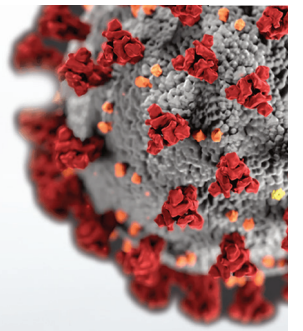




**COVID19**  
SPECIAL  
SUPPLEMENT

# MILWAUKEE COURIER

[www.milwaukeecourieronline.com](http://www.milwaukeecourieronline.com)



PSRT STD  
U.S. POSTAGE PAID  
MILWAUKEE, WI  
PERMIT NO. 4027  
ADDRESS SERVICE REQUESTED

"THE NEWSPAPER YOU CAN TRUST SINCE 1964"

SATURDAY, NOVEMBER 28, 2020

## All Heroes **Don't** Wear Capes

*A special thanks to essential workers everywhere!*



**Stay Safe - Stay Informed - Stay Home**

**Life is not about  
limitations.  
It's about what is  
possible.**

**Humanly**



**More breakthroughs and unmatched care mean more possibilities for you.**

At the Froedtert & the Medical College of Wisconsin health network, everything we do revolves around you. Your needs. Your schedule. Your comfort. Your safety. Like offering virtual visits in minutes with our app. Delivering world-class cancer innovations close to home. Assuring that safety is a top priority – always. And restoring lives and hope with our adult Level I Trauma Center. Because by listening more closely and caring more deeply, we can make more humanly possible for you.

**What Is Possible**

**Froedtert**

**& MEDICAL  
COLLEGE of  
WISCONSIN**

To find a provider close to you, call **1-800-DOCTORS** or visit **[froedtert.com](http://froedtert.com)**

# Coronavirus 101:

## What you need to know about COVID-19 testing

By Ana Martinez-Ortiz

Late last year, the first documented cases of COVID-19 were announced. Several months later, COVID-19 was declared a pandemic and countries around the world took action to protect their residents.

Containing and slowing down a virus is one of the first steps in handling a pandemic. Part of this process includes determining hot spots – places with high number of cases – and then taking the necessary actions. And this is where testing comes into play.

At the start of the pandemic, testing options were limited and reserved for those displaying symptoms. Now, however, anyone can receive testing.



**Dr. Stacy Higgins,  
Professor of Medicine**

Dr. Stacy Higgins, a clinician and professor of medicine, explained the difference between the two types of COVID-19 tests. The rapid detection test can yield results between 15 minutes and a few hours, whereas the regular test can take anywhere from 24 hours to a few days, Higgins said.

Both tests can be conducted with a nasal or oral swab, but the benefits of each test vary. A rapid detection test is convenient because the results wait time window is smaller, which is helpful for people who need to know results quickly in order to return to work or travel, Higgins explained.

Although the rapid test is convenient, it has been noted to produce a higher number of false-negative results, meaning in some cases, you may have coronavirus even if the test says you don't, Higgins said.

She explained that the sensitivity of the rapid test, or how well it picks up COVID-19 when there, is about 75% to 90% accurate. That means that if 100 people are positive for COVID-19, the rapid test may say

that only 90 people are positive. The regular test has a higher sensitivity rate ranging from 99% to 100%.

"The best population to do these rapid tests in is those who have a low chance of having the disease," Higgins said.

That population consists of people who may be asymptomatic and haven't been exposed to a positive case. A college student who has to get tested every week or someone living in a bubble like the NBA players could do the rapid testing, Higgins said.

"People use this test for screening," Higgins said, adding that if you don't have symptoms or an exposure but want to be sure before traveling for

*Continued on page 3*

# FACING FORECLOSURE OR MORTGAGE DELINQUENCY?

**YOU STILL HAVE UNTIL DEC. 18 TO APPLY  
FOR UP TO 6 MONTHS OF FINANCIAL  
ASSISTANCE FROM MILWAUKEE COUNTY.**



**APPLY TODAY**

(414) 369-6914

[county.milwaukee.gov/covidhelp](https://county.milwaukee.gov/covidhelp)

# Tips from a family who has social distanced for 20 years

By Children's Wisconsin

After experiencing months of the COVID-19 pandemic, social distancing is still something we're practicing as much as possible and is our new norm. While it feels a bit strange to worry about standing too close to someone else at the grocery store and not to shake the hands of others, this has always been the norm for some of our patients and their families.

## Taylor and Cystic Fibrosis

When Taylor was born, her family's lives changed. She was diagnosed with Cystic Fibrosis (CF) and frequently visited us at Children's Wisconsin. CF is a disease which left Taylor with extremely vulnerable lungs. A thick, sticky mucus builds up and allows her lungs to carry dangerous pathogens and bacteria. These harmful germs could affect her and other patients with the disease, which could lead to severe or worsening lung disease.

To keep Taylor and her lungs as safe and healthy as possible, her and her entire family had to instill social distancing practices in their everyday lives. Regularly washing their hands for at least 20 seconds, being careful to not touch their faces or commonly



touched objects, wearing masks in hospitals and other high risk places, and staying away from people who are sick are all things that have become normal practices for them.

### Making social distancing a normal habit

Much like most of us, Taylor's parents never worried about social distancing

until a major life event forced them into it. Because of COVID-19, we are now being asked to take many of the precautions Taylor and her family have been taking since she was born. Her mom, Stephanie, said, "This was a learning curve for us all. It was a challenging time filled with many emotions and anxiety. I was

afraid at first, but realized that we can't live in a bubble. We need to live our lives but do it in the safest way possible." Knowing this change can be hard and a little frightening, Taylor and her family gave us some social distancing tips to help you and your family stay safe.

