NASSAU COUNTY

DEPARTMENT OF HUMAN SERVICES

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NINTH ISSUE

**********SPECIAL EDITION**********

In This Issue

Coronavirus Outreach: New York To Start COVID-19 Testing Inside Churches to Reach Minority, Low-Income Communities

Gov. Andrew Cuomo has announced a new initiative to expand access to COVID-19 testing in low-income communities and communities of color by using two dozen churches in predominantly minority communities as new testing locations. The move comes after a survey showed these neighborhoods have been suffering the most during the state's coronavirus outbreak.

"If you look at the 21 ZIP codes with the highest number of hospitalizations for COVID, 20 of those 21 have greater than average African American or Latino populations," said Cuomo during his Saturday COVID-19 briefing. "You can map this and you can see exactly where people are coming from as they're walking into hospitals." Cuomo cited that while New York State's numbers are

better than other states, "any disparity is bad" and this initiative would help expose the root causes of those differences in access to support.

CORONAVIRUS: NY Health Dept. | NY Call 1-(888)-364-3065 | NYC Health Dept. | NYC Call 311, Text COVID to 692692 | NJ COVID-19 Info Hub | NJ Call 1-(800)-222-1222 or 211, Text NJCOVID to 898211 | CT Health Dept. | CT Call 211 | Centers for Disease Control and Prevention

"This is not the normal line of business for churches to be setting up testing sites for a COVID virus, but I think it is the mission of the churches, they're there to serve the community," said Cuomo. "They're there to work with the community and meet the needs at that time, and this is the need at that time." Cuomo announced the state will be partnered with Northwell Health, the state's largest health system, to set up the program with the first church-based testing centers opening the week of May 12, and a second group opening the week of May 19

Testing Available for ALL ESSENTIAL EMPLOYEES FROM ALL INDUSTRIES

Some Tips on How To Run Safely With COVID-19 Coronavirus Spreading

By Bruce Y. Lee for Forbes

Running may or may not be your favorite way to exercise. If you already enjoy running, there's potentially the "runner's high" to experience. If you dislike running, there's the "runner's low," which may be basically every time you run. But with the COVID-19 coronavirus putting many other types of exercise on hold, running may currently be one of your best options to keep physically active. After all, running doesn't require teammates, a field, a gym, or any special equipment, except for perhaps appropriate shoes and clothes. Wearing leather shoes and no clothes won't quite fly in most places. Otherwise, as long as you have some kind of sneakers and something to wear, you can get going. Regardless, you still have to take precautions with the severe acute respiratory syndrome coronavirus 2 (SARS-CoV2) continuing to spread. Here are some of them:

Precaution 1: Stay at least 12 feet away from others.

According to the Centers for Disease Control and Prevention (CDC), social distancing means staying at least six feet from other people. However, six feet is a minimum in general. As I covered previously for Forbes, a study showed how simply saying the words "stay healthy" could spew forth droplets from your mouth. Typically, you breathe faster and harder when you are running than when you are standing or sitting, unless, of course, you are watching pictures of melted cheese while sitting or standing. Such panting may mean that you exhale respiratory droplets in greater quantities and project them farther. Therefore, you may want to at least double your distance when exercising or watching melted cheese. Two Denzel Washingtons away from others, which is 12 feet, assuming that Washington is six feet tall, will provide more of a safety buffer.

Precaution 2: Keep your eyes ahead on the path to anticipate who or what may be coming.

This isn't the time to daydream about Gigi Hadid riding a Segway or BTS making pizza. Keep your eyes scanning forward, and keep planning where exactly you will be running next. View your running course like you would a football field, where you have to avoid getting too close to others. Pretend that you are Lionel Messi or Alex Morgan weaving down the field. If you are running along a narrow path and someone else is coming the opposite direction, one of you will have to yield and get off the path early enough to avoid a collision of respiratory droplets and faces.

Precaution 3: Be very clear with your communication with others.

When you do appear headed for a direct encounter with someone else, this is not the time to play a game of chicken. Instead, signal very clearly who should move where. Typically, it is best to do this with both your voice and gestures with your hands and arms. After all, the person may not be able to hear you, especially if you are wearing a mask. Your gestures should be clear. Don't turn this into charades. Eleven words, first word rhymes with "sweat," is not the way to communicate when you want to say, "get the heck out of the way, I am coming though." Semaphores or smoke signals are not very practical because then you have to carry flags or kindling wood while running.

Precaution 4: Don't wear a mask or face covering that prevents you from breathing.

