

COVID-19 VACCINE INFO KIT

PEOPLE WITH DISABILITIES

General Overview

This toolkit is intended as guidance to better serve people with disabilities. This past year has been tough, and we've suffered through a lot. The vaccines will help us get back to work, back to spending time with family and back to a more normal life.

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VACCINE COMMUNICATIONS: BEST PRACTICES

- Keep information short and simple and avoid jargon.
- Repeating information will also help improve a person's ability to remember it.
- Tell the truth and be transparent.
- Be positive and do not repeat vaccine myths.
- Highlight stories and use visuals. See included
- Emphasize the personal and social benefits of vaccines.
- Misinformation can come from a variety of sources. Be sure to understand the [source of information](#) before you address misinformation. We recommend the following sources of information:
 - [Boulder County Public Health](#)
 - [CDPHE](#)
 - [CDC](#)

WHAT YOU NEED TO KNOW

- Vaccinations can stop the pandemic, if most people get it
- Vaccines stop you from getting sick
- You protect your community, family and friends
- Keeps businesses and schools open
- There are two double dose vaccines available and a 1-dose option now
- You cannot get COVID-19 from the vaccine
- Side effects are limited
- Vaccine protects all races, ethnicities and medical conditions

GENERAL COVID-19 VACCINE INFORMATION

Below is a list of talking points you may want to consider as you communicate the importance of vaccines to your community.

- Vaccines are a free, safe and effective
- Can stop illness or make it mild
- To stop the pandemic, most people need to get it
- Helps protect community, family and friends
- Helps businesses and schools stay open
- Vaccines offer protection from the virus to people of different ages, races, ethnicities and medical conditions
- Getting a COVID-19 vaccine is a safer choice

SIGNING UP FOR A VACCINE APPOINTMENT

The Colorado Department of Public Health and Environment (CDPHE) has complete control of the distribution of all COVID-19 vaccines to local communities. All vaccine providers administer vaccine according to the state's [vaccine prioritization](#).

Centers for People with Disabilities has specific resources to help people with disabilities sign up for an appointment.

Contact: <https://cpwd.org/contact-2/>

Phone: (303) 442-8662

V/TTY: (888) 929-5519

People must sign up with providers for a vaccine appointment.
[See Boulder County's list of providers.](#)

WHAT IT MEANS TO BE FULLY VACCINATED

People are considered fully vaccinated:

- 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines.
- 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine.

If it has been less than 2 weeks since the 1-dose shot, or you still need the second dose of a 2-dose vaccine, **you are NOT fully protected.**

- For more information, visit <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html>

REGISTRATION ASSISTANCE

We understand that registration on some vaccine provider websites can be complicated for some residents. Individuals can contact the vaccine provider (e.g. hospital, clinic, pharmacy) directly by calling their main number.

If community members need help with vaccine registration, they can contact

- Boulder County Public Health Call Center at 720-776-0822 (M-F, 9 a.m.- 2 p.m.) English and Spanish information.
- Call 211 for registration, local resources and services. Over 150 languages available.
- The state's hotline at 1-877-COVAXCO (1-877-268-2926) 24 hours a day, 7 days a week. Multiple languages available.

VACCINE APPOINTMENT INFO: WHAT TO EXPECT

- Many [providers around the state](#) are currently offering vaccines to eligible Coloradans. These locations are not open for walk-in appointments. They should be contacted directly for more information.
- It's important to know that vaccine providers may have varying or limited amounts of vaccine doses during any given week.
 - Providers should be contacted directly for more information.

- CDC currently recommends that persons who receive a COVID-19 vaccine be observed after vaccination for the following time periods for anaphylaxis:
 - Persons with a history of anaphylaxis (due to any cause): 30 minutes
 - All other persons: 15 minutes
 - Be aware of what type of clinic the appointment is scheduled at
 - Walk-up or drive-up

Vaccine Anxiety:

- Breathe
 - Try what's called "Boxed Breathing," in which you'll breathe in for 4 seconds, hold for 4 seconds, breathe out for 4 seconds, hold for 4 seconds, and so on until you feel grounded. You can also tighten your muscles and release them while breathing, focusing on the breath and practicing mindfulness all the way through.
- Stretch
 - You can perform light stretches while you focus on your breath as well, paying close attention to the physical sensations that arise from the activity.
- Exercise
 - Exercise, again with an emphasis on the physicality of your exertions, is an effective way to get back into your body. Whether simple jumping jacks or a long run on a favorite trail, feeling the sensations of exercise on your body can bring you back from a place of panic.
- Mindfulness
 - Whether you engage your senses through a "5, 4, 3, 2, 1 exercise," — where you identify 5 objects, 4 different sounds, 3 textures, 2 smells, and 1 taste — or by simply focusing your awareness on the present moment and bodily sensation, it's important to draw your attention to the present.
- Senses
 - Focus on a particular sensation like holding an ice cube and noticing what it feels like or smelling an essential oil
- Additional grounding techniques
 - <https://www.pinterest.com/pin/715579828273721423>
 - <https://mhanational.org/sites/default/files/Poster%20-%20The%20PATH%20to%20Calm.pdf>

ADDRESSING CONCERNS

Your vaccine record is confidential information

- To receive the COVID-19 vaccine, you will need to share your name, date of birth, phone or email. Sharing this information ensures the vaccine is given safely, effectively and responsibly.
- No health insurance is needed
- No U.S. residency or immigration status is needed or checked

What information is shared

Boulder County Public Health (BCPH) will **NOT** use your information for any immigration or law enforcement purposes.

