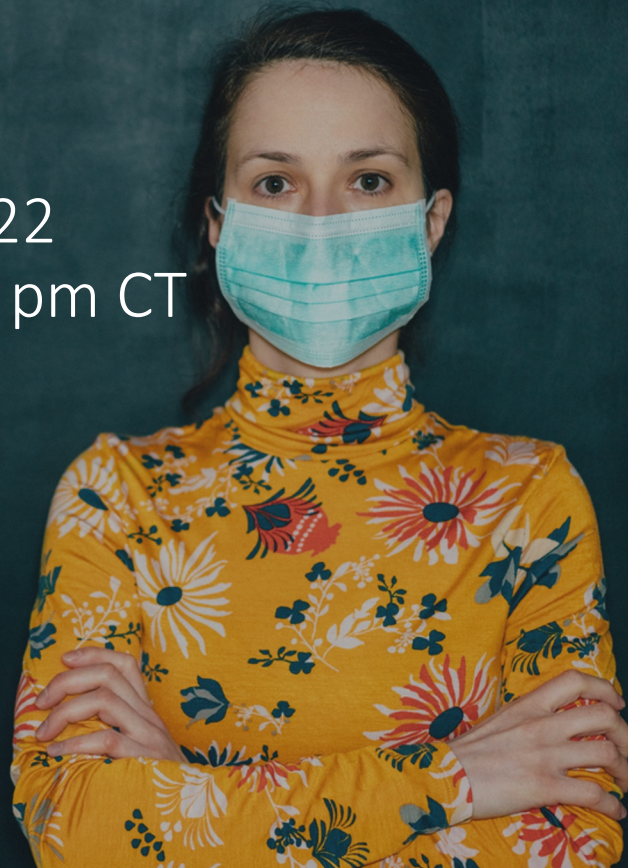


CHW Summer Café Chat #1

What is it like being a Community Health Worker (CHW) during the COVID pandemic?

June 21, 2022
12:00 pm – 1:00 pm CT



CHW Solutions
Community Health Worker services made easy



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



Housekeeping

- We will be recording this café chat, and the link will be posted on the NRC-RIM website:
<https://nrcrim.org/toolkits/community-health-workers>
- Join the discussion on CHW Solutions' facebook page:
<https://www.facebook.com/CHWSolutions2022/>
 - Where are you joining from?
 - What is your role related to CHWs?
 - What is it like for you being a CHW (or working with CHWs) during the COVID pandemic?



Today's Agenda

- **CHW Summer Café Chat Overview**
(Megan Ellingson, CHW Solutions)
- **Trusted Messenger**
(Chris Newberry, Free Country Media)
- **'Vaccination Is...' Campaign Editable Materials and Tri-folds**
(Noel Dufrene, Migrant Clinicians Network)
- **Community Health Worker (CHW) Discussion**
 - Paula Brown
 - Shawn McKinney
 - Andre Pappas
 - Carol Parnell
 - Ana Marizza Patiño
 - Ashley Rodriguez
 - Fabiola Rodriguez
 - Ebonee Stevenson
 - Yamaceeta Thompson

Today's CHW Café Chat Contributors



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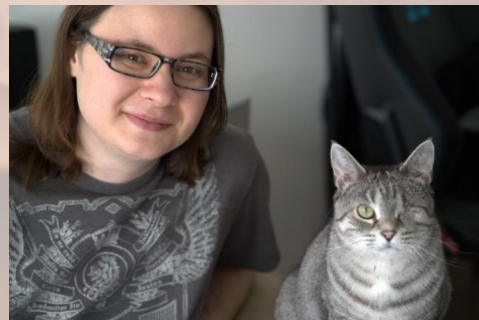
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NRC-RIM

National Resource Center for
Refugees, Immigrants, and Migrants



CHW Summer Café Chat Overview

June 21, 2022 What is it like being a CHW during the COVID pandemic?

July 19, 2022 What did we do to make it through? CHW Self-Care

August 23, 2022 Moving forward – what's next for CHWs?

ALL Chats:

- Share NRC-RIM resources
- Discussion with fellow CHWs



NRC-RIM

National Resource Center for
Refugees, Immigrants, and Migrants



Chris Newberry, Filmmaker
Free Country Media
cnewberry@freecountrymedia.com

Trusted Messenger

- <https://nrcrim.org/training/demand-training>
- **COMING SOON:** Facilitator and discussion guides for CHW and community groups (English and Spanish)



Trusted Messenger

Time to complete: 1 hour

Trusted Messenger is a PBS documentary that follows a diverse ensemble of healthcare professionals as they set out to gain the trust of communities of color across Minnesota during the COVID-19 pandemic. The resulting film highlights community-led efforts to overcome vaccine hesitancy and bring the pandemic under control. Download the [discussion guide](#) to discuss vaccine hesitancy with colleagues before and after watching the film.

Watch now

[Watch in Spanish](#)

NRC-RIM and MCN / NRC-RIM y MCN

The National Resource Center for Refugees, Immigrants, and Migrants (NRC-RIM) is funded by the U.S. Centers for Disease Control and Prevention and the International Organization for Migration to support state and local health departments working with refugee, immigrant, and migrant (RIM) communities that have been disproportionately affected by COVID -19.

Migrant Clinicians Network (MCN) is a partner of NRC-RIM.

El Centro Nacional de Recursos para Refugiados, Inmigrantes y Migrantes (NRC-RIM) está financiado por los Centros para el Control y la Prevención de Enfermedades de los Estados Unidos (CDC) y la Organización Internacional para las Migraciones para apoyar a los departamentos de salud estatales y locales que trabajan con las comunidades de refugiados, inmigrantes y migrantes (RIM) que se han visto afectadas de manera desproporcionada por COVID-19.

Migrant Clinicians Network (MCN) es socio de NRC-RIM.





Where You Can
Find Our
Materials...

Donde puede
encontrar
nuestros
materiales...

