

**UTRGV**™



**UT** Health  
Rio Grande Valley™

# COVID-19 Educational Workshop

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March 31<sup>st</sup>, 2020

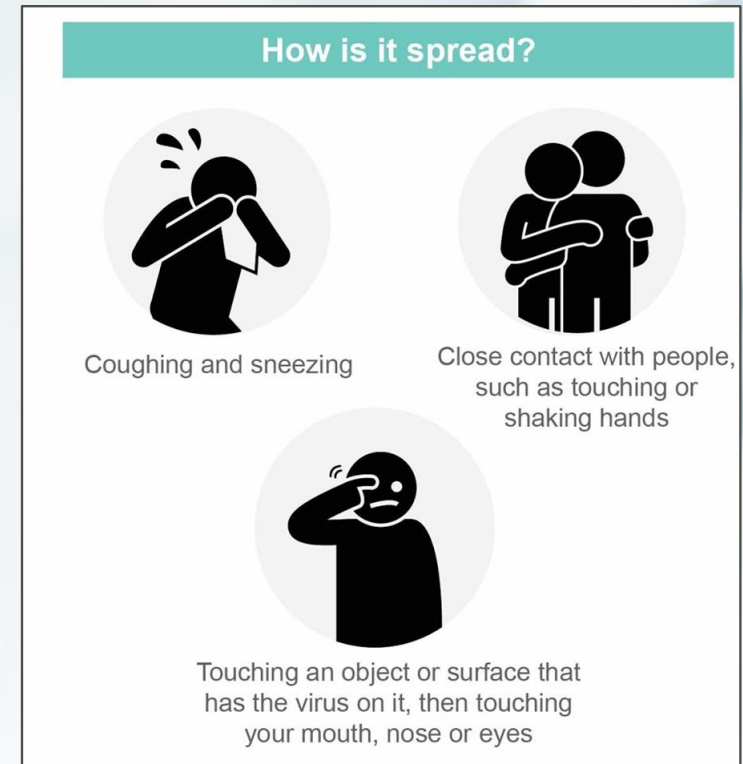
# Objectives

- Educational discussion on COVID-19
- Update with the latest information using credible sources e.g. research publications, academic databases, CDC, WHO, etc.
- Answer questions/concerns from the community
- Decrease anxiety and confusion surrounding the virus

*Disclaimer:* We acknowledge that information regarding the pandemic is changing day to day. We hope to address the bulk of your concerns through this presentation.

# What are some of the earliest signs of infection and how is it transmitted?

- Common signs of infection:
  - **fever, dry cough, fatigue, difficulty breathing**
  - Less common reported symptoms include muscle pain, sputum production, headache, sore throat, nausea and diarrhea
- Incubation period: approx. 4-5 days
- Transmission: via respiratory droplets or touching an infected surface (fomites)



# Who is most at risk?

- **COVID-19 does not discriminate!!!**
- Risk factors for *severe* illness:
  - **Underlying medical comorbidities**
    - Cardiovascular disease
    - Diabetes mellitus
    - High blood pressure
    - Chronic lung disease
    - Cancer
    - Chronic kidney disease
  - **Age 65 years and older**



# How do I differentiate symptoms of the flu from COVID-19?

- There are **no specific clinical features** that reliably distinguish COVID-19 from other viral respiratory infections.
- Likelihood of COVID-19 is *increased* if the patient:
  - Resides in or has traveled within the prior 14 days to a location with a large number of cases
  - Has had close contact with a confirmed or suspected case within the prior 14 days while not wearing PPE

# Should family members socially distance themselves from one another?

- There is no need to distance yourself from members of the household unless you have a reason to believe that they have been **infected** or in **close contact with someone who is infected**.





# If someone in your home is infected:

- Arrange for the sick person to have exclusive use of one bathroom and one bedroom.
  - Keep them away from other members of the household.
- Only one adult should look after the sick person.
  - This should not be anyone over the age of 60, immunocompromised, pregnant, or other at risk individual.
- Use **disinfectant** to clean items touched by the sick person
- Keep an eye on the sick person for any signs of **worsening illness**.
- Both the sick person and caretaker should use **face masks** to reduce the risk of infection.