Running requires oxygen. If you do not realize this, you should not be running. In fact, there are many things that you shouldn't be doing. You probably should not leave your house, ever, at least, not until you have taken the course "Basic Things Required to Live 101." If you are going to wear a mask or face covering, don't use one that prevents you from adequately breathing like a pair of skinny jeans wrapped around your head. Keep in mind that your oxygen requirements tend to increase while you're exerting yourself. So just because you can breathe easily with a mask on while sitting in a chair thinking about puppies, doesn't mean that you can do the same while running. Before running with your chosen face covering, experiment by trying to breathe progressively faster and harder through the covering first. (To induce yourself to breath faster, just imagine some melting cheese.) If you end up passing out, that would be a sign that your face covering is not allowing enough air through to your mouth and nose.

Precaution 5: Consider wearing a mask if you are going to be anywhere near people.

You know when you say, "it's not you, it's me," when you break up with someone? Well, the purpose of wearing a mask or face covering outside is not to protect you, but to protect others from you. Unless it's an official N95 mask that's worn properly, a mask is not going to really protect you from the virus. But a face covering may block at least some of the respiratory droplets that may spew from your mouth and nose. Make sure that the face covering is dry and not wet. Few things, in general, are better to wear wet than dry. One possibility is wearing a buff. No not a buff person. That would not be social distancing. Rather a buff, which is a tube of light, breathable, stretchy material that can be readily worn over the face. Check to see what your community, town, or city is requiring. They may be asking you to wear a face covering in any public area. You don't want to be faced with a situation where you didn't realize that your face needs to be covered.

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Weekly Tips for Working from Home

The outbreak of the coronavirus has most people working from home. If you're new to working remotely, these tips from a home-office pro can help you stay productive and maintain balance.
By Jill Duffy

The global spread of COVID-19, the novel coronavirus, is keeping people at home. Much of the world is on lockdown, and, even in places that aren't, people are encouraged to stay at home. Where it's possible, employers are encouraging or requiring people to work from home for an indeterminate amount of time. If you're new to the work-from-home lifestyle, whether due to coronavirus or because you've managed to find a remote-based job, you'll need to change some of your habits and routines to make working from home a success. I've worked 100 percent remotely for more than five years, and I have some friends and colleagues who've done it, too. We all face unique challenges, not only because we have different personalities, but also due to our various lifestyles and the type of work we do. Still, many of the core issues we face as remote employees are the same. Everyone who works remotely has to figure out when to work, where to work, and how to create boundaries between work and personal life. What about office equipment, career development, training opportunities, and building relationships with colleagues? Working remotely, especially when working from home most of the time, means figuring out these issues and others. Here are some tips for leading a better and more productive remote-working life, based on my experience and what I've learned from others.

- **Get Face Time**
  If your employer is lax about getting you in a room with other employees, ask to have an annual or semi-annual trip in your contract. It could be for annual planning, training, or team building. Or, tack it onto some other business event, such as a yearly fiscal meeting, nearby conference, or office holiday party. Don't wait around for someone to invite you to the office or an event. Be proactive. For those unexpectedly working from home who are also trying to reduce face-to-face contact, set up a video call with your colleagues or manager once a week to check in.

- **Take Sick Days**
  When you're not well, take the sick time you need. If sick days are part of your compensation package, take the time off that you need. Not taking it is like throwing away money. If you're a freelancer who doesn't have paid sick days, it can be very easy to fall into the opposite time-is-money trap and try to power through illnesses. Keep in mind that sometimes it's best to rest and get better so that you can be your most productive self in the long term.

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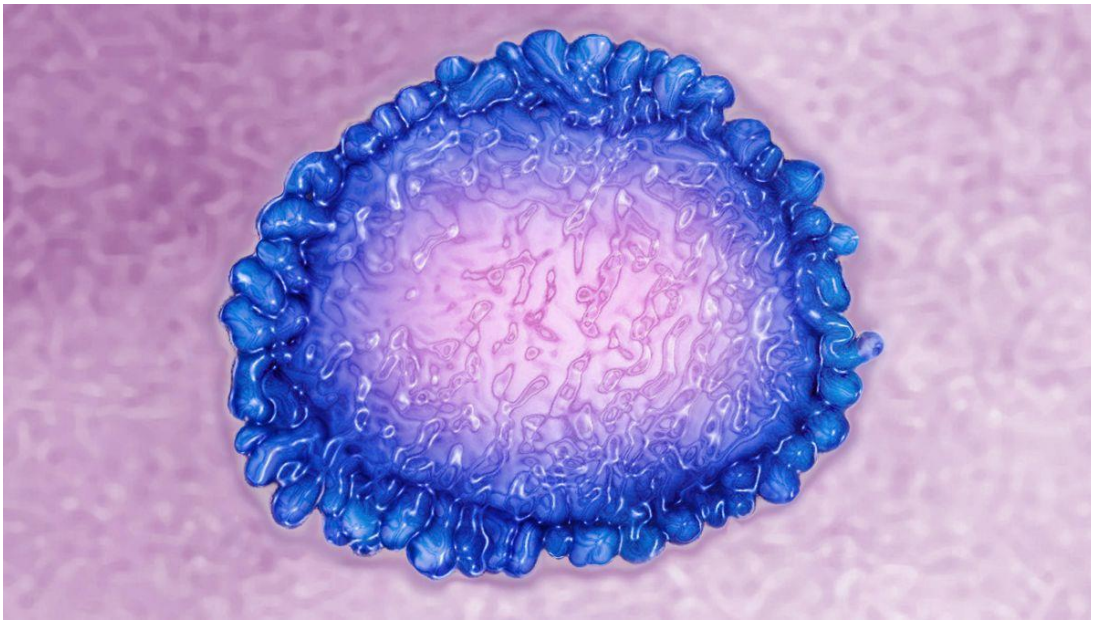
After recovering from COVID-19, are you immune?

