



## QUESTIONS & ANSWERS

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### GENERAL QUESTIONS

**Question:** What are some things we can do to improve our mental health after quarantine?

Please use the following [link](#) to access Dr. Chau's and Dr. Ball's presentations which highlighted ways to improve one's mental health during quarantine.

NAMI Orange County – Peer Mentoring Program:

[https://mcusercontent.com/ac9d38bf48a3e8d6797486469/files/bd01840f-aa01-4bde-9ce4-f41c1457cda8/NAMI\\_Peer\\_Mentoring\\_Program.01.pdf?mc\\_cid=54d3b7360b&mc\\_eid=022d550d27](https://mcusercontent.com/ac9d38bf48a3e8d6797486469/files/bd01840f-aa01-4bde-9ce4-f41c1457cda8/NAMI_Peer_Mentoring_Program.01.pdf?mc_cid=54d3b7360b&mc_eid=022d550d27)

**Question:** There are great needs for Female Veterans. What is being done in OC regarding finding this population and gearing services and resources towards them?

Here is a link to a collaborative of organizations in Orange County that is focused on serving military and veteran families: <https://ocstrongfamilies.org/>

Learn more about the four Health Care Agency/Behavioral Health Services programs funded by the Mental Health Services Act specifically for Veterans and their families: OC4Vets, Court Support for Vets, Drop Zone, and Strong Families and Children. If you know someone who needs Veterans' services or want to learn more, please visit [www.ochealthinfo.com/oc4vets](http://www.ochealthinfo.com/oc4vets) or call 855-OC-LINKS.

Supportive Services for Veteran Families:

[https://mcusercontent.com/ac9d38bf48a3e8d6797486469/files/677d733e-e303-4b93-9086-01216bba30c5/SSVF\\_CARES\\_Act\\_Flyer\\_v3.pdf?mc\\_cid=54d3b7360b&mc\\_eid=022d550d27](https://mcusercontent.com/ac9d38bf48a3e8d6797486469/files/677d733e-e303-4b93-9086-01216bba30c5/SSVF_CARES_Act_Flyer_v3.pdf?mc_cid=54d3b7360b&mc_eid=022d550d27)

**Question:** What new changes in women's health will result in the response to COVID-19? Will more mobile sites be available to women for exams, etc. as opposed to going into the office?

Please use the following [link](#) to access the presentations from the Sexual Health and COVID summit session which highlighted alternate ways women's health services are being provided and accessed during the pandemic.

**Question:** Does the OC Women's Health Project plan to study the effects that COVID-19 had on children's mental health?

The Orange County Women's Health Project (OCWHP) is spearheading a county-wide systems level approach to promote teen health and healthy teen relationships in Orange County (OC) through an initiative called the



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Healthy Teen Collective – Orange County (HTC-OC). The OCWHP is partnering with 8 other local organizations to address teen health (physical, mental, and emotional) and create awareness about intimate partner violence and sexual/reproductive coercion among teens. The impact of COVID-19 will be included in the focus groups and needs assessment that is currently being conducted. [Read more about the HTC here.](#)

**Question: Thoughts on preparing for school children returning to school when the children live in homes experiencing trauma and they have not had the safety net of school?**

Please use the following [link](#) to access the presentations from presentations on Adverse Childhood Experiences (ACES) and COVID in order to learn more about ways to prepare for and address childhood trauma.

**Question: How can women protect their unborn with respect to COVID-19?**

Please refer to Centers for Disease Control and Prevention (CDC) and State guidelines if pregnant, breastfeeding, or caring for young children.

- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html>

If pregnant, it is best to seek medical guidance from an OBGYN for further information.

**Question: History has shown that diseases don't affect women and men alike. There hasn't been sufficient time to conduct any studies, but are there any significant differences in COVID-19 symptoms for women versus men?**

New information from the CDC suggests that pregnant patients may be at increased risk for certain manifestations of severe illness due to COVID-19, such as intensive care unit admission and mechanical ventilation. Importantly, the available data also suggest that the overall risk of these clinical interventions remains low, and that pregnant patients do not appear to be at increased risk of death associated with COVID-19 compared with nonpregnant patients in the same age group.

[https://www.cdc.gov/mmwr/volumes/69/wr/mm6925a1.htm?s\\_cid=mm6925a1\\_w](https://www.cdc.gov/mmwr/volumes/69/wr/mm6925a1.htm?s_cid=mm6925a1_w)

While men and women have the same prevalence, men with COVID-19 are more at risk for worse outcomes and death, independent of age. According to a Chinese study, the risk of men dying of COVID-19 is double that of women. Older age and a high number of comorbidities were associated with higher severity and mortality in patients with both COVID-19 and SARS.

<https://www.frontiersin.org/articles/10.3389/fpubh.2020.00152/full>



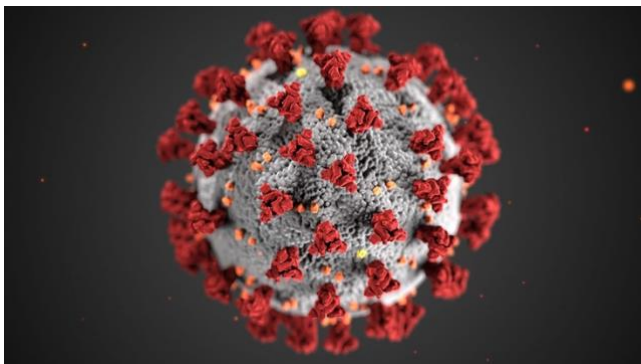
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**Question: Having a rare blood disease and over the age of 65. Are there certain additional precautions that we need to take?**

The CDC has guidance regarding older adults and the precautions that would be helpful to decrease the risk of getting COVID-19 given the increased risk of severe disease for those 65 and older, especially with comorbid medical conditions (see here: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/older-adults.html>). As the CDC puts it,

"People at increased risk of severe illness from COVID-19, and those who live with them, should consider their level of risk before [deciding to go out](#) and ensure they are taking steps to [protect themselves](#). Consider avoiding activities where taking protective measures may be difficult, such as activities where social distancing can't be maintained. Everyone should take steps to prevent getting and spreading COVID-19 to protect themselves, their communities, and people who are at increased risk of severe illness."

The standard precautions are to wash hands frequently, use face coverings, adhere to physical distancing, cleaning and disinfecting high touch surfaces, and monitor your health.



### [Older Adults | CDC](#)

Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

[www.cdc.gov](http://www.cdc.gov)