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ALIVE &
IN **COLOR**

**WINNING THE BATTLE
AGAINST COVID-19**



COMBAT COVID-19

Practicing Wellness & Risk Mitigation

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Know the Status of The State

#FACT - COVID-19 cases and positivity rates are back on the rise in Fulton County

- Up to 40% of people who have COVID-19 are estimated to be asymptomatic. That means they could be walking around like everything's cool because they don't have symptoms, when in fact they are highly contagious.
- As of November 10, 2020, Fulton County is leading Ga in County Case Rates at 32,337 cases of the 2019 novel coronavirus (COVID-19). 24% of those cases have been asymptomatic.

#FACT - Black and Hispanic populations are disproportionately impacted by COVID-19

- Black residents of Fulton County represent roughly 83% of the COVID-19 related deaths in Central & South Fulton, County (as of 11/10)¹
- 68% of COVID-19 deaths in Fulton Co. are Black (as of 11/10)².
- With Hispanic residents of Fulton Co. representing only 7% of the population, they make up nearly 4% of total COVID-19 related deaths in Fulton Co. and 10% of deaths in North Fulton Co.
- To date, roughly 44,000 African Americans have died of COVID-19 and if they died at the same rate as their white counterparts, roughly 22,000 would still be alive
 - If you are Black with a pre-condition (e.g. HBP, Diabetes, Obesity), and you are hospitalized for COVID-19, you are almost 5x more likely to be admitted to intensive care and require a ventilator. And you are almost 3 1/2x more likely to die.
- Studies have shown that even AA with high incomes, still have higher rates of COVID than their White counterparts

¹ <https://www.fultoncountyga.gov/covid-19/epidemiology-reports>
² <https://www.fultoncountyga.gov/covid-19/epidemiology-reports>

Practice: Optimizing Health & Wellness

Keeping your immune system strong helps to protect your health.

Proper rest, stress management and a healthy diet will help your body's immune system work properly and fight off a possible infection.

- Practice these healthy habits:
 - Eat fresh and unprocessed food
 - Drink enough water
 - Eat moderate amounts of fat and oil
 - Limit salt and sugar
 - Get at least 8 hours of sleep
 - Exercise for 30 minutes at least 3 times a week, but preferably 5 times a week
 - Combine exercise (that includes something as simple as walking) and a healthy diet to help you keep a healthy weight
 - Find ways to release stress, like deep breathing, listening to calming music, prayer or a daily walk

- Fulton County provides the following barrier-free telehealth services:
 - [Nutrition counseling](#)
 - [Emotional support, mental, and behavioral health services](#) for the family

- Vitamins and minerals can also help to strengthen your body's immune defense. They include
 - Vitamin A – an anti-inflammatory vitamin that plays a role in the development of the immune system and protects against infectious diseases
 - Vitamin C - stimulates the immune system and helps to prevent and treat respiratory and systemic infections
 - Selenium, raw honey, garlic & probiotics - contain antibiotic and antioxidant properties that help to support a healthy immune system
 - Zinc – an essential mineral for the immune system

- Limit and/or quit your smoking and substance abuse habits. These habits weaken your lungs and immune system, making you more likely to get infected with COVID-19 or get more severely ill. The disease progression in those who have the virus and currently smoke or previously smoked is nearly double that of nonsmokers.

Prevention: Transmission

The virus mainly spreads through the respiratory droplets of an infected person.

- Direct contact: sneezing, speaking close to you, or coughing.

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- Airborne: droplets can linger for hours, especially if it is indoors and there is poor ventilation so that the air is not circulating. If you are in the area, you could inhale the droplets lingering in the air.
- You can also get infected if you touch a surface that has the virus on it, and then touch your mouth, nose or eyes. But the virus doesn't last very long on surfaces. It's possible to have no symptoms (asymptomatic) or very mild symptoms and still infect someone else. 40% of people who have COVID are asymptomatic.

