

September 2020

FY 20/21 Final Budget – September 2020

Juvenile Justice Bureau			
Description	FY 20/21	FY 19/20	Difference
Salary and Wages	1,460,945.27	1,322,296.82	138,648.45
Fringe Benefits	700,963.35	715,367.41	<14,404.06>
Travel	7,000.00	13,500.00	<6,500.00>
Maintenance and Operations	217,458.00	217,458.00	
Capital Outlay	11,166.20	33,031.00	<21,864.80>
TOTAL	2,397,532.82	2,301,653.23	95,879.59

Juvenile Justice Detention			
Description	FY 20/21	FY 19/20	Difference
Salary and Wages	3,638,510.19	3,263,463.28	375,046.91
Fringe Benefits	1,587,150.66	1,411,998.88	175,151.78
Travel	10,500.00	4,000.00	6,500.00
Maintenance and Operations	553,493.00	553,493.00	
Capital Outlay	49,010.40	67,064.00	<18,053.50>
TOTAL	5,838,664.25	5,300,019.16	538,645.08

Juvenile Justice Combined Budget Comparison			
Total Combined FY 20/21	Total Combined FY 19/20	Difference	% Increase or Decrease
8,236,197.07	7,601,672.39	634,524.68	↑ 8% Increase

The increase in funding for FY 20/21 will provide for the following:

- Annualizing of detention officer salary increases from FY 19/20
- A 3% cost of living adjustment (COLA) for all employees retroactive to July 2020
- A 2% merit increase for all eligible employees retroactive to July 2020
- An additional full-time position for the detention kitchen

FY 20/21 Capital projects under consideration by the Budget Evaluation Team:

- The installation of a building management system for the air handling units (\$45,000)
- The addition of a courtroom lobby for the first floor (\$200,000)
- The repair and/or replacement of some of the detention kitchen plumbing (Obtaining estimates)
- The installation of an air purification system that utilizes both Bi-polar Ionization and UVC Germicidal Lighting for the entire building (\$131,863)

FY 20/21 Capital projects approved:

- The installation of fire safety cut-off valves for all the generators (\$3,000)
- The joint sealant repairs to sky light windows in probation office area (\$4,766)
- Adding additional smoke detectors on the 4th floor (\$9,100)
- The replacement of detention's hardware and intercom system (\$32,561)

911 Tragedy — We Must Never Forget





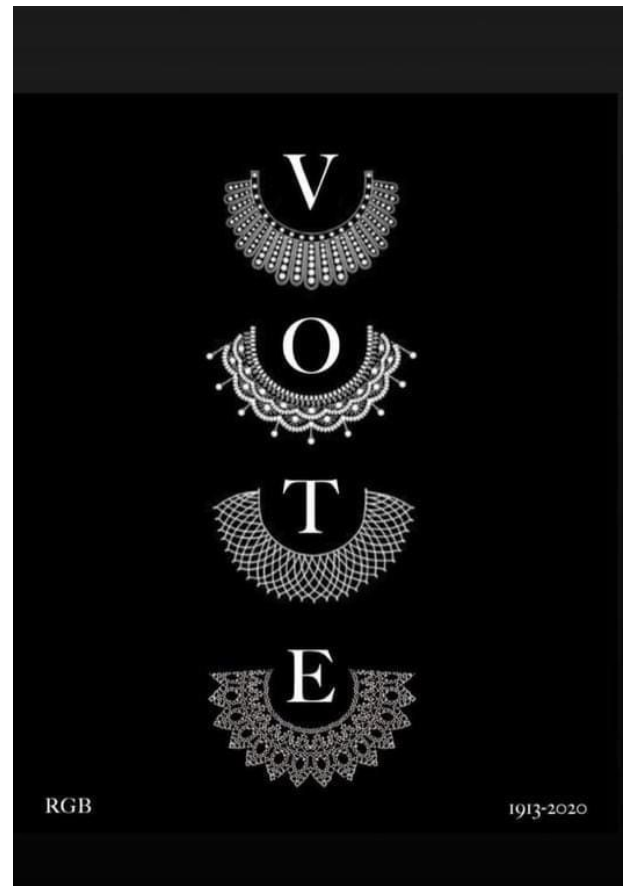
Ruth Bader Ginsburg

Ruth Bader Ginsburg, U.S. Supreme Court Justice, passed away on September 18, 2020 from complications of metastatic pancreatic cancer. She spent much of her legal career as an advocate for gender equality and women's rights, winning many arguments before the Supreme Court and was the second woman appointed to the U.S. Supreme Court.

