



Community Health Worker Asthma Training Program

Learning collaborative #7

September 28th, 2020

Welcome

- ▶ This is the 7th monthly Learning Collaborative, a place for all who have attended our trainings to participate and engage with their peers and the PHSKC CHW training team. Currently, our LC's have focused on COVID19 resources.
- ▶ If you would like Spanish translation, please enter your name/phone # in that chat box

SKYPE Line- Spanish

- ▶ [Join Skype Meeting](#) - -
- ▶ Trouble Joining? [Try Skype Web App](#)
- ▶ Join by phone
- ▶ 1.206.263.8114,,238983# (Washington state)
- ▶ [Find a local number](#)
- ▶ Conference ID: 238983
- ▶ [Forgot your dial-in PIN?](#) | [Help](#)

Welcome!

Agenda

1. Introductions

- ▶ PHSKC Team
- ▶ King County CHWs & Supervisors
- ▶ Southwest WA CHWs & Supervisors

2. COVID19 updates from the Governor's Office

3. Wildfire Updates

4. Flu season discussion and resources

Wildfire Updates

- We're happy to say that most fires have been contained at the moment.
- The Department of Social and Health Services is updating their disaster cash assistance program to serve people who have been affected by the wildfires burning throughout the state.
- You can visit Washingtonconnection.org to see if you qualify for food, cash, childcare, long-term care, and Medicare savings programs or to find other services.
- While we're doing what we can at the state level, we've asked FEMA and the Trump administration for a Federal Major Disaster Declaration due to the extensive damage caused by fires in the state of Washington.

Air Quality

Please as soon as possible share the attached translated messages on staying safe while air quality is poor and the posters here on the dangers of smoke:

[English](#) | [Spanish](#) | [Arabic](#) | [Chinese](#) | [Korean](#)
| [Punjabi](#) | [Russian](#) | [Somali](#) | [Tagalog](#) |
[Ukrainian](#) | [Vietnamese](#)

Smoke from fires can be dangerous for everyone



Take these steps to protect your health

Stay informed on air quality



Visit WA Smoke Blog (www.wasmoke.blogspot.com) for current air quality conditions and smoke forecasts.

Pay attention to local news for health warnings and air quality reports in your area.

Avoid smoky air



People with health conditions, such as lung or heart diseases, diabetes, stroke survivors or have a cold, should limit their time outside, avoid intense physical activities and keep indoor air clean when smoke levels are "moderate."

Babies, children, people over 65, and pregnant women should follow this advice when smoke levels are "unhealthy for sensitive groups."

Everyone else should do this when smoke levels are "unhealthy for everyone."

Keep indoor air clean



Close windows and doors, pay attention to the heat, and stay hydrated.

Use fans or air conditioner (AC) when it's hot, and set your AC to recirculate. If you don't have an AC and it's too hot to stay home, go to a place with AC like a mall or library.

Don't smoke, use candles, or vacuum.

Use an air cleaner with a HEPA filter.

Contact your healthcare provider



If you have heart or lung diseases and your symptoms get worse around smoke, contact your healthcare provider. **Call 911 if you or someone else has serious symptoms**—like trouble breathing.

www.doh.wa.gov/SmokeFromFires

DOH is committed to providing customers with forms and publications in appropriate alternate formats. Requests can be made by calling 800-525-0127 or by email at civil.rights@doh.wa.gov. TTY users dial 711.



King County

How to keep indoor air clean on smoky days

Blog Post on the Public Health Insider

<https://publichealthinsider.com/2020/09/09/how-to-keep-indoor-air-clean-on-smoky-days/>



Discussion- Flu Season



What questions (if any) do you ask clients about flu and what referrals do you make?



What are some top concerns and resource requests are coming up for clients at this time?

Washington DOH providing Flu Updates

Washington State Influenza Update

Week 36

August 30 – September 5, 2020

Washington State Department of Health, Communicable Disease Epidemiology

Quick facts are below. See full report on pages 1-10 for details.

Flu activity in Washington is
currently

Low

Number of reported lab-
confirmed deaths
2019-2020 season to date

109

6 children
103 adults

Take Me To:

- Strains page 1
- Trends page 2
- Other viruses page 7
- Deaths page 8

How do you stop the spread of flu?

Get vaccinated! After getting vaccinated,
also:



1. Wash your hands often
2. Cover your cough
3. Stay home when you're sick

More information:

Learn about flu and flu activity in Washington:

www.knockoutflu.org

[National flu report](#) from the CDC

Washington [flu resources for providers](#)

Read detailed Washington weekly flu report
following this page.

Find Washington flu and flu vaccine information at
www.KnockOutFlu.org.



To request this document in another format, call
1-800-525-0127. Deaf or hard of hearing customers,
please call 711 (Washington Relay) or email
civil.rights@doh.wa.gov.

For more information:

<https://www.doh.wa.gov/Portals/1/Documents/5100/420-100-FluUpdate.pdf>



King County

Why flu vaccine is more important during COVID-19

Why is it particularly important to get a flu vaccine this season?

Hospitals, clinics, and doctors' offices are likely to be busy caring for COVID-19 patients and other health needs. Getting a flu vaccine will help keep you and your loved ones out of those medical settings.

Flu vaccine has been shown to reduce the risk of getting the flu by about half, and importantly also reduces the risk for severe illness and hospitalization for those who do get the flu.

When the rest of us get vaccinated for the flu, it also helps protect our household members and others in the community - especially older adults, young children, pregnant women, people with chronic medical conditions or weakened immune systems, and others at [high risk for severe influenza](#).

