

FROM THE HEALTH EXPERTS AT NATIVIDAD MEDICAL CENTER

INSPIRING HEALTHY LIVES

What you need to know
about COVID-19

8 ways to keep your
family safe

How to make phone
and video appointments

Community resources
if you need help

SUMMER 2020

The health and safety of you and your family are the most important things right now. That's why they are our top priority.

As Monterey County's only teaching hospital and trauma center, Natividad is committed to protecting you and improving everyone's health and wellness.

The COVID-19 health crisis is changing how we live, work, shop and go to school. Many of us are doing more: teaching and parenting kids, and working or looking for work. We know these changes are hard and families everywhere are adjusting to new routines.

Inside this newsletter, you will find advice and tips about keeping you and your family healthy, happy and well during these difficult times. We have also included information about programs that can help if you need them. You are not alone.

We at Natividad are thankful for you, our community and our patients. You make our work meaningful. Please stay safe and stay positive. We will get through this together. And if you ever need us, Natividad is always here for you.



Get outside for exercise. It is good for you physically and mentally.

Natividad's Coronavirus Hotline is here to help

Do you have questions about COVID-19 or think you need to get tested? If you have symptoms like cough and fever, virtual screenings are available. Call (831) 772-7365 to get expert advice from one of our bilingual nurses.





Cooking together is fun for the whole family and makes kids more likely to eat their veggies.

Tostada Night

Recipe from Dr. Britt Rios-Ellis, Natividad Member Board of Trustees and CSUMB Founding Dean of Health Sciences and Human Services

INGREDIENTS (serves 4)

8-10 corn tostadas

1 can refried or black beans, warmed – or, better yet, **2** cups home-cooked pinto or black beans

1 romaine lettuce heart, washed and chopped

1 tomato, chopped

2 chicken breasts, cooked and diced

1 onion, chopped fine

1 bunch cilantro, chopped

2 cups cheddar cheese, shredded

1 cup crema Mexicana (sour cream)

1 avocado, sliced in small pieces

Salsa and your favorite hot sauces

Family tostada night lets everyone put what they like on their tostadas and always promises a delicious meal. Kids as young as 5 can use a sharp knife with supervision. Have them help you chop the ingredients and shred cheese.

HEALTHY TIP: Tonight at dinner, ask everyone to share 3 things they are thankful for. You may learn some pleasant surprises.



8 WAYS TO KEEP YOUR FAMILY SAFE

- 1. Stay healthy.** Keep up with your regular appointments. Natividad and most clinics and doctors are offering phone and video appointments so you can get the medical care you need from your home.
- 2. Get urgent care if you need it.** Natividad is doing everything to keep you safe. People who are suspected or confirmed to have COVID-19 are treated in areas separate from other patients, and the hospital has thorough cleaning and disinfecting procedures in place.
- 3. Eat healthy.** It is easy to turn to comfort food, but it is more important than ever to eat for health. Get your kids involved with easy recipes like tostadas (see Dr. Rios-Ellis's recipe on the left) so the whole family can eat well together.
- 4. Talk with your children.** Take a 20-minute walk with your children every day. This is a good time to listen and learn more about what they enjoy and any worries they might have. When kids feel more secure, they may be less anxious or depressed.
- 5. Do physical distancing, but stay social.** You can stay in touch with your friends and family through phone calls or apps like FaceTime or Zoom. Let the kids have a virtual playdate – but don't let them browse the internet unsupervised.
- 6. Be positive.** During these troubled times it is important to find the positives that happen every day. If you had a special moment with your children, other family members or friends, take time to be thankful for good things in your life right now. Writing down or thinking of 3 things that we are grateful for each day can help us be more optimistic. Not worrying too much also has positive effects on our mental health and can help us recover from illness more quickly.
- 7. Get outside.** Spend some time outside every day – you can play games like tag or hide-and-seek to move around. Regular exercise helps reduce screen time and gives you and your family a break.
- 8. Make your home safe.** Safely store cleaning products or dangerous chemicals. Keep guns out of the home or be sure they are locked and unloaded, with ammunition stored separately. Other weapons like knives should be locked and out of children's reach.

