Session 2, Target Area 4: Quality of Life
Moderator

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Rural Housing Resilience

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COVID-19 Education Challenges and Disparities

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FEMA COVID-19 Funding for Mental Health

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PROMOTING POSITIVE EMOTIONS
CCP
(CRISIS COUNSELING PROGRAM)

STAY POSITIVE ARKANSAS

SOCIAL MEDIA SITES

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CRISIS COUNSELORS

ZINA: 903-733-0963

RIKKI: 903-733-1171

MCKENZIE: 903-736-1119

CRISIS SUPPORT LINE: 833-993-2382

SUICIDE PREVENTION HOTLINE: 800-273-8255

OR 911 FOR EMERGENCIES
COVID-19 Resilience Response

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Mission

To ensure all minority Arkansans equitable access to preventive health care and to seek ways to promote health and prevent diseases and conditions that are prevalent among minority populations
What is Coronavirus (Covid-19):

- Is an infectious disease caused by a newly discovered coronavirus. Those who have contracted the disease report experiencing mild to severe symptoms of:
  - Fever
  - Cough
  - Shortness of breath or difficulty breathing
  - Chills
  - Repeated shaking with chills
  - Muscle pain
  - Headache
  - Sore throat
  - New loss of taste or smell two to 14 days after exposure to the virus

Warning Signs (Seek medical attention immediately):
- Trouble Breathing
- Persistent pain or pressure on chest
- New confusion or inability to arouse
- Bluish lips or face
How does Coronavirus spread?

- Per CDC, the virus is thought to spread mainly from person to person, but it’s possible that it can also be contracted by touching contaminated surfaces or objects.

**Person to Person**
- Having close contact with one another (less than 6ft)
- Through Respiratory droplets produced when an infected person coughs, sneezes or talks.
- Some studies have suggested that the virus may be spread by people who are not showing symptoms

**Object/Surfaces to Person**
- By touching a surface/object that has the virus on it and then touching their mouth, nose, or possibly their eyes
How can I protect myself?

■ Clean your hands often:
  - Wash your hands often with soap and water for at least 20 seconds
  - If soap and water are unavailable, use a hand sanitizer that contains at least 60% of alcohol.
  - Avoid touching your face with unwashed hands.

■ Practice Social Distancing:
  - Avoid close contact with people who are sick
  - Stay home as much as possible
  - Put distance between yourself and other people (6 feet or more)

■ Cover your mouth and nose with a cloth face cover when around others:
  - Everyone should wear a cloth face cover when they go out into public
  - Do NOT use a facemask meant for a healthcare worker.

■ Cover coughs and sneezes:
  - cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
  - Throw away used tissues and immediately wash your hands with soap and water (at least 20 seconds) or use hand sanitizer.
Who is at greater risk?

- People who have been in close contact with a person known to have COVID-19 or people who live in or have recently been in a geographic area with ongoing spread are at an increased risk of exposure.

- Those at greater risk of having severe symptoms, including death are:
  - Older adults (anyone over the age of 60)
  - People who have chronic medical conditions like:
    - Heart disease
    - Diabetes
    - Lung disease
COVID-19 Screening & Testing


**COVID-19 CONTACT TRACING**

Contact Tracing is how public health officials track the spread of an infectious disease outbreak. When a patient is confirmed to have an illness, they isolate themselves to prevent further spread of that illness. Public health staff help those who have been infected recall where they have been and with whom they had close contact while they were infectious. Those “contacts” are contacted by public health staff and asked to quarantine themselves to stop further spread of the illness.
Outreach

- COVID-19 Webpage/Resources
- Presentations
  - Community Based Organizations
  - Faith-Based Organizations
  - Nonprofits
- Health Factsheets
  - Culturally Competent
  - Plain Language
  - English & Spanish
- Media
  - TV
  - Radio
  - Social
AMHC Programs

Mobile Health Unit

Catch us in a neighborhood near you for your free screenings:

Location: Lee Senior High School
523 Forest Ave., Marianna, AR 72360
Date: Wednesday, April 3, 2019
Time: 10 a.m. - 2 p.m.

- A1C
- Glucose
- HPV
- Oral Health
- Blood pressure
- BMI
- Cholesterol
- Health Education

For more information, contact health specialist Brielle Monagon at Brielle.Monagon@arkansashuman.gov or (501) 483-9990.

Southern Ain’t Fried Sundays
Nutrition and Fitness Initiative

- Camp iRock (formerly)
- Camp ICAN
Sponsorships and Partnerships

CBO’s, FBO’s, Schools, State agencies etc.

Screenings
- BMI
- Blood pressure
- Diabetes
- Cholesterol
- HIV
- Cancer
Arkansas is exploring multiple and unique programs to combat its opioid crisis

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AMHC SCHOLARSHIPS
aim to increase diversity of state's health care workforce

p. 8

Dr. Brian Gittens
IS A Man ON A Mission

Leading Diversity and inclusion at UAMS

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* KRON Pediatrics' wonderland-like office visit for children and parents

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Social Media

#HealthyLiving
#MeetingPeopleWhereTheyAre
#GoRedForWomen
#MensHealthMonth
#YourHealthOurPriority
#DrowningPrevention
#StrokeAwareness
#AlzheimersAwareness

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Your Health. Our Priority.

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Closing Reflections