- [Main Campaign Page](#)
 - [Print Materials](#)
 - [Social Media Materials](#)
 - [Images](#)
 - [Tools for Implementation](#)
 - [COVID-19 Pandemic \(Information and Resources\) xs](#)
 - [COVID-19 FAQ](#)
 - [Receive MCN Updates!](#)
-
- [Página principal de campaña](#)
 - [Materiales para imprimir](#)
 - [Materiales de redes sociales](#)
 - [Imágenes](#)
 - [Herramientas para la implementación](#)
 - [La pandemia de COVID-19: información y recursos](#)
 - [Preguntas frecuentes sobre COVID-19](#)
 - [¡Reciba actualizaciones de MCN!](#)

<https://www.migrantclinician.org/explore-issues-migrant-health/covid-19-pandemic.html>

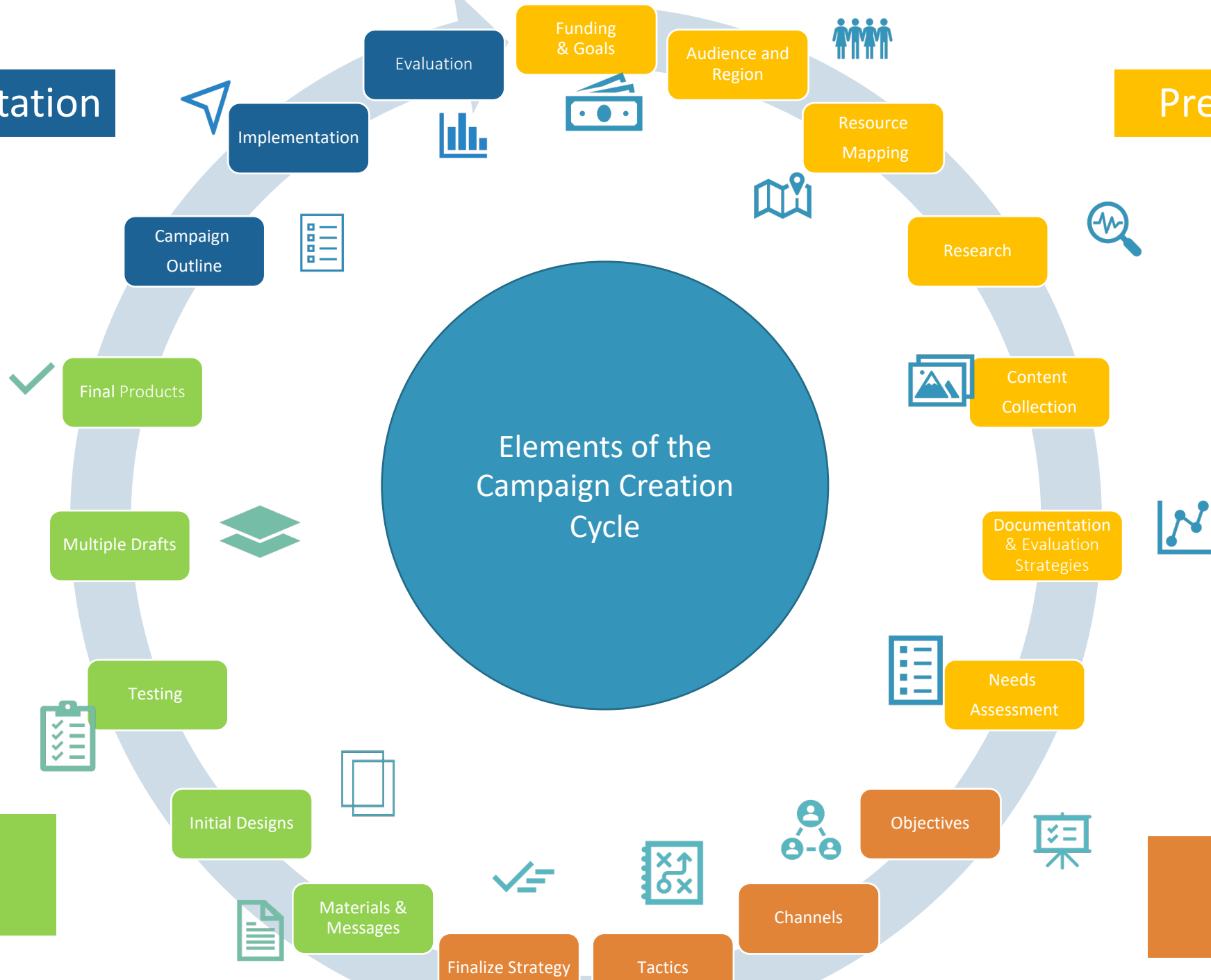
Elements of the Campaign Creation Cycle

Implementation

Pre-Design

Material Design

Strategy Design



Ciclo de elementos para crear una campaña

Implementación

Implementación

Esbozo de la campaña

Productos finales

Varios borradores

Prueba

Diseño de materiales

Diseño inicial

Materias y mensajes

Finalizar la estrategia

Tácticas

Canales

Objetivos

Estrategia de diseño

Evaluación de necesidades

Estrategias para documentaciones y evaluaciones

Colección de contenido

Investigación

Buscar recursos

Pre-diseño

Audiencia y región

Fundación y metas

Evaluación



COMMUNICATION CHANNELS THAT FIT A COMMUNITY / CANALES DE COMUNICACIÓN ADECUADOS A LA COMUNIDAD

Communication channels connect a target audience to campaign content.