- The state health department will submit daily, anonymous COVID-19 vaccine data to the CDC as required. Personal identifiable information like your name and full address will NOT be shared with CDC.

Immigration status does not matter

The Department of Homeland Security announced that vaccination sites will be considered sensitive locations. This means that ICE will not carry out enforcement activities at or near vaccination sites.

BCPH will not share your information for any immigration or law enforcement purposes. Receiving the COVID-19 vaccine will not count against you in any public charge determinations.

How to submit a concern

- If a provider is requiring you to show identification in order to get vaccinated, you can submit a report using the state's COVID-19 Concerns form: www.covid19.colorado.gov/CovidConcerns
- If you have problems with your insurance company, you can contact the Division of Insurance by phone at 303-894-7490 or by email at DORA_Insurance@state.co.us.
- If someone is making you pay for a vaccine or a vaccine appointment, it may be a scam. You can report potential vaccine scams to the Colorado Attorney General's Office at www.stopfraudcolorado.gov.

ADDRESSING HESITANCY: WHY SHOULD PEOPLE GET VACCINATED?

Vaccine is safe and effective

How do vaccines work?

- Vaccines make a copy of a part of the virus
- Your body recognizes part of virus and makes antibodies to fight it
- Vaccine does NOT change DNA or genes
- You are protected without severe illness
- You CANNOT get COVID-19 from vaccine

Vaccine side effects are limited.

- The process of building immunity can cause symptoms, which is normal and shows that your body's immune system is responding to the vaccine.
- Side effects can affect your ability to do daily activities, but they should go away in a few days.
- People are considered fully vaccinated two weeks after their second shot of the Pfizer-BioNtech or Moderna COVID-19 vaccine, or two weeks after the single-dose Johnson & Johnson's Janssen COVID-19 vaccine. **You should keep using all the tools available to protect yourself and others until you are fully vaccinated.**

What to expect:

On the arm where you got the shot:

- Pain
- Redness
- Swelling

Throughout your body:

- Fever
- Chills
- Tiredness
- Headache
- Muscle or joint pain
- Nausea/vomiting

After you are fully vaccinated for COVID-19, you may be able to start doing some things that you had stopped doing because of the pandemic. Learn more about what you can do [when you have been fully vaccinated](#).

Vaccine meets safety standards

- COVID-19 vaccines were tested in large clinical trials to make sure they meet safety standards
 - A diverse group of people volunteered to participate in every phase of the clinical trials, including populations disproportionately impacted by COVID-19 due to generations of systemic inequities.
- There is also independent oversight from scientists, researchers and academics
- The Food and Drug Administration (FDA) has rigorous standards and procedures to ensure vaccine safety
- In emergencies like the current COVID-19 pandemic, the FDA can authorize the use of vaccines through an Emergency Use Authorization (EUA). An EUA permits the FDA to get lifesaving medicines to people who need them safely and efficiently.
- Getting as many of us vaccinated as possible will hopefully allow us to achieve widespread community immunity, so we can get back to normal.

Religious Concerns

- None of the current vaccines contain human cells or tissue. However, some human cell lines were used in the production of Johnson & Johnson's Janssen vaccine. Pfizer and Moderna used human cell lines to test their vaccines.
 - These cell lines originally came from fetal tissue more than 30 years ago. None of the original tissue remains today: all descended cells are grown in labs. No new fetal tissue is required in the ongoing development and production of vaccines.
 - Multiple purification steps ensure that cells are not in the final vaccine.
 - For more information about human cell lines, please see the College of Physicians of Philadelphia's webpage [Human Cell Strains in Vaccine Development](#).
- Johnson & Johnson's Janssen vaccine includes ethanol, a form of alcohol, as an inactive ingredient.

ADDRESSING BARRIERS OF PRIORITY POPULATIONS

Creating a safe and respectful environment for all

Microaggressions

- Making assumptions about a person based on their appearance and other factors can lead to microaggressions.
- Microaggressions are subtle comments or assumptions about a person based on stereotypes
 - Example: White women are asked whether they have children and BIPOC (Black Indigenous People of Color) women are asked how many kids they have. The assumption being that BIPOC women always have children because of racial stereotyping.
 - Example: Asking non-white Americans where they are "really" from. It assumes that non-white Americans are not actually from the US, even if they were born here.

People with Disabilities

- For help with reasonable accommodations, including interpretation, please call 720-776-0822 (English & Spanish)
- To make sure your site is accessible, please see included a Medical Facility Accessibility Checklist
- Person first language: person with a disability vs. disabled person.
 - Some people choose identity first language. It is best to start with person first language and to notice how they talk about themselves.
- [Autistic Self Advocacy Network Easy to Read Edition: What you Need to Know About the COVID-19 Vaccine](#)
- Definitions: See included a full list of disability word etiquette
 - Neurotypical: Neurotypical describes individuals who display typical intellectual and cognitive development.
 - Neurodivergent: The term neurodivergent is used to describe a variety of conditions related to cognitive abilities, though more often people with these conditions prefer neurodiverse. It applies to conditions such as autism, dyslexia, dyscalculia, attention deficit hyperactivity disorder (ADHD,) and obsessive compulsive disorder (OCD.)

