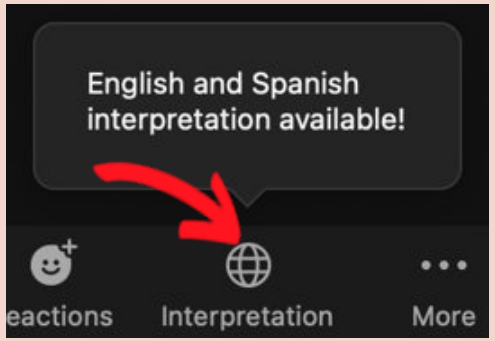
Building capacity in community-based organizations to strengthen the Response to the COVID-19 pandemic in underserved communities

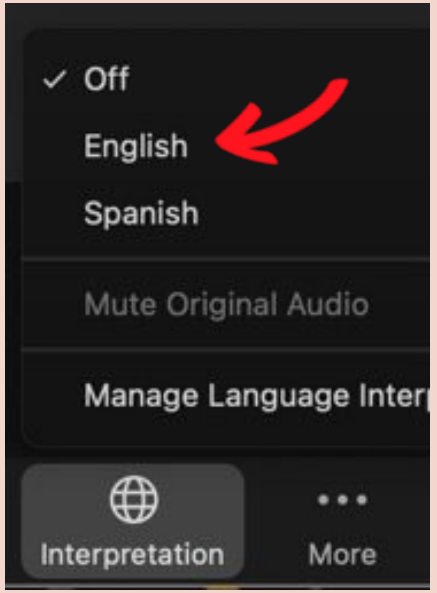
Learning Collaborative

May 11, 2023

Using Zoom Interpretation Function

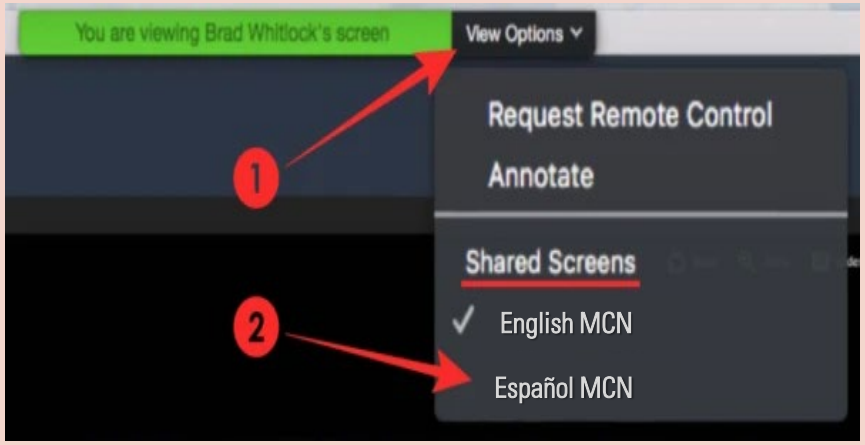
- Find the globe icon at the bottom of your Zoom screen
- If using the Zoom app on your phone, look for the "more" option and "language interpretation"
- Click the globe and select "English"

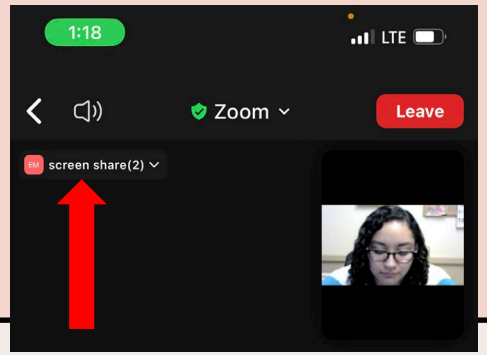


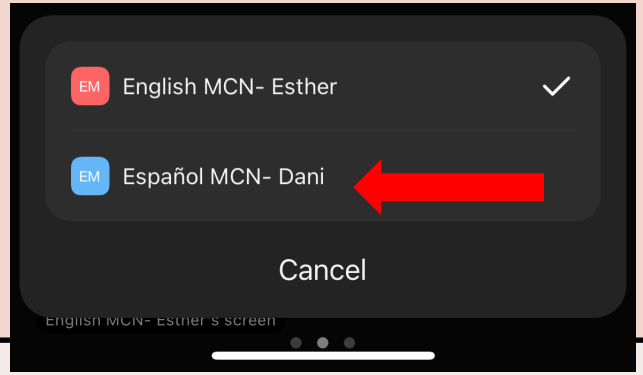


Selecting your preferred viewing screen in Zoom

- At the top (center) of your screen you will click the “View Options” tab
- In the drop-down menu, please select the desired screen
- On a smart phone click the screen share tab on the left side and select your desired viewing screen



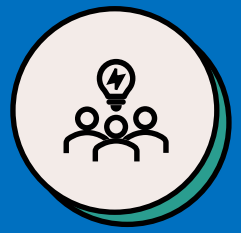




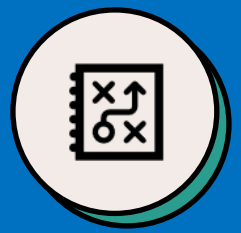
Today's Agenda

Session Pulse Check Overview

How do we continue to protect ourselves from infectious diseases?



Questions and Answers



Resource Corner

Session Pulse Check

Complete a session check and close out

Learning Objectives

- Identify strategies and controls to continue protecting ourselves and reduce the risk of contagion from infectious diseases
- Evaluate the effectiveness and appropriate use of different types of air purifiers and disinfectants to remove infectious diseases from surfaces
- Discuss the types of personal protective equipment available and how to properly use them for protection against infectious diseases

Session Pulse Check Results

Building Capacity in Communities to Strengthen the Response to the COVID-19 Pandemic (Session 3)

Evaluation Results

Total number of participants= 11
Total number of evaluations: 8 (73%)

The learning objectives of this webinar, are, the participants will be able to:

1.Identify the risk factors, symptoms, and challenges associated with Long COVID and post-COVID conditions and their impacts on vulnerable populations.

2.Analyze the social and structural drivers of health that contribute to enhanced vulnerabilities of underserved communities to COVID-19 and Long COVID.

3.Identify challenges and successful strategies needed for implementing effective COVID-19 campaigns in our communities

Figure 2: Overall, how satisfied are you with this webinar

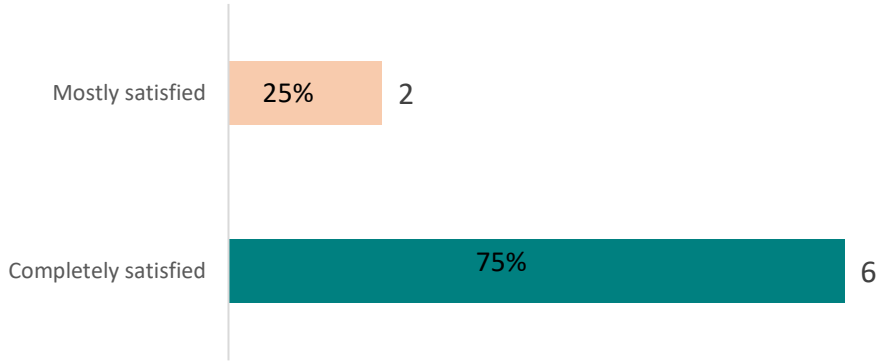


Figure 1: How well the webinar met all the stated learning objectives?

