

The Latest News From MCDPH - March 2020

Dear Colleagues;

Since our last newsletter, The World Health Organization (WHO) has declared COVID-19 a pandemic. We know that we have readers in public health and healthcare settings that are working the front lines of this virus. We extend our gratitude and empathy to you, as work is done around the clock to ensure our communities are ready and safe. These times are a reminder of why public health is critical and we ask you to join us in thanking these workers for their service.

With the emergence of active cases of COVID-19 in Maine and Maryland, MCD Public Health is responding in several ways. For example, our Northeast Telehealth Resource Center team (NETRC) is receiving an unprecedented number of requests, with hundreds of stakeholders reaching out from across the region for assistance and resources for telehealth implementation. See yesterday's National TRC webinar recording: [Telehealth and COVID-19](#), which brought over 5,000 national stakeholders together to learn more about how telehealth can be leveraged to address healthcare needs during this challenging time and beyond.

In order to do our part in preventing the spread of the pandemic, our staff will be working from their homes beginning March 18 through April 15, and we will not hold in-person meetings in our physical offices during this time. We will re-evaluate these time frames in response to emerging public health recommendations. We want to assure you that our organization is fully functional in a virtual environment. If you need to reach us you can do so by e-mail, videoconferencing, and of course by phone.

MCD Public Health has provided multiple resources in this newsletter that are relevant to today's challenges. We encourage you to utilize these resources and reach out if we can be of any assistance in helping you or your organization with your virtual training or meeting needs.

Best Regards,
Danielle Louder & Elizabeth Foley
Co-Directors, MCD Public Health

COVID-19 Resources from MCDPH and Partners

Northeast Telehealth Resource Center (NETRC)

- [COVID-19 Telehealth Toolkit](#), a webliography for planning telehealth strategies.
- [Tip sheet](#) for effective videoconferencing and telepresenting.

MCD Public Health's e-Learning Program

- COVID-19 tip sheet for community health workers available in both [English](#) and [Spanish](#).
- Virtual trainings available 24/7 on demand:
 - [Telehealth Coordinator Training](#)
 - [Community Health Workers and Chronic Conditions Training Program](#)
 - [Detection and Management of High Blood Pressure Training Program](#)
 - [Cholesterol Training Program](#)
 - [MA Paul Coverdell Stroke Training Program](#)

Partner Resources

- Maine Public Health Association (MPHA) [COVID-19 Resource Page](#)
- Maine Association of Nonprofits (MANP) [Information on COVID-19 for Maine Nonprofits Page](#)
- National Consortium of Telehealth Resource Centers (NCTRC): [Telehealth and COVID-19 Toolkit](#)
- Center for Connected Health Policy (CCHP): [Telehealth Coverage Policies During the Time of COVID-19](#)
- [COVID-19 Resources from the Public Health Learning Network](#) (PHLN/NNPHI)

Social and Emotional Impact of COVID-19

We are not alone in closely following the COVID-19 pandemic. In tandem with the spread of the virus is a wave of confusion, fear and stress. Here are some tips to help us manage during these uncertain times.

- **Take care of your emotional health.** Remember that social distancing does not mean we should be social isolating. Stay connected with friends and family through phone calls and technology to maintain a strong support system.
- **Be kind and support your loved ones.** With repeated images and reports in the media, it is possible for those around you to become more distressed, especially those at higher risk of COVID-19, children and teens, people working on the front lines of the virus, and people with mental health conditions.
- **Focus on the facts and help stop the spread of rumors.** Follow public health advice from a trusted source, such as the [World Health Organization](#), the [Center for Disease Control and Prevention](#) or your [state public health department](#).
- If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746.



Be **READY** for #coronavirus

WHO is giving advice on how to protect ourselves & others:

- Be **SAFE** from coronavirus infection
- Be **SMART** & inform yourself about it
- Be **KIND** & support one another

Learn more about #COVID19 & share with your loved ones: www.who.int/COVID-19

 UNITED NATIONS  World Health Organization

The infographic features a blue background with a stylized virus particle on the right. It contains text in white and yellow, and logos for the United Nations and the World Health Organization at the bottom.

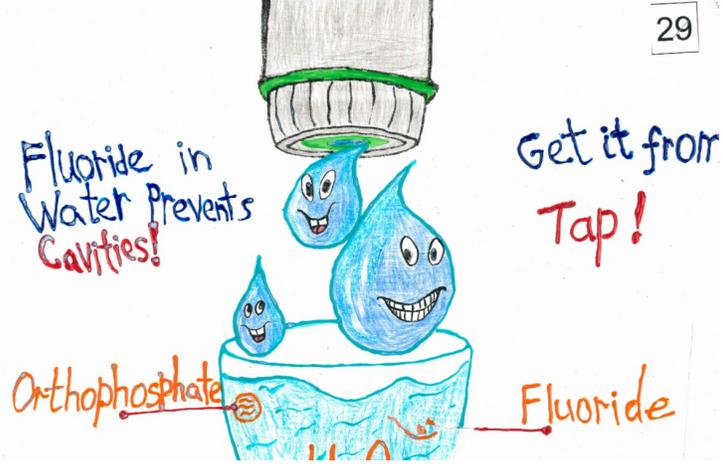
Supporting Children's Dental Health in Schools across Maine

We recently celebrated the National Children's Dental Health Month, which brings awareness to one of the most common chronic diseases of children in the United States: tooth decay. About 1 in 5 children aged 5 to 11 have at least one untreated decayed tooth. Poor oral health can be

painful and lead to problems with eating, speaking, playing and learning.

The Maine CDC School Oral Health Program (SOHP), currently contracted through MCDPH, celebrated by hosting a statewide poster contest. Pre-K through grade 6 students around the state submitted posters that demonstrate how to have

healthy teeth. This event helped to gain awareness for Children's Dental Health Month and get students thinking about their own oral health habits. The SOHP received over 80 submissions and the winners were announced on Friday, March 13. [Click here to view the winning posters.](#)



Join Our Team

Domestic Public Health



[Click here](#) to see current opportunities.

International Public Health



[Click here](#) to see current opportunities.

Partner Events*

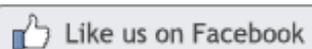
Northeast Regional Telehealth Conference - June 8-9, 2020 - DoubleTree by Hilton, Manchester, NH. [Registration and Sponsorship Opportunities now open!](#)

American Public Health Association (APHA) Annual Meeting - October 24-28, 2020 - San Francisco, CA. For more information, [click here](#).

***Please visit the links provided to confirm events are still taking place or being offered virtually.**

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Team





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