



## Women's Health Awareness Transforming Communities by Enhancing Women's Health



Issue VII: May 21, 2020

## North Carolina Is Re-Opening: Is It Safe? Plus COVID-19 Testing Sites



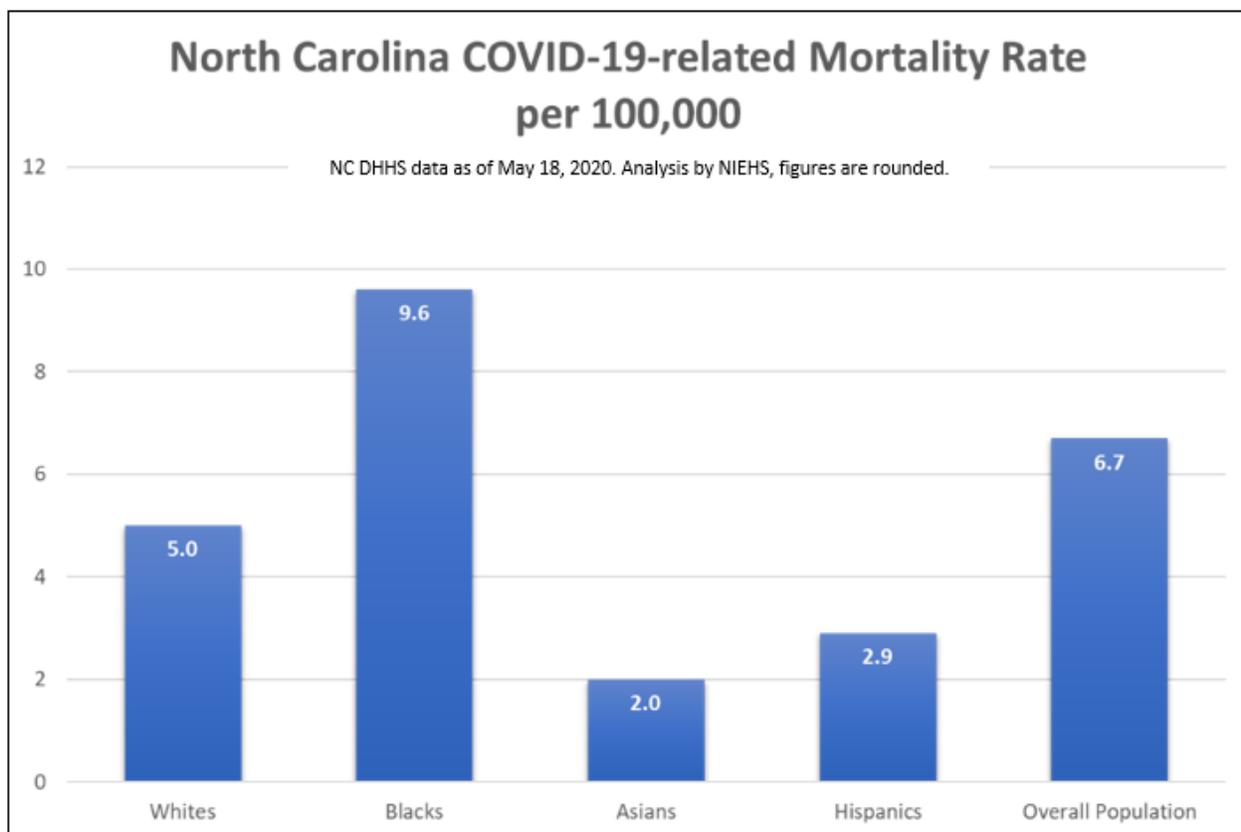
The COVID-19 pandemic has altered lives in many ways, including the closing of schools and businesses, the mandatory state-wide stay-at-home orders, and the new concept of physical distancing. [North Carolina is taking a three-phased approach](#) to lift restrictions to slow the spread of the COVID-19 coronavirus pandemic.

- **Phase 1** initiated on May 8<sup>th</sup> allowed most retail businesses to re-open at 50% capacity. State parks and trails opened, allowing up to ten people to gather outdoors while following physical distancing procedures. Recommendations were made for everyone to wear cloth face coverings when outside the home to protect

others.

- A more moderate **Phase 2** will begin Friday, May 22<sup>nd</sup>. The stay-at-home order will be removed and mass gathering restrictions include no more than 10 people indoors and 25 outdoors. Restaurants will open for dine-in customers at 50% capacity. Personal care services (e.g. hair salons), and swimming pools will open at 50% capacity. Bars, nightclubs, indoor fitness facilities, public playgrounds and indoor entertainment (e.g. Movie Theatres) remain closed.

