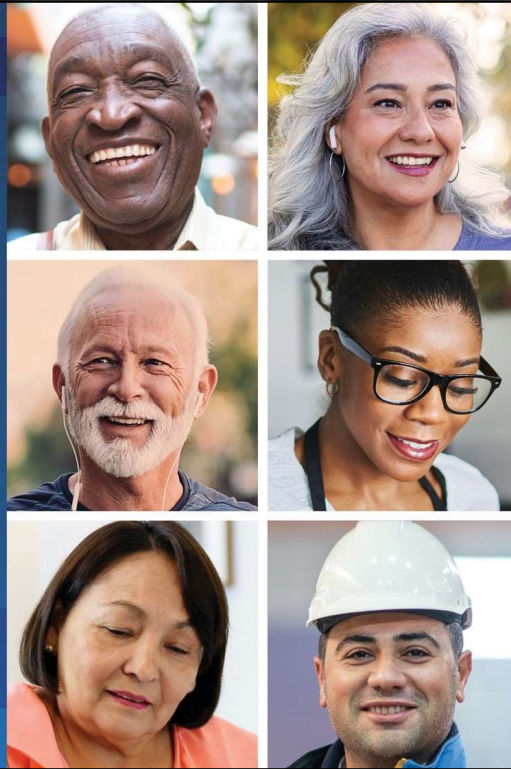


# Community Health Workers COVID-19 Prevention Strategies

Ruby Meraz, MPH



## AZ CEAL COVID Consortium



NIH-OT2-HL156812



## Community-Engagement Research Alliance (CEAL) Against COVID-19 in Disproportionately Affected Communities

### Purpose

- ❖ Conduct urgent community-engaged research and outreach focused on COVID-19 awareness and education to **address misinformation and mistrust**; and
- ❖ **Promote and facilitate inclusion** of diverse racial and ethnic populations in clinical trials (prevention, vaccine, therapeutics), reflective of the populations disproportionately affected by the pandemic.




## Community-Engagement Research Alliance (CEAL) Against COVID-19 in Disproportionately Affected Communities

### Actions

- ❖ Focus groups (community and CHW focused)
- ❖ Mobile clinics
- ❖ Community specific materials and education
- ❖ Expanded outreach to rural areas
- ❖ Community collaboration





**WHAT IS ARIZONA CEAL?**  
The Arizona Community Engagement Alliance (CEAL) Against COVID-19 Disparities is part of a 21-state alliance funded by the National Institute of Health (NIH). AZ CEAL works closely with the communities hit hardest by COVID-19. The AZ CEAL conducts Community-Engaged research and OUTREACH to increase COVID-19 AWARENESS and EDUCATION among communities disproportionately affected by COVID-19 and to reduce misinformation and mistrust. For more information on NIH CEAL, visit [COVID19COMMUNITY.NIH.GOV](https://COVID19COMMUNITY.NIH.GOV)


**AZ CEAL LEADERSHIP**  
The statewide efforts are coordinated by Arizona State University, Mayo Clinic, Northern Arizona University, and University of Arizona



**AZ CEAL PARTNERS**



**#Immunity starts with Community**  
AZ CEAL aims to build long-lasting partnerships and improve diversity and inclusion in our research response to COVID-19.




Scan this code to receive AZ CEAL website text (SMS) info



Scan this code to visit AZ CEAL website

[CEAL.ARIZONA.EDU/ENGAGE](https://CEAL.ARIZONA.EDU/ENGAGE)

This work is supported by the NIH funded Arizona CEAL consortium (NIH 888-15-16-29) 9.7.2021\_v1



**COVID-19 VACCINE**  
Protect yourself and your family from getting sick with COVID-19.  
Currently, three vaccines are authorized and recommended in the United States to prevent COVID-19.

