

Philadelphia Weekly PHP Outreach Newsletter

Philadelphia Department of Public Health

The Latest News

- **Seasonal Flu website is updated**
 - For information on the seasonal flu and how to get vaccinated, visit: <https://bit.ly/FluPHL>
- **October is Domestic Violence Awareness Month**
 - Some survivors will not reach out for help because they may not know their relationship is abusive.
 - Survivors are part of all types of relationships and experience barriers to safe and secure housing that can add to the trauma they are surviving.
 - If you think that your relationship is abusive, or if you think someone you know is being abused, call the 24-hour Philadelphia domestic violence hotline at **(866) 723-3014**.
 - More information and resources are below in the FAQ and available at <https://bit.ly/DVAM2022PHL>
- **The City's Monkeypox site is live**
 - For the latest updates, information on vaccine and testing and the data dashboard, visit: <https://www.phila.gov/monkeypox>

LATEST EVENTS

- **Public Disability Health Forum—October 13, 2022, 10:00am, Zoom**
 - PDPH, in partnership with the Mayor's Commission on People with Disabilities, will host a public Disability Health Forum to inform Philadelphia's disability community on areas of concern in public health emergency preparedness and response, share resources/insights, and support dialogue between community members and public health administrators.
 - ASL will be provided.
 - Please contact Liam Dougherty at liam.dougherty@phila.gov for any additional accommodations by October 21, 2022.
 - To register visit: <https://bit.ly/Oct11Forum>
 - This event has been rescheduled from October 11, 2022.
- **Domestic Violence Awareness Month events:**
 - **Protections for Domestic Violence Survivors in Philadelphia**
 - **Tuesday, October 18, 2022, 12 – 1p.m., Zoom**
 - Do you know about the local ordinances and policies that protect domestic violence survivors' access to housing, utilities assistance, and employment in Philadelphia? Join the Office of Domestic Violence Strategies for a virtual panel featuring local legal service agencies to learn about protections for survivors of domestic violence in Philadelphia.
 - Interpretation in Spanish and Mandarin.
 - Register at: <https://bit.ly/DVSurvivorProtections>
 - **Virtual WAVE Empowerment Self-Defense Class**
 - **Friday, October 28, 2022, 12:30 – 2p.m., Zoom**
 - Join Women in Transition to learn self-defense basics! This virtual class will feature discussion and activities around the five components of self-defense: Think, Yell, Run, Fight, and Tell. Participants will also be taught a few easy to learn techniques.
 - Register at: <https://bit.ly/WAVEmpowerment>

FAQ on Domestic Violence Awareness in Philadelphia

- **What is domestic violence?**
 - Domestic violence (DV), or intimate partner violence (IPV), is a pattern of behaviors used by one person to maintain power and control over another person, in an intimate or family relationship.
- **What is the history of public Domestic Violence Awareness?**
 - Public awareness of domestic violence is relatively recent.
 - Domestic Violence Awareness Month was first recognized nationally as recently as 1987 and the Violence Against Women Act was the first federal legislation to recognize domestic violence as a crime, passed in 1994.
 - These events are part of a larger movement to prevent, respond to, and end domestic violence.
- **Why raise awareness about domestic violence?**
 - There are resources and support available to support survivors to build safety and stability in all areas of their lives. See below for more.
 - Survivors may not reach out for help if they don't know what abusive relationships look like.
 - Not all people in abusive relationships experience physical violence.
 - Abusive partners use a variety of tactics to maintain power and control over their partner.
 - These tactics might include emotional or verbal abuse, financial control, or stalking.
 - Everyone deserves to have a healthy relationship.
- **Does intimate partner violence just happen in heterosexual (straight) couples?**
 - Often, domestic and intimate partner violence is shown in heterosexual couples.
 - This can lead to harmful assumptions about who can experience intimate partner violence.
 - In reality, domestic and intimate partner violence can show up in any relationship, regardless of gender or sexuality and is a common experience in LGBTQ+ communities.
 - If someone tries to get help and their experience is minimized or if they are asked to educate a care provider about LGBTQ+ topics while in crisis, that can add to the trauma they have experienced.
 - Creating safer spaces for everyone is a process that starts with taking all survivors' experiences seriously.
 - More information available at <https://bit.ly/IPVwithLGBTQplus>
- **How does housing affect intimate partner violence?**
 - Safe housing is critical for people experiencing intimate partner violence.
 - Research shows the time around when a survivor flees an abusive situation tends to be the most dangerous time.
 - Having secure, stable housing is important to lessen trauma during this time.
 - Barriers to safe housing include:
 - Few options for affordable housing in a part of the city that is safer.
 - Legal restrictions on moving with children.
 - Landlords who are uncooperative or unaware of how they can help survivors maintain secure housing for themselves and their family.
 - Philadelphia has laws and ordinances to protect domestic violence survivors from discrimination in eviction and allow them to break a lease without penalty.
 - Survivors also have utilities protections and can access utilities assistance.
 - More information available at <https://bit.ly/HousingForSurvivors>

- **What should I do if I think me or someone I know is in an abusive relationship?**
 - If you think that your relationship is abusive, or if you think someone you know is being abused, call the 24-hour Philadelphia domestic violence hotline at (866) 723-3014.
 - Visit the Safe in Philly Map for information about where to find local resources for help.
 - <https://bit.ly/SafeInPhilly>
- **Where can I get more information?**
 - For more information visit the Philadelphia Office of Domestic Violence Strategies: <https://bit.ly/OfficeofDVstrategies>

