



Your New Mexico Purchasing Cooperative

**CES**

# *SPECIAL NEWSLETTER*

**Coronavirus (COVID-19) Issue**

## **Information & Resources on the Coronavirus (COVID-19)**

16 March 2020

Dear Reader,

Our world has become increasingly and rapidly disrupted by the COVID-19 Coronavirus and its implications. CES, in attempting to provide helpful information to its members and vendor partners, is publishing this special edition Newsletter.

We have included a variety of information from sources that we believe can be helpful. Please feel free to share the entire Newsletter or any portion thereof with those you believe may be helped by its content. We are providing links for the included information so that the reader may follow up with any source to see if there is additional information available.

We wish each of you, especially during the current public health crisis, safety and good health.

CES will continue operations at our Albuquerque Headquarters and two remote sites. We are continuing to serve our patrons, schools and municipalities. Please contact us if there is a need for your organization that we may help to fill.

Sincerely,

David Chavez, Executive Director





## Be Aware, But Don't Panic: How To Deal With Coronavirus Fears

Shareable, Posted on March 13, 2020 by Henry Ford Health System Staff

The coronavirus, or COVID-19, is inciting panic for a number of reasons. It's a new virus, meaning no one has immunity, and there is no vaccine. Its novelty means that scientists aren't sure yet how it behaves — they have little history to go on. Last week, the World Health Organization (WHO) labeled the virus as a pandemic. In the stock market and communities alike, herd mentality is taking over: people are being influenced by one another and letting emotions dictate their behavior, instead of taking a rational approach. (Herd mentality can explain why both the stock market has plummeted and why toilet paper is flying off the shelves, says Henry Ford Health System psychologist Philip Lanzisera, Ph.D.)

Measures are being taken that are unprecedented in recent history: schools are closing, sports teams aren't playing, vacations are canceled, family gatherings rescheduled. Although these preventative actions are for good reason, they can also partly explain why people are getting worried.

"These are appropriate things to do, but it's understandably frightening because nothing like this has happened in our lifetime," says Dr. Lanzisera. "It's human to be anxious. At the same time, there are lots of reasons not to be scared. Be reasonable and be cautious, but don't be frightened."

Here, he shares how to keep calm amid a wave of panic.

- Stay away from social media and up-to-the-minute news. "What makes the news? Worst-case stories," Dr. Lanzisera says. "What we don't hear about—at least not with the graphicness of the horror stories — is the majority of people who recover without any particular intervention. When you're consumed by the news, mindless terror takes over. Focusing on horror stories fuels anxiety and fear." Keep yourself informed — check for factual updates on the virus from trusted sources like the Centers for Disease Control (CDC)—but refrain from obsessive Googling.
  - Know the facts. The WHO has labeled COVID-19 as a pandemic, but that doesn't mean you need to freak out. A pandemic doesn't describe the deadliness of an illness, but how widespread it is. As of now, 80% of people infected experience mild, cold and flu-like symptoms. Also, according to the CDC, COVID-19 is thought to be a droplet disease, meaning it spreads from person to person via respiratory droplets, like when someone coughs or sneezes. Constructive precautions to take include staying away from large crowds, disinfecting surfaces, and washing your hands frequently.
  - Actively remind yourself of reasons not to worry. "There are questions we use to cope with anxiety," Dr. Lanzisera says. "Ask yourself: what are all of the reasons I should feel safe? What are all of the things I am doing to make a bad outcome less likely? Why should I not be afraid?" Reassure yourself with steps you're taking recommended by the CDC like washing your hands and staying away from concerts and large venues. Counter your fear and be deliberate in your defense, he says.
  - Create a new routine. If you're stuck at home with the kids, that doesn't mean you can't go outside. Take a walk, go for a bike ride. Staying cooped up inside the house isn't good for you, Dr. Lanzisera says. "Don't be afraid to do things that are low-contact, enjoyable, and healthful," he says.
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- Occupy your mind with relaxing hobbies. Whether you play the piano, read a book, paint, play a board game or meditate, all of these activities can help calm your mind and prevent you from reaching for your phone or computer and falling into a downward spiral of despair.
  - Live alone? Call a friend. Luckily, we live in a tech age that allows us to connect with friends, even while stuck at home by ourselves. Whether on the phone or via Skype, talking to people has been proven to reduce depression and feelings of anxiousness. (But try not to talk all about the coronavirus!)

