

Philadelphia Biweekly PHP Outreach Newsletter

Philadelphia Department of Public Health

The Latest Events

- November is Liver Cancer Awareness Month
 - Chronic hepatitis B and C can both put you at higher risk for developing liver cancer
 - Hepatitis B can be prevented by getting vaccinated. Talk to your healthcare provider or find a vaccinating pharmacy near you <https://bit.ly/PhillyHepVaccines>
 - Find a screening location near you: <https://bit.ly/HepScreening>
- December 3 is International Day of Persons with Disabilities
 - It is a day to promote an understanding of disability issues and support the dignity, rights and well-being of persons with disabilities.
 - Learn more about respiratory viruses and people with disabilities in the FAQ below.

The Latest News

- Fall preparedness materials available:
 - Our new Fall Newsletter and flyers about RSV, COVID-19 and the flu are available.
 - To order free printed copies, visit: <https://bit.ly/PHPMaterials>
 - Translations available.
- Do you have diarrhea?
 - It could be caused by a bacteria called Shigella.
 - An increase in Shigella has been seen in Philadelphia.
 - Shigella spreads very easily from one person to another.
 - To learn how to protect yourself and your community, go to: <https://bit.ly/ShigellaInfo>
- New suite of health promotion materials for people with disabilities
 - CDC created tailored health promotion messages and materials to improve hand hygiene, cleaning and disinfection, mask wearing, and physical distancing behaviors among people with hearing, vision, cognitive, mobility, and/or self-care disabilities.
 - To access and download materials, go to: <https://bit.ly/CDCHealthPromo>
- New resource webpage for people with disabilities
 - CDC's Respiratory Virus Resources for People with Disabilities is a web page promoting resources about how to prevent flu, COVID-19, and respiratory syncytial virus (RSV) for people with disabilities.
 - It includes information on risk, help with vaccine access, everyday preventive actions, and accessible materials tailored for people with disabilities.
 - To find resources that can help people with disabilities, go to: <https://bit.ly/RespVirusResources>
 - Learn more in the FAQ below.
- Stay safe from Carbon Monoxide poisoning this season
 - Carbon monoxide (CO) is an odorless, colorless gas that can cause sudden illness and death.
 - Install carbon monoxide monitors in your home and make sure all monitors have working batteries.
 - Carbon monoxide alarms can be purchased at hardware, home improvement, large retail stores (department stores) and some supermarkets.
 - For more guidance, go to: <https://bit.ly/CO2Prevention>

- Access to free COVID vaccine for uninsured and underinsured Philadelphians
 - The COVID vaccine is the best way to prevent yourself from getting COVID or from getting so sick with COVID that you need to go to the hospital.
 - The Bridge Access Program covers the COVID-19 vaccine for people who don't have insurance, or if their insurance won't cover the vaccine.
 - Find Bridge Access Program providers here: <https://bit.ly/FreeCOVIDVaccine>
 - Keep an eye on this page as new providers are added.

Frequently Asked Questions on Respiratory Viruses and People with Disabilities

- What resources are available to help people with disabilities get vaccinated?
 - Vaccines help protect against severe illness from some viruses.
 - The Disability Information and Access Line (DIAL) helps people with disabilities find local vaccination clinics and connect with accessible transportation.
 - For more information, go to: <https://bit.ly/DisabilityInfoAccessLine>
- Why are some people with disabilities more likely to be infected with and get very sick from flu, COVID-19, or respiratory syncytial virus (RSV)?
 - Some people with disabilities might be more likely to get infected or have severe illness because of underlying medical conditions, congregate living settings, or systemic health and social inequities.
- For people with some disabilities, what factors can increase the risk of becoming infected or having unrecognized illness?
 - Coming into close contact with others who may be infected, such as direct support providers and family members.
 - Trouble understanding information or practicing preventive measures, such as hand washing and mask wearing.
 - Difficulty communicating symptoms of illness.
- How can I protect myself and others from flu, COVID-19, and RSV?
 - Stay up-to-date with vaccination.
 - Wear a mask when in crowded or poorly ventilated spaces
 - Avoid crowds and poorly ventilated spaces.
 - Wash your hands often or use hand sanitizer made with at least 60% alcohol.
 - Treatment is available for flu and COVID-19. Call your doctor to see if you should be treated to prevent severe illness and death.
- What are some additional steps people with disabilities can take to prepare for an emergency?
 - Plan what you will do if you or your direct support provider gets sick.
 - Create a contact list of family, friends, neighbors and local service agencies that can provide support in case you or your direct support provider becomes ill or unavailable.
 - Plan at least two ways of commuting from home and work. Write down this information and keep it with you.
 - Have enough household items and groceries so that you will be comfortable staying home for a few weeks, at least a 30-day supply of over the counter and prescription medicines, if possible, and any medical equipment or supplies that you might need.
 - Discuss with your healthcare provider.
 - Make a photocopy of prescriptions, as this may help in obtaining medications in an emergency.
 - Fill out a health information card: <https://bit.ly/PDPHCard>

- Always carry it with you. The health information card will help you keep track of:
 - Emergency contact information
 - Any special needs you may have
 - Important health information
 - Medicines

COVID-19 Information

- It's fall and that means it's vaccination season
- Want to offer FREE COVID-19 vaccines to eligible adults at your community event
 - eTrueNorth can help you identify a pharmacy partner to provide vaccine services.
 - Flyer is attached; please share with your networks!
- It's fall and that means it's vaccination season
 - The best way to protect you and your family from getting seriously ill is to make sure everyone stays up to date with vaccines.
 - To find out which vaccines you need to schedule for yourself and your loved ones, go to <https://bit.ly/FallVax>
- COVID-19 test kit distribution program
 - Community-based organizations, event organizers, and venues can apply to receive free at-home test kits and face masks to share with their communities and event attendees.
 - For more information go to <https://bit.ly/TestKitDistrib>

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.

PDPH Information

- **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)
- **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.

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.