

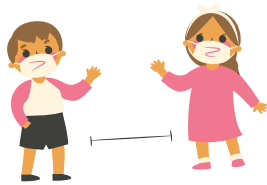
WORD ON THE STREET

NAVIGATING COVID-19 CONVERSATIONS

WHAT ARE COMMUNITY NAVIGATORS HEARING?

Why did the FDA delay its review of Pfizer's vaccine for kids under 5?

- Pfizer originally reviewed how much protection two doses of the vaccine provided in kids under the age of five. While two doses did provide some protection, it wasn't nearly as much as what we see in teens and adults.
- Adding a third dose of the vaccine for this age group might make a big difference. Pfizer is now testing three doses, and the FDA is waiting to review the data on how much protection they will provide.
- This is an example of the FDA taking its job seriously – it will only approve vaccination in young children once it's shown to be very protective, in addition to being safe.

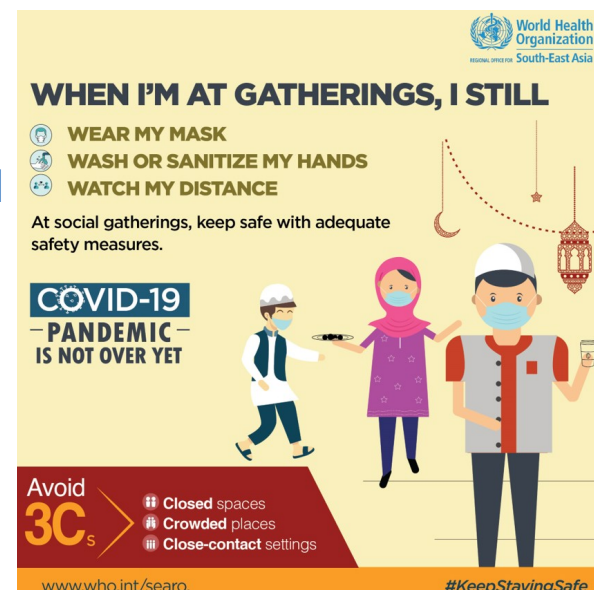


Source: publicgoodprojects.org

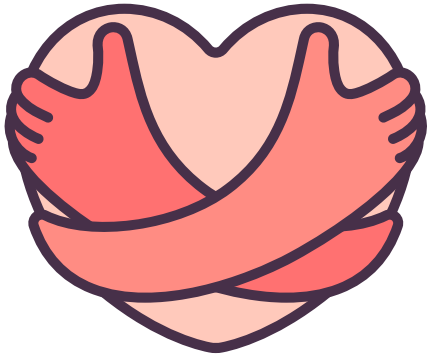
Where in NY are masks required after March 7th?

- Mass transit: airports and transit stations, including buses and taxis/rideshare services
- Broadway theaters: Masks are required through April 30, at least
- Healthcare facilities: hospitals, nursing homes and adult care centers
- Correctional facilities
- Homeless shelters
- Individual businesses that choose to mandate masks.
- Classrooms that serve kids younger than 5

Source: [Most NYC Mask Mandates Are Gone](#)



Find more images [here](#)



SELF CARE STRATEGIES

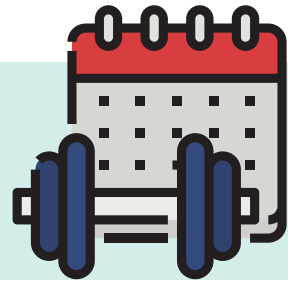
FOR DEALING WITH POTENTIAL COVID BURNOUT

During this pandemic, we have all dealt with high levels of stress for a long period of time. It is completely normal to feel burnt out.

There are healthy ways to cope!

Try your best to keep a routine

Sticking to a daily routine helps maintain good mental health. Focus on basic routines like eating well and getting good sleep.



Stay social and lean into healthy relationships

Lean into established, healthy relationships that give you a sense of connection and community and leave you feeling cared for and supported.

Be intentional and practice mindfulness

- Write down at least five things you're grateful for each morning
- Go for a walk, without your phone or other devices
- Practice deep breathing.



SOURCE: COVID Fatigue: How to Cope with Pandemic Burnout. Healthline. Oct 18 2021



SAMPLE SOCIAL MEDIA CONTENT

Check out our 6-post series with updates about NYC's latest policies.

Instagram Graphics can be accessed [here](#).



WHAT'S NEW IN NYC?

Guidance around what to do during the COVID-19 pandemic is shifting.