By Stephanie Pappas



As coronavirus spreads across the globe, a crucial question has emerged: After recovering from an infection, are people immune? This question is important for understanding who can safely go back to work, as well as for understanding how long the worst impacts of the pandemic are likely to last. Because the virus is so new, the answer isn't fully understood. But so far, scientists say, it looks like SARS-CoV-2 probably induces immunity like other coronaviruses. That means that the human body will probably retain a memory of the virus for at least a few years and should be protected from reinfection, at least in the short-term.
"We do not have any reason to assume that the immune response would be significantly different" from what's seen with other coronaviruses, said Nicolas Vabret, an assistant professor of medicine at the Mount Sinai Icahn School of Medicine who specializes in virology and immunology. Investigations of SARS-CoV-2 so far have suggested, however, that the immune response to the virus also contributes to the devastating effects of the disease in some people.

The immune response to coronavirus

When a virus attacks its first cell in the body, that cell has two jobs to do before it dies, said Benjamin tenOever, a professor of biology at the Mount Sinai Icahn School of Medicine. The infected cell needs to issue a call for reinforcements, sending out a cascade of chemical signals that will activate an army of immune cells to come battle the invading virus. And it needs to issue a warning to other cells around it to fortify themselves, something it does by releasing proteins called interferons. When interferons land on neighboring cells, they trigger those cells to enter defensive mode. The cells slow down their metabolism, stop the transport of proteins and other molecules around their interiors, and slow down transcription, the process by which genetic instructions become proteins and other molecules. (Transcription is the process that viruses hijack to make more of themselves.) In a study accepted to the journal Cell, tenOever and his colleagues found that SARS-CoV-2 appears to block this interferon signal,

meaning it messes with the cell's second job. So the first job — the call for immune system reinforcement — works just fine, but the cells in the lungs don't enter defensive mode and so remain vulnerable to viral infection. "It just keeps replicating in your lungs, and replicating in your lungs and all the while you keep calling in for more reinforcements," tenOever told Live Science. In many people, even this crippled immune response is enough to beat back the virus. But for reasons not yet fully understood, some people enter a vicious cycle. As the virus keeps replicating, the immune army that arrives to battle it starts doing its job: attacking infected cells, digesting debris and chemicals spewed out by dying cells, even killing nearby cells in an attempt to staunch the damage. Unfortunately, if the virus continues to penetrate lung cells, this army may do more damage than good. The lung tissue becomes hopelessly inflamed; the blood vessels begin to leak fluids into the lung; and the patient begins to drown on dry land. This seems to be the reason that some people become severely ill a couple of weeks after their initial infections, tenOever said.

"At that point, it's not about what the virus has done," he said. "At that point, it's about controlling the severe inflammation."

This cycle is very bad news. But there is a glimmer of hope in the findings. Because the system that calls in the army of immune cells works fine, it seems likely that survivors of COVID-19 will retain immunity to the virus. And indeed, studies have found high levels of antibodies to SARS-CoV-2 in recently recovered patients. Antibodies are proteins made by immune system cells called B cells. They stick around in the blood post-infection and can bind to the virus, either neutralizing it directly or marking it for destruction by other immune cells. For example, a study led by researcher Chen Dong of the Institute for Immunology and the School of Medicine at Tsinghua University in Beijing analyzed the blood of 14 COVID-19 patients who had experienced relatively mild COVID-19 symptoms 14 days after discharge from the hospital. They found that 13 of them showed high levels of antibodies to SARS-CoV-2, indicating immune protection from immediate reinfection. The findings have been accepted for publication in the journal Immunity.

These findings coincide with results from other studies of recovered patients, and are the main reason that scientists aren't concerned by the occasional reports of people recovering from COVID-19, testing negative for the virus via a nasal swab PCR test that detects the viral genome, and then testing positive again within a few weeks. These people aren't reinfected, tenOever said. Their antibody levels are high and their immune system is armed against further attack. Instead, the PCR tests are simply picking up bits of inert viral genetic debris left over from the previous infection.

