Philadelphia Weekly PHP Outreach Newsletter

Philadelphia Department of Public Health

The Latest Events

- **There is still time to be fully vaccinated before the holidays!**
    - Get your updated, bivalent COVID-19 booster and flu vaccine ASAP.
        - This will protect you from getting sick, protect you from passing the flu or COVID-19 to others and will protect the people you are celebrating with.
    - To be protected:
        - Get vaccinated before December 3rd for the start of Chanukah.
        - Get vaccinated before December 6th for the start of Solstice.
        - Get vaccinated before December 10th for Christmas.
        - Get vaccinated before December 11th for the start of Kwanzaa.
        - Get vaccinated before December 16th for New Years.
    - Get vaccinated ASAP if you're a little late, some protection is better than none.
        - COVID boosters are recommended for everyone 5 and up and seasonal flu vaccines are recommended for everyone 6 months old and up.
    - See a calendar at: **https://bit.ly/HolidayVaxCalendar**
    - For more details on how to protect loved ones at gatherings over the holidays, read the FAQ below.
- **Free COVID-19 Test Kits for your next event**
    - PDPH strongly recommends that individuals seek testing for COVID-19 before and after attending large gatherings and events to reduce the spread of COVID-19.
    - Free tests are available and the response time should be pretty quick.
    - Fill out this survey to get started: **https://bit.ly/SpecialEventsCOVIDTests**
- **Cases of flu increasing**
    - The CDC's latest FluView report states:
        - Early increases in seasonal influenza activity continue nationwide.
        - The southeastern and south-central areas of the country are reporting the highest levels of activity followed by the Mid-Atlantic and south-central West Coast regions.
    - Read the full report here: https://www.cdc.gov/flu/weekly/index.htm
    - Get your questions about the flu answered in the FAQ below.
- **Mpox is the new name for the monkeypox disease**
    - The World Health Organization (WHO) has recommended the use of mpox when referencing the monkeypox disease.
    - Both mpox and monkeypox will be used for 1 year while mpox is being phased in.
    - The aim of this change is to mitigate racist and stigmatizing language that has impacted people most vulnerable to the disease.
    - The change involved consultation with experts, jurisdictions and the general public.
    - Read the WHO press release here.
    - PDPH mpox materials and communications are being updated to reflect this change.
- **PDPH launches new COVID-19 data dashboard**
    - The new data dashboard still includes a breakdown of vaccine by gender, race/ethnicity and age, but also allows you to see all data by either monovalent or bivalent dose.

- The new dashboard is available at: https://bit.ly/COVIDvaxDashboard
- **Job Opening: Recovery Specialist in Public Health Preparedness Program**
    - The Public Health Preparedness program helps communities prepare for and respond to public health emergencies, such as the COVID-19 pandemic and write this weekly newsletter.
    - The Recovery Specialist will assist the Recovery Planner to analyze responses to public health emergencies, identify areas for improvement, and develop and implement policies and procedures to support recovery from public health emergencies.
        - This position will be working with internal and external stakeholders to ensure that all perspectives are represented.
    - The position requires a Bachelor's degree or better and would be contracted by PHMC.
    - Find the full job description at: https://bit.ly/RecoverySpecialistPHP
    - Feel free to spread the word to anyone you think would be qualified and interested.
- **Special Initiatives Application Extended: Resiliency in Communities after Stress and Trauma Philadelphia (ReCAST)**
    - The mission of Philadelphia ReCAST is to promote resilience and equity, improve behavioral health, and reduce trauma through a sustained community change process.
    - Application deadline extended to January 15, 2023, or until all available funding has been allocated. Applications will be reviewed on a rolling basis.
    - More information is available at https://www.surveymonkey.com/r/PhilaReCAST.

FAQs on How to Stay Safe through Holiday Gatherings
- See this linked flyer for more information.
- **What do I do if I feel sick?**
    - If you're sick, stay home!
    - If you test positive, or have COVID-like symptoms, you should stay home to avoid getting anyone else sick.
    - Visit the CDC's isolation calculator for guidelines on isolating: **https://bit.ly/COVIDisolationCDC**
    - Find information about paid sick leave at PDPH's COVID-19 Paid Sick Leave Resources at: **https://bit.ly/PHLCOVIDSickLeave**.
- **What is the best protection for myself and other people I will be celebrating with?**
    - Get the updated booster.
        - There's still time to get the updated (bivalent) booster before your winter holiday celebrations!
        - Keep yourself and your loved ones safe and greatly reduce the number of days you'll be sick.
    - Test for your guests.
        - Taking a COVID test on the day of your gathering can help everyone get rid of some COVID anxiety.
        - If you have a stockpile of tests, test twice. If you don't have a stockpile yet, buy some now to be prepared.
            - There will be no cost to you after reimbursement if you have commercial insurance or Medicaid/Medicare. Call or visit your insurance company's website for details.
    - Free tests are available at testing sites and testing events: **www.phila.gov/testing**
    - Consider a mini-quarantine
        - As much as possible, don't spend time in crowded public places and always use a mask in crowded public spaces 3-5 days before your get together, the longer the better.
        - This can help lower the risk of getting sick for your most vulnerable loved one's and the people around you.

- Ventilate your space.
    - Host outdoors if possible.
    - If outside won't work for your gathering, ventilate your space by cracking windows and/or use a HEPA filter to keep everyone safer.
- For questions:
    - Call: 215-685-5488, Press 3 for interpretation in your language, press 2 for Spanish. Dial 711 for TRS/TTY assistance.
    - Visit: **www.phila.gov/covid**
    - Email: **publichealthinfo@phila.gov**

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-9 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**
- 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 cards.
- 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.
    - For more information, visit: **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.

Mpox: Resources and Services
- People who are concerned that they've been exposed, or believe they are at high risk of being exposed to mpox, should call the PDPH Call Center at 215-685-5488 to see if they are eligible to be vaccinated.
- Find the latest information on cases and vaccine at https://bit.ly/MPXDashboard.
    - This is 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 monthly mpox newsletter update, email publichealthpreparedness@phila.gov.

Public Health Preparedness: Resources and Services
- **Sign up for Ready Philadelphia**
    - To receive free text alerts to your phone on emergencies or severe weather, text "ReadyPhila" to 888-7777.
    - Be the first to know, then spread the word to family and neighbors.
- **Text-to-911 in Philadelphia: https://bit.ly/PATextTo911**
    - 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
- **Latest information from PDPH:**
    - phila.gov/COVID-19, Facebook, and Twitter.
- **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
    - 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