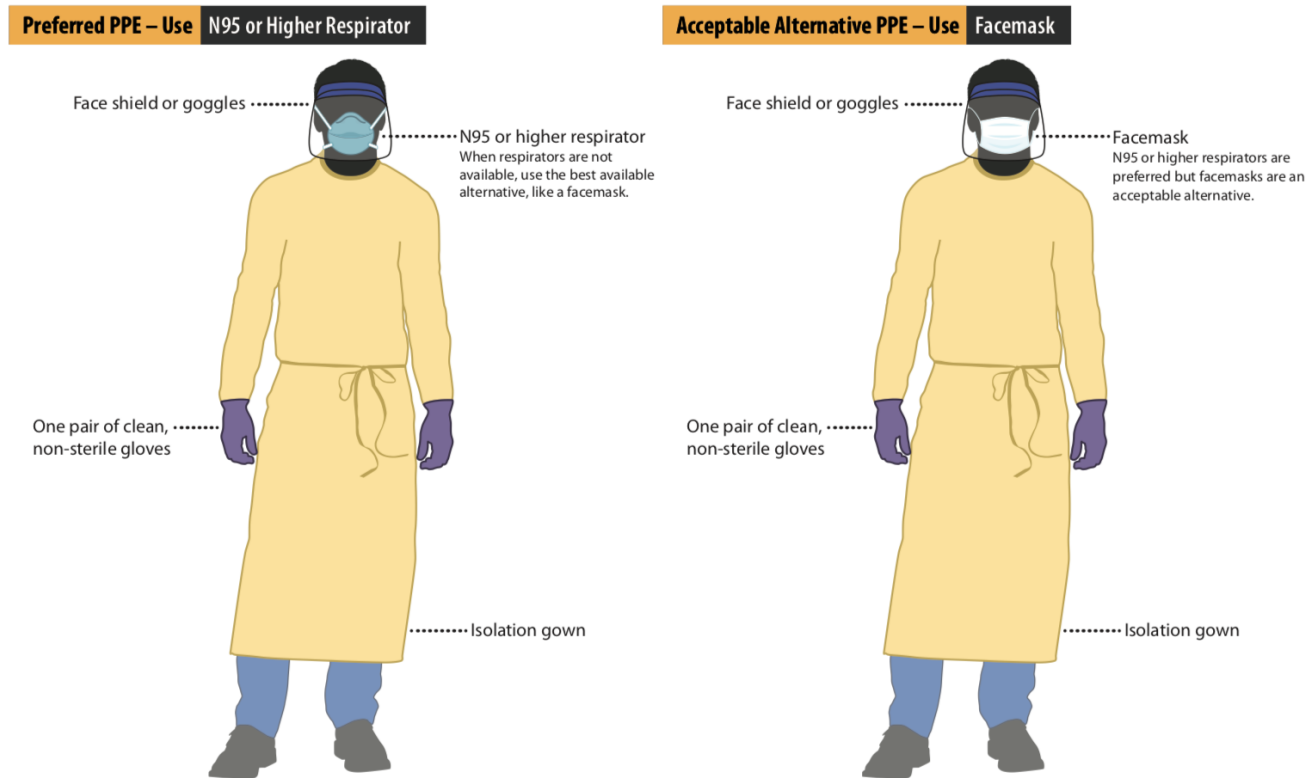


Image courtesy of JAMA Network®

© 2020 American Medical Association

Personal protective equipment (PPE)

- **If caring for patients with confirmed or suspected COVID-19**, you must wear the proper PPE.
- It is important you follow to appropriate guidelines for PPE **donning and doffing**.



TIP: If possible, it can be helpful to greet patients from a distance before you don your PPE. It can help ease tensions and fears the patient might have. PPE must be donned before entering all patient areas.

Tips for keeping healthcare workers and their families safe



Going to Work

- Avoid public transit and ridesharing.
- Place all work gear – stethoscope, badge, pens, etc – in a resealable bag or garbage bag.
- Bring a separate pair of shoes and, if possible, clothes in a bag.
- Bring disinfecting wipes or a cleaning solution and cloth.



Before Leaving Work

- Wash hands, arms, and face with soap.
- If possible, shower at work and change into the separate clothes and shoes in your bag. Leave work clothes/shoes in a locker at work.
- With wipes or cleaning solution and cloth, clean badge, stethoscope, pens, and pencils, and place them in a resealable bag or garbage bag. If possible, leave this bag at work or in a safe place in your car.



