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MAY + JUNE 2020
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HEALTH

IN TOUCH
WITH YOUR
HEALTH

matters™



COVID-19 CORONAVIRUS

What YOU Need to KNOW

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By Burton Kelso, President
Integral Computers

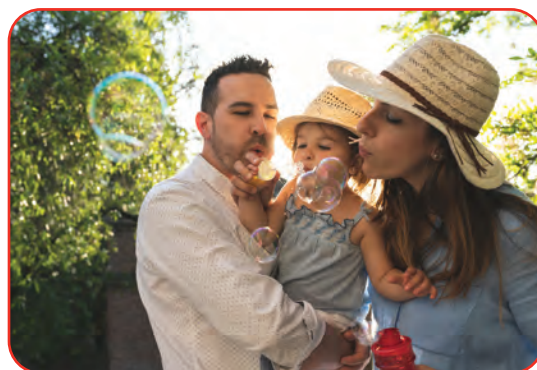
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President, Premedical Consultants

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Articles in the magazine do not constitute medical advice. Always consult your physician or healthcare provider before making medical decisions. We do not endorse the views expressed in the articles, advertisements and websites, nor are we responsible for products and services advertised.

WE ARE ALL IN THIS together

Years from now, historians will tell amazing stories of doctors, nurses, housekeeping staff, food service workers, delivery drivers, teachers, grocery store workers, volunteers and many others, whose bravery made all the difference in people surviving COVID-19.

We've come to understand that "we are all in this together." While there is currently no cure or vaccine to eliminate this invisible enemy, we remain hopeful. Join me in praying for the recovery of those affected and for families who have lost loved ones.

Our COVID-19 cover story is not what we planned for our 15th anniversary edition. However, I felt compelled to change our focus so we could walk this journey with you. If you are reading **Our Health Matters™** for the very first time — hello — we are happy to meet you! For more than 15 years, we have been a voice of reason, breaking down complex health conditions so people can understand them better, learn how to advocate for quality healthcare and *take control of their health*.

Also in this edition is a personal glimpse of how some of our readers are adjusting to the new normal of working from home and homeschooling their children.

You will also find important contact information for COVID-19 community resources. In the first month of the pandemic, domestic violence and child abuse reports dropped because they were not being observed or reported. The victims are some of the most vulnerable who still need our help to escape their abusers. We must watch out for them and do what we can to help them report it.

I encourage you to stay home and honor directives imposed by state and local authorities. We must get back to work, and we must get back to healthy environments before we resume normal activity. Remember, we are all in this together.



Be Safe, Be Well, Be Encouraged.

Ruth Ramsey, Publisher and CEO

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is published bi-monthly (6 issues)
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WE WOULD LOVE TO HEAR FROM YOU.

Send us a story about how your life has changed for the better, or what you have learned and what will you do differently in the future? Email us at info@kcourhealthmatters.com or write to us at

Our Health Matters
PO Box 5425
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Census data shapes our children's future for the next 10 years. Make your voice heard. Answer the 2020 Census.



COUNT ALL KIDS!

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John W. Bluford, III
Founder, Bluford Healthcare Leadership Institute
President Emeritus, Truman Medical Center

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our HEALTH IN TOUCH WITH YOUR HEALTH matters™



Our Journey Continues...

In 2005, *Our Health Matters*™ was introduced to a community lacking a health publication that engaged and supported the needs of the diverse community in which we live. We saw this as an opportunity to educate and empower more people to take control of their health where they live, work, worship and play. Our editorial platform empowers people with knowledge and resources to address the whole person — mind, body and spirit.

Our Health Matters continued presence is testament to the value and benefit we provide — increasing health literacy. Health literacy is the degree to which an individual has the capacity to obtain, communicate, process, and understand basic health information and services to make appropriate health decisions. Whether you realize it or not, health literacy affects one's ability to effectively navigate the healthcare system, fill out complex forms, locate providers for services, as well as engage in self-care and chronic disease management.

Today, we are an award-winning publication guided by our commitment to help you understand health risks associated with poor nutrition, lack of physical activity, tobacco use, secondhand smoke, and alcohol and substance abuse, to name a few.

According to the Centers for Disease Control & Prevention, around 74% of all deaths in the United States occur as a result of these ten causes:

- Heart disease
- Cancer
- Unintentional injuries
- Chronic lower respiratory disease
- Stroke and cerebrovascular diseases
- Alzheimer's disease
- Diabetes
- Influenza and pneumonia
- Kidney disease
- Suicide

We keep you informed about these conditions, life-threatening events and more. To date, *Our Health Matters* has distributed more than 1.6 million print editions and engaged thousands more on our website, www.kcourhealthmatters.com.

Thank you for taking the time to read this special edition and getting to know us. We invite you to subscribe to *Our Health Matters*. See page 31 for subscription information.

SPECIAL THANKS...

to the Health Forward Foundation for partnering with us to support this special edition.

ADVANCE CARE PLANNING

It's About How You Want to Live

By Trudi Galblum, Center for Practical Bioethics

Hospitals and long-term care facilities are required by law to ask patients upon admission whether they have an advance directive or living will. On average about two-thirds of Americans say no. Many aren't even sure what they're talking about.

What are they talking about?

Basically, the admissions office wants to know if you have documents that can assist medical staff and your family to make decisions about your care if you become unable to speak for yourself. Having these signed documents makes it much more likely that your wishes will be followed.



Documents Can Help

A Durable Power of Attorney for Healthcare is a signed legal document authorizing the person you name to make healthcare decisions on your behalf if you are incapacitated. This person is sometimes called a healthcare proxy. In Missouri, the law requires that you sign your DPOAH in the presence of a notary public. In Kansas, you can have your signature witnessed by a notary public or by two witnesses.

A Living Will, also known as an Advance Directive, allows you to outline specific preferences for future medical care. This is where you might indicate whether and what heroic measures you would or would not want to be taken if you were critically injured or terminally ill. In both Missouri and Kansas, the law requires that Advance Directives be signed in the presence of at least two witnesses, who must also sign the document.

