

Community Health Workers: COVID HEALTH WARRIORS



Arizona Community
Health Workers
Association, Inc.

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COVID-19 Toolkit for CHWs

What we know now about COVID-19 is ever evolving. Having the latest science and medical facts about the disease is the best way to protect ourselves, our loved ones and our communities. Over time, we have discovered a lot about endurance and resilience by confronting the pandemic together. While our friends and families, local and neighboring communities, and the entire nation mourn over the massive loss the pandemic has caused, Arizona's CHWs/CHRs and Promotoras continue to address the unfolding challenges of the current pandemic. [AzCHOW](#) developed a COVID-19 Toolkit for CHWs/CHRs and Promotoras to effectively address COVID-19 pressing issues in their communities.

Objectives

COVID-19 Toolkit for CHWs is designed to facilitate CHWs/CHRs/Promotoras to assist the public during the 4 main stages Before, Testing, During, and After-care. Additionally, this toolkit is also aimed to lessen mental health issues CHWs are experiencing when addressing COVID-19 health related topics in their communities.

- CHWs will be able to effectively communicate, assist, and provide clients with the most current CDC recommendations related to COVID-19.
- CHWs will practice tools and techniques to address vaccine hesitancy through case scenarios activities.
- CHWs will learn how to recognize signs and symptoms of mental health issues related to COVID-19.
- CHWs will practice tools and techniques for self-care and emotional balance.
- Network Resource Campaign (one-stop resource shop).



LEARN MORE ON:

[CHWs Fill the
Information Gap](#)

[The Power of Your
Voice](#)

[Mental Health &
Emotional Wellness](#)

[The Importance of
Self-Care](#)

[Network Resource](#)

CHWs Fill the Information Gap

This section provides a COVID-19 overview about the disease, vaccine guidelines and protection against COVID.



Let's Backtrack

Moving forward sometimes requires a little backtracking. The following links provide an overview for COVID-19 disease, symptoms, and treatments.

- **Centers for Disease Control and Prevention**
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- **World Health Organization**
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
- **Mayo Clinic, Coronavirus Disease 2019 Overview**
<https://www.mayoclinic.org/diseases-conditions/coronavirus/symptoms-causes/syc-20479963>
- **Harvard Health Medical School**
<https://www.health.harvard.edu/diseases-and-conditions/coronavirus-resource-center>

Activities

Flu, Cold or COVID

Activity: Do you know the difference?

The following links propose interactive activities to help check your knowledge and stay in the know about COVID-19 disease.

- [How much do you really know about COVID-19?](#)
- [Test Your Knowledge: COVID-19](#)
- [True or False? Fact checking how COVID-19 spreads](#)

Trainings

The following trainings are available to CHWs/CHRs/Promotoras in partnership with community organizations. For more information or customized trainings contact info@azchow.org.


- **Building Resilience in the Face of Adversity**
- **CHWs Champions for Resilience**
- **And more...**

Videos

What We Know About COVID

The following videos are a helpful way to address COVID-19 concerns in your communities. They are designed to facilitate educational conversations between CHWs and their communities regarding various topics about the disease.

- [World Health Organization \(WHO\), COVID-19](#)
- [Centers for Disease Control and Prevention \(CDC\), What you need to know about COVID-19](#)
- [Centers for Disease Control and Prevention \(CDC\), ASL Educational Videos](#)
- [Centers for Disease Control and Prevention \(CDC\), COVID-19 in Spanish](#)

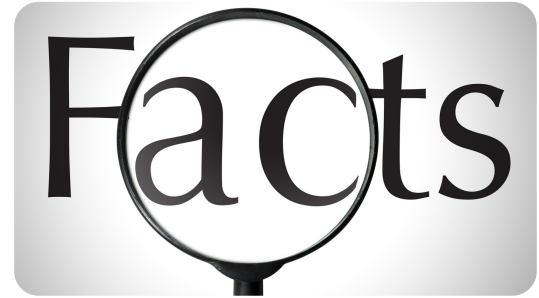


The Power in My Voice.

Inaccurate information can cause fear and confusion among our communities. The truth is that vaccines, including chickenpox, mumps, polio, and hepatitis, have been eradicating diseases for hundreds of years now. It is natural for families to be concerned over the safety and effectiveness of the COVID vaccines. Sharing information below will help your clients make informed decisions about the COVID-19 vaccine.

History of Vaccination.

- [CDC, COVID-19 Vaccines—How do we know they are safe](#)
- [WHO, How Vaccines Work](#) (Available in Five Languages)
- [AZDHS, Where Are We Now? Data](#)
- [WHO, COVID-19 Vaccine Introduction](#)



CHWs Normalizing COVID Vaccines.

