



THE UNIVERSITY *of* NORTH TEXAS
HEALTH SCIENCE CENTER *at* FORT WORTH

CENTER FOR GERIATRICS

COVID-19 Special Edition:
Weekly Updates & Resources | April 16, 2020

Get the latest updates from HSC's Coronavirus (COVID-19) response at unthsc.edu/coronavirus.

STAY CONNECTED USING VIDEO CONFERENCING

As we continue to practice social distancing in light of the COVID-19 pandemic, it is equally important to stay connected with loved-ones to combat the effects of isolation and loneliness. Below are a few tools you can use to keep in touch with friends and family from the comfort and safety of your own home. Depending on which method you choose, you will need access to a device with a front-facing camera, such as a tablet or cell phone, OR a computer with a webcam and microphone.

ZOOM

Zoom is a free video conferencing program that is easy to use and does not require an account to participate in a call. You can use Zoom in your web browser, or by downloading the app to your phone or tablet.

1. JOIN A MEETING

Visit www.zoom.us and click 'Join a Meeting'. Have your meeting ID ready - this was likely sent to you via email! *Note: If you want to host a meeting and do not have a meeting ID, you will need to create a free account and sign in.*

2. ENTER MEETING ID

Enter the meeting ID or personal link name that was sent to you by the organizer and then click 'Join'.

3. START THE CONVERSATION

Once the meeting has launched, enter your name when prompted to join. To ensure your audio and video are working properly, you will need to 'Join Audio by Computer' and 'Allow' Zoom to access your camera. When your conversation is over, click 'End Meeting'.

SKYPE

Skype allows you to video chat with whoever you want by generating a free, unique link with the click of a button - no sign in required! Share the link with friends and family and use it as often as you need to stay connected!

1. CREATE A MEETING

To get started, visit www.skype.com/en/free-conference-call and click 'Create a Free Meeting'.

2. GENERATE A LINK

Once your personal meeting link is generated, click 'Share Invite' to send the link to other participants. After all participants have the link, click 'Start Call' to begin the video chat.

3. JOIN THE CALL

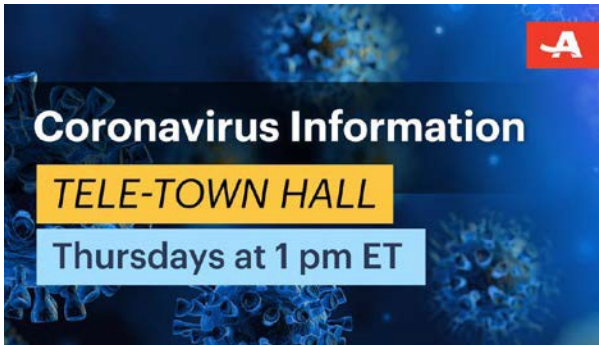
To join the call without signing in, click 'Join as Guest' and enter your name when prompted.

4. ENJOY THE MEETING

To start the conversation, click 'Start Call'. If prompted, be sure to 'Allow' Skype to access your camera and microphone. Explore the features at the bottom of the screen such as mute, blur background, chat and more. To end the call, click the red phone icon.

FACETIME

FaceTime is a video calling application created exclusively for Apple devices including iPhones, iPads, and Mac laptops. If you and the person you want to talk to both have Apple devices, FaceTime is a great option for communicating virtually using an internet connection or Wi-Fi. Simply open the FaceTime app, add the person you want to call and begin your conversation. You can add up to 32 people on a single call! Visit <https://support.apple.com/en-us/HT209022> for step-by-step instructions and tutorials for using FaceTime.