▶ <https://publichealthinsider.com/2020/09/14/why-flu-vaccine-is-more-important-during-covid-19/>

▶ Public Health Insider: [¿Por Qué la Vacuna Contra la Influenza es más Importante que Nunca Durante el COVID-19?](#)

Why flu vaccine is more important during COVID-19

The flu and COVID-19 share many of the same symptoms, such as fever, cough, shortness of breath, sore throat, muscle aches, and fatigue. How can you tell if you have flu or COVID-19?

With so many shared symptoms, it will be complicated to distinguish between the two and will require testing. Anyone with these symptoms will likely need to take isolation precautions for COVID-19 that include staying away from others for at least 10 days and their close contacts may need to be quarantined.

Why flu vaccine is more important during COVID-19

Will the flu vaccine prevent COVID-19?

No, the flu vaccine protects against the 4 types of influenza viruses that may circulate each season. Vaccines for COVID-19 are currently undergoing large scale safety and effectiveness testing and have not been evaluated or approved for use outside of these studies. But we do have a vaccine for flu that has been safely given to millions of Americans for more than 50 years. And it works.

Why flu vaccine is more important during COVID-19

How can you safely get a flu vaccine if COVID-19 is still spreading in King County?

You can safely get a flu shot from a doctor's office, community health center, or pharmacy. They are taking extra steps to protect clients from COVID-19. Any vaccination location following CDC's [pandemic guidance](#) should be a safe place for you to get a flu vaccine.

You can use [VaccineFinder.org](#) to find where flu vaccines are available near you. We recommend that you call ahead to make sure they have it in stock.

Why flu vaccine is more important during COVID-19

How else could this flu season look different during the COVID-19 pandemic?

Even in a typical year it's not possible to predict when the flu season will start or how severe it will be. If enough of us follow the recommended [COVID-19 prevention measures](#), it's possible that the upcoming flu season could be less severe than usual. But we can't bank on that and it would be foolish not to protect ourselves.

We also don't know what the combination of COVID-19 and influenza will mean for people who get infected at the same time or close together, but there is concern that the combination could lead to serious illnesses.

Flu Vaccination Locations


- ▶ <https://publichealthinsider.com/2020/09/14/why-flu-vaccine-is-more-important-during-covid-19/>
- ▶ Public Health Insider: [¿Por Qué la Vacuna Contra la Influenza es más Importante que Nunca Durante el COVID-19?](#)

Here are some that are already scheduled (please note that most of these are by appointment). The below information is subject to change. Before attending a clinic, please confirm the most up-to-date information on our [Find a Vaccination Clinic webpage](#).

Location	When	Details
ShoWare Center in Kent	Wednesday, 10/7, 12-5 PM and Saturday, 10/10, 10-4 PM	Drive-thru childhood vaccines and flu clinics. Hosted by Public Health and Seattle Visiting Nurse Association. Walk-ups welcome. Offering all vaccines required for K-12 school at no cost, no insurance needed. Also offering flu for all adults and children ages 4 and up. Bring your family's vaccination records, wear short sleeves, and make sure everyone over age 2 wears a face covering! Registration required for adult flu: schedule.seattle.vna.com . For accommodations or accessibility information, contact: ggustavson@kingcounty.gov . For more info: kingcounty.gov/findaclinic
ICHS clinics: International District, Holly Park, Bellevue, and Shoreline	By appointment. Select Saturdays in September and October.	Multiple flu clinics for adults and children at four ICHS locations. These are prioritized for ICHS patients but open to everyone. Find date, time, location, and registration information on Public Health's " Find an Immunization Clinic " page.
Stepping Stone Pediatrics in Bellevue	By appointment. Every Wednesday, 2-5 PM and Saturday, 10-2 PM.	Ongoing no-cost childhood immunization clinics. Will offer flu vaccine when available. No insurance needed. Open to all King County children 0-18. Families can check availability and register at https://steppingstonepediatrics.fullslate.com/services/4129
Various King County locations	By appointment.	Drive-thru clinics hosted by Seattle Visiting Nurse Association. Multiple locations in King County. Serving adults and children ages 4+. All insurances accepted. Learn more and register online . *Please note: new clinic locations and dates will be added throughout September and October.
School based health centers (various locations)	By appointment.	Vaccinations, preventative health, mental health services and more for students at 30+ campuses. School based health centers (SBHCs) operate at more than two dozen Seattle Public Schools, and five additional schools in Bellevue, Highline, Renton, and Vashon. SBHCs serve any student enrolled in the participating district. See a list of School-Based Health Centers (openings are subject to change and hours may be limited – call before visiting). Learn more .

CDC Website- Similarities and Differences between Flu and COVID-19

► <https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>



Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

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Influenza (Flu)

Seasonal Influenza (Flu) > Symptoms & Diagnosis

🏠 Seasonal Influenza (Flu)

About Flu +

Who is at High Risk for Flu Complications +

This Flu Season +

Prevent Flu +

Flu Vaccines Work +

Symptoms & Diagnosis -

Flu Symptoms & Complications +

The Difference Between Cold and Flu

The Difference between Flu and COVID-19

Diagnosis



Similarities and Differences between Flu and COVID-19

[Español](#) | [Other Languages](#)

What is the difference between Influenza (Flu) and COVID-19?

Influenza (Flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a new coronavirus (called SARS-CoV-2) and flu is caused by infection with [influenza viruses](#). Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis. Flu and COVID-19 share many characteristics, but there are some key differences between the two.

While more is learned every day, there is still a lot that is unknown about COVID-

On This Page

[Signs and Symptoms](#)

[How long symptoms appear after exposure and infection](#)

[How long someone can spread the virus](#)

[How it Spreads](#)

Thank you!