- **CDC, Vaccination Strategies:** <https://www.cdc.gov/vaccines/covid-19/vaccinate-with-confidence/community.html>
- **CDC, Underlying Medical Conditions:** <https://www.cdc.gov/coronavirus/2019-ncov/science/science-briefs/underlying-evidence-table.html>

Increasing Vaccine Confidence.

- [CDC, 12 Strategies to Help Increase COVID-19 Vaccine Confidence and Demand](#)
- [CDC, Underlying Medical Conditions Associated with Higher Risk for Severe COVID-19](#)
- [CDC, COVID Data Tracker](#)
- [CDC, We Can Do This, Find COVID Vaccines](#)
- [CDC, Spanish - Encuentre vacunas contra el COVID-19](#)
- [ADHS, Vaccine Finder](#)

Downloads

- **WHO, Strategy to Achieve Global Vaccination:** <https://cdn.who.int/media/docs/default-source/immunization/covid-19/strategy-to-achieve-global-covid-19-vaccination-by-mid-2022.pdf>

Videos

- **CDC, COVID-19 Vaccines in English and Spanish:** <https://www.cdc.gov/coronavirus/2019-ncov/communication/videos.html>

Printables

- **CDC, 12 Strategies to Help Increase COVID-19 Vaccine Confidence and Demand** <https://www.cdc.gov/vaccines/covid-19/downloads/vaccination-strategies.pdf>
- CDC Resources in other languages: <https://www.cdc.gov/pubs/other-languages?Sort=Lang%3A%3Aasc>
- CDC Print Resources: <https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html>
- NRC-RIM Printable Facts Sheets in over 20 languages: <https://nrcrim.org/vaccines/fact-sheets-0>
- NRC-RIM Get Vaccinated Posters, ready to use or customize in over 20 languages: <https://nrcrim.org/vaccines/campaigns/get-vaccinated-campaign#:~:text=The%20Get%20Vaccinated%20campaign%20is,has%20on%20the%20collective%20group>

Mental Health & Emotional Wellness



COVID-19 pandemic has taken a toll in our communities, creating additional stress and anxiety among community health workers. Information below will help to identify the most common mental health issues related to the COVID pandemic.

Activities

Mental Health Quizzes

The following links propose interactive activities to help check your knowledge, identify emotions, and know when to seek professional help.

- [CDC, Mental Health Myths](#)
- [CDC, How are you Feeling These Days?](#)
- [AASM Foundation, Healthy Sleep](#) (available in 10 languages)
- [AASM Foundation, How Much Sleep Do You Need?](#) (bedtime calculator)
- [Greater Good Science Center, Gratitude Quiz](#)

LEARN MORE

[Mental Health & Emotional Wellness](#)

[Coping with Stress](#)

[Relaxation Techniques](#)

Downloads

Taking Care of Your Emotional Health

The following links provide downloads in PDF format.

- [CDC, Coping with a Disaster or Traumatic Event](#)
- [CDC, Cómo cuidarse y cuidar a su familia después de un desastre](#)
- [National Center for PTSD, Managing Stress Associated with the COVID-19 Virus Outbreak](#)
- [Hopkins Medicine, Managing Stress During the COVID-19 Pandemic](#)

Trainings

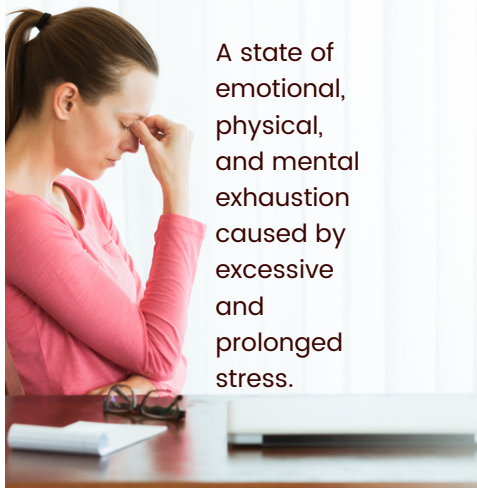
Self-Care Trainings for CHWs

The following trainings are available to CHWs/CHRs/Promotoras in partnership with other community organizations. For more information or customized trainings contact info@azchow.org.

- [Mental Health & Physical Health](#)
- [Caring for Mental Health of our Communities](#)
- [Isolation and Mental Health](#)
- [The Art of Loving Myself](#)
- [Mindfulness of CHWs](#)
- [And more...](#)

burn-out

an "occupational phenomenon"
WHO



A state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress.

The Importance of Self-Care

COVID-19 pandemic has taken a toll in our communities, creating additional stress and anxiety among community health workers.

Self-care can help manage stress and lower the risk of both physical health and mental health. Learn ways to cope during this pandemic.



About Self-Care Self-Care Strategies

Below are some helpful tips to get you started.

- [Mayo Clinic, How to Manage your Mental Health during the pandemic](#)
- [National Institute of Mental Health, Mental Disorders](#)
- [National Institute of Mental Health, About Self-Care](#)

Videos

The following video links provide practices that are helpful for self-care.

