

What's up with Coronavirus?



COVID-19, a new strain of coronavirus, has been declared a global pandemic by the WHO. The virus has similar symptoms to the flu, spreads rapidly, and has the potential to overwhelm our current healthcare infrastructure. **Most at risk are older people (60+) and those with underlying health problems like asthma, COPD, diabetes, or heart disease.**

So why is it a big deal?

COVID-19 is highly contagious, and our healthcare system isn't prepared to treat everyone at the current rate it is spreading. It's our collective responsibility to slow the spread of the virus for those who are most vulnerable. **The most important thing we can do is to prevent ourselves and each other from getting sick. We can save lives by practicing social distancing, washing hands regularly, and not touching your face.**

Resources for free or low-cost healthcare in Rhode Island

*** If you think you may have Coronavirus, CALL FIRST ***

Community Health Centers - No insurance → Sliding scale based on income; accept all insurances too

- ◆ Blackstone Valley Community Health Center: Pawtucket & Central Falls - 722-0081
- ◆ Thundermist: West Warwick & Woonsocket - 615-2800
- ◆ Tri-County Health Center: Johnston & N. Providence - 351-2750
- ◆ Providence Community Health Center: Providence - 444-0570
- ◆ East Bay Community Action Program: Riverside & Newport - 437-1008

Free clinics - free and low-cost health services

- ◆ Clinica Esperanza, Providence - 347-9093
- ◆ Rhode Island Free Clinic, Providence - 274-6347

Emergency rooms and urgent care centers are **much more expensive**. If you are in an emergency, these are some local hospitals:

- ◆ Rhode Island Hospital / Hasbro Children's Hospital (Providence)
- ◆ Miriam Hospital (Providence)
- ◆ Roger Williams Medical Center (Providence)
- ◆ Kent Hospital (Warwick)
- ◆ Newport Hospital (Newport)
- ◆ South County Hospital (Wakefield)

Basic COVID-19 Facts

- ◆ COVID-19 symptoms can appear mild. Most common symptoms are a dry cough and fever.
- ◆ COVID-19 spreads via "aerosol transmission" (being within 6 ft of coughing/ sneezing) or by touching surfaces that the virus has touched in the past up to 9 days.
- ◆ Symptoms may occur 2-14 days after exposure. If you believe you have been exposed to the virus, then call your doctor (see back for low-cost options) and if possible self-isolate for 14 days.
- ◆ If you contract the virus, treatment is primarily supportive care - rest, drink water, manage things like cough and fever.
- ◆ For serious symptoms (high fever, difficulty breathing), condition can worsen quickly. Seek emergency medical treatment.

Protecting Ourselves & Each Other

- ◆ **Practice social distancing** - avoid crowds and stay at least 6 ft away from other people. Limit all contact with others, especially those who may be vulnerable to serious illness.
- ◆ **Washing hands** with soap and water for 20+ seconds helps kill the virus. Alcohol hand sanitizer (at least 60%) works well too. Make sure to clean between fingers and under nails! Consider disinfecting frequently touched surfaces like phones using Lysol.

- ◆ Avoid touching face with unwashed hands.
- ◆ If you are feeling sick, stay home, self-isolate, and call a doctor.
- ◆ **What about face masks?**
 - ◇ Face masks don't help much to stop the spread of virus in public spaces.
 - ◇ Best to use masks if you are sick or caring for someone who is ill [fever, cough]
 - ◇ If you use one, try not to touch it with hands while wearing it.

Questions to think about:

- ◆ *Do I have any untreated health conditions?*
- ◆ *Do I need any medication refills? Inhalers, insulin, etc.*
- ◆ *Are there people in my life who are immunocompromised or older? How can I support them?*
- ◆ *How can I stay emotionally grounded and connected to community non-physically?*
- ◆ *Is there a doctor's office I can go to if I feel sick?*

Bottom Line - The best thing we can do to stay healthy is to fight for healthy communities and care for each other!

Questions? Email us at amormentalhealth@gmail.com or

Call the AMOR's hotline at **(401) 675-1414**

For more information: health.ri.gov/covid + covid19.amorri.org