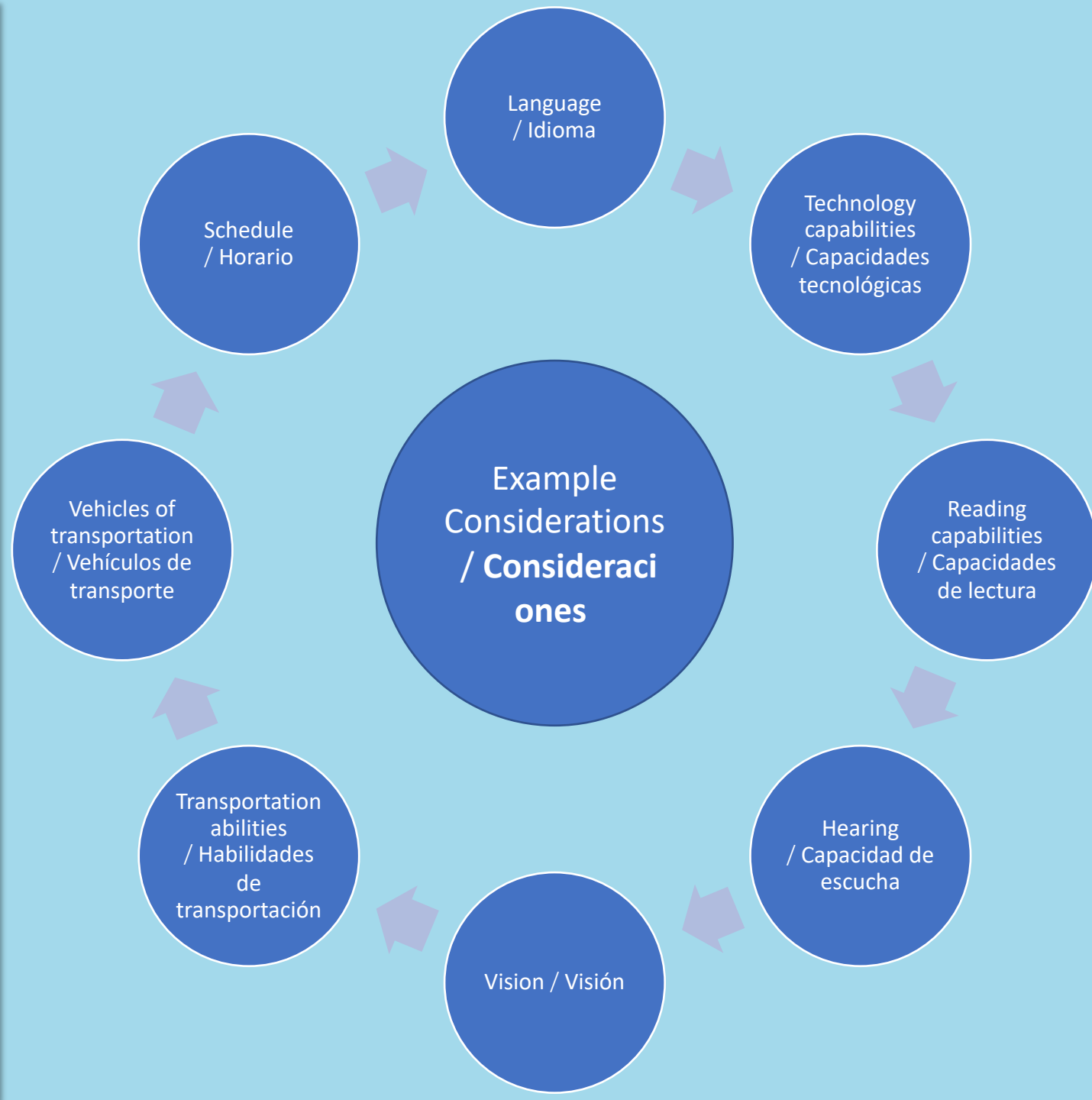
- Technology and channels for receiving information change constantly.
- For hot topics: Meet a target audience where they are at.

As strategies are chosen both objectives and channels may be adjusted.

Conectan a la comunidad con los contenidos de campaña

- Tome en cuenta que la tecnología y los canales usados pueden cambiar con frecuencia
- Con temas sensibles: Adecúese a su público objetivo

Ajuste objetivos y estrategias



Material Creation

Adapt

Requires less expertise
and funding

Material Design

Culturally appropriate
colors, symbols, etc,

Use Your Target Audience's Language

Include fluent speaker

Translated messages
should be re-written, not
translated verbatim

Message Creation

Base on needs
revealed in
Needs
Assessment

Testing and Evaluation

Test visual
designs and
messages

Finalize Materials

Incorporate
feedback

MCN and NRC-RIM
offers pre-made
materials that helps
you by-pass many
of these tasks.

However,
testing should
always be done
prior to use of
materials.

Creación de materiales

Adaptar

Requiere menos experiencia y financiamiento

Diseñar de materiales

Colores, símbolos, etc. culturalmente apropiados

Usar idioma del público objetivo

Incluya portavoz fluido

Los mensajes traducidos deben ser reescritos, no traducidos textualmente

Crear mensajes

En base a lo revelado en el estudio de necesidades

Probar y evaluar

Probar diseños visuales y mensajes

Finalizar materiales

Incorporar comentarios

MCN y NRC-RIM ofrecen materiales prefabricados que ayudan a evitar muchas de estas tareas.

Sin embargo, siempre deben hacerse pruebas antes de usar los materiales.



¡Qué saber sobre la vacuna contra COVID-19!

COVID-19
Es importante vacunarse, aunque ya haya tenido COVID-19.

Es gratis para casi todos, incluyendo a los inmigrantes. NO se requieren documentos de identificación.

Hay varias vacunas. Todas son seguras y eficaces.

Después de vacunarse puede tener dolor de brazo, dolor de cabeza, fiebre o escalofríos.

Se sentirá mejor después de unos días.

Pararán varias semanas antes de que la vacuna le proteja completamente.

Debe seguir usando mascarillas, lavarse las manos y mantener distancia.

VACUNATE VIRGINIA
VACUNATE VIRGINIA
1-877-VAX-IN-VA
1-877-829-4682

¡Haga una cita para VACUNARSE!

¡Felicitaciones, ya hizo su parte para mantenerse a usted y a los demás a salvo!