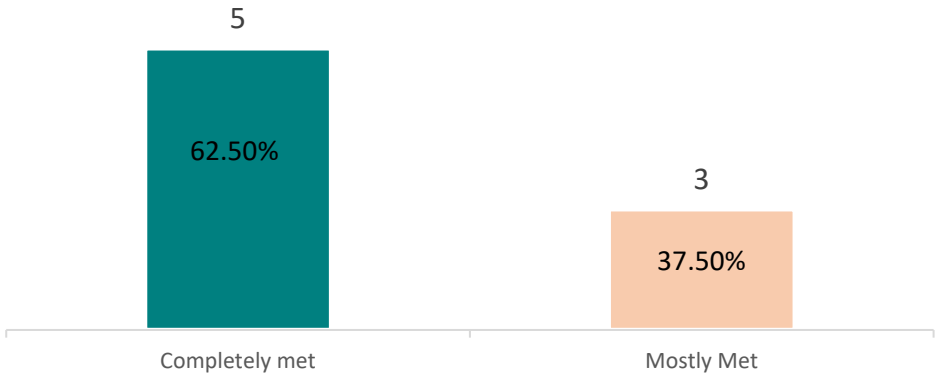
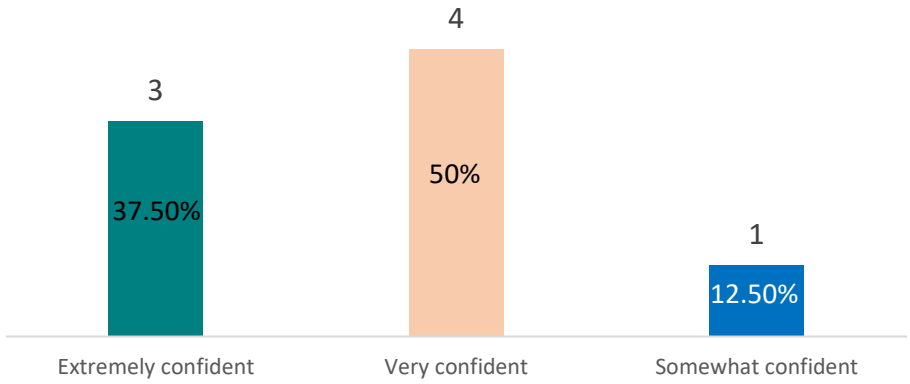


Figure 3: How confident are you that you will be able to apply information from this webinar at your health center or organization?



Evaluation Results

Total number of participants= 11
Total number of evaluations: 8 (73%)

Figure #4: Based on your level of knowledge prior to this session, how would you rate changes to your knowledge as a result of this webinar?

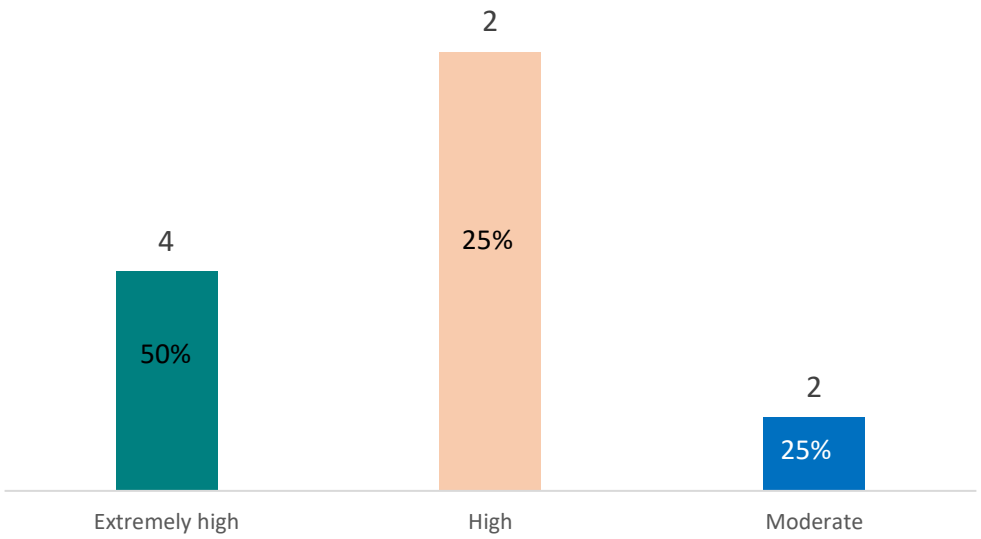
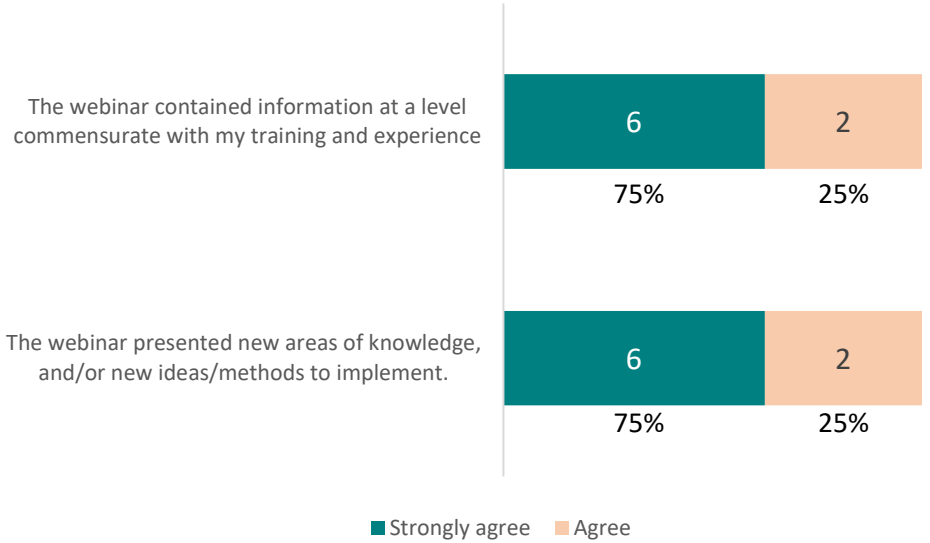


Figure #5: Please indicate your level of agreement with the following statements:



What you learned:

Continue providing orientation

Long covid

Techniques to relate to the community and receive accurate information.

The vaccine as a preventive measure for covid and its variants.

Challenges of managing information, education and medical advances post covid-19.

Challenges

- Lack of access to multilingual resources.
- Being able to educate the majority of the vulnerable population that is still undecided on covid-19 issues.
- Keep the community informed about the importance of getting vaccinated.
- The difficulty of accessing health services for people who have temporary work visas or who do not have insurance.

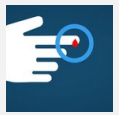
Other topics to address in the next session

Insurance and ways to access health for migrants without documents or with temporary work visas.

Emotional health

Physical, mental and emotional care alternatives post covid-19.

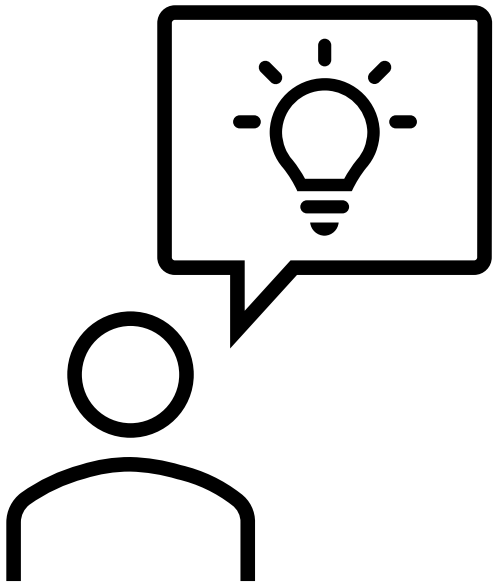
Socioeconomic factors



Diabetes & hypertension

How do we continue to protect ourselves from infectious diseases?

