



# HEALTHY TODAY

www.communityhealthdayton.org

March 2020

## WHAT YOU SHOULD KNOW ABOUT CORONAVIRUS

Coronaviruses are a large family of viruses. Some cause illness in people, and others only infect animals. Rarely, coronaviruses that infect animals have emerged to infect people. This is suspected to have occurred for the virus that causes COVID-19. The virus is now spreading from person-to-person. The best way to prevent illness is to avoid being exposed to this virus and practicing good health habits.

- ⇒ The virus spreads mainly from person to person, between people who are in close contact with one another (within about 6 feet) and through respiratory droplets produced when an infected person coughs or sneezes.
- ⇒ Older adults and people who have severe underlying chronic medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

### Practice good personal health habits and plan for home-based actions.

- ⇒ Avoid close contact with people who are sick.
- ⇒ Stay home when you are sick, except to get medical care.
- ⇒ Cover your coughs and sneezes with a tissue.
- ⇒ Clean frequently touched surfaces and objects daily (e.g., tables, countertops, light switches, doorknobs, and cabinet handles) using a regular household detergent and water.
- ⇒ To make a bleach solution for household cleaning, mix: 5 tablespoons (1/3rd cup) bleach per gallon of water OR 4 teaspoons bleach per quart of water.

<https://www.cdc.gov/coronavirus/2019-ncov/about/prevention.html>  
CDC\_AA\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fprevention-treatment.html



Healthy Today is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you and your family stay healthy and thriving every day!

To read more Healthy Today articles, please visit the archives on our website:

[www.communityhealthdayton.org/healthyat80](http://www.communityhealthdayton.org/healthyat80)

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## STEPS TO PROTECT YOURSELF FROM CORONAVIRUS

**The CDC advises the best way to prevent illness is to avoid being exposed to this virus.**

### Clean your hands often

- ⇒ Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- ⇒ If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- ⇒ Avoid touching your eyes, nose, and mouth with unwashed hands.



### Avoid close contact with people who are sick

- ⇒ Put distance between yourself and other people if COVID-19 is spreading in your community.



### Take steps to protect others

- ⇒ Stay home if you are sick, except to get medical care.

### Cover coughs and sneezes

- ⇒ Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- ⇒ Throw used tissues in the trash.
- ⇒ Immediately wash your hands with soap and water for at least 20 seconds.



### Wear a facemask if you are sick

- ⇒ If you are sick: You should wear a facemask when you are around other people and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room.
- ⇒ If you are NOT sick: You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.



### Clean and disinfect

- ⇒ Clean AND disinfect frequently touched surfaces daily. If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.



## WHO IS AT HIGHER RISK FOR SERIOUS ILLNESS FROM COVID-19?

Early information out of China, where COVID-19 first started, shows that some people are at higher risk of getting very sick from this illness. This includes older adults, and people who have serious chronic medical conditions like: heart disease, diabetes, and lung disease.

*If you are at higher risk for serious illness from COVID-19 because of your age or because you have a serious long-term health problem, it is extra important for you to take actions to reduce your risk of getting sick with the disease.*

**If you are at higher risk of getting very sick from COVID-19, you should:**

- \* Take everyday precautions to keep space between yourself and others.
- \* When you go out in public, keep away from others who are sick, limit close contact and wash your hands often.
- \* Avoid crowds as much as possible.
- \* Avoid cruise travel and non-essential air travel.
- \* During a COVID-19 outbreak in your community, stay home as much as possible to further reduce your risk of being exposed.

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

## COMMUNITY EVENTS & COVID- 19

Large events & mass gatherings can contribute to the spread of COVID-19 in the United States via travelers who attend these events and introduce the virus to new communities. Examples of large events & mass gatherings include conferences, festivals, parades, concerts, sporting events, weddings, and other types of assemblies.

Therefore, the CDC recommends that for the next 8 weeks, organizers (whether groups or individuals) cancel or postpone in-person events that consist of 50 people or more.

Events of any size should only be continued if they can be carried out with adherence to guidelines for protecting vulnerable populations, hand hygiene, & social distancing. When feasible, organizers could modify events to be virtual. This recommendation does not apply to the day to day operation of organizations such as schools, institutes of higher learning, or businesses. This recommendation is not intended by the CDC to supersede the advice of local public health officials.

