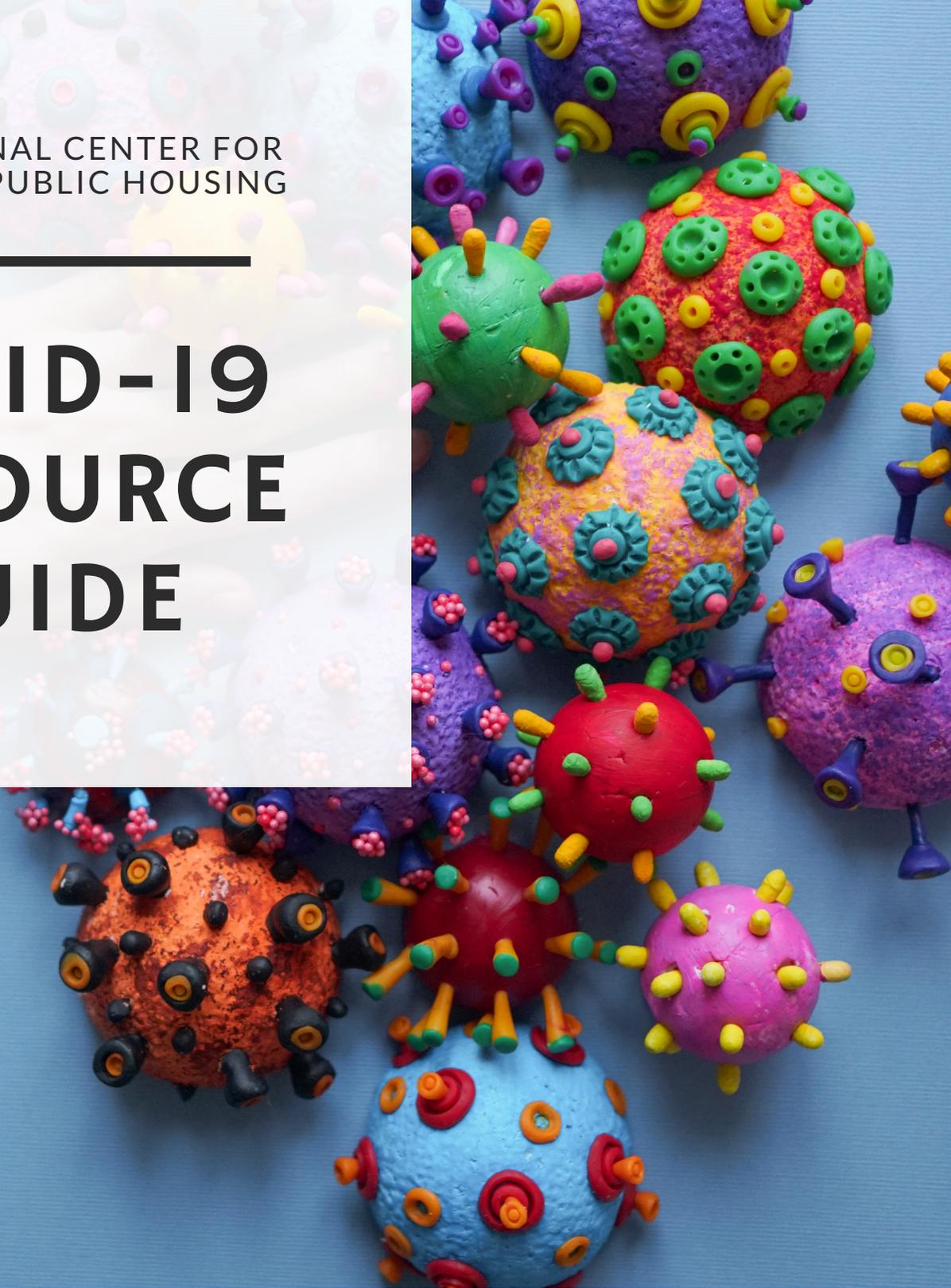


THE NATIONAL CENTER FOR
HEALTH IN PUBLIC HOUSING

COVID-19 RESOURCE GUIDE



With COVID-19 numbers on the rise, NCHPH has provided a variety of supplemental resources on Coronavirus Disease (COVID-19) for health center professionals.

