

COVID-19 *Resources for CHWs*

CORONAVIRUS



The Definitive Guide to the Coronavirus for CHWs

How CHWs Can Help fight COVID-19

Community health workers (CHWs) are concerned about how the coronavirus impacts their well-being and the people to who are their clients, their families, and community members.

CHWs are in a unique position to prevent the spread of the disease COVID-19. They can provide accurate, evidence-based information from trusted sources, help address anxiety and depression, and provide other support to clients because of this public health crisis.

CHWTraining has been working to provide information to prevent the spread of COVID-19. Below is a curated list of resources to support CHWs. We'll continue to update this list with information as the situation progresses and as reliable information is available.

- General Information About the Coronavirus
- People at a Higher Risk
- Myths
- Mental Health
- Food Insecurity
- Training Opportunities

General Information About the Coronavirus

News about the coronavirus and the disease caused by it (COVID-19) is quickly changing and can be confusing. These resources provide useful information in plain language to share with clients.

- [COVID-19 Educational Materials – 26+ Languages](#), Washington State Department of Health
- [Resources and Recommendations](#), Washington State Department of Health
- [A simple guide to coronavirus to share with patients and clients](#), CHWTraining
- [What healthcare workers should know about COVID-19](#), CDC
- [Coronavirus Resource Center](#), Harvard Medical School
- [Specific phrases & word choices that can be helpful when dealing with COVID19](#), Serious Illness Conversations

[Latest COVID-19 Research Studies](#), *The Lancet*

“To assist health workers and researchers working under challenging conditions to bring this outbreak to a close, *The Lancet* has created a Coronavirus Resource Centre. This resource brings together new 2019 novel coronavirus disease (COVID-19) content from across *The Lancet* journals as it is published.”

[Guidelines for Frontline Workers](#), Unicef

UNICEF provides CHWs with helpful guidelines and reports regarding various aspects of the COVID-19 crisis including special considerations for many key health areas including nutrition, HIV/AIDS, and hygiene.

[Managing COVID-19 in Healthcare Facilities](#), CDC

To optimize the safety and efficiency of healthcare settings, specific strategies and considerations have been developed to help CHWs deal with the pandemic. Tactics for infection control, PPE supply, and staffing shortages can improve how practitioners deal with the current surge in patient numbers and hospital services. These management methods will not only improve the experience for healthcare workers but for patients as well.

People at a Higher Risk

Anyone can contract the disease and may become seriously sick, but some people are at a higher risk of having complications or death from COVID-19. These include such conditions as asthma, diabetes, heart disease, lung disease, diabetes, and other underlying conditions.

[What’s New for Diabetes and Prediabetes](#), CHWTraining

CHWs can advise on what diabetes is, how to interpret blood sugar levels, share healthy eating ideas and recipes, and give ideas for physical activity. They can also connect clients to professionals who can provide more support beyond a physical, such as dental workers and dietitians. They can also help vulnerable and minority communities who have statistically worse health outcomes from diabetes.

[COVID-19 and Asthma](#), CHWTraining

Asthma is one of the underlying health conditions that can increase people’s risk for serious case of COVID-19, the disease caused by the coronavirus. This doesn’t mean they’re more likely to get an infection, but they are more likely to have worse outcomes if they become sick with COVID-19.

Hospitals are a bad place to be right now. People with lung conditions are more frequently admitted to hospitals because of their illnesses.

The best thing frontline health workers can do is help people stay home, keep a safe distance from others, and avoid getting sick in the first place. They should stay connected with their healthcare providers about any symptom changes. And, of course, follow the asthma action plan.

[COVID-19 and Heart Disease](#), ACC

Managing heart disease patients during the COVID-19 pandemic can be tricky due to the higher mortality risk of this group. CHWs need to continue following up with such patients to ensure their drug compliance and to reduce risk of complications. They can take special precautions to prevent occurrence

of major cardiovascular events like thrombosis and infarction. Further considerations are needed for elderly patients and essential workers with a history of heart disease.

Myths

[Stigma Reduction](#), Washington State Department of Health

Misinformation or wrong information about the new coronavirus and the disease it causes, COVID-19 creates fear and bad actions that hurts people and makes it harder to keep everyone healthy.

Misinformation about groups of people or communities also creates fear and bad actions that make it harder to keep everyone healthy. Paired together they are even more dangerous.

[COVID Myths Busted](#), WHO

It's important for CHWs to spread awareness and minimize misinformation about COVID-19. Rumors about the virus including its method of transmission, life span, treatment, and symptoms can cause unnecessary panic. Healthcare workers are responsible for sharing scientific facts to help manage the crisis. Creating flyers, advising patients during check-ups and consultations, and using word of mouth to circulate COVID-19 facts are recommended.