Prevention: Risk Mitigation**Practice the 3 W's.**

There is currently no vaccine to prevent COVID-19. In addition to avoiding gatherings of 10 or more, public health officials recommend the 3 W's:

- **Wear** a face covering.
- **Wash** your hands often (for at least 20 seconds) or use hand sanitizer with at least 60% alcohol. Don't touch your face or mask until you're able to clean your hands.
- **Wait** at least 6 feet from any person not from your household, and a greater distance if the person is not wearing a mask (social distancing)

Wear a face covering every time you leave the house

The most effective habit to develop in combating COVID-19 is **mask-wearing**. Masks can reduce your risk of infection from COVID-19 by as much as 65%³. They should be used when you are in close proximity with a sick person or a person you do not live with.

- **To wear a mask correctly:**
 - Wash your hands before putting on your mask
 - Put it over your nose and mouth
 - Secure it under your chin
 - Make sure it fits snugly against the sides of your face and make sure you can breathe easily.
- **To take off your mask correctly:**
 - Touch only the ear loops or ties
 - Fold the outside corners together
- **To clean your mask**
 - Wash your mask with warm water and soap by hand or use a washing machine
- **Where to get a mask:**
 - Free facemasks are available at the City of Atlanta's homeless partners' facilities, shelters, and food pick up locations.

³ <https://www.ucdavis.edu/coronavirus/news/your-mask-cuts-own-risk-65-percent/>

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- MARTA's station agents and Transit Ambassadors wearing 'red' MARTA shirts are also providing free masks to customers from 7am-11am on weekdays, and on weekend/weeknights, depending on ridership.

Avoid Large Gatherings & Be Conscious of The Risk

Follow county and state guidelines for group gatherings. Indoor gatherings put you at a much greater risk of getting a COVID-19 infection.

- Fulton County: [COVID-19 Frequently Asked Questions](#)
- State of Georgia: [CDC COVID-19 Guidance](#)
- Consult the [MyCOVID Risk app](#) to assess the risk of attending specific events

Get your flu shot as early as possible.

Everyone over the age of 6 months should get a flu vaccine. A flu vaccine [protects vulnerable populations](#) and reduces flu illnesses, hospitalizations, and deaths. It protects the person getting vaccinated and the people around them.

- Getting the flu vaccine could prevent you from having COVID-19 and the flu at the same time.
- Getting a flu vaccine will help keep you and your loved ones out of the hospital and help doctors focus on people with COVID-19 and other serious illnesses.
- The only types of people who are strongly discouraged from getting a flu shot are children under 6 months in age, those who have life-threatening allergies to the flu vaccine. Talk to your doctor before getting a flu shot if you have any egg allergies, if you've ever had Guillain-Barré Syndrome (GBS), or if you are generally not feeling well.

Visit Fulton County Board of Health's Immunization [webpage](#) for more information on where to get a flu shot.

Prevention: Keeping our Most Vulnerable Safe***What do people who are at "high risk" for COVID-19 look like?***

- Your 10 year old asthmatic nephew
- Your 2-pack-a-day smoker dad
- Your diabetic auntie
- Your neighbor who works in retail
- Your grandmother

Underlying medical conditions or unhealthy habits increase your risk of infection and severe illness.

- Obesity, cardiovascular disease, diabetes, chronic respiratory disease, like asthma, high blood pressure and cancer make you more likely to get very sick if you get a COVID-19 infection and you're more likely to end up in the hospital.
- Smoking and substance abuse weaken your lungs and immune system, so you're more likely to get infected with COVID-19 or get more severely ill. The disease progression in those who have the virus and currently smoke or previously smoked is nearly double that of nonsmokers

The Elderly

Keep an eye out for specific symptoms of COVID-19 in people age 65 and older. Symptoms can range from mild symptoms to severe illness and death. Typical and atypical symptoms may appear 2-14 days after exposure. Underlying chronic illnesses can also mask or interfere with signs of infection.