In 1980, President Jimmy Carter appointed Ginsburg to the U.S. Court of Appeals for the District of Columbia. She served there

until she was appointed to the U.S. Supreme Court in 1993 by President Bill Clinton. In 1996, Ginsburg wrote the Court's 7—1 opinion declaring that the Virginia Military Institute could no longer remain an all-male institution. In 1999, Ginsburg won the American Bar Association's Thurgood Marshall Award for her contributions to gender equality and civil rights.

In 2015, Ginsburg sided with the majority in two (2) landmark Supreme Court rulings. On June 25th, she was one (1) of six (6) justices to uphold a critical component of the 2010 Affordable Care Act—often referred to as Obamacare—in *King v. Burwell*. The decision allows the federal government to continue providing subsidies to Americans who purchase healthcare through “exchanges,” regardless of whether they are state or federally operated. On June 26th, the Supreme Court handed down its second historic decision with a 5-4 majority ruling in *Obergefell v. Hodges*, that made same-sex marriages legal in all fifty (50) states.





September 16th is one of Mexico's most important holidays. Every year, local mayors and politicians re-enact the famous Grito de Dolores. In Mexico City, thousands congregate in the *Zócalo*, or main square, on the night of the 15th to hear the President ring the same bell that Hidalgo did and recite the Grito de Dolores. The crowd roars, cheers and chants, and fireworks light up the sky. On the 16th, every city and town all over Mexico celebrates with parades, dances, and other civic festivals.

Some people mistakenly believe that Cinco de Mayo, or May Fifth, is Mexico's independence day. That's not correct. [Cinco de Mayo](#) actually celebrates the unlikely Mexican victory over the French at the [Battle of Puebla](#) in 1862.





DHS-Child Welfare Division

Friday, 10/9/2020

1:30 pm - 4:00 pm

5905 N. Classen Court

Bloodmobile

**Click the drive information above to schedule
your life-saving appointment.**

All donations* will be tested for COVID-19 antibodies
to identify potential convalescent plasma donors.**

Appointments preferred, to help with social distancing. Walk-ins
accepted as schedule allows. Masks Required.

*Donors ages 16 or 17-years old need parental consent to be screened for COVID-19 antibodies and are not eligible to donate convalescent plasma. **This test has not been FDA cleared or approved. It has been authorized by the FDA under an EUA (Emergency Use Authorization) for use by authorized laboratories. The test has been authorized only for the detection of the IgG antibody against SARS-CoV-2, not for any other viruses or pathogens. Blood drives will be managed according to CDC safety recommendations. Test results will be made available post-donation.



**ALL DONORS RECEIVE
their choice
OF OSU OR OU T-SHIRT*!**

877-340-8777 | OBI.ORG |



*While supplies last. Photo ID required.

2020 - - 901 North Lincoln Blvd., Oklahoma City, OK 73104 - - If you have been told previously by Your Blood Institute or another blood center that you should never donate blood, please disregard this message. If you recently made a blood donation, or if you have already scheduled an appointment to donate blood, please accept our thanks on behalf of the patients whose lives you may have touched. Those who are in generally good health and meet the age and weight requirements may be eligible to donate blood.



November 1, 2020 is the date we end daylight savings time, and we all “fall back.” By that date, some of you will arrive and/or depart when there is no daylight. By the time we “fall back”, everyone should either be arriving or departing when there is no daylight.

Last year the Maintenance Department installed more lighting in the parking lot and security cameras are in use. Always be aware of your surroundings and be careful when arriving to work in the dark hours.





David Mugisha
Probation Officer I

**OCJB Probation Officer of the
2nd Quarter**

Someone You Should Know...

David Mugisha is from Uganda, Africa. He and his family moved to the United States in 2009 in search of better opportunities. Officer Mugisha has been married to his wife Rose since 2008 and they have three (3) beautiful children together. One of Officer Mugisha's hobbies is cooking; his favorite food to cook is beef steak.