McN
Head Start Project
Maryland Lower Shore Vaccination Task Force

SOBRE LA VACUNA CONTRA COVID-19

La vacuna no causa infertilidad.

Es imposible que las vacunas cambien su ADN.

Aún debe ponerse la vacuna si ya le dio COVID-19.

La vacuna tiene máxima efectividad después de la última dosis.

Communication Materials

Materialiales de comunicación

Material Overview and Editing /
Revisión y edición de materiales

Vacúnate contra COVID-19

VACUNACIÓN ES ESPERANZA

inscríbete aquí
1-855-634-6829
<https://coronavirus.maryland.gov/pages/vaccine>

FACT SHEET | PROTECTING OURSELVES AND OTHERS WITH RESPIRATORS AND MASKS

Types of masks or respirators

Mask	Usefulness	Limitations	Precautions
Bandana	None	None	None
Knit mask	Low	None	None
Home-made cloth mask	Low to Moderate	None	None
Home-made cloth mask with pleats	Low to Moderate	None	None
Home-made cloth mask with two layers	Low to Moderate	None	None
Home-made cloth mask with three layers	Low to Moderate	None	None
Home-made cloth mask with four layers	Low to Moderate	None	None
Home-made cloth mask with five layers	Low to Moderate	None	None
Home-made cloth mask with six layers	Low to Moderate	None	None
Home-made cloth mask with seven layers	Low to Moderate	None	None
Home-made cloth mask with eight layers	Low to Moderate	None	None
Home-made cloth mask with nine layers	Low to Moderate	None	None
Home-made cloth mask with ten layers	Low to Moderate	None	None
Home-made cloth mask with eleven layers	Low to Moderate	None	None
Home-made cloth mask with twelve layers	Low to Moderate	None	None
Home-made cloth mask with thirteen layers	Low to Moderate	None	None
Home-made cloth mask with fourteen layers	Low to Moderate	None	None
Home-made cloth mask with fifteen layers	Low to Moderate	None	None
Home-made cloth mask with sixteen layers	Low to Moderate	None	None
Home-made cloth mask with seventeen layers	Low to Moderate	None	None
Home-made cloth mask with eighteen layers	Low to Moderate	None	None
Home-made cloth mask with nineteen layers	Low to Moderate	None	None
Home-made cloth mask with twenty layers	Low to Moderate	None	None
Home-made cloth mask with twenty-one layers	Low to Moderate	None	None
Home-made cloth mask with twenty-two layers	Low to Moderate	None	None
Home-made cloth mask with twenty-three layers	Low to Moderate	None	None
Home-made cloth mask with twenty-four layers	Low to Moderate	None	None
Home-made cloth mask with twenty-five layers	Low to Moderate	None	None
Home-made cloth mask with twenty-six layers	Low to Moderate	None	None
Home-made cloth mask with twenty-seven layers	Low to Moderate	None	None
Home-made cloth mask with twenty-eight layers	Low to Moderate	None	None
Home-made cloth mask with twenty-nine layers	Low to Moderate	None	None
Home-made cloth mask with thirty layers	Low to Moderate	None	None
Home-made cloth mask with thirty-one layers	Low to Moderate	None	None
Home-made cloth mask with thirty-two layers	Low to Moderate	None	None
Home-made cloth mask with thirty-three layers	Low to Moderate	None	None
Home-made cloth mask with thirty-four layers	Low to Moderate	None	None
Home-made cloth mask with thirty-five layers	Low to Moderate	None	None
Home-made cloth mask with thirty-six layers	Low to Moderate	None	None
Home-made cloth mask with thirty-seven layers	Low to Moderate	None	None
Home-made cloth mask with thirty-eight layers	Low to Moderate	None	None
Home-made cloth mask with thirty-nine layers	Low to Moderate	None	None
Home-made cloth mask with forty layers	Low to Moderate	None	None
Home-made cloth mask with forty-one layers	Low to Moderate	None	None
Home-made cloth mask with forty-two layers	Low to Moderate	None	None
Home-made cloth mask with forty-three layers	Low to Moderate	None	None
Home-made cloth mask with forty-four layers	Low to Moderate	None	None
Home-made cloth mask with forty-five layers	Low to Moderate	None	None
Home-made cloth mask with forty-six layers	Low to Moderate	None	None
Home-made cloth mask with forty-seven layers	Low to Moderate	None	None
Home-made cloth mask with forty-eight layers	Low to Moderate	None	None
Home-made cloth mask with forty-nine layers	Low to Moderate	None	None
Home-made cloth mask with fifty layers	Low to Moderate	None	None
Home-made cloth mask with fifty-one layers	Low to Moderate	None	None
Home-made cloth mask with fifty-two layers	Low to Moderate	None	None
Home-made cloth mask with fifty-three layers	Low to Moderate	None	None
Home-made cloth mask with fifty-four layers	Low to Moderate	None	None
Home-made cloth mask with fifty-five layers	Low to Moderate	None	None
Home-made cloth mask with fifty-six layers	Low to Moderate	None	None
Home-made cloth mask with fifty-seven layers	Low to Moderate	None	None
Home-made cloth mask with fifty-eight layers	Low to Moderate	None	None
Home-made cloth mask with fifty-nine layers	Low to Moderate	None	None
Home-made cloth mask with sixty layers	Low to Moderate	None	None
Home-made cloth mask with sixty-one layers	Low to Moderate	None	None
Home-made cloth mask with sixty-two layers	Low to Moderate	None	None
Home-made cloth mask with sixty-three layers	Low to Moderate	None	None
Home-made cloth mask with sixty-four layers	Low to Moderate	None	None
Home-made cloth mask with sixty-five layers	Low to Moderate	None	None
Home-made cloth mask with sixty-six layers	Low to Moderate	None	None
Home-made cloth mask with sixty-seven layers	Low to Moderate	None	None
Home-made cloth mask with sixty-eight layers	Low to Moderate	None	None
Home-made cloth mask with sixty-nine layers	Low to Moderate	None	None
Home-made cloth mask with seventy layers	Low to Moderate	None	None
Home-made cloth mask with seventy-one layers	Low to Moderate	None	None
Home-made cloth mask with seventy-two layers	Low to Moderate	None	None
Home-made cloth mask with seventy-three layers	Low to Moderate	None	None
Home-made cloth mask with seventy-four layers	Low to Moderate	None	None
Home-made cloth mask with seventy-five layers	Low to Moderate	None	None
Home-made cloth mask with seventy-six layers	Low to Moderate	None	None
Home-made cloth mask with seventy-seven layers	Low to Moderate	None	None
Home-made cloth mask with seventy-eight layers	Low to Moderate	None	None
Home-made cloth mask with seventy-nine layers	Low to Moderate	None	None
Home-made cloth mask with eighty layers	Low to Moderate	None	None
Home-made cloth mask with eighty-one layers	Low to Moderate	None	None
Home-made cloth mask with eighty-two layers	Low to Moderate	None	None
Home-made cloth mask with eighty-three layers	Low to Moderate	None	None
Home-made cloth mask with eighty-four layers	Low to Moderate	None	None
Home-made cloth mask with eighty-five layers	Low to Moderate	None	None
Home-made cloth mask with eighty-six layers	Low to Moderate	None	None
Home-made cloth mask with eighty-seven layers	Low to Moderate	None	None
Home-made cloth mask with eighty-eight layers	Low to Moderate	None	None
Home-made cloth mask with eighty-nine layers	Low to Moderate	None	None
Home-made cloth mask with ninety layers	Low to Moderate	None	None
Home-made cloth mask with ninety-one layers	Low to Moderate	None	None
Home-made cloth mask with ninety-two layers	Low to Moderate	None	None
Home-made cloth mask with ninety-three layers	Low to Moderate	None	None
Home-made cloth mask with ninety-four layers	Low to Moderate	None	None
Home-made cloth mask with ninety-five layers	Low to Moderate	None	None
Home-made cloth mask with ninety-six layers	Low to Moderate	None	None
Home-made cloth mask with ninety-seven layers	Low to Moderate	None	None
Home-made cloth mask with ninety-eight layers	Low to Moderate	None	None
Home-made cloth mask with ninety-nine layers	Low to Moderate	None	None
Home-made cloth mask with one hundred layers	Low to Moderate	None	None