Here's a look at what's changing in NYC.

Reminder: Vaccines and boosters are still critical to keeping us healthy. Masks are important, too!

If you feel more comfortable wearing a mask, you should still wear one.



"LOW" ALERT

The CDC launched a new "community alert level" system to help counties plan their next steps in the fight against COVID-19. Based on a number of things, including the number of total COVID-19 cases, counties across NYC are currently at a "low" alert level. The CDC recommends vaccines & testing for people with symptoms.

● High
● Medium
● Low

The CDC and NYC health officials will continue to monitor our alert level.

Note: NYC has their own 4-level alert system modeled after the CDC's levels.




KEYS TO NYC

Because of our community level and vaccination rates, the Mayor suspended the Key to NYC rules. Proof of vaccination is no longer required by the City to enter restaurants, gyms, or entertainment spaces.

Note: businesses can still choose to check for proof of vaccination or require masking indoors.

Many people are still choosing to mask.



MASKS IN SCHOOL

Because of our community level and vaccination rates, the Mayor also shared that K-12 students in city schools are no longer required to wear masks.

Masks are still required when kids under the age of 5 are in a setting.


Note: children can still choose to wear a mask! Parents should talk to their child about what they think is best for them.



MASKS, PLEASE!

As of March 7, 2022, masks are still required in the following places:

- Mass transit (subways, buses, and taxis)
- Broadway theaters
- Healthcare facilities (hospitals, nursing homes, adult care centers)
- Correctional facilities
- Homeless shelters
- Individual businesses - they can choose to make masks a requirement.



STAY SAFE.

We have come a long way in this fight against COVID-19, but we still have work to do to keep ourselves and our communities safe.

Remember that vaccinations and boosters save lives.

Masks are key in keeping people safe.

Wash and sanitize your hands often.

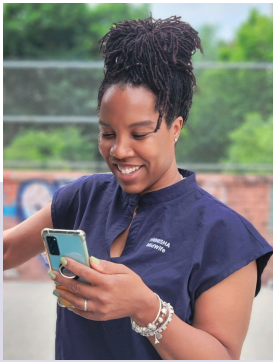
And, test if you have symptoms.

WHAT WE'RE READING & LISTENING TO:

- *It's safe to unmask in many places, says the CDC. These experts aren't quite ready.* February 6, 2022. Read [here](#).
- *CDC drops guidance for universal indoor masking.* February 26, 2022. Listen [here](#).
- *Parents Have Mixed Feelings About FDA's Delay in COVID Vaccines for Kids Under 5.* March 1, 2022. Read [here](#).
- *Adams Ends Pandemic Mandates in New York City Amid Concern He Is Rushing.* March 4, 2022. Read [here](#).



What are you hearing? Share the 'word on the street' from your perspective by filling out [this form](#).



PANELIST SHOUT OUT

Trinisha Williams believes that community navigators are key trusted messengers that are essential in discussing and recruiting for COVID clinical research. She shared her experience as a participant in clinical research at our panel "[Promoting Inclusion in Clinical Research: Why Representation is Key to Improving Health for Everyone](#)". Please click [here](#) to learn more about what clinical trials are, why diversity matters in clinical research, and how navigators can prepare to comfortably talk with their communities about COVID-19 clinical trials.

A native of New York City, Trinisha began her career in healthcare in 1996 after completing a Bachelor of Science in Psychology at Hobart and Williams Smith Colleges. Trinisha started to search for where she could best work with people and alternative health. She graduated from Hunter College with a Master's in Public Health with a Women's Health concentration but felt midwifery and maternal health should be her focus. After completing a midwifery degree she spent the next decade working as a midwife and educator throughout New York City hospitals. Trinisha believes all people deserve choice regarding their healthcare, how and where they labor & birth their child, so she founded a home birth midwifery practice, "Midwife in the City," in 2014. As the former Director of the Brooklyn Birthing Center (BBC) & the Brooklyn Midwifery Group, not only did she maintain the structure of the birth center through the Coronavirus Pandemic in NYC, but she helped open a second location, Jazz Birthing Center of Manhattan. Trinisha is privileged to say she has attended thousands of births throughout her career as a midwife. By allowing pregnant people to be the center and the focus of their birth experience, she has attended births in hospitals, homes, and birth centers. She created a nonprofit called the Midwifery Collective to serve marginalized pregnant communities of the New York area to help address the health disparities plaguing pregnant people of color. As the founder and president, Trinisha is in the process of creating Haven Midwifery Birthing Center, NYC's first Midwife-Led nonprofit birthing center.