Both states require witnesses to be 18 years of age or older. In Kansas, there are additional limitations on who can serve as a witness. Witnesses in Kansas cannot be your appointed health-care proxy, nor can they be related to you by blood, adoption or marriage. They cannot be financially responsible for your medical care or entitled to any portion of your estate.

You may also have heard about Physician Orders for Life Sustaining Treatment. These are physician orders for seriously ill people living with life-limiting illness. In Kansas and Missouri, they are pink forms, referred to as Transportable Physician Orders for Patient Preferences (TPOPP). These orders must be initiated by your physician.

Talk Now!

More than 2,000 people in the Kansas City metro area turn 65 every month. Eighty-five percent of them will die unable to make their own decisions. Many of these deaths will occur in ICUs with the painful consequences of avoiding hospice care.

Distrust of the healthcare system and a preference to “do everything” even when there's little chance of recovery are among many well-researched reasons why African Americans are much less likely than other racial or ethnic groups to do formal advance care planning.

Documents are important, but talking about your wishes – before a health crisis – with someone you trust to speak for you if you can't speak for yourself can make the difference between a family torn apart by disagreements about “what Mom would have wanted” or the peaceful, dignified end that we all want for ourselves and those we love.

No one wants to die alone receiving painful treatments they don't want because no one has talked to them about their wishes.

If you or a family member are still hesitant about advance care planning, remember that an accident, chronic illness or life-threatening diagnosis leaving you too ill to make your own healthcare decisions can happen at any age. The Centers for Disease Control offers a list of advance care planning resources at <https://www.cdc.gov/aging/pdf/acp-resources-public.pdf>.

So, start the conversation now! Advance care planning is not about death and dying. It's about how you want to live.



Caring Conversations®



START YOUR
ADVANCE CARE
PLAN WITH

CARING CONVERSATIONS®

Only a third of Americans have done anything to prepare for when they may not be able to make their own decisions about healthcare. The Center for Practical Bioethics in Kansas City can help!

You can download a free copy of *Caring Conversations*® at PracticalBioethics.org to take you through the advance care planning process:



Caring Conversations® is designed to guide you, your family and your friends through the process of Advance Care Planning.

Name _____

CENTER FOR PRACTICAL
BIOETHICS

Harzfeld Building
1111 Main Street

Date _____

MAKING YOUR
HEALTHCARE WISHES KNOWN

REFLECT about the decisions your family might need to make in a medical crisis.

TALK with loved ones about your wishes, values and preferences related to healthcare.

APPOINT your Agent. This should be someone you can trust to speak for you if you can no longer speak for yourself. Formalize your appointment by completing the Durable Power of Attorney for Healthcare Decisions form included in the workbook.

SHARE your advance care plans with your healthcare providers and others such as family, clergy and your attorney. And don't forget to revisit your plan. Wishes may change at various life stages.

CENTER FOR PRACTICAL
BIOETHICS

GUIDANCE AT THE CROSSROADS OF DECISION

At PracticalBioethics.org you will also find our Introduction to *Caring Conversations*®. Both publications are available in Spanish. You can securely store your plans online at MyDirectives.com.

816-221-1100 | PracticalBioethics.org



Safely Using Hand Sanitizer

By U.S. Food and Drug Administration

The potentially high transmission of COVID-19 has heightened people's awareness about its contagion. To slow the spread, the Centers for Disease Control and Prevention recommend that consumers use alcohol-based hand sanitizers containing at least 60% alcohol when soap and water are not available.

- ▶ The alcohol in hand sanitizer works best when you rub hand sanitizer all over your hands, making sure to get between your fingers and on the back of your hands.
- ▶ Do not wipe or rinse off the hand sanitizer before it is dry.
- ▶ Do not use hand sanitizer if your hands are visibly dirty or greasy; wash your hands with soap and water instead.

HAND SANITIZERS ARE DRUGS

- ▶ Hand sanitizers are regulated as over-the-counter (non-prescription) drugs by the U.S. Food and Drug Administration. If you use alcohol-based hand sanitizers, read and follow the Drug Facts label warnings section.

- ▶ Always store hand sanitizer out of the reach of pets and children. Children should use it only with adult supervision. Young children, especially toddlers may be attracted by the pleasant smell or brightly colored bottles of hand sanitizer. Drinking even a small amount of hand sanitizer can cause alcohol poisoning in children.

HAND SANITIZERS ARE A CONVENIENT ALTERNATIVE WHEN HANDWASHING WITH SOAP AND WATER ISN'T POSSIBLE.

DON'T MAKE YOUR OWN HAND SANITIZER

- ▶ The FDA doesn't recommend that consumers make their own hand sanitizer. If made incorrectly, hand sanitizer can be ineffective – or worse. There have been reports of skin burns from homemade hand sanitizer.
- ▶ You can protect yourself and your family from coronavirus with simple hygiene. Call your doctor if you experience a serious reaction to hand sanitizer.

**FOR MORE INFORMATION VISIT:
WWW.FDA.GOV/SAFETY/MEDWATCH**



A **STROKE** OF GENIUS & COMPASSION to Help



When an organization's excellent reputation precedes them, that's a good thing! That is exactly what Artists Helping the Homeless, Inc. (AHH) is experiencing.

In 2008, Kar Woo, founder of Artists Helping the Homeless, brought together his love for art and his compassion to help the homeless. Mr. Woo and a team of volunteers started serving meals on Sundays to the homeless. After hearing the individual stories of the people he served, Mr. Woo knew they had to do more.

Creativity Takes Shape

Artists Helping the Homeless learned that access to transportation, lack of housing and navigating healthcare systems were the most difficult issues for the homeless. With funding from the Saint Luke's Foundation, they created **BE THE CHANGE**.

