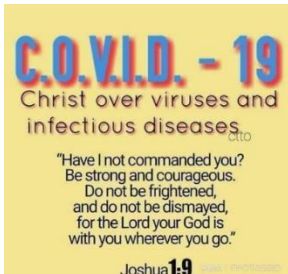


## April is:

- EASTER, April 12
- Global COVID-19 Pandemic
- 2020 Census Questionnaires are due (my2020census.gov)
- Alcohol Awareness Month
- National Child Abuse Prevention Month
- National Minority Health Month
- National Minority Cancer Awareness Month
- National Volunteer Month
- National Public Health Week, April 6 -12
- World Health Day, April 7
- Every Kid Healthy Week, April 20 - 24
- National Infant Immunization Week, April 26 - May 3



In His Service,



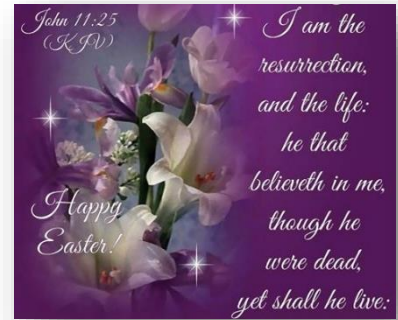
H-3 Ministry

*'Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers.'*

III John 1:2 NAS



# Happy Easter!



## SPECIAL NOTE:

The United States of America has surpassed ALL other countries in number of citizens affected with COVID-19 (the Coronavirus)!! Due to this Global COVID-19 Pandemic, the majority of April's H-3 newsletter has been devoted to articles on staying safe / healthy due to the seriousness of this disease.

## WHAT TO DO IF YOU ARE SICK

## Steps to help prevent the spread of COVID-19 if you are sick

**Follow the steps below:** If you are sick with COVID-19 or think you might have it, follow the steps below to help protect other people in your home and community.

**Stay home except to get medical care**

- **Stay home:** People who are mildly ill with COVID-19 are able to recover at home. Do not leave, except to get medical care. Do not visit public areas.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you feel worse or you think it is an emergency.
- **Avoid public transportation:** Avoid using public transportation, ride-sharing, or taxis.

**Separate yourself from other people in your home, this is known as home isolation**

- **Stay away from others:** As much as possible, you should stay in a specific "sick room" and away from other people in your home. Use a separate bathroom, if available.

- **Limit contact with pets & animals:** You should restrict contact with pets and other animals, just like you would around other people.
  - Although there have been few reports of pets or other animals becoming sick with COVID-19, it is still recommended that people with the virus limit contact with animals until more information is known.
  - When possible, have another member of your household care for your animals while you are sick with COVID-19. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with them. See [COVID-19 and Animals](#) for more information.

## If someone in your home is sick

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### ***Call ahead before visiting your doctor***

- **Call ahead:** If you have a medical appointment, call your doctor's office or emergency department, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.



### ***Wear a facemask if you are sick***

- **If you are sick:** You should wear a facemask when you are around other people and before you enter a healthcare provider's office.
- **If you are caring for others:** If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then people who live in the home should stay in a different room. When caregivers enter the room of the sick person, they should wear a facemask. Visitors, other than caregivers, are not recommended.



### ***Cover your coughs and sneezes***

- **Cover:** Cover your mouth and nose with a tissue when you cough or sneeze.
- **Dispose:** Throw used tissues in a lined trash can.
- **Wash hands:** Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

## Handwashing tips

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### ***Clean your hands often***

- **Wash hands:** Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Hand sanitizer:** If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water:** Soap and water are the best option, especially if hands are visibly dirty.
- **Avoid touching:** Avoid touching your eyes, nose, and mouth with unwashed hands.

## Complete disinfection guidance

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### ***Avoid sharing personal household items***

- **Do not share:** Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- **Wash thoroughly after use:** After using these items, wash them thoroughly with soap and water or put in the dishwasher.



