



NASSAU COUNTY

DEPARTMENT OF HUMAN SERVICES

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EIGHTH ISSUE

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

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and Others

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CORONAVIRUS
DISEASE

HEALTH ALERT

PROTECT YOURSELF AND OTHERS



Stay home if you're sick.



Cover coughs and sneezes.



Wash your hands often.



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For more information: [cdc.gov/COVIDtravel](https://www.cdc.gov/COVIDtravel)



How Often Should You Disinfect Surfaces in Your Home During the Coronavirus Pandemic?

There's never been a better time to be diligent with your spring cleaning.

By Karla Walsh



Each week, we're learning more about COVID-19 symptoms (including that a shocking amount of people who contract the disease might actually have no noticeable symptoms), its impact on the human body and how it spreads (a new study in *The New England Journal of Medicine* proposes that it's often passed along by people before they know they're sick). One thing we're pretty certain about is that the novel coronavirus is spread through respiratory droplets when someone who has the virus sneezes or coughs and releases viral pathogens into the

air (which is why opening your windows may be helpful). The virus can live on surfaces such as stainless steel and plastic for up to 3 days and on cardboard for up to 24 hours, according to another *New England Journal of Medicine* study, but it's TBD whether it can live outside of the body in amounts large enough to infect another person. Still, it's prudent to take spring cleaning seriously this year and disinfect your home often. Not only will it possibly prevent the spread of this virus, it will also help keep your family protected from foodborne illnesses and other bacteria. Plus, since we're all home more often, it's just nice to keep things clean. At the same time, we know that (unlike the *Jetsons*) you don't have Rosie the robot maid at the ready to do all the deep cleaning for you. So we turned to the CDC for their expert guidance. While they don't have specific timing recommendations for everything in your home, they do have tips and tricks about high-touch surfaces and cooking materials.

Here's the dirty truth about how often you should likely be disinfecting your home during the pandemic:

- **Clean often (psst...there's a difference between cleaning, sanitizing and disinfecting), then disinfect high-touch surfaces—such as kitchen and bathroom counters, fridge handles, remote controls and your cell phone—daily**
- **Disinfect other, less-used household surfaces every other day**
- **Clean countertops and cutting boards after each use**
- **Disinfect every time a visitor enters your home (if you have anyone coming in)**
- **If anyone in your home is sick, disinfect every surface after they touch it**

And don't forget to disinfect other frequently used items such as:

- **Purses and wallets, including the cards you used inside**
- **Appliances, including handles and buttons**
- **Light switches**
- **Railings**
- **Door knobs**
- **Office surfaces, including keyboards and desks**

As a refresher, here's how to make your own sanitizing solution at home and these are the EPA-approved disinfectants that have been proven to actually work to kill the coronavirus. Remember to wash your hands before and after you disinfect your home.

The situation surrounding COVID-19 continues to change quickly. We also encourage readers to stay informed on news and recommendations by using the CDC, WHO, and their local public health department as resources.



Here Are Some 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.

- **Socialize with Colleagues**

Loneliness, disconnect, and isolation are common problems in remote work life, especially for extroverts. Companies with a remote work culture usually offer ways to socialize. For example, they might have chat channels where remote employees can talk about common interests, meetups for people in the same region, and (once the coronavirus ends) in-person retreats. It's important to figure out how much interaction you need to feel connected and included. Even if you're highly introverted and don't like socializing, give a few interactive experiences a try so that you're familiar with them if you ever decide you want them. If you're not at a company with a strong remote culture, you may need to be more proactive about nurturing relationships. One of the main ways people socialize at work when they are working from home is via business messaging apps like Slack. The only problem is that they can provide too much opportunity for socializing.

- **"Show Up" to Meetings and Be Heard**

Certainly, you'll take part in video conferences and conference calls, but it's a good idea to attend optional meetings sometimes, too. Be sure to speak up during the meeting so everyone knows you're on the call. A simple, "Thanks, everyone. Bye!" at the close of a meeting will go a long way toward making your presence known.



Tips for Safe Grocery Shopping During the Coronavirus Outbreak

We reached out to some of the nation's most popular grocery stores to find out how to shop safely to protect yourself, store employees and other shoppers.

