



CVCH

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## COVID-19 Prevention Migrant Camp Outreach

Partnering to achieve optimal health and  
Wellness with compassion and respect for all

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# What is COVID-19?

Coronavirus disease (COVID-19) is an infectious disease caused by a new virus. It affects the respiratory system.

- <http://www.msn.com/en-us/health/video/what-covid-19-symptoms-look-like-day-by-day/vi-BB11pWbr?ocid=ientp>
- Easily spread person to person
  - Coughing and sneezing
  - Touching your face with un-sanitized hands
  - Touching un-sanitized items/areas
- Affects those with compromised immune system
- 2-14 days to have symptoms
  - Symptoms: Fever (101.0F), cough and hard time breathing



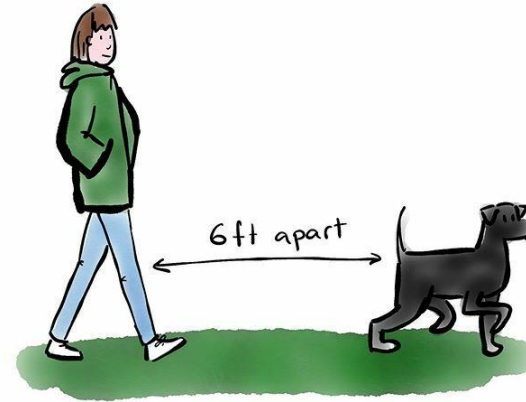
# Know the facts about Coronavirus

## Help stop the spread of rumors

- Disease can make anyone sick regardless of their race or ethnicity.
- For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.
- Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.
- There are simple things you can do to help keep yourself and others healthy.
- You can help stop COVID-19 by knowing the signs and symptoms.
- For more information
  - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

# Five easy steps to minimize exposure

- Following CDC guidelines at all times
- Proper Hand Washing
  - <https://www.youtube.com/watch?v=seA1wbXUQTs>
- Social distancing 6ft apart
- Quarantine 14 days
- Sanitizing all equipment
  - Tables
  - Working tools
  - Door handles





Proper hand washing is a critical but often overlooked intervention step in the prevention of illnesses



# Working in Migrant Camps

- Create an emergency plan incase there are infected employees
- Create a room for the sick to self quarantine
- Keep area clean and sanitized
- Trips to the store with minimal employees
- Sanitize vehicle after every trip
- More hand washing stations in the orchards available
- Offer masks to employees. Who should get a mask?
  - An employee who has tested positive for COVID-19, has sore throat and cough, flu like symptoms and or cold like symptoms

- Columbia Valley Community Health (CVCH)
  - 600 Orondo Ave. Wenatchee, WA 98801
    - 509-662-6000
    - <https://cvch.org/>
- Food Banks
  - Chelan-Douglas Community Action Council
    - Call 509-662-6156
    - <http://www.cdcac.org/>
  - Lake Chelan Food Bank
    - Call 509-433-7776
    - <https://lakechelanfoodbank.org/contact.php>
- Insurance
  - Special Enrollment Period
    - Open until April 8<sup>th</sup> to purchase Qualified Health Plans
    - Urgent Alien Emergency Open for COVID-19
- 14 day Slide Fee open until further notice
- Full year Slide Fee
  - On Call Appointments at 509-662-6000



# Review

- Proper hand washing 20-30 sec.
- Social distancing
- 6 ft apart
- Avoid large gatherings
- Cover cough and sneezes
- Sanitize all surfaces
- Self-quarantine 14 days
- If sick seek medical help when there is tightness in chest, difficulty breathing and not getting better after 14 days





# Health Care

- Columbia Valley Community Health
    - 509-662-6000 Wenatchee/ 509-682-6000 Chelan
  - Confluence Health Clinic/Hospital
    - Call 509-663-8711
  - Lake Chelan Hospital
    - Call 509-682-3300
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- Questions can also be directed to [jruelas@cvch.org](mailto:jruelas@cvch.org)



# Thank You.

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