

covid-19 survival guide



DCI YOUTH LEADERSHIP COUNCIL
FALL 2020

thank you

First, DCI would like to express its gratitude to GSK, which has generously supported the Youth Leadership Council (YLC) since its inception in 2016. Thank you for believing in our vision of a healthier, more resilient, more connected community—starting with young people!



Second, we'd like to thank our incredible Youth Leaders for being a part of YLC and our many partner organizations who make health programming possible throughout the year for young people and their families in Durham via afterschool clubs, workshops, community events, and more.

Finally, we'd like to thank the four community leaders who presented to YLC as part of our six-week summer 2020 session: "Busting COVID-19 Myths." These presenters—who included doctors, physician assistants, elected officials, and community activists—shared the facts about COVID-19, discussed common myths and ways to be safe, encouraged YLC students to become leaders in their communities, and explored longstanding health disparities and distrust of medical institutions within communities of color.

Presenters and topics included:

- Tammy Rodman, DurhamCares, Pilgrimage Director
 - **Information and distrust in communities of color**
- Zachary Hawkins, NC General Assembly, Representative
 - **How COVID-19 is impacting communities of color and why // COVID-19 as a racial and social justice issue**
- Gerard Shepherd, PA-C, Duke Health, Urgent Care Physician Assistant
 - **Is COVID-19 as bad as people say? MYTHS**
- Victoria Fashakin, MD, Duke Obstetrics & Gynecology, Medical Resident
 - **Ways forward // How to combat COVID-19 to stay safe**

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Cover art by Jesus Cruz

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about

2020 has been the year of COVID-19. Nationwide, seven million people have been infected and over 205,000 have died as of the end of September.

While COVID-19 is an international phenomenon, it has proven to disproportionately impact communities of color in the U.S. In Durham County, North Carolina, over a quarter of individuals (27%) infected with COVID-19 are Black/African American and nearly half (49%) are Hispanic/Latinx, despite these groups making up only 23% and 10% of the state population, respectively. These groups also comprise the majority of deaths, with Black/African American and Hispanic/Latinx individuals up to 3.4 times more likely to die of the disease (NCDemography.org, Durham County Department of Public Health, APMresearchlab.org).

Since 2016, DCI's Youth Leadership Council (YLC) has worked to empower young people to solve health problems in their community. Students participate in

clubs and workshops to learn about healthy nutrition, mental health supports, community safety, and physical exercise.

But the heart of YLC is leadership. Youth Leaders are tasked with creating health initiatives that will positively benefit their community. Past YLC projects have included a summer farmers market, a community Olympics, a schoolwide walkathon, Zumba parent-child exercise classes, an anti-bullying PSA, a social lunch club, and more.

COVID-19 shut down the world for months—so we had to take YLC virtual this summer! For six weeks, a cohort of middle and high school students met with community leaders to better understand myths about COVID-19 and why it has affected communities of color harder than others. Students explored how the disease is a health, racial, and social justice issue and conducted a survey to see what supports people need during this difficult time. This survival guide is YLC's way of saying, "We're here for you!"

Meet the YLC Crew

Jesus Cruz, City of Medicine Academy
Angel Dominguez, KIPP Durham College Prep
Aikira Dzilah, Hillside High School
Nathan Gomez, City of Medicine Academy
Aryonna McGregor, Neal Middle School

Kira Lee, Insight Colearning Center
Jovanna Ochoa, Carrington Middle School
Dulce Roa, KIPP Durham College Prep
Ezekiel Rufus, Neal Middle School
Emma Weber, Insight Colearning Center

YLC community survey

The YLC summer 2020 session started with a deep dive into myths surrounding COVID-19 and how the SARS-CoV-2 coronavirus is transmitted between people.

Students then learned how COVID-19 has affected people of color at significantly higher rates in terms of both infections and deaths. The reasons for this are many and complex. Longstanding health disparities and inequities in access to healthcare have made people of color more vulnerable to contracting severe illness from the disease or even dying. Access to health insurance is another barrier to securing treatment, and people of color are often over-represented in front-line, low-wage positions in the health care and service sectors, which puts these individuals at higher risk for being exposed to the virus as "essential workers."

Another important theme of the YLC summer session was learning about the high level of distrust toward medical institutions and the government within communities of color as a result of past abuses. The cohort learned about the Tuskegee syphilis study, in which the U.S. Public Health Service denied simple treatment of antibiotics to hundreds of African American men

infected with syphilis over a 40-year period. Students also learned about Henrietta Lacks, an African American woman with cervical cancer whose cells were harvested and used for biomedical and commercial purposes without her or her family's consent. Today, there are nearly 11,000 patents worldwide that involve Lacks' cells.

This information was important to understand as YLC students considered a future without COVID-19. If communities of color don't trust certain sources of information, how can individuals keep themselves safe during a global pandemic? Would they seek out a vaccine if it became available?