BE THE CHANGE provides transportation and works closely with homeless clients to ensure they receive a continuum of care. AHH partners with hospitals and safety net providers to help homeless people receive the care they need and find their way to independence.

Artists Helping the Homeless focus areas include:

- Helping clients address non-medical issues such as housing to keep them safe and away from dangers on the street.
- Facilitating client's access to healthcare and treatment for multiple issues.
- Building trust and rapport with mobile and often hard to reach clientele.

Kansas City's homeless have a true friend in Artists Helping the Homeless.

How You Can Help

Donations are welcome and appreciated. To learn more about the extraordinary work of AHH, visit www.ahh.org or contact Kar Woo, President, at kato@ahh.org, 816-668-1007.



ARTISTS HELPING THE HOMELESS

816-668-1007 • 3625 WARWICK BLVD., KANSAS CITY, MO 64111 • AHH.ORG



Recovering COVID-19 Patients Need Rehabilitation

The COVID-19 virus doesn't just affect the lungs in critically ill patients. It causes an “inflammatory storm” of cytokines that attack every organ including the brain, muscles and nerves.

Recovering COVID-19 patients who will need rehabilitation to overcome deficits could include:

1. Patients in an ICU over 5 days who are most likely to have physical, cognitive and behavioral problems.
2. 70-100% of COVID-19 ICU survivors will have significant problems with cognition and activities of daily living (ADLs) (e.g., memory, attention, concentration, problem solving)
3. In the current climate, it is easy to miss cognitive and behavioral changes in the acute care hospital because doctors and nurses are tending to crisis standards of care and/or the patient is sedated or on a ventilator. You need to ask the family, “Do you see new or remaining deficits?” to uncover the cognitive and behavioral deficits.
4. Patients who have been in the ICU for over 5 days have a 50% chance of having a critical illness neuropathy/myopathy that is causing their weakness.
5. Patients who are difficult to wean from a ventilator are likely to have a critical illness myopathy and weakness in other areas.

How Encompass Health can help

At Encompass Health Rehabilitation Hospitals, our liaisons can evaluate patients to determine which can benefit from treatment at a rehabilitation hospital where their medical needs will be met while also focusing on their physical, cognitive and behavioral problems. Our goal is to have patients return home safely to their family and friends.



Our **experience** sets us apart

As a proud member of the Overland Park community for 31 years, we are honored to help your neighbors, families and friends reach their goals and return to their greatest level of independence.



The Joint Commission Disease-Specific Care Certification in Amputee Rehabilitation, Brain Injury Rehabilitation, Spinal Cord Injury Rehabilitation and Stroke Rehabilitation

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midamericarehabhospital.com

Managing Mild COVID-19 Symptoms at Home

If you or someone you love tests positive for COVID-19, your healthcare provider may advise you to stay home to monitor your symptoms and instruct you on ways to protect others around you from the spread of the disease.

Keep your medical provider's number handy. If you notice a worsening cough, shortness of breath, or high temperature call your healthcare provider immediately. You may be directed to go to the hospital.

When you are well, make taking care of yourself a priority. Some of the recommendations are:

- Eat healthy and stay active.
- Manage stress by doing relaxation exercises, meditation, or deep breathing.
- Connect with loved ones via phone or video chat.
- Watch a funny movie or go outside for a walk.

Now is the time to be prepared. Keep a log of your symptoms. Communicate with your healthcare provider. Follow directions and remain calm. Find additional information at [mayoclinic.org](https://www.mayoclinic.org) or [cdc.gov/coronavirus/2019](https://www.cdc.gov/coronavirus/2019).



By Tenille L. Lawson
PharmD, BCPS
Medical Writer

STAY HYDRATED BY DRINKING LOTS OF FLUIDS

Currently, there is no cure or vaccine for the coronavirus. The Mayo Clinic offers guidance on treating mild symptoms of COVID-19 at home and suggests taking these steps for relief:

- Get plenty of rest.
- Stay hydrated by drinking lots of fluids.
- Take over-the-counter medications such as cough syrup or acetaminophen.



Oh, the Times, They are a' Changing...

Our Health Matters queried readers to find out how it's all working out – or not since the pandemic.

Readers shared how they are faring with balancing their job responsibilities and coping with kids at home when they should be at school.

MY HUSBAND AND I ARE WORKING FROM HOME. I sometimes have to assist with food distribution for my Head Start families, so that gets me out of the house. I get to see my coworkers, students and their families at a safe distance.

With two teenagers, 17 and 13 in the house, I am always going to the grocery store or to CVS. There's always a need for something. We don't always have the money to shop for two weeks, so we do the best we can.

As for the home office, my husband has taken over the basement and I am officing in our bedroom. We're doing what we have to do to make it work. Our dogs love all of us being at home right now.

— Suzee

My husband and I are both working from home and have a two-year-old daughter. It's a real balancing act between the two of us to manage our job duties and parenting responsibilities. I tried to stick to a schedule in the beginning, but quickly let that go. We tag team, though. One of us sees about our daughter if the other has to get on calls or needs time to get work done.

We make time to get outside and play in front of our home, take walks to get exercise. We have even taken to identifying the colors of passing cars as we're walking. It's a lot of fun and our daughter loves it. Her preschool teachers follow up with us via FaceTime or on social media and they will start having story time once a week. Her school has been so supportive to the families in every way, including providing meals.

— Crystal

To read more about how families are coping with work, school and social distancing during the pandemic visit www.kcourhealthmatters.com

A large, light blue surgical mask is the central focus, with a black silhouette of a world map printed on its surface. The mask is set against a dark blue background with a grid pattern. In the top left and bottom right corners, there are 3D renderings of red, spherical coronavirus particles with protruding spikes. The text 'COVID-19 coronavirus' is overlaid on the mask in a large, white, sans-serif font with a blue outline.