### ***Clean all “high-touch” surfaces everyday***

Clean high-touch surfaces in your isolation area (“sick room” and bathroom) every day; let a caregiver clean and disinfect high-touch surfaces in other areas of the home.

- **Clean and disinfect:** Routinely clean high-touch surfaces in your “sick room” and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.
  - If a caregiver or other person needs to clean and disinfect a sick person’s bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and wait as long as possible after the sick person has used the bathroom.

High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.

- **Clean and disinfect areas that may have blood, stool, or body fluids on them.**
- **Household cleaners and disinfectants:** Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
  - Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.
  - Most EPA-registered household disinfectants should be effective. A full list of disinfectants can be found [here](#) external icon.



### **Monitor your symptoms**

- **Seek medical attention, but call first:** Seek medical care right away if your illness is worsening (for example, if you have difficulty breathing).
  - **Call your doctor before going in:** Before going to the doctor's office or emergency room, call ahead and tell them your symptoms. They will tell you what to do.
- **Wear a facemask:** If possible, put on a facemask before you enter the building. If you can't put on a facemask, try to keep a safe distance from other people (at least 6 feet away). This will help protect the people in the office or waiting room.
- **Follow care instructions from your healthcare provider and local health department:** Your local health authorities will give instructions on checking your symptoms and reporting information.

If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**. Emergency warning signs include\*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

\*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

**Call 911 if you have a medical emergency:** If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.



## How to discontinue home isolation

- People with COVID-19 who have stayed home (home isolated) can stop home isolation under the following conditions:
  - **If you will not have a test** to determine if you are still contagious, you can leave home after these three things have happened:
    - You have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers)  
AND
    - other symptoms have improved (for example, when your cough or shortness of breath have improved)  
AND
    - at least 7 days have passed since your symptoms first appeared
  - **If you will be tested** to determine if you are still contagious, you can leave home after these three things have happened:
    - You no longer have a fever (without the use medicine that reduces fevers)  
AND
    - other symptoms have improved (for example, when your cough or shortness of breath have improved)  
AND
    - you received two negative tests in a row, 24 hours apart. Your doctor will follow [CDC guidelines](#).

In all cases, **follow the guidance of your healthcare provider and local health department**. The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments. Local decisions depend on local circumstances.

Additional information for healthcare providers: [Interim Healthcare Infection Prevention and Control Recommendations for Persons Under Investigation for 2019 Novel Coronavirus](#).

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## HOW TO PROTECT YOURSELF

Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness. More information on [Are you at higher risk for serious illness?](#)

## Know How it Spreads

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- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
  - Between people who are in close contact with one another (within about 6 feet).
  - Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

## Take steps to protect yourself

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### ***Clean your hands often***

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.



### ***Avoid close contact***

- **Avoid close contact** with people who are sick
- Put **distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for [people who are at higher risk of getting very sick](#).

## Take steps to protect others

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### ***Stay home if you're sick***

- **Stay home** if you are sick, except to get medical care. Learn [what to do if you are sick](#).



### ***Cover coughs and sneezes***

- **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



### ***Wear a facemask if you are sick***

- **If you are sick:** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. [Learn what to do if you are sick.](#)
- **If you are NOT sick:** You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.



### ***Clean and disinfect***

- **Clean AND disinfect [frequently touched surfaces](#) daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.

#### **To disinfect:**

Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface.

#### **Options include:**

- **Diluting your household bleach.**

To make a bleach solution, mix:

- 5 tablespoons (1/3rd cup) bleach per gallon of water
- OR
- 4 teaspoons bleach per quart of water

Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.

- **Alcohol solutions.**

Ensure solution has at least 70% alcohol.

- **Other common EPA-registered household disinfectants.**

Products with [EPA-approved emerging viral pathogens pdf icon\[7 pages\]external icon](#) claims are expected to be effective against COVID-19 based on data for harder to kill viruses. Follow the manufacturer's instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time, etc.).