Be a role model for your kids

*Expert tips from Dr. Christopher Carpenter,
Natividad Pediatric Service Director and Chief of Staff*

COVID-19 is a lot to deal with for adults, and it can be hard for kids to understand why things are different right now. Don't punish your child for not remembering everything, or for not doing everything right. Be patient with them and with yourself. If you are doing your best with childcare, work, home and parenting, don't worry if things do not always go as planned. It will get better with time.

Remember that you are the most important role model for your kids. Take time to tell them what to do and show them by doing it yourself. Teach your child how to cough or sneeze in a tissue or the inside of their elbow. You can show them what physical distancing looks like by cutting out cardboard squares, then play a game by keeping 6 feet away from other people on the squares.

Talk to them about the 6 Simple Tips to Help Prevent the Spread of Coronavirus on the next page. Let them know that it's important to wash their hands because you don't want them to get sick. Tell them why they shouldn't share food or drinks with people, especially when sick. There are videos on the internet that explain coronavirus and physical distancing to kids so they can understand better, in a way that's not scary. Sesame Street has a great website for young children.



HEALTHY TIP: When school's out, it's easy to let kids go to bed late and wake up late. Keep a schedule every day and stick to it. Children like routines and need something to look forward to every day.

Get moving and have fun!

Many of us are spending a lot of time on the couch these days. It's important to get your heart rate up every day through exercise. You are more likely to continue exercising if you do it at the same time every day. Wear a helmet when riding a bike, scooter or hoverboard. Use free online resources tools for home workouts and yoga.



Play games

Whether you're sheltering in place with your family or by yourself, playing games with others in person or online can help you connect while exercising your brain. Set up a regular game night. If you have kids, let them choose the games. Games can also be a good way for kids to learn.

Your health comes first

Natividad is offering phone and video visits with our doctors and health care providers. Call us to make an appointment.

D'ARRIGO FAMILY SPECIALTY SERVICES (831) 755-4156

NATIVIDAD MEDICAL GROUP (831) 759-0674

CARDIOLOGY CLINIC (831) 796-1630

6 SIMPLE TIPS to help prevent the spread of coronavirus



TIP 1: Wash your hands often with soap and water for 20 seconds, or use a hand sanitizer with at least 60% alcohol. Do not touch your eyes, nose or mouth.



TIP 2: Avoid close contact with people who are sick. Stay 6 feet away from people outside of your home.



TIP 3: Cover your mouth and nose with a cloth face covering or mask when around others in public. Children under age 2 should not wear masks.



TIP 4: Cover your cough or sneeze with a tissue, then throw the tissue in the trash, and wash your hands.



TIP 5: Clean and disinfect frequently touched surfaces every day.



TIP 6: Monitor your health. Be alert for fever, cough, shortness of breath or other symptoms of COVID-19. If you're sick, stay home except to get medical care.

Q&A *Expert guidance from Dr. Craig Walls, Natividad Chief Medical Officer*

What is coronavirus (COVID-19)?

It is an illness caused by a new virus that spreads from person to person. Symptoms can be mild fever and cough, shortness of breath and severe illnesses, or no symptoms at all. For some, it is fatal.

How do I avoid getting sick?

The best way to protect yourself against COVID-19 is to not get exposed to the virus. You can get infected by getting close (less than 6 feet, or 2 meters) to a person who has coronavirus. You don't always know who is sick. People can have the virus and be contagious, but don't have any symptoms. The virus is spread by respiratory droplets when an infected person coughs, sneezes or talks. You can also get sick by touching a surface or object that has the virus on it and then touching your mouth, nose or eyes.

What do I do if I get sick?

You must stay away from other people and do things to stop the virus from spreading. People who are mildly sick and not considered at increased risk for complications can often isolate at home during their illness. You may feel like you have a bad cold or the flu, and can take over-the-counter medications for your fever or cough.

Isolate yourself, stay home from work and separate yourself from other people and pets in your home. You must do this for at least 10 full days since COVID-19 symptoms first appeared and at least 3 days (72 hours) must pass after the fever has gone away without using fever-reducing medicines (like Tylenol®), and your symptoms improve. If you cannot safely isolate at home, contact Monterey County at (831) 755-4521 to request temporary isolation accommodations.