THE PARTS OF A RESPIRATOR

Valve
A valve allows you to breathe out more easily. It is not required for most respirators.

Adjustable Gasket
An adjustable gasket allows you to adjust the fit of the respirator to your face.

Headbands
Headbands are used to hold the respirator in place on your head.

Straps
Straps are used to hold the respirator in place on your head.

Exhalation Valve
An exhalation valve allows you to breathe out more easily. It is not required for most respirators.

Respirator Information
All respirators must be used properly and only for the purpose intended. Do not use a respirator if it does not fit you properly. Do not use a respirator if you have a facial hair that interferes with the fit. Do not use a respirator if you have a facial hair that interferes with the fit. Do not use a respirator if you have a facial hair that interferes with the fit.

¡La vacuna contra COVID-19 es protección!

Tanpri enskri pourw pran vaksen covid-19 la

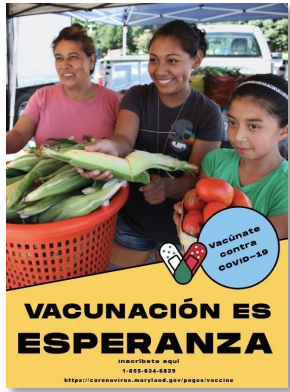
VAKSINASYON SE LANMOU

Enskri la
1-855-634-6829 <https://coronavirus.maryland.gov/pages/vaccine>

Printing Resources

Recursos para imprimir

Posters / Carteles/Afiches

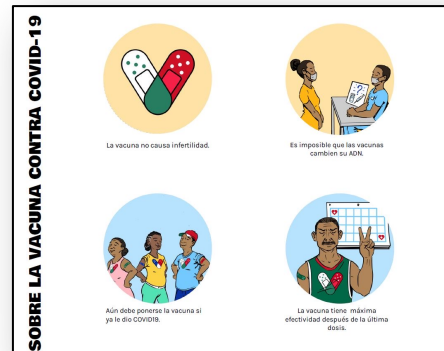


Comics / Tiras cómicas



Pre-Made and Editable Resources / Carteles prefabricados editables

Fact Sheets / Hojas informativas



Handout/Folleto / Volante



Stickers / Calcomanías/ Etiquetas



Tri-Folds / Trípticos

Folletos / Opúsculos

LAS VACUNAS SON SEGURAS Y EFECTIVAS



Tipos de vacunas disponibles en EUA:

- Pfizer (2 dosis en 21 días)
- Moderna (2 dosis en 28 días)
- J&J (dosis única)



¿Cuánto tarda la vacuna en proteger completamente?

Solo después de **2 semanas** después de completar su vacunación se está completamente protegido.

RECOMENDACIONES

- + Vacúnese lo más pronto posible con la vacuna disponible
- + Siga usando cubrebocas cuando este en presencia de personas no vacunadas (y cuando no sabe si están o no están vacunadas)



Para mujeres migrantes MCN recomienda:

- + Inicie con la serie de dos dosis de la vacuna Pfizer o Moderna para mujeres migrantes de entre 18 y 60 años, siempre y cuando estén disponibles
- + Para mujeres migrantes mayores de 60 años administrar una dosis de J&J si está disponible

¿CÓMO CONSIGO UNA VACUNA CONTRA COVID-19?

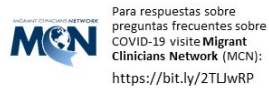
Llame a la **Coalición de Trabajadores de Immokalee**, para saber más sobre los recursos disponibles en el lugar donde se encuentre.