- **FEVER:** In some cases, seniors and people of any age with underlying health conditions may have symptoms that are not typically seen in others. They may also take longer than others to develop fever and other symptoms. In seniors, normal body temperature can be lower than in younger adults. Be aware that a single reading higher than 100°F (37.8°C), multiple readings above 99°F (37.2°C), or a rise in temperature greater than 2°F (1.1°C) above the patient's normal (baseline) temperature may be a sign of infection.
- **CONFUSION:** Seniors may seem "off" — not acting like themselves — after being infected by the coronavirus. They may seem unusually apathetic or confused. They may become dizzy and fall. They may seem profoundly disoriented and unable to speak.
- **FATIGUE:** Other signs of an infection may include drowsiness and lower than normal activity levels. They may sleep more than usual. Sometimes, seniors stop speaking or simply collapse. They could appear incontinent.
- **LOSS OF APPETITE:** They may stop eating, leading to weakness and dehydration. This may contribute to falls and injuries.

Make sure they understand available, accessible resources that cater to them.

- Many seniors have limited transportation options. Make them aware of CORE mobile testing sites and help them make a plan to get there.
- Contact Fulton Co. Senior Services for help with transportation assistance.

Fulton County provides a variety of FREE senior services to elderly residents in the community.

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- Fulton Co. senior services provides adult daycare, home-delivered meals, home repair services, in-home services, senior transportation, senior virtual classes and an Information Hotline (for seniors who want to remain in their home).
- Georgia's Department of Aging provides services including nutrition & wellness, in-home services, caregivers program, long-term care ombudsman, senior community service and employment programs.
- Georgia Cares SHIP provides FREE counselors who assist with accessing Medicaid or private health insurance telehealth services.
- Contact **GeorgiaCares SHIP** to request personalized counseling via phone. Call 1-866-552-4464 (Option 4) or visit GeorgiaCares SHIP to learn more.
- Fulton Co. Mental and Behavioral health services are available to help seniors who are suffering from higher bouts of anxiety, loneliness and depression. COVID-19 has disrupted the normalcy of their lives and affected how they interact with their families, friends and community. Make them aware of available mental telehealth services that they can access from the safety and comfort of their homes.

Frequently asked questions**Why am I being told I can't spend time with my family?**

- Being a senior puts you at a higher risk of being infected by COVID-19 due to likely preexisting health conditions and your immune system weakens as you age, This makes you more vulnerable when you live or spend time with family members in close proximity (less than 6 feet.)
- It's understandable that you're discouraged about not being able to see family members in person. Here are a few options to stay connected:
- Write a letter or send an email to your loved ones.
 - Cell phones are for a great way to keep in touch. Use the video options to connect.
 - Plan outdoor gatherings where social distancing is more possible. Keep the group small based on county guidelines for in-person gatherings, make sure everyone is wearing masks, follow social distancing and hand hygiene, and limit interaction to 2 hours or less.

Are the younger people the reason we are getting sick?

- This is a reasonable concern, but both young and older adults can get infected with coronavirus and pass it on to you.
- That's why it's so important that everyone takes proper precautions by washing or sanitizing hands regularly, covering coughs and sneezes with a tissue, disinfecting surfaces often and watching for signs of infection in order to get tested and treated early. While it may seem strange

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to wear masks at home, it may be necessary if family members that work outside the home are waiting to get a COVID test or the results to confirm if they have been infected.

How can I get virtual or telehealth services because I'm afraid of leaving my home?

- Fulton Co. provides online tutorials that can help you and/or your caregiver understand how to use and navigate telehealth services to get a COVID-19 test and understand the results.
- Costs associated with telehealth visits and other forms of virtual care can potentially be waived for patients who are covered by federal programs like Medicare or Medicaid.

