Health and Wellness Activity
COVID-19 Resources

April 24, 2020

“Mark your negative thoughts as spam and delete them.”

This week’s recommended Health and Wellness Activity:
Take a Moment to Remember the Blue Sky

Coronavirus Anxiety Workbook
A Tool to Help You Build Resilience During Difficult Times

COVID-19 MYTH BUSTERS
1. 5G mobile networks DO NOT spread COVID-19
2. Exposing yourself to the sun or to temperatures higher than 25C degrees DOES NOT prevent the coronavirus disease (COVID-19).
3. You can recover from the coronavirus disease (COVID-19). Catching the new coronavirus DOES NOT mean you will have it for life.
4. Being able to hold your breath for 10 seconds or more without coughing or feeling discomfort DOES NOT mean you are free from the coronavirus disease (COVID-19) or any other lung disease.
5. Spraying alcohol or chlorine all over your body will not kill viruses that have already entered your body.
Covid-19 Ethnic/Racial Disparities

Racial toll of virus grows even starker as more data emerges
COVID-19 has disproportionately affected black people.

Issues Affecting Native American Communities During the COVID-19 Crisis

In San Francisco, 25% of COVID-19 cases are Latino despite accounting for 15% of the population
NPR's Mary Louise Kelly talks with Dr. Loretta Christensen, Navajo Area chief medical officer at the Indian Health Service about the disproportionate impact of the coronavirus on Native Americans.

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STOP COVID-19 XENOPHOBIA. CLICK HERE TO REPORT ASIAN AMERICAN HATE CRIMES DUE TO COVID-19 MIS INFORMATION.

SAMHSA.GOV

The Substance and Mental Health Services Administration (SAMHSA) website, SAMHSA.GOV, provides COVID-19 guidance and resources to assist individuals, providers, communities and states across the country. The website is updated daily.

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Did you enjoy today's e-Newsletter?

- Yes
- No

How likely are you to share one or more of the resources provided with a colleague?

- Likely
- Not likely

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