Hable con su patrón de su interés en vacunarse dando sus razones personales y el beneficio que ambos tendrán de estar protegidos y continuar trabajando. Y si necesita apoyo en hacer la llamada, hablemos.

Anime a sus compañeros para que se vacunen para que toda nuestra comunidad esté a salvo.



PARA MÁS INFORMACIÓN



Para respuestas sobre preguntas frecuentes sobre COVID-19 visite **Migrant Clinicians Network (MCN)**: <https://bit.ly/2TUwRP>

- PROTECCIÓN**
- ✓ Usar
 - ✓ Distanciamiento
 - ✓ Lavarse las manos
 - ✓ ¡VACUNARSE!

Why should we vaccinate children?

Some children get very sick from coronavirus. COVID-19 is the **6th leading cause of death of children ages 5-11**. Nearly 10,000 children have been hospitalized.

Most children don't become as sick as adults, but they can still spread it. COVID-19 vaccines prevent grandparents, younger siblings, and others from infection, hospitalization, or death from severe cases of the virus.

Getting kids vaccinated helps **prevent outbreaks that cause school closures**.

Is the vaccine safe for children?

Yes! In 4,500 children ages 6 months to 11 years, the vaccine was safe and effective in preventing severe cases of the virus in trials. Since December 2021 5.1 million children under 12 received at least one dose.

Risks from COVID-19 greatly outweigh any potential risks from the vaccine.

How do we keep children under five years old safe?

Currently, there is not an approved COVID-19 vaccine for children under 5 years old. But you can protect children from being infected and spreading the virus to others.

- + Ensure all household members aged 5+ are vaccinated.
- + Breastfeeding moms can get vaccinated to help pass antibodies to their baby.
- + Encourage **indoor masking wearing and social distancing** especially among the unvaccinated.
- + Wash hands.
- + Look for updates on whether a vaccine will become available for young children.

HOW CAN I GET MY CHILD A COVID-19 VACCINE?

- ✓ **Contact your local health department to make an appointment** or ask them where mobile vaccine clinics are located.
- ✓ **Contact your local community health center to make an appointment.**
- ✓ **Ask your child's pediatrician** if they offer COVID-19 vaccines.
- ✓ **Check with your local pharmacy.** They will likely offer vaccines.
- ✓ **Speak with your child's school** about getting a COVID-19 vaccine. They may offer in-school vaccine clinics.
- ✓ In some places, parents are required to be present when their child is vaccinated. Look for after-hour and pop-up clinics to make it easier for working parents.

FOR MORE INFORMATION

Visit Centers for Disease Control and Prevention: www.cdc.gov/coronavirus/2019-ncov/index.html



For answers to Frequently Asked Questions, visit **Migrant Clinicians Network (MCN)**: <https://bit.ly/3ki1xAI>



Updated: January 6, 2022



BENEFICIOS DE VACUNARSE

- ✓ Le protege a usted, a su familia y a sus compañeros de trabajo de enfermarse con COVID-19 grave o ir al hospital
- ✓ El regresar a sus actividades normales con otra gente ya vacunada
- ✓ Entre más gente participemos en la vacunación más rápido podemos vivir sin preocuparnos por COVID-19 o sus

¿QUÉ ESPERAR DESPUÉS DE VACUNARSE?



Es importante vacunarse, aunque ya haya tenido COVID-19.



Es gratis para todos. NO se requiere documentos de identificación.



Hay varias vacunas. Unas requieren dos dosis. Todas son seguras y eficaces.



Después de vacunarse puede tener dolor de brazo, dolor de cabeza, fiebre o escalofríos.



Se sentirá mejor después de unos días.



Pasarán varias semanas antes de que la vacuna le proteja completamente.



Debe seguir usando mascarillas, lavarse las manos y mantener distancia.



¡Felicitaciones, ya hizo su parte para mantenerse a usted y a los demás a salvo!

¿QUÉ HAGO SI SOLO RECIBÍ UNA DOSIS DE PFIZER O MODERNA ANTES DE IR AL NORTE?

¿QUÉ HAGO SI ME PUSE LA PRIMERA DOSIS DE LA VACUNA EN OTRO PAÍS, Y ESA VACUNA NO SE CONSIGUE EN EUA?

- + No todos los países han aprobado las mismas vacunas que en EUA
- + Si ya recibió una dosis de cualquier vacuna contra COVID-19 que no esté aprobada en EUA, entonces le pueden ofrecer la vacuna Pfizer, Moderna o J&J, ya estando en este país. Para ponérsela debe esperar al menos 28 días desde su última dosis. Revise las recomendaciones del **Centro para los Derechos del Migrante**: <https://bit.ly/2StoN51>
- + Consulte información de los CDC: <https://espanol.cdc.gov/coronavirus/2019-ncov/index.html>

Consulte sus dudas con un proveedor de salud

Children and the COVID-19 Vaccine

- ✓ GET VACCINATED!
- ✓ Wear a mask
- ✓ Social distancing
- ✓ Wash your hands

COVID-19 Vaccine Awareness Campaign

Pre-Made Resources

J&J Vaccine: An Educational Resource for Women / Vacuna J&J: Un recurso educativo para mujeres

What to know about the Johnson & Johnson / Janssen COVID-19 Vaccine

It's very important to get vaccinated.

The COVID-19 vaccines protect us from dying from COVID-19 and getting severe cases that result in hospitalization.

The risk of COVID-19 infection and severe illness is far greater than the risk of ANY side effect that has emerged from the three vaccines currently in use.

You have probably heard that with all COVID-19 vaccines, there is a possibility of non-life-threatening side effects 1-3 days after getting the vaccine.

You may also have heard people talk about how the J&J/Janssen vaccine may cause a very rare type of blood clots. While this sounds frightening, it is important to know that this side effect is very unlikely.

The risk for getting these blood clots for women between the ages of 18 and 49 is about 1 in 80,000. This risk is much lower than the risk of contracting COVID-19.