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## WHAT IS THE 2020 CENSUS?

**The 2020 Census counts every person living in the United States and five U.S. territories.**

The count is mandated by the Constitution and conducted by the U.S. Census Bureau, a nonpartisan government agency. The 2020 Census counts the population in the United States and five U.S. territories (Puerto Rico, American Samoa, the Commonwealth of the Northern Mariana Islands, Guam, and the U.S. Virgin Islands). Each home will receive an invitation to respond to a short questionnaire—online, by phone, or by mail—between March 12-20.

### **Why We Conduct This Count**

The census provides critical data that lawmakers, business owners, teachers, and many others use to provide daily services, products, and support for you and your community. Every year, billions of dollars in federal funding go to hospitals, fire departments, schools, roads, and other resources based on census data.



The results of the census also determine the number of seats each state will have in the U.S. House of Representatives, and they are used to draw congressional and state legislative districts.

It's also in the Constitution: Article 1, Section 2, mandates that the country conduct a count of its population once every 10 years. The 2020 Census will mark the 24th time that the country has counted its population since 1790.

### **Counting Everyone**

Participating in the census is required by law, even if you recently completed another survey from the Census Bureau. A complete and accurate count is critical for you and your community, because the results of the 2020 Census will affect community funding, congressional representation, and more.

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Founded and sponsored by the National Council on Alcoholism and Drug Dependence (now Facing Addiction with NCADD), Alcohol Awareness Month was established in 1987 to help reduce the stigma so often associated with alcohol addiction by encouraging communities to reach out to the American public each April with information about alcohol, alcohol addiction, and recovery. Alcohol addiction is a chronic, progressive disease, genetically predisposed and fatal if untreated. However, people can and do recover. In fact, it is estimated that as many as 20 million individuals and family members are living lives in recovery from alcohol use!

According to the NCADD, "Alcohol is the most commonly used addictive substance in the United States. 17.6 million people, or one in every 12 adults, suffer from alcohol abuse or dependence along with several million more who engage in risky, binge drinking patterns that could lead to alcohol problems. More than half of all adults have a family history of alcoholism or problem drinking, and more than 7 million children live in a household where at least one parent is dependent on or has abused alcohol."

### **Warning signs of alcohol abuse include:**

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- Drinking to calm nerves, forget worries or boost a sad mood
- Guilt about drinking
- Unsuccessful attempts to cut down or stop drinking
- Lying about or hiding drinking habits
- Causing harm to oneself or someone else as a result of drinking
- Needing to drink increasingly greater amounts in order to achieve desired effects
- Feeling irritable, resentful or unreasonable when not drinking
- Medical, social, family or financial problems caused by drinking

### **How is AMHC addressing the issue?**

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- Individual Outpatient Therapy (IOP)
- Outpatient and Intensive Outpatient Treatment programs, which require regular attendance for a set period of time.
- Maine Mothers Network <https://www1.maine.gov/dhhs/samhs/osa/help/mainemothersnetworkflyer.pdf>
- Driver Education and Evaluation Program (DEEP) services for individuals seeking to regain their license following an operating under the influence charge.
- Peer support

- MAT services including Opioid Health Home
- DMS (Detox management services)
  - Money available for medication
  - Treatment IOP, individual, residential
- Residential Treatment Facility “The Farm”
- Criminogenic treatment services
  - Working with local probation services
  - Diversion Academy
  - Mark Nelson working in Jail (Breaking Free program)
- The Roads to Recovery Community Center services in Caribou and coming soon to Houlton
  - Various recovery meetings
    - AA
    - NA
    - Al-anon
    - Refuge recovery
    - men/women group
    - father/mother group
    - Recovery writing, art groups, music
    - Families Anonymous
      - Substance use and domestic violence
      - Maine can work
      - Narcan training
      - IOP has been attending every two to three weeks
    - High-power box
    - Jeopardy
    - music
- Benefits are that our customers have increased confidence to participate in various recovery meetings