COVID-19 coronavirus

By Jeanene Dunn, OHM Staff

COVID-19 WORLDWIDE CASES	3.4 MILLION
WORLDWIDE DEATHS	242,000
US CASES	1.2 MILLION
US DEATHS	73,000

UPDATED AS OF MAY 7, 2020

TRACK THE MOST CURRENT AND NATIONAL DATA ON CASES IN THE UNITED STATES AT WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/CASES-UPDATES/CASES-IN-US.HTM

As Americans gathered in large crowds to usher in the new year, half a world away, a deadly virus was sickening people by the thousands and overwhelming hospital emergency rooms. Even as Americans continued to work, play and gather, the virus was spreading rapidly from one country and continent to another, infecting people by the hundreds of thousands and killing hundreds of people every day.

What exactly is COVID-19?

According to the Missouri Department of Health and Senior Services, “the virus has been named ‘SARS-CoV-2’ and the disease it causes has been named ‘coronavirus disease 2019’ (abbreviated ‘COVID-19’).” You may have seen COVID-19 also referred to as the novel coronavirus. The virus is referred to as novel because it is a new disease for which there is no approved, effective vaccine or treatment.

What You Need to Know

Fast forward to the present and this mysterious, highly contagious virus, is now known to everyone as COVID-19.

As the number of infected people and lives lost steadily climbed, cities and states made the unprecedented decision to shut down non-essential businesses and close schools in order to prevent more widespread infection, illness and death.

As a result, millions of people have found themselves suddenly without a paycheck. As of the week ending on May 1st, more than 30 million people had applied for unemployment benefits in the United States.

Coronaviruses are not new to humans or animals, but this particular strain is new.

From the National Institute of Allergy and Infectious Diseases:

“Coronaviruses are a large family of viruses that usually cause mild to moderate upper-respiratory tract illnesses, like the common cold. However, three new coronaviruses have emerged from animal reservoirs over the past two decades to cause serious and widespread illness and death.

There are hundreds of coronaviruses, most of which circulate among such animals as pigs, camels, bats and cats. Sometimes those viruses jump to humans — called a spillover event — and can cause disease. Four of the seven known coronaviruses that sicken people cause only mild to moderate disease. Three can cause more serious, even fatal, disease.

1. SARS coronavirus (SARS-CoV) emerged in November 2002 and caused severe acute respiratory syndrome (SARS). That virus disappeared by 2004.
2. Middle East respiratory syndrome is caused by the MERS coronavirus (MERS-CoV). Transmitted from an animal reservoir in camels, MERS was identified in September 2012 and continues to cause sporadic and localized outbreaks.
3. The third novel coronavirus to emerge in this century is called SARS-CoV-2. It causes coronavirus disease 2019 (COVID-19), which emerged from China in December 2019 and was declared a global pandemic by the World Health Organization on March 11, 2020.”

COVID-19 symptoms

People with COVID-19 have had a wide range of symptoms reported — ranging from mild symptoms to severe illness.

Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms or combinations of symptoms* may have COVID-19:

- Cough
 - Shortness of breath or difficulty breathing
- Or at least two of these symptoms:
- Fever
 - Chills
 - Repeated shaking with chills
 - Muscle pain
 - Headache
 - Sore throat
 - New loss of taste or smell
- Children have similar symptoms to adults and generally have mild illness.

When to contact your healthcare provider

If you have any of these four warning signs* seek medical attention immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

***This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you. Call 911 if you have a medical emergency. Notify the operator that you have, or think you might have COVID-19. If possible, put on a cloth face covering before medical help arrives.**

Who can get COVID-19?

Any person of any age group can become infected with COVID-19. Adults 65 years and older, and persons who have underlying medical conditions such as heart disease, diabetes, asthma, lung disease or compromised immune systems are at a higher risk for developing serious complications from COVID-19.



Some people may be asymptomatic

This means that not everyone who is infected with COVID-19 has symptoms. These persons can pass the virus to someone else without even knowing it. They may not get sick themselves, but the person(s) they came in contact with may be at high risk for complications from the virus.

That's why it's important to limit personal contact to reduce the chance of possible exposure to the virus. If you have to go out in public:

- Wear a cloth face mask that covers the nose and mouth.
- Wear latex gloves.



“Thank you to all of the healthcare workers, first responders and so many others who selflessly give themselves to others during this pandemic. You are true heroes and should be recognized as such. Love and blessings to you all. Stay safe and know we are all thinking of you.”

—From the heart of Our Health Matters and families across metropolitan Kansas City

- Maintain a distance of six feet between yourself and others.
- When you return home, wash your hands for 20 seconds and dispose of your mask and gloves.

SOCIAL DISTANCING helps to limit the spread of the COVID-19 virus. It is known that the virus can be spread through close person-to-person contact (less than six feet). When an infected person coughs, sneezes or speaks, droplets of the virus can spread to others and infect them. Public health experts have consistently stressed the importance of social distancing to help curb the spread of the virus.

The new normal

Right now, it can seem like each day just melds into the other, with one bad news story after another. There is plenty of good news. People are finding new ways to connect online to work, entertain, share cooking tips, sew masks for healthcare workers and others, learn and keep one another uplifted in a positive way. And, there are countless stories of neighbors helping neighbors from a safe distance.

Be encouraged — this will pass.

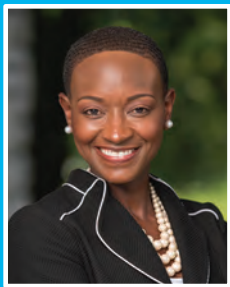
There are reasons to be encouraged in this extraordinary time we find ourselves living in. Because COVID-19 impacts people differently — mild to moderate symptoms — every case does not require hospitalization. More and more images of people being wheeled out hospital doors to great applause from doctors and nurses is inspiring and encouraging.

Researchers and doctors are working around the clock to develop more testing and conduct clinical trials to discover vaccines and effective treatments for COVID-19. The end goal is to not only treat the virus, but to prevent it. We can all take comfort in knowing that these times will not last forever and will pass.