- Neurodiversity: Neurodiversity is an idea that takes into account variations in the human brain regarding learning, mood, attention, sociability, and other mental functions that doesn't pathologize the conditions, meaning they are not regarded as abnormal or unhealthy but as differences to be understood and worked with.
- Here is an alternate source for definitions: <https://www.disabled-world.com/disability/awareness/neurodiversity/>
- People who are deaf or hearing impaired
 - Create an action plan if someone needs American Sign Language (ASL) interpretation
 - Interpretation Services: <https://ccdhhdb.com/index.php/single-category-2/interpreting-agencies/>
 - Health care providers should have several clear masks on site for people that lip read
 - [COVID-19 ASL Videos](#)
- Service Animals
 - Animals that can be service animals are dogs and miniature horses
 - Two questions you can ask a person about their service animal
 - Is this a service animal?
 - What tasks is the animal trained to perform?
 - ID and certification are NEVER required for service animals.
 - If a service animal is being disruptive, first ask the person to calm the animal. If the animal is still disruptive you may ask that the animal leave.
- Emotional Support Animals (ESAs)
 - An Emotional Support Animal (ESA) is a pet or animal prescribed by a licensed medical professional to provide support for individuals with a mental health disability.
 - ESAs do not have the same rights as service animals. Have an action plan and established policies for ESAs.
 - Residents should be aware of what type of clinic their appointment is at and whether they allow ESAs.

Latinx

- Documentation
 - The Department of Homeland Security announced that vaccination sites will be considered sensitive locations. This means that ICE will not carry out enforcement activities at or near vaccination sites.
 - No health insurance is needed
 - No ID checked
 - No U.S. residency or immigration status is needed or checked
 - You cannot be turned away if you're eligible
- Identification
 - People should use the name they use for employment or what's on their passport.
- Include signage in both English and Spanish
- For help with reasonable accommodations, including interpretation, please call 720-776-0822 (English & Spanish)

LGBTQ+

- Identification
 - Trans and non-binary people should use the name they use for employment or what's on their passport.
- Misgendering
 - Trans and non-binary people often deal with the wrong pronouns used to address or describe them.
 - Don't assume someone's gender based on their appearance.
 - If pronouns have not been identified, use the person's name.

- HIV status
 - As a result of the 80's AIDS epidemic and the government's handling of it, some queer people, mainly gay men, distrust the government.
 - The stigma that still surrounds HIV/AIDS could potentially prevent someone from getting a vaccine
 - The vaccine is safe for those that are on PrEp and HIV medications.

Child care

- Some medical providers allow children inside the facility.
- Call ahead of the appointment and ask what the healthcare provider's policy is about children inside the facility

Planning for a Vaccine

- Many people receive wages only for the days they work. If they must miss work due to vaccine side-effects, they need to plan. Please be transparent about the side effects and the time it might take to fully recover.
- People from some racial and ethnic minority groups are disproportionately represented in essential work settings such as healthcare facilities, farms, factories, grocery stores, and public transportation.

Healthcare Access

- People from some racial and ethnic minority groups are more likely to be uninsured than non-Hispanic white people.
- Healthcare access can also be limited for these groups by many other factors, such as lack of transportation, child care, or ability to take time off from work; communication and language barriers; cultural differences between patients and providers; and historical and current discrimination in healthcare systems.

Housing

- Some people from racial and ethnic minority groups live in crowded conditions that make it more challenging to follow prevention strategies. In some cultures, it is common for family members of many generations to live within a single household.

Isolation

- Hispanic/Latinx family units can be multigenerational with extended family members living together and strong social networks, which increases the potential of COVID-19 transmission to more people and makes isolation in a full house or small space more difficult. There are few temporary housing options available in Boulder County.
- Lack of access to accurate information about how COVID-19 spreads, confusion about transmission while asymptomatic, and unfamiliarity with Western medical treatments has compounded the risk of transmission.

RESOURCES FOR PEOPLE EXPERIENCING BARRIERS

Centers for People with Disabilities has specific resources for people with disabilities: <https://cpwd.org/>

Access to Technology

To sign up for an appointment or get connected to resources, call

- Boulder County Public Health Call Center at 720-776-0822 (M-F, 9 a.m.- 2 p.m.) English and Spanish information
- 211 for registration, local resources and services. Over 150 languages available.
- The state's hotline at 1-877-COVAXCO (1-877-268-2926) 24 hours a day, 7 days a week. Multiple languages available.

Mobility and Transportation

- For resources that address transportation and/or mobility barriers, visit https://assets.bouldercounty.org/wp-content/uploads/2021/04/2021.04.05_mobilityforall_transportdoc.pdf

ADDITIONAL RESOURCES

Worker's Rights

It is against the law to discipline, cut hours, reduce wages or fire someone, including independent contractors and undocumented residents, for leaving work due to COVID-19.

Please tell Boulder County Public Health about any employer or business not following requirements. It will help to stop the spread of COVID-19. You can remain anonymous.

- **Call Center:** 720-776-0822 (English & Spanish)

Colorado laws help protect you at work by making sure the workplace is safe, you are getting paid for COVID-19 benefits, and you are getting support from your supervisor.