Officer Mugisha began his career at the Oklahoma County Juvenile Bureau (OCJB) in 2017 where he worked in the Oklahoma County Juvenile Detention Center (OCJDC) for two (2) years. While working in the OCJDC, Officer Mugisha was employee of the month twice and promoted to Detention Officer II. He recently joined the Court Services Department as a Probation Officer in January of 2020.

Officer Mugisha states that his purpose here at the OCJB is to influence the youth as much as possible. Officer Mugisha's co-workers describe him as easy going, helpful, and hardworking individual.

**Congratulations Officer David Mugisha for being selected as
Court Services Employee of the second Quarter!**

DETENTION OFFICER OF THE MONTH AUGUST 2020



DETENTION OFFICER I, CASSIE AIELLO

Cassie Aiello's passion for law enforcement began at the young age of five, when she was deputized with a small plastic badge from an Oklahoma City Police Officer at the State Fair. Cassie has knowledge of several different areas of law enforcement. She graduated from Francis Tuttle's Criminal Justice program with very high scores. Cassie also received a gold medal for competing in the State Championship in mock-style police tactics and procedures. Detention Officer Aiello also studied Criminal Justice as well as worked as a Community Service Officer at the UCO Police Department. Cassie is a very pleasant, kind hearted, intelligent person who loves guinea pigs.

DO Aiello has been employed with OCJDC since November 1, 2017. In that time, we have watched her grow as an officer and share her knowledge with others. She rarely ever calls in and works contingency without complaint. Her journey in law enforcement is what led her to the juvenile detention center, where she strives to be a positive role model. DO Aiello strongly believes that everything happens for a reason and despite any adverse life experiences; you can always end up on top! Our sincerest gratitude to you DO Aiello for all you do!

**Congratulations to Cassie Aiello for being Detention Officer of the Month
for August 2020!**



Shawn Clewis Probation Officer II

**Court Services' Employee
of the 3rd Quarter**

Someone You Should Know

Shawn Clewis is someone you should know; he was born and raised in Oklahoma City, Oklahoma, and attended Millwood High School (Go Falcons). While attending Millwood High School, Shawn helped his team obtain one (1) state championship as a wide receiver in football, and two (2) state championships in basketball as a guard. After all of his accomplishments in high school Shawn was sought out by several division I colleges for football, but he opted out of those offers to engage in what he identified as his spark and that is basketball. Shawn attended Seminole State College where he continued his sports career in basketball. He earned his Associate's Degree in Business and helped his team win their first National Association of Intercollegiate Athletics (NAIA) Championship. Shawn then accepted a basketball scholarship at the University of Science and Arts (USAO) in Chickasha, Oklahoma. While attending USAO, Shawn obtained his Bachelor's Degree in Mass Communications and helped his team win their first NAIA Division II Championship.

Shawn began his career at the Oklahoma County Juvenile Detention Center (OCJDC) in March of 2015 as a Detention Officer. He worked as a Detention Officer for a year and a half and was promoted to Probation Officer in September of 2016. Shawn was promoted to a probation officer II in August 2019. Shawn never hesitates to assist with training new employees and is one (1) of the program facilitators of The Council for Boys and Young Men.

Shawn and his wife will be celebrating their four (4) year anniversary in November. They have six (6) children together, five (5) young women and one (1) young man, two (2) of which are in college. In his free time, Shawn enjoys fishing every chance he gets, and spending time with his family. Shawn stated, "The one thing I've learned is to never judge another person for what they have done, but to understand why, and once you understand the reason, you can put yourself in a position to HELP.

**Please join me in congratulating Shawn Clewis as the OCJB Probation Officer of the
3rd Quarter of 2020!**



Blanca Juarez Intake Officer I

OCJB Probation Officer of the
1st Quarter

Someone You Should Know...

Blanca Juarez has been selected as the Court Services Probation Officer of the first quarter (January-March). Blanca was born in Nuevo Laredo, Mexico but was raised in Oklahoma City, Oklahoma, and graduated from Northwest Classen High School in Oklahoma City, Oklahoma, in 2014. Blanca received her Associate Degree in Police Science from Oklahoma State University – Oklahoma City in 2017. She is currently working on a second Associate Degree in Enterprise Development from Oklahoma State University – Oklahoma City and anticipates graduating in December 2020. She plans to attend The University of Central Oklahoma in January of 2021 to pursue a Bachelor's Degree in Sociology and Human Services with a minor in Substance Abuse.