# What do I do if I show mild symptoms?

Step 1: DO NOT PANIC! Most people with COVID-19 have mild symptoms.

- **Stay home.**
- Do not visit public areas.
- If you are living with others, **quarantine** in one room of the home.

Step 2: Keep in contact with your doctor.

- Call your doctor to be advised if you should go in for testing.
- Seek emergency care only in the case of **severe symptoms.**
  - Going to the emergency room unnecessarily could put you at **increased risk.**



# When should I seek emergency attention?

- Common symptoms of COVID-19 include fever and cough.
- **Trouble breathing, persistent chest pain, and blue lips** are a sign of serious disease.
- **Call your doctor or emergency room before going in and tell them your symptoms. They will tell you what to do.**
- Put on a face mask before you enter the building. If none are available, use a bandana or scarf and stay 6 feet away from others.
- Follow care instructions from your healthcare provider and local health department.

# What are the priority recommendations for testing?

## **PRIORITY 1**

For all hospitalized patients and to maintain the integrity of the healthcare system

- Hospitalized patients
- Symptomatic healthcare workers

## **PRIORITY 2**

Those at highest risk of infection complications rapidly identified and appropriately triaged

- Patients in long-term care facilities with symptoms
- Patients 65 years of age and older with symptoms
- Patients with underlying conditions with symptoms
- First responders with symptoms

## **PRIORITY 3**

To decrease community spread, and ensure health of essential workers

- Critical infrastructure workers with symptoms
- Individuals who do not meet any of the above categories with symptoms
- Health care workers and first responders
- Individuals with mild symptoms in communities experiencing high COVID-19 hospitalizations

## **NON-PRIORITY**

- Individuals *without* symptoms

## **\*NOTE:**

- *These recommends are according to the CDC.*
- *They are subject to change and depend on local circumstances and test availability.*

# Should I be tested for CoVID-19?

*\*According to the CDC, NOT EVERYONE NEEDS TO BE TESTED FOR COVID-19” and “the decisions about testing are at the discretion of state and local health departments and/or individual clinicians”.*

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html>

STEP 1: **CALL** your doctor/healthcare provider **IN ADVANCE** for additional instructions.

- WHY is this step important?
  - **To avoid more people being exposed** without appropriate measures and infection control (such as wearing masks in public, etc.)
  - Proper protocol instructions for you to know where the **most updated list of testing locations**

# Should I be tested for CoVID-19?

MOST people who become infected with COVID-19 will have:

- Mild Illness
- Will be able to recover at home, so **plan to STAY HOME**
- Will **NOT** need to be tested for COVID-19

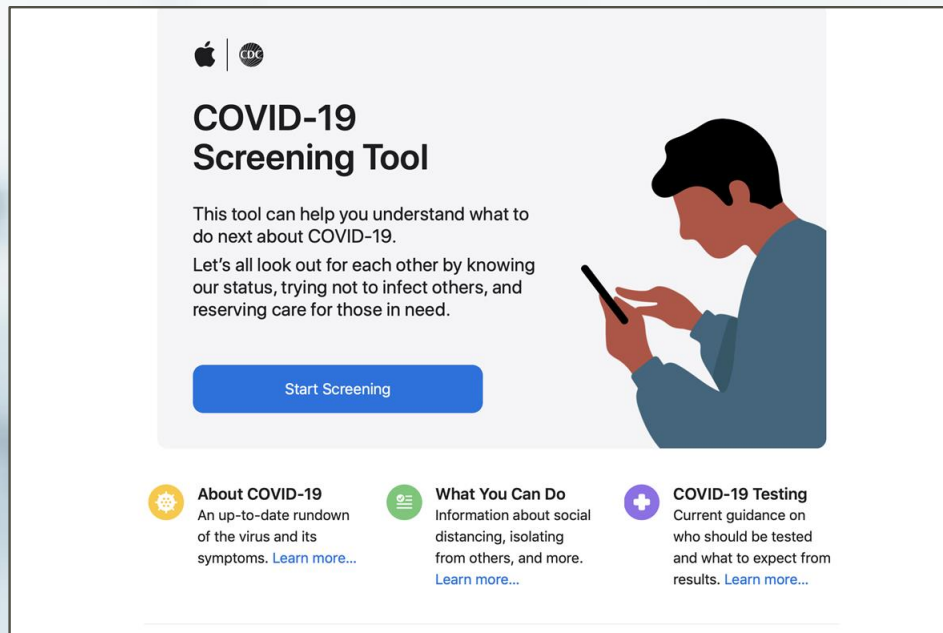
For the most updated information, call your local Health Departments:

**Health Service Region 11 Rio Grande City  
Field Office McAllen Health Department**  
608 N Garza St, Rio Grande City, TX 78582  
1300 W Houston Ave, McAllen, TX 78501  
(956) 487-5556 (956) 972-7040

**Hidalgo County Health Department  
Cameron County Dept. of HHS**  
1304 S 25th Ave, Edinburg, TX 78542  
1390 W Expressway 83  
(956) 383-6221 (956) 247-3685

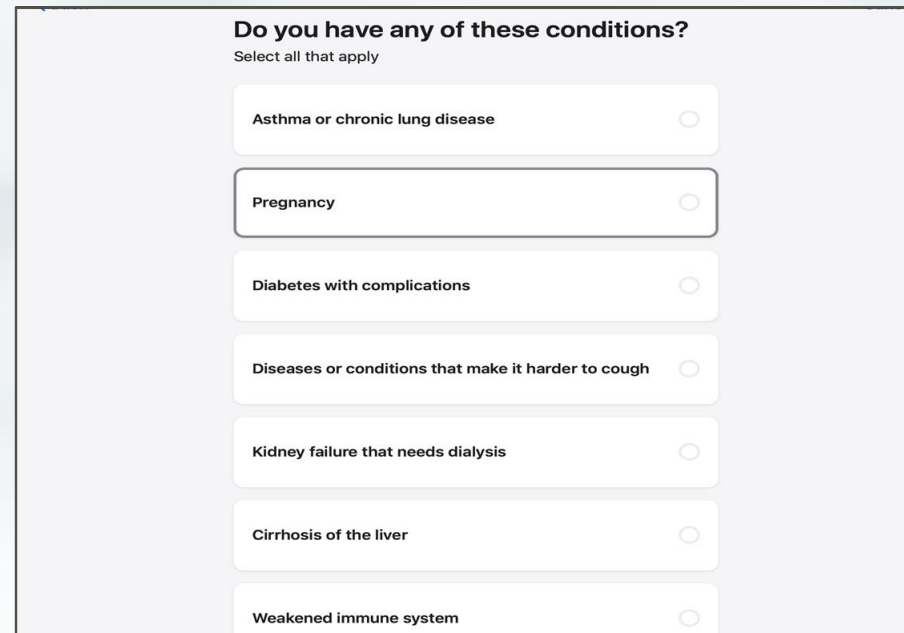
# COVID-19 Screening Tool

- Joint effort between Apple and the CDC
- Quick questionnaire regarding symptoms, travel, and recent contacts
- Your answers will suggest whether or not to get tested at this time
- FREE access to anyone
- <https://www.apple.com/covid19/>



The screenshot shows the landing page for the COVID-19 Screening Tool. At the top left, there are logos for Apple and the CDC. The main heading is "COVID-19 Screening Tool". Below this, a paragraph states: "This tool can help you understand what to do next about COVID-19. Let's all look out for each other by knowing our status, trying not to infect others, and reserving care for those in need." To the right of this text is an illustration of a person in profile, looking at a smartphone. Below the text is a blue button labeled "Start Screening". At the bottom, there are three informational sections, each with a small icon and a "Learn more..." link:

- About COVID-19**: An up-to-date rundown of the virus and its symptoms. [Learn more...](#)
- What You Can Do**: Information about social distancing, isolating from others, and more. [Learn more...](#)
- COVID-19 Testing**: Current guidance on who should be tested and what to expect from results. [Learn more...](#)



The screenshot shows a section of the questionnaire titled "Do you have any of these conditions?". Below the title is the instruction "Select all that apply". There are seven conditions listed, each with a radio button to its right:

- Asthma or chronic lung disease
- Pregnancy
- Diabetes with complications
- Diseases or conditions that make it harder to cough
- Kidney failure that needs dialysis
- Cirrhosis of the liver
- Weakened immune system



# What are my current testing location options?

Due to limited resources, most testing sites *REQUIRE you to have a Doctor's Order* for you to be approved to be tested

- preferably obtained over online/phone consult
  - so be sure to **CALL** your doctor/healthcare provider **IN ADVANCE BEFORE** arriving to a testing center
- Most testing at this time is through private labs
    - **Family First Medical Center (via Quest or LabCorp)**  
**(956) 393-2200**
  - **NEW Drive Thru Testing Sites (info on next slide)**
    - UTRGV School of Medicine (Dr. Linda Nelson)
    - Private Clinics





# UTRGV School of Medicine Drive-Thru Testing

**\*Open to Faculty, Students, and Public**

## Requirements:

- By appointment ***ONLY!***
  - For Appointments, call:
    - **1-833-UTRGVMD (1-833-887-4863)**
- Must qualify after mandatory telephone screening
  - According to CDC/Local Guidelines
- Must be 18 years and older

Below is the link regarding additional information for this location:

[27-utrgv-school-of-medicine-establishes-covid-19-testing-site.htm](https://www.utrgv.edu/27-utrgv-school-of-medicine-establishes-covid-19-testing-site.htm)



# Why are the test kits not easily accessible?

So what factors lead to current testing kit shortages?

**\*Weakest link in the supply chain is the limiting factor.**

- Shortage in production of one piece of the puzzle
- Only two companies in the world are recognized by the FDA to manufacture the kits and distribute them.
  - Puritan Medical Products in Guilford, Maine
  - Copan Diagnostics Inc. in Lombardy northern region in Italy
  
- Testing Kits that are already distributed but are found to not meet standards are recalled and removed.



# What contingencies are in place for students living on campus that are at high-risk?

## Exceptions needed to qualify to stay with on-campus housing:

- From another country (international students)
- Students who live in an area that is compromised
- Unable to travel due to self-isolation
- In the foster care system
- Primary residence is on campus

\*To request an exception, please submit the “COVID-19 Housing Exception Request” form by **TODAY, March 31, 2020.**

All students must prepare to **MOVE OUT by TODAY, March 31, 2020.**

Below is the link with instructions on the *Moving Out Process*:

[https://www.utrgv.edu/housing/en-us/resources/covid19/index.htm?fbclid=IwARoThjoyJnvcFE9Rc8vxAH8ZDHEFfxHWJHeS3\\_s2IkLeWF3rMQTgVstSs8Y](https://www.utrgv.edu/housing/en-us/resources/covid19/index.htm?fbclid=IwARoThjoyJnvcFE9Rc8vxAH8ZDHEFfxHWJHeS3_s2IkLeWF3rMQTgVstSs8Y)

As a reminder, students returning to campus MUST FILL OUT the **Self Reporting Travel Form** (Online) to be cleared to return to campus and pick up their belongings from dorms:

<https://redcap.utrgv.edu/surveys/index.php?s=KHHWXK9NHP>



# What if I test positive?

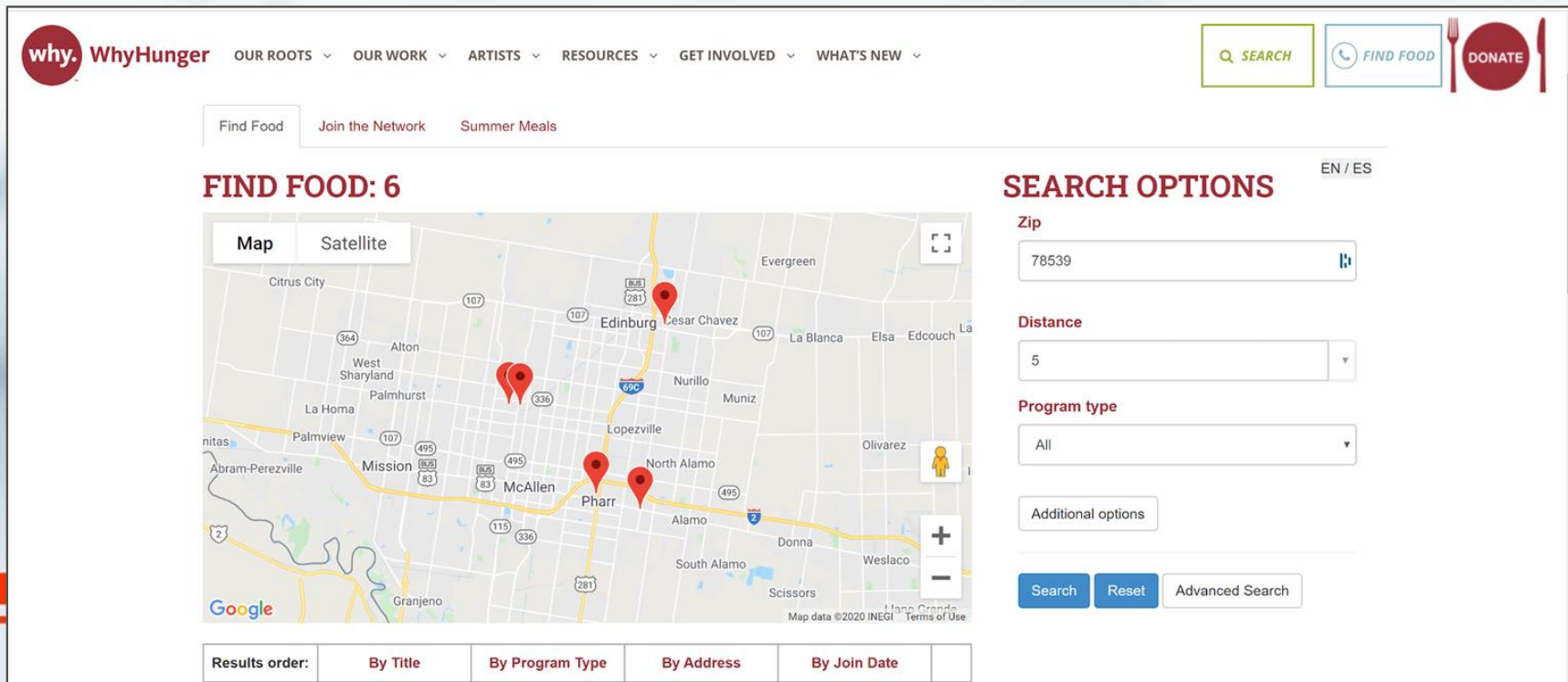


# Rio Grande Valley Resources Lists

- RGV Community Resources (English and Spanish)
- <https://docs.google.com/document/d/1sAjeGBbADWcux-fZmHj2vB8JI5GANbbnc0ZqOwsoNJs/edit?fbclid=IwAR1ZvzxoCfSEdVp5EmHI4yRJKm0wWY1pHgdw9fRD6r230DH88CcWnIWBhsk>
- Community Resources by IDEA Public Schools
- <https://ideapublicschools.org/wp-content/uploads/2020/02/RGV-Community-Resource-guide-2019-20.pdf>

# Resources - where to go if I run out of food?

- RGV Food bank: <http://www.foodbankrgv.com/get-food-assistance/>
  - **956-682-8101** Tuesdays 9am-11am (bring valid ID and proof of address)
  - Senior Citizens aged 60+: **Thursdays 9am-11am**
    - Family may pick up for the Senior Citizen w/ the Senior's ID & proof of address
- [Why Hunger?](#) -Food Pantry Database **1(800) 5-HUNGRY**
- Food bank locations or food resources can be found by visiting
  - [www.auntbertha.com](http://www.auntbertha.com)



why. WhyHunger OUR ROOTS OUR WORK ARTISTS RESOURCES GET INVOLVED WHAT'S NEW

Find Food Join the Network Summer Meals

**FIND FOOD: 6**

Map Satellite

SEARCH OPTIONS EN / ES

Zip: 78539

Distance: 5

Program type: All

Additional options

Search Reset Advanced Search

Results order: By Title By Program Type By Address By Join Date



WhyHunger





# Resources - where to go if I run out of ...?

- Search for free or reduced cost services at [www.auntbertha.com](http://www.auntbertha.com)