Vaccine	Doses	Time between doses	Recommended for
<b>Pfizer-BioNTech</b>	2 doses	21 days a part	Recommended for people 12 years and older
<b>Morerna</b>	2 doses	28 days a part	Recommended for people 18 years and older
<b>Johnson &amp; Johnson</b>	1 dose	-	Recommended for people 18 years and older. Previously passed for people 16 years and older.

**AFTER THE VACCINE**  
After you receive a dose of the COVID-19 vaccine, you may experience a few side effects. These side effects are normal and may last a few days.

Side Effect	When it occurs
Pain, Swelling, Redness	In the arm where you get the vaccine
Chills, Fatigue, Headaches	Throughout the rest of your body

**TIPS**

- To reduce pain or discomfort where you got the vaccine:
  - Apply a clean, cool, wet washcloth over the area
  - Use or exercise your arm
- To reduce discomfort from fever:
  - Drink plenty of fluids and dress lightly
  - Talk to your doctor about taking any medicine

**REMINDER:** Return on time for your body to build protection after any vaccination. The COVID-19

More information at <https://www.cdc.gov/coronavirus/>

**AC3COVIDTXT**  
Arizona COVID Consortium Text

**Immunity starts with COMMUNITY**

**WE NEED YOUR HELP TO KEEP OUR ARIZONA FAMILIES HEALTHY**

Text 'JOIN' to 1-844-844-3004

Call to join 1-844-844-3004


Complete short

Get COVID updates, tips, and resources in your community

\*No personal information that could identify you will be shared. Information will be used to target COVID health messages in Arizona communities.  
©2021 National Institute of Health (NIH) Community Engagement (CE) Arizona CEAL COVID Consortium (CEI 888-15-16-29)

**Mama Lucha**  
August 30 at 8:42 PM


See how you can knock out COVID! What's in the COVID vaccine? #CovidLatino #KnockCovidOUT #Getvaccinated









Like Comment Share

# Community Health Workers COVID-19 Prevention Strategies

## Ruby Meraz, MPH



## ARIZONA COMMUNITY HEALTH WORKER ASSOCIATION (AZCHOW)

AzCHOW is a statewide organization of community-based advocates. AzCHOW provides an opportunity for Community Health Workers (CHWs) to speak with a collective voice, and has been advocating for the work of CHWs in Arizona since 2001.

We lead through resource sharing, partnership development, education, outreach, health promotion, and disease prevention strategies to improve the health of Arizona residents.



## WHAT IS A CHW?



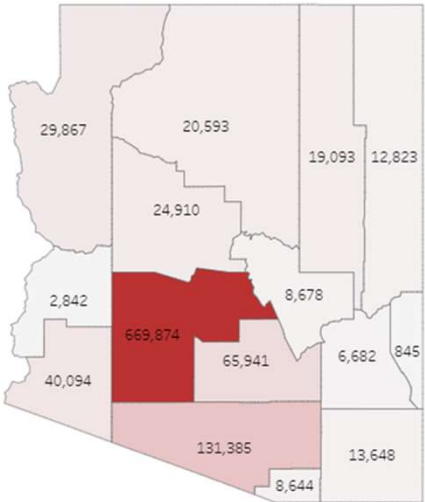
As defined by the American Public Health Association (APHA) Community Health Worker Section:

“A Community Health Worker (CHW) is a frontline public health worker who is a trusted member of the community and/or has an unique understanding of the community served.”



COVID-19 cases have spread rapidly due to the more contagious Delta variant, particularly among unvaccinated people.

Number of Cases  
1,055,919



## CHWs often work in



Community



Clinical

They need support in transitioning from one setting to another, all while being safe.



# # 1 TIP GET VACCINATED!

*Vaccines are free and available to all people living in the U.S., regardless of immigration or health insurance status.*



## POST-VACCINATION CONSIDERATIONS FOR WORKPLACES



After COVID-19 vaccination, employees might have some side effects. It is normal for these to occur.

