

GREENSTONE GAZETTE

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September 2020 HEALTH SUPPLEMENT

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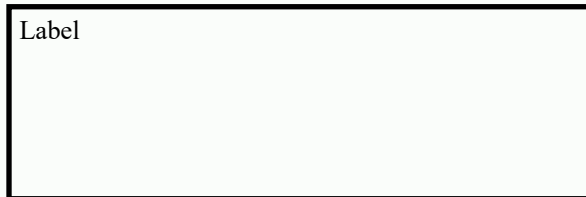
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As a retired nurse, there is vital information available to keep us all safe that I feel needs to be communicated. I will include that information in this separate publication. -

Nina Hansen, editor



Contract Tracing—what it is and what it's NOT

Contract tracing is the process of identifying, notifying and monitoring anyone who came in close contact with an individual who tested positive for COVID-19 while they were infectious.

Contact tracers can use phone calls, text, emails and mailings. They will NOT use your name when reaching out to your close contacts. They may also ask for verification of your date of birth, address and phone numbers you may have. They may ask if you have already tested positive for COVID-19, the date and location of that test.

THEY WILL NEVER ASK: for your social security number, financial or bank account information, or personal details unrelated to your potential exposure. **THEY WILL NOT** ask for personal information through SMS/text message and **THEY WILL NOT** send you to any website link. **THEY WILL NEVER ASK** for passwords or any type of payment. **THEY WILL NEVER** share your information with any local, state or federal law enforcement agency. Immigration status **IS NOT IMPORTANT** and will not be asked.

If you would like to verify if the caller does in fact work in contact tracing, call the PA Department of Health at 1-877-PAHEALTH to verify. A contact interview typically lasts 15-30 minutes. If you have been diagnosed with COVID-19, that interview typically will last 30-60 minutes.

There is no SILVER BULLET. Why the vaccine won't be a quick fix.....

NOT what any of us want to hear, but here are the issues,

- 1) Is the vaccine AVAILABLE (not just large cities, people with good insurance....)
- 2) Will the vaccine work like it's supposed to (will it provide FULL immunity or only partial immunity)
- 3) Will enough people get it?! It will probably take 70-90% of the population to be vaccinated to reach "herd immunity" That's convincing a lot of "anti-vaxers...."

COVID-19 Autopsies Reveal Ravages of 'Terrible, Terrible' Disease

Published August 21, 2020 in Medscape Medical News, by Alicia Ault.

"I was surprised at how bad it was," Amy Rapkiewicz, MD, Chair of the Dept of Pathology at NYU Langone Health told Medscape Medical News. "The degree of respiratory disease was some of the worst I've ever seen." she said, "It's a terrible, terrible disease. Every organ in the body is pretty much affected."

*This article was written by medical professionals for medical professionals. If you would like a copy of this article, I will be glad to send it to you.
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Get immediate help in a crisis

- Call 911

Disaster Distress Helpline: 1-800-985-5990 (press 2 for Spanish),

or text TalkWithUs for English to 66746

or Hablanos for Spanish to 66746.

Spanish speakers from Puerto Rico can text Hablanos to 1-787-339-2663.

<https://www.samhsa.gov/disaster-preparedness>

National Suicide Prevention Lifeline: 1-800-273-TALK (8255) for English,

1-888-628-9454 for Spanish,

or <https://suicidepreventionlifeline.org/chat/>.

National Domestic Violence Hotline: 1-800-799-7233 or text LOVEIS to 22522

National Child Abuse Hotline: 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453

Pennsylvania Child Protective Services: 1-800-932-0313

National Sexual Assault Hotline: 1-800-656-HOPE (4673) or

Online Chat: <https://hotline.rainn.org/online>

The Eldercare Locator: 1-800-677-1116

<https://eldercare.acl.gov/Public/Index.aspx>

TDD/TTY Service: Access your local relay service or dial "711" for your relay operator. Instruct the Relay Operator to connect you to the Eldercare Locator at [1-800-677-1116](https://eldercare.acl.gov/Public/Index.aspx).

Veteran's Crisis Line: 1-800-273-TALK (8255) or text: 8388255

<https://www.veteranscrisisline.net/>

Online Chat: <https://www.veteranscrisisline.net/get-help/chat>

Keep up with your health care!

- Get your normal check-ups
- Keep your normal dental appointments
- Keep your vaccinations current
 - Flu vaccine
 - Shingles
 - Pneumonia
 - Tetanus/Whooping Cough

Make sure your children/grandchildren also keep up with their vaccines and normal check-ups!