Blanca is the youngest of four and enjoys spending time with her French bulldog, Romeo. Blanca also likes going to the gym and spa. Her favorite sports team is the Texas Longhorns. Blanca plans to one day open a halfway house that emphasizes financial literacy to help people transition back to society from prison.

In November 2017, Blanca started her journey with the Oklahoma County Juvenile Bureau (OCJB) as a cadet. She was promoted to a Detention Officer I and then Detention Officer II before being promoted to the Intake and Diversion Services Unit (IDSU) in October 2019 as an Intake Officer I (IOI). Blanca's co-workers have described her as a hard worker, willing to help out, and very passionate about helping the youth and families she serves.

**Congratulations to Blanca Juarez for being selected as Court Services
Employee of the Quarter!**

Kudos To You

Congratulations to **Simba and Emily Fees**. They are officially certified and providing support to the youth we serve!

A big thank you to **Heather Neunlist** for all the work she does to maintain our CARES act requests.

Kudos to **Gene Frantz** for tying the knot this month!

Thank you doesn't describe how much I appreciated all of the work and support provided by **Valerie Lee, Hannah Dix, Estabraq Al-Adhami, and Heather Neunlist** during the FY 20/21 budget preparation and presentation process. Couldn't have done it without you all!

Kudos to **Chief of Court Services Hajr Hamin and her entire team** for the back to school event for the youth we serve. Great job!

Thank you to all the downtown **IT employees** for providing us great support. Thank you for getting all of our laptops set up quickly. And Rich Stewart, thank you for coming over to provide us training! We appreciate the county IT team!

Thank you to **all the employees in the bureau**. I am so happy you are being recognized for the true heroes that you are!

J'me Overstreet

Kudos for **Ms. McConnell** for doing an amazing job!! Go Erin we love ya!!

Kudos for **Mr. Windham** for a job well done!!

Kudos for **Mr. Black** for always making sure training class has amazing amenities!! Love the banana muffin.

Kudos to **SSII Davis and SSII Hayes, SSII Christener** for doing an amazing job!! We appreciate you guys!!

Kudos for **Ms. Rose** for being amazing and for being helpful!! Thank You & You are appreciated lady..

Delma Harding

If we all agree that as people we are equal than why can't we all see what's evil

— H.E.R.

Kudos To You

Kudos to **Probation Officer Erin Pence** for talking with a youth detained in the OCJDC during a challenging time. Officer Pence was able to redirect the youth by using the connecting and empowering principles of TBRI to encourage the youth, which helped with her day Great job, Erin!

Emily Fees

Kudos to **the Juvenile Center (Juvenile Bureau/Detention, PD, DA, Court Clerk Staff, Judges and Bailiffs, DHS, Sheriffs)**, it's a very trying time as we all attempt to stay COVID-19 free and still do your jobs.

Kudos to **the Staff** that had to endure COVID-19. You healed and came back to work and your continuing to push through.

Margie Byrd-Dean

We are truly blessed and if more people felt that way we would all be happier. Let the chaos be the color of your outfit and not the surroundings your in. —Anonymous

STRIVE TO BE A POSITIVE ROLE MODEL

Positive role models influence our actions and motivate us to strive to uncover our true potentials and overcome our weakness. Having them pushes us to make the most of our life, make the most of our life. **Role** models are a must for self-improvement because we must have a standard to strive for or compare ourselves with.

- ⇒ Lead by example and show them what a good person is. You want your TEAM to learn from you by following your actions.
- ⇒ You teach by your actions.
- ⇒ Good role models have to be optimistic in order to see the opportunity in everything, and be willing to attempt things no matter whether somebody else thinks it's impossible or not.
- ⇒ This has a big effect on how those looking up to role models decide to conduct themselves in life. If your role model, the one you look up to most, is optimistic then you're more likely to follow suit because you want to be like them.
- ⇒ Therefore you begin to see the opportunity in things to, which is crucial in a world where people are constantly trying to tell you things are impossible, that they can't be done and you should just give up and stop wasting your time.
- ⇒ Being respectful is important when working with people because everybody is different; everybody has their own goals and dreams, and so even if you personally can't quite make sense of them it's important to respect that if you're going to be working with them.
- ⇒ If you are **empathetic towards people**, then it's a lot easier to work with one another, because you have a vague, if not good understanding of a person's situation and the shoes that they walk in.
- ⇒ Therefore, when looking for good role models, choosing one that's empathetic not only benefits you because they feel more compelled to help you out, but also because they will be able to give better advice, since they have a greater understanding.

