

EARLY HEAD START



UPDATE

THE LATEST ON THE CORONAVIRUS

April 22, 2020

The Louisiana Department of Health has updated its website to reflect the latest number of COVID-19 positives and will continue to update its website at noon each day. As of noon on April 22, the Department reports a total of 25,258 positive cases.

Hospitalization

A total of 1,747 COVID-19 patients are currently hospitalized; of those, 287 patients require ventilation. Information on available hospital beds, ICU beds, and hospital vents is on the LDH dashboard.

Deaths

The Department reports a total of 1,473 deaths. Deaths are listed on the LDH dashboard by parish under the by parish tab and information by age can be found on the by age tab.

In line with recent CDC guidance, as of April 22 the Department is now reporting both confirmed COVID-19 deaths and probable COVID-19 deaths on its dashboard. As of April 22, the Department reports 59 probable COVID-19 deaths.

As of April 20, 56.25% of COVID-19 deaths to date were among African American residents and 34.34% were among white residents. The most common underlying conditions among COVID-19 deaths to date are hypertension, diabetes and chronic kidney disease.

Nursing Homes/Other Adult Residential Facilities

COVID-19 cases have been reported by 205 nursing homes and other adult residential facilities in Louisiana. A total of 2,402 COVID cases have been reported among residents of these facilities; 464 COVID-19 deaths have been reported among residents of these facilities.

BE COUNTED!

COUNTING CHILDREN IN THE 2020 CENSUS

YOU CAN STILL RESPOND

April 1 is a reference date, not a deadline to respond. When you respond online, by phone or by mail, count everyone living in your home as of April 1. Census results help determine how billions of dollars in federal funding flow into states and communities each year. We need your help closing this gap in the 2020 Census. To learn more about how you can be counted, visit <https://www.2020census.gov>



PARENT ENGAGEMENT

ROLLING OVER

WHY THIS IS IMPORTANT?

Your baby needs to know how to turn over so that he can crawl, change position, and make himself comfortable. At first he may only follow an object with his eyes when you move it in front of his face. Later, as you move the toy, he may turn his head and try to roll his body to keep the toy in sight. Rolling from a smooth surface onto a textured one will help him realize that he has moved his body to a new place. Awareness of his body will help him move purposefully later as he begins to crawl and walk.

WHAT YOU DO?

Lay your baby on his back on a smooth surface. Put a fuzzy or textured blanket next to him. Sit behind his head and hold a favorite toy or a noise-making toy above him, so that he can see it comfortably. Move the toy slowly in different directions, side to side, while making sure his eyes follow the toy. Move the toy far to the side and toward the top of his head, as you talk about what he sees. Your elephant is moving over here. Can you hear it rattle? Notice your baby follow the toy with his eyes. If your baby reaches by arching his back and turning his head, encourage him with words, but do not help him roll over. You almost have it. You are really stretching!

Give him the toy when he turns over. You rolled over to reach your elephant! Talk with him about the textured blanket he is now lying on. You rolled onto a fuzzy blanket. If he keeps trying, but cannot completely roll over, slightly nudge his lower body to help.

FAMILY RESOURCES

TIPS FOR RELIEVING STRESS

These stress management activities seem to work well for most people. Use the ones that work for you.

Talk with others who understand and accept how you feel. Reach out to a trusted friend, family member, or faith-based leader to explore what meaning the event may have for you. Connect with other survivors of the disaster or other traumatic events and share your experience.

Body movement helps to get rid of the buildup of extra stress hormones. Exercise once daily or in smaller amounts throughout the day. Be careful not to lift heavy weights. You can damage your muscles if you have too much adrenaline in your system. If you don't like exercise, do something simple, like taking a walk, gently stretching, or meditating.

Take deep breaths. Most people can benefit from taking several deep breaths often throughout the day. Deep breathing can move stress out of your body and help you to calm yourself. It can even help stop a panic attack.

Listen to music. Music is a way to help your body relax naturally. Play music timed to the breath or to your heartbeat. Create a relaxing playlist for yourself and listen to it often.

Pay attention to your physical self. Make sure to get enough sleep and rest each day. Don't leave resting for the weekend. Eat healthy meals and snacks and make sure to drink plenty of water. Avoid caffeine, tobacco, and alcohol, especially in large amounts. Their effects are multiplied under stress and can be harmful, just making things worse.

Use known coping skills. How did you handle past traumatic events like a car crash or the death of a loved one? What helped then (e.g., spent time with family, went to a support group meeting)? Try using those coping skills now.

HELPFUL RESOURCE

Substance Abuse and Mental Health Services Administration Disaster Technical Assistance Center (SAMHSA DTAC) Toll-Free: 1-800-308-3515 Website: <http://www.samhsa.gov/dtac>

SAFETY TIP!

CHILDREN 2 YEARS/OLDER SHOULD WEAR A CLOTH FACE COVERING



According to the CDC, children 2 years and older should wear a cloth face covering their nose and mouth when in the community setting. This is an additional public health measure people should take to reduce the spread of COVID-19 in addition to (not instead of) social distancing, frequent hand cleaning and other everyday preventive actions. A cloth face covering is not intended to protect the wearer, but may prevent the spread of virus from the wearer to others. This would be especially important in the event that someone is infected, but does not have symptoms. Medical masks and N-95 respirators are still reserved for healthcare workers and other first responders, as recommended by current CDC guidance.

LEARNING CORNER

CUÍDESE Y CUIDE A SU COMUNIDAD



Formas de lidiar con el estrés

Tómese descansos y deje de mirar, leer o escuchar las noticias. Esto incluye redes sociales. Escuchar hablar de la pandemia reiteradamente puede afectarlo.

Cuide su cuerpo. Haga respiraciones profundas, ejercicios de estiramiento o meditación en un sitio externo.

Trate de comer alimentos saludables y comidas bien balanceadas.

Haga ejercicio regular, duerma bien.

Evite consumir alcohol y drogas en un sitio externo.

Hágase un tiempo para relajarse. Trate de hacer otras actividades que disfrute.

Comuníquese con otras personas. Hable con las personas en quienes confía sobre sus preocupaciones y cómo se está sintiendo.

¿Necesita ayuda? ¿Conoce a alguien que sí?

Si usted o un ser querido se siente abrumado y está teniendo sensaciones de tristeza, depresión o ansiedad, o siente necesidad de lastimarse o lastimar a otros

Llame al 911

Visite la línea telefónica de ayuda para sobrellevar la angustia provocada por desastres en un sitio externo, llame al 1-800-985-5990 o envíe TalkWithUs al 66746

Visite la Línea Directa Nacional de Violencia Familiar en un sitio externo o llame al 1-800-799-7233 y TTY 1-800-787-3224