Just Before Entering Home

- Wipe down steering wheel, car door handles, phone, and other high-touch objects with wipes or cloth with cleaning solution. Leave any object that doesn't need to come inside the home in a safe place in your car.
- If not done already, change from work shoes into home shoes. Leave work shoes outside in a bag or under an upside down container.



When Entering Home

- Wash hands with soap. Avoid touching eyes, nose, or mouth.
- Wash clothes with warmest water possible and detergent. Wash food containers and water bottles with hot, soapy water.
- Disinfect surfaces touched with unwashed hands, like doorknobs and light switches.
- Take a shower and wash hair before coming into contact with others.

IHS Response to COVID-19: Community-Based Health Programs

Division of Environmental Health Services

- Includes the specialty areas of community injury prevention and institutional environmental health
- Monitors and investigates disease and injury
- Identifies environmental hazards in community and healthcare facilities
- Provides training and technical assistance to communities

Mental Health Program

- The Mental Health Program is an integral part of the IHS health care system.
- It offers a wide range of clinical and community mental health services including the promotion broad social and health goals to enhance the emotional security of AI/AN individuals and groups and early intervention at the onset of mental, emotional, and behavioral disorders to restore and improve patient/client level of functioning.

Update from the Division of Environmental Health Services

RADM Kelly M. Taylor, MS, REHS

Director

Division of Environmental Health Services

Division of Environmental Health Services (DEHS)

Our mission:

Through shared decision making and sound public health measures enhance the health and quality of life of all American Indians and Alaska Natives to the highest level by eliminating environmentally related disease and injury.

“Healthy Environments – Healthy People”

5 Focus Areas



Children's Environment

Prevent illness and injury by reducing risk factors where children live, learn, and play.



Safe Drinking Water

Prevent waterborne illness and ensure safe drinking water supplies.



Food Safety

Prevent foodborne illness and promote food safety and security.



Vectorborne and Communicable Diseases

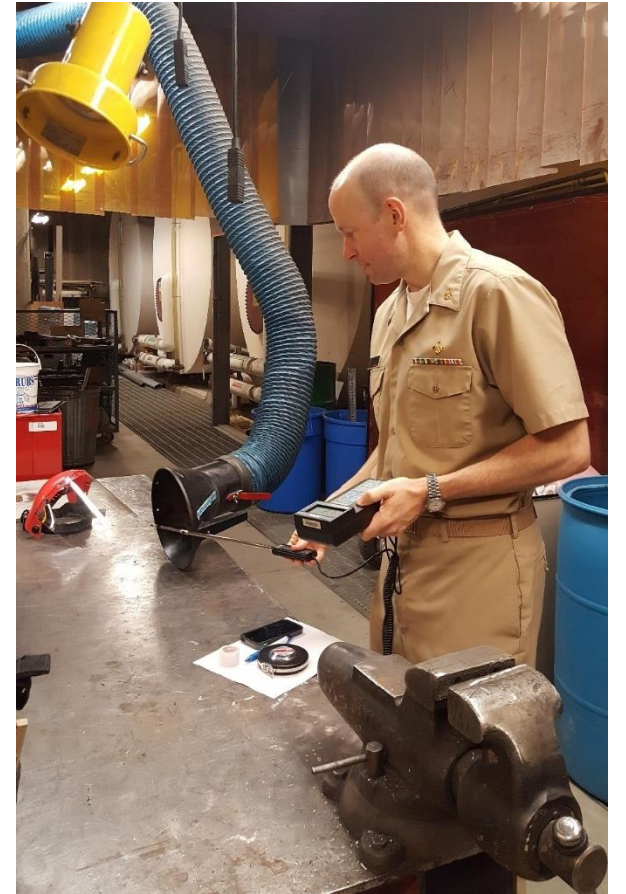
Prevent diseases transmitted by insects, animals, humans, and the environment.



Healthy Homes

Prevent diseases and injuries in homes caused by unhealthy living conditions.

DEHS is Community-based



DEHS COVID-19 Response

- Community-based
- Institutional EH
- Incident Command Systems



COVID-19 Response – Community-based



COVID-19 Response – Institutional EH



COVID-19 Response – ICS



We are Still Here!