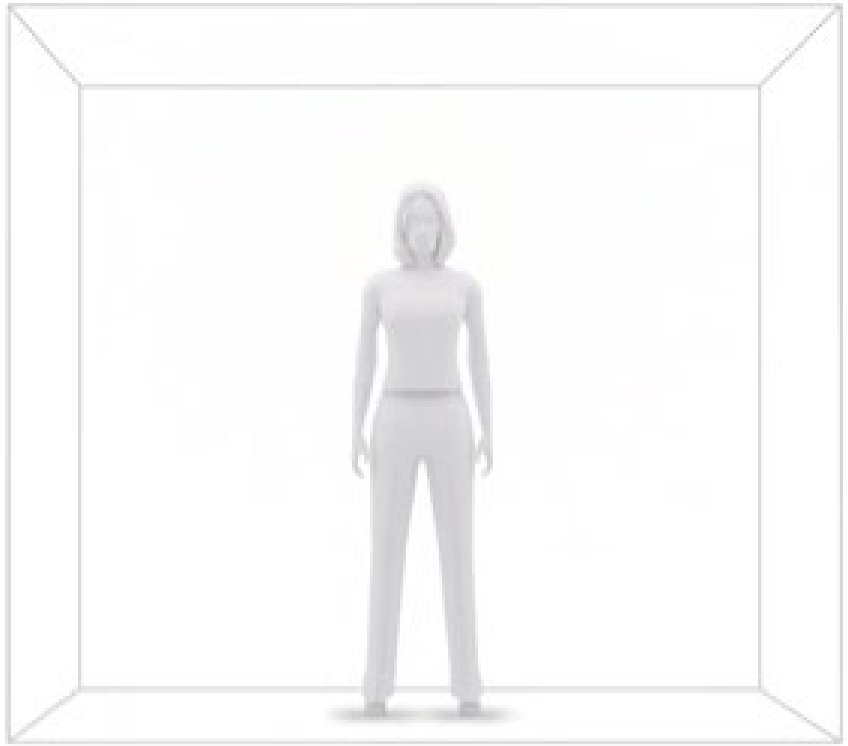
Strategies and controls to reduce our risk of contagion.



What should we consider?

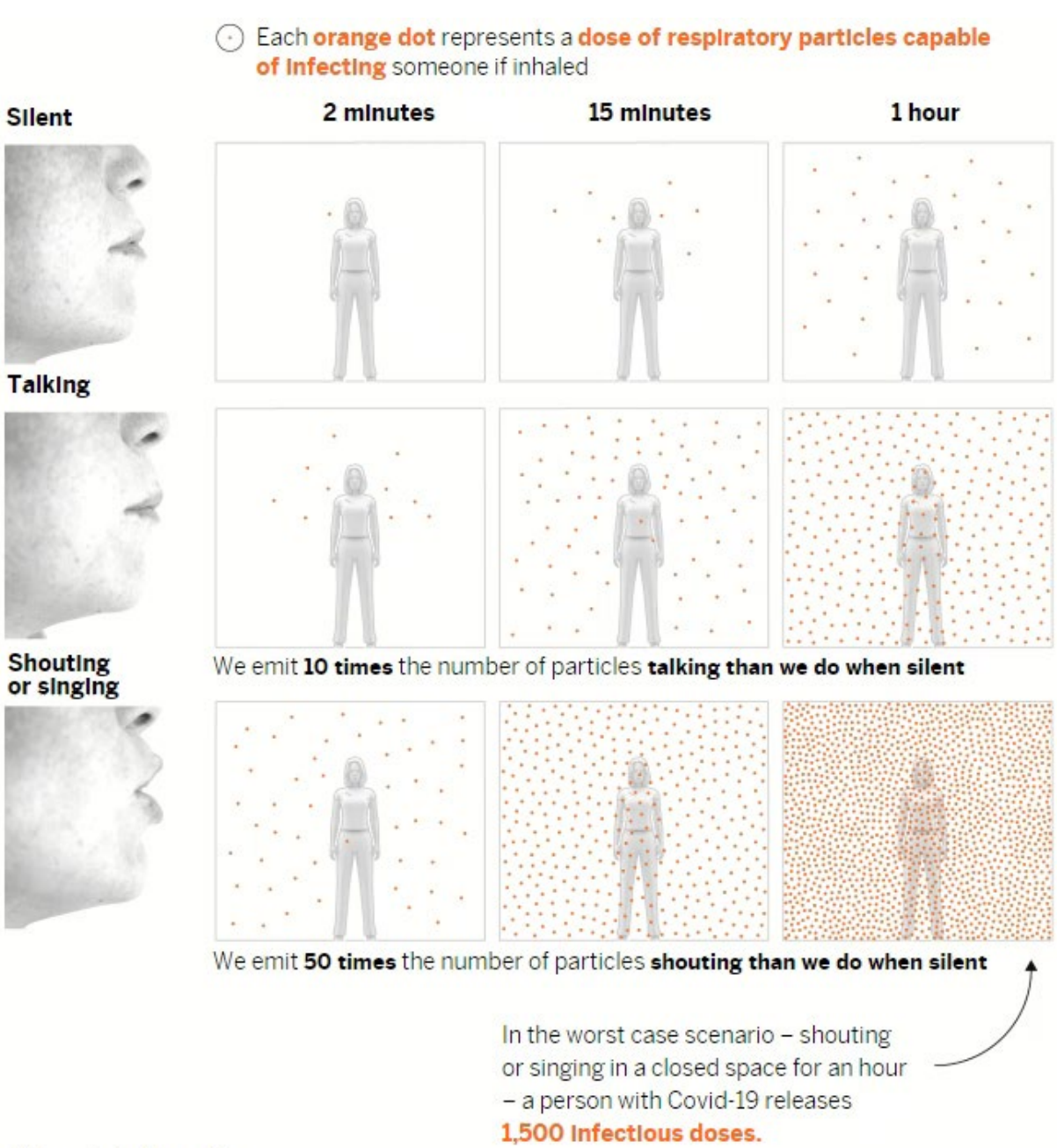
- Crowed places
- Closed spaces
- Contact/Distancing
- Exposure duration
- Ventilation
- Presence of Controls
- Type of activity

How do the particles we breathe move in places with poor ventilation?