....infographics and more!

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NCHPH COVID-19 DASHBOARD

NCHPH's Public Housing Primary Care (PHPC) Health Center COVID-19 Dashboard contains graphs, data, and regularly updated infographics.

NCHPH COVID-19 DASHBOARD

NCHPH REVIEWS AND ANALYZES WEEKLY COVID-19 SURVEY DATA REPORTS FROM PUBLIC HOUSING PRIMARY CARE HEALTH CENTERS FIELDDED BY THE BUREAU OF PRIMARY HEALTH CARE. WE WANT TO ENSURE THAT THE INFORMATION THAT NCHPH SHARES IS CREDIBLE AND HELPFUL. THE INFORMATION IS INTENDED TO HELP YOU PREPARE FOR AN OUTBREAK AND ANSWER PATIENT QUESTIONS. INFORMATION WILL BE UPDATED ON A REGULAR BASIS AS IT BECOMES AVAILABLE.

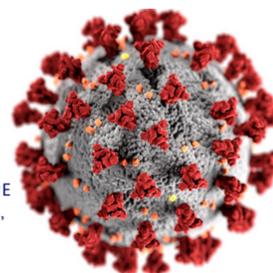
TO LEARN MORE, VISIT [NCHPH.ORG/DASHBOARD](https://www.nchph.org/dashboard)

THE NATIONAL CENTER FOR HEALTH IN PUBLIC HOUSING

PUBLIC HOUSING PRIMARY CARE (PHPC) COVID-19 DASHBOARD

AS MORE CASES OF COVID-19 ARE CONFIRMED, PREPARATION AND PREVENTION ARE BECOMING THE FOCUS. TO SUPPORT HEALTH CENTERS AS THIS SITUATION EVOLVES, NCHPH IS SHARING RESOURCES THAT ARE RELEVANT FOR HEALTH CENTERS AND PATIENTS.

NCHPH REVIEWS AND ANALYZES WEEKLY COVID-19 SURVEY DATA REPORTS FROM PUBLIC HOUSING PRIMARY CARE HEALTH CENTERS FIELDDED BY THE BUREAU OF PRIMARY HEALTH CARE. WE WANT TO ENSURE THAT THE INFORMATION THAT NCHPH SHARES IS CREDIBLE AND HELPFUL. THE INFORMATION IS INTENDED TO HELP YOU PREPARE FOR AN OUTBREAK AND ANSWER PATIENT QUESTIONS. INFORMATION WILL BE UPDATED ON A REGULAR BASIS AS IT BECOMES AVAILABLE.



SELECT A LINK BELOW TO VIEW:

GRAPHS

INFOGRAPHICS

RESOURCES

PUBLIC HOUSING PRIMARY CARE (PHPC) COVID-19 BY THE NUMBERS GRAPHS:

THESE GRAPHS BY NCHPH PROVIDE THE LATEST COVID-19 STATISTICS FOR PUBLIC HOUSING PRIMARY CARE HEALTH CENTERS, INCLUDING:

PATIENT DATA:

COVID-19 TRAINING AND TECHNICAL ASSISTANCE ACTIVITIES

The following section contains various training and technical assistance events that NCHPH has hosted since the inception of the COVID-19 pandemic.

COVID-19 TRAINING & TECHNICAL ASSISTANCE ACTIVITIES

WEBINARS:

[Building Resilience in the Midst of a Pandemic: What Health Care Workers and Leaders Can Do During the COVID-19 Pandemic](#)

This webinar provides tips and recommendations for leadership, clinical and non-clinical staff working at health center clinical sites on how to create a healthy environment and cope with anxiety, depression and other behavioral disorders caused by COVID-19 (SARS-CoV2).

[Secondary Traumatic Stress Identification, Mitigation and Improving Work Satisfaction for HC Staff During the COVID-19 Pandemic](#)

This webinar educates staff on the concept of traumatic stress. It identifies terms, risk factors, and symptoms associated with compassion fatigue/secondary traumatic stress and burnout. The concept of self-care is introduced, and participants learn about building skills that can mitigate traumatic stress responses and improve work satisfaction and resilience.

[Integrating Behavioral Health in a Pandemic](#)

This webinar covers the need for information on behavioral health conditions, treatments, and services; challenges public housing residents face in obtaining care; and provide information that health centers can use to modify their approach to outreach and education.