In the arm where you got the vaccine:



- Pain
- Swelling
- Redness

Throughout the rest of your body:



- Chills
- Tiredness
- Headaches

### Tips

**To reduce pain or discomfort where you got the vaccine:**

- Apply a clean, cool, wet washcloth over the area
- Use or exercise your arm

**To reduce discomfort from fever:**

- Drink plenty of fluids and dress lightly
- Talk to your doctor about taking an over-the-counter medicine, such as Advil or Tylenol



**These side effects are normal and may last 1-3 days. Consider getting vaccinated before scheduled days off!**



# Benefits

Studies show that COVID-19 vaccines are effective at:



Keeping people from getting COVID-19



Protect people from getting seriously ill even if they do get COVID-19

# Benefits

**PROTECTING YOURSELF ALSO PROTECTS THE PEOPLE AROUND YOU.**

Especially those with an increased risk of severe illness from COVID-19 or those who can't get vaccinated.

This includes:

- Infants
- Or people with weakened immune systems



# STAYING SAFE IN THE COMMUNITY

*Stay Safe While Doing Indoor and Outdoor Activities with Others*



If you are not fully vaccinated and aged 2 or older, you should wear a mask in indoor public places.

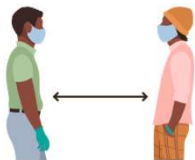


Wear a mask in outdoor settings that are crowded or where COVID transmission is high



# STAYING SAFE IN THE COMMUNITY

*Stay Safe While Doing Indoor and Outdoor Activities with Others*



Be sure to social distance in addition to proper mask wearing



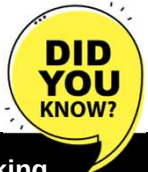


# STAYING SAFE IN THE COMMUNITY

*Stay Safe While Doing Indoor and Outdoor Activities with Others*



If you are fully vaccinated, to maximize protection from the Delta variant and prevent possibly spreading it to others, wear a mask indoors in public, especially if you are in an area of substantial or high transmission.



People who have a condition or are taking medications that weaken their immune system may not be fully protected even if they are fully vaccinated.



# STAYING SAFE AT WORK



Keeping everyone safe is very **IMPORTANT !**



Ventilation



Handwashing

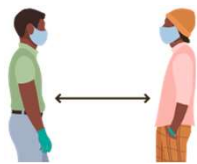


Respiratory etiquette

Also, contact tracing combined with quarantine & isolation.



Stay home when sick & get tested



Social Distancing



Cleaning & disinfection

All of these actions are important layers of prevention to work spaces!

# STAYING SAFE AT WORK



## Protecting Workers: Guidance on Mitigating and Preventing the Spread of COVID-19 in the Workplace

The screenshot shows the OSHA website header with the United States Department of Labor logo and navigation links. The main content area features the title 'Protecting Workers: Guidance on Mitigating and Preventing the Spread of COVID-19 in the Workplace'. Below the title, there is a 'Purpose' section stating that the guidance is designed to help employers protect workers who are unvaccinated or otherwise at-risk. A 'Summary of changes' section lists updates from January 29, 2021, and August 13, 2021. An 'On this Page' sidebar lists sections like Purpose, Executive Summary, and Scope. The URL <https://www.osha.gov/coronavirus/safework> is visible at the bottom.

# TYPES OF MASKS



Cloth Masks can be made from a variety of fabrics and many types of cloth masks are available.

### Wear cloth masks with:

- A proper fit over your nose and mouth to prevent leaks
- Multiple layers of tightly woven, breathable fabric
- Nose wire
- Fabric that blocks light when held up to bright light source



### Do NOT wear cloth masks with

- Gaps around the sides of the face or nose
- Exhalation valves, vents, or other openings (see example)
- Single-layer fabric or those made of thin fabric that don't block light
- DO NOT choose masks that have exhalation valves or vents which allow virus particles to escape





## CHW RECOMMENDATIONS

CHWs have shared a variety of tips for staying safe while they're working, some tips include:

**Help to educate people with the correct information about the pandemic and facts related to the COVID-19 virus and vaccines**

**Correct ways to wear masks that help increase protection against the virus as well as share correct handwashing techniques**

**CHWs also reported using personal networking communication to spread information (vaccine appts, townhalls)**

**Refrain from focusing on the consequences of the vaccine. Instead, tailor messages to encourage safety and "returning to normal"**

**If you're working remotely/virtually try to schedule short breaks**

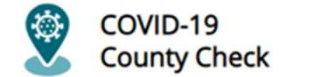
## Quick COVID Facts!