<https://www.cdc.gov/coronavirus/2019-ncov/community/large-events/mass-gatherings-ready-for-covid-19.html>

## PREVENT THE SPREAD OF COVID-19 IF YOU ARE SICK

Call your doctor: If you think you have been exposed to COVID-19 and develop a fever and symptoms of respiratory illness, such as cough or difficulty breathing, call your healthcare provider immediately. If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

### Stay Home Except to Get Medical Care

- ⇒ Stay home: People who are mildly ill with COVID-19 are able to isolate at home during their illness. You should restrict activities outside your home, except for getting medical care.
- ⇒ **Call 911 if you have a medical emergency:** If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. Seek prompt medical attention if your illness is worsening.
- ⇒ Avoid public areas: Do not go to work, school, or public areas.
- ⇒ Avoid public transportation: Avoid using public transportation, ride-sharing, or taxis.

### Separate yourself from other people and animals in your home

- ⇒ Stay away from others: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.
- ⇒ Limit contact with pets & animals, just like you would around other people. Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people sick with COVID-19 limit contact with animals until more information is known about the virus. If possible have another member of your household care for your animals while you are sick, or wash your hands before and after you interact with pets and wear a facemask.



### Call Ahead Before Visiting Your Doctor

- ⇒ If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.



### Avoid Sharing Personal Household Items

- ⇒ Do not share: You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.



### Home Isolation

- ⇒ Stay at home until instructed to leave: Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low.
- ⇒ Talk to your healthcare provider: The decision to discontinue home isolation precautions should be made on a case-by-case basis.

<https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html>

# Delicious & Nutritious

## BLACK BEAN SOUP

Social distancing can also be a great time to cook comforting, healthy meals with your family. This black bean soup recipe is simple to make, heart healthy and budget friendly. You can also use leftovers to top a salad or warm in the microwave and use as a filling for tacos!

- 1 Onion, diced
- 1 T minced garlic
- 2 tsp ground cumin
- 1 jalapeño, chopped
- 2 16- oz canned, low-sodium black beans (undrained)
- 1 15- oz canned, no-salt-added, diced tomatoes (undrained)
- 1 cup low-sodium broth
- dill chopped, fresh cilantro (optional)



- ⇒ Spray large pot with cooking spray, over medium-high heat add onion and cook until translucent (5 minutes).
- ⇒ Add garlic, cumin and jalapeno and cook 1 minute more.
- ⇒ Add beans to pot and lightly mash with a potato masher or fork.
- ⇒ Add tomatoes and broth – bring to a boil and reduce to medium heat, cover and simmer for 15 minutes.
- ⇒ Serve topped with chopped fresh cilantro (optional).

<https://recipes.heart.org/en/recipes/black-bean-soup>

### Community Health Centers of Greater Dayton

Give us a call to discuss your health with our caring doctors and nurse practitioners!

#### Our Health Centers

**Appointment Line:**

**937-461-6869**

Hours: Mon-Fri 7:30am-5:30pm

#### Alex Central Health Center

5 South Alexandersville Road Miamisburg, OH 45342 Phone: 937-247-0304

#### Charles Drew Health Center

1323 West Third Street Dayton, OH 45402 Phone: 937-461-4336

#### Corwin Nixon Health Center

2351 Stanley Avenue Dayton, OH 45404 Phone: 937-228-0990

#### East Dayton Health Center

2132 East Third Street Dayton, OH 45403 Phone: 937-528-6850

#### Patterson Park Health Center

1074 Patterson Road Dayton, OH 45420 Phone: 937-258-6330

#### Victor Cassano Health Center

165 South Edwin C. Moses Blvd. Dayton, OH 45402 Phone: 937-972-0303

#### Dental Center

#### East Dayton Dental Center

2132 East Third Street Dayton, OH 45403 Phone and Appointments: 937-528-6830

[www.communityhealthdayton.org](http://www.communityhealthdayton.org)



Calories

245 Per Serving



Protein

15g Per Serving



Fiber

11g Per Serving



Cost Per Serving

\$1.36

Community Health Centers of Greater Dayton—Your Medical Home