A Shout Out goes to **Abby Young**, retired since December 2016, for sending Great Harvest to the District Office for all the hard work during the COVID-19 pandemic.

Congratulations to **Shawna Aud**, dietetic intern for winning the ECHO Dot by submitting her article, ‘Every Kid Healthy Week’.

~ Gazette Staff ~

**Clay Horton**, I want to thank you and everyone involved on your team for everything you all are doing out here in the community. You are doing a wonderful job!!! I watch the numbers as they are sent out and it is amazing how many recoveries there are, compared to the number of cases. I know we still have a long road to travel... Keep up the good work! My praise and prayers go to you all always!

~ Linda Hughes ~

I would like to thank the following people in Daviess County Clinic for their efforts to help route and interact with CAP patients during this time: **Lisa Lyons, Mary Sinnett, Cassie Fleming**. Thank you for your help! I would also like to thank the **CAP Team** for continuing to make sure people have their medications and insurance coverage, during this time.

~ Suzanne Craig ~

**Thank YOU!!! Candi Kamuf and Jessica Austin** for their hard work keeping up with all the COVID 19 cases. **Thanks to all the staff working cases on a daily basis so we can keep our community healthy.** Public Health at its best with the GRDHD TEAM! Thanks to all who keep our agency running smoothly.

~ Anita Owens ~

Many thanks to **Gennie Kyaw, Annie Phan, Dawt Thang and Teudis Perez** for their assistance with interpreting during the COVID-19 response. You guys rock! ~ The Epi Team ~

I just want to say a big **THANK YOU** to everyone on the **Epi Team**. I don't know everyone who is helping, but I know they are all working hard to keep everyone safe and informed.

~ Mitzi Helton ~

**Welcome New Employee**

**Helen Young**
Social Worker
Daviess County HANDS

Check out our website: www.healthdepartment.org
@GRDHD
https://www.facebook.com/GreenRiverDistrictHealthDepartment/
CDC on Homemade Cloth Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission. CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure. Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

How to Wear a Cloth Face Covering

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a face covering.

Coping With Stress Through COVID-19

Older people and people of any age who have serious underlying health conditions are at higher risk for severe illness from COVID-19. People who may have issues getting assistance if they become ill, like those experiencing homelessness or people with disabilities are also at increased risk from COVID-19.

These conditions and situations may result in increased stress during this pandemic. Fear and anxiety can be overwhelming and cause strong emotions.

Things you can do to support yourself:

- Take breaks from watching, reading, or listening to news stories and social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.
  - If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call 911
  - Substance Abuse and Mental Health Services Administration’s (SAMHSA’s) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)

For more information: https://bit.ly/3eALpXb

PHAB Accreditation Update

Can you believe it has already been five years since GRDHD was awarded initial accreditation from the Public Health Accreditation Board (PHAB)? Over the past 12-18 months, a team has been working to write narrative (descriptions) and collect documentation examples of GRDHD’s work in preparation for our application to extend accreditation another five years. The application as submitted on December 27, 2019 and was accepted by PHAB, so we are now in the “candidacy phase.”

In January and February, the team worked diligently to finalize and upload the 109 documents and health outcome report required. The documentation was submitted on March 4, 2020. Since then, PHAB has conducted a “completeness review” and opened 5 items for replacement or updates. Ordinarily we would have 30 days to submit revised documentation, but PHAB has extended the deadline by 90 days due to the coronavirus pandemic. Our new submission date is July 22, 2020. After July 22, our materials will be shared with a Site Visit team for review and an initial assessment of our compliance with PHAB Standards and Measures.
GRDHD Services:

Due to the COVID-19 Outbreak, GRDHD Services are limited or restricted. It is best to connect the caller with the program/department for details. All clinics are closed to the public unless the individual is seeking an essential service.

In-person visits are prohibited except in rare cases. If a client must present in person, the individual will need to call or ring doorbell to gain access to the center. All GRDHD staff will practice social distancing and hygiene recommendations, use “telehealth” and other virtual methods for meeting client needs and conduct COVID-19 screening measures prior to in-person encounters.

- **Building Stronger Families:** BSF is continuing services through virtual (phone or video) means. We are still accepting families into the program, please call or email to be placed on the waiting list.

- **CAP:** The Community Access Project continues to assist individuals in need of prescription assistance and medical supplies, Medicaid/insurance enrollment and referrals to healthcare or other community resources. Most services are being conducted through telehealth methods, please contact the local (county) CAP service number for more information.

- **Community Health:** Most education and workgroup meetings have been suspended until further notice. Some program workgroups are meeting virtually, through Zoom and Google Meet, to address work on upcoming projects. Staff is assisting with the GRDHD COVID-19 response, working with organizations and individuals throughout the community to educate and support COVID-19 efforts to flatten the curve.

- **Compassionate Care Adult Day Care** is currently closed so our clients can stay at home to minimize risk of exposure. Staff are delivering ADC client meals Monday-Friday as long as it remains safe to do this.

- **Emergency Preparedness and Epidemiology:** GRDHD is actively responding to the COVID-19 situation. We continue to monitor and investigate Coronavirus and other infectious disease within our community.