COVID-19 TRAINING & TECHNICAL ASSISTANCE ACTIVITIES

WEBINARS:

[Preparing Your Community for the Flu: Partnering with Health Providers to Prevent a Twindemic](#)

During this webinar, the Healthcare Resilience Working Group discussed the initiatives that are currently taking place at a national level to prepare health center communities for flu season 2020 and how partnerships with public housing agencies and health care providers to prevent a twindemic between flu and COVID-19 among vulnerable populations is important during these unprecedented times. In this session, various health promotion resources were shared as well other resources for patients to use to successfully locate a flu vaccine provider.

[Considerations for Serving Residents of Public Housing During Emergencies and Disasters](#)

This webinar will provide health center with guidance for developing tools and resources that enable health center staff and the patients they serve to navigate the practical and psychological after-effects of disaster events. Speakers will highlight special considerations for residents of public housing through a strengths-based lens.

COVID-19 TRAINING & TECHNICAL ASSISTANCE ACTIVITIES

LEARNING COLLABORATIVES:

[Community Partnerships to Address the Consequences of the COVID-19 Pandemic among Residents of Public Housing](#)

The COVID-19 pandemic and its associated mitigation strategies are expected to have significant psychosocial, behavioral, socioeconomic, and health impacts, which are exacerbated in populations that experience health disparities and other vulnerable groups. Those experiencing health disparities prior to the COVID-19 pandemic are at increased risk of infection and other COVID-19 related consequences, such as job loss, unpaid leave, and lost wages. Given the urgent need for prevention and mitigation strategies (i.e., physical distancing, wearing face coverings, frequent handwashing, disinfecting surfaces, shelter-in-place, self-isolation upon suspected exposure, leaving home only for essential activities, etc.), there is also a need to leverage and scale existing partnerships, resources and platforms and ongoing mitigation efforts within communities to attenuate adverse outcomes. This learning collaborative explored existing or developing partnership strategies to address the negative health impacts of COVID-19 in vulnerable populations.

INFOGRAPHICS

The following section contains instructional and strategic COVID-19 infographics that can be used for dissemination.

INFOGRAPHIC TABLE OF CONTENTS:

- **How to Obtain COVID-19 Vaccines**
- **COVID-19 Informational Guide for Public Housing Residents: Know the Basics (English/Spanish)**
- **Diabetes and Seasonal Influenza (Flu) During COVID-19: Protect Yourself!**

HOW TO OBTAIN COVID-19 VACCINES

GUIDANCE AND RESOURCES FOR PUBLIC HOUSING PRIMARY CARE (PHPC) HEALTH CENTERS

PHPC HEALTH CENTERS ARE A CRITICAL PART OF THE HEALTH CARE SAFETY NET

Between April and December 2020, PHPC Health Centers tested 488,053 individuals for COVID. Close to 51,586 (10.56%) of those individuals were positive, and approximately 70% of those cases were individuals that identify as a racial or ethnic minority. (*Source: NCHPH COVID-19 Dashboard*).



488,053 PHPC Patients Tested



51,586 PHPC Patients Positive



70% Racial or Ethnic Minority

REVIEW YOUR STATE'S VACCINATION PLAN

Each state has developed an Interim COVID-19 Vaccination Plan that provides public health programs and their partners with guidance on how to plan and operationalize a vaccination response to COVID-19 within their jurisdictions. The document's sections cover specific areas of COVID-19 vaccination program planning and implementation and provide key guidance documents and links to resources to assist those efforts. Consider signing up for the email updates to stay informed of any changes.

The National Academy for State Health Policy has compiled each state's vaccination plan. These plans are in the form of a document or webpage with information on the groups prioritized based on health risks. If the state's priority lists do not include public housing residents, reach out to the public health partners who are responsible for vaccine distribution and encourage them to include this vulnerable population.

1



PHPC Health Centers should participate in state and local discussions around COVID-19 vaccination planning to ensure that residents of public housing are adequately immunized. This infographic provides PHPC Health Centers with guidance on how to obtain COVID-19 vaccines for distribution to patients and staff.