Symptoms do not appear immediately but can occur four to 30 days after receiving the vaccine. Common vaccine reactions in the day or two following the vaccine (headache, fever, aches, chills, etc.) do not indicate the rare blood clots. Symptoms for the rare blood clots include:


- Severe headache
- Visual changes
- Abdominal pain
- Nausea and vomiting
- Back pain
- Shortness of breath
- Leg pain or swelling
- Petechiae, easy bruising, or bleeding

If you experience these symptoms after getting the vaccine, seek medical attention.

Things to consider....

- If you are a woman between 18 and 60 years old, ask about your options.
- Consider other vaccines if they are available (Pfizer or Moderna).
- Make sure you will be able to get the second dose in a few weeks.
- The benefits of getting vaccinated against COVID-19 are much greater than potential risks from the vaccine.
- Get the COVID-19 vaccine to stay healthy and safe.

Get vaccinated!



Respirators and Masks/ Respiradores y mascarillas

FACT SHEET | PROTECTING OURSELVES AND OTHERS WITH RESPIRATORS AND MASKS | **MCN**


Resource updated: 12/14/21

We can protect ourselves and others by using masks and respirators to help prevent the spread of infectious disease like the flu, COVID-19 and other illnesses. This fact sheet provides a quick reference on masks and respirators and the most appropriate way to use them, and information that's important to consider about when to use them.

Types of masks or respirators

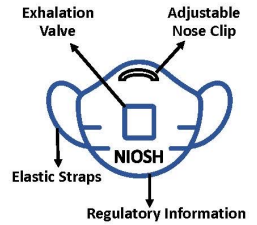
When choosing respiratory protection, you should use protection that best suits your level of risk. You may need to consider cost and activity, but the priority is to keep yourself protected for as long as you need protection.

Remember: Any mask is better than no mask! And in some cases, your work may require that you use a certain type of mask or respirator.



Disposable Mask	Cloth Mask	Medical Mask	Respirator (Non-NIOSH Certified)	Respirator (NIOSH Certified)
Goal: Limit the spread of the virus. Limited filtration capacity. Manufacturing is not regulated. It is thrown out after 1 use.	Goal: Limit the spread of the virus. Limited filtration capacity. Manufacturing is not regulated. It can be reused unless broken or dirty.	Goal: Limit the spread of the virus. Medium filtration capacity. Manufacturing based on ASTM standards. Example: Surgical Mask. It is thrown out after 1 use.	Goal: Protect the person wearing it. High filtration capacity. Manufacturing based on other jurisdictions standards. Example: Disposable KN95. Extended use is possible.	Goal: Protect the person wearing it. High filtration capacity. Manufacturing based on NIOSH standards. Example: Disposable N95. Extended use is possible.

THE PARTS OF A RESPIRATOR



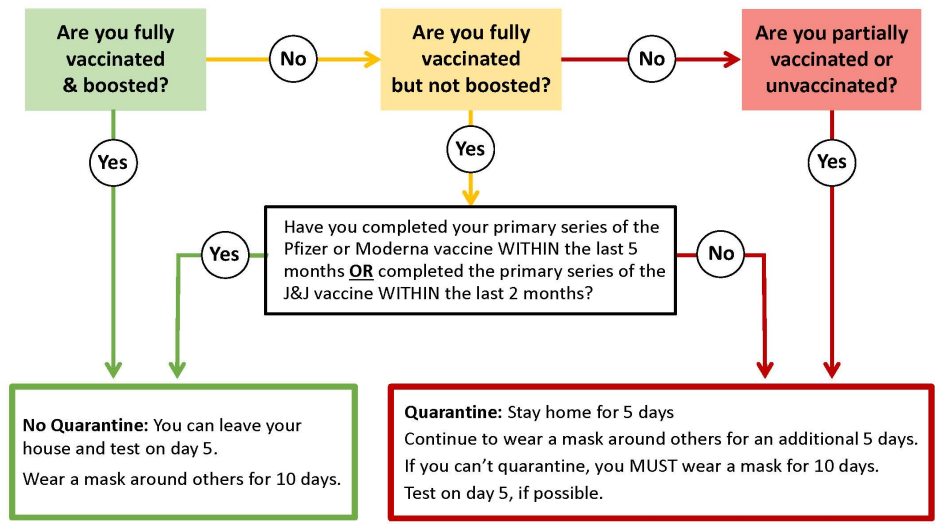
All masks have two (2) basic parts: elastic or adjustable straps and an adjustable nose clip. Some respirators and cloth masks may have exhalation valves.

Respirators also have regulatory information on the front that includes the number indicating efficiency (N95, N99, N100, R95, R99, R100, P95, P99, P100), lot number, approval number (starts with the letters TC) and the letters "NIOSH".

When your workplace requires you to use a respirator, you must be fitted. But you can still use a respirator without being fitted.

COVID Q&A Flowcharts / Diagrama de flujo sobre preguntas y respuestas sobre COVID-19

I'm a close contact of someone who has tested positive for COVID-19. Now what?



Are you fully vaccinated & boosted?

- Yes:** No Quarantine: You can leave your house and test on day 5. Wear a mask around others for 10 days.
- No:** Are you fully vaccinated but not boosted?

Are you fully vaccinated but not boosted?

- Yes:** Have you completed your primary series of the Pfizer or Moderna vaccine WITHIN the last 5 months OR completed the primary series of the J&J vaccine WITHIN the last 2 months?
 - Yes:** No Quarantine: You can leave your house and test on day 5. Wear a mask around others for 10 days.
 - No:** Quarantine: Stay home for 5 days. Continue to wear a mask around others for an additional 5 days. If you can't quarantine, you MUST wear a mask for 10 days. Test on day 5, if possible.
- No:** Are you partially vaccinated or unvaccinated?

Are you partially vaccinated or unvaccinated?

