

# Philadelphia Weekly PHP Outreach Newsletter

## Philadelphia Department of Public Health

### The Latest News

- Uganda declares the end of the current Ebola outbreak
  - On January 11, 2023, this latest outbreak of the Sudan virus was declared to be over.
    - The first case was confirmed in September 2022.
  - Although an Ebola vaccine was approved by the FDA in 2019, it does not protect against the type of Ebola virus in this last outbreak (Sudan virus).
  - The last Ebola outbreak in 2014-2016 was the largest Ebola outbreak in history.
  - More information available here: <https://bit.ly/Ebola2023>
- Carbon monoxide (CO) poisoning.
  - Carbon monoxide (CO) is an odorless, colorless gas.
  - CO is found in fumes produced by furnaces, kerosene heaters, vehicles “warmed up” in garages, stoves, lanterns, and gas ranges, portable generators, or by burning charcoal and wood.
    - CO from these sources can build up in enclosed or partially enclosed spaces.
    - It’s not safe to use your stove or oven to heat your home in winter.
  - People and animals in these spaces can be poisoned and can sometimes die from breathing CO.
  - CO poisoning is entirely preventable.
    - Protect yourself and your family by learning the symptoms of CO poisoning and how to prevent it.
  - More information available at <https://www.cdc.gov/co/> and in the FAQ below.
- Utility assistance programs can help you afford to heat your home safely.
  - Utility Emergency Services Fund (UESF) - Benefits Access Center
    - Income based programs stabilizing homes for families facing a housing crisis.
    - Case management - Financial assistance - Educational workshops and more.
    - 215.814.6845 — [BAC@uesfacts.org](mailto:BAC@uesfacts.org) — [www.uesfacts.org](http://www.uesfacts.org)
  - BenePhilly
    - Non-income-based, free, one-on-one support to help apply for public benefits.
    - Prescription Drugs - Health insurance - Groceries - Childcare Assistance Heat & Other Utilities - Property Taxes - Disability Benefits
    - 1.844.848.4376 — [www.phila.gov/programs/benephilly/](http://www.phila.gov/programs/benephilly/)
  - Universal Service Programs
    - Learn about all of PECO’s assistance programs
    - 1.800.774.7040—[bit.ly/PECOPrograms](http://bit.ly/PECOPrograms)
  - Philadelphia Corporation of the Aging (PCA)
    - Assistance to low-income seniors and caregivers
    - Helpline: 215.765.9040 — [www.pcacares.org/contact-us/](http://www.pcacares.org/contact-us/)
  - Neighborhood Energy Centers
    - Learn about conserving energy and apply for bill payment assistance.
    - Heat & Other Utilities - Property Taxes - Disability Benefits and more.
    - Find an energy center near you: <http://bit.ly/NeighborhoodEnergyCenters>

### The Latest Events

- PDPH Virtual Information Session: Long COVID
  - Tuesday, January 24 from 11am – 12pm
  - Are you still feeling fatigued weeks or even months after you're covered from COVID-19? You're not alone!
    - Join us to learn more about 'Long COVID' and what resources are available to you.
    - Presented by PDPH COVID-19 Containment clinical staff along with Dr. Ben Abramoff, from the Post-COVID Assessment and Recovery Clinic at Penn Medicine.
    - There will be time for Q&A.
  - Live interpretation will be available in: Spanish, French, Mandarin, Vietnamese, Haitian Creole, Portuguese and American Sign Language (ASL)
  - Registration:
    - To join us via computer, register here: <http://bit.ly/3AV3lZu>
    - To join us via phone, call the number below and enter the Webinar ID at 11AM on January 24th.
      - CALL: (309) 205-3325
      - WEBINAR ID: 822 9552 1702
    - For questions on accessibility, contact: [Terri.Clark@Phila.gov](mailto:Terri.Clark@Phila.gov)
    - Flyer is attached, feel free to share with your networks.

### FAQS on Carbon Monoxide (CO) Poisoning

- What is Carbon Monoxide?
  - Carbon monoxide, or "CO," is an odorless, colorless gas that can kill you.
- Where is CO found?
  - CO is found in fumes produced any time you burn fuel in cars or trucks, small engines, stoves, lanterns, grills, fireplaces, gas ranges, or furnaces.
  - CO can build up indoors and poison people and animals who breathe it.
- Is the risk of CO poisoning worse in the winter?
  - When winter temperatures plummet and home heating systems run for hours the risk of carbon monoxide (CO) poisoning increases.
- What are the symptoms of CO poisoning?
  - The most common symptoms of CO poisoning are:
    - Headache
    - Dizziness
    - Weakness
    - Upset stomach or vomiting
    - Chest pain
    - Confusion
- What should I do if I suspect carbon monoxide poisoning?
  - Leave the building.
  - Get any victims to fresh air right away.
  - Call 911.
  - Call your local utility.
    - Call PECO at 1-800-494-4000 to report a gas or electric emergency.
- Who is at risk from CO poisoning?
  - Everyone is at risk for CO poisoning.

- Infants, the elderly, people with chronic heart disease, anemia, or breathing problems are more likely to get sick from CO.
- People who are sleeping or drunk can die from CO poisoning before they have symptoms.
- How serious is the risk of CO poisoning?
  - Each year, more than 400 Americans die from unintentional CO poisoning not linked to fires, more than 100,000 visits to the emergency room, and more than 14,000 are hospitalized.
- Where can I get more information?
  - More information from PDPH: [https://bit.ly/CO\\_PHL](https://bit.ly/CO_PHL)
  - More information from the CDC: <https://www.cdc.gov/co/>

### COVID-19: Resources and Services

- Where to find COVID-19 vaccine, including booster doses:
  - Call 3-1-1 or visit [phila.gov/vaccine](http://phila.gov/vaccine) or [vaccines.gov](http://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.
  - More information on booster doses available at <https://bit.ly/UpdatedBoosterPHL>
  - 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](http://www.phila.gov/vaccine) and [bit.ly/COVIDvaxFAQ-PDPH](http://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](mailto: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>.

- If you would like to receive the monthly mpox newsletter update, email [publichealthpreparedness@phila.gov](mailto: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

- **PDPH COVID-19 website and social media**
  - Information on the ongoing COVID-19 pandemic, vaccines and testing resources: [phila.gov/COVID](http://phila.gov/COVID), [facebook.com/phillyhealth](https://facebook.com/phillyhealth) and [twitter@PHLPublicHealth](https://twitter@PHLPublicHealth).
- **PDPH Seasonal Flu website**
  - Information on the seasonal flu and how to get vaccinated: <https://bit.ly/FluPHL>
- **PDPH Mpox website**
  - Information on the latest updates, information on vaccine and testing and the data dashboard: <https://www.phila.gov/monkeypox>
- **PDPH Call Center**
  - Call 215-685-5488. Press 3 for interpretation in your language, press 2 for Spanish. Dial 711 for TRS/TTY assistance.

#### 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](mailto: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