If you have severe anxiety, seek help from a specialist. If you have a history of anxiety, you might need additional help. Dr. Lanzisera recommends talking to a professional who can further help you deal with your fears head on.

<https://www.henryford.com/blog/2020/03/how-to-deal-with-coronavirus-fears>

### **Information from the New Mexico Public Education Department (NMPED)**

- Gov. Michelle Lujan Grisham announced Friday that New Mexico K-12 public schools will close for three weeks, effective Monday, March 16, to mitigate the risk of community spread of COVID-19.
- Schools will not be required to make up the missed instructional days at the end of the academic year, the Public Education Department said.
- School kitchen staff will be on the job, preparing shelf-stable meals for grab-and-go pickup at school cafeterias and other sites for the many New Mexico families that depend on school meals.
- Many school cafeterias will remain open, and workers will prepare meals that parents or students can grab and go at specified times. Other districts are arranging delivery by school bus or National Guard to students in remote areas.
- More information can be found at: <https://www.newmexico.gov/education/>

### **Higher Education Institutions in NM**

- Spring Break will be extended an additional week for all students.
- During this additional week of Spring Break, New Mexico Universities will finalize plans to initiate alternative instructional methods.
- All large events and gatherings sponsored by Universities or those scheduled in University facilities are canceled through April.
- All University-sponsored or funded travel out of state as well as international, is suspended until further notice.

<https://www.krqe.com/health/coronavirus-new-mexico/schools-colleges-university-closed-coronavirus/>



## Restrictions on Public Gatherings in New Mexico

All restaurants, bars, breweries, eateries and other food establishments shall operate at no greater than 50 percent of maximum occupancy and no greater than 50 percent of seating capacity. In addition, tables and booths may not seat more than six people, and all occupied tables and booths must be separated by at least six feet. Patrons may not be seated at bars, and standing patrons will not be served. The public health order prohibits gatherings of 100 or more but includes specific exemptions for shelters, retail or grocery stores, courthouses, correction and detention facilities and hospitals, among others.

More information from the New Mexico Department of Health can be found at: <https://cv.nmhealth.org/>

## How to Protect Yourself

### Know How it Spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
  - The best way to prevent illness is to avoid being exposed to this virus.
  - The virus is thought to spread mainly from person-to-person within about six feet from one another through respiratory droplets produced when an infected person coughs or sneezes.



### Take Steps to Protect Yourself

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
  - Avoid touching your eyes, nose, and mouth with unwashed hands.



### Take Steps to Protect Others

Stay home if you're sick  
fact

Cover Coughs and Sneezes

Clean & Disinfect



For more preventative measures visit: [https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fprevention.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fprevention.html)



## As of This Week

(AP) - The Trump administration said Monday that the public should avoid gatherings larger than 10 people and cancel discretionary travel, among other social distancing guidelines, in a bid to slow the coronavirus outbreak.

The White House is recommending that older people and those with underlying health conditions “stay home and away from other people” as it continues to step up efforts to halt the spread of the novel coronavirus pandemic.

The White House is laying out steps it is encouraging Americans to take as part of a campaign that it is calling, “15 days to slow the spread.”

They also want Americans to work from home if possible, avoid eating or drinking in bars and restaurants, and “avoid discretionary travel, shopping trips, and social visits.”

The White House is also advising governors in states with evidence of community transmission to close schools and says that states with evidence of community spread should close restaurants, bars, gyms, and other venues where people gather.

<https://www.ksnbllocal4.com/content/news/US-moves-nearer-to-shutdown-amid-coronavirus-fears-568824101.html>

## Information for Small Business Owners (US Small Business Administration)

*SBA to Provide Disaster Assistance Loans for Small Businesses Impacted by Coronavirus (COVID-19)*

WASHINGTON – SBA Administrator Jovita Carranza issued the following statement today in response to the President’s address to the nation:

“The President took bold, decisive action to make our 30 million small businesses more resilient to Coronavirus-related economic disruptions. Small businesses are vital economic engines in every community and state, and they have helped make our economy the strongest in the world. Our Agency will work directly with state Governors to provide targeted, low-interest disaster recovery loans to small businesses that have been severely impacted by the situation. Additionally, the SBA continues to assist small businesses with counseling and navigating their own preparedness plans through our network of 68 District Offices and numerous Resource Partners located around the country. The SBA will continue to provide every small business with the most effective and customer-focused response possible during these times of uncertainty.”