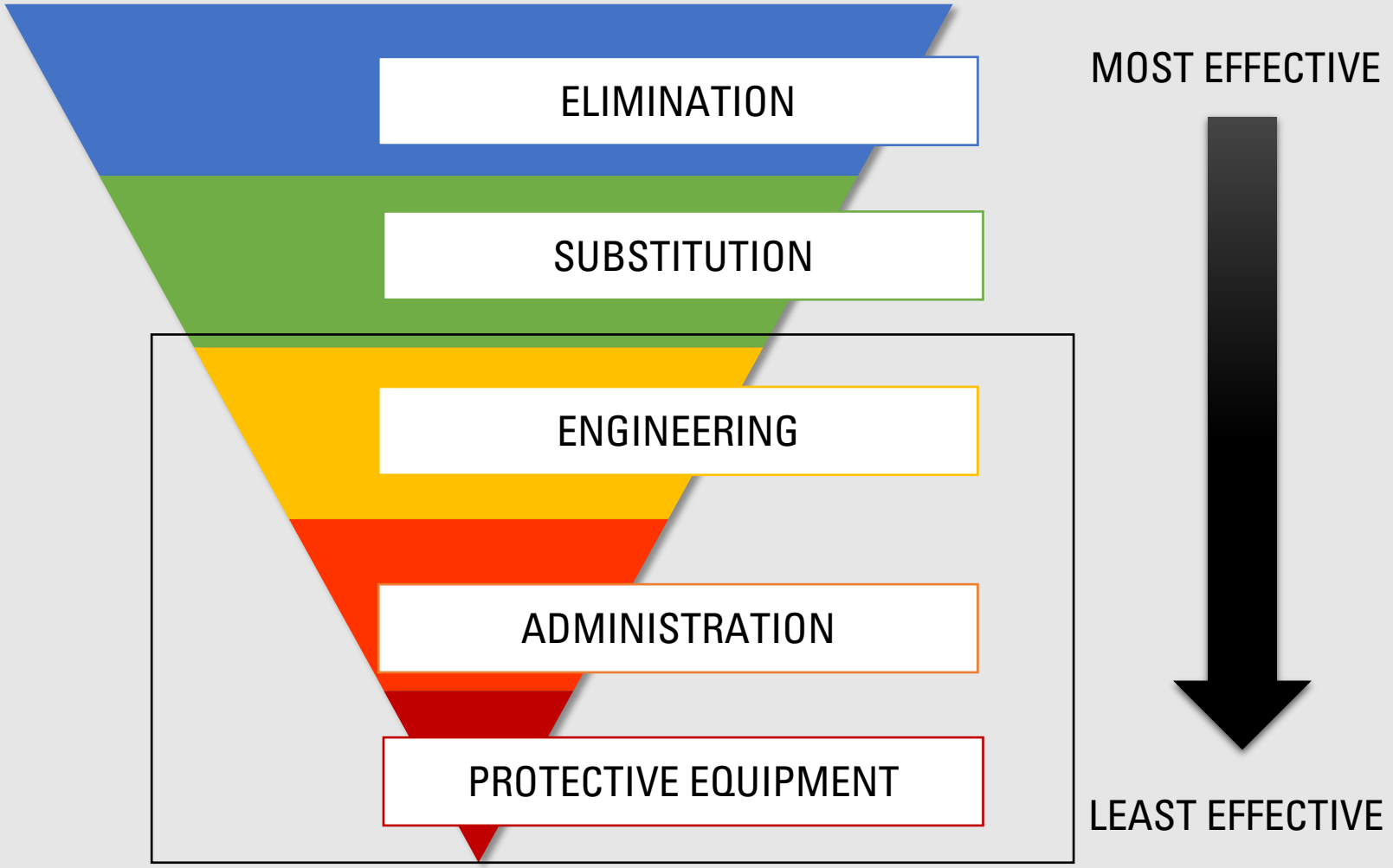


Without ventilation, aerosols remain suspended in the air, becoming increasingly concentrated as time goes by.

How do the particles we breathe move in places with poor ventilation?



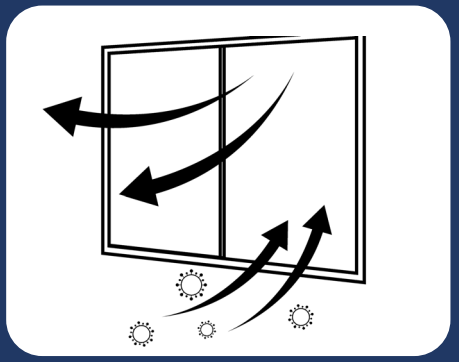
What options do we have?



Engineering Controls

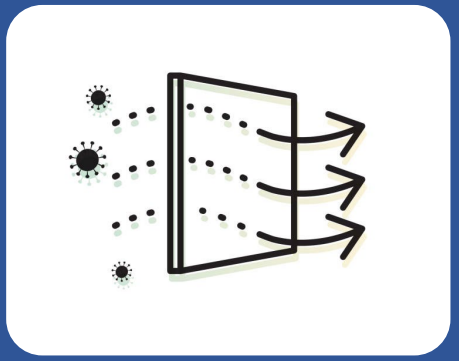
Ventilation strategies and adjustments

What measures do I have available to improve ventilation?



Natural ventilation

- It can be used by opening doors and windows (if this does pose additional risks). The ventilation can be improved through cross-ventilation by opening doors and windows that are on opposite walls.
- For pedestals or window fans, the wind should be blowing in the same direction as it is coming through the window.



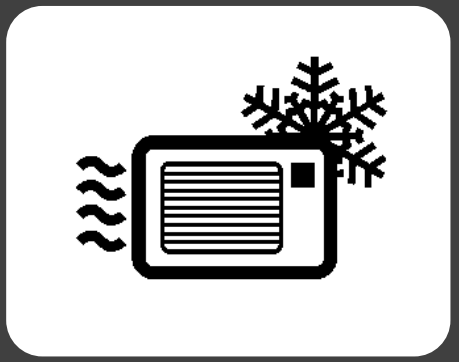
Filtration

- Installation or improvement FILTERS in the building's heating and cooling systems (HVAC).
- Filters with Minimum Efficiency Reporting Values (MERV) with a range of 13 or higher can capture 70% of small particles that may contain the infectious virus.

What measures do I have available to improve ventilation?

Air Purifiers

- Installation of AIR PURIFIERS that use high-efficiency (HEPA) filters. High-efficiency filters can capture 99% of small particles.
- It is important that the chosen unit has adequate filtration capacity for the size of the space that needs to be improved.



Other adjustments

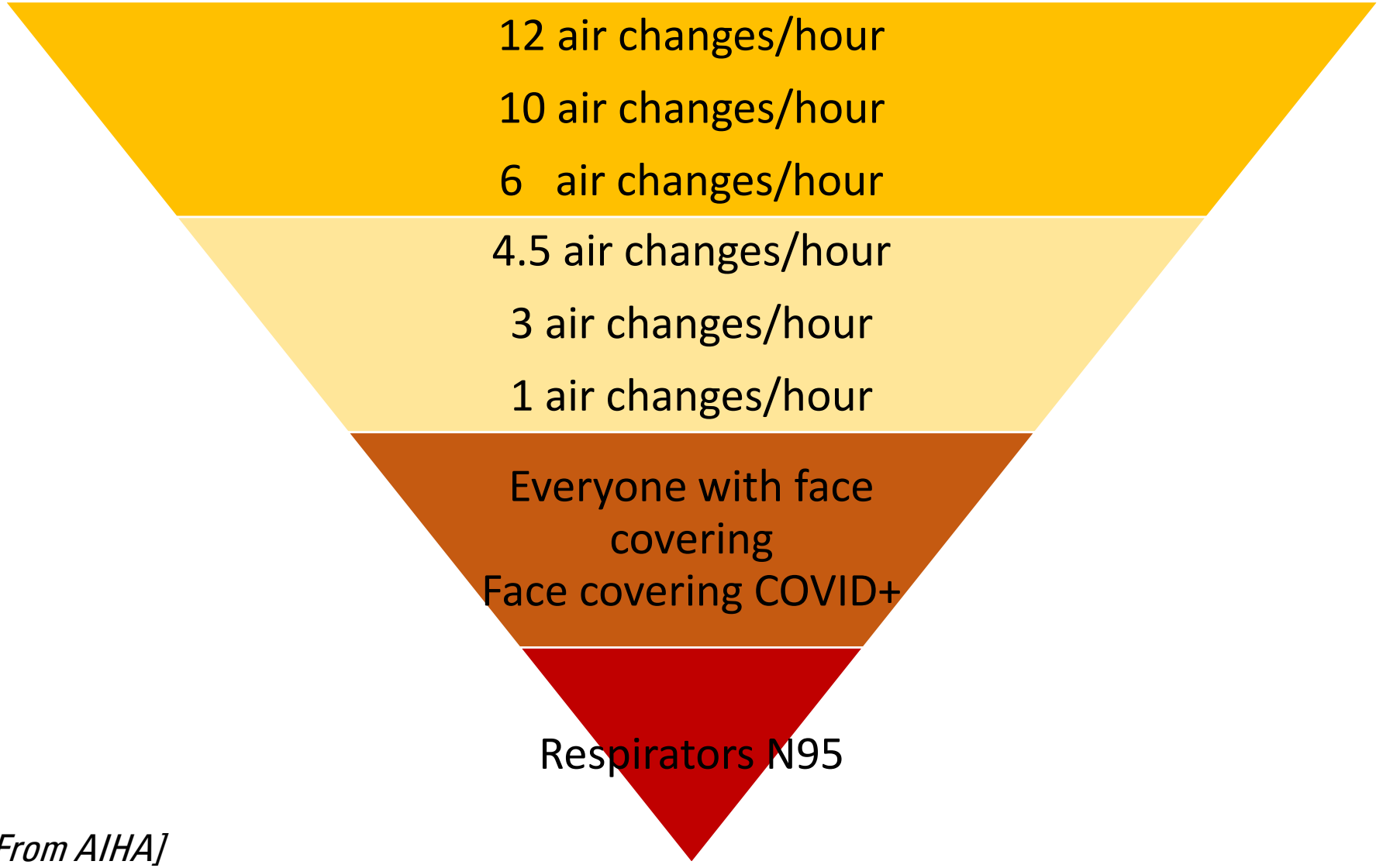
- ADJUSTMENTS can be made to window air conditioners and heating and cooling systems (HVAC) to increase the constant outside air intake, the speed at which the air is expelled, and its direction.