OCJB Family Night



The Court Services Department hosted their second family night event of the year. They provided school supplies, food, and snack bags. A total of 19 youth appeared with their families. Also, the Court Services Department provided food to those deprived youth attending court on this day.



UPDATE

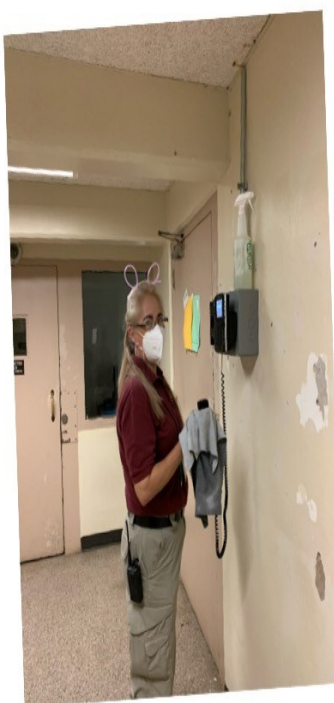
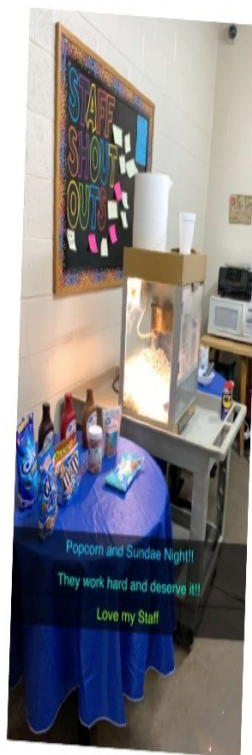
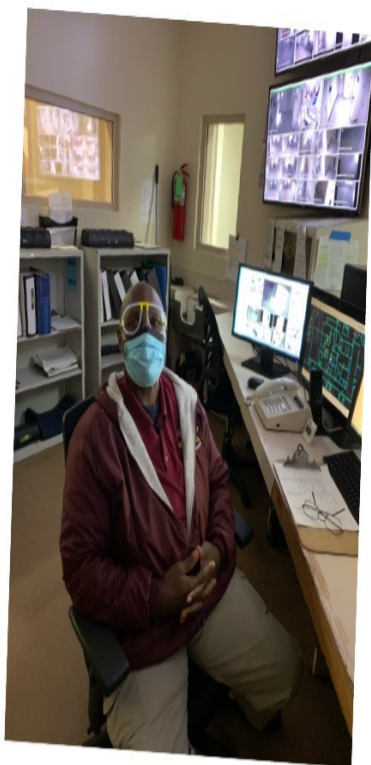
Simba the Therapy Dog

After more than one (1) year of obedience training and four (4) separate training classes, **Simba has officially received his Therapy Dogs Inter-national certification.** Simba has worked relentlessly towards obtaining his therapy dog certification, and looks forward to working with the youth the OCJB serves. Simba would like to thank the Arnall Family Foundation for their financial support, and assisting the OCJB in providing more trauma-informed services for the youth.



Have a good one!! We did!! Popcorn, Milkshakes and
Glowing Staff!

The Most Beautiful Thing That You can be...is Yourself...



Spicy Chicken Taquitos

YIELDS:12

PREP TIME:0 HOURS 15 MINS

TOTAL TIME:0 HOURS 45 MINS

DIRECTIONS

1. Preheat oven to 425° and grease a large baking sheet with cooking spray. In a large bowl, combine chicken, cream cheese, chipotle and sauce, cumin, and chili powder. Season with salt and pepper.
2. Place tortillas on a microwave safe plate and cover with a damp paper towel. Microwave 30 seconds, or until warm and more pliable.
3. Spread about ¼ cup of filling on one end of tortilla, then sprinkle a little of cheddar and pepper jack next to filling. Roll up tightly and place seam side down on baking sheet. Repeat with remaining filling and cheese.
4. Bake until crispy and golden, 15 to 20 minutes.
5. Serve with avocado cream sauce, Pico de Gallo, and queso fresco