Taking care of your mental health during COVID-19

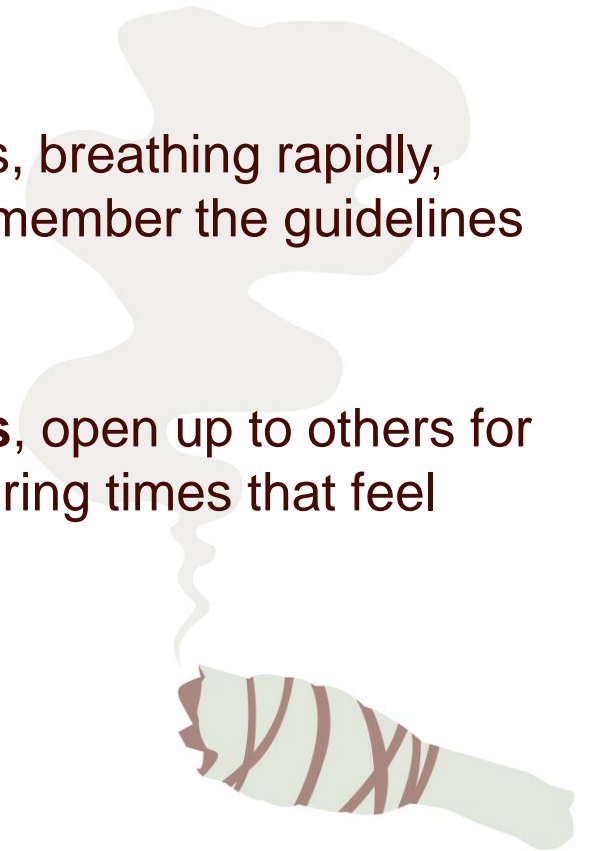
Miranda Carman, LCSW

Mental Health Lead

Mental Health Program

Taking Care of our Mental Health

- Our ***physical – mental – emotional – spiritual health*** are all linked
- It is ***normal*** to feel sad, stressed, anxious during this time
 - Sometimes symptoms of anxiety (e.g., chest tightening, headaches, breathing rapidly, sweating) can feel like symptoms of COVID-19. It's important to remember the guidelines about COVID-19 symptoms and when to seek medical attention.
- It can be helpful to **pay attention to your own thoughts and feelings**, open up to others for support (those at home, or by phone/video), and practice strategies during times that feel overwhelming.



Tips for Taking Care of our Mental Health

- ***Separate what is in your control from what is not.*** There are things you can do—it's helpful to focus on those. Wash your hands and remind others. Limit news/social media.
- ***Do what helps you feel a sense of safety.*** This will be different for everyone. It's ok if you've decided to stay in your house as much as possible, but make sure you separate when you are isolating based on potential for sickness versus because it's part of depressive symptoms.
- ***Get outside in nature—while avoiding crowds.*** You can take a walk outside alone or with someone. It helps to get sunshine – our dose of vitamin D – and it can feel good to both get some fresh air and quality time together. Exercise also helps both our physical and mental health. Being connected with lands is linked to our spiritual health.

Tips for Taking Care of our Mental Health

- ***Take care of our bodies AND make time to unwind.*** Take deep breaths or stretch. Try to get plenty of sleep. Make time for activities that bring you joy.
- ***Connect with others.*** When social distancing, it will be important to keep in touch through phone calls, text and chatting by video when possible. Also, talk with people about how you are feeling.
- ***Practice gratitude.*** Even during the most challenging times, we can think or even write about what we are grateful for in our lives. This can help reduce a bit of stress and help us get through today.
- ***Be patient.*** Keep in mind that while this is a stressful situation, it is only temporary. We will all return to our daily routines again in the future.

Tips for Parents/Caretakers

- ***Take it easy on yourself.*** Do the best that you can do and be forgiving of yourself and others. These are hard times for everyone. No one can do it all, all of the time.
- Remember ***you are not alone***. Schools across our communities are closed and many people are juggling parenting and working.
- Children will also feel anxious and scared during this time. Those feelings can manifest in many ways (e.g., disruptive behavior, tantrums, withdrawing).
- ***Strategies to help you and your child cope include:***
 - ❖ Be honest with them about COVID-19: answer Qs and provide facts in a way children can understand.
 - ❖ Reassure them they are safe. Empathize with them that this is hard for all of us.
 - ❖ Teach them about physical distance.
 - ❖ Create a new routine. Be flexible, but consistent with the routine.
 - ❖ Set clear and realistic limits.
- ***Consider using these hotlines if necessary:***
 - ❖ SAMHSA Disaster Distress Helpline: 1-800-985-5990
 - ❖ National Child Abuse Hotline: 1-800-422-4453
 - ❖ National Tobacco Cessation Hotline: 1-800-784-8669

Unaware his cough
may be COVID-19

Is having dinner
with grandma later

Has preexisting
health conditions

**Social distancing during a
pandemic saves lives.**

Stay home.