There is no cure for COVID-19, but you can get medical care to help with your symptoms. Many doctors and clinics, including those at Natividad, are making phone and video appointments. If you have to go in person to your doctor's office, please tell them about your symptoms before you arrive so they can get ready and protect others. Wear a mask or cloth face covering over your mouth and nose when you arrive at a doctor's office or hospital before you have contact with anyone.

When should I go to the Emergency Department?

If you have trouble breathing, constant pain or pressure in the chest, if you feel confusion or are weak, or have bluish lips or face, get immediate urgent or emergency care. If you have a medical emergency, call 911 and tell the operator your symptoms. If you are coming to Natividad's Emergency Department by car, or are a walk-in patient, you do not need to call us before you arrive. You may receive care in our medical tent.

Is there a vaccine for COVID-19?

No. There currently is no vaccine to protect against COVID-19. The best way to protect yourself and your family is to not be exposed to the virus.

Am I at high risk for complications?

Anyone can get COVID-19. You may be at higher risk of complications if you are over 65, or have a weakened immune system, diabetes or chronic heart, lung or kidney functions, or are very overweight. You may also be at higher risk if you live in a nursing home or long-term care facility. The Centers for Disease Control and Prevention (CDC) recommends that if you are at high risk, you should stay home and avoid other people. Contact your doctor right away if you have these coronavirus symptoms: fever, cough, shortness of breath. If you don't have a provider, go to www.findahealthcenter.hrsa.gov to find a health center near you.

Will I get a bill?

During the coronavirus pandemic, all bills for COVID-19 screening and testing are covered at no cost. It doesn't matter if you have insurance or not. You are not responsible for out-of-pocket costs for these services.

All California health plans must provide coverage for COVID-19 treatment. Many health plans offer treatment at no cost, while other plans may charge cost-sharing for these services. Check with your insurance provider for more information.

There are many resources for insured, uninsured and undocumented people in California. There is also a new

Medi-Cal program for people who don't have insurance and need COVID-19 testing. If you need more medical care beyond COVID-19 testing, Natividad will work with you to get the care you need at a reasonable cost or no cost. If you don't qualify, we will help you apply for financial aid or other programs. For information about those programs, call (831) 755-4165. If you have questions about your bills, please call our business office at (831) 755-4242.

Need health insurance?

Covered California, the marketplace for private health insurance that offers discounted plans. Visit www.coveredca.com or call (800) 300-1506.

Medi-Cal, the state's free or low-cost health insurance for low-income Californians. Visit www.medi-cal.ca.gov or call (866) 323-1953.

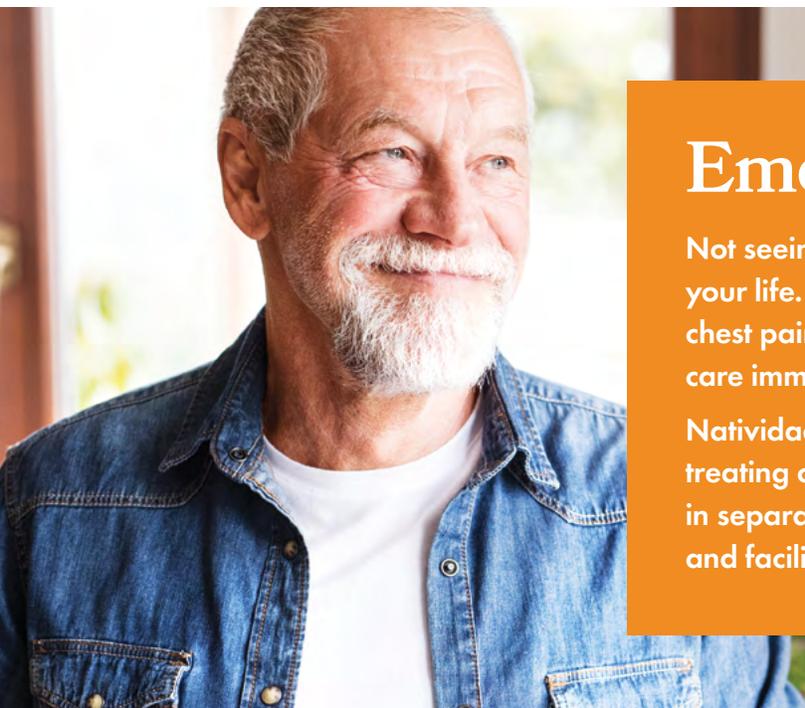
Medicare, the federal health insurance program for people 65 and over or disabled. Visit www.medicare.gov or call (800) 633-4227.

