

CHATHAM HEALTH ALLIANCE UPDATE

CHATHAM COUNTY COVID-19 RESPONSE

NORTH CAROLINA STAY AT HOME ORDER UPDATE as of April 24, 2020

On Thursday, April 23rd, Governor Cooper issued Executive Order No. 135 extending the stay at home order until 5:00 p.m. on May 8, 2020. The Governor and DHHS Secretary, Dr. Cohen, detailed a 3 phase plan to lift the stay-at-home order, which can be found here: <https://files.nc.gov/governor/documents/files/NC-3-PHASE-PLAN.pdf>

As of Friday, April 24th, Governor Cooper announced that schools will remain closed for the remainder of this school year.

IMPORTANT INFORMATION AND RESOURCES

For regularly updated information and resources regarding Novel Coronavirus, please visit the Chatham County Coronavirus website at:

www.chathamnc.org/coronavirus
www.chathamnc.org/coronavirusespanol

Your doctor or primary care provider is the best place to start if you are concerned about your health.

Chatham County Public Health Department:
Siler City Clinic Number: 919-742-5641 |
Pittsboro Main Line: 919-542-8220

UNC Health Helpline: 1-888-850-2684 or visit their online screening tool here:
<https://www.unchealthcare.org/coronavirus/>

North Carolina's Coronavirus Helpline: Call the 24/7 toll-free phone line at 866-462-3821

Food Assistance for Children Text Service:
Text **FOODNC** to 877-877 to locate nearby free meal sites.
The texting service is also available in Spanish by texting **COMIDA** to 877-877

Chatham Economic Development Corporation's Resource Page: This page is consistently begin updated with resources for businesses during this time:
<https://www.chathamedc.org/news/covid19/>

Chatham County Resources and Assistance Information:
www.chathamnc.org/coronavirushelp

The Hope Line: A toll-free Hope Line has been established for older adults experiencing isolation. Call 1-866-578-4673.

Chatham County's Domestic Violence Helpline: Call 919-545-7867

Chatham Family Violence Prevention Services and Second Bloom have partnered to offer an around-the-clock crisis 24/7 phone line for victims of sexual assault of violence. Services are confidential and the trained advocates are fluent in English and Spanish.

NC 211:
The go-to statewide general resource for services like food or housing assistance, as well as many other services, is NC 211. Call 2-1-1 or visit www.nc211.org for services and programs in your area and their contact information to find out how these services may be affected at this time.

CHATHAM COUNTY PUBLIC HEALTH UPDATES AND GUIDANCE









QuitSmart

Has COVID-19 Made You Think About Quitting? Get Free Support to Quit Tobacco and Vaping From Your Home.

We all need some extra support these days especially when it comes to something as hard as quitting tobacco and vaping.

The Chatham County Public Health Department is hosting their free May QuitSmart classes virtually this year. Participants will still receive 2 free weeks of patches, support from other participants trying to quit tobacco, and a personalized quit plan. These four classes will be held on Thursday May 7th, 14th and 28th, and Tuesday June 2nd from 12-1:15 pm. Please join us any way you that works for you-online or by phone!

Contact 984-214-2060 or anna.stormzand@chathamnc.org to reserve your spot today.

 STAY AT HOME ORDER 		 PERMANECER EN CASA 	
DO'S AND DON'TS		LO QUE SE DEBE Y NO SE DEBE HACER	
 <p>HOUSEHOLD AND FAMILY ARE NOT THE SAME</p> <p>Families should not gather beyond their household</p>		 <p>HOGAR Y FAMILIA NO SON LO MISMO</p> <p>Las familias no deben reunirse fuera de sus hogares</p>	
<p>Remember to love your relatives and friends from afar. Household and family are not the same, and the Stay at Home Order means only members of a household should gather. One day, we will all come together again.</p>		<p>Recuerde darle amor a sus familiares a la distancia. Hogar y familia no son lo mismo, y la Orden de Quedarse en Casa significa que solo los miembros de un hogar pueden reunirse. Un día, todos volveremos a reunirnos.</p>	
<p>Do</p> <p>Stay at home except to:</p> <ul style="list-style-type: none"> » Buy groceries, necessities, or medicine » Seek medical attention, but call first! » Go to work if you are an essential worker who must leave the house to work » Get exercise, but always keep distance from others and wear a cloth face covering or mask if you go out in public 	<p>Don't</p> <ul style="list-style-type: none"> » Visit with others unless you are their primary caregiver and are following all safety measures » Host or go to a party » Gather in groups (inside or outside) » Play group sports » Leave your house if you are sick, except for medical care (but call your doctor first!) » Go to work if you are sick 	<p>Haga</p> <p>Quédese en casa excepto para:</p> <ul style="list-style-type: none"> » Compra de comestibles, artículos esenciales y medicamentos » Busque atención médica necesaria ¡llame primero! » Vaya a trabajar si usted es un trabajador esencial que debe salir de la casa para hacer el trabajo » Salga a hacer ejercicio, solo asegúrese de mantenerse alejado de los demás y use una tela para la cara 	<p>No Haga</p> <ul style="list-style-type: none"> » Visitar a otros, a menos que usted sea el cuidador principal y siga todas las medidas de seguridad » Organizar o ir a una fiesta » Reunión en grupos (adentro o fuera) » Deportes en grupo » Salir de la casa si está enfermo, excepto para atención médica ¡llame primero a su médico! » Ir a trabajar si está enfermo
chathamnc.org/coronavirus		chathamnc.org/coronavirusespanol	