The screenshot shows the Aunt Bertha website interface. At the top, the logo "ab auntbertha | The Social Care Network" is on the left, and "Support", "Sign Up", and "Log In" are on the right. Below the header is a search bar with the placeholder text "Zip or keyword or program name" and a search icon. To the right of the search bar, it says "Search for free or reduced cost services like medical care, food, job training, and more." Below the search bar is a "Select Language" dropdown menu. A horizontal navigation bar contains ten categories with icons: FOOD (apple), HOUSING (house), GOODS (lamp), TRANSIT (bus), HEALTH (heart with pulse), MONEY (bill), CARE (person), EDUCATION (book), WORK (briefcase), and LEGAL (scales). Below the navigation bar, the main content area displays "1528 programs serve people in Edinburg, TX (78539)" in large, bold text. Below this, it says "Type a search term, or pick a category". Two large, light gray curved arrows point upwards from the bottom corners towards the search bar.

# UTRGV Students (Undergrad and Graduate)

**Link for updates:** <https://www.utrgv.edu/foodpantry/enroll/index.htm>

- **Who is eligible?**

UTRGV students who are currently enrolled in classes, either part-time or full-time, are eligible to receive food pantry services.

- **How often can I visit?**

Students can receive assistance from the food pantry once a week.

- **What is provided?**

Students may receive a variety of nonperishable food commodities such as canned fruits and vegetables and whatever food items that may be available that week (depending on current inventory).



Enroll

# Student Food Pantry

Office of Student Life and Dean of Students

Home

Enroll

Volunteer

Donate

Partners

FAQ

About



Food Pantry Student Enrollment



Contact Us

## Student Food Pantry

Student Support

Brownsville - Cavalry Hall 101 and 102  
956-882-7126

Edinburg - University Center 114  
956-665-3663

Email: [foodpantry@utrgv.edu](mailto:foodpantry@utrgv.edu)

## Food Pantry Student Enrollment

First Name

Last Name

Student ID Number

Classification

Select classification: ▼

# UTRGV Students (Undergrad and Graduate)

## Student Food Pantry

Student Support


Email: [foodpantry@utrgv.edu](mailto:foodpantry@utrgv.edu)

**Brownsville** - Cavalry Hall 101 and 102

956-882-7126

**Edinburg** - University Center 114

956-665-3663

 Distribution Hours	
<b>Monday</b>	2:00 p.m. - 5:00 p.m.
<b>Tuesday</b>	2:00 p.m. - 5:00 p.m.
<b>Wednesday</b>	Closed
<b>Thursday</b>	2:00 p.m. - 5:00 p.m.
<b>Friday</b>	1:00 p.m. - 4:00 p.m.

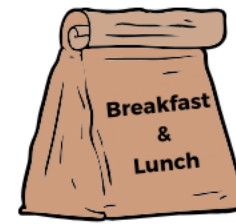
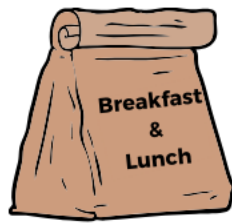
# Edinburg Consolidated ISD (ECISD)

Link for updates: <https://www.ecisd.us/>

- **Curbside meal pick up program for students**  
**Pickup Breakfast & Lunch: 8 AM - 12 Noon**
- Edinburg CISD will be providing meal services through the **Curbside Meal Pick Up program** at all elementary school sites for all students beginning on *Monday, March 23, 2020.*
- Any student 18 years of age or younger may pick up meal
- Each student must be present at the time of pick up.
  - *You can also bring student ID and report card if your child is unable to be present*
- Continue to visit the ECISD website for updates on the CURBSIDE MEAL PICK UP delivery schedules.