Additional Senior Services

- The Council on Aging
- Division of Aging- Mental Health
- Quality Living Services
- Volunteer Surge- Community Health Workers
- Enon Baptist Church
- Concerned Black Clergy of Metropolitan Inc.
- Lutheran Church of the Redeemer
- Roswell UMC
- Jewish Federation of Greater Atlanta
- Noonday Association
- MLK Sr. Community Resources provided by Ebenezer Baptist Church
- Berean Seventh Day Adventist Church
- Mt. Calvary Baptist Church
- Flipper Temple AME
- Atlanta West End Seventh Day Adventist

At-Risk (Essential) Workers

- Take extra precautions when living with people who are vulnerable to the virus by wearing a mask whenever they are with family members (especially if they are waiting to get a COVID test or the results) washing or sanitizing hands often and disinfecting surfaces regularly.
- Monitor your symptoms daily and maintain 6- feet from other employees when possible (social distancing).
- Consistently use PPE use at work, travel with hand sanitizer, and abide by employer regulations.
 - There are no federal mandates for Employers regarding PPE, only guidelines. The CDC states employers should routinely measure + monitor employee's temperature, assessing symptoms prior to them starting work.
- Families First CoronaVirus Response Act - Paid Leave - The Families First Coronavirus Response Act (FFCRA or Act) requires certain employers to provide their employees with paid

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sick leave or expanded family and medical leave for specified reasons related to COVID-19 through Dec 31, 2020. Employees are entitled to take up to 10 days of paid sick leave and up to 12 weeks of emergency paid family leave for reasons related to COVID-19.

Routinely test for COVID-19

- Visit CORE sites to see and schedule your FREE test at the nearest testing site. Get tested periodically if there is high risk for exposure such as frequent use of public transportation or work in high-traffic locations such as grocery stores
- Both legal and undocumented immigrants are concerned about sharing their personal information with government-related organizations when getting tested for COVID-19 due to identity and immigration status concerns.
- Personal information is NOT shared with any individuals or organizations. Personal information is only used for the purposes of tracing. When and if they are contacted for contact tracing purposes, personal information is not shared.
- Social security numbers are not collected at any point in the testing process.

Frequently Asked Questions:**Should I wear a mask at work?**

- It is expected that you take the necessary preventative measures to keep yourself and others safe when working outside the home. That includes wearing a mask at work, washing hands or using hand sanitizer regularly and practicing social distancing as much as possible. It is also important to monitor your health regularly to watch for signs of a COVID infection.
- Access FREE PPE at select locations throughout the county
 - FREE Free face covers will be available at City of Atlanta homeless partners' facilities and shelters, food pick up locations.
 - MARTA is giving away free masks to customers between 7am and 11am on weekdays. Ridership demand dictates the program on weekend/weeknights. Customers needing a mask should look for uniformed MARTA station agents or Transit Ambassadors wearing 'red' MARTA shirt.

How do I social distance at home if I'm infected?

To better assist with isolation while waiting for test results or during a COVID infection quarantine, several hotels offer special pricing for health care and other essential workers.

- If you have to remain at home, wear a mask whenever you are with family members, encourage them to wear a mask, wash or sanitize hands often and disinfect surfaces regularly.

How can I stay safe if I have to carpool?

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If you have to share a vehicle:

- Wear a mask in the car.
- Try to carpool with the same people.
- Use fresh air through vents and windows instead of using the AC.
- Bring and use hand sanitizer.
- Cover your coughs and sneezes.
- Clean and disinfect surfaces every trip.
- Limit the amount of people in the vehicle.

How should employers be keeping essential workers safe?

In order to maintain a safe environment, employers should regularly monitor employees' temperatures and assess symptoms before allowing them to work. Further guidelines include:

- Installing physical barriers between employees and customers.
- Training employees on proper use of PPE.
- Using positive reinforcement to encourage preventative habits.
- Cultivating a work environment that promotes personal hygiene and taking safety precautions.
- Providing up-to-date information about COVID-19.
- Requiring that employees stay home if they have any symptoms or feel ill.

