

# Community Connections



KEEPING OUR COMMUNITIES CONNECTED AND ENGAGED

## Director's Note

Issue 1, April 2020



Dear CHARPs and CAB Members,

Who would have thought that we would all be practicing this new thing called “social distancing?” More importantly, who would have thought

that we would be faced with a public health issue like Coronavirus (COVID-19) in 2020? For more information visit [uab.edu/coronavirus](http://uab.edu/coronavirus).

These are unusual times with lots of unknowns, and lots of uncertainties.

The one thing that is certain is our commitment to you and our maintaining the strong relationships with the communities we serve. You are vital to the outreach and research that we do. This essential work continues, regardless of our current physical locations.

Currently, most of UAB is operating under a “Limited Business Model” to reduce the number of people on the UAB campus in hopes of lessening the chance of exposure to the coronavirus. As a result, our Community Outreach and Engagement Central Office staff are working remotely from home. However, we are still accessible to you by email.

This is the launch of our “*Community Connections*” Newsletter from the Office of Community Outreach & Engagement at the O’Neal Comprehensive Cancer Center. In this issue, we will continue to provide you with cancer education while providing you with information on coronavirus, including ways to stay healthy.

In the meantime, enjoy your families, spend time outside in this great weather and do something good for someone.

Lastly, take time to enjoy the great spring weather.

*Claudia*

**O’NEAL** COMPREHENSIVE  
CANCER CENTER

**UAB** THE UNIVERSITY OF ALABAMA AT BIRMINGHAM

COMMUNITY  
OUTREACH & ENGAGEMENT

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## Cancer Awareness Word Search

S	S	N	I	A	R	G	E	L	O	H	W	T	F
N	O	T	O	B	A	C	C	O	H	A	E	G	M
V	K	C	I	E	O	T	E	T	V	R	U	T	E
T	H	G	I	E	W	Y	H	T	L	A	E	H	E
Y	S	I	V	H	G	L	E	C	T	A	T	L	O
K	E	X	E	R	C	I	S	E	E	V	Q	E	T
G	G	D	E	N	E	E	R	C	S	T	E	G	H
E	U	Q	F	R	E	S	H	F	R	U	I	T	S
M	H	I	C	V	E	G	E	T	A	B	L	E	S
S	F	G	N	I	K	O	M	S	T	I	U	Q	I
L	O	H	O	C	L	A	T	I	M	I	L	E	E
L	G	I	I	K	R	E	I	E	A	K	L	E	D
F	I	E	M	O	U	G	H	O	S	A	S	E	C
I	G	E	G	O	E	S	A	S	I	E	T	V	C

VEGETABLES  
QUIT SMOKING  
NO TOBACCO  
WHOLE GRAINS  
HEALTHY WEIGHT  
EXERCISE  
GET SCREENED  
LIMIT ALCOHOL  
FRESH FRUITS

# Community Connections

COMMUNITY OUTREACH & ENGAGEMENT

## COVID-19 SAFETY TIPS

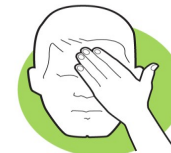
A	I	E	A	V	Z	Y	Z	M	A	S	A	V	C
R	E	V	A	D	E	N	N	V	H	U	T	A	R
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K	V	R	Y	F	C	O	H	I	O	L	A	A	C
G	L	O	V	E	S	O	H	O	T	G	F	S	F
C	M	S	E	F	L	U	E	O	M	I	E	K	S
Z	E	A	R	C	H	N	H	D	L	E	Z	Z	B
W	A	S	H	H	A	N	D	S	O	G	C	E	H
N	N	I	C	O	V	E	R	C	O	U	G	H	R
C	E	Z	E	E	N	S	R	E	V	O	C	S	I

WASH HANDS  
STAY HOME  
GLOVES  
SANITIZER  
BE SAFE  
ALCOHOL  
FACE MASK  
COVER COUGH  
COVER SNEEZE

## Protect yourself from the spread of COVID-19

There are general precautions you can take to prevent the spread of viral respiratory infections.

Wash your hands frequently with soap and water or alcohol-based hand sanitizer, lather for at least 20 seconds



Avoid touching your eyes, nose and mouth with unwashed hands

Avoid close, unprotected contact with anyone with respiratory symptoms

Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing



Clean and disinfect frequently touched objects and surfaces with isopropyl alcohol



Stay healthy: eat a balanced diet, get rest, avoid stress

[uab.edu/coronavirus](http://uab.edu/coronavirus)

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## April Event

### April: National Minority Health Month



April is National Minority Health Month. National Minority Cancer Awareness Week is April 19-25. This year's theme is "**Active and Healthy.**" The focus is the advantages of keeping an active lifestyle. Find simple ways to include small amounts of light exercise into daily routines. We all know physical activity is one way to lower your risk factors for cancer and other chronic diseases.

#### Some activities may include:

- Household chores
- Family cooking with healthy alternatives
- A walk in your neighborhood
- Walking your dog
- Playing with children

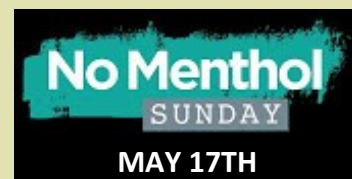
## May Event

### No Menthol Sunday May 17, 2020

**No Menthol Sunday** is a national observance day led by NAATPN, Inc. to engage faith leaders, churches and their communities in a discussion about how to improve health outcomes for African Americans using tobacco. Tobacco is still the number one killer of African Americans. Educational materials, church fans and other materials are available for churches that sign-up at: [naatpn.org/nomentholsunday](http://naatpn.org/nomentholsunday).