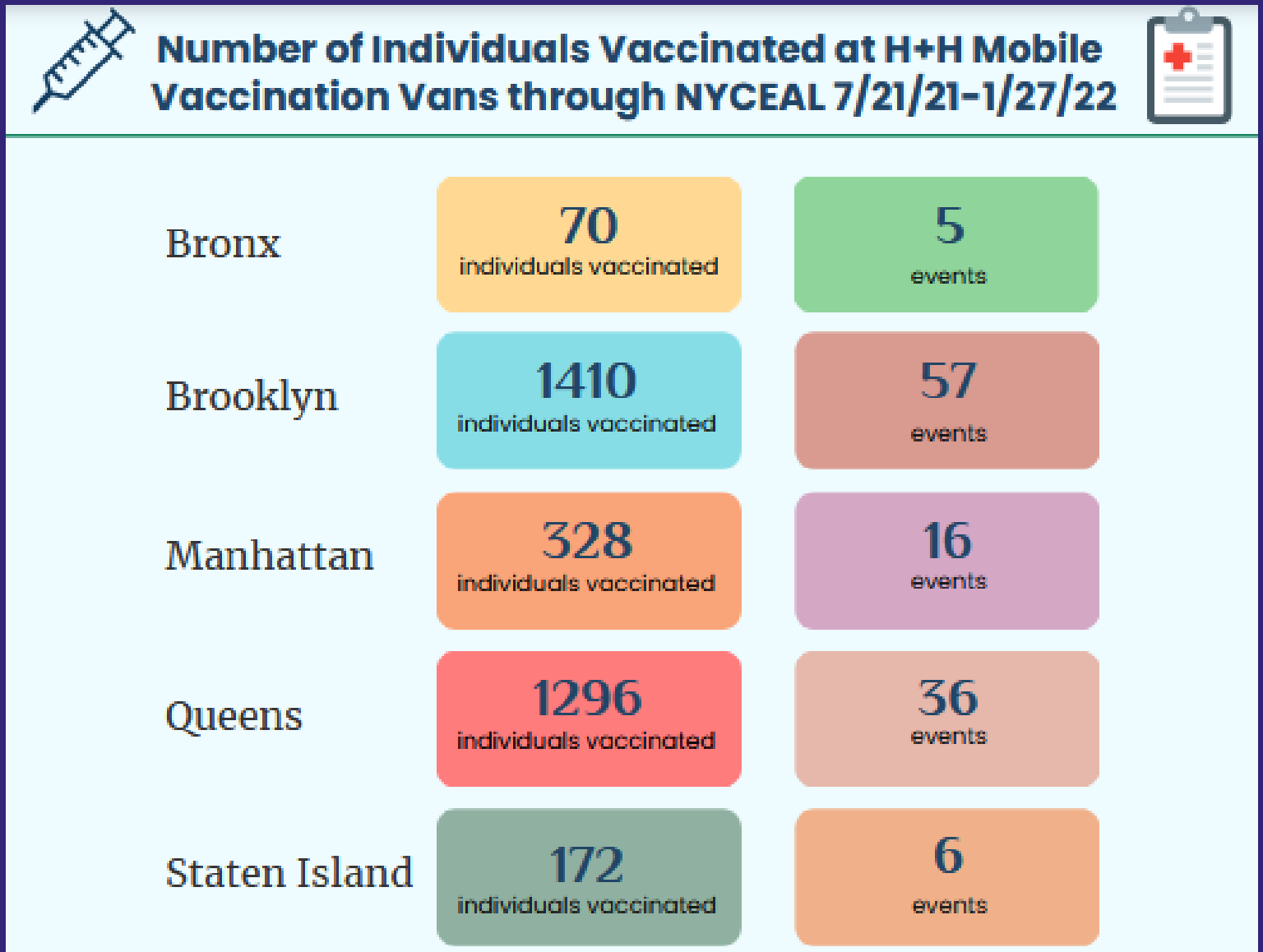


Our navigators and community healthcare workers are working hard every day to make a big impact on NYC's public health.

We want to highlight you! To share your bio and photo, or to nominate a colleague, complete [this form!](#)

DATA SNAPSHOT

The table below shows the number of individuals vaccinated at NYC Health + Hospitals mobile vaccination vans across the NYC boroughs since July '21 at events hosted by organizations that are part of the NYCEAL network.



THANK YOU to all the organizations that hosted events!