Questions about your health insurance coverage?

For medical care related to COVID-19, you should call your health insurance plan for instructions. If you do not have a health plan, contact a local community clinic or the Health Consumer Alliance hotline at (888) 804-3536 or visit www.healthconsumer.org

Paid time off

If your workplace is still open and you need time off, ask your employer about your right to a leave of absence, including new rights to paid sick days due to the coronavirus.



Emergencies don't wait

Not seeing a doctor can make you sicker or threaten your life. If you have a severe injury, trouble breathing, chest pain, or confusion, call 911 or get emergency care immediately.

Natividad is open and safe for any emergency. We are treating our patients with suspected or confirmed COVID-19 in separate areas, and we regularly clean our patient rooms and facilities very thoroughly.

How and why to wear a mask



*Expert guidance from Dr. Chad Harris,
Natividad Chief of Quality*

The Centers for Disease Control and Prevention (CDC) recommends everyone wear masks or cloth face coverings when you are around others where it's hard to practice physical distancing, and the Monterey County Health Officer's order requires you to wear one in public. For example, when you go to the grocery store, pharmacy or hospital.

Wearing a mask is recommended as an extra layer of protection. Staying 6 feet away from others (physical distancing, also known as social distancing) is important to slow the spread of the virus. It will not prevent you from breathing respiratory droplets that carry coronavirus, but a mask helps protect others from you in case you have COVID-19, even if you don't have symptoms. If everyone wears a mask in public, the risk for exposure can be reduced for the community. Thank you for doing your part to protect each other.



Wear your mask correctly

- Wash your hands before putting on your mask
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Don't touch the face covering, and, if you do, wash your hands
- Children under 2 should not wear masks
- Make sure to wash your hands before touching your child's face and before handling food

Take your mask off carefully

- Handle only by the ear loops or ties
- Fold outside corners together
- Place reusable cloth face coverings in the washing machine immediately after wearing
- Be careful not to touch your eyes, nose or mouth when removing, and wash hands immediately after removing

HEALTHY TIP: Gloves do not stop the spread of COVID-19. Washing or sanitizing your hands often is best.



You are not alone. These programs can help you

Unemployment insurance

Payments to workers who lose their job or have hours reduced through no fault of their own.

Generally not available to undocumented workers (must have legal work status). Check the Employment Development Department (EDD) at www.edd.ca.gov/unemployment/ui_online.htm for more information or call (800) 300-5616 for English, and (800) 326-8937 for Spanish.

Disability (SDI)

Payments to workers unable to work due to medical quarantine, non-work related injury or illness.

Available to undocumented workers if you paid into SDI. Application must be certified by a medical professional, so contact your doctor to apply or visit www.edd.ca.gov/disability/sdi_online.htm

Paid Family Leave

Payments to people who can't work because they are taking care of sick or quarantined family members, or to parents who need time to bond with a new child. Paid Family Leave is also available to undocumented workers if you paid into SDI. Application must be certified by a medical professional, so contact your doctor to apply or visit SDI Online.

Food stamps (CalFresh)

Financial help to buy groceries. No one will be cut off from CalFresh food stamp benefits at this time. If one family member gets food stamps, it does not impact another family member's immigration status. Call (877) 410-8823 or visit www.getcalfresh.org to apply.

Free meals for kids

Breakfast and lunch options for students. Pick-up from 11:00 am to 2:30 pm at schools throughout Monterey County. See distribution sites at www.montereycoe.org

Free meals

Dorothy's Place serves daily breakfast from 8:30 am to 9:30 am and lunch from 1:00 pm to 2:00 pm at 30 Soledad St. in Salinas. For more info, call (831) 757-3838.

Meals delivered to seniors

Meals on Wheels has home-delivered meals for seniors 60 and older. For more info, call (831) 758-6325 for Salinas Valley, (831) 375-4454 for Monterey Peninsula.