LEARN MORE AT [HTTPS://NCHPH.ORG/DASHBOARD/](https://nchph.org/dashboard/)

BECOME AN OFFICIAL COVID-19 VACCINATION PROVIDER

2



COVID-19 vaccination providers participating in the [CDC COVID-19 Vaccination Program](#) are required to sign a CDC COVID-19 Vaccination Program Provider Agreement. It includes footnoted weblinks for recommendations, requirements and other guidance that are incorporated into the requirements of the vaccination program. [Find more information about vaccine administration and reporting requirements.](#)

Some State Departments of Public Health are overseeing the registration for COVID-19 vaccination programs. To become a vaccination provider, contact your State Department of Public Health. In some states, for healthcare provider facilities to participate receive and/or administer vaccine they must register or be enrolled in the state's Immunization Information System (IIS).

In other cases, vaccination roll out is coordinated by local departments of health. For contact information on local city and county health departments, view [NACCHO Local Health Department COVID-19 Directory](#).

ENSURE THAT YOU ARE EQUIPPED FOR VACCINE DISTRIBUTION

Check with your state's immunization program for specific requirements on how vaccines should be delivered, stored, monitored, and documented. To visit the [direct link to each state's immunization program](#), view this resource from the Immunization Action Coalition.

Healthcare professionals who will administer vaccines should receive comprehensive, competency-based training in vaccine administration policies and procedures before administering vaccines. View [CDC Training materials](#) here.

One way to ensure that people continue to receive needed vaccines is to set up a curbside or drive-through vaccination clinic. If you are planning a curbside or drive-through vaccination clinic, review [CDC's Considerations for Planning Curbside/Drive-Through Vaccination Clinics](#). View the [Checklist of Best Practices for Vaccination Clinics Held at Satellite, Temporary, or Off-Site Locations](#) which outlines CDC guidelines and best practices essential for patient safety and vaccine effectiveness, including guidance for vaccine shipment, transport, storage, handling, preparation, administration, and documentation at temporary clinics.

Also review [CDC's Vaccination Supply Checklist](#) and specific guidance can be found in [CDC's Vaccine Storage and Handling Toolkit](#).

3



COORDINATE WITH GOVERNMENT, NONPROFIT, AND PRIVATE SECTOR PARTNERS

4



Government entities, such as the Health Resources Services Administration (HRSA), Centers for Disease Control and Prevention (CDC) and the U.S. Department of Housing and Urban Development (HUD), as well as Primary Care Associations, State and local Immunization Programs, Public Health Departments, nonprofit and private sector organizations can assist in improving access to COVID-19 vaccines.

HUD has activated technical assistance provider teams to provide additional support to communities in planning and preparing for vaccine distribution. [HUD's COVID-19 Interaction Playbook for Housing Partners](#) and [HUD's COVID-19 Resources](#) website is being updated regularly. To subscribe to the HUD Exchange mailing list, please go to the [Mailing List Subscription Form](#).

To identify and contact your local housing authority, view [NCHPH's Interactive Map](#). This [map](#) shows health care facilities within a five-mile radius of public housing buildings and Public Housing Authorities.

Guidance on vaccine distribution is changing rapidly. Continue to check websites regularly for up to date information.



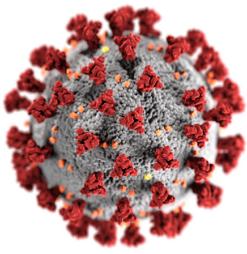
ABOUT NCHPH

NCHPH provides training and technical assistance to strengthen the capacity of federally-funded health centers to increase access to health care, eliminate health disparities, and enhance health care delivery for the millions of residents of public and assisted housing.

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$1,824,000 with 0% financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government.

For more information, please visit [HRSA.gov](https://hrsa.gov).

LEARN MORE AT [HTTPS://NCHPH.ORG/DASHBOARD/](https://nchph.org/dashboard/)



COVID-19 INFORMATIONAL GUIDE FOR PUBLIC HOUSING RESIDENTS

KNOW THE BASICS



What is COVID-19?

Coronavirus disease 2019 (COVID-19) is a new viral respiratory illness that is transmitted by close contact like standing or sitting within 6 feet of an infected person. The virus is spread through respiratory droplets from an infected person who is coughing, sneezing, or talking.



What are the symptoms?