How long will COVID-19 immunity last?

The coronavirus SARS-CoV-2 has only been circulating in human hosts for five or six months, which means that there is simply no way to know whether immunity to the disease lasts longer than that. How long immunity lasts is a big question, Tsinghua's Dong told Live Science via email.

"Per our findings, we can only confirm that COVID-19 patients can maintain the adaptive immunity to SARS-CoV-2 for 2 weeks post-discharge," he wrote.

Evidence from other coronaviruses suggests that immunity probably lasts longer than that, Vabret said. Along with Mount Sinai colleagues Robert Samstein and Miriam Merad, Vibrat led more than two dozen doctoral students and

postdoctoral researchers in an effort to review the avalanche of immunology research coming out about the coronavirus in journals and on preprint servers that host scientific papers before peer review. Studies of SARS-CoV-2's proteins and genetics suggest that the virus seems likely to induce a long-term immune response similar to that of other coronaviruses, like 2002's SARS 1, or Middle Easter respiratory syndrome (MERS), which arose in 2012. Research on SARS 1 and MERS suggests that some level of antibody immunity persists for at least two or three years, starting high and gradually waning as time goes by, Samstein told Live Science.

The immune system also produces a type of immune cell called virus-specific T cells in response to coronavirus infection. Less is known about T cells compared with antibodies, Vabret and Samstein said, because they are more difficult to find in the blood and study. But other coronaviruses seem to trigger their production, and these T cells seem to last for years in those cases. In one study of SARS 1 published in the journal Vaccine, researchers found these memory T cells last for up to 11 years after infection.

Ultimately, researchers are still uncertain about what level of long-term immune memory is sufficient to protect against future coronavirus infection, and how long it takes for the immune system to drop below that level. It's not even clear whether someone with immunity could spread the coronavirus to others while fighting off a second infection, Vabret and Samstein said. If the immune response were strong enough to crush the virus quickly, the person probably wouldn't transmit it further, they said. A weaker response that allowed some viral replication might not prevent transmission, though, particularly since people without symptoms are known to pass the coronavirus around.

"We're taking lessons from the older viruses, but we don't know how much for sure how much is similar," Samstein said.

This uncertainty does not reduce hopes for a vaccine, though. One benefit of vaccines is that researchers can mimic the viral proteins that trigger the most effective immune response. Thus, vaccination can often induce immunity that lasts longer than immunity from falling ill. "You can aim at inducing protection that would be better than what you would get from an infection," Vabret said.

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CORONAVIRUS/COVID-19
"KNOW YOUR RIGHTS"

DISCRIMINATION/HATE CRIMES

- County Executive Curran established an Anti-Hate Task Force, prior to COVID-19, to help protect our residents from discriminatory and hateful activities.
- Protections against discrimination under Nassau County and New York State law remain in effect during this crisis and extend to places of employment, in housing, and in "public accommodation" (such as restaurants, grocery stores, medical facilities).
- Acts of harassment and intimidation of our residents based on their ethnic backgrounds and or fears and stigma associated with COVID-19 will not be tolerated.

HOUSING/TENANT RIGHTS:

- The County Executive's moratorium on evictions was adopted by Governor Cuomo and protects tenants from eviction for non-payment of rent through June 20, 2020.
- Landlords cannot discriminate against renters who have contracted the Coronavirus or live with someone who has, or because the landlord thinks a person may have had it.
- Landlords cannot treat you unfairly or differently because you are from or look like you are from a country where there has been a serious COVID-19 outbreak.

EMPLOYMENT AND PUBLIC ACCOMMODATION:

- Employers must be sure their policies and practices, including work from home policies, do not discriminate against or treat workers less well based on their protected status, such as race, national origin, citizenship, immigration status, and disability.
- It is illegal for staff at restaurants and other such establishments to kick someone out, refuse to serve, or otherwise treat any customer less well because of fears or stigma around COVID-19, including harassment or discrimination because of race, national origin or disability.

IMMIGRANT SERVICES:

- Residents can seek and receive medical care regardless of immigrant status or lack of health insurance.
- During the COVID-19 crisis the Federal Government has stopped immigration enforcement at or near health care facilities, including hospitals, clinics, urgent care, and doctors' offices.

TO REPORT POSSIBLE CASES OF DISCRIMINATION/HARASSMENT

If you are threatened with physical harm, ***please call 911 immediately***.

New York State Bias and Discrimination Hotline 1-888-392-3644
Nassau County Human Rights Commission 516-571-3662

ADDITIONAL RESOURCES:

Nassau County Bar Association ..... covidhelp@nassaubar.org or visit **www.nassaubar.org**
Nassau County Office of Minority Affairs 516-572-2240
Nassau County Office of Asian American Affairs 516-572-2245
Nassau County Office of Hispanic Affairs 516-572-0750

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