As more information becomes available every day, stay on top of it all and learn more at <https://www.coronavirus.gov>. In the meantime, stay healthy, stay home and stay hopeful.

SOURCES:

**Kansas Department of Health and Environment
Missouri Department of Health and Human Services
National Institutes of Allergy and Infectious Diseases
Centers for Disease Control and Prevention**



Message from

QIANA THOMASON

PRESIDENT/CEO OF HEALTH FORWARD FOUNDATION

The Coronavirus (COVID-19) pandemic reminds us we are only as safe as our community members who are most at risk. This pandemic highlights the barriers that Health Forward Foundation is working to address. Systemic and structural inequities of power, money, and resources disadvantage people of color and people living in poverty who are more likely to:

- **Have underlying health conditions that place them at greater risk of acquiring and recovering from the virus, contributing to disparities in mortality rates**
- **Be in the essential services workforce without the luxury of being able to work from home to adhere to social distancing requirements**
- **Lack insurance coverage, which has a direct impact on access to health care**
- **Have significantly less income and assets to stay afloat in the event of job loss or furlough**

To address these issues, Health Forward's COVID-19 Community Resiliency plan provides up to \$3.7 million to ensure our partners have the resources needed to provide critical medical and behavioral health care and other essential services, like food, childcare, and medications to those living in marginalized conditions.

We continue working with partners and community stakeholders to identify strategies that will maximize the resiliency of our communities and lead to stabilization and recovery for those most in need. As we move forward, we commit to pursuing and prioritizing multi-level solutions that address the link between health, race and ethnicity, and socioeconomic contributors like poverty.

We are proud to be part of this region. We are seeing organizations, corporations, funders, and grassroots organizations unite in unique ways. We have witnessed the resilience of our communities, and we know through shared commitments to equity, we will rise stronger.



Health Forward
FOUNDATION

HealthForward.org



@HealthForwardKC

HOPE is a Powerful Thing

We must not forget to address the needs of vulnerable populations during COVID-19.

These are no doubt challenging times to navigate, as we socially isolate ourselves, but the good news is that hope is a powerful thing. We are witnessing a hopeful revolution of the business community, nonprofit organizations and government coming together to help the most vulnerable in our community.

I have been thinking a lot about how we individually can play a part in the solution. The public health of our community reaches beyond the factors of medical care; it must also include addressing health inequity during this time. The Missouri Department of Social Services reports that child abuse hotline calls have dropped by 50 percent since the coronavirus pandemic, not because violence against children has lessened, but due to fewer people noticing signs of abuse or neglect and reporting it. According to The Kansas City Star crime map created with city data, domestic violence assaults lead the list of crimes during this time because victims are home with their abusers for more hours during each day. Agencies are struggling to prevent a rise of COVID-19 cases among the homeless, including those in homeless shelters, who cannot follow the guidelines of physical distancing, self-quarantine, frequent handwashing or contacting a doctor.

How can we help the most vulnerable?

First, we can check on friends, neighbors and family by phone or through video chat to make sure they are healthy and safe. Second, we can connect them to hotline information if they need help. Third, we can provide agencies serving the homeless with much needed supplies, such as CDC-compliant masks, cleaning supplies, or gloves to keep staff and guests protected. Fourth, we can donate our time or money to help organizations continue working for the most vulnerable in our community.

We are all in this together and we can make an impact by reaching out to connect people to resources and increasing awareness.

If you or someone is in immediate danger call 911!

KC Common Good builds coalitions and convenes people and organizations to share their expertise and resources to reduce violence, create safe and affordable housing, ensure quality education, healthcare, job training and placement.



By Klassie Alcine
President
KC Common Good
www.kccommongood.org

HERE ARE A FEW PLACES TO FIND HELP AND RESOURCES:

- Domestic Violence Shelters in metropolitan Kansas City, call 816-468-5463 (24 hrs)
- National Domestic Violence Hotline 1-800-799-7233 (24 hrs)
- Hotline.org offers an online domestic violence chat tool
- Safehome Hotline 913-262-2868 (24 hrs)
- Kansas City Anti Violence Project, Crisis Hotline (text, call 816-348-3665 or 913-802-4014 or email info@kcavp.org)
- Rose Brooks Center Crisis Hotline, 816-861-6100 (24 hrs)
- Kansas Department of Children & Family Protection Center Hotline: 1-800-922-5330 (report child or adult abuse or neglect 24 hrs)
- Missouri Child Abuse and Neglect Hotline 1-800-392-3738 (24 hrs)
- United Way of Greater Kansas City (Call 211 for homeless and other resources 24 hrs)
- Hope Faith Homeless Assistance Campus 816-471-HOPE (4673)

COVID-19 RESOURCES

WE ARE IN THIS TOGETHER

Life as we know it has changed. Day after day as we follow the headlines, we become aware of the need to help and support each other. There are many collaborations taking place and several organizations making changes to support people who are not working, children who are not able to attend classes and our seniors.

Our Health Matters™ has compiled a list of resources covering the metropolitan area that you may find helpful. Although not an exhaustive list, it's a good start. In addition to the resources you find here you can search for "COVID-19" or "coronavirus" information on the state of Missouri and Kansas websites: health.mo.gov and kdheks.gov; also local newspapers and television networks.

NATIONAL RESOURCES

Latest public health information from CDC: coronavirus.gov

Latest research information from NIH: nih.gov/coronavirus

Healthy lifestyle and fitness tips from HHS OMH:

minorityhealth.hhs.gov/nmhm/

Tips for coping and talking to children: nami.org, adaa.org,

nasponline.org

Substance use disorder and recovery

helpful resources: drugabuse.gov

Handling anxiety bilingual helpline: **1-800-985-5990**

National suicide prevention hotline: **1-800-273-TALK (8255)**

STATE RESOURCES

Kansas

Website: coronavirus.kdheks.gov

Hotline: **866-534-3463 (866-KDHEINF)**

Email your questions to the Kansas Department of Health and Environment at covid-19@ks.gov

Missouri

Website: health.mo.gov

Hotline: **877-435-8411**

The Missouri Department of Health and Senior Services maintains a listing of mobile testing sites and operates a hotline for residents and health care providers to call for information and guidance about COVID-19.

