



This edition of the Chatham Health Alliance Newsletter includes current updated information on COVID-19 and Chatham County information and resources. This information and guidance changes frequently.

For the most up to date information please visit:

For English: www.chathamnc.org/coronavirus

For Spanish: www.chathamnc.org/coronavirusespanol

INFORMATIONAL RESOURCES

North Carolina Coronavirus Helpline: 886-462-3821

The state helpline is staffed 24/7 and is an overall great resource for specific questions or concerns related to COVID-19 in North Carolina.

Please visit: www.chathamnc.org/coronavirus (for spanish) www.chathamnc.org/coronavirusespanol

This website includes frequently asked questions for both community members and employers, so please check this page regularly.

Please visit: www.chathamnc.org/coronavirus-nonprofitserviceimpacts

For updates on the impact of coronavirus on non-profit services in Chatham County.

Other Helpful Websites for Information and Resources:

CDC: <https://www.cdc.gov/coronavirus>

NC DHHS: <https://www.ncdhhs.gov/covid-19>

Updated NC Case Count: <https://www.ncdhhs.gov/covid-19-case-count-nc>

IMPORTANT INFORMATION BY SECTOR AND ORGANIZATION

CHATHAM COUNTY SCHOOLS:

A March 14th Executive Order sign by the NC Governor closed all k-12 public schools in North Carolina for at least 2 weeks.

Chatham County Schools is offering free breakfast and lunch for any child under 18.

While school is out, Chatham County Schools is committed to feeding the community. Curbside pickup is available from 9:30am-1:30pm at most schools. The child does not have to be present to pick up this food. The meals are free for those 18 years old and younger; adults may purchase a breakfast meal for \$2 and a lunch meal for \$4. Mobile meals are also available. For more information, please visit:
<https://www.chatham.k12.nc.us/>

Chatham County Schools Transition to At-home Learning

As of Monday, March 23rd, Chatham County Schools will be transitioning to at-home learning. Learning packets will be given at each school to students in prekindergarten through eighth grade. Students in seventh through 12th grades are already a part of the district's 1-1 Student Device Program, and students in kindergarten through sixth grade are eligible to complete a survey indicating the need for a loaner device.

At-home learning efforts is being accompanied by the launch of a supportive at-home learning website.

For more information from Chatham County School about their response to coronavirus please visit:
<https://www.chatham.k12.nc.us/coronavirus>



FOOD ASSISTANCE

Grocery Delivery

Currently, Lowe's Food, Harris Teeter, and the Food Lion in Pittsboro have home delivery options through: instacart.com and harristeeter.com

Council on Aging Meals on Wheels

Council on Aging is providing shelf-stable and freezer meals for the Meals on Wheels recipients. COA has drop off protocols in place to limit person to person contact.

CORA Food Pantry:

CORA is open regular hours: Monday through Friday from 10am-2pm. They are operating through a curbside assistance model. They are also accepting food donations at the pantry location, and monetary donations via their website: www.corafoodpantry.org

CORA Food Pantry is asking the community for more food donations as they have experienced a drastic increase in their services. Specific items requests for donation are:

- Canned protein, fruit, and vegetables
- Grocery bags

Volunteers are needed to provide support services, needs include: Spanish speakers, answering phone calls, data entry. If you are available to volunteer, please contact CORA to coordinate.

MENTAL HEALTH

In times of stress and uncertainty our mental health is more important than ever. Chatham County maintains an updated list of mental health and substance use disorder providers that serve Chatham County. All providers listed accept Medicaid and/or are able to work with qualifying clients on a sliding scale. Please visit www.chathamnc.org/mentalhealth or www.chathamnc.org/recovery

TAKE THE 2020 CENSUS ONLINE, BY PHONE, OR BY MAIL



Please visit: 2020census.gov and learn how you can respond to the 2020 Census online, by phone, or through the mail.

The Census is important for determining political representation as well as funding. The Census determines redistricting at national, state and local levels; establishes boundaries for voting and school districts; and determines the number of NC representatives in Congress. *The Census provides information needed to improve schools, roads, health care, emergency response and other services.*

Everyone counts!