[More Than Just an Infection](#), World Psychiatric Association

COVID-19 is not only a novel virus but a novel worldwide phenomenon. Therefore, it is crucial to address the psychological implications of the pandemic. CHWs “know it is not only the physical effects of COVID-19 that are detrimental for society, but also the mental health effects. As well as supporting people with mental ill health, supporting everybody’s mental health is key.”

Mental Health

[10 Signs You Need to Make a Behavioral Health Referral](#), CHWTraining

Chronic stress can come from many sources such as poverty, long-term sickness, or domestic violence, in addition to a global pandemic. Stress has a serious effect on a person’s overall wellness. It can increase the risk of heart disease and strokes. It can increase depression, anxiety, and more serious mental illnesses—all associated with heart disease and a lower immune system. Stress can also lead people to unhealthy choices with food and substances. Find out what to do when someone needs a behavioral health referral.

[COVID-19 Resource and Information Guide](#), National Alliance on Mental Illness

NAMI released the NAMI COVID-19 Resource and Information Guide to answer frequently asked questions regarding the intersection between Coronavirus, or COVID-19, and people affected by mental illness, their caregivers and loved ones. The guide features FAQs on a variety of topics from managing anxiety and social isolation to accessing health care and medications.

[Also available in Spanish.](#)

[Mental health and psychosocial considerations during the COVID-19 outbreak](#), WHO

“The considerations presented in this document have been developed by the WHO Department of Mental Health and Substance Use as a series of messages that can be used in communications to support mental and psychosocial well-being in different target groups during the outbreak.”

Food Insecurity

[The Impact of COVID-19 on Food Demand and Supply](#), Food and Agriculture Organization of the United Nations

How does COVID-19 affect the food market in terms of demand and supply? Which groups are at high risk of food insecurity during this pandemic? How will food prices change the lives of both farmers and consumers? The Food and Agriculture Organization (FAO) creates updated resources for the public including Q&A sheets and policy briefs to evaluate the crisis and offer solutions.

[Need Help? Find Food](#), Feeding America

The Feeding America network of 200 food banks and 60,000 food pantries and meal programs serve virtually every community in all 50 states, Washington, D.C. and Puerto Rico. Food is free without any expectation of donation or repayment. Search by zip code or state using the food bank locator and contact the food bank that serves your area.

Training Opportunities

[COVID-19 Workforce Training Materials](#), Healthier Washington Collaboration Portal

Resources and training videos

[Idaho COVID-Module](#)

The Institute of Emergency Management at Idaho State University – Meridian is happy to announce there is a new FREE health specific training module available through the Center For Workforce Training about the coronavirus, COVID-19. The purpose of this course is to provide education about COVID-19 signs and symptoms, how it spreads, what to do if a person becomes ill, and how to prevent catching or spreading the virus. After completing this module, students will be able to successfully educate patients about COVID-19 and offer them support during this time of crisis.

This module is optional and available to you free of charge. You may register for this module at <https://cetrain.isu.edu/>. If you don't have an account at certain.isu.edu, please create a profile and take this HSM.

INSTRUCTIONS:

1. Visit: cetrain.isu.edu/covid-19
2. Press "Registration" then "Enroll".
3. Login or create a new account with ISU CEWT.
4. Complete enrollment on shopping cart page by pressing "Confirm".
5. Access the course by pressing the "Moodle" button at: cetrain.isu.edu/account/

If there are issues accessing the site or with login, please call (208) 282-3372 or email at cetrain@isu.edu.

[Burnout Prevention for CHW Supervisors](#), CHWTraining

Coronavirus Resources for CHWs, [CHWTraining](#)

Supporting a community health team with limited resources can be a daunting task right now. What self-care strategies do they need? How can they control stress and enjoy their work more? As a supervisor or program manager, how do you spot signs of burnout and compassion fatigue earlier? You can help your team improve their personal and professional lives. Improve your team's mental wellness by identifying early signs that an employee is at risk for depression, anxiety, or secondary trauma. You can help your team improve their personal and professional lives.

[Making Contact: A Training for COVID-19 Contact Tracers](#), ASTHO

Introductory online course for entry-level COVID-19 contact tracers, for use by health agencies in rapid training of new contact tracers. The training will be augmented by state/local specific training required to orient individuals to jurisdiction-specific protocols. This training focuses on building knowledge for remote contact tracing; a subsequent release will include a module on field services.

[COVID-19 & Diabetes: Examining the impact of health disparities in a time of crisis](#), ADA

“Learn how inequalities in factors like income, food access, health care access, housing, transportation and more impact minority populations disproportionately affected by diabetes during this pandemic. In addition, learn about ADA's Advocacy efforts to address these upstream factors contributing to health as they relate to diabetes and COVID-19, and how you can raise your voice in support of ADA's vital health equity work.”