SBA’s Economic Injury Disaster Loans offer up to \$2 million in assistance for a small business. These loans can provide vital economic support to small businesses to help overcome the temporary loss of revenue they are experiencing.

<https://www.sba.gov/about-sba/sba-newsroom/press-releases-media-advisories/sba-provide-disaster-assistance-loans-small-businesses-impacted-coronavirus-covid-19>



## A Sampling of Free Online Learning Resources for Kids K-12

31 Free Educational Websites Parents Can Access While Schools Are Closed

<https://www.popsugar.com/family/free-online-educational-resources-for-kids-47311368>

200 Free Kids Educational Resources: Video Lessons, Apps, Books, Websites & More

[http://www.openculture.com/free\\_k-12\\_educational\\_resources](http://www.openculture.com/free_k-12_educational_resources)

Source For Childhood Learning On The Internet

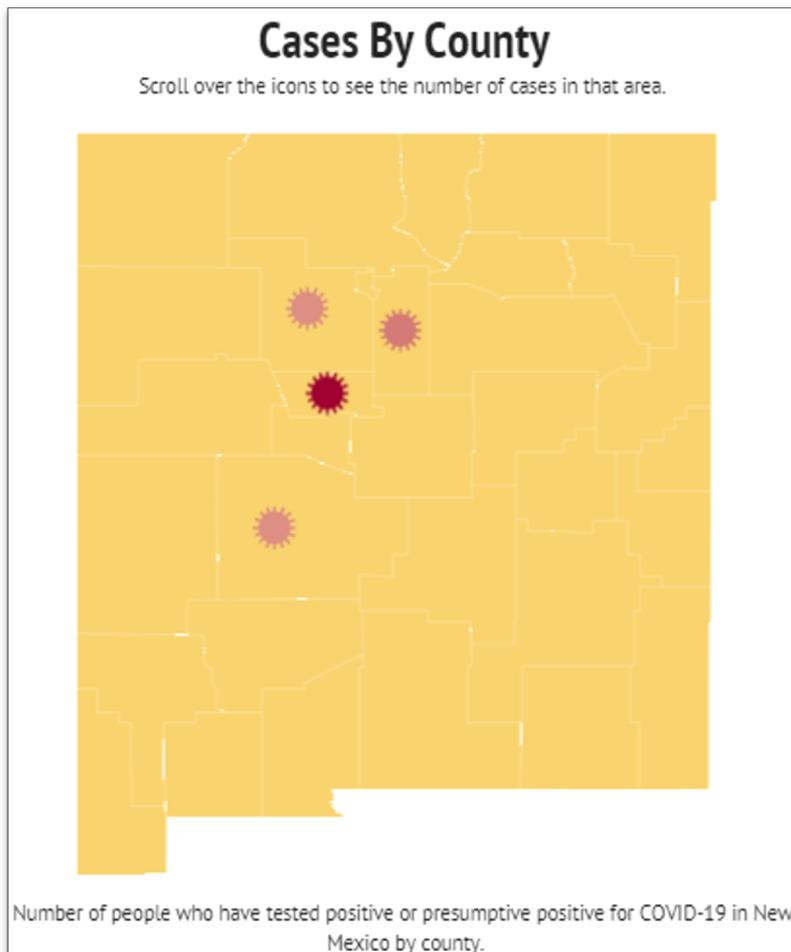
<https://www.e-learningforkids.org/>

Fun and Free Educational Websites for Kids

<https://www.verywellfamily.com/best-free-educational-websites-for-kids-3129084>

25 Killer Sites For Free Online Education - Lifehack

<https://www.lifehack.org/articles/money/25-killer-sites-for-free-online-education.html>



<http://nmindepth.com/2020/03/13/map-new-mexico-covid-19-cases/>