### Tips for social distancing

Consciously think about and be aware of your surroundings. Don't let being cautious slip to the back of your mind. When you walk into a public space, have a conversation with your little ones. Ask them questions like, "What do we need to do in this specific place to keep ourselves and others healthy?". Talk about things like staying far away from the other people who are in that same space, or making a list of any commonly touched objects, such as door handles, hand rails, pens, etc. that are in that area and should be avoided. Be sure to carry disinfectant wipes or hand sanitizer for those little hands in case of any forgetful, curious moments.

Be open with your communication. Don't be ashamed or embarrassed to let people you know if something is making you or your family feel uncomfortable.

## What you need to know about COVID-19 testing

*Continued from page 3*  
example, a rapid test is the way to go.

She noted that the turnaround for testing results also depends on testing location. Some testing places have a lab on site whereas others have to take tests to a separate lab.

Higgins said that the ideal time to get tested after being exposed is one to five days after exposure. If someone goes too early, there may not be enough virus present to trigger a positive test, similar to if they go too late,

when their body is recovering from the virus.

***"It's important to test more so we know how much COVID-19 is in the community," Higgins said. "It can help flatten the curve."***

In addition to coronavirus testing, there are antibody tests. As the name suggests, the antibody test checks for past infection with COVID and means you are now in recovery from the infection. What we don't know

yet is if having antibodies protects you from infection in the future, Higgins explained.

While scientists are still researching how long the antibodies last, Higgins said people can take the antibody test 3 weeks or more after being infected.

As COVID-19 is a new virus, scientists and researchers are still learning about it.

"We're living in crazy times," said Higgins. "We're gaining knowledge, but the information is evolving."

# Sweating the Small Stuff in Virtual Education: What are children missing?

By Sharon G. Barnes, PhD  
Licensed Clinical Psychologist



Sharon G. Barnes, PhD

Educating in the time of a pandemic which requires social distancing, has forced educators, students and parents alike to figure out how to pivot. While the pivot may sound simple it is far from pedestrian. Those who are slow to adjust for whatever reason, whether from a genuine inability or a reticent unwillingness, may find themselves suffering. Mental wellbeing and selfcare seem to have become the platitudes of the day however, they are more than cliché and one can argue that they are critical when it comes to the attributes needed to master a virtual educational environment.

Emotional Intelligence, a term author Daniel Goleman made popular with his 1995 bestselling book by the same name, describes what are known as soft skills. These skills are important and appear to be in jeopardy as we navigate life through the computer screen. Goleman's research demonstrated that social and emotional skills, are difficult to uncouple from cognitive development. Reciprocated caring relationships with teachers and other students encourages a desire to learn and builds confidence in a way that fosters persistence.

Learning happens within many contexts. In schools there is more and more focus on emotional and mental well-being and how the 'the soft skills' impact the "success"

of a student and more importantly the success of educators for that matter. Soft skills as some refer to them, are abilities such as recognizing and managing one's own emotions, the ability to recognize emotions in others, the ability to listen, to pivot, to work in teams, and having a growth mindset. These personal attributes help us to interact effectively and harmoniously with other people. In an ideal learning environment, students as well as teachers need to feel safe, are focused, attentive, engaged, and motivated to do the work.

So how does the virtual learning environment impact the way in which these skills develop? Relating the content and connecting with each other can be tough, add to this the virtual environment and the task can be herculean. So much of Emotional Intelligence is fostered using social cues, cues that you can both see and feel. If you remove the ability to notice/ see and feel cues it becomes very difficult to engage these abilities. One example is students who don't or can't use their video functions, this puts one more obstacle on the path toward building soft skills. One mom friend chided to her student, "I want you turn on your camera, it helps your teacher. How would you feel if every time you wanted to talk to me, I just turned my back? How would that make you feel? This example precisely illustrates the difficulty, no connection, no cues, no reciprocation. The students are missing opportunities to understand connection and make connections.

The COVID-19 pandemic has forced educators, parents and caregivers to adapt to virtual and home education and psychology can provide context and guidance to those facing challenges.

Parents, caregivers and especially educators may find it particularly challenging to build interpersonal relationships and social-emotional development while practicing phys-



ical distancing. For young people, having limited access to peers and classmates can affect children's emotional well-being, which can in turn affect their educational performance, learning and development. Given the challenges faced by both students and teachers, it is imperative that we pay attention to building the soft skills that are very likely declining.

## Emotional well-being influences educational performance, learning and development

Social and emotional learning programs work best when parents and teachers are partners. Both parents and teachers have to learn ways to promote behavior that improves communication, empathy, self-awareness, decision-making, and problem-solving in order to prevent the decline of these skills.

## Five ways to improve Emotional Intelligence, for students, in the virtual learning environment

### 1. Follow a learner-centered approach

This approach uses interactive strategies to engage the students. Students are able to develop skills such as decision making and problem solving, teamwork, and even

presentation skill. It encourages students to interact with in small groups through discussions and group activities and promotes collaboration.

### 2. Build a virtual classroom hub, website, or blog

These can help students and teachers connect with each other, the opportunities help students practice the soft skills and build relationships they are missing in a live environment. Interpersonal relationships and communication are critical to both the teaching-learning process and the social-emotional development of students.

### 3. Host a classroom chat or discussion board

Online chats with small groups of students, help students moderate their own discussions with vetted topics.

### 4. Host informal office hours

Dedicate one to two hours per week to holding virtual office hours. This can allow for students, caregivers, or fellow teachers to connect with you to ask questions, share how they are feeling, or just say hello.

### 5. Collect and share virtual notes of gratitude and appreciation

Ask students to submit notes of appreciation about their peers and teachers. Share the notes with the students, teachers and staff.

# COVID-19 and Flu:

## What you need to know

By Shannon Baumer-Mouradian, MD, pediatric emergency medicine at Children's Wisconsin

While the COVID-19 pandemic has changed much of 2020, one thing remains true — flu season is here and getting the flu vaccination for your child is the best thing you can do to prevent them from getting sick.