After months of being stuck at home, YLC Youth Leaders knew that people in their communities were suffering. In addition to interruptions caused by the virus, the U.S. was experiencing significant upheaval from Black lives lost due to police brutality and racism, which led to weeks of Black Lives Matter protests. Pain was in plentiful supply—so how could YLC Youth Leaders help?

YLC students decided to conduct a community survey in order to better understand what their

neighbors believe about COVID-19, their feelings about a vaccine, and what strategies have helped them cope during long lockdowns amid the pandemic. Students interviewed their neighbors, family members, and even international friends in order to obtain a comprehensive perspective.

Youth Leadership Council COVID-19 Community Survey Results

WHO

- 49 respondents
- 43% teens, 57% adults
- 82% people of color
- 55% from Triangle, 10% international

94%
ACTIVELY
SOCIAL
DISTANCE

29%
TRUST THE
MEDIA/NEWS
ABOUT
COVID-19

HALF
FEEL SAFE
GETTING A
VACCINE

18.4%
**RATE THEIR
MENTAL
HEALTH
AS POOR IN
LAST MONTH**

TOP 3 SOURCES OF STRESS

- Health
- Not being able to see the people they care about
- Racial tension/inequality

WHAT GIVES PEOPLE HOPE?

- | | | | |
|-----------------------------|-----|-------------------------------|-----|
| • Unity/community | 43% | • Black Lives Matter protests | 17% |
| • Family | 39% | • Young people | 17% |
| • A future without COVID-19 | 21% | • Scientists and doctors | 17% |

WHAT MAKES PEOPLE FEEL BETTER?

- | | | | |
|--|-----|-------------------------|-----|
| • Calling/spending time with loved ones | 43% | • Video games | 16% |
| • Hobbies (painting, cooking, music, pets) | 39% | • TV/movies | 16% |
| • Exercise | 21% | • Therapy | 10% |
| • Reading | 16% | • Going outside | 10% |
| | | • Self care/empowerment | 10% |



"MY GARDEN" BY KIRA LEE

Right now, times are hard.

Here are some activities to help you feel better and stay connected.



*call a friend
or therapist*



*video
chat*



hobbies



exercise



*TV, movies,
video games*



*going
outside*

mental health resources



National Suicide Prevention Lifeline

800-273-8355

SAMHSA National Helpline

24-hour free and confidential referrals and information about mental and/or substance-use disorders, prevention, treatment, and recovery.

800-662-HELP

NC Crisis Services

Help for a mental health or substance abuse crisis in your county.

www.crisissolutionsnc.org

United Way NC 211

Help finding emergency food, clothing, healthcare, shelter, and other resources.

www.nc211.org

El Futuro

A mental health organization that provides sensitive services to the Latino culture.

919-688-7101x600 www.elfuturo-nc.org

Mental Health of America of the Triangle

A national organization that supports a variety of education, training, and support for parents, providers, and community members on an array of topics related to mental health and wellness throughout the year.

919-942-8083 www.mhatriangle.org

educational & physical health resources

Durham Children's Initiative (DCI)

919-908-8709

www.dci-nc.org/covid

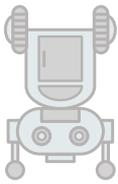
Thank you all nurses! <3



ROBLOX
GRFX

BY

ARYONNA
MCGREGOR



Staying safe during COVID-19

BY AIKIRA
DZILAH

COVID-19 has been devastating to the United States and the world, bringing mild to severe illness. In North Carolina, there have been over 219,000 cases and 3,600 deaths from COVID-19 as of October 5, 2020.

Masks and social distancing remain essential at this time. The Centers for Disease Control (CDC) recommends that people wear masks in public, especially if they are in small spaces and social distancing cannot be maintained. However, masks should not be worn by children under the age of two, people with serious breathing problems, or anyone who is unable to remove their mask without assistance.



COVID-19 can be spread by people who don't have symptoms or don't know they are infected, which is why wearing a mask in public is especially important.

Social distancing and staying at home are also important for preventing the spreading of COVID-19. The World Health Organization (WHO) states that you should stay home and isolate yourself even if you have minor symptoms.

Avoid going to crowded places.

Maintain 6 feet of distance between yourself and others.

Many people who have died from COVID-19 had underlying health conditions. The NC Department of Health and Human Services recommends exercising for at least 20 minutes a day to maintain your overall physical health. Getting plenty of rest is also important. It helps you feel more relaxed and allows the body to repair itself. Not getting enough sleep can result in your overall health declining, making it easier to catch COVID-19. Lastly, eat healthy. This is just as important as getting enough sleep and being active.

Hopefully, these tips will help you stay safe during this difficult time. Remember to wear a mask, manage your health, and social distance. Cheers to a healthy and happy rest of 2020 and beyond!

Young people care



about being safe, too.

#YLCfit



Apart now...