AARP is hosting weekly, live Coronavirus Information Tele-Town Hall events. Experts will be present each week for a live Q&A and will address your questions related to the week's topic. **You can participate by calling toll-free 1- 855-274-9507, or listen to the live audio stream every Thursday at 1 pm ET.**

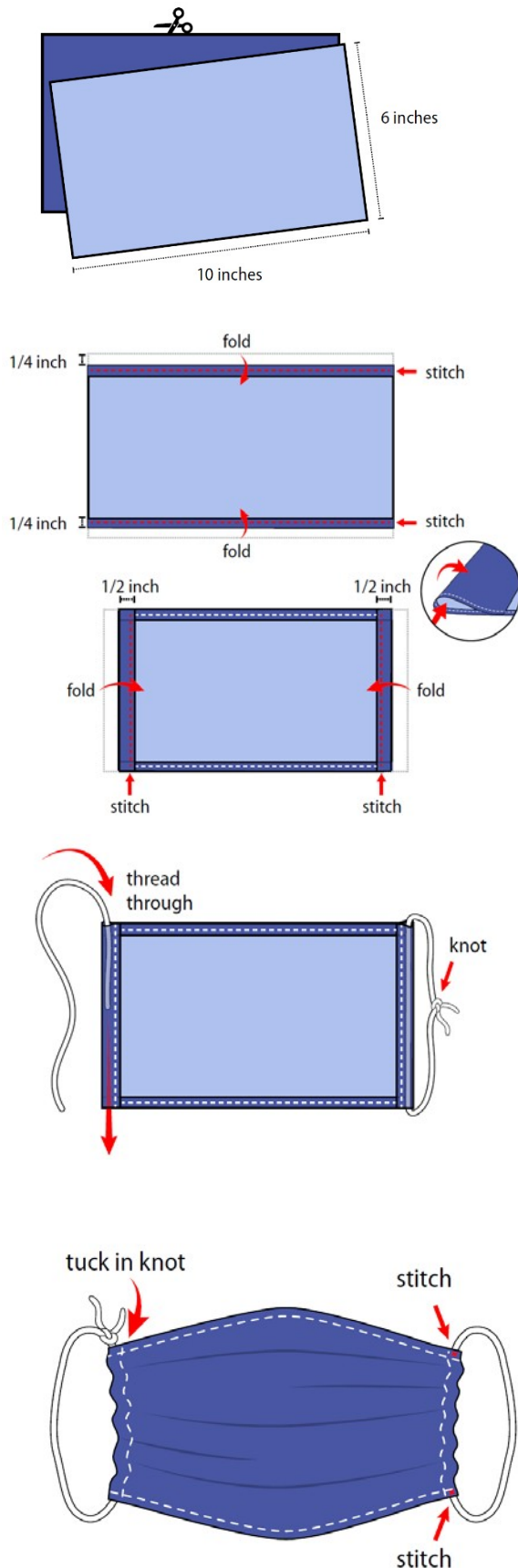
To listen live or for the latest coronavirus news and advice, visit [AARP.org/coronavirus](https://aarp.org/coronavirus).

HOW TO MAKE YOUR OWN CLOTH FACE COVERING

[The Centers for Disease Control and Prevention \(CDC\)](https://www.cdc.gov) is now recommending the use of homemade cloth face coverings for anyone venturing into public settings, such as grocery stores, to combat the spread of COVID-19. While not medical grade, these face cloths can slow the spread of the virus and help people who may unknowingly have the virus from transmitting it to others. Check out the simple steps provided by the CDC and learn how you can create your own cloth face covering using low-cost, common household materials.

MATERIALS:

- Two 10" x 6" rectangles of cotton fabric
- Two 6" pieces of elastic (rubber bands, string, cloth strips, hair ties, etc.)
- Needle and thread (bobby pin)
- Scissors
- Sewing machine (if available)



STEP ONE: Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the cloth face covering as if it was a single piece of fabric.

STEP TWO: Fold over the long sides $\frac{1}{4}$ inch and hem. Then fold the double layer of fabric over $\frac{1}{2}$ inch along the short sides and stitch down.

STEP THREE: Run a 6-inch length of $\frac{1}{8}$ -inch wide elastic through the wider hem on each side of the cloth face covering. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the cloth face covering behind your head.

STEP FOUR: Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the cloth face covering on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.

CHEER OVER FEAR INITIATIVE



The [HSC - Center for Geriatrics](#) Social Work Team has created an initiative to help support our patient's emotional well-being during this challenging time. Please join us in providing some encouragement through letters, cards, children's drawings, or any other way you can to spread **CHEER**! Our Social Workers will be mailing these items directly to patients that we believe could use a little extra **CHEER**!

