

Philadelphia Biweekly PHP Outreach Newsletter

Philadelphia Department of Public Health

The Latest Events

- **This summer is going to be HOT, join us for virtual workshop about extreme heat in Philly!**
 - Learn about heat related illness, utility assistance, and places to stay safe and cool during extremely hot days.
 - Wednesday, May 24th from 2:00 – 3:00pm.
 - Simultaneous interpretation in ASL, Spanish, Mandarin, Arabic, Vietnamese, and Haitian Creole.
 - Register at: <http://www.bit.ly/PhillyHeat23>
 - Flyer attached, please share with your contacts!
- **Keeping Children Healthy**
 - Tips for an environmentally safe summer in childcare.
 - Learn about: Managing ticks and mosquitos, indoor air quality and more.
 - Tuesday, May 23rd from 1:15 – 2:15pm
 - Register at: <https://bit.ly/HealthyChildren0523>
- **It's Mental Health Awareness Month!**
 - A healthy mind is as important as a healthy body.
 - Give yourself a quick checkup from the neck up now at: <https://healthymindsphilly.org/screening/>
 - It's quick, free and anonymous.
 - This is a friendly reminder to check in with your loved ones during this and every month. It's okay to not be okay. More information available at: <https://bit.ly/MentalHealthPHL>
 - For more information on mental health following a disaster or emergency check out the FAQ below or visit: <https://bit.ly/DisasterMentalHealthCDC>
 - **If you or another person are in crisis and need emergency help:**
 - Call 911 for any life-threatening emergency
 - Call the Crisis Hotline at 988
 - Compassionate, trained professionals are available 24-hours a day, 7 days a week. Callers will receive counseling, guidance and direction for receiving prompt evaluation and treatment services.
 - Text the Crisis Text Line, text "HOME" to 741741
 - The Crisis Text Line is a free, 24/7 support for those in any type of crisis.
 - If you text "HOME" to 741741 from anywhere in the United States, you will be connected to a trained Crisis Counselor.
 - **Not in an immediate crisis but just need to talk to someone who "gets it"?**
 - Call the NAMI Philadelphia WARMline at 267-687-4381 *OPTION1
 - A safe and confidential number to call for resources, support, education and hope. Operated by the National Alliance on Mental Illness.
 - More information available at: <https://healthymindsphilly.org/get-help-now/>

The Latest News

- **The U.S. COVID-19 Public Health Emergency Declarations ended on May 11, 2023.**
 - This will cause changes in some benefits and services.

- If you have questions about Medicaid and SNAP benefits, COVID testing, vaccines, and finding treatment, find more information here: <https://bit.ly/PHEendPHL>
- **Don't forget to recertify your Medicaid coverage!**
 - During the Pandemic, Medicaid eligibility was expanded but with the public health emergency ending, that is all changing.
 - As of April 1, 2023, you must once again renew your Medicaid coverage the month before it expires, or you will lose your coverage.
 - You will not lose your Medicaid without a chance to complete a renewal or update your information.
 - More information in the FAQ below and available at: <https://bit.ly/MedicaidReCert>
- **Two new City-run Health Centers to open in the lower Northeast**
 - The first Health Center will be located at the Frankford Transportation Center, an easily accessible hub for the entire Frankford community.
 - The location of a second Health Center serving the lower Northeast will be announced at a future date.
 - More information available at: <https://bit.ly/NewHealthCentersPHL>

FAQ on Mental and Emotional Health During and After a Disaster

- **Is there a right way to react during and after a disaster?**
 - It is natural to feel stress, anxiety, grief, and worry during and after a disaster.
 - Everyone reacts differently, and your own feelings will change over time.
 - Notice and accept how you feel.
 - Taking care of your emotional health during an emergency will help you think clearly and react to the urgent needs to protect yourself and your family.
 - Self-care during an emergency will help your long-term healing.
- **If I already have a mental health condition that I am managing, what should I do?**
 - People with preexisting mental health conditions should continue with their treatment plans during an emergency and monitor for any new symptoms.
 - Additional information can be found at the Substance Abuse and Mental Health Services Administration (SAMHSA) website.
- **What are some common signs of distress that people tend to experience during and after a disaster?**
 - Feelings of fear, anger, sadness, worry, numbness, or frustration
 - Changes in appetite, energy, and activity levels
 - Difficulty concentrating and making decisions
 - Difficulty sleeping or nightmares
 - Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
 - Worsening of chronic health problems
 - Increased use of alcohol, tobacco, or other drugs
 - Remember: Seek help from your healthcare provider if these stress reactions interfere with your daily activities for several days in a row.
- **What are some ideas of ways I can cope with a disaster?**
 - **Take care of your body**
 - Try to eat healthy well-balanced meals, exercise regularly, and get plenty of sleep.
 - Avoid alcohol, tobacco, and other drugs.
 - Learn more about [wellness strategies](#) for mental health.

- **Connect with others**
 - Share your concerns and how you are feeling with a friend or family member.
 - Maintain healthy relationships and build a strong support system.
- **Take breaks**
 - Make time to unwind and remind yourself that strong feelings will fade.
 - Try taking in deep breaths.
 - Try to do activities you usually enjoy.
- **Stay informed**
 - When you feel that you are missing information, you may become more stressed or nervous.
 - Watch, listen to, or read the news for updates from officials.
 - Be aware that there may be rumors during a crisis, especially on social media.
 - Always check your sources and turn to reliable sources of information like your local government authorities.
- **Avoid too much exposure to news**
 - Take breaks from watching, reading, or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly.
 - Try to do enjoyable activities and return to normal life as much as possible and check for updates between breaks.
- **Seek help when needed**
 - If distress impacts activities of your daily life for several days or weeks, talk to a clergy member, counselor, or doctor, or contact the SAMHSA helpline at 1-800-985-5990.
- **Can I talk to a professional who knows about coping after a disaster?**
 - SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters. (SAMHSA is the Substance Abuse and Mental Health Service Administration)
 - The Disaster Distress Helpline, 1-800-985-5990, is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster.
 - This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories.
 - People with deafness or hearing loss can use their preferred relay service to call the helpline at 1-800-985-5990.
- **Who should contact the disaster distress helpline?**
 - This crisis support service is for anyone experiencing emotional distress related to disasters such as:
 - Tornadoes and Severe Storms
 - Hurricanes and Tropical Storms
 - Floods
 - Wildfires
 - Earthquakes
 - Drought
 - Incidents of Mass Violence
 - Anniversaries of Trigger Events
 - The Disaster Distress Helpline also answers calls and texts related to infectious disease outbreaks, such as the Coronavirus pandemic, incidents of community unrest, and other traumatic events.

- Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call or text 1-800-985-5990 to connect with a trained crisis counselor.
- **More information is available at:** <https://bit.ly/DisasterMentalHealthCDC>

PDPH Information

- **PDPH Call Center**
 - Information on City public health guidance, services, resources, and more.
 - Call 215-685-5488, press 3 for interpretation in your language, press 2 for Spanish. Dial 711 for TRS/TTY assistance.
- **PDPH COVID-19 website and social media**
 - Information on the ending of the COVID-19 Public Health Emergency declarations: <https://bit.ly/PHEendPHL>
 - Latest information from PDPH : phila.gov/COVID, facebook.com/phillyhealth and [twitter](https://twitter.com)

COVID-19: Resources and Services

- **Where to find COVID-19 vaccine, including booster doses:**
 - Call 215-685-5488 or visit vaccines.gov to find a vaccine clinic near you.
 - 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 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**
 - Find free tests and testing sites at: https://bit.ly/Covid19_test

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.

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**