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**April is**



**Prevent Child Abuse Awareness Month**

## WHAT YOU CAN DO TO PREVENT CHILD ABUSE

Child abuse can happen in any family and in any neighborhood. Studies have shown that child abuse crosses all boundaries of income, race, ethnic heritage, and religious faith. The incidence is higher in the following groups:



- Families in which the parents are in their mid-20s
- High school dropouts or lack a high school diploma
- Families living below the poverty level or financially stressed
- Families stressed because of a loss of job or home
- Families with a history of intergenerational abuse
- Families with alcohol, or substance abuse problems
- Families with a history of depression
- Families with spouse abuse

## Stopping abuse

Prevent Child Abuse America offers these tips for stopping child abuse:

- Try to understand your children. Learn how kids behave and what they can do at different ages. Have realistic expectations and be reasonable if children fall short.
- Keep your children healthy. Denying children food, sleep, or healthcare is abuse by neglect.
- Get help with alcohol or drug problems. Keep children away from anyone who abuses those substances.
- Watch your words. Angry or punishing language can leave emotional scars for a lifetime.
- Get control of yourself before disciplining a child. Set clear rules so the child knows what to expect. Avoid physical punishment.
- Take a time-out. Stop if you begin to act out frustration or other emotions physically. Find someone to talk with or watch your kids while you take a walk. Call a child abuse prevention hotline if you are worried you may hit your child.
- Make your home a violence-free zone. Turn off violent TV shows and don't let kids stay under the same roof with an abusive adult.
- Join a support program for new parents.
- Take regular breaks from your children. This will give you a release from the stress of parenting full-time.

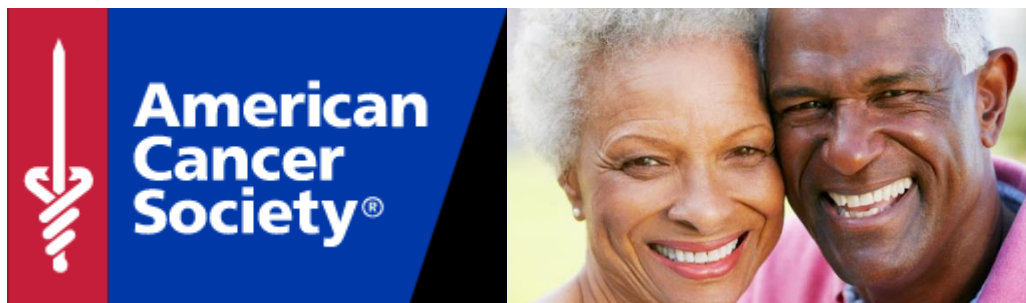
Remember that child abuse often repeats itself in the next generation. By doing what you can to prevent it today, you can help save children's lives far into the future.

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Celebrated every year in April, National Minority Health Month is an effort to raise awareness about health disparities that continue to affect racial and ethnic minority populations. This year, the theme for National Minority Health Month is Active and Healthy!

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### Minority Cancer Awareness

Cancer affects each population differently, and minority groups in the United States bear a greater burden for many cancers. The American Cancer Society is actively fighting cancer disparities on many fronts.

## Cancer Facts & Figures for African Americans

About 202,260 new cancer cases and 73,030 cancer deaths are expected to occur among blacks in 2019. African Americans have the highest death rate and shortest survival of any racial and ethnic group in the US for most cancers. Since 1990, however, the overall cancer death rate has dropped faster in blacks than whites among both men and women, largely driven by more rapid declines in blacks for cancers of the lung, colorectum, and prostate. As a result of this progress, the black-white disparity in cancer mortality has narrowed and more than 462,000 cancer deaths in blacks were avoided over the past 25 years. Cancer facts such as these are presented in the updated edition of the American Cancer Society's Cancer Facts and Figures for African Americans. This publication also provides the most recent data on cancer incidence, mortality, survival, screening, and risk factors.



