SARS-CoV-2 is the virus which causes the disease COVID-19. It is a new viral strain that leads to a respiratory illness characterized by fever, cough, and shortness of breath. The World Health Organization (WHO) declared COVID-19 a pandemic on March 11, 2020.

How Many People Have It?

Confirmed Cases
Globally: Over 88 Million
USA: Over 21 Million

How Does It Spread?

SARS-CoV-2 spreads mainly through close contact from person to person. The virus can be transmitted from respiratory droplets when a person sneezes, coughs, or speaks. It can also spread if a person touches a surface with the virus and then touches their eyes, nose, or mouth.

What are the Symptoms of COVID-19?

Symptoms usually appear 2-14 days after being exposed to the virus. Common symptoms are fever, cough, and shortness of breath but not limited to nasal congestion, fatigue, loss of taste and smell, and sore throat. Please notify your health provider if you have any symptoms or questions.

For a more comprehensive list of symptoms, visit: cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html
It is recommended to get tested when you:

- Have been in close-contact with someone who has tested positive for SARS-CoV-2
- Develop symptoms of COVID-19
- Travelled internationally

There is no specific antiviral treatment recommended for COVID-19. Treatment for COVID-19 patients is supportive, which is why prevention is important. There are now two vaccinations available, which have been FDA approved for emergency use, with healthcare workers and most at-risk individuals receiving the two-dose vaccinations first.
Frequently Asked Questions (FAQs)


Does Everyone Get Symptoms?

No. Currently, 80% of individuals are asymptomatic or have mild symptoms, 15% have a severe infection, and 5% have critical infections requiring ventilation.

Why Must I Wear a Mask When I’m In Public?

It is important that you wear a mask to protect not only yourself, but also others. 80% of individuals have mild symptoms or are asymptomatic. Thus, some individuals may be infected with the virus and can unknowingly transmit the virus unto others. Wearing masks will help reduce the spread of your own respiratory droplets and protect you from another’s respiratory droplets.

Where Can I Get Tested In El Paso?

You can visit your state or local health department’s website to look for the latest local information on testing.

If you have symptoms of COVID-19 and want to get tested, call your healthcare provider first.

https://el Paso.ttuhsc.edu/el Paso/coronavirus/
### True or False? The Covid Vaccines

<table>
<thead>
<tr>
<th>Statement</th>
<th>True/False</th>
</tr>
</thead>
<tbody>
<tr>
<td>It is safer to get the virus than the vaccine.</td>
<td>False</td>
</tr>
<tr>
<td>I do not need to get the vaccine because I already tested positive for COVID-19.</td>
<td>False</td>
</tr>
<tr>
<td>The vaccine will turn me into a zombie and change my DNA.</td>
<td>False</td>
</tr>
<tr>
<td>The vaccine was made so quickly, so it can’t be safe.</td>
<td>False</td>
</tr>
<tr>
<td>The vaccine won’t work since it has to be stored in such cold temperatures.</td>
<td>False</td>
</tr>
<tr>
<td>I got the first dose of the vaccine, so I don’t need a second one.</td>
<td>False</td>
</tr>
<tr>
<td>If I have been vaccinated, I don’t have to wear a mask.</td>
<td>False</td>
</tr>
</tbody>
</table>

**Website:** [ttuhscep.edu/coronavirus/virtual-health-fair/default.aspx](https://ttuhscep.edu/coronavirus/virtual-health-fair/default.aspx)  
**Youtube:** [www.youtube.com/channel/UC3iPH5etbDQV-UbtP0sn/JXQ](https://www.youtube.com/channel/UC3iPH5etbDQV-UbtP0sn/JXQ)  
**Instagram:** [https://www.instagram.com/ttuhscep_heat/](https://www.instagram.com/ttuhscep_heat/)  
**Twitter:** [https://twitter.com/TTUHSC_EP_HEAT](https://twitter.com/TTUHSC_EP_HEAT)  
**Facebook:** [https://www.facebook.com/TTUHSCEPHEAT](https://www.facebook.com/TTUHSCEPHEAT)  

Once I get the vaccine, I am protected from the virus forever. False. The vaccine is not 100% effective, so it is still possible to get the virus.

MY CHILD IN ELEMENTARY SCHOOL SHOULD GET THE COVID-19 VACCINE BEFORE GOING TO SCHOOL.

False. As of January 11, 2021, the Pfizer vaccine is recommended for 16 years old and over; Moderna vaccine is recommended for 18 years old and older.

I GET REALLY BAD ALLERGIES, SO I SHOULDN’T GET THE VACCINE.