FOR TAQUITOS

Cooking spray

3 c. shredded cooked chicken

(8-oz.) block cream cheese, softened

1 tsp. cumin

1 tsp. chili powder

Kosher salt & Ground black pepper

12 small corn tortillas

1 1/2 c. shredded cheddar

1 1/2 c. shredded Pepper Jack

Pico de Gallo, for serving

Crumbled queso fresco, for serving

FOR AVOCADO CREAM SAUCE:

In a food processor, blend together avocado, sour cream, cilantro, garlic, and lime juice. Season with salt and pepper. Pour into a bowl and press plastic wrap directly over surface and refrigerate until ready to use.

FOR AVOCADO CREAM SAUCE

1 large avocado, pitted

1/2 c. sour cream

1/4 c. packed cilantro leaves

1 clove garlic

Juice of lime

Kosher salt & Ground black pepper



Covid-19 Fall Safety: The next few months could get ugly. Here's how to stay safe as the pandemic rages on this fall.

By Scottie Andrew-CNN



Summer's over, but the pandemic persists. The days are getting shorter and colder. And the next few months could get ugly where Covid-19 is concerned. Fall was always going to be a difficult period of the pandemic. The season brings with it brisker air and shorter days, which drive people to spend more time inside -- where coronavirus is thought to transmit more easily.

The pandemic also coincides with the onslaught of the flu and other respiratory infections that, when coupled with coronavirus, can overwhelm the healthcare system and our own immune systems. Much of the guidance for avoiding coronavirus is the same as it's been for months: Wash your hands frequently and thoroughly; keep at least six feet of distance from other people and wear a cloth face mask when distance isn't possible.

But the features of fall require a new vigilance from Americans, many of whom are tired of exercising the caution it takes to live in a pandemic, physicians say. Here's their advice for staying safe and coronavirus-free this fall.

How to go about your daily life

The autumnal chill might make people rethink where they gather, but outside hang-outs are still safer than those indoors (with the exception of large, crowded events that don't leave room for social distancing).

There's more room to spread out and steady air flow, so even though it's getting colder out, people should still limit their interactions at indoor venues, said Dr. David Aronoff, director of Vanderbilt University Medical Center's Division of Infectious Diseases and professor of medicine. **Get your flu shot.** Health experts, including Aronoff, say this year's flu vaccine may be the most important one you ever get. Relieving a burden from the healthcare system with one less infectious respiratory illness to contend with could mean fewer people die from both flu and Covid-19. The US Centers for Disease Control and Prevention suggests getting your flu shot by the end of October.

Stay warm outside. Invest in ways to keep gatherings outdoors, even when it's chilly, be it a fire pit, a warm coat or a heat lamp, suggests Dr. Leana Wen, an emergency room physician and visiting professor at George Washington University's Milken Institute of Public Health. This keeps meetings in a safer locale and helps prevent social isolation, too. **But you definitely should wear a mask around others.** But if you're outdoors at a crowded area or on streets where it's tough to avoid strangers, do wear a mask, Aronoff said. Cloth masks prevent you from breathing out the virus if you're asymptomatic, he said, and they can prevent "silent transmission" of the virus.

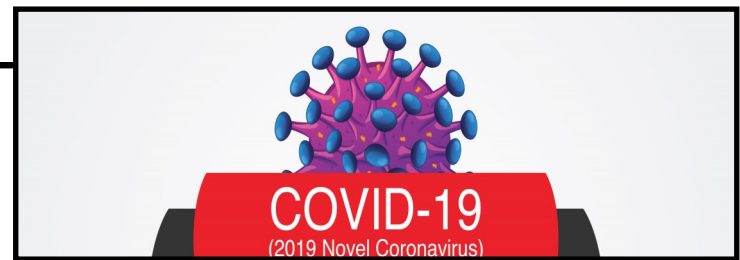
How to celebrate fall holidays

The pandemic will certainly complicate the celebration of holidays like Halloween and Thanksgiving, which all revolve around community and family. "We know by now that much of Covid-19's spread is actually driven not by formal settings with strangers, but by informal gatherings of family and friends," Wen said. "Some individuals may be letting down their guard with loved ones." It's tempting to skirt Covid-19 prevention tips to gather loved ones on those days, but holidays shouldn't be considered exceptions, Aronoff said -- the virus won't stop infecting people on those days. The virus that causes Covid-19, he said, "is just capable of being transmitted whenever people get together."