The flu, or influenza, is a respiratory illness that causes fever, chills, cough, sore throat, congestion, body aches and fatigue.

Flu season typically begins in late fall, peaks in January and February, and may last until late spring. The flu virus changes each season, so even though you may have had the flu in the past, or have been vaccinated in previous years, you can get it again. It's important to get your flu vaccination as soon as possible as it typically takes two weeks before the vaccination has done its job and is effective in preventing the flu.

### The flu and COVID-19

Because of COVID-19, preventing the flu is more important than ever for a few reasons.

Similar symptoms: Both the flu and COVID-19 share similar symptoms in kids — fever, chills, cough, sore throat, congestion, body aches and fatigue — which can make quickly diagnosing and treating someone more difficult. Getting both at the same time can also make it more difficult to recover.

Symptoms that spread COVID-19: Among the symptoms of flu are a few that can actually help spread COVID-19 by releasing droplets — namely

congestion and cough.

Preventing crowded hospitals: Both the flu and COVID-19 can cause more people to need care in a hospital and we want to avoid hospitalizations as much as possible. According to the Centers for Disease Control and Prevention (CDC), a study in 2018 found the flu vaccine reduces the risk of being admitted to an intensive care unit with the flu by 82 percent.

Overall health: Getting a flu vaccination contributes to your overall health and the health of the community, making it less likely someone will have a severe reaction to other respiratory viruses and need hospitalization. The vaccination can also help shorten how long you have the illness and lead to less missed school and workdays.

**All of these are preventable** with the flu vaccination. Getting the vaccination is an easy way to help protect your family and community.

### Is the flu vaccine safe?

The flu vaccine has been studied extensively, and it's safe and recommended for nearly everyone older than 6 months of age. Not only is the flu vaccine safe, but the doctors' offices and hospitals administering it are also safe. At Children's Wisconsin, we've been taking many steps to ensure a clean and safe environment during the COVID-19 pandemic.

### The vaccine does not cause the flu

While there may be some side effects of getting the vaccination, like soreness at the site of injection and mild flu-like symptoms, the vaccine does not cause the flu. The potential side



effects of the vaccination are much less severe than a potential case of the flu.

### The flu and kids

The flu can make anyone feel awful, but it's especially hard on kids. To help kids stay healthy, everyone in the family (with the exception of infants less than 6 months of age) should get the flu vaccine — kids, parents and grandparents. It's also important for pregnant women to get the vaccine to protect themselves and their unborn babies.

At Children's, we've set a goal of administering almost 100,000 flu shots this year in order to protect as many children as possible.

### Where to get the flu vaccination

At Children's, we are offering more

times and locations to get flu shots, to make it as easy as possible to get a flu vaccination.

The flu and other vaccines should be covered by health insurance, but be sure to check with your insurance company to find out if you have to get the flu shot from a specific doctor or location.

To learn more about the flu or to schedule your child's flu shot, visit [childrenswi.org/flu](http://childrenswi.org/flu).

If you have questions about your child's health, please contact your child's doctor. If they don't have a doctor, call 2-1-1 and an operator can direct you to the nearest community health clinic or other needed resources.



COVID19  
FREE MASKS SITES

### Mke Public Libraries

#### MPL Central

814 W. Wisconsin Ave.  
(414) 286-3000

#### MPL Atkinson

1960 W. Atkinson Ave.

#### MPL Bay View

2566 S. Kinnickinnic Ave.

#### MPL Capitol

3969 N. 74th St.

#### MPL Center Street

2727 W. Fond Du Lac Ave.

#### MPL East

2320 N. Cramer St.

#### MPL Good Hope

7715 Good Hope Rd.

#### MPL Martin Luther King

310 W. Locust St.

#### MPL Mitchell Street

906 W. Mitchell St.

#### MPL Tippecanoe

3912 S. Howell Ave.

#### MPL Villard Square

5190 N. 35th St.

#### MPL Washington Park

2121 N. Sherman Blvd.

#### MPL Zablocki

3501 W. Oklahoma Ave.

Get a full list of locations at <https://city.milwaukee.gov/masks>

# Mental Health in 2020

## Tips to Improve Mental Health Right Now

By Dr. Stacey Jones

One good thing about the events of 2020...it has elevated the conversations about mental health in the Black community. Now that people are more motivated to take care of themselves and seek help, the flood of information about mental health and self care may be overwhelming. Here are some things that you can do right now.

**Some things you can try:**  
**1 Tailor your inputs:**  
**Control what is going into your body as much as you can.**

If you know that watching the news is going to raise your blood pressure, turn it off. If you know that eating a tomato will give you heartburn, don't eat it. If you know that watching a violent movie will interfere with your sleep, don't watch it. By monitoring

what goes in you cut down the time and energy you will spend dealing with your mind and body's reactions.

**2 Circle of control:**  
**Get a piece of paper and draw a circle.**

On the inside write the things that you can control. On the outside of the circle draw the things over which you have no control. Get busy and stay focused on what is inside of the circle and practice accepting that



Stacey Jones, PHD

you do not have control over what is outside of the circle.

**3 Use money wisely:**  
**Have you ever said that you'll save money when you get more and then get more and find that you still don't have money to save?**

*Continued on page 12*

**MESF** | Mary Ellen Strong Foundation

Strong Spirit    Strong Mind    Strong Community

Promoting Mental Health in the Black Community



Providing Resources



Supporting Students



Healing the Healers

HELP US HELP OTHERS  
DONATE TODAY  
[MARYELLENSTRONG.ORG](http://MARYELLENSTRONG.ORG)

Mary Ellen Strong Foundation a 501(c)(3) charitable organization

# How to talk to kids about **COVID-19**

By Jenny Walczak, PSYD,  
clinical director of mental  
and behavioral health at  
Children's Wisconsin

Making sense of COVID-19 can be overwhelming and stressful, not only for adults but also for children. Avoiding the conversation or questions about COVID-19 can lead to unnecessary fear and it's important for an adult to help children process the information they are seeing or hearing.

