

Philadelphia Weekly PHP Outreach Newsletter

Philadelphia Department of Public Health

The Latest Events

- PDPH—Division of COVID Containment Info Sessions
 - February 28th - The impact of COVID-19 & cardiovascular disease on Black/Afro-Caribbean communities
 - Materials will be available shortly. If you would like to receive them, please email Terri Clark, Outreach Supervisor, COVID-19 Containment at terri.clark@phila.gov.
 - March 28, 11am – 12pm: The ending of the public health emergency and how it may impact you.
 - April 25, 11am – 12pm: The PDPH Resource Hub network and what services and resources are available to Philadelphians.
 - You can register for both info sessions at: <https://bit.ly/CoCoSpringInfoSessions>
- 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

- Job Opening: Division Community Engagement Manager
 - The Department of Public Health, Division of Disease Control is looking for a new Community Engagement Manager to lead outreach and engagement for the division.
 - The division includes 10 programs, as well as fiscal, administrative, and policy units. Programs include: Immunizations, Acute Communicable Disease, Public Health Preparedness, STD Control, Healthcare Associated Infections/Antibiotic Resistance, COVID-19 Containment, Tuberculosis, Viral Hepatitis, Epidemiology and Informatics, and Health Center #1, which is the City's dedicated walk-in clinic for STI testing and treatment.
 - The Community Engagement Manager will work with these programs, as well as external partners, to build collaborative, sustainable relationships to enhance and expand community engagement initiatives and build capacity for rapid information sharing and community mobilization during public health emergencies.
 - Experience: 5 years of experience conducting community-based outreach and engagement, health education, and/or partnership building activities in a public health or health services setting.
 - Education Requirement: Bachelor's degree in public health or related field preferred.
 - View the full job description and application information at: <https://bit.ly/DDCengagementManager>
- Norovirus is circulating in Philadelphia
 - Norovirus is a common and very contagious virus that causes vomiting and diarrhea.

- Washing your hands often, especially after using the bathroom, is the best way to protect yourself and others from illness.
- Get more information at https://bit.ly/Norovirus_PHL or read the FAQ below.
 - Learn how to prevent dehydration, protect others in your home, and protect yourself from getting sick.
- 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

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**
 - Free COVID-19 test kits are available community-based organizations serving clients and patrons in areas

- 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.

Frequently Asked Questions on Norovirus

- What is norovirus?
 - Norovirus is a virus that usually causes vomiting and/or diarrhea and upsets your belly. Some people call norovirus a stomach bug or stomach flu.
 - Although people who have norovirus generally feel terrible and spend lots of time in the bathroom with diarrhea or vomiting, the symptoms do not last more than a couple days and most people can recover at home.
- How can you get norovirus?
 - People get norovirus from putting something with virus particles on it in their mouth.
 - This can happen if someone with norovirus infection went to the bathroom and didn't wash their hands thoroughly before touching the doorknob or another surface.
 - Then, whatever they touch can get norovirus on it. The next person who touches the doorknob will then have norovirus particles on their hands and can get infected when they touch their mouth.
 - Norovirus can also be transmitted by food. If someone with norovirus is preparing food, people who then eat that food may become infected.
- What happens if you get norovirus?
 - At this time of year, if your stomach starts feeling upset and you have diarrhea or vomiting, you likely have norovirus.
 - The thing we worry about the most for people who have norovirus is dehydration.
 - Dehydration is when you don't get enough fluids, or you are losing them too quickly from diarrhea or vomiting.
 - We're especially worried about this for young kids and older adults, who can become dehydrated quickly.
- How can I prevent dehydration if I have norovirus?
 - To keep from getting dehydrated, you should make sure you get plenty of fluids.
 - Water and oral rehydration products like Pedialyte can help. But expensive products usually aren't necessary.
 - Chicken broth or other types of broth will give your body the water and sodium it needs.
 - Sports drinks like Gatorade can help too, but they can have a lot of sugar.

- How can I protect other people in my home so they don't get sick?
 - The sick person should absolutely stay out of the kitchen if they can help it.
 - Try to disinfect anything they might touch, especially in the bathroom.
 - The usual disinfection products don't work on norovirus, so look for something that contains bleach or specifically mentions norovirus on the package.
 - If you need to change sheets or towels or clothes, wear gloves when you collect them or wash hands after handling and wash them on the hottest setting for the longest cycle.
 - If you are caring for someone with norovirus make sure you are washing your hands frequently.
 - Hand sanitizer doesn't work well to kill norovirus.
- How can I keep from getting norovirus?
 - The best way to protect yourself from catching norovirus is to wash your hands thoroughly and frequently, especially before eating or preparing food.
 - Stay home when sick and take extra precautions for two days after symptoms stop.
 - Rinse fruits and vegetables.
 - Cook shellfish thoroughly.
 - Avoid preparing food for others when sick and for two days after symptoms stop.
- Where can I get more information?
 - Information from PDPH: https://bit.ly/Norovirus_PHL
 - Information from the CDC: https://bit.ly/Norovirus_CDC

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**
 - Latest information from PDPH : phila.gov/COVID, facebook.com/phillyhealth and twitter@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.

- Open 24/7!
- Talk to a medical profession 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