- Yes:** Quarantine: Stay home for 5 days. Continue to wear a mask around others for an additional 5 days. If you can't quarantine, you MUST wear a mask for 10 days. Test on day 5, if possible.
- No:** No Quarantine: You can leave your house and test on day 5. Wear a mask around others for 10 days.

Adapted by MCN: January 19, 2022

For more information, please visit [cdc.gov](https://www.cdc.gov)

Updated: January 19, 2022

Developed by the Maine Center for Disease Control and Prevention

Social Media Resources

Recursos de medios sociales

Social Media Posts / Publicaciones en redes sociales

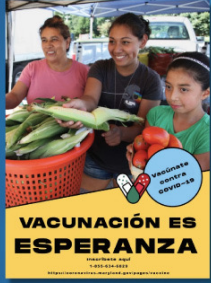


Editable and Pre-made videos / Videos editables y prefabricados



Image Bank/ Banco de imágenes





How to edit the Vaccination Campaign Poster Template



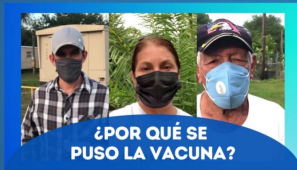
How to edit the Vaccination Campaign Social Media Template



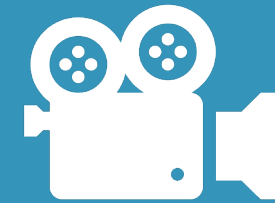
How to edit the "What to Expect When Getting the COVID-19 Vaccine" Resource Template



How to edit the Vaccination Campaign Brochure Template



How to edit the Vaccination Campaign Video Template



How-To-Edit Resource Videos / Videos con instrucciones sobre como editar

Campaign Implementation Tools / Herramientas de implementación de campañas

- Social Media Toolkit / Caja de herramientas y de redes sociales
- Print Media Toolkit / Caja de herramientas y de medios impresos
- Templates: / Plantillas:
 - Work Plan / Plan de trabajo
 - Resource Mapping / Mapeo de recursos
 - Needs Assessment / Evaluación de necesidades
 - Partner and Material Organization / Organización de socios y materiales
 - Campaign Email / Correo electrónico de campaña
 - Evaluation, Data Collection, and Reporting / Evaluación, recopilación de datos e informes
- Learning Collaborative Recordings / Grabaciones de sesiones de la comunidad de aprendizaje

COMING SOON...

'Designing Community-Based
Communication Campaigns'
Manual

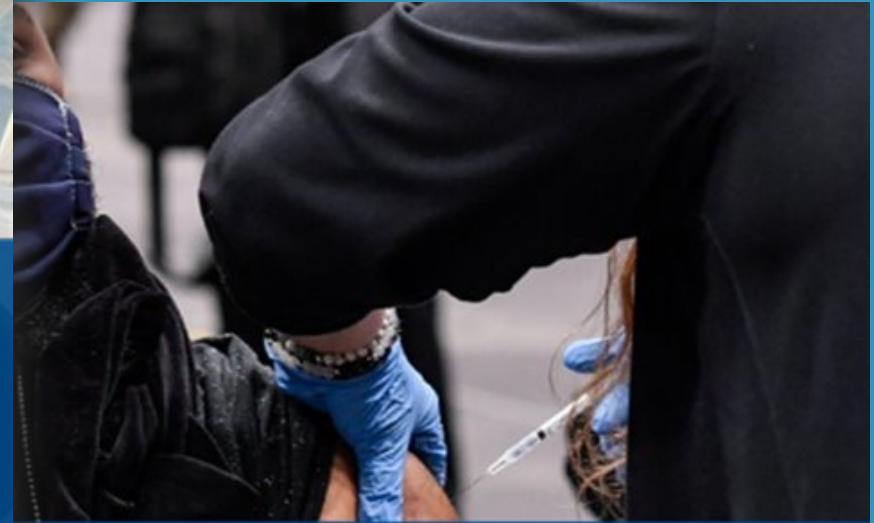
PRÓXIMAMENTE...

Manual 'Diseño de campañas de
comunicación basadas en la
comunidad'



© Coalition of Immokalee Workers

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



Preguntas frecuentes: La vacuna COVID-19 y migrantes, inmigrantes y trabajadores agrícolas

Estas preguntas se revisaron por última vez el 25 de enero de 2022

Community Health Workers – Discussion Questions

- 1. How did your career change in March 2020?**
- 2. Do you have a new normal? What is it?**
- 3. How did misinformation affect your job? How did you help your patients move past or move through misinformation?**
- 4. How did you make it through the initial chaos? What techniques did you use to continue to serve your patients?**
- 5. Who or what was most helpful to you or your patients during the pandemic?**
- 6. Did you experience anything that you never expected to? How was that?**
- 7. What were the best and worst parts of the last 2+ years?**
- 8. Did you experience anything that inspired you? What was that and how did it affect you?**

Today's CHW Café Chat Contributors

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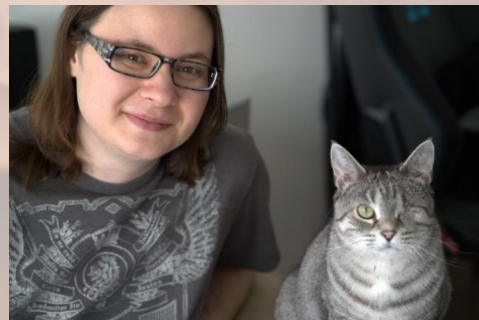
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Please let us know your ideas and suggestions for future chats:

<https://www.surveymonkey.com/r/MDSDK9Y>

THANK YOU!!!!

Come join us again!

July 19, 2022 What did we do to make it through? CHW Self-Care

August 23, 2022 Moving forward – what's next for CHWs?

1 pm (ET), noon (CT), 11 am (MT), 10 am (PT)



CHW Solutions
Community Health Worker services made easy



NRC-RIM

National Resource Center for
Refugees, Immigrants, and Migrants



<https://nrccrim.org/toolkits/community-health-workers>