**AMERICAN PUBLIC HEALTH ASSOCIATION**  
*For science. For action. For health.*

National Public Health Week as a time to recognize the contributions of public health and highlight issues that are important to improving our nation. APHA creates new NPHW materials each year that can be used during and after NPHW to raise awareness about public health and prevention.

**NATIONAL PUBLIC HEALTH WEEK IS APRIL 6-12, 2020**  
We can create the healthiest nation. Let the [National Public Health Week website](#) show you how.

During the first full week of April each year, APHA brings together communities across the United States to observe



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**Mon 6th Apr - Sun 12th Apr 2020**  
**United States**  
**This Event Is Currently Running**

National Public Health Week is a United States health awareness event backed by the American Public Health Association (APHA).

This event aims to highlight public health achievements and also improve the general health of the American people, by educating the public about various health issues and how they can live longer lives.

Around 2.5 billion work days are lost due to illness every year, with an estimated fall in productivity of \$1 trillion. By improving the health of the nation, peoples lives will improve and the country will continue to prosper.

Through health education, health awareness campaigns can reduce the effects and consequences of many health conditions and diseases by preventing their onset or tackling any symptoms or issues early on.

The first National Public Health Week took place during 1995 and has seen increasing support over the years. The APHA, the primary organizer for the week, cannot achieve the goal of a healthier nation alone and requests support from others to get involved in raising awareness about various health issues across the United States.

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## What is World Health Day about?

7 April 2020 is the day to celebrate the work of nurses and midwives and remind world leaders of the critical role they play in keeping the world healthy. Nurses and other health workers are at the forefront of COVID-19 response - providing high quality, respectful treatment and care, leading community dialogue to address fears and questions and, in some instances, collecting data for clinical studies. Quite simply, without nurses, there would be no response.

In this International Year of the Nurse and the Midwife, World Health Day will highlight the current status of nursing and around the world. WHO and its partners will make a series of recommendations to strengthen of the nursing and midwifery workforce.

This will be vital if we are to achieve national and global targets related to universal health coverage, maternal and child health, infectious and non-communicable diseases including mental health, emergency preparedness and response, patient safety and the delivery of integrated, people-centered care, amongst others.

We are calling for your support on World Health Day to ensure that the nursing and midwifery workforces are strong enough to ensure that everyone, everywhere gets the healthcare they need.

### State of the World's Nursing Report 2020

On World Health Day, we are launching the first ever State of the World's Nursing Report 2020. The report provides a global picture of the nursing workforce and support evidence-based planning to optimize the contributions of this workforce to improve health and wellbeing for all. The report sets the agenda for data collection, policy dialogue, research and advocacy, and investment in the health workforce for generations to come. A similar report on the Midwifery workforce will be launched in 2021. The full report in English and Executive summaries in the 6 official languages can be access from the link below. The language versions of the full report will be available in May 2020.

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**NATIONAL VOLUNTEER MONTH**  
In the United States, volunteerism is instilled at a young age. In many parts of the country, it is the cornerstone of summer vacation or woven into after school programs. Most organizations in small towns, rural counties and the largest cities would not function without volunteers. In some families, the baton of volunteerism is handed down generation after generation. Rural fire and ambulance departments

remain staffed due to the efforts of volunteers. The underprivileged receive much needed medical care thanks to volunteers. Long overdue repairs and upgrades are made to a senior women’s home thanks to an organization’s annual call for donations and skilled workers. A woman answers a call on a suicide hotline because she cared enough to give up a few hours to train and listen to someone desperate and alone. A team sets up tables at a soup kitchen every week. Another group delivers meals to men and women who can no longer cook for themselves. Boys and girls sell ice cream sandwiches during a fair to raise money for a homeless shelter. Volunteers come in all shapes and sizes. They pick a cause and make a difference in someone’s life. Sometimes the difference a drop in the bucket. Other times it creates a tidal wave of change. From the anonymous volunteers who donate their resources to those whose efforts are part of larger national organizations like 4-H, Boy and Girl Scouts of America, or American Red Cross or a local grassroots group, their missions provide valuable support to communities in times of need.