## Here are a few tips for talking to children about COVID-19

### 1. Stay calm and be aware of your own feelings

If you are feeling anxious, take some time to calm down before talking to your children. Children may pick up on your anxiety through what you say and do. To help you stay calm, maintaining self-care practices — like getting enough rest — is essential and will help you be prepared to care for your children.

### 2. Listen and provide reassurance

Give your child the time and space to share their feelings. Listening will let children know they can come to you with any questions. Then, validate their feelings and reassure them they are safe. Let your child know there are grown-ups working hard to deal with COVID-19.

### 3. Help them understand with appropriate language

During your conversation, use age-appropriate information that your child can understand. For example, the way you talk to a preschooler versus a teenager will be very different. You should also avoid language that might blame others or lead to stigma around COVID-19.

### 4. Find out what your child knows and follow their lead

Ask if your child has heard about COVID-19 and establish what they know. If you've done that already throughout the last few months, you should do it again as time passes and things change. What kids have learned or heard on social media, overhearing adult conversations or learning that someone they know



tested positive or died from COVID-19, can change how they are feeling.

For a young child, you may ask, "Do you know why people are wearing masks?" For a teenager, you may ask more directly, "Are you worried someone [else] we know may get the virus?" It is important to listen for misconceptions that your child may have about COVID-19 and provide clarification. Try your best to answer honestly and if you do not know something, it is okay to admit it while assuring them you will try your best to find out.

Here are a few actions to take to help your child better cope with changes due to COVID-19:

#### 1. Take control over what you can

When children and adults experience stress, it is not uncommon to feel helpless. Taking action can help children feel empowered and safe. Talk to kids about what they CAN do

to stay healthy such as washing their hands for 20 seconds before and after they eat, after using the bathroom and after blowing their nose or coughing.

#### 2. Teach them how to reduce the spread of germs

Remind children to stay away from people who are coughing or sneezing, and if they're coughing or sneezing, to do so into a tissue or their elbow. Most importantly, teach them how to wash their hands properly and lead by example.

#### 3. Try to maintain a normal routine

Try to maintain your normal routine as much as possible to reduce stress. Structure your days with regular mealtimes and bedtimes. Identify times or goals for educational activities or to complete class assignments. As much as possible, find ways for kids to maintain contact with their friends and family by phone or video calls to avoid social isolation.

#### 4. Monitor television watching and social media use

Try to find a balance between screen time and non-screen time activities. This can be difficult as parents are under increased stress and children might not have in-person school, leaving them with a significant amount of free time. Provide your child with a few activity choices instead of television or social media as a useful alternative. Everyone should limit their screen time as watching TV constantly and frequently being on social media can actually increase anxiety.

For the latest tips and news from Children's Wisconsin, go to [chw.org/newshub](http://chw.org/newshub).

If you have questions about your child's health, contact your child's doctor. If they don't have a doctor, call 2-1-1, an operator can direct you to the nearest community health clinic or other needed resources.



# Wisconsin COVID-19 Summary Statistics

**Total tested:** 2,235,759 (+17,472 from prior day)

**Positive (Confirmed Case):** 285, 891 (+7,048)

**Negative:** 1,949,868 (+10,424)

## ► Recovery Status

**Recovered:** 219, 304 (76.7%)

**Active:** 64,067 (22.4%)

## ► Deaths

**Deaths:** 2,457 (+62)

**Percent who died:** 0.9%

## ► Hospitalized

**Ever hospitalized:** 13,507 (+277)

**Percent ever hospitalized:** 4.7%

*\*Testing data represent the number of people tested by a confirmatory, diagnostic test that detects the virus in the nose or throat (and not a blood test that detects antibodies). No antigen or antibody test results are included in this figure. Multiple tests per person are not included in these summary statistics.*



## Get Insured

### Affordable health insurance is available for you and your family

- Compare healthcare plans and prices so you can make a healthy choice today.
- Find out if you qualify for savings on health coverage by providing your household size and zip code. You could be eligible for lower-cost or free coverage.
- Learn about a tax credit that can immediately help pay your premiums for health coverage.

Visit [HealthCare.gov](https://www.healthcare.gov)

### Need additional support?

Covering Wisconsin also provides free help, statewide.

Call 414.400.9489 or visit [www.coveringwi.org](https://www.coveringwi.org) for

information about free help and to make an appointment.



## Ways to sign up



Visit [healthcare.gov](https://www.healthcare.gov) to begin the enrollment process



Contact the Marketplace Call Center:  
**1-800-318-2596**  
(TTY: 1-855-889-4325)



We can help!  
**414-585-3195** or  
**866-972-4687**



Llame a nuestro centro de ayuda gratis a:  
**1-800-318-2596**



For all other languages, call:  
**1-800-318-2596**

For more information about which plans include your Ascension providers, call us at: 866-972-4687

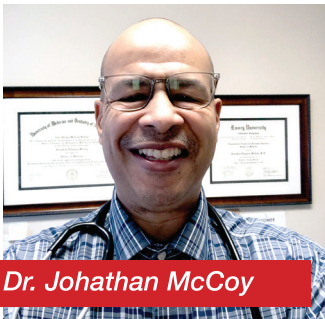
Ascension Wisconsin hospitals and physicians participate in:

Network Health Plan  
Anthem Pathways  
Together with CCHP  
Molina Healthcare

Common Ground Envision includes  
Ascension St. Joseph

## Is there more stress during COVID-19? Here are signs to look for

By Karen Stokes



**Dr. Johathan McCoy**

As a primary care physician, I have seen a higher level of stress in my patients. During a patient's office visit with me, it's important for me to recognize how signs of stress from the COVID-19 pandemic may be affecting a patient's overall health. Physical signs may include a change in vital signs such as a raise in their blood Pressure or pulse. Other signs may be an increased report of physical symptoms such as changes in sleep or digestive patterns brought on by underlying situational

anxiety in the setting of the COVID-19 pandemic. Many of my patients have expressed to me an increase in worrying more over things that they have no control over. I find it helpful to listen to how the COVID-19 pandemic may be affecting my patients overall mental health by validating their concerns and letting them know we all have been affected by the COVID-19 pandemic in some way. Its important to me to relay to patients that they are not alone and its ok for them to express to me how the COVID-19 pandemic has changed their life. Furthermore, I let patients know its ok if they need to seek additional behavioral health consultation.

### What are self managements?

I encourage all of my patients to recognize signs of isolation and to regularly check in with their support network. I encourage pateints to be aware of emotional triggers during the COVID-19 pandemic by reminding them to focus on things they can control and not too much on things they can't. I have them focus on being more accountable and be more aware of their own actions and reactions and not so much on the actions and reactions of others. You can only control your own comfort zone. You may not understand or even disagree how some people are handling the COVID- 19 pandemic but try to respect they may be handling the stress of COVID-19 pandemic in their own way.

### Friend or Family, When should they see a mental health professional?

If you are a friend or family member of someone who you feel may need to consult with a mental health professional due to stress of the COVID-19 pandemic, do your best to listen to their concerns and reassure them its ok for them to seek help. I tell patients behavioral health therapy is like receiving a mental massage for your mental health analogous to seeking a physical message for your physical health. In that sense, I believe anyone, can benefit from a mental therapy massage. A patient may be more open to and benefit from a "mental massage" if a therapist, doesn't go to hard, to deep, to fast. I make it a point to tell patients especially in the African American Community it should not be a stigma to seek care for your mental health. It is not an admis-

*Continued on page 15*

# FACING EVICTION?



**MILWAUKEE COUNTY IS HELPING  
PREVENT EVICTIONS. YOU COULD BE ELIGIBLE  
FOR UP TO \$3,000 IN RENT ASSISTANCE.**



COMMUNITY ADVOCATES  
Where Meeting Basic Needs Inspires Hope

**APPLY TODAY**

(414) 270-4646

[county.milwaukee.gov/covidhelp](https://county.milwaukee.gov/covidhelp)

# STAY SAFE MIKE

# Health insurance. Low-cost or free?

You have until  
December 15th.

Call 2-1-1 or visit [WisCovered.Com](https://www.wiscovers.com)

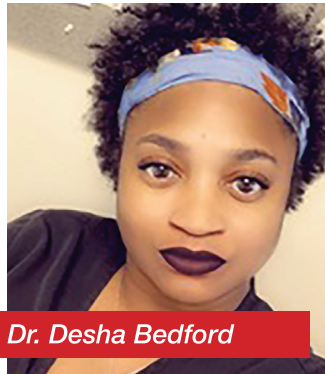
# How prisons are handling the coronavirus pandemic

By Ana Martinez-Ortiz

When the World Health Organization officially marked coronavirus as a pandemic, most people were concerned for themselves and for their loved ones. People had questions concerning food, employment and toilet paper. But for people with loved ones behind bars, another question entered the fray: what happens to prisoners during a pandemic? Dr. Desha Bedford, who specialized in internal medicine and pediatrics, has worked in the detention centers for the past seven years. Currently, she is based in Maryland and works in several detention facilities and she is a staff physician in the pediatric emergency room.

Bedford explained the practices and protocol the prison facilities have adapted.

Detainees are being tested and isolated when they come in, she said. After the test, detainees are held in quarantine for 14 days before transferring to regular housing. High risk inmates are housed together and monitored every day. Inmates are regularly tested, in case someone is asymptomatic,



Dr. Desha Bedford

**“The biggest challenge is moving them and keeping them safe,”**

Bedford said. Inmates are also required to wear a mask and the medical staff wears protective personal equipment throughout the entirety of their shift.

If an inmate tests positive, they are moved to a facility for COVID-19 patients, from there, staff continues to monitor their symptoms. Bedford said many of the positive cases are mild or asymptomatic.

An inmate may test positive but be asymptomatic, Bedford said. In that case, their temperature is checked regularly. Mild cases are treated at the facility but if the symptoms worsen, then staff determine the next step, which may include moving the inmate to a medical facility.

“The biggest challenge is moving them and keeping them safe,” Bedford said. “We’ve overcome that using telemedicine and Skype.”

Bedford said she hasn’t noticed a huge toll on the inmates’ mental health. “I have not seen an increase in suicides but there was some frustration at the beginning,” she said.

The frustrations were related to the halting of court procedures, outside appointments and visitation. Courts have now resumed virtually and in-person hearings / visitations are now virtual. Through Skype, families and friends can continue to connect with loved ones.

In Wisconsin, there have been 3,063 positive cases in correctional facilities across the state according to the State of Wisconsin Department of Corrections. In total, 48,835 tests have been administered to inmates as of Tuesday, Oct. 21.

As cases grow across the nation, Bedford urges everyone to continue practicing social distancing. She added that physicians are people too with the same fears and frustrations as everyone else.

“At some point, this is going to end,” Bedford said. “In the meantime, we have to be vigilant. Wear a mask and wash your hands.”