- Symptoms range from mild to severe respiratory illness such as: Shortness of breath or difficulty breathing, persistent pain or pressure in the chest, sudden confusion, inability to respond, bluish lips or face, fever and malaise, muscle pain, chills, and/or repeated shaking with chills, cough, sore throat and new loss of taste or smell. Individuals can also be infected and infectious with no symptoms at all.
- Other less common symptoms include: gastrointestinal symptoms like nausea, vomiting, or diarrhea.

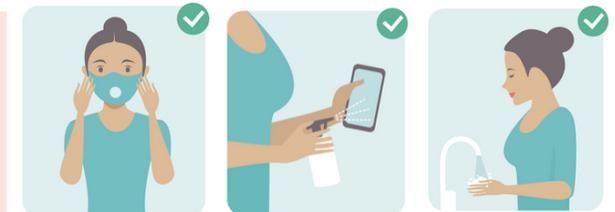


What do I do if I suspect I have COVID-19?

- Stay home except to get medical care. When seeking medical care, contact your health care provider via telephone, email, or secure messaging for further instructions on what to do, i.e. come in for testing or to obtain medication through a clinical trial.
- Separate yourself from others in your home, including pets.
- Wear a cloth covering over your nose and mouth when around other people.

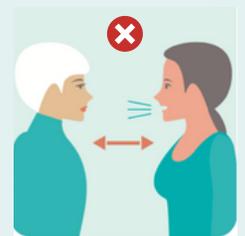
How do I prevent transmission to others?

- Wash hands often
- Avoid sharing personal items
- Clean most commonly touched surfaces every day
- Monitor your symptoms
- Cover your mouth and nose when you cough and sneeze with a tissue, throw your tissue away in a lined trash can, and immediately wash your hands with soap and water for at least 20 seconds.
- If you don't have soap and water readily available use a hand sanitizer with at least 60% alcohol.



Take the following precautions everyday:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds.
- No soap and water? Use a hand sanitizer with at least 60% alcohol.
- Always wash hands after using and being in common areas.
- Practice social distancing by staying at least 6 feet apart from other people.
- Always wear a cloth face mask when around others.



Learn how to make a mask by clicking [here](#).
Learn how to properly wash your hands by clicking [here](#).



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<https://www.mayoclinic.org/diseases-conditions/coronavirus/symptoms-causes/syc-20479963>

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

<https://nchph.org/wp-content/uploads/2020/04/COVID-19-Pandemic-Conference-Call-fp.pdf>

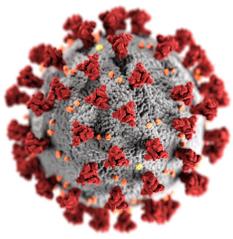
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

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GUÍA INFORMATIVA DE COVID-19 PARA RESIDENTES DE VIVIENDAS PÚBLICAS

CONOZCA LOS CONCEPTOS BÁSICOS

✘ ¿Qué es el COVID-19?



La enfermedad del coronavirus (COVID-19) es una nueva enfermedad respiratoria viral que se transmite al tener un contacto cercano como al estar parado o sentado a 6 pies de distancia con una persona infectada. El virus se transmite por medio de gotitas respiratorias producidas por una persona infectada al toser, estornudar, y hablar.

! ¿Cuales son los síntomas?



- Los síntomas varían de leve a una enfermedad respiratoria severa que incluye: Falta de aliento o dificultad para respirar, dolor persistente o presión en el pecho, confusión repentina, inhabilidad a responder, decoloración de labios y cara, fiebre y malestar, dolor muscular, escalofríos y/o temblores en el cuerpo repetidos con escalofríos, dolor de garganta, tos y nueva pérdida de gusto u olfato. Personas pueden ser infectadas y contagiosas sin presentar ningún síntoma.
- Otros síntomas menos comunes incluyen: malestar gastrointestinal como náuseas, vómito o diarrea.

✓ ¿Qué debo hacer si sospecho que tengo el COVID-19?



- Quédese en casa excepto cuando tenga que buscar ayuda médica. Al buscar ayuda médica, contacte a su proveedor de atención médica por teléfono, correo electrónico, o mensajería segura para instrucciones en que hacer, i.e. ir a que le hagan una prueba u obtener medicamentos por medio de un ensayo clínico.
- Sepárese de personas en su casa, incluyendo mascotas.
- Utilice un tapa bocas que cubra su nariz y boca cuando esté alrededor de otras personas.