CITY AND COUNTY RESOURCES

Kansas City, Missouri

Website: www.kcmo.gov/city-hall/departments/health

Phone: **311 or 816-513-1313**

Text: **COVIDKC to 888777 for updates**

Call the KCMO Health Department at 816-513-6008 or email health@kcmo.org for general help and information.

Jackson County

Truman Medical Center

COVID-19/Coronavirus Disease Resources

For questions about COVID-19 call **816-404-2273 (CARE)**

Jackson County Health Department

Website: jacksonhd.org

Hotline: **816-404-9883**

Eastern Jackson County residents can complete an online screening in the COVID-19 self-reporting section to receive a response on what next steps to take.

Clay County

Phone: **816-595-4200**

Websites: www.clayhealth.com/279/

COVID-19-2019-Novel-Coronavirus

Clay County community directory:

<http://www.northlandhumanservices.org/directory.html>

Platte County

Phone: **816.587.5998**

Website: www.plattecountyhealthdept.com/emergency.aspx

Johnson County

Website: jocogov.org

Hotline: **913-715-CV19 (2819)**

Wyandotte County

Website: wycokck.org

Phone: **913-573-5000**

Report positive COVID-19 symptom screening results to the Unified Government Health Department by calling 913-573-8855.

FOR THE COMMUNITY

COMMUNITY DRIVE-THRU COVID-19 TESTING Samuel Rodgers Health Center

Testing available to the public by appointment only at 825 Euclid Avenue, Kansas City, MO 64124.

Call **816-889-4795** to discuss your symptoms or concerns and to schedule your drive-thru appointment Monday-Friday between 8 am-4 pm.

Rodgers Health has onsite and telehealth appointments available for your healthcare needs. Call today to make your appointment at **816-474-4920**. Transportation is available.

KC Region COVID-19 Resource Hub

preparemetrokc.org

To find help with daily life — food, rent, child care, etc. — visit PreparemetroKC's resources page.

If you have questions about COVID-19, call the Missouri hotline at 877-435-8411 or the Kansas hotline at 877-427-7317, or contact your local health department.

Additional Community Resources

- United Way of Greater Kansas City 211: uwgkc.myresourcedirectory.com
- First Call: firstcallkc.org/resources
- Empowering Individuals Through Advocacy & Support: eitas.org
- Children's Mercy: childrensmercy.org
- The Kansas City Public Library: kclibrary.org

FOOD ACCESS RESOURCES

Harvesters: harvesters.org or **877-353-6639**

Kansas Food Assistance Information: dcf.ks.gov/services

Jackson County Free Meals and Missouri Link: jacksoncountycombat.com

TAGS Free Lunch KC: tagsfreelunchkc.com

KC Healthy Kids: kchealthykids.org

Supplemental Nutrition Assistance Program (SNAP) Applications

Kansas: dcfapp.kees.ks.gov or **1-888-369-4777**

Missouri: dssapp3.dss.mo.gov or **1-855-373-4636**

Seniors Meals and Meals on Wheels (Ages 60 and Older)

Meals on Wheels Organizations: mealsonwheelsamerica.org
Johnson County, Kansas: jocogov.org, **913-715-8888**,
888-214-4404

Kansas City, Missouri: marc.org, **816-421-4980**, **816-474-4240**

Northland: claycountyseniors.org, **816-691-5322**, **816-455-4800**

Unified Government: wycokck.org, **913-573-8351**

AREA UTILITY COMPANIES

Check with your local utility companies for updates on services provided.

www.kcwater.us/news/coronavirus-and-kc-water/ or call **311**.

bpu.com, Call customer service for assistance, **913-573-9190**

www.evergy.com/landing/covid-19, **1-888-544-4852**

<https://www.spireenergy.com/coronavirus>, **1-800-582-1234**

<https://www.waterone.org/about-us/hidden-pages/coronavirus-covid-19-preparedness-at-waterone>, **913-895-1800**

WaterOneCustomerService@waterone.org

<https://www.opkansas.org/city-services/utilities-wifi/>

ECONOMIC RECOVERY State of Kansas COVID-19 Jobs and Hiring Portal

This website is designed to connect Kansas workers with Kansas companies who have urgent hiring needs due to the coronavirus outbreak in the state.

Job Seekers visit: kansasworks.com

Employers visit: <https://www.kansascommerce.gov/covid-19-hiring-intake-form/>

State of Missouri COVID-19 Jobs and Hiring Portal

The COVID-19 pandemic has placed employees and employers alike in challenging situations. This site provides information, frequently asked questions and unemployment information.

Job Seekers, Employees and Employers visit:

<https://labor.mo.gov/coronavirus>

COVID-19 RESOURCES

SCHOOL RESOURCES

Elementary and high schools have placed a plan in action for all of their students. Reach out to your child's school district to learn what you can do to keep your child on track while they are away from classrooms.

Kansas School Districts

Kansas Department of Education: ksde.org, 785-296-3201.

Kansas City Kansas Public Schools: kckps.org, 913-627-2455

Shawnee Mission School District: smsd.org, 913-993-6200,

and askthedistrict@smsd.org (Note: 2020 Virtual Kindergarten Round Up videos are available on each elementary school's website.)

