Looking for up-to-date information about the coronavirus (COVID-19)?

Community Health Workers are often at the front line of any outbreak response and as such are exposed to hazards that put them at risk of infection with an outbreak pathogen (in this case COVID-19). Hazards not only include pathogen exposure, but also long working hours, psychological distress, fatigue, occupational burnout, stigma, and physical and psychological violence.[1] Here is some information to help you stay up-to-date on the facts and to support you in caring for yourself and others.

INTERNATIONAL INFORMATION:
World Health Organization (WHO)

NATIONAL INFORMATION:
U.S. Centers for Disease Control and Prevention (CDC)

STATE-SPECIFIC INFORMATION:

Arizona – Maricopa County

Georgia

Massachusetts

Maine
Portland, Maine

New Mexico

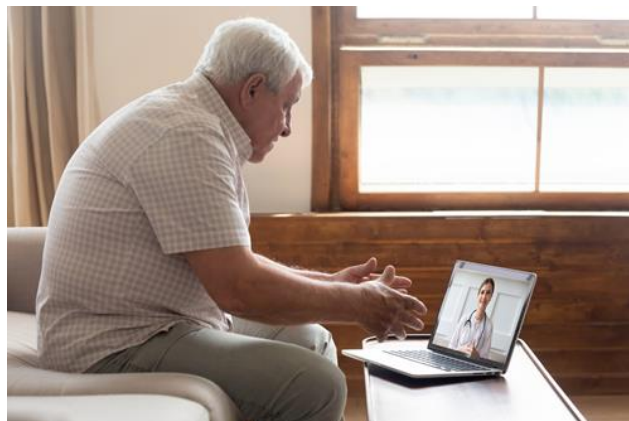**New York**

Virginia

---

[1] World Health Organization. (2020). *CORONAVIRUS DISEASE (COVID-19) OUTBREAK: RIGHTS, ROLES AND RESPONSIBILITIES OF HEALTH WORKERS, INCLUDING KEY CONSIDERATIONS FOR OCCUPATIONAL SAFETY AND HEALTH* [PDF file]. Retrieved from https://www.who.int/docs/default-source/coronaviruse/who-rights-roles-respon-hw-covid-19.pdf

MCD Public Health

Healthcare at Home - Telehealth

Many healthcare providers are turning to telemedicine as an alternative to in-person appointments. CHWs can play a role in helping their clients get ready for this change. Here is an article with tips to help clients have successful telehealth appointments.

Telehealth @ Home

To learn more about telehealth, visit **What is telehealth?**

Are you or your clients feeling anxious, nervous or scared?

It is completely normal to feel these and other uncomfortable feelings during times of uncertainty. Here are some resources aimed at helping you take care of yourself and others:

Managing Stress and Anxiety

Self-Care

Coping Strategies

Learn to Manage Stress

For more information, please feel free to reach out to us. Email us at **chwtraining@mcdph.org**.