#Coronavirus

#StayHomeHeroes

caih.jhu.edu



JOHNS HOPKINS
CENTER FOR AMERICAN
INDIAN HEALTH



**Staying at home in a pandemic
protects the health of all.**

Stay home to save a life.

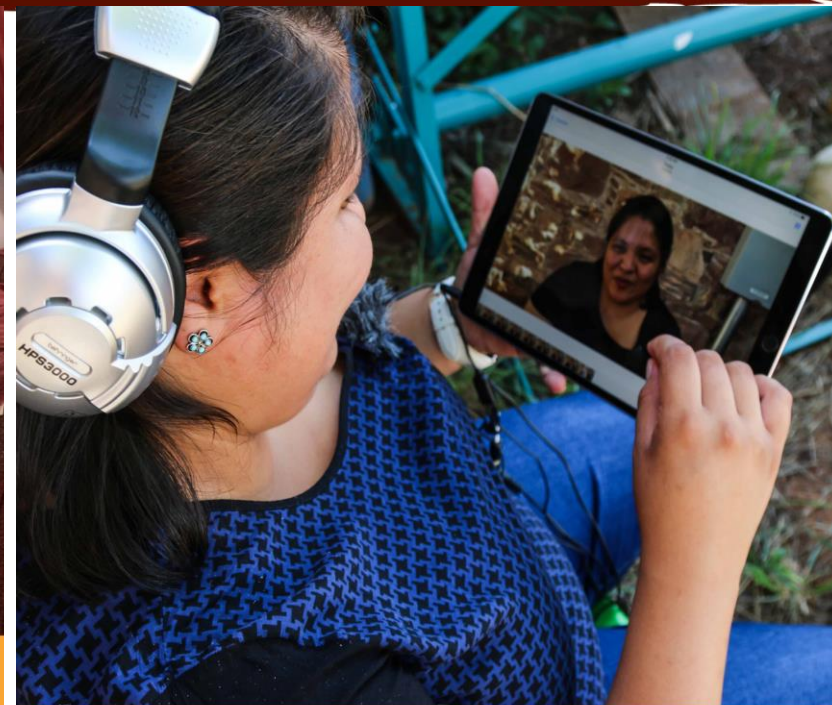
#Coronavirus

#StayHomeHeroes

caih.jhu.edu



JOHNS HOPKINS
CENTER FOR AMERICAN
INDIAN HEALTH



**Not all heroes wear capes.
Some host group chats.**

Stay home to save a life.

#Coronavirus

#StayHomeHeroes

caih.jhu.edu



JOHNS HOPKINS
CENTER FOR AMERICAN
INDIAN HEALTH

Resources

- [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)
- [IHS.gov/coronavirus](https://www.hhs.gov/ihsc/coronavirus)
- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- <https://www.nihb.org/covid-19/>
- <http://www.ncai.org/initiatives/partnerships-initiatives/resources-for-indian-country-coronavirus>
- <https://coronavirus.jhu.edu/>
- <https://www.samhsa.gov/coronavirus>
- <https://www.acf.hhs.gov/cb/resource/covid-19-resources>
- <https://www.niams.nih.gov/newsletters/aian-newsletter/2020>

Contact IHS Community-Based Health Programs

RADM Kelly M. Taylor, MS, REHS

Director

Division of Environmental Health Services

Phone: 301.443.1593

Kelly.Taylor@ihs.gov

Miranda Carman, LCSW

Mental Health Lead

Mental Health Program

Phone: 301.281.1777

Miranda.Carman@ihs.gov

Michelle Archuleta, MS, MA

Public Health Advisor

CHR and Health Education Program

Phone: 301.332.0733

Michelle.Archuleta@ihs.gov

Alberta Becenti, MPH

Public Health Advisor

Health Program/Disease Prevention Program

Phone: 240.328.5540

Alberta.Becenti@ihs.gov

Tina A. Tah, RN/BSN, MBA

Senior PHN Consultant

Public Health Nursing Program

Phone: 301.443.2472

Tina.Tah@ihs.gov