

Philadelphia Weekly PHP Outreach Newsletter

Philadelphia Department of Public Health

The Latest Events

- Disability Health Forum: Planning for a Hazard
 - Monday, February 27 from 10-11am
 - The Philadelphia Office of Emergency Management (OEM) and Department of Public Health will present on "How OEM's Hazard Mitigation Plan Includes You".
 - We will discuss the touchpoints of Access and Functional Needs and the Disability Community in emergency planning in our city.
 - ASL interpretation will be provided.
 - Please email Liam Dougherty at Liam.Dougherty@phila.gov to request any additional accessibility accommodations for this meeting by 2/15/2023.
 - Please distribute the attached flyer to your network.
 - To register, visit <https://tinyurl.com/2-27-23dhforum>.
- PDPH Virtual Information Session: The Impact of COVID-19 and Cardiovascular Disease on Black/Afro-Caribbean Communities
 - Tuesday, February 28, from 11am – 12pm
 - This information session will focus on the importance of persons with underlying heart conditions getting vaccinated to prevent serious illness; specifically focusing on African American and Afro-Caribbean communities that are disproportionately impacted by COVID and heart disease.
 - Live interpretation will be available in: Spanish, French, Mandarin, Vietnamese, Haitian Creole, Portuguese and ASL.
 - For questions on accessibility, contact Terri.Clark@phila.gov
 - To join via computer, register at: <http://bit.ly/3AV3lZu>
 - To join via phone, call the number below and enter the Webinar ID at 11am on February 28th.
 - Call: (309) 205 3325
 - Webinar ID: 822 9552 1702
- Ongoing Overdose Prevention and Reversal Training
 - Offered by PDPH Substance Use Prevention and Harm Reduction (SUPHR)
 - This training provides background information and data on opioid use, Philadelphia's drug supply, and overdoses in our city. There is also a detailed description of how to recognize and respond to an opioid-related overdose with naloxone, or Narcan.
 - The training is offered every 2 weeks and is approximately 1.5 hours with an additional 15 minutes for questions.
 - You can choose to have Narcan discreetly mailed to you after the training.
 - We aim to prioritize our Narcan supply for those with the least access to Narcan and those most likely to witness an overdose. If you have the resources to acquire Narcan on your own, please consider going to your local pharmacy to get it.
 - This training is ongoing, sign up at: <https://bit.ly/NarcanTrainingPHL>

The Latest News

- Biden administration to end COVID-19 related National Emergency and Public Health Emergency Declarations

- On Jan. 30, 2023, the Biden Administration stated it plans to wind down and then end the national emergency and public health emergency declarations related to the COVID-19 pandemic by May 11, 2023.
- As COVID-19 becomes a long-term concern, an end to the emergency declarations will begin to shift responsibility for providing vaccine and treatments away from the federal government to eventually become more the responsibility of private companies. This will mean a gradual shift and restructuring of the COVID-19 vaccine, treatment, resources and services available to the public.
- Read the White House statement at: <https://bit.ly/0130WhiteHouseStatement>
- Read the Health and Human Services fact sheet at: https://bit.ly/HHS_PHEend
- Read the CDC Long COVID fact sheet at: <https://bit.ly/CDCLongCOVIDfacts>
- Attached is an up-to-date PDPH flyer on how COVID-19 services and resources may change, with the end of COVID-19 related National Emergency and Public Health Emergency Declarations.
- Applications open: Philly Forward Summer Internship
 - This eight-week paid internship is designed to provide pre-professional training to those interested in pursuing careers in public health. Each Philly Forward intern will work directly with Health Department leaders on a specific project or projects involving data collection, data analysis, program implementation, grant-writing, preparation of reports, and/or community engagement.
 - The internship will begin on June 12 and conclude on August 4, 2023.
 - Application available at: <https://bit.ly/PDPHinternship>
- The Overdose Prevention and Community Healing Fund
 - Awards up to \$100K for local non-profit orgs to spread awareness, reduce stigma and heal trauma in communities.
 - Learn more and apply at: <bit.ly/preventionfund>

Frequently Asked Questions on Long COVID

- What is Long COVID?
 - According to the CDC, some people who have been infected with the virus that causes COVID-19 can experience long-term effects from their infection, known as post-COVID conditions (PCC) or Long COVID.
- How many people have been affected by Long COVID?
 - Some studies estimate as many as 1 in 5 adults have a health condition that might be related to their previous COVID-19 illness.
 - Long COVID contributed to 3,544 deaths in the US from 1/2020 – 6/2022.
- Who is at risk?
 - Long COVID is found more often in people who had severe COVID-19 illness, but anyone who has been infected can experience post-COVID conditions.
 - People not vaccinated against COVID-19 and who become infected may have a higher risk of developing Long COVID than those who have been vaccinated.
- What are some symptoms of Long COVID?
 - Physical symptoms can include:
 - Fatigue
 - Difficulty breathing
 - Chest pain or chest tightness
 - Cough
 - Loss of sense of smell
 - Psychological/Neurologic symptoms can include:

- PTSD (Post Traumatic Stress Disorder)
- Memory impairment
- Poor concentration
- Anxiety/depression
- There are less-common symptoms:
- This is a new medical condition and is still being studied. If you think you may be experiencing Long COVID, please speak with your primary care provider or find one at: www.phila.gov/primary-care
- How long does Long COVID-19 last?
 - Symptoms can come and go, sometimes with longer periods of symptoms and symptom-free periods. Studies show that symptoms can last from 2 to 12 months or longer.
- Does the vaccine help with Long COVID?
 - A few published research studies suggest that Long COVID occurs less frequently among people who had COVID after being vaccinated.
 - At least one study has shown rates of Long COVID decreasing with every additional round of shots.
 - The impact of vaccination in people with existing Long COVID symptoms is still controversial, with some data showing changes in symptoms while others did not.
- How can having Long COVID affect quality of life?
 - Almost 50% report worsened quality of life
 - Many people are unable to return to normal activities 60 days after being discharged from the hospital
 - Some are unable to function in daily life as before, needing housing, employment, financial support
 - Long COVID is now a known condition that could result in a disability under the Americans with Disabilities Act (ADA)
- How can I live with Long COVID?
 - Prioritize your self-care:
 - Set realistic goals (pacing)
 - Conserve energy (planning pacing, prioritizing, positioning)
 - Support groups
 - Seek support from social services
 - Regularly review and monitor your symptoms with a medical provider. Keep a symptom diary so you can review it together.
 - Get an evaluation and get help with managing your symptoms at a Long COVID treatment center.
- Where can I get treatment for Long COVID?
 - Patients who have recovered from COVID and are experiencing lingering health issues should speak with their primary care provider and can also contact the Penn Post-COVID Assessment and Recovery Clinic at (215) 893 – 2668.
- If you don't have a primary care provider or want to change providers, you can use the Primary Care Finder at: www.phila.gov/primary-care
- Where can I learn more and find resources?
 - Find the most up-to-date information from the CDC at: https://bit.ly/LongCOVID_CDC
 - Visit the links listed in the Latest News section above
 - Review the attached Frequently Asked Questions guide

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.
 - 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 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>.
- 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

- **PDPH COVID-19 website and social media**
 - Information on the ongoing COVID-19 pandemic, vaccines and testing resources: phila.gov/COVID, facebook.com/phillyhealth and 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
 - Leave a message with the Public Health Preparedness Program Outreach Team at 215-429-3016.

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