CHATHAM CONNECTING: A GREAT COMMUNITY RESOURCE

Chatham Connecting is a free resource that exists to assist Chatham County residents and service providers by connecting them resources and services. With over 120 active agencies, Chatham Connecting can easily search for information regarding services, location, and hours.

Chatham Connecting - COVID-19 Response

Chatham Connecting is updating their page to help Chatham services find the help they need during this time. Visit the Chatham Connecting website to find out about needed resources, such as donations and volunteers, of Chatham organizations, as well as updated information on hours and closures.

Visit Chatham Connecting here: www.chathamconnecting.org



UNC HEALTH

Critical Needs of UNC and Other Front Line Health Providers

Our front line health providers are in growing need of materials. See this list below for urgent needs at this time:

- disinfectant
- eye protectant
- gloves
- gown
- hand sanitizer
- hand soap
- N95 masks
- shoe covers
- surgical masks*
- surgical mask with shield*
- swabs*

*Most critical needs

To learn more about how you can help out healthcare system during this crucial time, e-mail Brad Wilson at brad_wilson@med.unc.edu

CHILD CARE

Urgent Child Care for First Responders and Direct Health Care Workers

The North Carolina Department of Health and Human Services and the North Carolina Department of Public Instruction are working with our network of partners across the state to provide child care options to children of: First responders, hospital staff, front-line healthcare providers, nursing and adult group home staff, child care program staff, food service staff, and others working to keep our communities safe and healthy as COVID-19 response continues.

This program is available for infants up to 12 years of age. To learn more or see if you qualify for this resources call:

1-888-600-1685

TOBACCO CESSATION

Reminder: QuitlineNC is an accessible, safe way to quit and reduce the risks posed by COVID-19

While this is a time of intense stress and potentially a lot of free time for some (two triggers for smoking), it is also a time where folks may be looking for a way to take control and reduce their risks posed by the coronavirus. QuitlineNC is free quit tobacco program, accessible 24/7 from the comfort of one's own home. For patients who qualify for free nicotine replacement (NRT) and set a quit date, NRTs are delivered directly to their home (much safer than having to go out to the store for NRTs or cigarettes/vape products).



1-800-QUIT-NOW
1 - 8 0 0 - 7 8 4 - 8 6 6 9

Spanish Speaking
1-855-Dejélo-Ya

www.quitlinenc.com

In addition to the QuitlineNC, many health systems throughout the state are offering telemedicine appointments, including Duke and UNC. Duke Smoking Cessation Program and UNC Tobacco Cessation Program are also offering teletherapy to help folks quit smoking during this pandemic. In addition, Anna Stormzand with the Chatham County Public Health Department is also available to assist individuals would like to quit tobacco. She can create quit plans and provide overall support either over the phone, email, or with online tools.

Please contact her at 919-545-8445 or anna.stormzand@chathamnc.org.



WHAT TO DO WHILE PRACTICING SOCIAL DISTANCING



READ A BOOK

Reading is great activity to do at home, and with the whole household. Reading helps reduce stress & relax the mind and body.



STAY CONNECTED

Social distancing can feel lonely. Connecting remotely with loved ones regularly can be helpful. Call a friend, video chat with a coworker, or write a letter to a new pen pal.



WORK ON A PROJECT

If you are feeling restless at home, or need an activity for children who are home from school, consider doing a craft, home, or science project.

COOK A NEW RECIPE

Try cooking some new or old favorite recipes at home. This is an activity the whole household can help with!



EXPLORE NATURE

To escape the house, or to get some exercise, getting out into nature is a great way to reduce stress and anxiety. Just remember to keep your distance from others while you are out!



PRACTICE SELF-CARE

It is important to do activities that help you feel good in your mind and body. These are different for everyone, but can include meditation, exercise, and connecting with loved ones.



FOR INFORMATION ON MENTAL HEALTH AND RESOURCES PLEASE VISIT:
WWW.CHATHAMNC.ORG/MENTALHEALTH

FOR REGULARLY UPDATED INFORMATION ON CORONAVIRUS IN CHATHAM PLEASE VISIT:
WWW.CHATHAMNC.ORG/CORONAVIRUS [WWW.CHATHAMNC.ORG/CORONAVIRUSESPANOL]

For questions, comments, & submissions:

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