ALLIANCE AGENCY UPDATES

For regularly updated information on non-profit service impacts, please visit:
www.chathamnc.org/coronavirus-nonprofitserviceimpacts

Chatham County Cooperative Extension Office

Chatham County 4-H and The Livestock Conservancy invites you to join us for this year's cooperative virtual learning experience—
From Embryo to Chick!

Starting Monday, April 20th, Jeannette Beranger, Senior Program Manager, and Victoria Brewer, Chatham County 4-H Extension Agent, will walk participants through the Experiments in Poultry Science 4-H curriculum. Over a four week period, participants will have the opportunity to learn about and experience the incubation process, necessary requirements for taking care of chicks and a few tidbits for when chicks become chickens.

Monday, 4/20: Importance of Handwashing

Wednesday, 4/22: Warming Up the Eggs

Friday, 4/24: Building an Eggs-Ray Viewer

Monday, 4/27: Playing Peek-a-Boo with Embryos

Wednesday, 4/29: Eggsploring the Egg

Friday, 5/1: Pick a Chick

Monday, 5/4: Building a Home "Tweet" Home

Wednesday, 5/6: Chicken Time on Jeannette's Farm

Friday, 5/8: Eggsploring Careers

Monday, 5/11: Caring and Handling

Wednesday, 5/13: Counting the Chicks

Friday, 5/15: Chick Check-in

Registration is still open! All classes have been recorded and uploaded on YouTube, so don't worry if you missed the first few classes.

Register for From Embryo to Chick here:

<https://cc4-hembryologyprogram.eventbrite.com>

For more information, please contact Victoria Brewer, Chatham County 4-H Extension Agent, at 919-545-8303.

UNC Family Medicine

This summer, the **Family Medicine Summer Academy** will be held virtually! Students will receive materials ahead of time, like a stethoscope that they can use to practice physicals. There will be pre-recorded sessions with MDs as well as data on community resources.

Application deadline is June 1st.

Qualified applicants are graduating high school students or first year college students between the ages of 18-20, from rural North Carolina, and interested in a career in medicine. Visit <https://uncfmsa.wordpress.com> for more information and the 2020 application.

Insight Human Services

Insight is continuing to offer medication lockboxes and medication disposal packets that can be sent directly to your home at no charge.

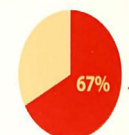
For more information, contact Sara Martin at samartin@insight.org or (336) 242-4582.

HOW COMMON IS IT?



North Carolina teens report taking a prescription medication without a prescription.

WHERE DO THEY GET THEM?



People who misuse prescription medications get them from family and friends. Parents can become accidental dealers by leaving their prescription medications where their children can get them.

WHAT CAN PARENTS DO?

LOCK YOUR MEDS. Only 5% of children who misuse prescription medications say they get them from a stranger, a drug dealer or the internet. Prevent your child from abusing your meds by securing them so they cannot be accessed.

EDUCATE YOURSELF & YOUR CHILD. Learn about the most commonly abused types of prescription medications. Then, communicate the dangers to your child regularly; once is not enough.

SET CLEAR RULES & MONITOR BEHAVIOR. Express your disapproval of using prescription medications without a prescription. Monitor your child's behavior to ensure that the rules are being followed.

PASS IT ON. Share your knowledge and support with the parents of your child's friends.

WHAT TO DO IF YOUR CHILD ALREADY HAS A PROBLEM. If you suspect your child is using drugs, call the Alcohol/Drug Council of North Carolina at 1-800-688-4232.

BE AWARE. DON'T SHARE.®

LOCK YOUR MEDS.®

www.lockyourmeds.org/nc

Supported by the N.C. Department of Health and Human Services, Division of Mental Health, Developmental Disabilities and Substance Abuse Services, with funding from the Substance Abuse and Mental Health Services Administration, SPH-Rx Grant #SP020163.



ALLIANCE AGENCY CONTINUED



The Chatham Solidarity Fund launched last week! The Solidarity Fund is a collaborative effort of Chatham non-profit agencies, including The Hispanic Liaison, Chatham Habitat for Humanity, Chatham Partnership for Children, Chatham Organizing for Racial Equity, KidScope, El Futuro, and Chatham Literacy, with support from the Chatham Health Alliance. The Fund's goal is to help some of the most vulnerable families in our community make it through the COVID-19 crisis.