(6 feet)

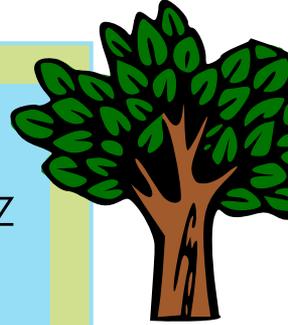


Together soon.



#YLCfit



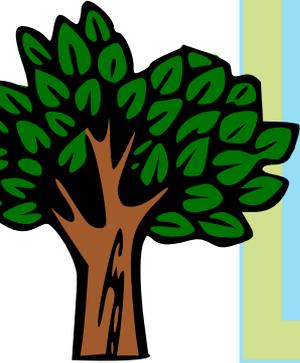


"CHOICES"
BY NATHAN GOMEZ

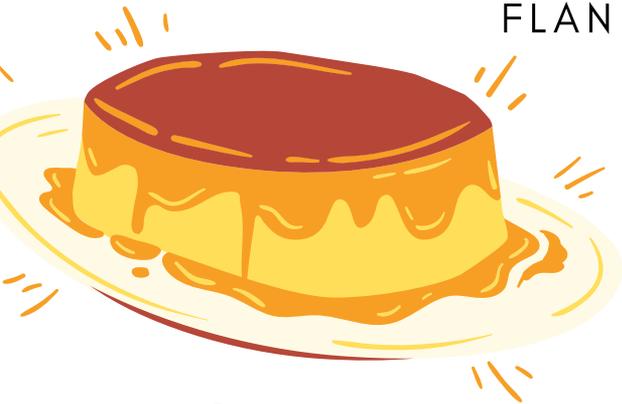
Here I sit and hesitate
Staring at the mask I might take
Wondering hard on what it'll do
Will it save me or you?

Thinking back on a course I took
Remembering to do things by the book
Grabbing the mask, I step outside
I see my friends but don't stand side by side

Enjoying our time six feet apart
Laughing from a distance in a park



DULCE ROA'S FLAN



Ingredients

- 34 oz. condensed milk
- 12 oz. evaporated milk
- 6 eggs
- 1 tbsp vanilla extract

About & Tips

- Ready in 45-165 minutes
- Serves 6 people
- 280 calories per serving
- For best results, cook in a water bath

Preparation

1. Preheat the oven to 350 °F.
2. Add all ingredients to a blender and blend until smooth.
3. Then, add the mixture to the pan.
4. Put the pan in the oven to cook for 45 minutes.
5. Once done, take out the pan and refrigerate for 2 hours.

ROZ BIL HALIB BY EMMA WEBER (ROSEWATER APRICOT RICE PUDDING)

Ingredients

Rice pudding

- 4 cups of whole milk or soy/coconut milk
- 1/3 cup sugar
- 1 tsp vanilla extract
- 8 cardamom seeds, crushed
- 1 cup rice
- 1.5 tbsp rose water

Apricot compote

- 4.5 oz apricot, roughly chopped
- 2 cardamom seeds
- 2 tsp lemon juice
- 2 tbsp unsalted pistachios, chopped
- 1 tsp rose water

Preparation

1. Put the milk, sugar, vanilla, and cardamom seeds in a large saucepan, then bring to a boil, stirring until the sugar is dissolved.
2. Add the rice and a pinch of salt, cover, and simmer for 30-40 minutes or until the rice is very soft. Make sure to stir so the rice doesn't stick to the bottom; if dry, add ½ cup of water to loosen it up.
3. Place the apricots, lemon juice, and cardamom in a small saucepan over medium heat, then pour in ¾ cup of boiled water. Bring to a simmer, then cover and let the apricots cook for 10 minutes or until soft.
4. When the rice is cooked through, stir in the rose water and simmer for a final few minutes.
5. To serve, put the rice pudding into a cup and place the apricot compote on top.



ABOUT DURHAM CHILDREN'S INITIATIVE (DCI)

DCI—formerly known as EDCI, the East Durham Children's Initiative—was formed in 2011 by community leaders who wanted to bring more opportunity to low-income families in Durham, North Carolina.

Since then, DCI has grown to engage more than 2,000 unique children and 1,000 families across Durham County in a robust ecosystem of supports available from birth through college or career. More than 65 partner organizations contribute services, programs, staff time, resources, and evaluation information to make this ecosystem possible.

The longer children are enrolled in DCI, the better their attendance and early literacy skills.

DCI's model has proven to drive a number of positive outcomes for children and families, including improved attendance and early literacy skills the longer that students are enrolled in DCI. From a bilingual preschool to academic summer camps to Family and Youth Advocates, DCI and its partners offer a comprehensive ecosystem of services designed to help Durham's children and families thrive at all stages of life.

Learn more at www.dci-nc.org

DOWNLOAD THE YLC COVID-19 SURVIVAL GUIDE

Featuring a digital version of this guide, social media graphics, presentations, resources, and more.

www.dci-nc.org/covid

[#YLCfit](https://twitter.com/YLCfit)