Contact Rochelle Wallace at [rwallace@uab.edu](mailto:rwallace@uab.edu) to assist you in registering your church and for other educational ideas for educating faith-based organizations in your community.

**Deadline for church registration is May 4th.**



## **What to do if you have confirmed or suspected coronavirus disease (COVID-19)**

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If you are sick and have been diagnosed with COVID-19 or suspected to have COVID-19 because you have been exposed to someone with COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

### **Symptoms of COVID-19**

The most common symptoms of COVID-19 are fever, cough and shortness of breath. If you have been exposed to someone with laboratory confirmed COVID-19 and are experiencing fever with either cough or shortness of breath, you might have COVID-19. You can contact your doctor to see if you need to be tested. If you have tested positive for COVID-19 or are suspected to have COVID-19 but are not tested, you should follow the below instructions.

### **Stay home except to get medical care**

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

### **Separate yourself from other people and animals in your home**

**People:** As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

**Animals:** You should restrict contact with pets and other animals while sick. When possible, have another member of your household care for your animals while you are sick; if you must care for your pet, wash your hands before and after you interact with pets and wear a facemask.

### **Call ahead before visiting your doctor**

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

### **Wear a facemask**

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not be in the same room with you, or they should wear a facemask if they enter your room.

### **Cover your coughs and sneezes**

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately clean your hands as described below.

## **Clean your hands often**

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water is preferred if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands

## **Avoid sharing personal household items**

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

## **Clean all “high-touch” surfaces every day**

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

## **Monitor your symptoms**

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider’s office to keep other people in the office or waiting room from getting infected or exposed.

## **Ask your healthcare provider to call the local or state health department to discuss your situation.**

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or may have COVID19. If possible, put on a facemask before emergency medical services arrive.

## **Discontinuing home isolation**

For individuals with symptoms who are confirmed or suspected cases of COVID-19 and are directed to care for themselves at home, discontinue home isolation under the following conditions:

- If you had a fever, 3 days after the fever is gone without use of fever-reducing medications AND you see an improvement in your initial symptoms (e.g. cough, shortness of breath);
  - If you did not have a fever, 3 days after you see an improvement in your initial symptoms (e.g. cough, shortness of breath);
- OR**
- 7 days after symptom onset, whichever is longer.

Additional information for your household members, intimate partners, and caregivers is available at: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

## **What to do if you were potentially exposed to someone with confirmed coronavirus disease (COVID-19)**

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If you think you have been exposed to someone with laboratory-confirmed COVID-19, follow the steps below to monitor your health to avoid spreading the disease to others if you get sick.

### **What is coronavirus disease 2019 (COVID-19)?**

COVID-19 is a respiratory disease caused by a new virus called SARS-CoV-2. The most common symptoms of the disease are fever, cough, and shortness of breath. Most people with COVID-19 will have mild disease but some people will get sicker and may need to be hospitalized.

### **How do I know if I was exposed?**

- You generally need to be in close contact with a sick person to get infected. Close contact includes:  
Living in the same household as a sick person with COVID-19,
- Caring for a sick person with COVID-19,
- Being within 6 feet of a sick person with COVID-19 for about 10 minutes, OR
- Being in direct contact with secretions from a sick person with COVID-19 (e.g., being coughed on, kissing, sharing utensils, etc.).

If you have not been in close contact with a sick person with COVID-19, you are at low risk for infection. You can continue to go to work and school, but should monitor your health for 14 days and stay away from others if you get sick.

### **What should I do if I was in close contact with someone with COVID-19 while they were ill but I am not sick?**

You should monitor your health for fever, cough and shortness of breath during the 14 days after the last day you were in close contact with the sick person with COVID-19. You should not go to work or school, and should avoid public places for 14 days.

### **What should I do if I am a close contact to someone with COVID-19 and get sick?**

If you get sick with fever, cough or shortness of breath (even if your symptoms are very mild), you likely have COVID-19. You should isolate yourself at home and away from other people. If you have any of the following conditions that may increase your risk for a serious infection—age 60 years or older, are pregnant, or have medical conditions—contact your physician’s office and tell them that you were exposed to someone with COVID-19. They may want to monitor your health more closely or test you for COVID-19.

If you do not have a high-risk condition but want medical advice, call your healthcare provider and tell them you were exposed to someone with COVID-19. Your healthcare provider can help you decide if you need to be evaluated in person. There are currently no medications to treat COVID-19. If you have a

medical emergency and need to call 911, notify the dispatch personnel that you may have been exposed to COVID-19. If possible, put on a facemask before emergency medical services arrive or immediately after they arrive.

### **Discontinuing home isolation**

For sick contacts of COVID-19 patients, discontinue home isolation under the following conditions:

- If you had a fever, 3 days after the fever ends AND you see an improvement in your initial symptoms (e.g. cough, shortness of breath).
- If you did not have a fever, 3 days after you see an improvement in your initial symptoms (e.g. cough, shortness of breath).

**OR**

- 7 days after symptoms onset whichever is longer