



PUBLIC HEALTH COMMITTEE REPORT

Essential Service #2. *Protect people from health problems and health hazards*

COVID-19 Outbreak Investigation

During an outbreak, decisions are driven by facts and data. The Governor's plan to reopen the state, Restore Illinois, requires measureable results to move from phase to phase. That data is generated at the local level, through local health departments with the assistance of our health care partners.

Most importantly, knowledge of contact and spread of the disease is imperative. The data we collect helps trace the disease and curb its spread. Our staff is actively involved in this process called "contact tracing."

Contact tracing, a core disease control measure employed by local and state health department personnel for decades, is a key strategy for preventing further spread of COVID-19. Immediate action is needed. Communities must scale up and train a large contact tracer workforce and work collaboratively across public and private agencies to stop the transmission of COVID-19. Certain core principles of contact tracing must always be adhered to:

- Contact tracing is part of the process of supporting patients with suspected or confirmed infection.
- In contact tracing, public health staff work with a patient to help them recall everyone with whom they have had close contact during the timeframe while they may have been infectious.
- Public health staff then warn these exposed individuals (contacts) of their potential exposure as rapidly and sensitively as possible.
- To protect patient privacy, contacts are only informed that they may have been exposed to a patient with the infection. They are not told the identity of the patient who may have exposed them.
- Contacts are provided with education, information, and support to understand their risk, what they should do to separate themselves from others who are not exposed, monitor themselves for illness, and the possibility that they could spread the infection to others even if they themselves do not feel ill.
- Contacts are encouraged to stay home and maintain social distance from others (at least 6 feet) until 14 days after their last exposure, in case they also become ill. They should monitor themselves by checking their temperature twice daily and watching for cough or shortness of breath. To the extent possible, public health staff should check in with contacts to make sure they are self-monitoring and have not developed symptoms. Contacts who develop symptoms should promptly isolate themselves and notify public health staff. They should be promptly evaluated for infection and for the need for medical care.

From "Contact Tracing: Part of a Multipronged Approach to Fight the COVID-19 Pandemic" (CDC)

Ten essential services of Public Health

1. Monitor health status and understand health issues facing the community
2. Protect people from health problems and health hazards
3. Give people the information they need to make healthy choices
4. Engage the community to identify and solve health problems
5. Develop public health policies and plans
6. Enforce public health laws and regulations
7. Help people receive health services
8. Maintain a competent public health workforce
9. Evaluate and improve programs and interventions
10. Contribute to and apply the evidence base of public health

Essential Service #3. Give people the information they need to make healthy choices

May Is Mental Health Month

Since 1949, America has observed Mental Health Month. While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health. The Kane County Health Department and the Kane County Behavioral Health Council work closely to support our network of mental health agencies and facilities in the area. Following the 2014 Community Health Needs Assessment, Behavioral Health was selected as one of the top three health priorities in Kane County and assigned an action team. The Community Health Improvement Plan's (CHIP) Behavioral Health Action Team has identified outcome objectives and impact objectives, with the overall mission of improving the mental health of Kane County residents by 2030. More information is available at KaneHealthCounts.org.

COVID-19 AND YOUR MENTAL HEALTH

While we are familiar with viruses like the common cold and the flu, the coronavirus (COVID-19) is new and presents a situation that none of us could have imagined a few short months ago. The fact that it is extremely contagious has resulted in business closures, social distancing, and quarantine measures which have disrupted our daily lives. It is more important now than ever to pay attention to mental health during this time of isolation and uncertainty.

YOUR CONCERNS ARE VALID

There are many reasons that you might be concerned or worried about COVID-19. Some of the most common are:

 Getting sick	 Passing the virus onto others, especially those that are high-risk	 Adjusting to a new reality for an uncertain amount of time	 Taking care of and supporting your family
 Concern about the health of your friends and family	 Financial stress	 Not being able connect with friends and family the way you're used to	 Shortages of certain common supplies







REALIZE WHAT YOU CAN CONTROL

One of the most frustrating things about COVID-19 is that so much about the virus and the limitations on where you can go are out of your control. However, there are things that you can control, and focusing on those things can provide you with some comfort. Some of the things you can control include:

YOUR MIND AND BODY		<ul style="list-style-type: none"> Keep a healthy diet Exercise at home Get enough sleep Do not smoke or drink alcohol excessively Take care of your mental health Maintain self-care and personal hygiene
YOUR IMMEDIATE ENVIRONMENT		<ul style="list-style-type: none"> Your house, your bedroom, your closet, your kitchen – now is the time to clean and get organized Make responsible choices about when to leave the house and only go out if necessary Limit the number of people you come into contact with Work from home if you are able to
WHAT YOU CONSUME		<ul style="list-style-type: none"> Don't overdo your news and information intake Get your information from reliable sources like the CDC or WHO Watch TV, movies, and videos that make you feel good
HOW YOU PREPARE		<ul style="list-style-type: none"> Keep 2-4 weeks of food on hand Avoid overstocking on supplies that are in high demand so other people can have enough of the essentials too If you take medication, get refills and keep a month's supply at home if possible
HOW YOU PROTECT YOURSELF		<ul style="list-style-type: none"> Regularly wash your hands for 20 seconds with soap and water or use a hand sanitizer with at least 60% alcohol Avoid touching your eyes, nose and mouth Avoid greeting people by shaking hands, kissing or hugging Keep 6 feet of distance between you and anyone who is coughing or sneezing
HOW YOU PROTECT OTHERS		<ul style="list-style-type: none"> Stay home if you are sick aside from getting medical care Cover your coughs and sneezes Clean and disinfect frequently touched surfaces

SIGNS OF ANXIETY




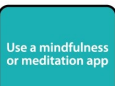
It is normal to be worried and stressed during times of crisis. While worry is a part of anxiety, people with anxiety tend to experience more exaggerated feelings of worry and tension. Some common symptoms include:

 Uncontrollable worry or dread	 Stomach and digestion problems	 Trouble with concentration, memory, or thinking clearly	 Increased heart rate	 Changes in energy and difficulty sleeping	 Irritability and/or restlessness
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In extreme cases of anxiety, people may experience a panic attack. Panic attacks are often mistaken for heart attacks at first, but usually go away when people are able to talk to someone else to calm their fears and practice deep breathing.



MANAGING ANXIETY

There are small things that everyone can do while practicing social distancing or self-quarantine to help reduce the amount of anxiety they are experiencing.

 Ask someone to be your support buddy. Call, text, or video chat as needed.	 Exercise at home	 Use resources like online support groups or the Crisis Text Line (Text MHA to 741741)	 Set boundaries with your phone
 Use a mindfulness or meditation app	 Set a timer for every hour to get up and stretch or take a walk	 Create a new routine	 Take 10 deep breaths when you feel stressed

WHEN ANXIETY WON'T LET UP

If you're taking steps to manage worry and anxiety during the COVID-19 crisis but they don't seem to be helping, there are additional resources you can take advantage of.

<p>Mental Health Screening</p> <p>If you feel like you are struggling with your mental health, visit mhascreening.org to check your symptoms.</p>  <p>It's free, private, and anonymous. Once you have your results, MHA will give you information and resources to help you start to feel better.</p>	<p>Crisis Hotlines and Textlines</p> <p>If you're experiencing emotional distress related to COVID-19, crisis counselors are available 24/7, 365 days a year.</p> <p>Call 1-800-985-5990 or text "TalkWithUs" to 66746.</p>  <p>If you are in crisis or thinking about suicide, get connected to a local crisis center and get in touch with someone immediately.</p> <p>Call 1-800-273-8255 (TALK) or text "MHA" to 741741.</p>
<p>Find more information and resources about COVID-19 and mental health at mhanational.org/covid19.</p>	
<p>MHA Mental Health America B4Stage4</p> <p> /mentalhealthamerica @mentalhealthamerica @mentalhealthamerica /mentalhealthamerica www.mhanational.org </p>	