To learn more about the fund, how to donate, and how to apply, please visit:

<https://hispanicliaison.org/2020/04/23/chatham-solidarity-fund/>

Piedmont Health

Piedmont Health is offering telemedicine for its medical, dental, behavioral health, nutrition, and WIC appointments. See the flyers to the right for more information and phone numbers for Piedmont Health offices. Call your local Piedmont Health office for more information or to schedule an appointment.

Piedmont Health has released a video on their teledentistry services! Click here to watch this video: <https://vimeo.com/408164732/06346ae1eb>



Piedmont Health is Now Offering Telehealth Services

Piedmont Health is offering telemedicine for its medical, dental, behavioral health, nutrition, and WIC appointments. Call today! Your providers are on-line and it is easy to make an appointment. **NEW PATIENTS ALWAYS WELCOME!**



TELEMEDICINE

Talk to a Medical Provider by video or phone from the comfort of your home!



TELEDENTAL

Access Dental by video or phone for all your dental needs and determine if you need a face to face visit.



PHARMACY

Piedmont Health pharmacies now offering curbside pick-up and deliveries.

Carrboro Community Health Center: (919) 942-8741
Chapel Hill Community Health Center: (919) 951-7600
Siler City Community Health Center: (919) 663-1744
Moncure Community Health Center: (919) 542-4991



Piedmont Health Ahora Ofrece Servicios de Telesalud

Piedmont Health ofrece telemedicina para sus citas médicas, dentales, salud conductual, nutrición y WIC. ¡Llama hoy! Sus proveedores están en línea y es fácil hacer una cita. **¡NUEVOS PACIENTES SIEMPRE BIENVENIDOS!**



TELEMEDICINE

¡Hable con un proveedor médico por video o teléfono desde la comodidad de su hogar!



TELEDENTAL

Acceda a Dental por video o por teléfono para todas sus necesidades dentales y determine si necesita una visita cara a cara.



FARMACIA

Las farmacias de Piedmont Health ahora ofrecen recogida en la acera e entregas


Carrboro Community Health Center: (919) 942-8741
Chapel Hill Community Health Center: (919) 951-7600
Siler City Community Health Center: (919) 663-1744
Moncure Community Health Center: (919) 542-4991

CHATHAM HEALTH ALLIANCE: Personal Protective Equipment Community Drive

The Chatham Health Alliance launched two community drives for Personal Protective Equipment (PPE) and other essential resources last week, and has already gotten donations from the community towards these efforts. The two drives are #MasksForMedicine, a drive to get PPEs to essential workers, and #ChathamMasksMakers, a drive to get handmade masks and resources to the Chatham community. See the "How To" Guide below for wearing and taking care of masks. This information is being handed out with each mask given out in the community!

Thank You!


Thank you to the Alliance PPE Drive Working Group for their dedication to, and passion for, this project, and to all Chatham Health Alliance members for your continuing support of these joint community projects.




Los Centros de Prevención y Control de Enfermedades (CDC, por sus siglas en inglés) recomiendan que todos se pongan una cubierta facial cuando salgan a lugares públicos.
Lave tu cubierta facial antes de usarlo por la primera vez!

COMO USAR UNA CUBIERTA FACIAL


1 Límpiese las manos con agua y jabón o desinfectante de manos




2 Cúbrase la cara con la cubierta y tenga cuidado de no tocar los ojos, la nariz y la boca



3 La cubierta debería ajustarse perfectamente pero cómodamente contra los lados de la cara




4 La cubierta debe lavarse después de cada vez que se use.



Como se si estoy usando mi cubierto facial correctamente?


- La cubierta facial debería cubrir solamente su boca y su nariz
- NO se le debe poner cubiertas faciales de tela a:
 - Niños menores de 2 años de edad
 - Personas que tengan problemas para respirar
 - Personas que son incapaces de alguna manera de removerse la cubierta sin ayuda

Asegurate que tu cubierta facial te permita respirar sin restricción




Centers for Disease Control and Prevention

Para obtener más información <https://www.cdc.gov/coronavirus/2019-ncov/index.html>




www.chathamnc.org/services/health/coronavirus




The CDC recommends **everyone wear a face mask when they go out in public.**
Wash your mask before you use it the first time!

HOW TO USE A FACE MASK


1 Clean your hands with soap and water or hand sanitizer.




2 Cover your face with the mask and be careful not to touch your eyes, nose, or mouth.



3 The mask should fit snugly but comfortably against the side of your face. Tuck the straps behind your ears.




4 Wash your mask again after you use it in public.



How do I make sure I'm using my face mask correctly?


- The mask should only cover your nose and mouth.
- Do NOT place face masks on:
 - Children younger than 2 years of age
 - Anyone who has trouble breathing
 - Anyone who is unable to remove the mask without assistance
- Make sure you can breathe easily through your mask.

For more information go to:



Centers for Disease Control and Prevention

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



www.chathamnc.org/services/health/coronavirus

Would you like to learn more about how to get involved with any of the current Alliance projects?

Would you like any of the informational images in this newsletter in a sharable format?

Do you have agency updates you would like to add to the next Alliance update?

E-mail julie.wilkerson@chathamnc.org for any requests or questions.