False. Even if you have severe allergies to things like food or pollen, these are not ingredients in the vaccine. When you get the vaccine, you will be monitored for a reaction by medical staff. If you have questions regarding this, please visit https://www.cdc.gov/coronavirus/2019-ncov/index.html

INDIVIDUALS WHO ARE IMMUNOCOMPROMISED SHOULD AVOID GETTING THE VACCINE.

False. If you have a weak immune system, your body will need more help from the vaccine to produce antibodies and protect you from COVID-19.

THE VACCINES ARE SAFE.

True. The data shows the benefits of getting the vaccine outweigh the harm of not getting it and getting COVID-19 instead.

Source: World Health Organization
SARS-CoV-2 Testing

What tests are used?
A: RT-PCR and Antibody Testing

What does RT-PCR testing detect?
A: Current infection of SARS-CoV-2

What does Antibody testing detect?
A: Past SARS-CoV-2 infection

How do you test for RT-PCR?
A: Nasopharyngeal or Oropharyngeal Swab

How do you test for antibodies?
A: Collect a blood sample

When do I get tested?
- Show symptoms of COVID-19
- Someone you were in close contact with tested positive
- You are over 65
- You have chronic health conditions (like diabetes)
- You are in a group living situation
- You are at the hospital
- You are having a procedure done
- You are in contact with a lot of people

I tested positive, what should I do?
- Self-isolate
- Contact people you’ve been in contact with so they can get tested
- Contact your Health Center for support, information and resources

For more information regarding coronavirus:
https://elpaso.ttuhsce.edu/elpaso/coronavirus/

For information regarding testing sites, please visit:
http://www.epstrong.org/testing.php
Home Care Tips During COVID-19

Mild Symptoms
- Fever
- Dry cough
- Sore throat
- Body aches
- Fatigue
- Headache
- Vomiting/Diarrhea
- Loss of taste and/or smell
- Congestion/runny nose

Emergency Symptoms
- Continuous chest pain
- Blue lips and/or face
- Confusion
- Extreme difficulty breathing
- Dizziness and lightheadedness
- Unconscious
- New or worsening slurred speech
- Seizures

For more info and assistance visit: https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html

Caring for yourself or a loved one with Covid-19 at home

Minimize contact with the person who is ill
Physically isolate
Disinfect regularly touched surfaces w/ household disinfectants or diluted bleach solution
Follow pain reliever directions for symptom relief

Interacting with others after COVID-19
No symptoms + 3 days since fever + 10 days since first symptom + no cough

Be around others!

For more information visit:
https://elpaso.ttuhsc.edu/elpaso/coronavirus/
Home Care Tips During COVID-19

Prevention
- Maintain 6+ ft from others
- Use alcohol based hand sanitizer/wash hands with soap after leaving an activity
- Wear a mask when social distancing is not possible
- Stay home if you are sick, unless to visit a doctor or hospital

Treatment
Research is ongoing, but at this time there is no FDA approved treatment, vaccine, or cure.

Drink fluids + Rest + Eat Well

Hospitalization
If you have to go to the hospital for emergency covid-19 care:
- Isolation rooms
- Oxygen
- Symptomatic Treatment

For more information visit: https://elpaso.ttuhs.edu/elpaso/coronavirus/
Protection from COVID-19: 
Face covering & handwashing

**RULES**
1. Wear your mask to cover your mouth AND nose!
2. Wash your mask and hands!
3. Face coverings are mandatory!

**Homemade hand sanitizer recipe:**
- 1/8 cup Aloe Vera
- 1/4 cup Isopropyl Alcohol (90%)
- Measuring cup
- Empty plastic container
- Optional: essential oils or peppermint

**Homemade masks materials:**
- T-shirt or socks or bandana
- Hair bands
- Coffee filters

**Watch step-by-step video:**
- Bandana mask: [https://tinyurl.com/y97bkzvw](https://tinyurl.com/y97bkzvw)
- T-shirt mask: [https://tinyurl.com/yancbmoq](https://tinyurl.com/yancbmoq)
- Sock mask: [https://tinyurl.com/y8bjb582](https://tinyurl.com/y8bjb582)
- Sewn mask: [https://tinyurl.com/ybkrtznx](https://tinyurl.com/ybkrtznx)

For more information visit: [https://elpaso.ttuhsc.edu/elpaso/coronavirus/](https://elpaso.ttuhsc.edu/elpaso/coronavirus/)
Self-Care in times of a pandemic

The pandemic is a major stressor that affects our physical and mental health.

