

REACH Project



William Calo, PhD, Assistant Professor
Penn State Public Health Sciences

WELCOME

William Calo, PhD, JD, MPH

Assistant Professor, Department of Public Health Sciences

Division of Health Services and Behavioral Research



COVID RESPONSE- COMMUNITY PSAs

COMMUNITYHEALTHCOUNCIL.COM

Can my family and friends come visit or stay with us?



The simple answer is **NO**

Why?

To slow the spread and to protect our high risk community members, like the elderly.



SI ALGUIEN EN SU CASA ESTÁ ENFERMO

Enfermo o no, esto aplica a todos en casa.

HAGA ESTO:

- Quédese en su casa
- Identifique un "Cuarto de enfermo"
- Cubra su tos y estornudos
- Lávese las manos frecuentemente
- Limpie superficies a menudo
- Monitoree los síntomas
- Manténgase en contacto con su doctor



NO HAGA ESTO:

- Salir a hacer diligencias
- Usar transportación pública
- Salir a comprar comestibles
- Tocar su cara, nariz o boca
- No comparta su artículos personales
- No reciba visitas




IF SOMEONE IN YOUR HOME IS SICK

Sick or not, this applies to EVERYONE in your home

DO:

- Stay at home
- Identify a "sick" room
- Cover coughs and sneezes
- Wash hands frequently
- Clean surfaces often
- Monitor symptoms
- Stay in touch with your doctor



DO NOT:

- Run errands
- Use public transportation
- Shop for groceries
- Touch your face, nose, or mouth
- Share personal items
- Allow visitors




STAYING SAFE WHEN SOMEONE IN YOUR HOUSE IS SICK

Choose a room and bathroom to isolate sick household members.

If you have a separate room and bathroom:
Only clean the area around the person who is sick when needed, such as when the area is soiled. This will help limit your contact with the person who is sick.

If it is not possible to have a separate room, create a space for the person who is sick by putting up curtains, blankets or plastic sheets.

Caregivers can provide personal cleaning supplies to the person who is sick (if appropriate). Supplies include:

- Tissues
- Paper towels
- Disinfectants
- EPA-registered disinfectants





Information Hotline (855) 851-3641

MANTENIENDOSE SALUDABLE CUANDO ALGUIEN EN SU CASA ESTA ENFERMO

Escoja un cuarto y un baño para aislar a las personas enfermas que viven en su casa.

Si usted tiene un cuarto y baño separados:
Solamente limpie el área alrededor de la persona que está enferma cuando esto sea necesario, como cuando el área esté sucia. Esto ayudará a limitar su contacto con la persona enferma.

Si no le es posible tener un cuarto por separado, usted puede preparar un espacio para la persona que se encuentra enferma, aislando el área con cortinas, sábanas o cortinas plásticas.


Si es apropiado, la persona que cuida al enfermo puede darle los productos de limpieza a la persona enferma.
Use productos incluyen:
• Pañuelos de papel
• Toallas de papel
• Limpiaespesos y desinfectantes registrados con la agencia de protección ambiental (EPA por sus siglas en inglés)





Línea directa de información (855) 851-3641

¿Pueden mis amigos y familiares venir a visitarnos o venir a quedarse con nosotros?



La respuesta simple es **NO**

¿Por Qué?

Necesitamos ayudar a nuestro familiares, especialmente a los ancianos y a quienes tengan enfermedades que pueden empeorar y para reducir el contagio.



BUSQUE ATENCIÓN MÉDICA INMEDIATAMENTE SI:



- Tiene dificultad respiratorias
- Tiene dolor o presión persistente en el pecho
- Nueva confusión o desorientación
- Su cara o labios están azulados




SEEK IMMEDIATE MEDICAL ATTENTION IF:



- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or disorientation
- Bluish lips or face




When to Seek Care for the CORONAVIRUS

Please follow these important guidelines.

Check for Fever

- Turn on thermometer — (push blue bottom at end)
- Place under tongue
- Close mouth
- Wait for beeps (15-30 seconds)
- Take out
- Read number
- Wash thermometer tip with soap and water

If the thermometer shows 100.4 F/38 C or higher, you have a fever.



How to wear a mask:
Masks should:

- Fit snugly but comfortably against the side of the face
- Be secured with ties or ear loops
- Include multiple layers of fabric
- Allow you to breathe
- Be able to be washed and dried without losing shape



How should I clean my mask?