## Tips to Improve Mental Health Right Now

Continued from page 7

A lot of people spend money mindlessly. Wake up and think about every penny that you spend and ask yourself “is this a need or a want?” Netflix is a want and clean water is a need. Food is a need, but take out is a want. You may need a phone, but do you need an iPhone? The more mindful you are about how you are spending money, the more control you will feel over your life. This may not seem like a self care strategy, but financial wellness is the foundation upon which other forms of self care are built. How much can you save

if you have to? Can you make extra money if you need to? Having some money saved (start wherever you are and build on it) and getting out of debt reduces stress.

**4 Seek help: There are professionals trained to support individuals struggling with mental health issues.**

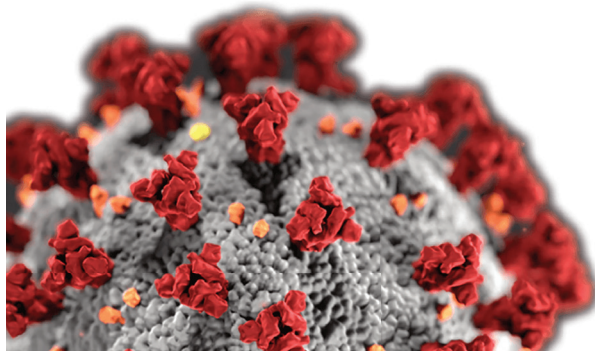
From problems brought on by recent stressors or other problems that are deeper, help is available. It will require making some calls and maybe meeting with more than one person to find the right fit, but that

work is within your circle of control. You can start the search here: <https://maryellenstrongfoundation.org/get-help/>

*Dr. Stacey Jones is a Clinical Psychologist. She is the Founder and Executive Director of the Mary Ellen Strong Foundation (MESF). MESF focuses on increasing the number of Black licensed mental health professionals in Wisconsin and Minnesota through professional development and wellness programming to combat provider burnout.*

### Overall Milwaukee County COVID-19 Summary Statistics March 1 - November 10

	Milwaukee County	City of Milwaukee	Suburbs
Total tests performed	635,133	409,248	225,885
Percent positive of all tests performed	9.5%	9.8%	9.0%
Number of confirmed cases	52,106	34,437	17,669
Number of hospitalizations	3,388	2,307	1,081
Number of deaths	617	369	248
Case fatality rate	1.2%	1.1%	1.4%



# COVID-19

## Working Together to Reduce the Danger

Milwaukee has seen an alarming increase in COVID-19 infections, and as the virus spreads, more people are hospitalized and more people are dying. Compounding the crisis, the impact of COVID-19 has disproportionately affected Milwaukee's African American and Hispanic communities.

### What is the City of Milwaukee Health Department doing?

The Health Department is working together with many partners to reduce the spread, and the impacts, of COVID-19. It is providing a hotline, case management, and sharing messages about how people can protect themselves and others. It is enforcing orders that limit gatherings, restrict bars and restaurants, and require precautions by schools and businesses. The Health Department is working to protect vulnerable people

and provide community testing for COVID-19.

We have all learned some important lessons that we apply going forward. The illnesses and loss of life has impacted too many families. The economic effects, including job losses and business closings, have created additional burdens to communities. COVID-19 has compounded the hurt that marginalized and neglected people experience. And, restrictions and limitations have affected so many parts of our lives.

There is reason to be hopeful, and to keep going with the steps that can minimize harm.

Everyone has a role to play, and until a COVID-19 vaccine is ready, the best way to reduce the danger is for all of us to take precautions. What does that mean?

- Wear a mask when you are away from your home.
- Maintain social distance – keep at least six feet away from people outside your home.
- Wash your hands often.
- Avoid gatherings.
- Get a flu shot – it won't protect you from COVID-19, but it will help the community fight the pandemic. And, it can add protection from serious flu complications.

### Look for COVID-19 symptoms, any one symptom or a combination of symptoms, including:

- Cough (new onset or worsening of chronic cough)
- Shortness of breath
- Fever
- Chills
- Sore throat
- Runny nose

- Muscle pain
- Headache
- New loss of taste or smell

If you think you might have been infected, stay home and contact your doctor. Get more information at [city.milwaukee.gov/coronavirus](http://city.milwaukee.gov/coronavirus) or call 211.

Some people with COVID-19 experience life-threatening symptoms. Get immediate emergency medical attention if you or someone else experiences:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

2020 has been a particularly difficult year. We are optimistic our lives and our health will be better in 2021.

## DRIVE-THRU

FREE - NO APPOINTMENT NEEDED

# COVID-19 TESTING

## City of Milwaukee Community Testing Sites

- **Northwest Health Center (NWHC), 7630 W. Mill Road**  
Drive-thru garage – Enter at Mill Road Library, 6431 N. 76th St.
- **Southside Health Center (SSHC), 1639 S. 23rd St.**  
Drive-thru heated tent – North parking lot
- **Monday, Tuesday, Thursday, Friday 9am-3pm • Wednesday 10am-6pm**



**ALL  
SITES  
CLOSED  
NOV. 26**

## Milwaukee County Community Testing Site

- **Miller Park – 1 Brewers Way**  
**Monday-Friday, 11am-6pm • Saturday 9am-3pm**

Drive-thru, walk up or take the free downtown shuttle

**Saturday hours start Nov. 21**

View more sites at: [milwaukee.gov/covidtesting](http://milwaukee.gov/covidtesting)