By Lauren Wicks



We're all trying to find our new normal during the coronavirus pandemic. Many of us have suddenly become home-schooling parents working from home or are out of a job indefinitely. Even our everyday rituals have changed—we're streaming workouts from our local fitness studios, hosting virtual happy hours and holding off on all our appointments until further notice. Grocery shopping is one of those basic rituals we never thought twice about until recently, but we need to be vigilant in protecting ourselves, other shoppers and store employees. Here are a couple of ways to practice safe (and friendly) shopping next time you need to stock up.

- **Stop Stockpiling**

Stockpiling your home with everything your family could possibly need for the next few weeks may seem like a good idea, but it's important to be mindful of other shoppers. Some people are mustering all their strength (and risking exposure) to make one grocery shopping trip this week and this might be the one time they can load up on canned goods, fridge staples and, ahem, toilet paper. Additionally, your local food shelf likely relies on the donations of grocery stores, who can't give as much as they normally would if everyone is hoarding. Share the wealth and shop for no more than two weeks of food and supplies at a time.

- **Wash Your Reusable Bags After Every Shopping Trip**

You should wash your reusable grocery bags after every shopping trip—even if you just picked up a few nonperishable items. While the coronavirus lasts longer on hard, nonporous surfaces, it can still linger on soft surfaces like blankets, clothing and your tote bags. Check out the American Cleaning Institute for their tips on cleaning various types of reusable bags.



How to Stay Safe on a Road Trip During Coronavirus Outbreak

If a long drive is necessary, good planning and sanitizing can help lower your risk

By Sarah Elizabeth Adler



As communities nationwide shutter businesses and close off landmarks to stop the spread of the coronavirus, government and health officials have urged Americans to halt all nonessential domestic travel.

But some people have essential travel that requires lots of driving, including those returning home after a winter away or with family emergencies. If you find yourself faced with a long road trip during the outbreak, experts say that proper precautions and careful planning can help lower your risk of getting sick both on and off the road. The Federal Highway Administration maintains a directory of state Department of Transportation websites, which should have the latest information about state-specific coronavirus-related changes, along with links to other state resources such as traffic and weather advisories. One bright spot: Highway traffic in the coming weeks is likely to be lighter than usual, Casselano says, given the increasing number of people working from home and calling off travel plans. And drivers don't need to worry about gas shortages; "there's no disruption to the supply chain," she notes.

Plan your route

Now more than ever, preparation is key. "Even if you've done this trip multiple times, you need to take the research a step further," says AAA spokesperson Jeanette Casselano. "You may run into some temporary closures." Before you depart, map out the roadways you'll be taking and the states you'll be passing through — and be aware of any relevant travel advisories. Some states have announced changes to things like toll collection and rest-area food sales: Florida has suspended all in-person toll payment (meaning drivers without the appropriate electronic pass will be billed by mail), and Ohio service-area food courts have shifted to carryout only.

Packing and sanitizing

After planning, get your supplies in order. This includes the essentials — bottled water, snacks, medications — but also products for keeping hands and surfaces clean and sanitized. June McKoy, M.D., associate professor of medicine at Northwestern Medicine, recommends packing hand sanitizer, disinfecting wet wipes, disposable gloves, sealable disposable plastic bags, and tissues. Good hygiene on the road is much like that at home (for instance, washing hands thoroughly with soap and water before eating and after using the restroom), but requires extra vigilance when it comes to high-traffic roadside stops such as gas stations and public bathrooms, McKoy says. She suggests that drivers wear disposable gloves while pumping gas, rather than worrying about wiping down the nozzle itself (after you're done, discard the gloves outside your car or seal them in a plastic bag for disposal later if a trash can isn't available). In public restrooms, be careful not to touch fixtures like the faucet or door handle after washing your hands, which she says "defeats the purpose" of hand-washing (instead, use a piece of tissue or paper towel to shield your hands after washing). Another tip? Pay for gas with cards, not cash. This eliminates the face-to-face interaction necessary for a cash transaction, and cards — but not cash — can always be cleaned with a disinfectant wipe after use.

Dining

Most states have halted dine-in service in restaurants, but drive-through and takeout service are typically available instead. Major chains such as McDonald's and Starbucks also have closed their seating areas but continue drive-through operations.