**HOW TO OBSERVE**

Thank a volunteer. Volunteer! Many volunteers will tell you it is a rewarding experience. You don’t have to have a ton of time. Do you have a special talent or skill that may benefit a charity or organization? Offer your services or ask how you can be of help. Use #NationalVolunteerMonth to share on social media.

**HISTORY**

April became National Volunteer Month as part of President George H. W. Bush’s 1000 Points of Light campaign in 1991.

There are over 1,200 national days. Don’t miss a single one.

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**EVERY KID HEALTHY WEEK (APRIL 20-24, 2020)**

ATTENTION: Due to CDC guidelines on slowing the spread of COVID-19 (Coronavirus), we are no longer encouraging schools to host Every Kid Healthy Week events this year even if schools are open. We advise they follow the guidance from their own districts and states and recommendations from the CDC and federal government regarding gatherings.

**Every Kid Healthy Week is still on the calendar!**

We encourage schools and parents to focus on promoting health and well-being at home. You can find activity ideas on our [Every Kid Healthy Week resource page](#), in our [Game On Activity Library](#), and in [this curated list of at-home activities](#).

Those celebrating Every Kid Healthy Week at home are still invited follow along with each day’s theme (see below), share your activities on social media using #EveryKidHealthyWeek and tag us, and [tell us how you are celebrating](#).



# EVERY KID HEALTHY WEEK

## 2020 SCHEDULE



Take action during Every Kid Healthy Week.

*Help us reach our goal of 1 million actions for healthy, happy kids by 2025.*

Anyone (students, parents/caregivers, educators, school administrators, community members, businesses) can take action during Every Kid Healthy Week. You can follow the Every Kid Healthy Week daily themes or build your own activities based on your needs. Most importantly, [share what you're doing so we can count your actions.](#)

To participate at home this year, in addition to the resources linked above, we recommend

following us on social media where we'll be posting activity ideas each day. We'll also be doing live videos on Facebook with activities for each day's theme.

### Facebook Live Healthy Activities!

#### **Mindfulness Monday**

4/20, 3:30pm CT: On Mindfulness Monday, help your kids find their center and check in with how they're feeling. Use this practice to set intentions for the week ahead or wind down before bed!

*Presented by Ashley Green, AFHK Program Manager and Yoga Teacher-in-Training*

#### **Tasty Tuesday**

4/21, 2pm CST: On Tasty Tuesday, join with your kids for a taste test...with a twist! Learn how to customize a healthy homemade granola that goes from breakfast to snack time.

*Presented by Grace Perry, AFHK Program Manager and Registered Dietitian*

#### **Earth Day Wellness Wednesday**

4/22, 3pm CST: On Earth Day Wellness Wednesday, learn how to use veggie scraps and household trash to grow new, healthy foods for your family—you don't even need a garden!

*Presented by Danielle Marquez, AFHK Parent Ambassador and Gardener Extraordinaire*

#### **Thoughtful Thursday**

4/23, time TBD: On Thoughtful Thursday, bring the kids together to learn how to make a gratitude board that, at the end of a month, will show kids how many things—big and small—they were grateful for each day.

*Presented by Rob Bisceglie, AFHK CEO*

#### **Fitness Friday**

4/24, 2pm CST: On Fitness Friday, get ready to test your concentration and physical activity skills with a game of "Up, Down. Stop, Go." The whole family can participate and play – just prep a small space with enough room to move around!

