

Special Covid-19 information for people with hearing loss

For additional information please check the HLAA website at www.hearingloss.org

COVID-19 HEALTHCARE

According to the national Centers for Disease Control (CDC) and other health agencies, most cases of coronavirus are transmitted person-to-person between people who are in close contact with one another (within about 6 feet) through airborne transmission of respiratory droplets (coughing, sneezing, etc.). Older adults and people who have underlying chronic medical conditions (heart or lung disease, diabetes, etc.) seem to be at higher risk for developing more serious complications from Covid-19 illness.

They advise people to:

- Avoid close contact with people who are sick
- Avoid touching your eyes, nose and mouth
- Stay home (self-quarantine) if you feel you may have been exposed to someone with the virus, are sick yourself, and seek a doctor's help if necessary
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe
- Wash your hands frequently with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing or sneezing; if soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol content

For more information about Coronavirus, the flu or other illnesses, go to www.cdc.gov

Advice on shopping for groceries & medicine – particularly for the elderly or those with health conditions

Grocery stores, drug stores, and other retailers considered “essential” remain open, although they may have reduced hours, restricted hours, or are out of many items such as paper goods or frozen foods. You may also wish to have your groceries and prescriptions delivered to your home:

- Stop & Shop has a delivery service (www.Peapod.com)
- Amazon, Walmart and Target also delivers groceries Target may have shorter delivery times because people don't think of them for groceries)
- CVS, RiteAid and Walgreens all offer prescription delivery service
- Fresh Direct (www.freshdirect) is a wonderful source of home-delivered groceries (offers a large discount for first orders)
- Blue Apron (www.blueapron.com) delivers fresh, pre-measured ingredients for meals (also offering a large discount for first orders)
- Many local deli's and restaurants are offering take-out and delivery services, including prepared meals
- Seniors, especially those with underlying health conditions, have expressed concern about leaving their homes or shopping in crowded environments. Some supermarkets and other stores have offered exclusive hours for seniors.

[CDC CORONAVIRUS INFORMATION WEB PAGE](#)

COVID-19 AND HEARING

How Do I Communicate with Doctors, Nurses and Staff at the Hospital During COVID-19?

March 28, 2020

During the coronavirus (COVID-19) pandemic, how will you be able to talk to doctors, nurses and others at the hospital? This guide will help you get ready for your hospital visit.

[CLICK HERE TO READ](#)

Courtesy of the Westchester County Department of Health we were able to obtain this card for you to fill out as a deaf/HOH individual to assist in your healthcare needs should the virus affect you. Please use this for your reference as guidelines differ in different areas

[<CLICK HERE>](#)

You may download and print this out, and please remember to check back with HLAA Westchester and/or your local association for more information as it becomes available. Also check with

[<CDC Coronavirus information page>](#)

[<DOWNLOAD >](#)

COVID-19 MENTAL HEALTH & WELL-BEING

Stress and Coping

The outbreak of coronavirus disease (COVID-19) may be stressful for people of all ages. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about and your community stronger.

Everyone reacts differently to stressful situations. How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.

People who may respond more strongly to the stress of a crisis include:

- Older people and people with chronic diseases who are at higher risk for COVID-19
- Children and teens

- People who are helping with the response to COVID-19, like doctors and other health care providers, or first responders
- People who have mental health conditions, including problems with substance use

Stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs

People with pre-existing mental health conditions should continue with their treatment and be aware of new or worsening symptoms. Additional information can be found at the Substance Abuse and Mental Health Services Administration (SAMHSAexternal icon) website.

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

Things you can do to support yourself

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

Reduce stress in yourself and others

Sharing the facts about COVID-19 and understanding the actual risk to yourself and people you care about can make an outbreak less stressful. When you share accurate information about COVID-19 you can help make people feel less stressed and allow you to connect with them. Learn more about taking care of your emotional health.

For parents

Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared.

Not all children and teens respond to stress in the same way. Some common

changes to watch for include

- Excessive crying or irritation in younger children
- Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting)
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and “acting out” behaviors in teens
- Poor school performance or avoiding school altogether
- Difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain
- Use of alcohol, tobacco, or other drugs

There are many things you can do to support your child

- Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and share facts about COVID-19 in a way that your child or teen can understand.
- Reassure your child or teen that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- Limit your family’s exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities.
- Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.
- Learn more about helping children cope.

For First Responders

Responding to COVID-19 can take an emotional toll on you. There are things you can do to reduce secondary traumatic stress (STS) reactions:

- Acknowledge that STS can impact anyone helping families after a traumatic event.
- Learn the symptoms, including physical (fatigue, illness), and mental (fear, withdrawal, guilt).
- Allow time for you and your family to recover from responding to the pandemic.

- Create a menu of personal self-care activities that you enjoy, such as spending time with friends and family, exercising, or reading a book.
- Take a break from media coverage of COVID-19.
- Ask for help if you feel overwhelmed or concerned that COVID-19 is affecting your ability to care for your family and patients as you did before the outbreak.
- Learn more tips for taking care of yourself during emergency response.

For people who have been released from quarantine

Being separated from others if a healthcare provider thinks you may have been exposed to COVID-19 can be stressful, even if you do not get sick. Everyone feels differently after coming out of quarantine.

Some feelings include:

- Mixed emotions, including relief after quarantine
- Fear and worry about your own health and the health of your loved ones
- Stress from the experience of monitoring yourself or being monitored by others for signs and symptoms of COVID-19
- Sadness, anger, or frustration because friends or loved ones have unfounded fears of contracting the disease from contact with you, even though you have been determined not to be contagious
- Guilt about not being able to perform normal work or parenting duties during quarantine
- Other emotional or mental health changes

Children may also feel upset or have other strong emotions if they, or someone they know, has been released from quarantine. You can help your child cope.