Purifier Selection

- ❑The portable air purifier is suitable for the room size where it will be used (see next section if you need assistance with this criteria).
- ❑The unit meets at least one of the following criteria (you can find this information in the equipment manual, website, or in the manufacturer's specifications placed on the packaging)
  - ❑It is designated as HEPA
  - ❑It has a clean air delivery rate (**CADR**)
  - ❑The manufacturer indicates the unit will remove most particles smaller than 1 µm.
- ❑Avoid selecting units that contain additional processes, such as UV or bipolar ionization.
- ❑Do not use intentionally ozone-generating units in occupied spaces.

Purifiers come in different sizes and shapes.

Risk Reduction with Controls



Relative Risk Reduction

99.9%
99%
95%

90%
78%
40%

~10%
~5%

90%

[From AIHA]

Administrative Controls

Cleaning and disinfecting

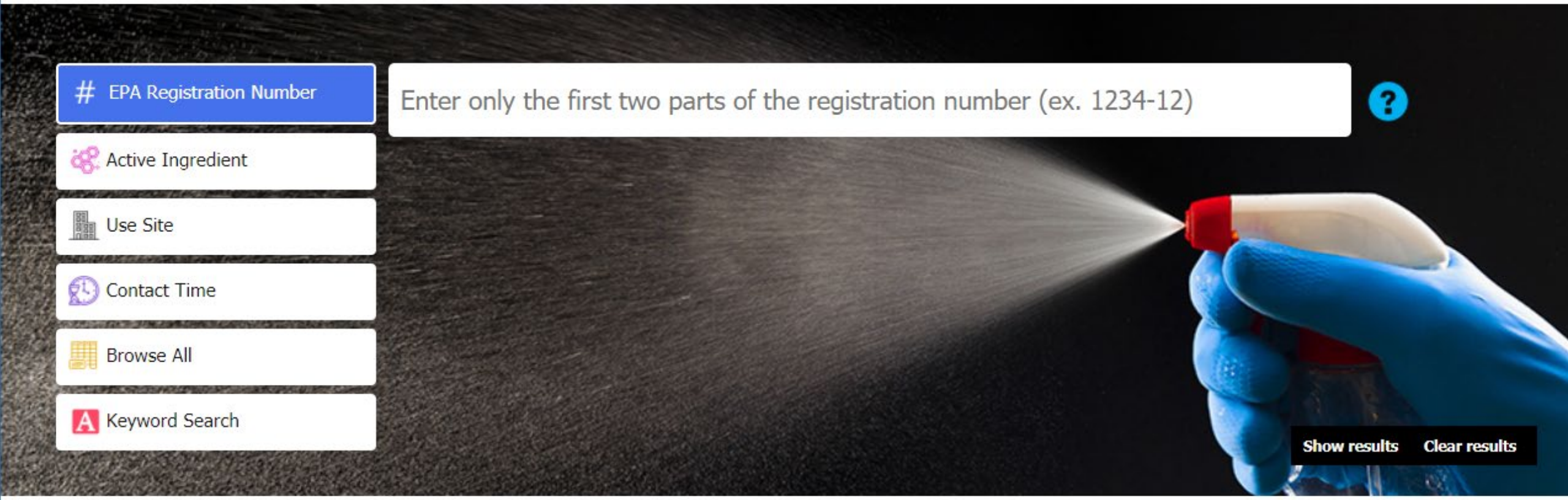
Administrative Controls

CLEANING	**REMOVES germs**	✓ Uses water and soap. ✓ It does not kill germs but decreases the number of germs and the risk of spreading disease.
DISINFECTION	**KILL germs**	✓ It works by using chemicals to kill germs on surfaces or objects.
HYGIENE	**REDUCES the number of germs to a safe level**	✓ Cleans surfaces and objects. ✓ Need security parameters.

EPA United States Environmental Protection Agency

List N Tool: COVID-19 Disinfectants

Feedback



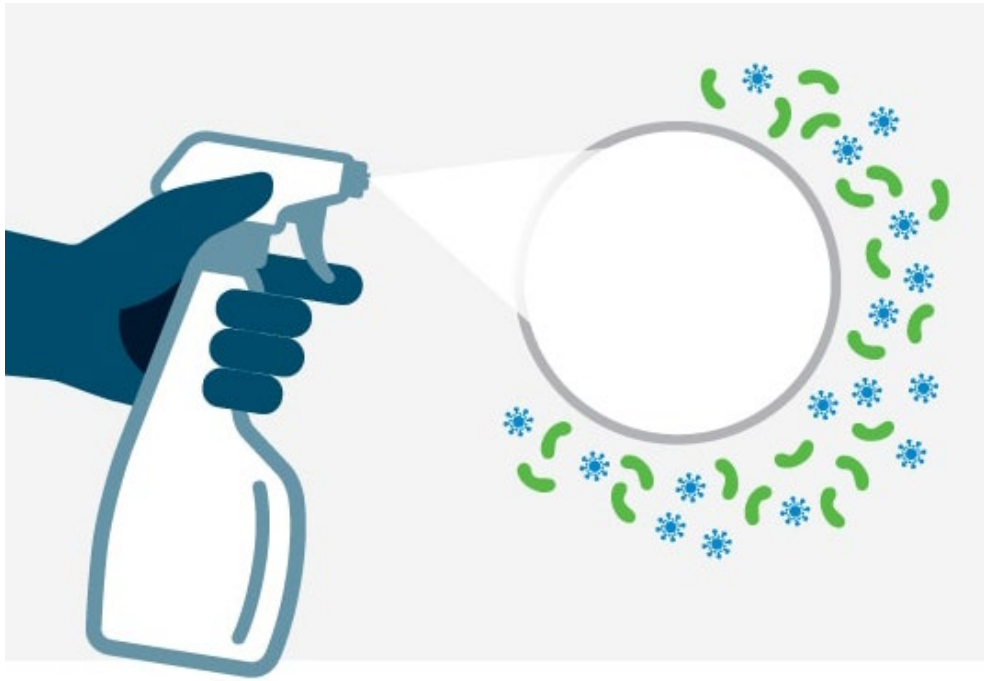
Search EPA's list of products for use against SARS-CoV-2, the virus that causes COVID-19, by selecting one or more of the corresponding criteria above. All products on this list meet EPA's criteria for use against SARS-CoV-2, the virus that causes COVID-19. These products are for use on surfaces, NOT humans. At any point, click the "Show Results" button to view your customized list of results. Select as many, or as few, criteria as you would like. Click the "Clear Results" button to remove all previous selections and start over. Click "Browse All" to display all products.