Sleeping

If you need to stay somewhere overnight, call ahead to confirm your reservation; some hotels have closed, especially in big tourist centers like Las Vegas. But many of the hotels from major chains that you'll find along highways — like Hilton, Hyatt and Best Western — are still operating. (They've also loosened their cancellation policies in light of the coronavirus outbreak, allowing guests to

change or cancel reservations up to 24 hours in advance with no penalty.) And while some companies have announced ramped-up cleaning procedures in rooms and lobbies, McKoy recommends using your own sanitizing supplies upon arrival. This includes wiping down exterior and interior door knobs and handles; high-touch surfaces like the TV remote and bathroom fixtures; and any surfaces on which you'll rest your belongings, like tabletops or the area around the bathroom sink. For stays of more than one night, McKoy suggests contacting the front desk and asking to forgo housekeeping services, allowing you to control sanitization and limit the number of people who come in and out of your room during your stay.



New York State plans to hire a team of 6,400 to 17,000 staff statewide



New York State plans to hire a team of 6,400 to 17,000 staff statewide, depending on the projected number of COVID-19 cases, to support the NYS Department of Health (NYSDOH) and Local Health Departments (LHDs) to perform contact tracing in communities across NYS. To meet the scale and scope of this nation-leading program, Bloomberg Philanthropies, Vital Strategies: Resolve to Save Lives and the Johns Hopkins Bloomberg School of Public Health will support building the team through a three-step process: recruitment, interviewing and training.

Their first goal is to help the state identify and recruit a robust Contact Tracing team to be a part of this ambitious and urgent effort. To be considered, candidates must be a New York State resident 18 years of age or older; meet the position description requirement; go through an interview process; and complete a training and certification program. New York State is looking to immediately fill the following roles:

- **Contact Tracers:** reach out to the contacts of anyone diagnosed with COVID-19 to assess symptoms, ensure compliance with quarantine and determine social support needs.
- **Team Supervisors:** lead a team of 20 Contact Tracers, and one Community Support Specialist who are working remotely using digital tools.
- **Community Support Specialists:** work with the team and the local health departments to address the physical/mental health, and social/human service needs of those contacted, especially those who are under isolation or quarantine.

If you or someone you know in New York State is interested in applying to be a part of the Contact Tracing team, go to <https://coronavirus.health.ny.gov/get-involved-how-you-can-help>.

***Please share this with anyone in NYS in your networks who you think might be interested in applying and post to your social media accounts**

Building an Army of Tracers

Bloomberg
Philanthropies

JOHNS HOPKINS
UNIVERSITY

NEW YORK
STATE OF
OPPORTUNITY
Department
of Health

Mayor Michael Bloomberg and Johns Hopkins University will carry out the recruitment, interviewing, and training of the tracers, in consultation with the NYS Department of Health.

STAY HOME.

STOP THE SPREAD.

SAVE LIVES.

Building a Tracing Army

- Will be a coordinated downstate and tri-state effort.

- **Currently...**



- We will also work with **SUNY** and **CUNY** to draw from 35,000 students in medical fields who can serve as tracers.



LAURA CURRAN
NASSAU COUNTY EXECUTIVE

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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COVID-19 TESTING

COVID-19 Testing available at Hempstead, Freeport, & Elmont
If you think you or someone in your family has COVID-19,
CALL (516) 396-7500

Testing for COVID-19 Virus is limited in New York State.
If you have any of the below symptoms call for screening:



FEVER



COUGH



**SHORTNESS
OF BREATH**

Anyone with any of these symptoms should be tested as soon as possible.

Testing will be by appointment **ONLY** in an outdoor facility at:

South Ocean Care Health Center
101 South Bergen
Freeport NY 11520
Hempstead Health Center
135 Main Street
Hempstead, NY 11550
Elmont Health Center
161 Hempstead Turnpike
Elmont, NY 11003
Westbury Health Center
682 Union Ave
Westbury, NY 11590

**All locations are open for
testing Monday - Friday
9:00 A.M. to 1:00 P.M.**

**Testing will be provided by
appointment ONLY.**

**Call 516-396-7500 to inquire
about an appointment.**

All are welcome to call, regardless of insurance or immigration status.

Thank you and please stay healthy.

Family Health Centers
LONG ISLAND FQHC, INC.

*This service is provided by a partnership of Nassau
County and Long Island FQHC, Inc.
For More Information on LIFQHC:
Visit LIFQHC.org*