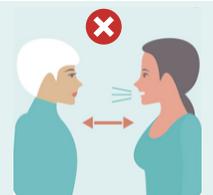
¿Cómo prevengo la transmisión a otros?

- Lave sus manos frecuentemente.
- Evite compartir artículos personales.
- Monitoree sus síntomas a diario.
- Desinfecte las superficies que son tocadas frecuentemente todos los días.
- Cubra su boca y su nariz al toser y al estornudar con un pañuelo de papel, bote el pañuelo en un basurero e inmediatamente lave sus manos con agua y jabón por lo menos por 20 segundos.
- Si no tiene agua y jabón, utilice alcohol en gel con 60% de alcohol.



Todos los días tome las siguientes precauciones:

- Evite cualquier contacto cercano con otras personas que estén enfermas.
- Evite tocarse los ojos, nariz, y boca con manos no lavadas.
- Lave sus manos frecuentemente con jabón y agua por al menos 20 segundos.
- Mantenga su distancia de por lo menos 6 pies de otras personas.
- Cubra su boca y su nariz con un tapa bocas de tela al estar alrededor de otras personas.
- Si no tiene agua y jabón, use alcohol en gel que por lo menos tenga 60% alcohol.
- Siempre lave sus manos después de usar o estar en áreas comunes en su comunidad.



Aprenda hacer su propio tapa bocas [aquí](#).
Aprenda a lavarse las manos apropiadamente [aquí](#).



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<https://www.mayoclinic.org/diseases-conditions/coronavirus/symptoms-causes/syc-20479963>

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

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DIABETES AND SEASONAL INFLUENZA (FLU) DURING COVID-19: PROTECT YOURSELF!

HIGH RISK POPULATIONS



Individuals with underlying medical conditions



Children younger than 2 years old



Adults over the age of 65



Pregnant and postpartum women

FLU & COVID-19

Common Symptoms

Fever
Cough
Shortness of breath or difficulty breathing
Fatigue
Sore throat
Runny or stuffy nose
Muscle pain or body aches
Headache
Sometimes, vomiting and diarrhea in children and adults

Differences

Flu causes mild to severe illness
COVID-19 causes more serious illnesses in individuals with chronic medical conditions such as diabetes
COVID-19 symptoms may include change in or loss of taste or smell
COVID-19 may cause blood clots in veins and in arteries of the lungs, heart, legs or brain



CAN FLU AND COVID-19 CAUSE ILLNESS AT THE SAME TIME?

Yes, you may develop flu and COVID-19 at the same time, also known as coinfection. To determine which illness you have developed, testing is recommended.

DIABETES IMPLICATIONS



Increased risk of complications from flu and COVID-19.



About 30% of adult flu hospitalizations has been in diabetic patients.



Upper respiratory illnesses such as flu and COVID-19 can suppress your immune system.



Acute illnesses can make it more difficult to control blood sugar.



Blood sugar levels may rise or drop at dangerous levels due to a loss of appetite while fighting infections.

FLU VACCINE BENEFITS DURING COVID-19

- ✓ Reduces health complications.
- ✓ Reduces the risk of getting infected with two diseases at the same time.
- ✓ To avoid flu and COVID-19 complications, now is time to get your flu vaccine.

WHERE TO GET YOUR FLU VACCINE



You may get a flu vaccine at a health center near your public housing development, or at other facilities offering the vaccine.

[Vaccinefinder.org](https://vaccinefinder.org)

To find vaccines near you provided by pharmacies, medical providers, health centers, urgent care and other community locations.

[Findahealthcenter.hrsa.gov](https://findahealthcenter.hrsa.gov)

To find health centers in or immediately accessible to public housing and those serving public housing, voucher recipients, senior and disabled homeless, and other HUD-assisted families.

PROTECT YOURSELF!



1. Prevention is key, so get your flu vaccine.
2. Take **everyday preventive actions** and follow the recommended precautions taken in your community.
3. Always be prepared and maintain at least a 2-week supply of insulin, regular diabetes medications, and foods.

SOURCES

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