Types of adverse health effects related to the incorrect use of disinfectants

- Direct: at the point of contact.
  - Dryness, irritation, corrosion, skin cancer.
- Systemic: a part of the body other than the point of contact.
  - Organs or systems affected.
- Sensitization: allergic reaction to some substance.
  - Allergic contact dermatitis and sensitization of the respiratory tract.
- Combined: multiple effects on the health of the person who has been exposed.

Removing Infectious Diseases from Surfaces

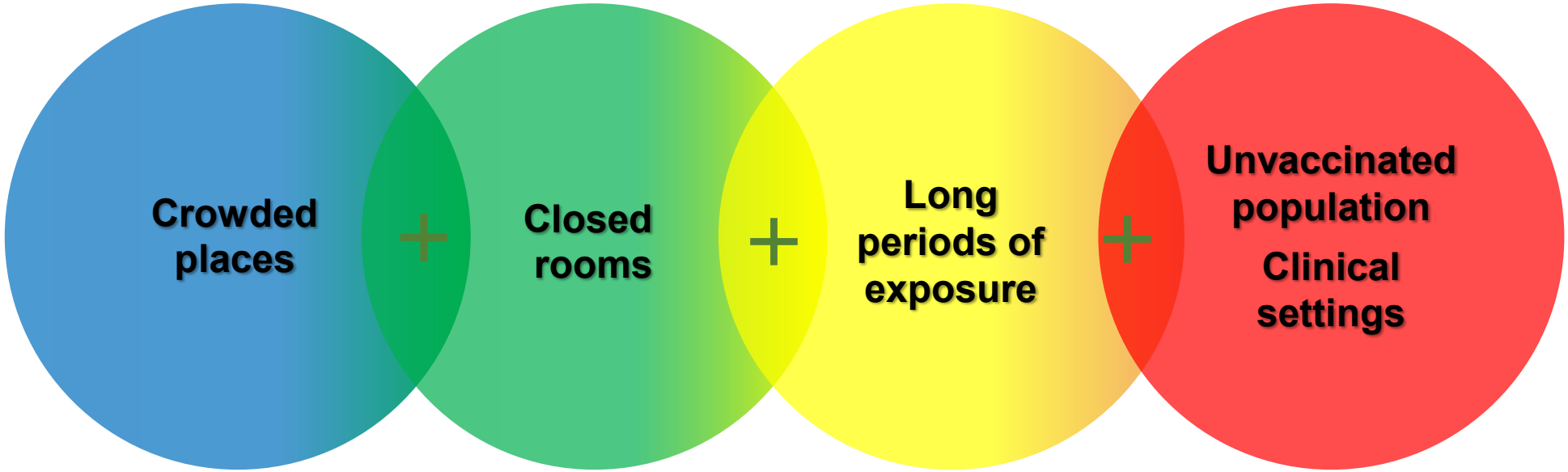
- Clean with soap and water.
- Ensure there is adequate ventilation to avoid inhalation of toxic vapors.
- Determine the frequency of cleaning and disinfection according to the level of use of spaces and objects.



Personal Protective Equipment

Respirators and Medical Masks

Things to consider | *Personal Risk Assessment*



BLUE
Disposable masks

YELLOW
Surgical, Respirators

RED
Respirators

Types of Protection Available

Medical Masks

Efficiency
98.5%; 89.5%

Respirators

Efficiency
99.9%; 95%

What do I need to consider when choosing a respiratory protection?

Type of exposure

- Population
- Type of space
- Distance
- Occupation
- Duration of exposure

Environment

- Temperature
- Humidity

Equipment characteristics

- Fit
- Durability

Regulatory implications

What to look for when buying?

Indicators to look for:

- Respirators
  - NIOSH TC approval number(s)
- Medical Masks
  - American Society for Testing and Materials (ASTM) levels

How do I use it properly?

BEFORE

Wash hands, review condition, hold by ear loops or ties, check if it is well adjusted

DURING

Over mouth and nose. Do not touch. Remove for eating/drinking

AFTER

Wash hands, clean and/or storage

How long can I use a respirator or mask? How to clean and maintain it?

- Disposable masks: Dispose carefully in trash after one day of use.
- Surgical masks: Dispose carefully after one day of use.
- Cloth mask: Clean after use.
  - Soap and water (can be done with regular laundry)
  - Sun dry or other.
  - Long use periods: review fit and dispose if it not longer holds or if broken.
- Respirator:
  - Usually disposable after one use.
  - Can last longer if (around a week):
    - It is alternated with other masks
    - We allow it to dry
    - Fit still works

What rules are there about the use of respirators?

- It is **required** for people exposed to patients in clinical procedures
- It is **recommended** for workers with high levels of exposure to unvaccinated populations or patients with suspected COVID-19.
- It is **optional** for the rest of the population.

What rules are there about the use of respirators?

- If as an employer, you **require** the use of respirators you must:
  - Have a respiratory protection program.
  - Train workers.
  - Do fit testing.
  - Provide respirator.
- If, as an employer, you **provide or allow** the use of respirators, you must:
  - Complete Appendix D of OSHA Sec. 1910.134

Can wearing a mask or respirator affect my health?

Oxygen and CO2 are very small compared to droplets, so they can easily pass through a face mask.