#MKECares #StaySafeMKE



## Wash Your Hands



## Wear Your Mask



## Watch Your Distance



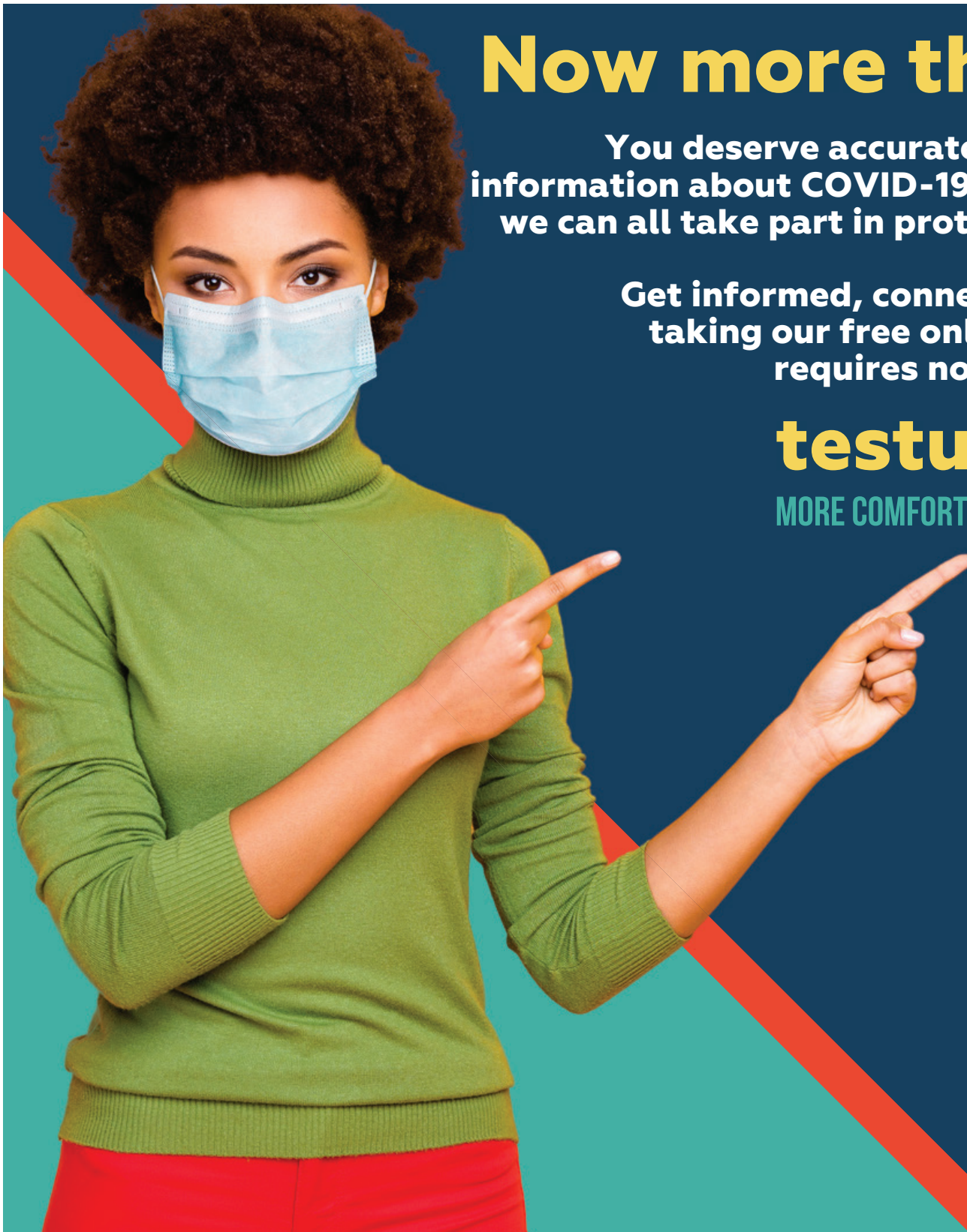
# Now more than ever...

You deserve accurate, up to date, and clear information about COVID-19 testing and ways that we can all take part in protecting our community.

Get informed, connected, and educated by taking our free online assessment, which requires no personal information.

## testupmke.com

MORE COMFORTABLE MAKING A CALL? CALL 211



TESTUP  
mke

# Like it or not, the **coronavirus pandemic** isn't over yet

By Ana Martinez-Ortiz

There is a phrase that everything has its season. This applies for the actual seasons (spring, summer, winter and fall), for style and trends and even viruses such as the common cold or flu. The past eight months or so the world has been dealing with coronavirus season.

What started as an outbreak has grown into a pandemic and researchers and scientists are still figuring out what exactly this virus entails. Part of



**Dr. Muhammad Bilal Abid**

what creates a pandemic is how quickly the disease or virus can spread.

## Signs of stress during COVID-19

*Continued from page 10*

sion or sign you are defeated or that you are “losing your mind”. Any behavior changes has a series of natural steps or challenges to overcome. I try to help patients recognize how the COVID-19 pandemic may be causing an increase stress by having the patient recognize certain emotions they may be causing such as denial, guilt, depressed mood or anger. These emotions can make it hard for individuals to reach a level of acceptance the world may never return to the way we used to know it. Seeing a mental health professional may help patients better navigate these emotions and alleviate their underlying stress caused by the COVID-19 pandemic.

I encourage everyone, especially African Americans, even if you are doing well at this time, to identify and build a relationship with a primary care provider. At a minimum have a yearly exam.

Dr. Muhammad Bilal Abid is an assistant professor of infectious disease at the Medical College of Wisconsin. Abid explained that when Wisconsin experienced its first outbreak, the rate of transmission – as depicted by the viral reproduction number – was estimated between 1.5 and 3.5. This meant that these many new infections could stem from a single infected individual.

Currently, the rate is still above 1 as cases continue to increase in as many as 42 states, including Wisconsin.

Through individual and community mitigation strategies, the goal is to bring this number down to less than one, which indicates that the infection will spread only slowly and will eventually die out, Abid said.

Wisconsinites are urged to continue to take the pandemic seriously, particularly with the holiday season around the corner.

In the wake of growing number of cases, the Centers for Disease Control and Prevention issued new guidance on Wednesday, Oct. 21 expanding the definition of ‘close contacts’ to determine who is at risk for coronavirus infection.