**Show us your Every Kid Healthy Week!**

Post photos and videos from your events and activities on social media using the hashtags #EveryKidHealthyWeek and #TakeAction4HealthyKids, and tag us @act4healthykids on Instagram, @ActionforHealthyKids on Facebook, or @act4hlthykids on Twitter so we can see—and share—whatever everyone is doing!

**What is it?**



Every Kid Healthy™ Week is an annual observance created in 2013 to celebrate school health and wellness achievements. Recognized on the calendar of National Health Observances and observed the last full week of April each year, each day of the week shines a spotlight on the great actions schools and families are taking to improve the health and wellness of their kids and the link between nutrition, physical activity, mental health and learning – because healthy kids are better prepared to learn and thrive!

Anyone can get involved with an Every Kid Healthy Week event: Schools are invited to host an event (or two!) during Every Kid Healthy Week, and families and community members can volunteer at or attend local events or participate in activities at home. [Get event and activity ideas, as well as planning resources, here.](#)

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**NATIONAL INFANT IMMUNIZATION WEEK**

National Infant Immunization Week (NIIW) is an annual observance to highlight the importance of protecting infants from vaccine-preventable diseases and celebrating the achievements of immunization programs and their partners in promoting healthy communities. NIIW is observed during the last week of April. The exact timing varies slightly from year to year as we attempt to avoid potential holiday schedule conflicts.

NIIW is recognized as part of World Immunization Week (WIW), an initiative of the World Health Organization (WHO). During WIW, all six WHO regions, including more than 180 Member States, territories, and areas, will simultaneously promote immunization, advance equity in the use of vaccines and universal access to vaccination services, and enable cooperation on cross-border immunization activities.

NIIW provides an opportunity to:

- Highlight the dangers of vaccine-preventable diseases, especially to infants and young children, and the importance and benefits of childhood immunization

- Educate parents and caregivers about the importance of vaccination in protecting their children from birth against vaccine-preventable diseases
- Focus attention on immunization achievements and celebrate the accomplishments made possible through successful collaboration
- Step up efforts to protect children against vaccine-preventable diseases and thereby give them a healthy start in life
- Encourage better communication between parents and healthcare professionals.
- Remind parents and caregivers of the importance of making and keeping needed immunization appointments.
- Provide help to parents and caregivers to locate a healthcare professional who participates in the Vaccines for Children's program, a federally funded program that provides vaccinations at no cost to children whose parents cannot afford to pay for them.

## HOW TO OBSERVE

Visit the Center for Disease Control immunization [website](#).

Do online research to see what most recent research says about immunization.

Work with a service club or church to set up a program for people who need transportation to health clinics or doctors' offices.

Follow on social media #NationalInfantImmunizationWeek #ivax2protect , #ivax2protect

Follow the CDC on [Facebook](#).

## HISTORY

Since 1994, NIIW has served as a call to action for parents, caregivers, and healthcare providers to ensure that infants are fully immunized against 14 vaccine-preventable diseases, including influenza.

There are over 1,500 national days. Don't miss a single one. Celebrate Every Day with [National Day Calendar®!](#)

\*\*A special THANK YOU to Miss Tori Bailey (Manager / Owner, WZZA Radio Station) for assisting with formatting the reader-friendly COVID-19 articles.

\*\*\*\*Trinity MB Church's Facebook page has YouTube links to videos:

\* "Infection Control: It's in your hands" and \* "Grocery Shopping Tips in COVID-19"

TO REVIEW / READ MORE ABOUT THE COVID-19 PANDEMIC (coronavirus) visit: [coronavirus.gov](https://coronavirus.gov)

### resources this issue

<https://2020census.gov/en/what-is-2020-census.html>

<https://www.amhc.org/april-is-alcohol-awareness-month/>

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<https://www.cancer.org/latest-news/special-coverage/minority-cancer-awareness.html>

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<https://nationaldaycalendar.com/national-volunteer-month-april/>

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