- Federal law requires up to two weeks paid leave for anyone who must isolate or quarantine due to COVID-19 and who work for an employer with fewer than 500 employees.
- Some employers with 50 or fewer employees may be exempt.
- Learn about your rights and responsibilities in the [workplace](#)
- The Colorado Health Emergency Leave with Pay Rules ("Colorado HELP Rules") adds coverage for workers as well. [Read more in the FAQ.](#)

Legal Support

There is free legal help available in English and Spanish if you are having trouble with work or school and COVID-19.

- **Colorado Department of Labor & Employment, Division of Hour and Wage**
 - **Call Center:** 303-318-8441 (Toll Free: 888-390-7936)
 - **Email:** cdle_labor_standards@state.co.us
- **Boulder County Bar Association**
 - Virtual legal clinic: www.boulder-bar.org, click on "BCBA Virtual Legal Clinic Registration." Select "yes" for "Is this COVID-19 related" to prioritize a request for an attorney.
- **Towards Justice**
 - Online form: www.towardsjustice.org/get-help/

ABOUT COVID-19 VACCINES

- [Johnson & Johnson vaccine CDC details](#) - Authorized for adults 18 and up
 - [Johnson & Johnson FDA Fact Sheets](#)
 - [Johnson & Johnson EUA Fact Sheets for Recipients & Caregivers](#)
- [Pfizer vaccine CDC details](#) - Authorized for everyone 16 and up
 - [Pfizer FDA Fact Sheets](#) in English & Additional Languages
 - [Pfizer Fact Sheet for Recipients & Caregivers](#)
- [Moderna vaccine CDC details](#) - Authorized for adults 18 and up
 - [Moderna FDA Fact Sheets](#) in English & Additional Languages
 - [Moderna Fact Sheet for Recipients & Caregivers](#)

OUTREACH RESOURCES

For a complete list of FAQs and additional vaccine information visit: <https://www.bouldercounty.org/families/disease/covid-19/vaccine-safety-equity-outreach/>

- **Boulder County Public Health booklets**
 - Frontline workers: Your Guide to COVID-19
 - This booklet provides tips, guidance, laws and resources for anyone living in Boulder County.
 - English: https://issuu.com/bcdhhs/docs/english_frontline_worker_outreach_booklet?fr=sNjMzMzg1ODc2
 - Spanish: https://issuu.com/bcdhhs/docs/spanish_frontline_worker_outreach_booklet?fr=sYWY1Yjg1ODc2
 - Your Guide to the COVID-19 Vaccine:
 - This booklet provides facts about how vaccines work, side effects and what to expect during and after your vaccine appointment.
 - English: https://issuu.com/bcdhhs/docs/eng_covid_vaccine_outreach_booklet?fr=sMjM4Njg1ODc2
 - Spanish: https://issuu.com/bcdhhs/docs/span_vaccine_outreach?fr=sNmQ3MDg1ODc2
 - Vaccine Hesitancy Flyer (See included)

COVID-19 | VACCINE INFO KIT

PEOPLE WITH DISABILITIES

- Share this flier with residents or display it at your organization, especially with residents experiencing technological barriers.
- **Request a Town Hall**
 - If your organization needs general information about COVID-19 and the vaccine, request a Town Hall in [English](#) or in [Spanish](#).
- **COVID-19 Community Updates**
 - These biweekly sessions are intended to provide the community with an update on the COVID-19 pandemic in Boulder County and the public health response, as well as provide an opportunity for residents to ask questions.
 - Biweekly webinars (every other week) are held on Wednesdays at 3:30 p.m.
 - Webinars include Spanish translation
 - Join the meetings at www.bouldercounty.org/families/disease/covid-19/covid-19-community-updates/
 - [View recordings of past community updates on YouTube.](#)
- **COVID-19 Report a Concern or Ask a Question**
 - Questions about topics such as possible exposures, travel, workplace environments, deliveries, social distancing, real estate open houses, nursing homes, etc. can be submitted at www.bouldercounty.org/families/disease/covid-19/concerns-questions/

VACCINE FACTS

For a list vaccine-related Frequently Asked Questions and Answers, please visit www.bouldercounty.org/families/disease/covid-19/vaccine-safety-equity-outreach/

When can I get the COVID-19 vaccine?

Phase 2 (or open eligibility, meaning everyone can receive the vaccine without restrictions in the state of Colorado) began on April 2, 2021. Providers may still prioritize appointments according to [Colorado's phased vaccination plan](#).

What types of COVID-19 vaccine(s) are available?

Three COVID-19 vaccines, Pfizer, Moderna, and Johnson & Johnson's Janssen, are available, but supplies vary from week to week and provider to provider. All vaccines are safe and effective, you can schedule an appointment with your provider to receive whichever vaccine is available to you soonest.

Is it safe for me to get a COVID-19 vaccine if I would like to have a baby one day?

Yes. If you are trying to become pregnant now or want to get pregnant in the future, you may receive a COVID-19 vaccine when one is available to you.

There is currently no evidence that COVID-19 vaccination causes any problems with pregnancy, including the development of the placenta. In addition, there is no evidence that fertility problems are a side effect of any vaccine, including COVID-19 vaccines.

As with all vaccines, scientists are studying COVID-19 vaccines carefully for side effects now and will continue to study them for many years.

Can I be vaccinated if I have an underlying condition?

COVID-19 vaccines may be administered to most people with [underlying medical conditions](#). For more questions or concerns, please contact your provider.

