



Special Edition

What's Up Newsletter



COVID MA TEXT ALERTS



To get up-to-date alerts, text **COVIDMA** to **888-777**

Get the latest info about the Coronavirus in Massachusetts sent right to your phone.

For written languages, other than English, contact 2-1-1.

MASSEALTH COVERAGE

MassHealth Coverage will not be cut/stopped during COVID-19 Emergency. **Effective immediately**, MassHealth will protect coverage for all individuals who have Medicaid coverage as of March 18, 2020 and for all individuals approved for coverage during the COVID-19 outbreak national emergency and for one month after the emergency period ends. **Coverage will only end if an individual requests termination of eligibility or if they are no longer resident of the state.**



NEW MassHealth PCA Help Hotline: Need help? Call: 1-844-422-6277

ASL HOTLINE

from
Communication Service for the Deaf

Ask questions about COVID-19. Get support.

Available M - F 7am-7pm CST

Visit www.CSD.org or

Call via videophone 833-682-7630



Click picture to go to the website.

RECOVERY COMMUNITY

During this time of uncertainty, the Recovery Community plays an important role in people's wellness and recovery. Deaf Recovery Coaches are available for anyone who wants support.

Staff are working hard to get all Recovery Meetings (A.A. N.A., AlAnon, Refuge Recovery) online through "Zoom" by next week.

For now, there are some nation-wide meetings available: www.sardiprogram.com

Deaf Off Drugs and Alcohol (DODA) offers AA NA meetings online. The active meetings are Monday group, Wednesday text char, 8 pm ASL, and Friday Women's Group.

For remote A.A. meetings with ASL interpreters go to:

<https://www.seattleaa.org/onlinr-meetings/>



FILING DATES FOR FEDERAL AND MA TAXES

Filing dates for both Federal and MA State taxes have been changed to July 15, 2020.



MCDHH CREATES VISUAL TOOL FOR COVID-19

The MA Commission for the Deaf and Hard of Hearing has created a visual tool to help hospital staff, medical personnel, first responders, and service providers communicate with hard of hearing and Deaf individuals and patients during this unprecedented crisis. ([Get the Tool here](#))

TIPS FOR SAFE GROCERY SHOPPING

Massachusetts is under a “stay-at-home order” so people should only go out for groceries and other important items. Here are some tips to stay safe. Stay home and be prepared to be there for a while.

PLAN AHEAD

Don't wait until you have no food in the house! Why? If you have enough to eat at home then you won't panic if the store is crowded or they are out of things you need. You will have enough to eat until you can go back to the store.

MAKE A LIST

Make a meal plan and get items that will stay good (not expire or go bad) for a while. You want to have healthy and nutritious meals that make everyone feel full.

BRING YOUR OWN DISINFECTING WIPES TO THE STORE

The store's supply may have run out. Be sure it's a wipe that is made of solutions that will destroy the virus. Wipe down all cart handles. If you go to the self-checkout you should wipe down the touch screen and buttons with your disinfecting wipes.

RESEARCH FOOD ALTERNATIVES IF YOU HAVE ANY ALLERGIES

If you or someone in your family has food allergies be sure to research before going to the store so you know which foods - other than your usual brands - are safe.

TRY "CONTACTLESS" SHOPPING

Many stores let you order ahead, pay ahead, and then go to the store to pick up your food. This is safer for shoppers and store employees.

NOTES:

- There is a now *temporary* ban on reusable bags. Stores will now give you plastic or paper bags. You should wash and dry (in the dryer) all of your reusable bags now for when they can be used again.
- Anytime you get home from being out in the public, you should take your shoes off, wash hands, disinfect, and jump in the shower.

PRODUCTS THAT KILL COVID-19 VIRUS

For a list of common disinfectants that decrease/kill COVID-19 virus please follow this link:

www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html

CORONAVIRUS DISEASE 2019: MYTH OR FACT?

TRUE or FALSE? A vaccine to cure COVID-19 is available.

FALSE



True: Right now there is NO VACCINE for the new coronavirus. Scientists have already begun working on one, but developing a vaccine that is safe and effective in human beings will take many months.

TRUE or FALSE? You can protect yourself from COVID-19 by swallowing or gargling with bleach, taking acetic acid or steroids, or using essential oils, salt water, ethanol or other substances.

FALSE



True: None of these recommendations protects you from getting COVID-19, and some of these practices may be dangerous. The best ways to protect yourself from this coronavirus (and other viruses) are:

- Washing your hands often using soap and hot water.
- Avoiding getting close to people who are sick, sneezing or coughing.
- Avoid spreading your own germs by coughing into the crook of your elbow and staying home when you are sick.

TRUE or FALSE? The new coronavirus was deliberately created or released by people.

FALSE



True: Viruses change over time. Sometimes a virus that is in an animal (such as a pig, bat or bird) changes and is passed to humans. This is most likely how this new coronavirus came to be.

TRUE or FALSE? Ordering or buying products shipped from China will make a person sick.

FALSE



True: As of today, scientists say that most viruses like this one do not stay alive for very long on surfaces, so it is not likely you would get COVID-19 from a package that was in transit for days or weeks. COVID-19 is transmitted by droplets from an infected person's sneeze or cough - *but they are learning more about this and that could change.*

TRUE or FALSE? A face mask will protect you from COVID-19.

FALSE



True: Certain models of professional, tight-fitting respirators (such as the N95) can protect health care workers as they care for infected patients. People who are showing symptoms of COVID-19 (EX: respiratory illness) can wear masks to avoid infecting others.

SOURCE www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/2019-novel-coronavirus-myth-versus-fact