Although NC is beginning to reopen, it is important that you continue to protect yourselves as COVID-19 cases are still on the rise in our state. As of May 20<sup>th</sup>, there have been [20,122 laboratory-confirmed COVID-19 cases and 702 deaths in NC](#). During this pandemic the most vulnerable populations are individuals who are 65 years of age and older and minority populations. The elderly have the highest death rate, at 85% of COVID-19-related deaths in NC; this can be attributed to COVID-19-related infections in long-term care facilities



Blacks make up 22% of the population in NC; however, 33% of the COVID cases and 35% of COVID-19 related deaths are Blacks. Consequently, among racial and ethnic minority groups, Blacks have more hospitalizations as a result of this disease. Nationally, it has been shown that Blacks and Hispanics are experiencing a higher rate of complications and death from COVID-19 than their White and Asian counterparts, suggesting a disproportionate burden of illness and death among racial and ethnic minority groups. According to data released by the North Carolina Department of Health and Human Services (NC DHHS), Blacks are twice as likely to die from COVID-19-related causes than Whites and 3 times more likely to die from COVID-19-related

causes than Asians and Hispanics. Overall, Blacks are more likely to die from COVID-19-related causes than all racial groups combined.

## What does this mean for you and your family?

We continue to be in the middle of a public health crisis in America. There can be no real “sense of normalcy” during a pandemic. Although promising data on therapeutic interventions come out daily, there is still no optimal treatment or vaccine for this disease. **We are just as vulnerable to catching this virus today as we were 30 days ago before the state initiated the stay-at-home policy.** Now is not the time to relax your standards to protect yourself and your family during public outings. **If you are able, staying home is your best option.** Be vigilant and do all that you can to take precautions to prevent acquiring or transmitting this infectious disease to your family members and to others. Everyone should continue following the suggested recommendations below promoting social distancing, proper hygiene and sanitation methods to reduce transmission.



**Wait 6 feet apart.  
Avoid close contact.**



**Wear a cloth face covering.**



**Wash your hands often  
or use hand sanitizer.**

1. Maintain at least six (6) feet of physical distancing from other individuals, with the exception of household members.
2. Wear a cloth face covering in all public settings such as grocery stores, pharmacies, or other retail or public-serving businesses. Face coverings should be worn anytime you cannot maintain at least six (6) feet distancing from other people outside of your home.
3. Carry hand sanitizer with you when leaving home and use it frequently.
4. Wash hands using soap and water for at least twenty (20) seconds as frequently as possible.

5. **Protect your children.** If you must take your children outside of the home into public settings, make sure they are wearing appropriate face coverings ([please see CDC's safety guidelines for children wearing masks](#)). Wash their hands frequently or use hand sanitizer or sanitizing hand wipes when soap and water are not available.
6. Regularly clean high-touch surfaces such as steering wheels, wallets, cell phones.
7. Stay at home if sick.

Sources:

<https://www.nc.gov/covid-19/staying-ahead-curve>

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/racial-ethnic-minorities.html>

<https://covid19.ncdhhs.gov/about-covid-19>

## URGENT SAFETY MESSAGE REGARDING CHILDREN'S HEALTH AND COVID-19

**PLEASE BE ON ALERT!!!** A mystery illness resembling [Kawasaki Disease](#) has been linked to COVID-19. Several children have died from this disease. Over 200 children across the country have been seriously affected by this disease. New York City alone has 147 cases. Other cases have been reported in over 20 states including North Carolina. Doctors are describing this as a "pediatric multi-system inflammatory syndrome." This syndrome is a toxic-shock-like inflammation that affects the skin, eyes, blood vessels and heart and can leave children seriously ill. The signs and symptoms of this disease include:

- Fever
- Rash
- Swelling of the hands and feet
- Conjunctivitis (Pink Eye)
- Abdominal Pain (severe stomach ache)
- Vomiting and diarrhea
- Swollen lymph glands in the neck
- Irritation and inflammation of the mouth, lips, and throat

If your child is experiencing any of the above symptoms,

**DO NOT DELAY: ACT FAST!!!**

Call your primary care provider immediately and go to the nearest emergency room.

## Fast Facts!!!

A new Nature Medicine study, published in the National Institutes of Health (NIH) Director's Blog, April 29, 2020 finds nearly everyone who recovers from COVID-19 makes coronavirus antibodies! This study

brings a glimmer of hope along with renewed enthusiasm concerning antibody development and possible immunity to COVID-19. Findings from this study suggest that the immune systems of people who survive COVID-19 have been primed to recognize the coronavirus (SARS-CoV-2) and possibly prevent a second infection. This is the first step in understanding if having COVID-related antibodies can protect against re-infection. More research is needed to validate the findings from this initial study; however, this is great news!!!