- **Environmental:** Staff is following up with area businesses and restaurants to ensure they are following the Governor orders and complying with social distancing and other protective guidelines, they are also assisting other departments with coronavirus response efforts. Although regular inspections are temporarily delayed due to COVID-19, community sanitation, on-site sewage/septic and other services are still available.

- **Essential Nursing Services** – Limited clinical/medical services are available in-person, by appointment only. These include STD Testing and treatment, some Family Planning and Cancer Screening services, TB treatment, Immunizations (children under 24 months, those behind schedule, or those at risk or due to an emergency for the following vaccines: Tdap, Tetanus and Hepatitis A.)

- **First Steps:** We are providing service coordination by phone contact with families and holding IFSP meetings by phone. We are still taking referrals by phone and fax, but eligibility determination will be delayed until the face to face assessment can take place. The First Steps providers are providing tele-intervention for the therapists and families who agree to participate.

- **HANDS:** In-home visits have been suspended until further notice. All families who have agreed are receiving phone calls or video calls to continue program activities, screenings and to provide additional resources and support. HANDS is not enrolling new families, but we are still taking referrals and will follow-up with those families when home visiting resumes.

- **Home Health/EPSDT:** HH continues to see patients in need of urgent care and assistance as long as no one in the home is experiencing symptoms of COVID-19. Staff are using extra precautions to protect themselves, our clients and the community we serve. Most EPSDT visits are being conducted through telehealth methods and supplies are still being delivered. To inquire about HH or EPSDT services, please call 270-686-8123.

- **Syringe Exchange:** Limited SEP services are provided on-site Monday-Friday. If you have questions about accessing this program, please call 270-686-7744 in Daviess County or 270-826-3951 in Henderson County.

- **WIC/MNT:** All WIC and Medical Nutrition Therapy services are being conducted via telehealth (phone or video call) methods so WIC participants will continue to receive benefits. For more information or to enroll in WIC please contact Daviess County WIC Express (270-852-5400) or your local GRDHD health department.

**Although** incidence rates (new cases) of most cancers are going down overall, the incidence rates of melanoma, the deadliest kind of skin cancer, are still going up. Melanoma prevention includes not getting too much sun exposure and avoiding indoor tanning—both sources of UV radiation. But studies show that children and adults are still not protected enough from the sun, and that some groups, including young women, are still using indoor tanning devices.

The sun can damage your skin in as little as 15 minutes. Take advantage of shade, clothing, hats, sunglasses and sunscreen to protect your skin and eyes from damage. For more information:

[https://www.cdc.gov/cancer/skin/](https://www.cdc.gov/cancer/skin/)
NUTRITION & YOUR IMMUNE SYSTEM
By: Melissa Dorsey, RD, LD

As COVID-19 shakes up our normal routines, the internet has jumped at the opportunity to tout vitamin or herbal supplements as a "cure" or guarantee against contracting the viral illness. Unfortunately, many of these supplements have very little evidence to support them and are unregulated by the FDA. When reviewing research that claims to support a supplement, it is important to remember that there is a big difference between correcting a nutrient deficiency and using a nutrient as a drug. Megadoses of some supplements can cause toxic effects or disrupt the metabolism of other nutrients.

While no nutritional intervention will substitute for proper hand-washing and social distancing practices, research has shown that well-nourished individuals are more resilient to infection, meaning their bodies are in a better place to fight back and recover quickly should they become ill.

Challenge yourself to make nutrition a priority while staying healthy at home by focusing on whole plant foods (fiber stabilizes blood glucose and insulin levels); fruits and vegetables (antioxidants/flavonoids/carotenoids/etc protect against oxidative injury); nuts, seeds, avocados & olives (rich in vitamin E, an immune system modulator and antioxidant); legumes (provide zinc for lymphocyte function); and seafood (polyunsaturated oils, zinc, and vitamin D, which promotes optimal white blood cell function).

NIH to Launch Public-Private Partnership to Speed COVID-19 Vaccine and Treatment Options

The National Institute of Health (NIH) and the Foundation for the NIH (FNIH) are bringing together more than a dozen leading biopharmaceutical companies, the Health and Human Services Office of the Assistant Secretary for Preparedness and Response, the Centers for Disease Control and Prevention, the U.S. Food and Drug Administration and the European Medicines Agency to develop an international strategy for a coordinated research response to the COVID-19 pandemic. The planned Accelerating COVID-19 Therapeutic Interventions and Vaccines (ACTIV) partnership will develop a collaborative framework for prioritizing vaccine and drug candidates, streamlining clinical trials, coordinating regulatory processes and/or leveraging assets among all partners to rapidly respond to the COVID-19 and future pandemics. This is a part of the whole-of-government, whole-of-America response the Administration has led to beat COVID-19.

“We need to bring the full power of the biomedical research enterprise to bear on this crisis,” said NIH Director Francis S. Collins, M.D., Ph.D. “Now is the time to come together with unassailable objectivity to swiftly advance the development of the most promising vaccine and therapeutic candidates that can help end the COVID-19 global pandemic.”


Saying Goodbye...
Sheri Hagan, WIC Express