Olathe School District: olatheschools.org

Blue Valley School District: bluevalleyk12.org, (913) 239-4000

Spring Hill School District: www.usd230.org, 913-592-7200

Missouri School Districts

Missouri Department of Elementary and Secondary Education: dese.mo.gov

Main Line: 573-751-4212

Blue Springs School District: bssd.net, 816-874-3200

Center School District: center.k12.mo.us, (816) 349-3300

Grandview School District: grandviewc4.net, (816) 316-5000

Hickman Mills School District: hickmanmills.org, (816) 316-7001

Independence School District: idschools.org, (816) 521-5300

Kansas City MO Public Schools: kcpublicschools.org, (816) 418-7000

Lee's Summit School District: lsr7.org, (816) 986-1000

North Kansas City Schools:

www.nkcschools.org, (816) 321-5000

Raytown School District: raytownschools.org, 816-268-7000

Kansas City Public and Charter Schools

Check out the SHOW ME KC SCHOOLS GUIDE

<https://showmekcschools.org/about-school-types/charter-schools>, (816) 490-1922

INTERNET ACCESS

Students need Internet access and workers need access to work from home during the stay-at-home order.

Free, Low-Cost, and Upgraded Internet Access — Check

company websites for COVID-19 programs, services and eligibility requirements

- Spectrum: 60 days free for K-12 and College Students - 1-844-488-8395
- Comcast: Two months free or increased speeds; apply by June 30th
- AT&T: Two months free then \$5/\$10 for Reduced Lunch Program/Head Start
- AT&T/Verizon/T-Mobile/Comcast: 60 days suspended data caps
- AT&T/Comcast-Xfinity/Spectrum: Free WiFi hotspots or phone setting
- Google Hangouts Meet: Free group meeting through Gmail account

Computers

Connecting for Good: connectingforgood.org or 816-559-7077

(desktops start at \$50 and laptops start at \$100; Microsoft Office and Wi-Fi adapters to purchase)

Comcast: internetessentials/low-cost-computer.com

(computers for \$150)

SPIRITUAL RESOURCES

Reach Out to A Local Congregation Near You

In addition to online worship services (pre-recorded and live), hundreds of congregations have weekly, if not daily, automated prayer calls that can be very comforting and encouraging during this time of crisis. Contact a congregation near you for information about how to get on their distribution lists.

Shepherds Helping Shepherds

Weekly (Fridays, 12 noon) Zoom call with faith leaders

Contact: Bob Hill - drrobertleehill@gmail.com

PUBLIC SAFETY

Kansas

Report illegal price gouging Kansas – call 800.432.2310 or online: www.ag.ks.gov

Missouri

Report price gouging at Consumer Protection Hotline by calling 1-800-392-8222. Complaints can also be filed at

www.ago.mo.gov

FOR THE COMMUNITY

PHARMACY

National CVS **800-746-7287**

Walgreens Customer Service **800-925-4733**

Walmart Pharmacy **800-966-6546**

Target **800-746-7287**

MENTAL HEALTH

"We recognize that people affected by mental illness face additional challenges dealing with COVID-19. During these difficult times, we encourage you to take care of yourselves and check in on loved ones. You are not alone—we will get through this together."

—Daniel H. Gillison, Jr., President and CEO

For more information go to www.nami.org

Mental Health America of the Heartland

913-222-5933

www.mhah.org

Stress and Coping During COVID-19

Compassionate Ear Warmline: **913-281-2221**

or Tollfree: **1-866-WARM-EAR**

Available 8:30 am – 4:30 pm, Monday – Friday.

A peer-run listening service that provides non-crisis supportive listening, coping strategies, information and a reprieve from loneliness or isolation.

HEALTH CONDITIONS

Warning Signs of Heart Attack, Stroke & Cardiac Arrest

Heart Attack Symptoms

If these signs are present **CALL 9-1-1**

CHEST DISCOMFORT

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

DISCOMFORT IN OTHER AREAS OF THE UPPER BODY

Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

SHORTNESS OF BREATH with or without chest discomfort.

OTHER SIGNS may include breaking out in a cold sweat, nausea or lightheadedness.

Stroke Symptoms

Spot a stroke F.A.S.T.

FACE DROOPING

Does one side of the face droop or is it numb? Ask the person to smile.

ARM WEAKNESS

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

SPEECH DIFFICULTY

Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?

TIME TO CALL 9-1-1

If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

Cardiac Arrest Symptoms

SUDDEN LOSS OF RESPONSIVENESS

No response to tapping on shoulders.

NO NORMAL BREATHING

The victim does not take a normal breath when you tilt the head up and check for at least five seconds.

These are life-threatening health issues that require immediate attention. If you experience any of these symptoms, call 911.

What you need to know about COVID-19 and Diabetes

People with diabetes have a higher chance of complications if they contract the COVID-19, especially if their condition is not managed. Diabetes has been reported to be a risk factor for the severity of the virus.

You May Have Diabetes and Not Know It

According to the Centers for Disease Control and Prevention more than 34.2 million Americans—just over 1 in 10—are living with diabetes and over 7 million of them have not been diagnosed. More than 80 million Americans—approximately 1 in 3—have pre-diabetes and most do not know they have pre-diabetes. Some of the symptoms that signal you need to see a doctor to be screened are you:

Continued on Page 26

COVID-19 RESOURCES

- Urinate often, especially at night
- Are excessively thirsty or hungry
- Lose weight without trying
- Have blurry vision
- Notice sores that heal slowly

Call 211 if you are uninsured and need a referral to find a medical provider or assistance in getting medication or supplies.

Prevention is the key. Learn more about this chronic preventable disease at diabetes.org.

During our fight against COVID-19, **Our Health Matters** remains deeply committed to the health of every family. In addition to connecting you to the resources you need, we're here to keep you updated on new developments.

These resource will help you to navigate our community COVID-19 resources. Please visit kcourhealthmatters.com for any updates we may post.