Contact us for more information:

Natasha.Gordon@unthsc.edu

MAKE A DIFFERENCE

Here are some ways YOU can make a difference during the COVID-19 outbreak.

Volunteer Opportunities:

Visit volly.org and click on the [Urgent Needs page](#) to locate COVID-19 volunteer efforts across DFW. The listings on this page are slowly growing, and it is the best way to stay up-to-date on the most current needs and getting signed up.

[Meals on Wheels](#) volunteers are needed. The UNTHSC Center for Geriatrics has adopted a daily Meals on Wheels route for meal delivery to homebound Fort Worth seniors. Please

contact Sarah@mealsonwheels.org to sign up for the 'UNTHSC Center for Geriatrics' route.

HSC COVID Relief Fund

Through the **HSC COVID Relief Fund**, you can help HSC students facing personal hardships, inspire the work of HSC researchers, or supply front line health care workers with the personal protective equipment (PPE) they so desperately need. Visit unthsc.edu/covidrelief for more information.

IN THE NEWS

Want to take a loved one home from a long-term care facility? Here's what to know in Dallas County.

READ THE ARTICLE HERE:

<https://www.dallasnews.com/news/public-health/2020/04/09/want-to-take-a-loved-one-home-from-a-long-term-care-facility-heres-what-to-know-in-dallas-county/>

HSC students join Tarrant County Public Health to fight COVID-19.

READ THE ARTICLE HERE:

https://www.unthsc.edu/newsroom/story/hsc-students-join-tarrant-county-public-health-to-fight-covid-19/?utm_campaign=daily_news_email&utm_source=email

Staying Active During the Coronavirus Pandemic

READ THE ARTICLE HERE:

https://www.exerciseismedicine.org/assets/page_documents/EIM_Rx%20for%20Health%20Staying%20Active%20During%20Coronavirus%20Pandemic.pdf

Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

How to Wear Cloth Face Coverings

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

CDC on Homemade Cloth Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

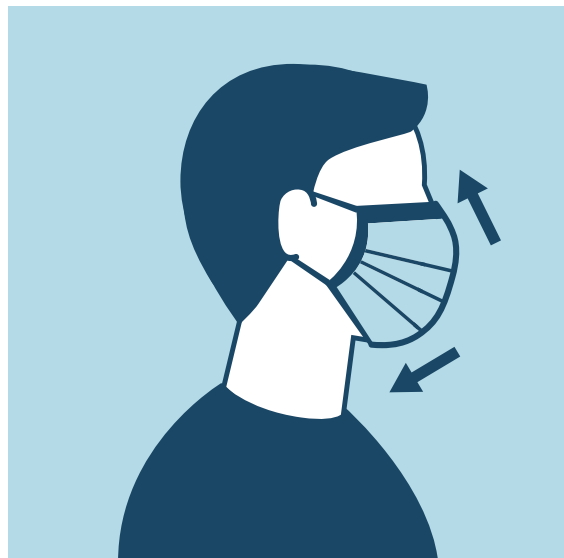
Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a cloth face covering.

How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.