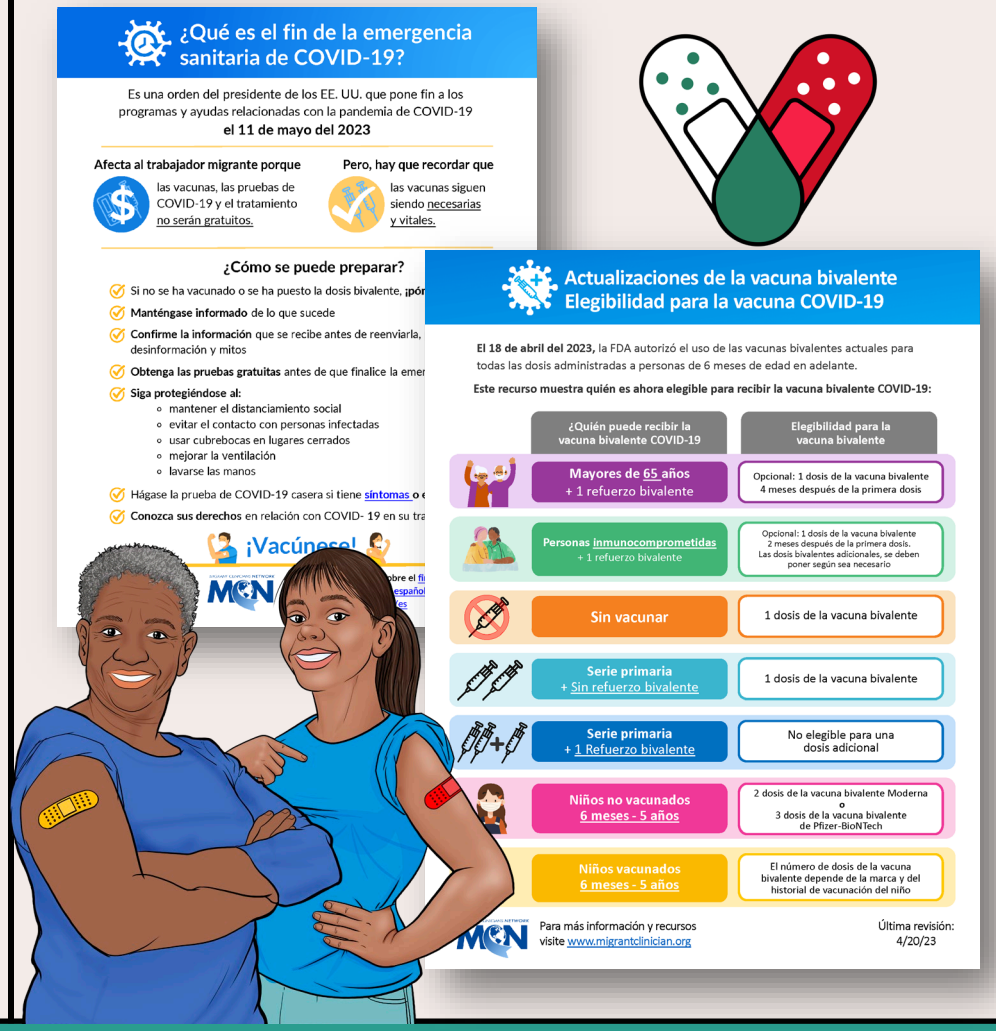
The effects of wearing masks are minimal at most even in people with very severe lung impairment.

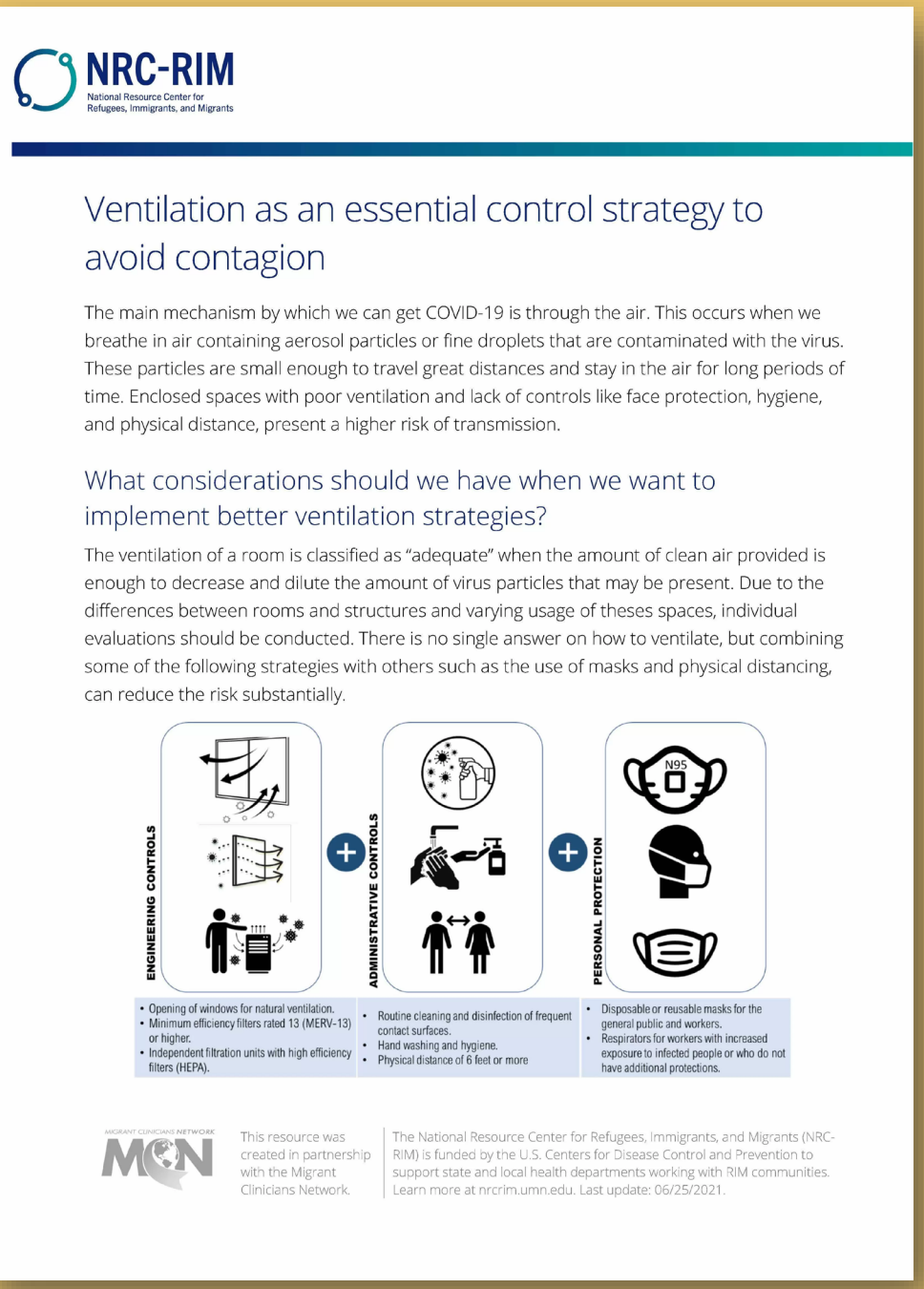

Questions?

Resource Corner

Esther Rojas

Project Coordinator





NRC-RIM
National Resource Center for Refugees, Immigrants, and Migrants

Ventilation as an essential control strategy to avoid contagion

The main mechanism by which we can get COVID-19 is through the air. This occurs when we breathe in air containing aerosol particles or fine droplets that are contaminated with the virus. These particles are small enough to travel great distances and stay in the air for long periods of time. Enclosed spaces with poor ventilation and lack of controls like face protection, hygiene, and physical distance, present a higher risk of transmission.

What considerations should we have when we want to implement better ventilation strategies?

The ventilation of a room is classified as "adequate" when the amount of clean air provided is enough to decrease and dilute the amount of virus particles that may be present. Due to the differences between rooms and structures and varying usage of theses spaces, individual evaluations should be conducted. There is no single answer on how to ventilate, but combining some of the following strategies with others such as the use of masks and physical distancing, can reduce the risk substantially.

