

COMMUNITY SERVICE COUNCIL

Healthy
Start

COVID-19 Campaign



Be safe

Be healthy



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Improving Oklahomans' Lives Through
Research, Planning & Action

Healthy Start

COVID-19 Campaign The Basics: What to Know



COVID-19 is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (*within 6 feet*).
- Through respiratory droplets produced when an infected person coughs, sneezes or talks.
- These droplets can land in the mouths or noses of nearby people or possibly be inhaled into the lungs.

- COVID-19 may be spread by people who are not showing symptoms.

COVID-19 spreads very easily between people. Information suggest that this virus is spreading more easily than influenza, but not as easily as measles, which is highly contagious. COVID-19 is a new disease and we are still learning how it spreads. **These are NOT thought to be the MAIN ways:**

- From touching surfaces or objects: *it may be possible that a person can get COVID-19 by touching a surface that has the virus on it and then touching their own mouth, nose or eyes.*
- From animals to people: *the risk of COVID-19 spreading in this way is low.*
- From people to animals: *COVID-19 can spread from people to animals in some situations, mostly after close contact with people with COVID-19.*

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Could Coronavirus affect my pregnancy and me?

- Based on what the CDC knows as of June 25, 2020, pregnant women **might be at increased risk for severe illness** from COVID-19 compared to non-pregnant women. This includes hospitalization and ICU admission. However, they are not at higher risk of death.
- If you are pregnant, be mindful about reducing your risk of getting sick.
- During pregnancy, a growing baby normally places some pressure on the lungs, heart and circulation of the mother. **Being seriously ill with COVID-19 could make this situation worse** and cause breathing difficulties and complications.

Please take COVID-19 precautions seriously!



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Could Coronavirus affect my pregnancy and me?

- If you have **asthma, are diabetic, have a heart problem, preeclampsia, or kidney disease**, you and your baby are in an even higher risk group. It is recommended you stay at home at all times and avoid any face-to-face contact. Wear a mask if you go out in public. If you have not already been in contact with your doctor or health provider about your risk, you should contact them today.
- If infected, the majority of pregnant women will have **mild or moderate symptoms** and recover. COVID-19 can be a problem in pregnancy if a woman becomes seriously ill with COVID-19, but that is not typical.

Avoid taking care of anyone with suspected or confirmed coronavirus infection.

Continue to attend your prenatal or postpartum appointments.

Can I pass the virus to my baby during pregnancy?

- 
- While it may be possible to pass the virus to your baby, there have been very few cases nationally or internationally. When this has happened, it was from person to person contact. The babies did well and were discharged from the hospital.
 - Most COVID-related premature births have been because the mother needed an early C-section because she had breathing problems, rather than labor starting early.
 - There is no evidence of an increased risk of miscarriage if a pregnant woman becomes infected.
 - Unlike Zika or other viruses you may have heard of, there is no evidence that the virus causes problems with babies' development.

If you have cold or flu-like symptoms, you should stay home for seven days to see if symptoms go away and to be sure you don't infect others.

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I'm pregnant or just had my baby and think I may have COVID-19

- If you start feeling sick and think you may have COVID-19 or another virus, call your healthcare provider within 24 hours.
- Also contact your Healthy Start care coordinator, navigator, or case manager to let them know about your symptoms.
- You can call 2-1-1 to find a free testing site near you. Testing is available even if you don't have symptoms.
- Take your prenatal vitamin. Some research shows that adequate levels of Vitamin D (which is in your daily prenatal vitamin) is helpful in reducing the severity of the disease if one becomes infected.

If you are breastfeeding or expressing milk, make certain to wash your hands for 20 seconds before expressing and/or feeding your baby and wear a mask.



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Who is more at risk of COVID-19?

People of all ages with underlying medical conditions, particularly if not well controlled, including:

- People with chronic lung disease or moderate to severe asthma.
- People who have serious heart conditions.
- People who are immunocompromised.

Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications.

- People with severe obesity (body mass index [BMI] of 40 or higher).
- People with diabetes.
- People with chronic kidney disease undergoing dialysis.
- People with liver disease.



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How do I protect myself and others?

The best way to prevent illness is to avoid being exposed to this virus. You can take steps to slow the spread...

Maintain good physical distance (about 6 feet). This is very important in preventing the spread of COVID-19.

Wash your hands often with soap and water. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol. Wash your hands often with soap and water for at least 20 seconds (or help your children wash their hands), especially:

- After touching other people, including children;
- Before eating or preparing food;
- Before breastfeeding or expressing milk;
- After touching surfaces outside your home or items from outside that you have brought into your home;
- After going to the bathroom or changing diapers;
- After blowing your nose, coughing, or sneezing;
- After handling dirty laundry;
- Routinely clean and disinfect frequently touched surfaces.



Wear a mask when in public to protect yourself and others from virus spread.

DO NOT place a mask or shield on an infant or child under 2 years of age because of the risk of suffocation.

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Caring for your emotional health

Women and their partners normally experience many different emotions during pregnancy and post-partum. Now these same women and families are experiencing added stress due to many things happening in our nation. **Everyone responds differently in stressful situations.** You, your partner and family may be home together more than normal. Being in close quarters together can increase difficult emotions and the impulse to act on them in a negative way. Babies may seem to cry louder and more often. Children and partners may seem more irritated as well. **Remember to take time for your health and wellness** so that you are safe with yourself, your partner, your baby and those around you.

Take care of your mind, body and feelings

- Visit your doctor or therapist for regular check-ups.
- Take breaks from news stories and social media.
- Listen to your favorite music.
- Try to eat fruits/vegetables and drink water daily.
- Avoid alcohol and drugs.
- Exercise daily and get plenty of sleep.
- Choose activities you enjoy (*i.e. yoga, meditation, journaling, walking, dancing*)

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Taking care of your emotional health

Caring for your baby/children

- Stick to daily routines.
- Put your baby on their back in their crib when you need a break or are feeling overwhelmed.
- Read or sing together.
- Smile and talk to your baby/children.
- Take your baby/children for a walk (be careful of hot temperatures).
- DO NOT put a mask on a child under 2 years old.



Stay Connected

- Call/Skype/FaceTime/Zoom with family/friends
- Look at photo albums and discuss family heritage
- Write letters to/create cards for relatives

Create a Family Safety Plan

- If I am feeling down or overwhelmed I can call ____.
- If I am stressed due to caring for my child(ren) I can call ____.
- If I am unsafe in my home I can call ____.



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REACH OUT FOR HELP. YOU ARE NOT ALONE.

If you or someone you care about are down or overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others:

- Call COPES: 918-744-4800.
- Call the Disaster Distress Helpline:
1-800-985-5990 or text *TalkWithUs* to 66746.



If you or a family member are experiencing abuse and are not safe at home, please consider other options that offer a safe environment for you and your baby/children like a domestic violence shelter, a temporary stay with a safe family or friend, or a motel.

- Call COPES: 918-744-4800
- DVIS: 918.743.5763
- Family Safety Center: 918-724-7480
- National Domestic Violence Hotline:
1-800-799-7233 or 1-800-787-3224
If you're unable to speak safely, go to
www.thehotline.org or text LOVEIS to 22522.



csctulsa.org/healthy-start

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Testing Sites

coronavirus.health.ok.gov/testing-sites

Questions?

Contact your Healthy Start Care Coordinator
or Navigator, or dial 2-1-1.



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