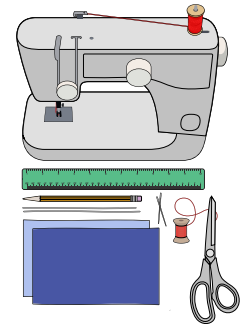


cdc.gov/coronavirus

Sewn Cloth Face Covering

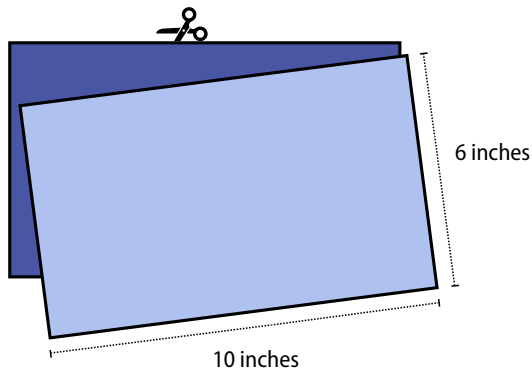
Materials

- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

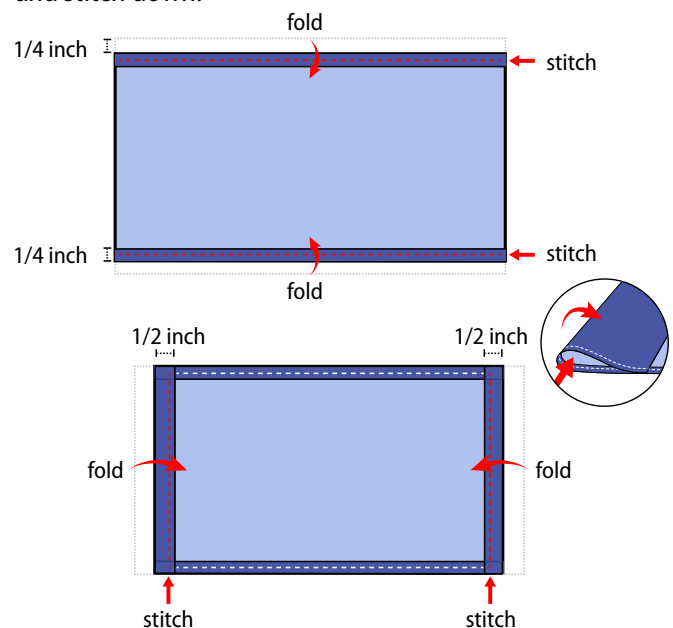


Tutorial

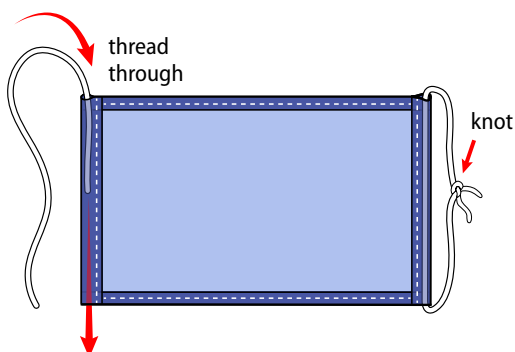
1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the cloth face covering as if it was a single piece of fabric.



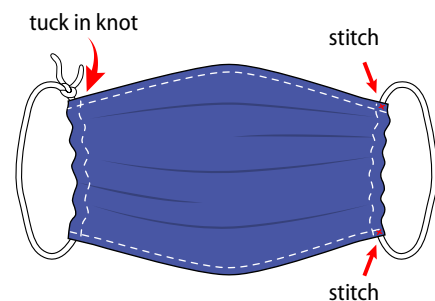
2. Fold over the long sides $\frac{1}{4}$ inch and hem. Then fold the double layer of fabric over $\frac{1}{2}$ inch along the short sides and stitch down.



3. Run a 6-inch length of $\frac{1}{8}$ -inch wide elastic through the wider hem on each side of the cloth face covering. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the cloth face covering behind your head.



4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the cloth face covering on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.