If it's a cloth face covering you can wash it with your regular laundry and machine dry it. If it has a filter, remove that first.

Call your doctor if you have:

- Fever and Cough
- Fever and Shortness of Breath

If you don't have a doctor call: (855) 851-3641



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COVID RESPONSE- COMMUNITY ECHO_s

[BIT.LY/COVID_SPANISH](https://bit.ly/COVID_SPANISH)

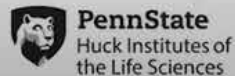
Recomendaciones: Prepare su hogar para la enfermedad del coronavirus 2019 (COVID-19)

William A. Calo, PhD, JD
Assistant Professor of
Public Health Sciences

Paula Henao, MD
Assistant Professor of Medicine
Division of Allergy, Asthma and Immunology

Madeline Bermudez
Community Health Worker
Penn State REACH

Adaptado de la presentación de Dr. Gavin Macgregor-Skinner del 20 de marzo de 2020

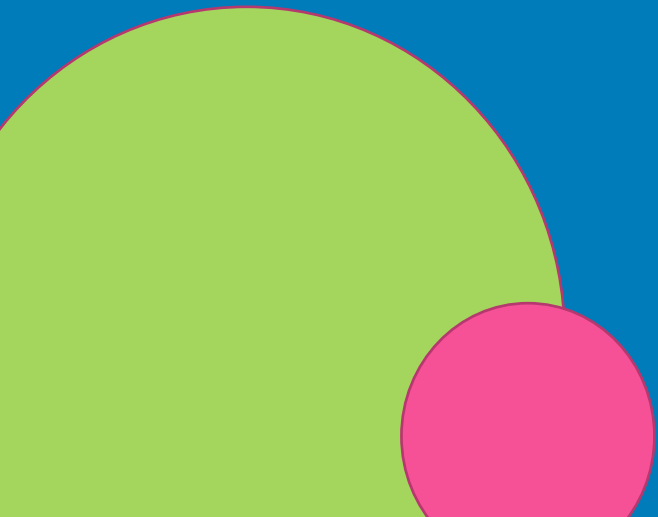


COVID RESPONSE- IN THE COMMUNITY



REACH YEAR 2 – SUCCESS STORIES

- Physical Activity - Community Programs in Pennsylvania (PA) Promote Safe Physical Activity During Pandemic
- Nutrition- Produce Incentive Programs Offer Increased Access to Fruits and Vegetables in Rural Pennsylvania



FLU IMMUNIZATION SUPPLEMENT

- Additional funding has been awarded to current REACH recipients that are working to address health disparities at the community level to address barriers and concerns about flu vaccination, help increase connections and implement public health programs to reduce disparities.
- REACH will support in conjunction with Latino Connection and Penn State Health flu vaccination events in Lebanon and Berks county
 - 1 drive through and one pop-up events in Lebanon
 - 2 pop-up events in Berks
 - More information will be provided
- Marketing Campaign
 - Addressing barriers and concerns about flu vaccination
 - Emphasis on empowering community leaders to encourage flu vaccination

REACH YEAR 3- NUTRITION



Nutrition- Food Systems

- Corner Store Initiatives
- Interactive Healthy Food Access Maps
- Farmers Market Nutrition Program Webinar
- Famers market Nutrition Program Evaluation (WIC and Seniors)
- Produce Grab Bag Programs
- Produce Voucher Programs
- Increased Opportunities to Purchase Fresh Produce



Nutrition –Healthy Nutrition Standards

- Nutrition Standards in Food Cupboards and Pantries
- Nutrition Standards in School Settings

REACH YEAR 3- BREASTFEEDING



Breastfeeding

- Provide Bilingual Breastfeeding Support
- Culturally Tailored Breastfeeding Promotion Campaigns
- Support Expansion of Pregnancy and Breastfeeding Programs

REACH YEAR 3- PHYSICAL ACTIVITY



Physical Activity

- Interactive Map to Indicate Physical Activity Opportunities
- Development of Land Use Opportunities
- Create New Trails and Walkways
- Support Physical Activity Programs

REACH YEAR 3- COMMUNITY CLINICAL LINKAGES



Diabetes Prevention

- Create Awareness About Available Diabetes Prevention Programs
- Referral Systems
- Bilingual Diabetes Screenings
- Train Bilingual Lifestyle Coaches

THANK YOU!



Andrea Murray

Reach Project Manager

amurray3@pennstatehealth.psu.edu