After getting a COVID-19 vaccine, will I test positive for COVID-19 on a viral test?

No. Neither the recently authorized and recommended vaccines nor the other COVID-19 vaccines currently in clinical trials in the United States can cause you to test positive on viral tests, which are used to see if you have a current infection.

If your body develops an immune response—the goal of vaccination—there is a possibility you may test positive on some antibody tests. Antibody tests indicate you had a previous infection and that you may have some level of protection against the virus. Experts are currently looking at how COVID-19 vaccination may affect antibody testing results.

If I have recovered from COVID-19 and completed my isolation period, do I still need to get vaccinated with a COVID-19 vaccine?

Currently, it is unknown how long natural immunity lasts after recovering from COVID-19. Early evidence suggests natural immunity from COVID-19 may not last very long in some people, and cases of reinfection have been reported. So even if you have had COVID-19 and recovered, you should plan to get a vaccine when it is your turn.

If you had a COVID-19 infection, CDC says you may wait a few months after your infection before getting the vaccine as re-infection risk is

low during this time. However, you may choose to get the vaccine earlier than that if you have recovered from your infection.

- Data from clinical trials suggest that the Pfizer and Moderna vaccines are safe and effective in people who have recovered from a previous COVID-19 infection.

Will a COVID-19 vaccination protect me from getting sick with COVID-19?

Yes. COVID-19 vaccination works by teaching your immune system how to recognize and fight the virus that causes COVID-19, and this protects you from getting sick with COVID-19.

Being protected from getting sick is important because even though many people with COVID-19 have only a mild illness, others may get a severe illness, have long-term health effects, or even die. There is no way to know how COVID-19 will affect you, even if you don't have an increased risk of developing severe complications.

Will a COVID-19 vaccine alter my DNA?

The COVID-19 vaccine does NOT affect your DNA or change your genes. The vaccines create a single harmless "spike" protein unique to the COVID-19 virus. Your body recognizes the spike protein and produces antibodies against it.

Will the COVID-19 vaccine protect me from COVID-19 variants?

Viruses constantly change through mutation, and new variants of a virus are expected to occur over time. Sometimes new variants emerge and disappear. Other times, new variants emerge and persist.

Scientists are working to learn more about COVID-19 variants. Early research suggests that the currently authorized vaccines are effective against the variants, though perhaps to varying degrees depending on the strain.

Even if you are vaccinated, continue to wear a face mask, social distance, wash your hands and don't gather in groups larger than 10.

Is it safe to take my prescription medications on the same day I get vaccinated?

Yes, it is fine to take all prescription drugs as usual.

GENERAL COVID-19 INFORMATION

- COVID-19 symptoms may feel like flu. Stay home if you have any of these. If you lose your smell or taste, it is a clue that it may be COVID-19. Some people don't have any symptoms, so always keep distance and wear a mask in public.
- It's important that your mask always covers your nose and mouth because coronavirus droplets that cause COVID-19 can spread from your nose or mouth, even if you're not coughing or sneezing.
- Keeping 6 feet away helps keep coronavirus droplets from reaching you.
- Washing hands often helps stop the spread to your eyes or mouth if coronavirus droplets are on your hands.

COVID-19 TESTING

Free COVID-19 testing is available at several [community testing sites](#) for anyone who would like to be tested. Individuals do not have to have symptoms to be tested. Mask must be worn at all times at the testing sites. Free community sites will operate weather permitting.

Anyone who tests positive will need to isolate and monitor their symptoms. Members of the same household and those who have been in close contact will need to quarantine.

RECURSOS DE SALUD MENTAL

Todos estamos haciendo nuestra parte para abordar COVID-19, y no es fácil. Es posible que se sienta estresado, deprimido o agotado en este momento; esos sentimientos son normales en tiempos de crisis y trauma. Hablar sobre cómo nos sentimos y comenzar esa conversación con los demás respalda nuestra propia salud y el bienestar de toda nuestra comunidad. Vamos a superar esto juntos. Aprenda más estrategias y consejos en <http://letstalkco.org/>



ESTRATEGIAS PARA CUIDAR DE SU SALUD MENTAL



MANTENGASE CONECTADO/A

Llame, envíe textos, correo electrónico o chat web con las personas en su vida. Hable sobre cómo te hace sentir esta situación y pídeles que hagan lo mismo. También, converse sobre otros temas; temas alegres y agradables.



MANTENGA UNA RUTINA

Programe tiempo para sus responsabilidades y tareas domésticas, así como para relajarse o hacer algo rejuvenecedor, como tomar un baño, escuchar música, hacer ejercicio o salir.



BRINDE SU APOYO

Los estudios demuestran que ayudar a otros en momentos como estos es beneficioso para la persona que recibe ayuda y para quienes la ofrecen. Esté pendiente de su comunidad, especialmente de aquellos que son mayores y que de por sí ya viven aislados, es una forma de ayudar.



SEA GENTIL CONSIGO MISMO Y CON LOS DEMÁS

No siempre haremos las cosas perfectamente ni seremos tan organizados y productivos como lo éramos antes de que esto comenzara. Podemos perder la paciencia, olvidar cosas o retrasarnos en las tareas domésticas. Sea paciente y gentil consigo mismo y con los demás.



RECURSOS DE SALUD MENTAL DISPONIBLES EN NUESTRA COMUNIDAD

Explore y encuentre recursos en su comunidad para encontrar el más adecuado para usted.

