



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



Silent Killer: Debilitating Strokes Affecting Young Adults Diagnosed with COVID-19



Trends indicate that North Carolina is experiencing a significant spike in new confirmed coronavirus cases. According to data from Johns Hopkins University, Raleigh now ranks 16 in the country for the fastest growing coronavirus cases. The increase is mostly occurring in adults aged 18 to 49. This age group accounts for 58% of new cases in North Carolina. The trend is similar in many counties across the state; in Wake, Durham, and Orange Counties, close to 64% of new cases are attributed to this specific age group.

Experts speculate about why this age group is affected more. Younger people may feel less susceptible to the virus, but current evidence shows this is not always the case. This population may feel they are healthier and may not become seriously ill from the virus, but they are potentially exposing others who are at higher risk. Some in this 18 to 49 age group could be asymptomatic and not experiencing the common symptoms as reported by the CDC. Other asymptomatic young adults are

experiencing serious COVID-19 related side effects.

COVID-19 and Strokes

Doctors are sounding the alarm that young and middle-aged people are suffering from COVID-19 related strokes. Primarily, men and women in their 30s and 40s who were asymptomatic are suffering from debilitating strokes. Recent studies published in the New England Journal of Medicine and the International Journal of Stroke suggest that asymptomatic young adults, aged 45 and under, are presenting with large-vessel ischemic strokes. Rare in people under age 50, this type of stroke can cause debilitating, lasting effects and death. Researchers are still trying to understand the underlying mechanism(s) between COVID-19, stroke, and this age group.

More About Strokes

A stroke occurs when blood circulation to the brain fails, causing brain cells to die from decreased blood flow resulting in the lack of adequate oxygen supplied to the brain.

[Click Here to Learn More Information](#)

It Is Critical To Learn The Warning Signs of a Stroke!!

Warning signs are bodily clues that your brain is not receiving enough oxygen. If you observe one or more of these sudden signs of a stroke or "brain attack," don't wait, call 911 right away!

- Numbness or weakness of face, arm, or leg, especially on one side of the body
- Confusion, or trouble talking or understanding speech
- Trouble seeing in one or both eyes
- Trouble walking, dizziness, or loss of balance or coordination
- Severe headache with no known cause

If you or your loved one(s) experience any of these symptoms, **ACT F.A.S.T.:**

- F—Face: Ask the person to smile. Does one side of the face droop?
- A—Arms: Ask the person to raise both arms. Does one arm drift downward?
- S—Speech: Ask the person to repeat a simple phrase. Is the speech slurred or strange?
- T—Time: If you see any of these signs, call 9-1-1 right away.

IMPORTANT LIFE SAVING FACT: Stroke treatments work best if the stroke is recognized and diagnosed within 3 hours of the first symptoms. Note the time when symptoms first appear. This information assists health care providers with determining the best treatment for the stroke patient.

If you are experiencing signs of a stroke **do not attempt to drive to the hospital or let someone else drive you.** Immediately call an ambulance as the

emergency technicians will begin to administer life-saving stroke treatment.

To learn more about COVID-19 and stroke watch the YouTube video below.

[Click This Link](#)

FAST FACTS!!!

Your cloth face covering may protect them, and their cloth face covering may protect you. CDC recommends that people wear cloth face coverings in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain.

Cloth face coverings are recommended as a simple barrier to help prevent respiratory droplets from traveling into the air and onto other people when the person wearing the cloth face covering coughs, sneezes, talks, or raises their voice. [Learn more about the Evidence of Effectiveness of Cloth Face Coverings.](#)



Did you know that North Carolina residents no longer need a doctor's referral to access COVID-19 tests? On Tuesday, July 7, Dr. Mandy Cohen, Secretary of the North Carolina Department of Health and Human Services, issued a plan to tackle rising COVID-19 cases. The plan outlines methods to increase testing access and streamline the entire testing and reporting process. In addition, the state will open 300 temporary testing locations that will cover 100 of the state's zip codes. These temporary testing sites will be open through the end of July and are a part of a larger effort to increase access for underserved communities. ***We will provide location sites as they become available.***

[Click Here For More Information](#)

We're Better Together

Help is available if you or someone you care about is in a crisis and feels overwhelmed with emotions like sadness, depression, or anxiety.

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

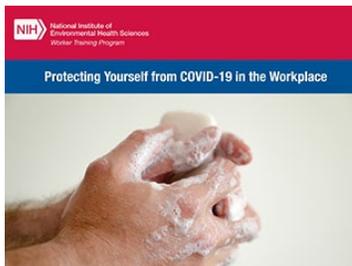
Call 911 if you or others you know want to harm themselves.

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 needs 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**.**

If you are in a domestic violence crisis, go to a safe place and call 911.



Training is available for essential and frontline workers to protect themselves. The National Institute of Environmental Health Sciences (NIEHS) [has a training website](#) for essential and frontline workers to learn how to protect themselves from exposure to COVID-19.

[Click Here for Training](#)

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

Testing sites for COVID-19 in Durham, Raleigh, and across the Triangle: Approximately 200 medical facilities are currently offering testing for COVID-19 across North Carolina. If you believe you need a test, contact your local health care provider and report your symptoms.

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](#)

WAKE COUNTY COVID-19 TESTING SITES

- [Avance Care: curbside COVID-19 testing at all 15 locations](#), which include:
 - Apex, Cary, West Cary, Central Raleigh, North Raleigh, Northeast Raleigh, Northwest Raleigh, Garner, Holly Springs, Knightdale, Morrisville, and Wake

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

JOHNSTON COUNTY COVID-19 TESTING SITES

- [Avance Care in Clayton](#)

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

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For additional information or if you have any questions, please contact
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