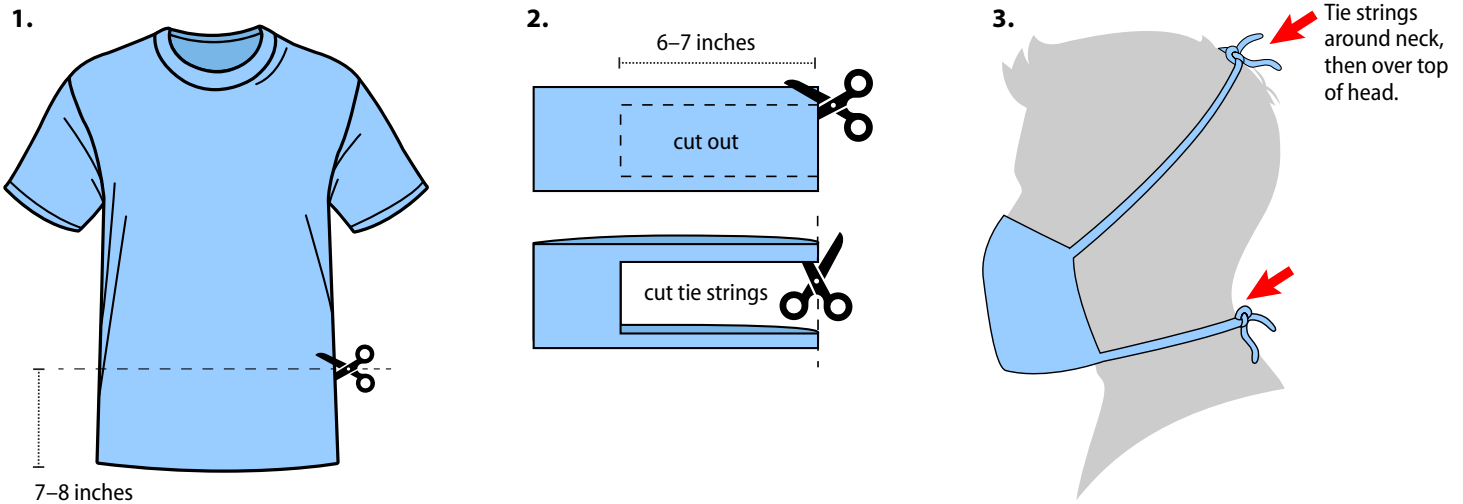


Quick Cut T-shirt Cloth Face Covering (no sew method)

Materials

- T-shirt
- Scissors

Tutorial

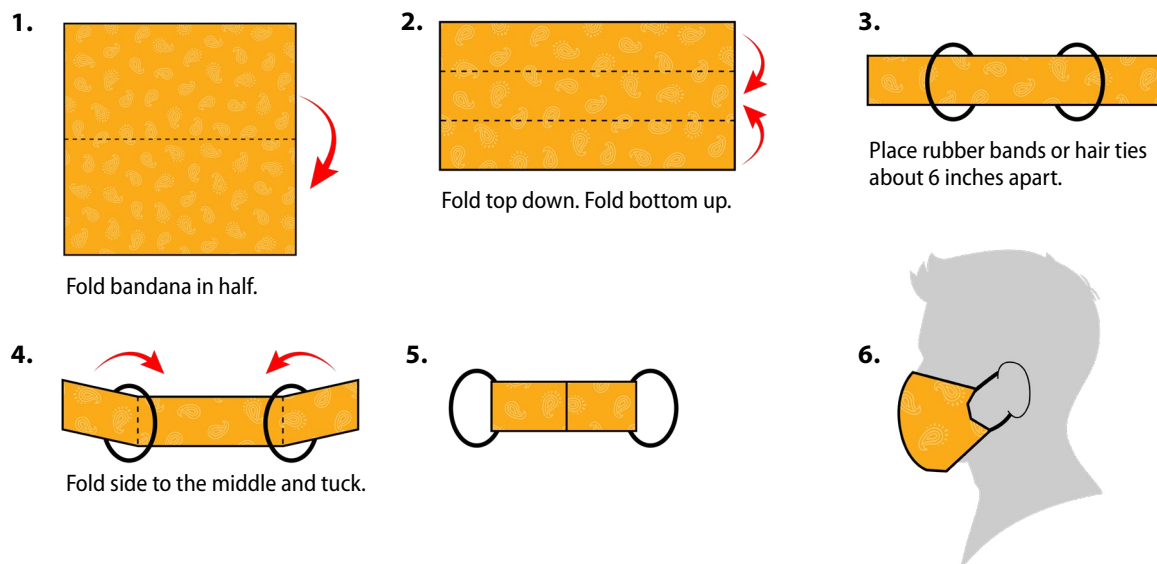


Bandana Cloth Face Covering (no sew method)

Materials

- Bandana (or square cotton cloth approximately 20"x20")
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

Tutorial



Staying Active During the Coronavirus Pandemic

Exercise
is Medicine®

AMERICAN COLLEGE
of SPORTS MEDICINE®

The coronavirus (COVID-19) pandemic can make it challenging to maintain a physically active lifestyle. COVID-19 is spread by someone sneezing or coughing into the air or onto a surface, and then the virus enters and infects a new person through their mouth, nose or eyes. The most up-to-date information about COVID-19 can be found on the Centers for Disease Control and Prevention (CDC) website: <https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>

Based on what we know about how the virus moves from one person to another, it is recommended to avoid public gatherings and keep a social distance of 6 feet or more. That, along with advice related to personal care (hand washing, not touching your face) has created concern about exercising in gyms, where hundreds of people are in and out every day.