Mental Health Partners: nuevos clientes y citas: (303) 443-8500. Centro de crisis y servicios de adicciones las 24 horas, los 7 días de la semana: 1-844-493-TALK o envíe un mensaje de texto con TALK al 38255

The Trevor Project: Llame al 1-866-488-7386 o envíe un mensaje de texto con el mensaje START al 678678, para obtener una línea directa de suicidio confidencial gratuita las 24 horas para jóvenes LGBTQ.

Trans Lifeline: Llame al 1-877-565-8860. La línea directa de Trans Lifeline es un servicio de soporte entre pares dirigido por personas transgénero.

La línea de ayuda nacional para víctimas de agresión sexual: Llame al 1-800-656-HOPE (4673) para comunicarse con personal capacitado de un proveedor de servicios de agresión sexual en su área.

Colorado Crisis Services: Llame al 1-844-493-TALK (8255), envíe un mensaje de texto con la palabra "TALK" al 38255, o visite www.coloradocrisiservices.org para acceder a un chat en vivo disponible en 17 idiomas. Ayuda y esperanza están disponibles 24/7.

Cobertura de salud: solicite Health First Colorado (programa Medicaid de Colorado) a través de Colorado Peak, la aplicación móvil MyCOBenefits, o comunicándose con una Guía de Cobertura de Salud de la Oficina de Asistencia del Condado de Boulder enviando un correo electrónico a healthcoverage@bouldercounty.org.



Para obtener recursos integrales durante COVID-19, incluyendo asistencia alimentaria y financiera, apoyo con el pago de alquiler y más servicios comunitarios, visite: www.boco.org/COVID-19Recursos

MENTAL HEALTH RESOURCES

We are all doing our part to address COVID-19, and it's not easy. You may be feeling stressed, depressed or worn out right now—those feelings are normal during times of crisis and trauma. Talking about how we feel and starting that conversation with others supports our own health and the well-being of our entire community. We'll get through this together. Learn more strategies and tips at <https://letstalkco.org/>



Strategies for taking care of your mental health



STAY CONNECTED

Call, text, email or web chat with the people in your life. Talk about how this situation makes you feel and ask them to do the same. Talk about unrelated, lighthearted and enjoyable topics too.



MAINTAIN A ROUTINE

Schedule time for responsibilities and household duties, as well as time to relax or do something rejuvenating like taking a bath, listening to music, exercise, go outside.



SUPPORT OTHERS

Studies prove that helping others in times like these is beneficial to the person receiving help and those offering it. Checking in with your community, especially those who are older or may already be isolated, is just one way you can help.



BE KIND (TO YOURSELF AND OTHERS)

We won't always handle things perfectly or be as organized and productive as we were before this began. We may lose our temper, forget things, or get behind on chores. Be patient and gentle with yourself and others.



MENTAL HEALTH RESOURCES AVAILABLE IN OUR COMMUNITY

Find and explore resources in your community to find the right one for you.

Mental Health Partners: New clients and appointments: (303) 443-8500. 24/7 Walk-in Crisis Center & Addiction Services: 1-844-493-TALK or text TALK to 38255

The Trevor Project: Call 1-866-488-7386 or text START to 678678, for 24-hour, toll-free confidential suicide hotline for LGBTQ youth.

Trans Lifeline: Call 1-877-565-8860. Trans Lifeline's Hotline is a peer support service run by trans people.

The National Sexual Assault Telephone Hotline: Call 1-800-656-HOPE (4673) to be connected with a trained staff member from a sexual assault service provider in your area.

Colorado Crisis Services: Call 1-844-493-TALK (8255), text "TALK" to 38255, or go to www.coloradocrisiservices.org to access a live chat available in 17 languages. Help and hope are available 24/7.

Health Coverage: Apply for Health First Colorado (Colorado's Medicaid program) through Colorado Peak, the MyCOBenefits mobile app, or by contacting a Health Coverage Guide with the Boulder County Assistance Site at healthcoverage@bouldercounty.org.

For comprehensive resources during COVID-19—including food and financial assistance, rent support, and more community services, please visit: www.boco.org/COVID-19Resources

Person First Language
We are all people first!

Words to Avoid	Words to Say
Disabled, Handicapped, Physically challenged, Suffers from a disability	Person with a disability, People or Individuals with disabilities
Normal, Able-bodied, Healthy person	Person without a disability
Wheelchair-bound, confined to wheelchair, crippled	Person who uses a wheelchair
Deaf person/people	Person who is deaf or person with a hearing impairment
Blind person/people	Person who is blind or has a low vision, or has visual impairment
Brain damaged	Person with brain injury
Suffers from	Person has...
Mentally retarded	Person with an intellectual disability
Epileptic/diabetic	Person with epilepsy/diabetes
Low-functioning	Greater support needs
Non-verbal	Communicates without using words
They have a problem with	They need, they use
Handicapped parking	Accessible parking
Dwarf/midget	Little person/person of short stature

Some people choose identity first language. It is best to start with person first language and to notice how they talk about themselves.



Medical Facility Accessibility “Quick Look” Checklist

Facility: _____ Date: _____

Disclaimer:

This worksheet is intended solely as informal guidance and should not be used to determine your legal rights or responsibilities under The Americans With Disabilities Act (ADA) or any other laws. The ‘built-environment’ elements in this worksheet are based on the *2010 ADA Standards for Accessible Design* but do NOT cover all the sections of the *Standards*. Completion of the worksheet and any associated report makes no assertion that a facility and its programs do or do not comply with ADA regulations.