It has changed our:
- Social life
- School and work
- Finances
- Plans

We may worry about:
- Getting infected
- Infecting our loved ones
- Money
- Health insurance
- The future

We might feel:
- “Burned out”
- Tired
- Scared
- Frustrated
- Helpless
- Alone
- Bored
- Angry
- Down
- Confused

Phone Numbers

Emergencies call 9-1-1

EHN mental health crisis hotline
915-779-1800 or 1-877-562-6467

National Suicide Prevention Hotline
1-800-273-8255

Center Against Sexual and Family Violence
Hope Line 915-593-7300
 Feeling fear is a normal reaction from our body that protects us.

 However, fear can become a problem when it’s with us every day or when it affects our daily lives.

 Some of us have lost someone.

 We need to be aware of what we are feeling and ask for help if we feel we can’t take it anymore.

 Some people can take those emotions and turn them into unhealthy habits such as drinking too much, smoking and using drugs.

 Some people feel they want to hurt themselves. If you are feeling like this call 911.

 Some people are hit, slapped, kicked, or abused in any other way by family members or strangers. You can get help. Report abuse towards children, elder adults, and adults with disabilities to the Department of Family and Protective Services at 1-800-252-5400. Report domestic violence to the Center Against Sexual and Family Violence 915-593-7300 or call 911 if you are in danger.

 You are not alone!

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 You are not alone!
How can you take care of your mental health?

Resources
Podcast “This is Wellness”
https://emergencehealthnetwork.org/ehnpodcast/

Mindful Breathing Exercise

- **Set a limit!**
  Watching the news and social media keeps us informed, but too much can increase worry.

- **Try to keep a positive attitude.** You are protecting yourself and others.

- **Remember that the pandemic will end!**

- **Ask for help** if the pandemic is affecting your life too much.

- **Call** long-lost friends and family members.

- **Pay attention** to what you are feeling.

- **Keep in touch** with close friends at a distance!

- **Talk to someone** if you are very sad, worried, or nervous.

- **Know that you are playing an important role** in this pandemic.

- **Bring to mind at least one thing you feel thankful for.**

- **Remember that we are social distancing, but you are not alone.**
How can you take care of you?

**Resources**

**Relaxation Room**
https://ccprelaxation.org/video-showcase/


- Keep a schedule for your day.
- Go to bed and wake up at the same time every day.
- Don’t use the cell phone or TV before going to sleep.
- Try to eat as healthy as you can and exercise for 30 minutes every day.
- Find a hobby.
- Follow CDC guidelines such as using face masks.
- Keep an eye on each other’s stress.
- Know that you are playing an important role in this pandemic.
- Find an online social group such as a book club.
- Check on your loved ones often, especially if they have a mental health condition or are elderly.
Children and Teens:  
* Are affected by the stress of the COVID-19 pandemic.
* May have experienced changes such as not going to school or seeing friends, losing a loved one, and losing their plans and celebrations.
* May show their stress by being anxious, irritable, angry, restless, or quiet.
* Younger children may be more “clingy.”

Keep in mind:  
* It is important to recognize that this is a stressful time not only for adults, but also for teens and children.
* Their reactions may be misinterpreted as bad attitudes.
* The best way to help them decrease their stress is for parents and caregivers to learn to deal with their stress in a healthy way. Be a role model!

Phone Numbers

Emergencies call 9-1-1
Report child abuse and neglect. Call Department of Family and Protective Services 1-800-252-5400
EHN mental health crisis hotline 915-779-1800 & 1-877-562-6467
Suicide Prevention 1-800-273-8255
How can you help them take care of their mental health?

- Get creative!
  Engage in fun family activities at home.
- Encourage them to find a hobby.
- Strengthen family bonds.
- Set up a flexible routine and follow it every day.
- Have a sleep schedule.
- Eat as healthy as possible.
- Get physically active and if possible, engage in outside activities.
- Monitor what they see on the news or social media.

- Talk openly about feelings and concerns.
- Ask what she/he has heard or seen about the pandemic. Be available for questions.
- Reassure them.
- Make social connections!
- Allow supervised phone calls, emails, online calls with friends and family.
- Talk to your pediatrician if you notice big changes in their behavior.
- Be patient!
  Remember children may struggle with online education and complete less work.
- Report abuse:
  Children and teens may experience abuse at home during this time. It is important to put an end to it. Call Department of Family and Protective Services to report at 1-800-252-5400 or dial 911 if it is an emergency.
Over 3 million people in the US are positive for COVID-19. The number of children infected with COVID-19 is increasing daily.

