



All Healers Mental Health Alliance

My Loved One is Sick with COVID-19!

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COVID-19 is infecting and killing the Black community and it is important that we not wait until we are sick to prepare. Being Black in America makes us at greater risk for COVID-19 because of unequal treatment in healthcare, and a history of racism. We must be prepared for the worst and these are the steps we are recommending you take!

PREPARE NOW!

Personal Hospital Emergency Kit - For every breathing member of your family, regardless of age

- Complete Legal Name, Address, Birthday, Healthcare Proxy (Person you want to make healthcare decisions for you), Advance Directives (Living Will), Will, Power of Attorney (Person you want to make legal decisions for you)
- Insurance Information - Medicare, Medicaid, private
- Height, Weight, Last Exam, Blood pressure, Blood sugar, Cholesterol, Last Menstrual Period
- Past Medical History - High Blood Pressure, Diabetes, Asthma, Heart Disease, HIV, Hepatitis C, Kidney Failure, etc.
- Medications - list of all medications, dosage, and instructions and the doctor that prescribed them; all known allergies to medications
- Social History - smoking (tobacco, marijuana, vaping), and use of drugs and alcohol
- Family Medical History of Medical Illnesses

COVID TESTING - Nasal swab

- Availability by location
- Usually considered if persistent complaints of fever, cough, shortness of breath, loss of smell, headache, generalized weakness, etc.

Seek Medical Attention

- Need to contact a known primary care provider; insurance call center; nearest Emergency Room
- Transport of Loved One to Emergency Room - Prepare a small labeled personal bag with; cell phone and charger, and Hospital Emergency Kit - A face mask should be used by Loved One during transport - family members aren't allowed to accompany loved one in the Ambulance, Emergency Room or the hospital



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**Emergency Warning Signs - Loved One Needs Immediate Medical Attention - Call 911
(Notify dispatch that COVID-19 is suspected)**

- Trouble breathing
- Pain or pressure in the chest
- New confusion or difficulty waking up
- Bluish lips or face
- Any other severe or persistent symptom

Even though family members can't visit the hospital and directly ask doctors and nurses questions face-to-face, they still have to be an advocate for their Loved One (families should select one responsible family member to maintain an ongoing relationship with the hospital-based healthcare team). This family member will keep a log of asked questions, answers, and who they talked to on the healthcare team and when. Then they can relay this information to the other family members.

The Chosen Family Members should get the following information:

- Location of Loved One, in the Emergency Room
- Location of Loved One, admitted to a specific room, for example, 307 Bed B; or Nursing Unit, 3 North
- Diagnosis in the Emergency Room
- Attending Physician (physician in charge who has primary authority, accountability, and responsibility) is usually the same Doctor until discharged; Attending Physicians in the Emergency Room change each shift, and Nurse assigned to Loved One each shift
- Decide the best time to talk to the healthcare team: Attending Physician, Nurse, Nurse Practitioner, Physician Assistant, House Staff (residents and fellows who are physicians in training), Social Worker, Case Manager, etc.
- Ask what treatments (oxygen, ventilator) and medications, your Loved One is being given (how much and how often) - compare with medications usually taken; inquire about COVID-19 clinical trials at the hospital that may offer new treatments that could help your Loved One



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After Hospitalization

- When your Loved One is released from the hospital, make sure you have clear instructions about medications, especially new medications (dosage, instructions, and for how long); whether to remain in quarantine/isolation and other protective measures that should be taken
- Your Loved One should follow up with their primary care physician or be referred to a hospital-based clinic (with access to the hospital medical record) for completion of their medical care, recovery, and follow-up