Parking & Drop-Off Area	YES	NO
If parking is provided, are there accessible parking spaces (1 in 25), marked with vertical signs 8’ wide with an adjacent 5’ aisle?		
Of the accessible parking spaces, are there 1 out of 6, but no less than one, of the spaces designated as a “van” space? (Van spaces require an 8’ access aisle and the word “van” on a vertical sign)		
Are the accessible parking spaces paved and relatively flat?		
<u>If provided</u> , is the drop-off area 5’ wide, 20’ long, and relatively flat?		

COMMENTS:

Exterior and Interior Walkways	YES	NO
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Boulder

1675 Range Street
Boulder, CO 80301
Ph: 303.442.8662
Fx: 303.442.0502

Longmont

615 North Main Street
Longmont, CO 80501
Ph: 303.772.3250
Fx: 303.772.5125

Broomfield

6 Garden Center
Broomfield, CO 80020
Only Open Mondays
Ph: 303.465.1600

North Metro

10317 Washington Street
Thornton, CO 80229
Ph: 303.790.1390
Fx: 303 792.0317

Is the walkway to the accessible entrance paved, relatively flat, and free of abrupt edges or breaks in the surface?		
Are all curbs along the walkway ramped?		
Are stairs or steps along the walkways and interior hallways either ramped, or have alternative means of access (e.g. elevator)?		
Is the walkway/hallway a 36" minimum width and free of protrusions or overhanging obstacles?		
Is the opening door pressure for <u>ALL</u> interior doors 5 lbs. or less?		

COMMENTS:

Entrance	YES	NO
Does the entrance have a level landing, 32" wide-door opening, easy-to-operate door hardware, and threshold no higher than 1/2"?		

COMMENTS:

Restrooms	YES	NO
Is there an accessible restroom (proper signage on latch side of door, door pressure ≤ 5 lbs., 17"-19" toilet height, grab bars, and accessible sink with wrapped pipes, if exposed)?		

COMMENTS:

Exam Rooms (if a medical facility)	YES	NO
Is there an accessible exam room (accessible hallway, door 32" wide, and turning space of 60")?		

Is there an exam table adjustable from 17" to 19"?		
Is there a wheelchair accessible scale?		
Are there lifts/support devices available for transfers?		

COMMENTS:

Signage	YES	NO
Are the signs for restrooms and permanent room numbers easily readable with raised letters and raised male/female/wheelchair images (if provided) and Braille?		
Are the signs located <u>on the walls</u> on the latch side of doors?		
Are the signs within 48" to 60" of the finished floor?		

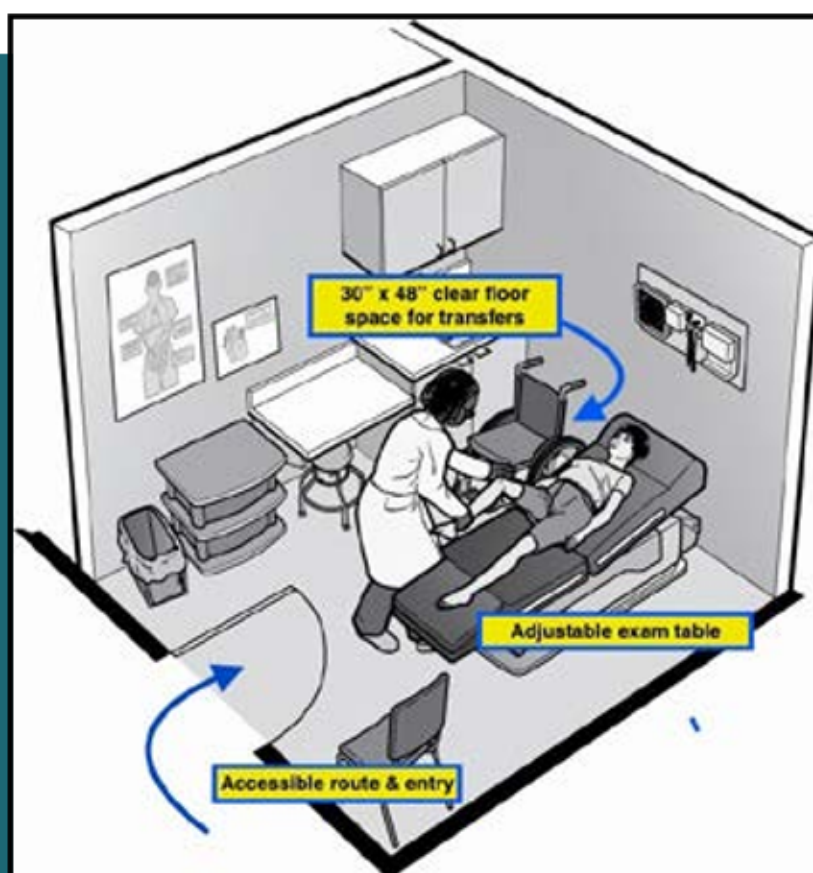
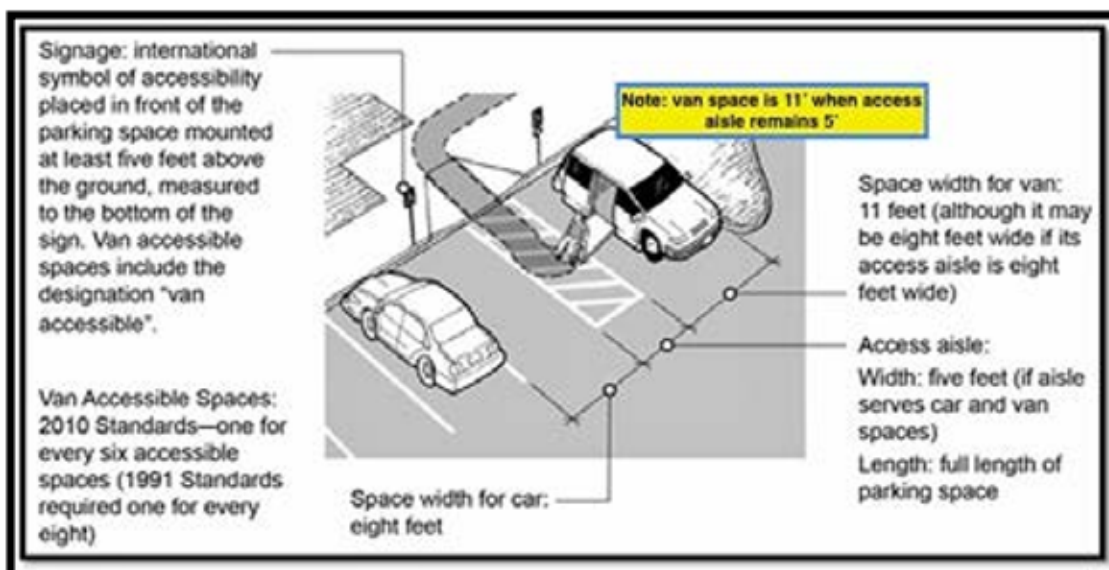
COMMENTS:

Communication for People Who are Deaf, Hard-of-Hearing, or Visually Impaired	YES	NO
Is there a policy in place to identify, document, and communicate accommodation requirements, such as scheduling extended appointment times, adjustable exam tables, and adequate time to make appointments?		
When required for effective communication, are American Sign Language interpreters (ASL) available?		
Are education materials & office instructions available in large print or alternate formats?		
Are other options utilized to address basic communication needs (e.g. written notes, assistive listening devices)?		
Is the website accessible (Section 508 compliant)?		

COMMENTS:

Other Considerations	YES	NO
Is the <u>service dog</u> policy posted for patients and understood by staff & patients?		
Are staff trained to serve people with all types of physical and mental disabilities? Are you including disability awareness tips in your training?		
Are staff competent with patient transfers to and from exam tables, scales, and exam equipment?		
Is public transportation available? Bus route # _____		
Is the route from the bus stop to the building entrance accessible?		
If no public transportation is available, other transportation options include: _____ ; _____ ; _____ ; _____		
Staff understand that ONLY a person with a qualifying disability (e.g. difficulty walking, uses portable oxygen, heart or lung disease) is eligible for disability parking plates or a parking placard. They recognize the penalties for misuse and false statements. See DR2219 - PWD Parking Privileges Application.		

COMMENTS:





Example of adjustable exam table & scale

IT TAKES *all of us* TO END THE PANDEMIC!

If you know someone who is hesitant to get the COVID-19 vaccine, share your experience!

Here are resources and information you can share:

- **Vaccine is Effective**

- It protects you without the risk of severe illness or death
- Meets all the safety standards
- Scientists, researchers and academics monitor the efficacy

- **Side Effects are Limited**

Fever Chills Tiredness Headache Muscle or joint pain

- **Your information is confidential**

- **No identification needed**

- **Immigration status not needed or checked**

- **No data sharing**

Thank you for being
a champion
and getting your vaccine!

Remember to:

- Take it slow and rest
- Keep wearing your mask and practicing social distancing
- Don't forget your second dose appointment



Learn more

- Colorado Hotline at 1-877-COVAXCO
- SUMA at bocosuma.com
- BoulderCounty.org
- Follow Boulder County Public Health



¡NECESITAMOS DE *todos* PARA ACABAR CON LA PANDEMIA!

Si conoces a alguien que tiene dudas sobre la vacuna contra COVID-19, ¡compárte tu experiencia!

Estos son algunos recursos e información que puedes compartir:

■ La vacuna es eficaz

- Te protege de enfermarte gravemente o morir
- Protege a todas las razas, etnias y condiciones médicas
- Cumple con todas las normas de seguridad
- Científicos, investigadores y académicos supervisan la eficacia

■ Tiene pocos efectos secundarios

Fiebre Escalofríos Cansancio Dolor de cabeza Dolor muscular

■ Tu información es confidencial

■ No se necesita identificación

■ Estatus migratorio no es necesario

■ No se comparten tus datos

¡Gracias por ser un campeón y recibir tu vacuna!

Recuerda:

- Tómallo con calma y descansa
- Sigue usando tu cubrebocas y distanciamiento social
- No olvides tu segunda cita si necesitas la segunda dosis



Aprende más

- Línea de Colorado al 1-877-COVAXCO
- SUMA en bocosuma.com
- BoulderCounty.org
- Sigue a Salud Publica del Condado de Boulder