[Click Here For More Information](#)

**Does Vitamin D play a preventative role in contracting the SARS-CoV-2 virus?** A recent European study utilizing data from 20 European countries showed an association between elderly populations and vitamin D levels. Elderly populations who had lower levels of vitamin D were more likely to contract the virus than countries where elderly populations had higher levels of vitamin D. Additionally, previous association studies have reported there may be a protective effect of vitamin D in elderly patients with high levels of vitamin D and their susceptibility to acute respiratory tract infections. More research is needed to determine the protective effect, of vitamin D and COVID-19; however, this is an interesting association that deserves our attention.

[Click Here For More Information](#)

## We're Better Together

### Testing Sites for COVID-19 in Durham, Raleigh and across the Triangle

Currently approximately 200 medical facilities are offering testing for COVID-19 across NC. If you need a test you can always contact your local health care provider and report your symptoms. **The NC Department of Health and Human services has released locations for COVID-19 testing. PLEASE NOTE:** You **MUST CALL** before going to any of these locations as appointments may be required.

#### DURHAM COUNTY COVID-19 TESTING SITES

- [Avance Care in Durham](#)
- [Duke Primary Care Croasdaile in Durham](#)
- [Duke Regional Hospital in Durham](#)
- [Duke University Hospital in Durham](#)

#### ORANGE COUNTY COVID-19 TESTING SITES

- [IndyCare Health in Hillsborough](#)
- [UNC Hospitals in Chapel Hill and in Hillsborough](#)

#### CHATHAM COUNTY COVID-19 TESTING SITES

- [Avance Care - South Chapel Hill in Chapel Hill](#)

#### WAKE COUNTY COVID-19 TESTING SITES

- [Avance Care: curbside COVID-19 testing at all 15 locations](#) which includes:  
Apex, Cary, West Cary, Central Raleigh, North Raleigh, Northeast Raleigh, Northwest Raleigh, Garner, Holly Springs, Knightdale, Morrisville and Wake Forest.
- [Advance Community Health in Raleigh](#)
- [FastMed Urgent Care Walk-in Clinic in Apex, Garner \(N.C. 42\) and Raleigh \(Creedmoor Road\)](#)
- [Duke Primary Care in Apex](#)
- [Duke Raleigh Hospital in Raleigh](#)
- [Duke Urgent Care at Brier Creek and Harps Mill in Raleigh](#)
- [PM Pediatrics Urgent Care in](#)

## JOHNSTON COUNTY COVID-19 TESTING SITES

- [Avance Care in Clayton](#)

Morrisville

- [UNC Rex Hospital in Raleigh](#)
- [WakeMed and WakeMed Key Community Care](#)

### A New COVID-19 Crisis: Domestic Violence

In the mist of the COVID-19 pandemic, domestic violence is on the rise. If you or someone you know is experiencing domestic violence and need support call **1-800-799-7233** or **1-800-787-3224** for TTY.

If you're unable to speak safely there is an online chat. You can visit <https://thehotline.org> or text **LOVEIS** to **22522**.

**PLEASE NOTE:** If you are in a domestic violence crisis go to a safe place and **CALL 911!**

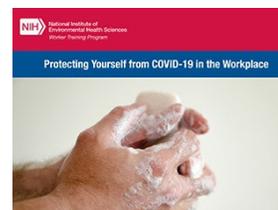
### It's OK not to be OK!

During this time of physical distancing, if you or someone you care about is in a crisis and feels overwhelmed with emotions like sadness, depression or anxiety, there is help and support.

For support and/ or help, contact the [Disaster Distress Helpline](#) at **800-985-5990**, Text **TalkWithUs** to **66746**. TTY **1-800-846-8517**. Or the [National Suicide Prevention Lifeline](#) at **800-273-8255**

**CALL 911**, if you or others you know want to harm themselves.

### Front-line workers learn to protect yourselves!



The National Institute of Environmental Health Sciences (NIEHS) has a training site for front-line workers to learn how to protect themselves from exposure to COVID-19 during this pandemic.

[Click Here for Training](#)

*This communication was developed by the Office of Human Research Compliance, Clinical Research Branch, National Institute of Environmental Health Sciences.*

For additional information or if you have any questions, please contact **whad@niehs.nih.gov** or **919-541-3852**

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