Capacitar International
Wellness Videos for Self-Care

- [Fingerholds for Emotions](#)
- [Immune System Boost](#)
- [Acupressure for Anger and Frustration](#)
- [Switching to Calm the Center of the Body](#)
- [Acupressure for Anxiety and Emotional Crisis](#)
- [Emotional Freedom Tapping \(EFT\)](#)

Crisis Intervention

- [National Suicide Prevention Lifeline](#)
- [Lifeline Chat](#)
- [Veterans Crisis Line](#) or Text 838255
- [Crisis Text Line Text HOME to 741741](#)

Practice Tools & Techniques

The following links provide downloads in PDF format.

- [Capacitar International, Wellness Videos for Self-Care](#)
- [CDC, Spanish](#)
- [National Center for PTSD, Managing Stress Associated with the COVID-19 Virus Outbreak](#)
- [Greater Good Science Center, Gratitude Quiz](#)
- [Hopkins Medicine, Managing Stress During the COVID-19 Pandemic](#)

The World Health Organization defines self-care as: “the ability of individuals, families, and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a healthcare provider.

Downloads

7-Embodiment Strategies / Exercises for Crisis Intervention

[Capacitar Emergency Kits of Best Practices - Capacitar International](#)
[Switching.pdf](#)
[Practices-of-Healing_1-Anxiety.pdf](#)
[Practices-of-Healing-_2-EFTapping.pdf](#)
[Practices-of-Healing_3-Centering.pdf](#)
[Practices-of-Healing_4-Switching](#)
[Practices-of-Healing_5-Hand-Mudras-for-Protection](#)
[Practices-of-Healing_6-Grief](#)
[Practices-of-Healing_7-Children-and-Families](#)

Staying Connected

"We're not just fighting a pandemic; we're fighting an infodemic. Fake news spreads faster and more easily than this virus and is just as dangerous." Dr. Tedros, Director-General of the World Health Organization (WHO)

Fighting the info-Demic

- [Americares, Get the facts and Prevent the Spread](#)
- [Johns Hopkins University, COVID-19 National Dashboard](#)
- [WHO, Learn to Fight the Infodemic \(video\)](#)

Resources

COVID-19 guidance from public health organizations include:

- [Centers for Disease Control and Prevention \(CDC\)](#)
- [World Health Organization \(WHO\)](#)
- [Arizona Department of Health Services \(ADHS\)](#)
- [Mayo Clinic](#)
- [Johns Hopkins University](#)
- [Harvard Medical School Resource Center](#)
- [COVID-19 National Dashboard](#)

Information and Referrals

Assistance finding food, paying house bills, accessing free childcare, or other essential services dial 2-1-1 or 877-211-8661.

Information regarding COVID-19, testing locations, immunizations, and appointments, please dial 844-542-8201.

- [COVID-19 Information & Referrals](#)
- [Housing Resources](#)
- [Food](#)
- [Financial Resources](#)

Evaluating Sources

General guidelines on how to know if the information is coming from a reliable source

- [Learn How Google Search Works](#)
- [Evaluating Digital Sources](#)
- [Purdue University](#)
- [Plagiarism Overview](#)
- [Online Writing Lab](#)





COVID-19 Toolkit for Community Health Workers



Stay in the Know

Note that this webpage is undergoing continuous editing.

Our Commitment

The COVID-19 Pandemic and its impacts have touched the lives of all Arizona residents. Underserved communities and populations have been disproportionately placed at higher risk by the COVID-19 pandemic, especially those individuals in rural, medically underserved, and racial and ethnic minority groups.

Our team is committed to providing CHW/CHR/Promotoras with up-to-date information in partnership with the Arizona Department of Health Services and together address health disparities and improve health equity.

Health Disparities Grant

The creation of this toolkit is supported by the Arizona Department of Health Services (AZDHS) Health Disparities Grant which was also awarded to AzCHOW to carry out the following activities:

- Build, leverage, and expand infrastructure support for COVID-19 prevention and control among populations that are at higher risk and underserved.
- Mobilize partners and collaborations to advance health equity and address social determinants of health as they relate to COVID-19 health disparities among populations at higher risk and that are underserved.
- COVID-19 Toolkit to further aid CHWs/CHRs and promotoras in addressing COVID-19 issues, and strengthen the professional development capacity to meet the needs of the communities we serve.
- Develop a toolkit/guide for working with local health departments to incorporate CHWs into local emergency response teams.

Partners

This toolkit is the product of an ongoing collaborative effort with partners like the Participatory Evaluation Institute at the Arizona Prevention Research Center which employs the principles of participatory evaluation to support research efforts for public health programs. Through this collaboration, we hope to further understand and address the needs of CHWs and communities, and how we can continue to improve the content of the toolkit.

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