Per CDC, ‘close contacts’ previously meant spending a solid 15 minutes within six feet of an individual who tested positive for coronavirus, but now the expanded definition is changed to a total of 15 minutes or more.

So even shorter but repeated contacts adding up to 15 minutes within 24 hours will count now as ‘close contact.’ The new definition is likely to have to its greatest impact on workplaces, schools, and other group settings where people are in contact with others for extended periods of time, Abid said.

“It’s important to keep circling back to the basics and carry on with mitigation strategies,” Abid said, i.e. avoiding large gatherings, practicing social distancing, washing one’s hands and wearing a mask.

When someone tests positive in a multiple person household there are some logistical challenges attached, Abid said. While the CDC has issued some guidelines to help people care for and cohabit with a positive

case, it’s not always easy.

Abid said caregivers can help a patient with their basic needs but should make little to no physical contact with them. If possible, have a space and bathroom dedicated for their use only. Which Abid acknowledged isn’t always possible.

“If a bathroom has to be shared then sick individuals must ensure to disinfect after each use,” Abid said, adding that other members of the household should increase wait time in between uses to minimize the transmission risk of the virus.

Abid added that wearing a mask, regularly washing hands, cleaning frequently touched surfaces, and cleaning clothes with hot water are other ways to prevent the spread of the virus.

For people living in low-income neighborhoods, the challenges are often greater. In fact, low-income neighborhoods are considered more vulnerable according to Abid.

Working from home and being able to socially distance are privileges, Abid noted.

Someone’s socio-economic status plays a role in their residential space, the number of people in a household, if they use public or private transportation, if they have the money for resources and more, Abid said. Furthermore, those who are considered low income are often essential workers.

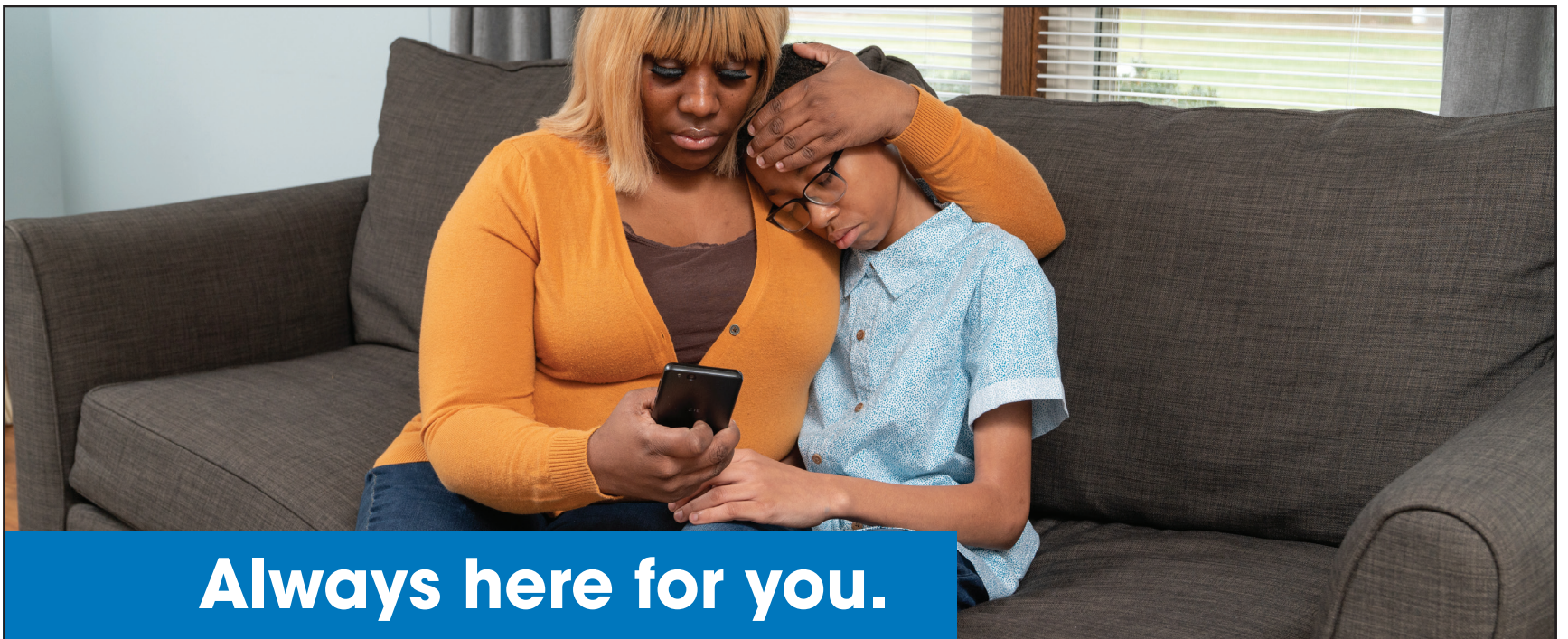
The pandemic also brought to light the disparity rate that many minority groups face when it comes to health care and health. These disparities were noted a while ago Abid said, but COVID-19 shows that there’s a continued ongoing difference in treatment.

Everyone has an implicit bias, Abid said, which is why it is essential that everyone continues to educate and learn and be humble. All patients deserve to be treated with dignity and respect by every medical professional, Abid said.

When it comes to surviving this pandemic and treating all Milwaukeeans equitably, Abid said it’s going to take the collective approach.

“We need to realize, either all of us thrive and survive together or none of us do,” Abid said.





**Always here for you.**

**Wherever you need 'here' to be.**

**Children's Wisconsin offers online urgent care video visits, which provide 24/7 pediatric urgent care through the convenience of your phone or mobile device.**

Get the care and advice you need, from pediatric providers you trust, all from the comfort of your home.



Kids deserve the best.

[childrenswi.org/urgentcare](https://childrenswi.org/urgentcare)