# GRAB & GO

**TRAVIS, FOSSUM, ROWE, AND MEMORIAL  
MONDAY - FRIDAY, FROM 11AM - 1:30PM**

# MEALS ON WHEELS

**MEALS WILL BE READY FOR DELIVERY TO CHILDREN UNDER THE AGE OF 18 AND  
SPECIAL EDUCATION STUDENTS UNDER THE AGE OF 22.**

<b>Non Congregate Bus Feeding Sites March 23-April 3, 2020</b>		
Stop #	Area	Address
1	El Campito Area, Memorial Apartments	501 E. Jasmine
2	Balboa Area	23rd st. & El Rancho Rd.
3	Idela Area	29th & Idela
4	Palm View Library	3401 Jordan Rd.
5	Boys & Girls Club of McAllen	2620 Galveston Ave.
6	Crossings Apartments	W. Dove & Main St.
7	6th street Milam area	3712 N. 6th street
8	The Landing on 6th Apartments	4401 N. 6th St.
9	Garden Inn Suites	3011 US - 83 BUS
10	Apartment Complex Area	N. 7th. & Robin Ave.
11	Roney & Roney Center	4501 N. 34th St.
12	Alvarez Area	900 N. 26th St.
13	Navarro Area	22nd & Gumwood
<b>Additional Non Congregate Bus Feeding Sites March 24-April 3, 2020</b>		
14	La Vista Mobile Park	2301 N. McColl Rd
15	Homestead Mobile Park	2701 N. McColl Rd
16	Hackberry Creek	22nd LN Fairmont Ave
17	Andrew Jackson Elementary	501 Harvey Ave





# McAllen ISD

**Link for updates:** <https://www.mcallenisd.org/apps/pages/meals>

- **From March 24-April 10, 2020**
- McAllen ISD is providing emergency meal assistance to our community at a total of 21 sites
  - 4 Grab & Go School Sites
  - 17 Meals on Wheels Delivery Locations.
- The School sites will be **Travis, Rowe, Fossum, and Memorial**
  - A hot lunch and cold breakfast will be provided simultaneously.
  - Children must be present to receive meals
- Meals will be ready for delivery to:
  - Children under the age of 18
  - Special education students under the age of 22
- At the parent drop off location of these schools between 11-1:30 daily while on Stage 3 of our COVID-19 Plan and at our bus locations.
  - Parents and children will not have access to the building itself.

# IDEA Public Schools Curbside Meals

Link for updates: <https://ideapublicschools.org/blog/idea-public-schools-proceeds-with-distance-learning-and-resources-for-families/>

- **When and where are curbside meals being offered?**  
Curbside meal service will be provided at every IDEA campus
- **What time?**  
Meals will be available for pick up from 7:00 am to 10:00 am via drive thru
- **Who is eligible to receive the curbside meals?**  
All IDEA students are eligible



# IDEA Public School Meal Service Distribution Centers

City	Stop Location	Address	Distance From Campus (round trip)
Penitas	Katarina Park	Mile 7 Rd & Sago Palm Dr. Penitas, TX 78576	28 Miles (44min)
Pharr	Garcia Park	413 E Clark Ave, Pharr, TX 78577	14 Miles (24min)
Hidalgo	Autozone	1101 S Bridge St, Hidalgo, TX 78557	16 Miles (36min)
Donna	Parque Aurora Valley	Aurora Valley Dr. & Bella Vista St. – Donna, TX 78537	20 Miles (44 min)
Progreso	Progreso City Park	International Blvd & Malone Dr – Progreso, TX 78596	13 Miles (24 min)
Harlingen	Sports Complex	3139 Wilson Rd, Harlingen, TX 78552	16 Miles (24min)
San Benito	El Ranchito Stripes	Stripes, 24523 US-281, San Benito, TX 78586	25 Miles(40min)
Brownsville South	Tony Gonzalez Park	34 Tony Gonzalez Dr., Brownsville, TX 78521	8 Miles (18min)
Brownsville North	Oliveira Park	104 El Paso Rd, Brownsville, TX 78520	8 Miles (24min)
Rio Grande City	Iglesia Maranata	Elliot St & E Juarez St, Las Lomas TX 78582	16 Miles (40 min)



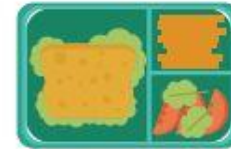
# Brownsville Independent School District

## Food & Nutrition Services



Breakfast

# DRIVE THRU MEALS



Lunch

Brownsville ISD will continue to provide meals to all students.  
Meals will be available between 11:30 A.M. to 1:00 P.M. at the areas listed.