Free food

The Food Bank for Monterey County distributes free food. Call (831) 758-1523 or see the calendar at <https://foodbankformontereycounty.org/food-assistance>

Salinas walk-in or drive-thru distribution sites (as of July 2020):

- Every Wednesday, 1:30 pm to 2:30 pm
368 San Juan Grade Rd.
- Every Wednesday, 2:00 pm to 4:00 pm
1212 E. Alisal St.
- Every Thursday, 12:00 pm to 2:00 pm
111 Prado St.
- Every Friday, 8:30 am to 9:30 am
1122 E. Alisal St.
- Every day, 11:00 am to 1:00 pm and 2:00 to 4:00 pm
43 Soledad St.

Nutrition for children

WIC (Women, Infants and Children) offers nutrition and breastfeeding support for pregnant women and kids up to age 5. Salinas office located at 632 E. Alisal St.

For more info, call (831) 796-2888.

Childcare for essential workers

Mexican American Opportunity Foundation (MAOF) offers free childcare services for essential workers, including agricultural workers. Call (831) 757-0775. The YMCA is offering childcare for essential workers. Call (831) 758-3811 or visit www.centralcoastymca.org

Talk to someone about mental health

California Peer-Run Warm Line is a 24/7 service that provides free nonemergency emotional support for anxiety, panic, depression, finances, and alcohol and drug use. Speak with an English or Spanish-speaking counselor at (855) 845-7415.

Free help with legal issues

California Rural Legal Assistance offers free assistance with legal issues related to housing, work, education, public benefits and health, and more. Call (831) 757-5221.

Domestic violence and child abuse help

If you feel unsafe, call the police at 911 or the YWCA at (831) 372-6300 or (831) 757-1001. You can also call the National Domestic Abuse Hotline at (800) 799-7233.



Committed to your health and safety

Natividad is making sure you will be safe if you need to be hospitalized or treated at our hospital or Emergency Department. There is a strict visitor policy, universal masking, physical distancing, and enhanced cleaning and disinfecting processes. We are following the best practices about patient safety, including those recommended by the CDC.

What should I expect if I get tested for COVID-19?

Natividad is following CDC guidelines to prevent the spread of the virus. We have separate areas to test and screen people for respiratory illnesses. Tests are fast and include a nasal swab. Results are often available in 2 to 3 days (48 to 72 hours). Getting tested is free for everyone and does not harm your current or future immigration status.

Where do I get tested?

Natividad is at 1441 Constitution Blvd., Salinas. You must have symptoms and have known risk factors or need immediate medical attention. You don't need an appointment. You can get pre-screened with a bilingual nurse by calling the Natividad Coronavirus Hotline at (831) 772-7365.

Community Testing Sites

Salinas and Greenfield sites are open to the public and you do not need to have symptoms to get tested. Testing is done by appointment only. Visit <https://lhi.care/covidtesting> or call (888) 634-1123.

Is there a cure for COVID-19?

There is currently no treatment for mild or moderate cases of COVID-19 or a vaccine. If you believe you have the disease or have received a positive test and have been advised to recover at home, our doctors recommend these 3 things to feel better:

- Get rest
- Stay hydrated by drinking lots of water
- Reduce fever, aches and pains with acetaminophen like Tylenol®

These common remedies may help a little, but they won't cure COVID-19:

- ✓ **OK** to gargle with salt and warm water
- ✓ **OK** to drink juices and warm broth soups
- ✓ **OK** to use topical ointments like Vicks® VapoRub™ or inhaling steam with eucalyptus oil
- **USE CAUTION** with supplements, vitamins or herbal remedies. They can do more harm than good
- ✗ **NEVER** inject any disinfectants into your body or drink them. This can cause serious harm or death
- ✗ **NEVER** spray your body with bleach or take a bleach or alcohol bath. This can harm your skin and eyes



HEALTHY TIP: At this time, experts are not sure if people become immune to COVID-19 after they have it. You can have antibodies in your system, but we don't know if a person can get sick with coronavirus more than once. Until we know more, continue to take steps to protect yourself and others.

Thank you to our community

We appreciate everyone's support and generous donations of medical equipment, food, personal protective equipment, flowers, gift cards, rounds of golf and more. To give to Natividad Foundation's COVID-19 Relief & Resiliency Fund, call (831) 755-4187 or visit natividadfoundation.org