COVID-19: Resources and Services

- **Where to find COVID-19 vaccine, including booster doses:**
 - Call 3-1-1 or visit phila.gov/vaccine or vaccines.gov to find a vaccine clinic near you.
 - For interpretation, call 3-1-1, press #5 and say your language.
 - Visit <https://bit.ly/KnowB4Ugo> for updates on transportation, access and functional needs resources, and up-to-date access descriptions of City-run clinics.
 - Options for COVID-19 vaccines for uninsured residents include:
 - Free vaccine at City health centers and pop-up clinics, for insured and uninsured residents. No ID is required at these locations.
 - Other sites, like pharmacies, may bill your insurance company or charge you a direct fee. Call these sites before you go to find out about their policies.
 - More information available at: www.phila.gov/vaccine and bit.ly/COVIDvaxFAQ-PDPH
- **Free COVID Testing Kits Available for Distribution by CBOs**
 - PDPH has procured a supply of at-home COVID-19 test kits and will be offering these tests to community-based organizations (CBOs) serving clients and patrons in areas of high COVID-19 risk.
 - Request your free test kits here: <https://bit.ly/CBOtestDistro>
- **Free at-home COVID-19 tests for blind/low-vision people**
 - If you are blind or have low vision, you can order the more accessible tests online at <https://special.usps.com/testkits/accessible> or by calling 1-800-232-0233.
 - These tests will be available for order until supplies run out.
 - For more information, visit: <https://bit.ly/COVIDKitAccess>
- **What to do if you lost your vaccination card?**
 - Ask your healthcare provider first, if they cannot help, call 215-685-5488 or email covid@phila.gov to request a copy of your vaccine record.
 - The CDC does not provide copies of COVID-19 vaccination card.
- **Stock up on FREE N95 masks**
 - Visit <https://bit.ly/FreeN95s> for free masks from the Strategic National Stockpile
- **Stock up on home tests**
 - Health insurance companies are required to reimburse 8 at-home tests per month for each person enrolled in the plan and will reimburse up to \$12 per individual test.
 - Detailed information here: <https://go.cms.gov/3Lqo0Yk>
 - Includes information on how to get tests if you don't have insurance or if you cannot afford to pay for your test up front.

Monkeypox Resources and Services

- People who are concerned that they've been exposed, or believe they are at high risk of being exposed to monkeypox, should call the PDPH Call Center at 215-685-5488 to see if they are eligible to be vaccinated.
- Recording of the PDPH Monkeypox information available at: <https://bit.ly/MPXinfoSept7>.
 - Info session was held on Wednesday, September 7 and covered the following topics:
 - Overview of Monkeypox, Signs and Symptoms, What to do if you're sick, Treatment, Harm Reduction, Vaccine and Resources.
- Find the latest information on cases and vaccine at: <https://bit.ly/MPXDashboard>
 - Updated every Monday.
- Find the latest guidance about monkeypox at: <https://bit.ly/PHLMonkeypoxInfo>
- Find the latest flyers and printable information at: <https://bit.ly/PHPGuidance>
- Find information on precautions to take while you wait for your Monkeypox vaccine at: <https://bit.ly/MPXvaxWait>
- If you would like to receive the weekly Monkeypox newsletter update, email: publichealthpreparedness@phila.gov

Public Health Preparedness: Resources and Services

- PDPH Launches the Primary Care Finder: www.phila.gov/primary-care
 - Find free or low-cost medical care in Philadelphia
 - Search by location, type primary care, specialty care or testing services.
 - The goal of this tool is to increase access to free or low-cost primary care services for Philadelphians, especially people who are uninsured or underinsured.
- Text-to-911 now fully operational in Philadelphia
 - Text-to-911 is a service that allows the public to send a text message to 911.
 - Individuals who are Deaf, Hard-of-Hearing, and those who face communication barriers may find this service a more accessible means of interface with 911.
 - More information available at: <https://bit.ly/PATextTo911>
- **Spread the word about the Violence Prevention Hotline**
 - A free and confidential hotline to connect people with over 10,000 important services and resources such as conflict intervention, peer counseling, workforce programs and behavioral health support.
 - Call 211 and press 3 to reach a Resource Navigator OR text your zip code to 989-211
 - This hotline is available 24 hours a day, seven days a week, 365 days a year.
 - Interpretation available in 150+ languages.
 - More information below in the FAQ and at: <https://bit.ly/Philly211>

More Information

- **Latest information from PDPH:**
 - phila.gov/COVID, facebook.com/phillyhealth and [twitter@PHLPublicHealth](https://twitter.com/PHLPublicHealth)
- **PDPH Call Center:**
 - Call 215-685-5488, Press 3 for interpretation in your language, press 2 for Spanish. Dial 711 for TRS/TTY assistance.
- **Philadelphia Coronavirus Helpline**
 - Call 800-722-7112, press #9 for interpretation.



- Call 800-722-7112, press #9 for interpretation.
- Open 24/7!
- Talk to a medical professional about COVID-19 symptoms, exposure, vaccine, tests, Etc.
- Get help making decisions about how to keep you, your loved ones and contacts safe from COVID-19.

How to Stay Connected

- **Join the Community Response Partner Network**
 - This newsletter is sent to the [Community Response Partner Network](#), part of the PDPH Public Health Preparedness Program.
 - Sign up at <https://bit.ly/phlcommunityresponse> to get essential public health information, then pass it on to your family, friends, and community.
- **Questions or suggestions?**
 - Email us at publichealthpreparedness@phila.gov
 - Leave a message with the Public Health Preparedness Program Outreach Team at 215-429-3016.

**Be safe,
Philadelphia Department of Public Health**