Help stop **COVID-19**
DO THE FIVE

Missouri Novel Coronavirus Information Hotline
877-435-8411

HANDS Wash them often
ELBOW Cough into it
FACE Don't touch it
FEET Stay more than 6ft apart
FEEL Sick? Stay Home

Daily Press Conferences
Facebook.com/GovMikeParson

[f](#) [t](#) [v](#) [YouTube](#)
HealthyLivingMo

**Office of Minority Health**
Missouri Department of Health & Senior Services

Missouri Department of Health and Senior Services
Office of Minority Health
www.health.mo.gov
800.877.3180

AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER
An EO/AA employer: Services provided on a nondiscriminatory basis. Individuals who are deaf, hard-of-hearing, or have a speech disability can dial 711 or 1-800-735-2966.

How you can protect yourself and others.

Practice social distancing to help reduce the risk of getting any viral respiratory infections.

- Stay 6 feet apart to avoid close contact with others.
- Avoid large gatherings. No more than 10 people in a single space and stay 6 feet apart.

It is also important for you to stay at home and away from others if you are sick.



JVS ENGAGES, ENCOURAGES AND EMPOWERS PEOPLE FOR MORE THAN 70 YEARS

Helping people overcome challenges that limit their ability to thrive has been the lifelong mission of The Jewish Vocational Service of Kansas City (JVS). Established in 1949, JVS was founded to assist Holocaust survivors, refugees and those returning from WWII. They are guided by the beliefs that all people have intrinsic worth and dignity and that all people can flourish with support.

Today, JVS programs help refugees, immigrants and their families achieve prosperity and economic stability through employment and entrepreneurship. Whether it is coaching a client on how to request disability accommodation from their employer or helping a newly-arrived refugee enroll their children in school, JVS helps people overcome challenges and find best solutions towards self-sufficiency and flourish with support.

Community Integration

JVS Empowers all people to contribute to their community, and encourages community accessibility and inclusivity. Community Integration include: Immigration Counseling, Language and Cultural Services and Refugee Resettlement.

Health and Wellness

JVS Engages individuals in activities that promote healthy bodies, minds and relationships. Health and Wellness programs include Social Work Services.

Workforce Development

JVS Encourages prosperity and economic stability through education, employment and entrepreneurship. Business and Workforce Development include: referral of qualified applicants, comprehensive employment support that help people assess their skills and interests, remove barriers, refine job search skills and match with the right job options.

How you can help

Make a meaningful difference in the lives of others through: advocacy, donating household items, providing financial support or volunteering.



Jewish Vocational Service of Kansas City (JVS)

4600 The Paseo, Kansas City, MO 64110

Facebook.com/jvskc | 816.471.2808 | www.jvskc.org



What's the Difference Between Quarantine vs. Stay at Home?

By **Donna Wood**, OHM Staff

Isolation, quarantine, stay at home. These terms are being used a lot these days, as authorities try to stem the spread of the novel coronavirus, COVID-19 that's sweeping the United States and the rest of the world.

These words are not the same thing, though they all have the goal of keeping others from getting infected. So, what do they mean, exactly? Here are some brief explanations.

Quarantine

People who may have been exposed to the virus, or have traveled to high-risk areas are asked to self-quarantine. They're required to be in quarantine for 14 days. After the 14-day period, people who test negative and have been cleared by a healthcare provider can resume their daily activities.

Isolation

People who have mild to no symptoms may self-isolate at home. Those in isolation should keep away from others as much as possible. The CDC recommends using a separate bathroom, if available, wearing a face mask and latex gloves when around others, and not sharing household items such as towels, bedding and food utensils

It's important to maintain contact with a healthcare provider to report any changes, especially if the symptoms become worse.

Stay at Home Orders

Now, millions of Americans have been ordered to stay at home as much as possible, unless they are required to report to work, keep a scheduled medical appointment, or shop for essential items such as food, gas, or household supplies.

What Is and Isn't Allowed During a Stay at Home Order

Health professionals, police, firefighters and other essential providers are still expected to go to work. Essential businesses may include gas stations, pharmacies, grocery stores, hardware stores, warehouses, farmers' markets, and restaurants (providing only takeout and delivery options), as well as banks, post offices, and laundromats. Check your daily local news for updated information.

You can still go outside for a walk in your own back yard or in your neighborhood. It is not only allowed but encouraged. Just be sure to keep a safe distance from other people.

The CDC recommends remaining six feet apart from other people when out in public.

CHECK STATE WEBSITES FOR UPDATED INFORMATION.

www.coronavirus.kdheks.gov • www.health.mo.gov



We're in your neighborhood!

Looking for a medical home? Choose us!

Services provided:

- Treatment of non-emergency illnesses
- Family practice services for adults, adolescents and children
- Dental services, including dentures and limited oral surgery
- Laboratory, optometry, pharmacy and radiology services
- Pregnancy testing, prenatal care and family planning
- Well-baby checkups, immunizations and WIC center
- Behavioral health counseling and substance-abuse programs



**Please call 816.923.5800
to schedule an appointment.**

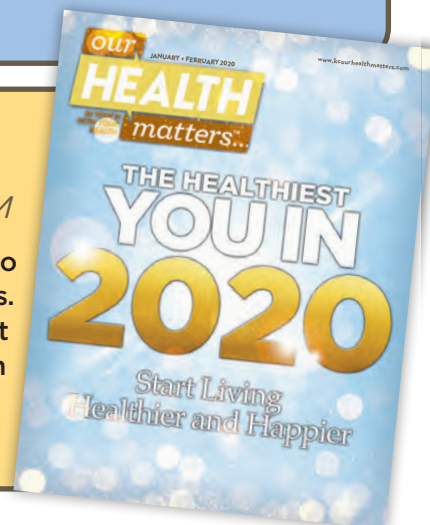
WHAT'S NEXT JULY/AUGUST 2020 Navigating Healthcare Systems

As healthcare systems continue to modernize, the processes often become more complex, difficult to understand and navigate. Whether it's using telehealth, making a doctor's appointment, preparing for outpatient treatment or hospital admission, being prepared will make the process easier. We will also provide guidance on the types of medical forms you may be asked to complete during doctor's appointments and the available options to pay for healthcare services.

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