SITE	ADDRESS
BESTEIRO MIDDLE SCHOOL	6280 SOUTHMOST RD.
CASTANEDA ELEMENTARY	3201 LIMA ST.
CENTRAL ADMINISTRATION BUILDING - CAB	708 PALM BLVD.
HANNA EARLY COLLEGE HIGH SCHOOL	2615 E. PRICE RD.
LOPEZ EARLY COLLEGE HIGH SCHOOL	3205 S. DAKOTA AVE.
MANZANO MIDDLE SCHOOL	2580 W. ALTON GLOOR BLVD.
MORNINGSIDE ELEMENTARY	1025 MORNINGSIDE RD.
PACE EARLY COLLEGE HIGH SCHOOL	314 W. LOS EBANOS BLVD.
PORTER EARLY COLLEGE HIGH SCHOOL	3500 INTERNATIONAL BLVD.
PULLAM ELEMENTARY	3200 MADRID AVE.
RIVERA EARLY COLLEGE HIGH SCHOOL	6955 RUBEN M. TORRES BLVD.
VELA MIDDLE SCHOOL	4905 PAREDES LINE RD.

In order for meals to be offered:

Student must be in vehicle

Students must be 18 years or under

# Brownsville ISD

## Link for updates:

<http://brownsvilleidschoolnutrition.com/index.php?sid=1576857387528&page=menus>

- Monday - Friday, 11:30 am – 1:00 p.m.
- When picking up a meal, the child(ren) must be in the vehicle.
- Feed any child 0-18 years of age
- Children DO NOT need to be enrolled in the district
- VISUAL VERIFICATION method is that the child MUST BE IN THE VEHICLE
  - All meals given to children in attendance are free of cost





# Mental Health Resources

Link: [CDC Resource](#)

## 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.
  - a. Take deep breaths, stretch, [meditate](#)
  - b. [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 the stigma, share the facts!

Reduce stress in yourself and others

- [Reducing Stigma](#)
- [Stop the Spread of Rumors](#)

[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: how to support your child

## Learn more about [helping children cope](#)

- Take time to talk with your child or teen about the COVID-19 outbreak.
  - a. 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.
  - a. Limit your family's exposure to news coverage of the event, including social media.
- Try to keep up with regular routines.
  - a. If schools are closed, create a schedule for learning activities and relaxing or fun activities.
- Be a role model







# References

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- <https://www.npr.org/sections/health-shots/2020/03/18/817801222/testing-swabs-run-in-short-supply-as-makers-try-to-speed-up-production> Accessed March 28, 2020
- <https://www.theguardian.com/world/2020/mar/27/coronavirus-test-kits-withdrawn-spain-poor-accuracy-rate> Accessed March 28, 2020
- <https://valleycentral.com/news/local/edinburg-doctor-receives-kits-for-coronavirus-testing> Accessed March 29, 2020
- <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html> Accessed March 28, 2020
- [27-utrgv-school-of-medicine-establishes-covid-19-testing-site.htm](https://www.utrgv.edu/housing/en-us/resources/covid19/index.htm?fbclid=IwARoThjoyJnvcFE9Rc8vxAH8ZDHEFfxHWJHeS3_s2IkLeWF3rMQTgVstSs8Y) Accessed March 28, 2020
- [https://www.utrgv.edu/housing/en-us/resources/covid19/index.htm?fbclid=IwARoThjoyJnvcFE9Rc8vxAH8ZDHEFfxHWJHeS3\\_s2IkLeWF3rMQTgVstSs8Y](https://www.utrgv.edu/housing/en-us/resources/covid19/index.htm?fbclid=IwARoThjoyJnvcFE9Rc8vxAH8ZDHEFfxHWJHeS3_s2IkLeWF3rMQTgVstSs8Y) Accessed March 28, 2020
- <https://redcap.utrgv.edu/surveys/index.php?s=KHHWXX9NHP> Accessed March 28, 2020
- <https://www.apple.com/covid19/>

Thank you





ANY  
QUESTIONS?