**SCHOOL & EDUCATION**

- Stay informed with the school’s response to COVID-19
  - Anthony: [https://www.anthonyisd.net/covid-19](https://www.anthonyisd.net/covid-19)
  - Canutillo: [http://www.canutillo-isd.org/COVID19](http://www.canutillo-isd.org/COVID19)
  - Clint: [https://www.clintweb.net/domain/3218](https://www.clintweb.net/domain/3218)
  - EPISD: [https://www.episd.org/covid19](https://www.episd.org/covid19)
  - Socorro: [https://www.sisd.net/Page/65749](https://www.sisd.net/Page/65749)

**WELLNESS & HEALTH**

- Wear masks
- Stay connected with friends and family
- Keep child active
- Reinforce good hygiene practices
- Disinfect surfaces
  - SARS-CoV-2 can survive on different surfaces for hours to days. Visit the EPA website for a list of products that are effective against the virus. [https://www.epa.gov/coronavirus/how-does-epa-know-products-list-n-work-sars-cov-2](https://www.epa.gov/coronavirus/how-does-epa-know-products-list-n-work-sars-cov-2)

**COMMON AREAS OF EXPOSURE**

- Playground & Parks
- Doors & Handles
- Traveling
- Electronics
- Social gatherings & parties

**WHAT ARE SOME COVID-19 SYMPTOMS CHILDREN CAN HAVE?**

**Common Symptoms:**
- Fever
- Cough
- Runny nose
- Diarrhea
- Vomiting
- Muscle aches

**Other Symptoms:**
- Abdominal pain
- Headache
- Shortness of breath
- Fatigue
- Sore throat

**# of CHILDREN IN EL PASO POSITIVE FOR COVID-19:** 1960

As of August 10, 2020
Hi Ham!
How are you?

Hi Pam! I'm a little worried about our family.

They seem a little tense.

Hi Pam! I wish I could help...

They are going through something extraordinary right now.

I love weekends! I'm not exposed to the virus here like I'm at work.

Me too. I'm worried we may catch the virus.

It's called pandemic fear. Dad is afraid of getting the virus from other people. Mom is afraid that they may get sick.

They always take care of themselves. Why are they afraid?

They need to trust that they're protecting themselves by using their masks correctly, not touching their faces, etc.

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How does that help?

IN THE AFTERNOON...

Grandma left a message. We could drive by, but she'll ask us to come in.

We can't. It could make her sick.

So they feel safe to do their work and other essential activities.

They're going to ignore grandma?

It makes them less likely to catch the virus.

It's another form of pandemic fear. They worry that visiting might harm her...

...and they're right. Visiting her is not a good idea right now.

Take a deep breath. They are afraid of visiting because they love her. They could pass on the virus to her.

But they are lonely. I bet they miss each other.

Yes. They miss each other, but they can be close without risking their health.

That's right! They keep their distance, but it means they love each other.

They can talk on the phone about their day and make sure grandma has everything she needs.

Just like we would if we moved to another city?

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IN THE EVENING...

Turn it off please. Every time we watch TV there is something bad going on.

It’s all about the pandemic. It makes me anxious.

Thinking about the future and not knowing what it holds is the worst.

It makes me anxious to wonder if the pandemic will ever end.

Mom sounds pessimistic and dad sounds scared.

It’s pandemic fear. Mom is afraid of not knowing what will happen in the future and of not being in control.

And watching the news too much is making dad more afraid.

Is that normal?

Absolutely! We can all feel like that at some point.

Especially now that something stressful and extraordinary is going on.

What can they do about it?

I could share my secret with them...

What is it? Please tell me!

My secret is... OPEN YOUR EYES!
Yes Ham, the pandemic will end soon!

The secret is for them to open their eyes and find the positive things that happen every day.

Including the small ones, even when everything else seems negative.

I'm feeling a lot more positive, Pam. I have hope that the pandemic will be over soon.

Finding a positive thing sounds hard for them right now.

They can start by thinking about one thing they are thankful for right now.

Like having a home, having each other...

I'm thankful for mom and dad because they feed us, let us sleep inside when it's cold, and take us on walks!

I was sad because I was focusing on the bad things and not on the good ones!

I just thought about one thing myself!

I was sad because I was focusing on the bad things and not on the good ones!

I'm feeling a lot more positive, Pam. I have hope that the pandemic will be over soon.

If they are overwhelmed, they can call their doctor or the crisis helpline at 1800-273-8255. They can also call 911 if it's an emergency.

Thank you for all you taught me, Pam! But what if your secret doesn't help them like it helped me?

I'll keep those numbers handy!

See you later! Don't forget to OPEN YOU EYES!
Sources:
