



**Building
Resilient
Communities**

"Raising up the foundations of many generations" Is. 58:12

Inland SoCal Faith Leader's Health and Wellness Toolkit

2024 Spring Quarter



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Dear Faith Leaders',

Greetings in the name of Jesus Christ, our Lord and Savior "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.." - **Philippians 2:3-4**

During the pandemic of 2020 until now, Faith Leaders from all religious beliefs and from all denominations have been on the frontlines, many times as the first person of contact, serving their congregations and their local communities to the best of their abilities.

We know Faith leaders have many duties and wear many hats. We desire to assist. This toolkit provides factual information to help answer the many questions you may receive about the various topics. It provides information on resources that are available and can be shared with others. The information is data-driven and comes from trusted sources. Thank you for your servant leadership and for being trusted messengers.

In Faith,

Debra J Williams

01.

Covid-19

What We Need To Know

COVID-19 Q&A

Staying Up to Date

COVID-19 Vaccines for Children & Adults

What is Long COVID

4 Share Your Story.

COVID-19

Frequently asked questions

Do I still need to test for COVID-19?

Yes! If you're sick, stay home and get tested to prevent spreading COVID-19. If you test positive, contact your health care provider, and ask about prescription medications. Medications work best when started right after symptoms begin.

[Covid19.ca.gov/get-tested](https://covid19.ca.gov/get-tested)

Is the updated COVID-19 vaccine safe?

Yes! Data shows that the vaccine is safe and getting vaccinated is much safer than getting sick with COVID-19. The updated vaccine is the best protection against severe illness, including hospitalization and death. Get the updated vaccine.

Are COVID-19 vaccines still free?

Yes! Covid-19 vaccines are covered for people with insurance, including Medi-cal patients. If you do not have insurance, local health clinics and pharmacies may have doses available for you.

Visit MyTurn.ca.gov or vaccines.gov to schedule a free vaccine appointment.

Staying Up to Date

with COVID-19 Vaccines

COVID-19 vaccines help your body develop protection from the virus that causes COVID-19. Although vaccinated people sometimes get infected with the virus that causes COVID-19, staying up to date on COVID-19 vaccines significantly lowers the risk of getting very sick, being hospitalized, or dying from COVID-19. CDC recommends that everyone stay up to date on their COVID-19 vaccines, especially people with weakened immune systems.

What You Need to Know

The California Department of Public Health (CDPH) has been notified that the FDA has extended the expiration dates on the Orasure by Intelliswab at-home test brand, for up to 12 months from the date printed on the box, for many lot numbers of tests sent to our CDPH testing partners.

You can view the FDA extended expiration dates of all at-home test brands on the FDA website. If your tests have been extended by the FDA, please continue to distribute tests up until the extended expiration date.

CDPH recommends replacing tests that are older than the extended expiration dates, but if newer tests are not easily available, you may use an expired test as long as the internal control remains valid.

If you need to replace expired at-home tests, use this link to place an order: <https://labsupport.powerappsportals.us/ordercovidotc/>

Updated COVID-19 vaccines are now available for children and adults

Availability will continue to increase, so if you don't find vaccines near you, contact your local pharmacy or health care provider, or check back later. Once you find a location that works for you, please confirm vaccine availability through their site.

- If you have insurance, check with your selected location or your insurer to confirm that COVID-19 vaccine is covered, and the location is in network.
- If you have health insurance but it doesn't fully cover COVID-19 vaccines, you can find locations that provide free vaccines for adults by narrowing your search to find locations that are part of the Bridge Access Program. Check with your location or insurer to confirm that the location is in network.
- If you don't have health insurance, you can find locations that provide free vaccines for adults by narrowing your search to find locations that are part of the Bridge Access Program.

To learn more about the **California Bridge Access Program (BAP)**
Scan the QR Code



What is Long Covid?

Long covid is defined as a range of new, returning or lingering symptoms 4 or more weeks after having COVID-19.

Best ways to prevent long COVID are:



getting vaccinated



wearing a mask that has a good fit and filtration



Many people living with the disease were previously fit & healthy.



Children can also experience long COVID symptoms.

Long COVID can even affect people who have experienced mild or symptoms-free COVID-19 infections.

Long COVID can affect your heart, lungs, kidneys, skin, blood vessels, and/or brain functions. It can impact our thinking, our energy, can cause other long-term effects in our body.



extreme exhaustion (fatigue)



shortness of breath

Other symptoms



chest pain or tightness



high temperature, cough, headaches, sore throat, changes to sense of smell or taste.



fast heart rate or palpitations



dizziness



problems with memory and concentration (brain fog)



joint or muscles pain



feeling sick, diarrhea, stomach aches, loss of appetite



rashes



depression and anxiety



ringing ears, earaches



difficulty sleeping (insomnia)

Spread the Word, Get Vaccinated!

Become a Vaccine Champion!

Encourage your loved ones and friends to get vaccinated by sharing more about your experience!

Share Your Experience

Share your COVID-19 vaccination story by emailing us at marketing@brcus.org. Remember to tag us when posting on social media.



@brcus



@building_resilient_communities



@bldgrc2013

Address COVID-19 vaccine misinformation.

Cross-check COVID-19 vaccine information with [CDC.gov](https://www.cdc.gov) and share facts to counter inaccurate information. Learn how to respond to vaccine misinformation you encounter.



Make An Appointment Today:

[MyTurn.ca.gov](https://www.myturn.ca.gov)



02.

What is
RSV?

Respiratory Syncytial Virus (RSV)

Individuals at High Risk for RSV

Respiratory syncytial (sin-SISH-uhl) Virus, or RSV

Respiratory syncytial (sin-SISH-uhl) virus, or RSV, is a common respiratory virus that usually causes mild, cold-like symptoms. Most people recover in a week or two, but RSV can be serious. Infants and older adults are more likely to develop severe RSV and need hospitalization. Vaccines are available to protect older adults from severe RSV. Monoclonal antibody products are available to protect infants and young children from severe RSV.

Symptoms

People infected with RSV usually show symptoms within 4 to 6 days after getting infected. Symptoms of RSV infection usually include.

- **Runny nose**
- **Decrease in appetite**
- **Coughing**
- **Sneezing**
- **Fever**
- **Wheezing**

These symptoms usually appear in stages and not all at once. In very young infants with RSV, the only symptoms may be irritability, decreased activity, and breathing difficulties.

Almost all children will have had an RSV infection by their second birthday.

Older Adults Are at High Risk for Severe RSV Illness

Respiratory Syncytial Virus, or RSV, is a common virus that affects the lungs and breathing passages

- RSV vaccine is available to adults 60 and over
- It can PROTECT against severe illness
- Talk to your doctor to see if vaccination is right for you

RSV can be dangerous for older adults. Adults who are 60 years or older are at highest risk, especially:

- Adults who have chronic heart or lung disease
- Adults who have weakened immune systems

RSV can lead to serious conditions

- Pneumonia (infection of the lungs)
- Hospitalization
- More severe symptoms for people with chronic obstructive pulmonary disease (COPD)
- More severe symptoms for people with congestive heart failure

Everyday preventive measures help protect against respiratory viruses

- Wash hands often
- Avoid close contact with sick people
- Avoid touching your face with unwashed hands
- Cover coughs and sneezes
- Clean frequently touched surfaces
- Stay home when sick



EACH YEAR

RSV

causes serious illness in older adults

60,000-160,000
hospitalizations

6,000-10,000
deaths



www.cdc.gov/rsv

03.

Fentanyl & Overdose

Fentanyl & Overdose

Signs of Overdose

What to do if Someone is Overdosing

Fentanyl & Opioid Overdose Resources

Naloxone: Training and Resources

FENTANYL AND OVERDOSE

Fentanyl and other synthetic opioids are the most common drugs involved in overdose deaths.¹ Even in small doses, it can be deadly.



Over 150 people die every day from overdoses related to synthetic opioids like fentanyl.²

Drugs may contain deadly levels of fentanyl, and you wouldn't be able to see it, taste it, or smell it. It is nearly impossible to tell if drugs have been laced with fentanyl unless you test your drugs with fentanyl testing strips. Testing strips are inexpensive, typically give results within 5 minutes, and can be the difference between life or death. Even if the test is negative, caution should be taken as test strips might not detect more potent fentanyl-like drugs, like carfentanil.³

SIGNS OF OVERDOSE

Recognizing the signs of opioid overdose can save a life. Here are some things to look for:

- Small, constricted "pinpoint pupils"
- Choking or gurgling sounds
- Falling asleep or losing consciousness
- Limp body
- Slow, weak, or no breathing
- Cold, clammy, and/or discolored skin

WHAT TO DO IF YOU THINK SOMEONE IS OVERDOSING

It may be hard to tell whether a person is high or experiencing an overdose. If you aren't sure, it's best to treat the situation like an overdose—you could save a life.

1

Call 911 immediately.*

2

Administer naloxone,** if available.

3

Try to keep the person awake and breathing.

4

Lay the person on their side to prevent choking.

5

Stay with them until emergency workers arrive.

1. Wilson N, Karisa M, Seth P, Smith H 4th, Davis NL. Drug and opioid-involved overdose deaths—United States, 2017–2018. *MMWR Morb Mortal Wkly Rep* 2020;69:290–7. [10.15585/mmwr.mm6911a4](https://doi.org/10.15585/mmwr.mm6911a4)

2. NCHS, National Vital Statistics System. Estimates for 2020 are based on provisional data. Estimates for 2015–2019 are based on final data (available from: <https://www.cdc.gov/nchs/hvss/vsmr/drug-overdose-data.htm>).

3. Bergh, Marianne Skov-Skov et al. "Selectivity and sensitivity of urine fentanyl test strips to detect fentanyl analogues in illicit drugs." *The International Journal on drug policy* vol. 90 (2021): <https://doi.org/10.1016/j.drugpo.2020.103085>



* Most states have laws that may protect a person who is overdosing or the person who called for help from legal trouble.
** Naloxone is a life-saving medication that can reverse the effects of opioid overdose and save lives. It is available in all 50 states and can be purchased from a local pharmacy without a prescription in most states.

Fentanyl & Opioid Overdose Resources

CDPH continues to increase awareness about fentanyl and opioid overdose prevention to reduce stigma and protect the lives of Californians. Fentanyl is a synthetic opioid that is a major contributor to drug overdose deaths. In 2021, there were nearly 6,000 opioid-related overdose deaths in California.

Naloxone: Training and Resources

- Narcan® is now available over the counter. Visit the [Over the Counter \(OTC\) Naloxone](#) webpage to learn more.
- An important part of a naloxone distribution program is to provide training to individuals who may give naloxone. Listed below are training resources.
- [Naloxone Training for Health Care Providers](#): Centers for Disease Control and Prevention (CDC) offers several naloxone training modules for health care providers. Earn continuing education credits (CE) after completing the full module.
- [Overdose Education and Naloxone Distribution \(webinar recording\)](#): Training for professionals who will be responsible for educating laypersons about opioid overdose and distributing naloxone in their community.
- [Implementing Naloxone Distribution Systems \(webinar recording\)](#): Training for program managers and others responsible for the implementation of naloxone distribution systems/OEND in their community.

We Walk by Faith

“ Matthew 22:37-40 – Jesus said the second greatest commandment is to “love your neighbor as yourself.”

Caring for your well-being and that of others is a concrete expression of love. Prioritizing overall health, including vaccinations, is among the most effective ways to safeguard the well-being of both ourselves and our community.

”

Thank you for your support
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