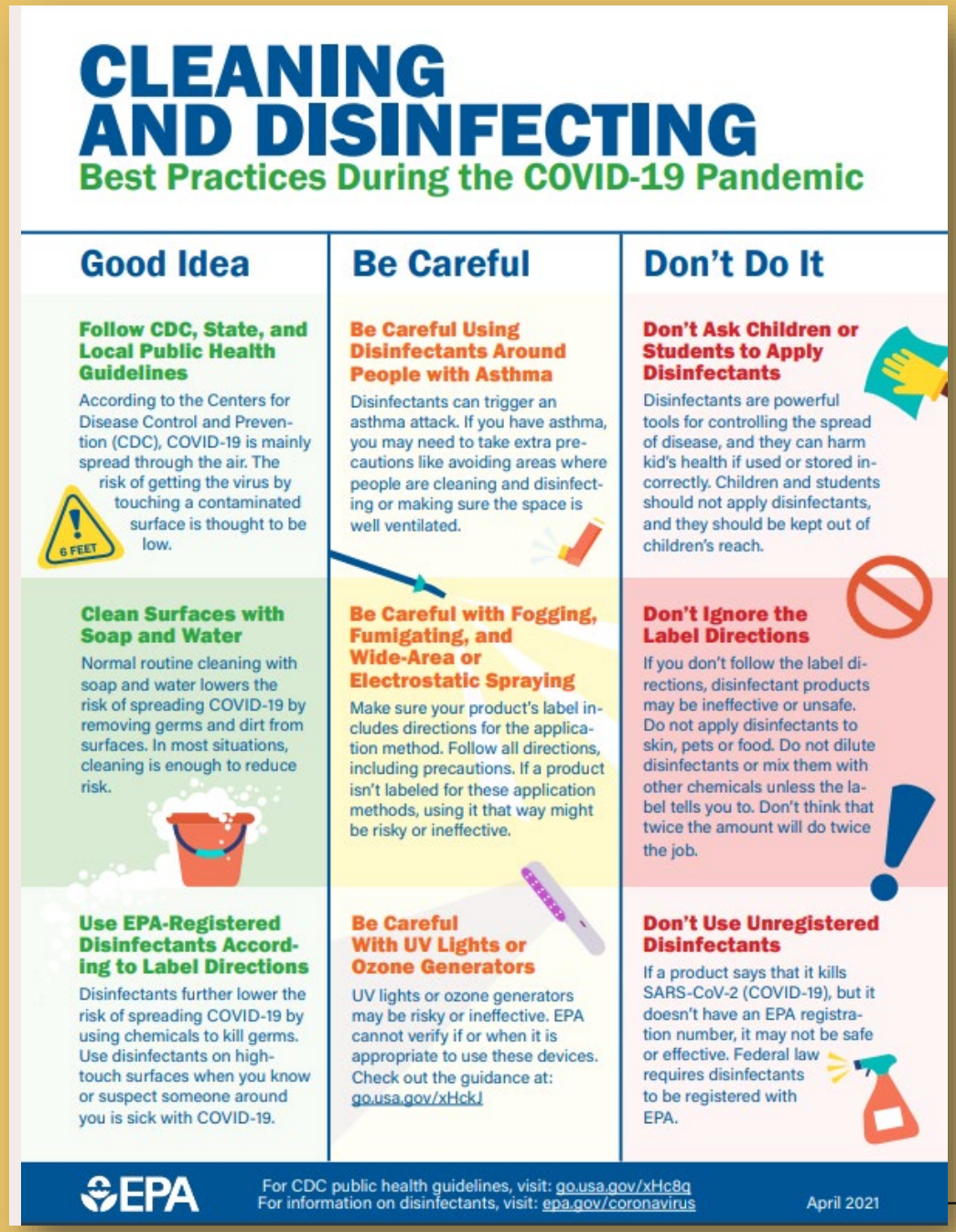
This resource was created in partnership with the Migrant Clinicians Network.

The National Resource Center for Refugees, Immigrants, and Migrants (NRC-RIM) is funded by the U.S. Centers for Disease Control and Prevention to support state and local health departments working with RIM communities. Learn more at nrcrim.umn.edu. Last update: 06/25/2021.

Ventilation Information Sheet

- ✓ Control strategies to avoid contagion
- ✓ Key measures to improve ventilation in home, school, work
- ✓ Purifier selection checklist

Link:
https://www.migrantclinician.org/resource/ventilation-essential-control-strategy-avoid-contagion.html



Cleaning and Disinfecting: Best Practices During the COVID-19 Pandemic

- ✓ EPA (Environmental Protection Agency) and CDC guidelines
- ✓ Important considerations when disinfecting and cleaning
- ✓ Effective disinfection tips for COVID-19

Link: https://www.epa.gov/coronavirus/cleaning-and-disinfecting-best-practices-during-covid-19-pandemic

FAQ: COVID-19 and Migrant, Immigrant, and Food & Farm Worker Patients

Newest questions added May 5, 2023

Spanish FAQ coming soon!

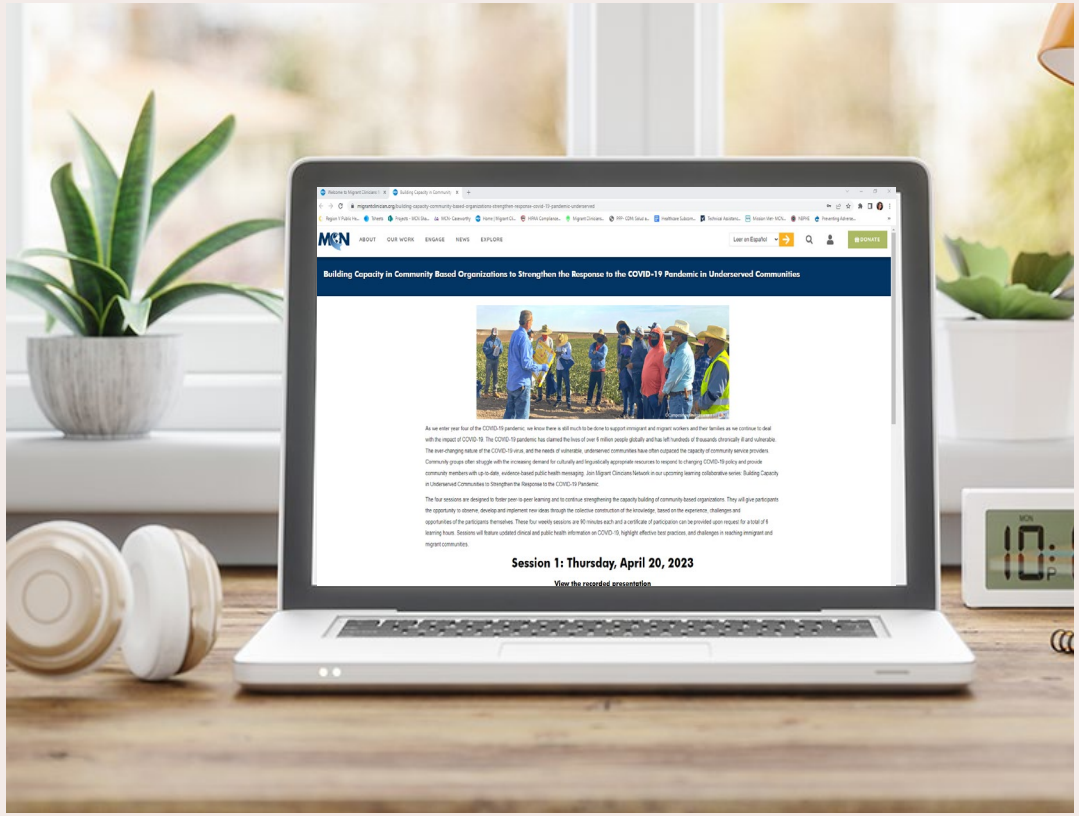
Visit migrantclinician.org/COVID19-FAQ

DIGITAL Health AWARDS® WINNER

MCN's FAQ has been recognized by the Digital Health Awards.

Building Capacity Archive

Link: https://www.migrantclinician.org/building-capacity-community-based-organizations-strengthen-response-covid-19-pandemic-underserved



Recordings, Resources, and More!

Session Pulse Check

URL Link:
https://forms.office.com/Pages/ResponsePage.aspx?id=NxtHHtibck6Zgif1TJY38hGOu3d_o-BGroBv3Zlnks9UNFBWNUVMSDhPVjUyWEJGSVRQNkhXS1BUVy4u

Session 4 - Building Capacity to Strengthen the Response to the COVID-19 Pandemic

Thank you for your participation!