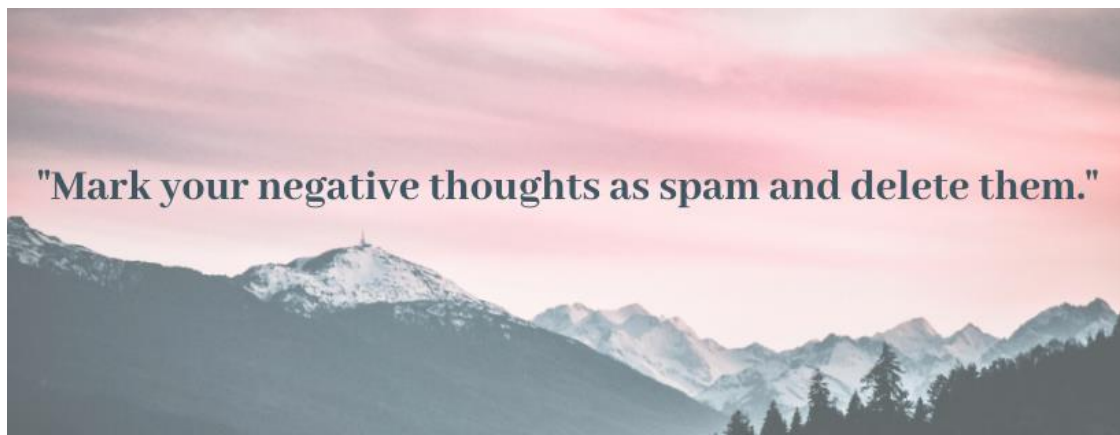


Health and Wellness Activity
COVID-19 Resources

April 24, 2020



This week's recommended Health and Wellness Activity:

Take a Moment to Remember the Blue Sky



[READ MORE...](#)

Coronavirus Anxiety Workbook

A Tool to Help You
Build Resilience
During Difficult
Times

[READ MORE...](#)

COVID-19 MYTH BUSTERS

- 1** 5G mobile networks DO NOT spread COVID-19
- 2** Exposing yourself to the sun or to temperatures higher than 25C degrees DOES NOT prevent the coronavirus disease (COVID-19)
- 3** You can recover from the coronavirus disease (COVID-19). Catching the new coronavirus DOES NOT mean you will have it for life.
- 4** Being able to hold your breath for 10 seconds or more without coughing or feeling discomfort DOES NOT mean you are free from the coronavirus disease (COVID-19) or any other lung disease.
- 5** Spraying alcohol or chlorine all over your body will not kill viruses that have already entered your body.

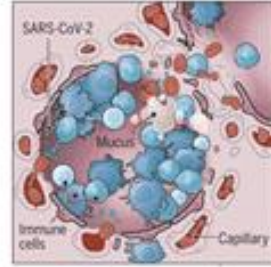
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An invader's impact

In serious cases, SARS-CoV-2 lands in the lungs and can do deep damage there. But the virus, or the body's response to it, can injure many other organs. Scientists are just beginning to probe the scope and nature of that harm.

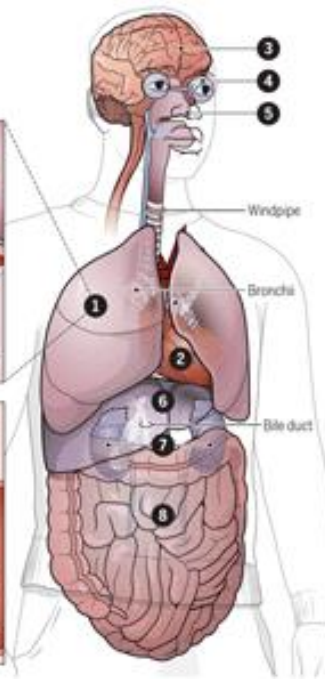
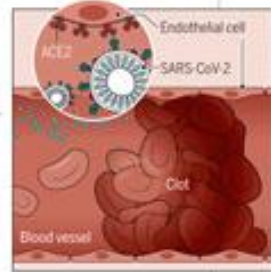
1 Lungs

A cross section shows immune cells crowding an inflamed alveolus, or air sac, whose walls break down during attack by the virus, diminishing oxygen uptake. Patients cough, fevers rise, and breathing becomes labored.



2 Heart and blood vessels

The virus (teal) enters cells, likely including those lining blood vessels, by binding to angiotensin-converting enzyme 2 (ACE2) receptors on the cell surface. Infection can also promote blood clots, heart attacks, and cardiac inflammation.



3 Brain

Some COVID-19 patients have strokes, seizures, confusion, and brain inflammation. Doctors are trying to understand which are directly caused by the virus.

4 Eyes

Conjunctivitis, inflammation of the membrane that lines the inner and outer eyelids, is more common in the sickest patients.

5 Nose

Some patients lose their sense of smell. Scientists speculate that the virus may move up the nose's nerve endings and damage cells.

6 Liver

Up to half of hospitalized patients have enzyme levels that signal a struggling liver. An immune system overdrive and drugs given to fight the virus may be causing the damage.