1. It is safer to frequently clean your hands and not wear gloves.
2. The likelihood of shoes spreading COVID-19 is very low.
3. The COVID-19 virus CANNOT be spread through mosquito bites.
4. You should be vaccinated regardless of whether you already had COVID-19.
5. You cannot get COVID-19 from the vaccines.

*<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>*

# HELPFUL RESOURCES



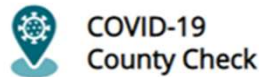
Find community transmission levels by county.

Select a Location

State

County

**Go**



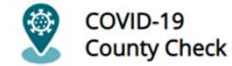
Find community transmission levels by county.

Select a Location

Arizona

Maricopa County

**Go**



< Start Over

**High Transmission**

In Maricopa County, Arizona, community transmission is High.

Everyone should wear a mask in public indoor settings.

Mask requirements might vary from place to place. Make sure you follow local laws, rules, regulations or guidance.

September 15, 2021

Find out more about the COVID-19 situation in your area with the [COVID Data Tracker](#).

[How are these data calculated?](#)

Add This Widget To Your Site

```
<div data-cdc-
```

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

# HELPFUL RESOURCES

Keep up to date on new COVID-19 information

Variety of webpages available on the CDC website!

- COVID-19 Most Recent Information
- Graphics (English and Spanish)
- National Institute of Health CEAL Website

and MANY OTHER RESOURCES!



## NIH Community Engagement Alliance (CEAL)

The Community Engagement Alliance (CEAL) Against COVID-19 Disparities works closely with the communities hit hardest by COVID-19.

Find FAQs, fact sheets, and other resources you can share to provide accurate information and encourage people to get informed and take steps to overcome COVID-19.

[Explore Our Resources](#)

### Explore CEAL Topics

- Vaccines
- Diversity & Inclusion
- Clinical Trials

CDC Centers for Disease Control and Prevention

## COVID-19

To maximize protection from the Delta variant and prevent possibly spreading it to others, get vaccinated as soon as you can and wear a mask indoors in public if you are in an area of substantial or high transmission.

### COVID-19 Toolkits

Updated Feb. 3, 2021, 12:00 AM



### Social Mec

Updated May 14, 2021

#### On This Page

- About the COVID-19 Vaccines
- Vaccine Benefits
- Vaccine FAQs
- Vaccine Safety
- What to Expect After Vaccination
- Vaccine Effectiveness

#### About the COVID-19 Vaccines

### Facebook Sample Messages

Two of the COVID-19 vaccines authorized for use in the United States use mRNA. mRNA does not affect or interact with a person's DNA, and the cell breaks down after it finishes using these instructions. Learn about mRNA vaccines and how they work.



# RESOURCES



- COVIDLatino.org
  - Access videos and images to share
- Facebook: Mama Lucha
- Instagram: COVIDLatinoProject



Available in English and Spanish!

<https://youtu.be/xO3izsAowWA>

### Community Immunity By Hip Hop Public Health

- Videos series using hip hop to share COVID vaccine messages



<https://hhph.org/communityimmunity/>

# QUESTIONS OR CONCERNS?

Email me at  
[Ruby@azchow.org](mailto:Ruby@azchow.org) or  
[Info@azchow.org](mailto:Info@azchow.org)



**Additional Resources:**  
[AzCHOW.org](http://AzCHOW.org)  
[covid19community.nih.gov/](http://covid19community.nih.gov/)