Those at greatest risk for severe complications of COVID-19 are:

- older adults (age 65 and older)
- people with chronic diseases (such as diabetes, heart disease and lung disease)
- those with compromised immune systems (such as those going through cancer treatment or with HIV)

These individuals (and those under “shelter in place” orders) should avoid gyms altogether and exercise at home or in their neighborhood.

For all of us, young and old, regular physical activity is important for staying healthy! Compared to just sitting around most of the time, ***moderate-intensity physical activity is associated with better immune function.*** Regular physical activity can help ***reduce your feelings of stress and anxiety*** (which many of us may be feeling in the wake of the COVID-19 pandemic).

The Physical Activity Guidelines for Americans recommends 150-300 minutes per week of moderate-intensity aerobic physical activity and 2 sessions per week of muscle strength training. Fit in 2, 5, 10 or 20 minutes, however and wherever you can. Every active minute counts!

On the following page are some strategies to maintain physical activity and fitness.



Stay positive. Stay active. Be smart and safe.



Aerobic Activities

Indoor Activities

- Put some music on and walk briskly around the house or up and down the stairs for 10-15 minutes, 2-3 times per day.
- Dance to your favorite music.
- Jump rope (if your joints can handle it).
- Do an exercise video.
- Use home cardio machines if you have them.

Outdoor Activities (if allowed by your government)

- Walk or jog around your neighborhood. Stay 6 feet away from others.
- Be active in a local park. Spending time in nature may enhance immune function. Wash your hands when you get home.
- Go for a bicycle ride.
- Do gardening and lawn work (Spring is around the corner!).
- Play active games with your family.



Strength Training

- Download a strength workout app to your smart phone, such as the 7-Minute Workout (no equipment necessary).
- Do a strength training video.
- Perform yoga – deep breathing and mindfulness can also reduce anxiety.

- Find ways to do simple muscle strengthening exercises around your house such as:
 - Squats or sit-to-stands from a sturdy chair
 - Push-ups against a wall, the kitchen counter or the floor
 - Lunges or single leg step-ups on stairs

Don't sit all day! For example: If watching TV, get up during every commercial (or periodically) and do a lap around your home or an active chore. For example, throw some clothes in the laundry, do the dishes or take out the garbage. Feel productive after just one show!

Here are current answers to frequently asked questions about physical activity or exercise and COVID-19:

I'm under quarantine but not infected. Should I limit my physical activity?

There are no recommendations at this time to limit physical activity if you do not have any symptoms. Contact your health care provider if you develop a cough, fever or shortness of breath.

Will exercise help prevent me from getting the virus?

Moderate-intensity physical activity can boost your immune system. However high-intensity high-volume training may suppress immune function especially if you are unaccustomed to it. Balance your workout program.

What if my kids are home with me?

Being active with kids is the most fun of all! Find activities that you can do together – an active gaming video, basketball in the driveway, go for a walk in the neighborhood.

Are there precautions I should take?

The most important strategy to prevent infection is to avoid coming into contact with others who are infected with COVID-19.

What if I start to have symptoms?

If you begin to have symptoms, follow CDC recommendations. As these recommendations are changing, below is a link to the CDC Symptoms webpage: <https://www.cdc.gov/coronavirus/2019-ncov/about/symptoms.html>

I'm under quarantine and infected. Should I limit my physical activity?

People who are infected, but without symptoms, can continue moderate-intensity activity, but need to use symptoms as a guide. Maintain quarantine to prevent spreading the coronavirus to others. If you develop fever, cough or shortness of breath, stop physical activity and reach out to your doctor or health care provider.