7 Kidneys

Kidney damage is common in severe cases and makes death more likely. The virus may attack the kidneys directly, or kidney failure may be part of whole-body events like plummeting blood pressure.

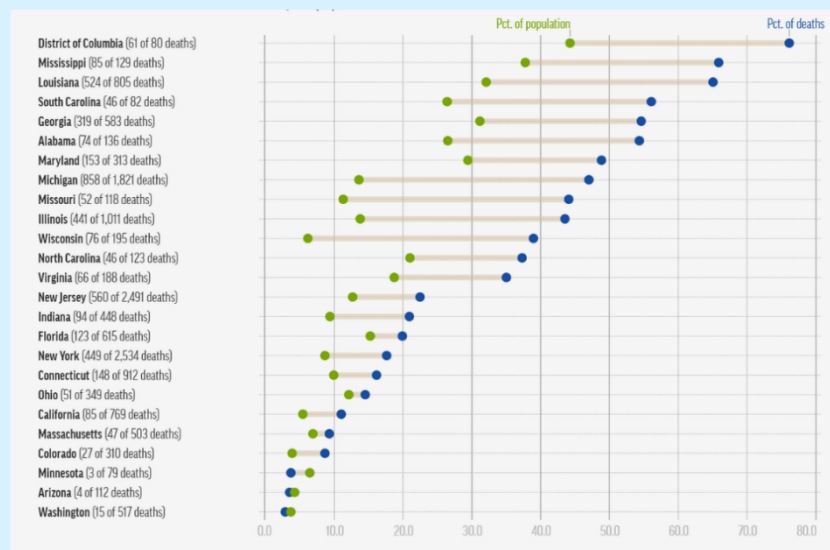
8 Intestines

Patient reports and biopsy data suggest the virus can infect the lower gastrointestinal tract, which is rich in ACE2 receptors. Some 20% or more of patients have diarrhea.

Covid-19 Ethnic/Racial Disparities

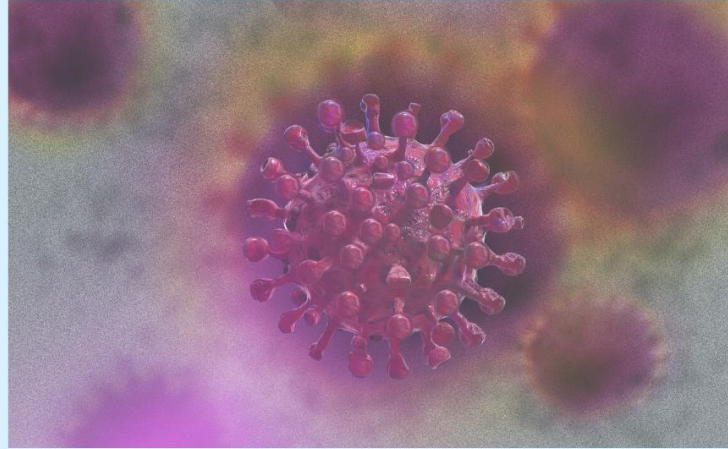
Racial toll of virus grows even starker as more data emerges

COVID-19 has disproportionately affected black people.



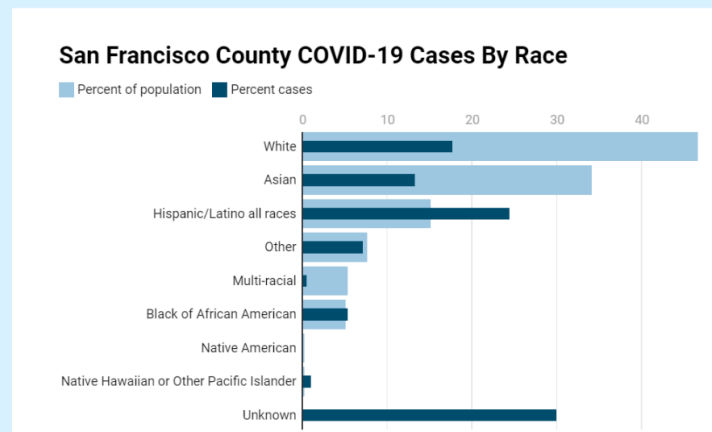
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Issues Affecting Native American Communities During the COVID-19 Crisis



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In San Francisco, 25% of COVID-19 cases are Latino despite accounting for 15% of the population



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NPR's Mary Louise Kelly talks with Dr. Loretta Christensen, Navajo Area chief medical officer at the Indian Health Service about the disproportionate impact of the coronavirus on Native Americans.

[READ MORE...](#)

STOP COVID-19 XENOPHOBIA

**CLICK HERE TO REPORT
ASIAN AMERICAN HATE
CRIMES DUE TO COVID-19
MISINFORMATION.**

SAMHSA.GOV

The Substance and Mental Health Services Administration (SAMHSA) website, SAMHSA.GOV, provides COVID-19 guidance and resources to assist individuals, providers, communities and states across the country. The website is updated daily.

Did you enjoy today's e-Newsletter?

- Yes
 No

How likely are you to share one or more of the resources provided with a colleague?

- Likely
 Not likely

Submit

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