What is the Families First Coronavirus Response Act?

- The Families First Coronavirus Response Act (FFCRA or Act) requires that certain employers provide employees with paid sick leave or expanded family and medical leave for reasons related to COVID-19 through Dec 31, 2020.
- Employees are entitled to take up to 10 days of paid sick leave and up to 12 weeks of emergency paid family leave.
- There are no immigration status-related restrictions on eligibility for paid sick leave or paid family and medical leave. Use the Eligibility Tool to see if you qualify.
- Under immigration law, workers who return to work after taking leave are continuing employees and should not have their employment authorization verified or re-verified.

How do I get medical care if I lost my job and my health insurance?

This is a 'qualifying life event' giving you 30 days to either sign up on a spouse's employer-sponsored health insurance plan or apply for insurance under the Affordable Care Act.

Can I apply for Medicaid if I'm sick and uninsured?

You might be able to retroactively apply for Medicaid coverage. Medicaid coverage is available to:

- Pregnant women
- Children
- Elderly persons age 65 or older
- Disabled persons who cannot work
- Low-income families with children under age 18

Get more information by contacting your local Georgia Division of Family & Children Services office

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Can immigrants, regardless of status, get access to COVID-related healthcare services?

- Visit [Fulton County Health department](#) to access affordable healthcare services.
- Visit [CORE site](#) to locate the closest FREE testing center
- Employers have an obligation to provide and pay for personal PPE equipment, regardless of immigration status. Health and safety laws protect ALL workers, regardless of immigration status. Their response plans must protect the health, safety and civil rights for ALL. Undocumented immigrants have the right to be free from discrimination and harassment at work.

What can I do if I'm an immigrant facing domestic abuse or having mental/behavioral issues?

Under U.S. law, any crime victim, regardless of immigration or citizenship status, can call the police at 911 for help or obtain a protection order.

- Call the Georgia Crisis & Access Line at 1-800-715-4225.

Are there affordable mental & behavioral health services I can access?

Fulton County provides FREE & Sliding Scale, comprehensive outpatient adult and youth mental & behavioral resources that help you work through and share how you are coping with your mental health. These services are accessible from the safety and comfort of your home via Telehealth service providers.

- Fulton Co Mental Health and Addiction Treatment services include adult mental health services, child or adolescent behavioral health services, court related mental health, developmental disabilities services + opioid and addiction services to all Fulton Co. residents. For Adult Services, call 404-665-8600. For Youth Services, call 404-612-9339.

Mental & Behavioral Health Services

- [Fulton Co. Behavioral Health Services](#)
- [Georgia Department of Behavioral Health and Developmental Disabilities](#)
- [Georgia Crisis & Access Line](#)
- [Fulton Co. Behavioral Health Adult Services](#)
- [Fulton County DUI Treatment Court Program](#)
- [Atlanta/Fulton County Pre-Arrest Diversion Initiative](#)
- [Georgia COVID-19 Emotional Support Line](#)
- [Families First](#)
- [The Families Health Center of GA](#)
- [Rivers Edge \(Macon\)](#)
- [Anchor Hospital](#)
- [Chris 180](#)
- [Heaven's Cove](#)
- [Action Ministries](#)
- [Lutheran Church of the Redeemer](#)
- [Passion City Church](#)
- [Roswell UMC](#)
- [Good Samaritan Center](#)
- [Impact Church](#)

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- [MLK Sr. Community Resources provided by Ebenezer Baptist Church](#)
- [Berean Seventh Day Adventist Church](#)
- [Flipper Temple AME](#)
- [Elizabeth Baptist Church](#)

How am I supposed to stay afloat right now?

Fulton County has FREE resources to lessen the impact of COVID-19 on you and your family, including partnerships with food pantries, community response programs, youth programs, and homeless shelters.

Visit AliveAndInColor.com for updates on more services that cater specifically to at-risk/at-work and lower income residents.