"I think people need to take these holidays very seriously. This is not going to be a season of being able to get together the way we used to."

If you take a risk to travel, cut down on exposure.

Some may be willing to risk coronavirus transmission to see their loved ones, Wen said. But making that decision requires that you cut down on your cumulative risk, she said.



For example, If you decide to [fly to visit family or friends](#) for Thanksgiving, Wen said, you shouldn't also dine indoors at a restaurant or attend a sporting event during that time. You've chosen the risk you're willing to take and have potentially exposed yourself once -- continuing to expose yourself only increases the likelihood that you'll come down with Covid-19.

Create alternate holiday plans. Trick-or-treating or gathering for a communal meal come with additional risks during the pandemic. Aronoff suggested trading them for less risky fun.

The [CDC ranked typical fall activities by their risk of Covid-19 exposure](#), and the safest activities per their standards involve only members of one's household. Carving pumpkins or doing a Halloween scavenger hunt among immediate family is safer than traditional trick-or-treating, the CDC said. And instead of Thanksgiving dinner with extended family, the lowest risk version of Thanksgiving, per the CDC, gathers only the people you've been isolating with and skipping Black Friday shopping for virtual sales.

How to vote

Both Wen and Aronoff agreed that voting is essential, even during a pandemic, and shouldn't be skipped. Whether you're voting ahead of or on November 3, it's possible to limit your exposure to Covid-19 at the polls.

If you can, vote by mail. The safest way to vote during the pandemic is to mail in your ballot, Wen said, bypassing the polling place entirely. [\(Read more about how voting by mail works in every state.\)](#)

If voting in-person, vote early. Early voting dates and hours vary by state, but polling places are typically less crowded ahead of Election Day.

Learn about your polling place if you're voting in-person. Learn as much about your polling place as you can before you go, Wen said. What precautions are poll workers taking? How much time will you have to spend indoors when you're there?

Bring the essentials. When you go to vote in-person, Wen said, wear a mask, bring hand sanitizer and be conscious of what you touch and the distance you keep from others.

How to beat pandemic fatigue

We're over six months into the pandemic. We've lived with masks mandates, travel restrictions, closures and cancellations and an upheaval of life as we knew it for over half a year. [Over 200,000 Americans have died from Covid-19.](#) It's jarring and upsetting, and it's natural for some to react to these changes with rebellion. But we must continue to take the precautions that we know work, or we'll continue to live this way for far longer, Aronoff said.

"We're all tired of Covid-19, which is certainly a predictable effect of a horrible pandemic that seems to keep going and going," he said. "But we are not out from underneath it yet ... and it's up to us, in the absence of a vaccine, to continue to do our part to protect one another from this potentially fatal virus."

Wen likens it to drinking and driving without serious incident. Just because you don't end up injured or arrested, doesn't mean those behaviors are sustainable or safe -- and the same goes for people who flout mask requirements or social distancing guidelines.

"It's possible someone can get lucky multiple times," she said.

The prolonged use of medical masks can be uncomfortable. However, it does not lead to CO2 intoxication nor oxygen deficiency.

While wearing a medical mask, make sure it fits properly and that it is tight enough to allow you to breathe normally. Do not re-use a disposable mask and always change it as soon as it gets damp.

* Medical masks (also known as surgical masks) are flat or pleated; they are affixed to the head with straps or have ear loops.



#Coronavirus #COVID19

FACT:
The prolonged use of medical masks* when properly worn, DOES NOT cause CO2 intoxication nor oxygen deficiency



5 June 2020

No. Hand dryers are not effective in killing the 2019-nCoV.

To protect yourself against the new coronavirus, you should frequently clean your hands with an alcohol-based hand rub or wash them with soap and water. Once your hands are cleaned, you should dry them thoroughly by using paper towels or a warm air dryer.



#2019nCoV

Are hand dryers effective in killing the new coronavirus?



Hydroxychloroquine or chloroquine, a treatment for malaria, lupus erythematosus, and rheumatoid arthritis, has been under study as a possible treatment for COVID-19. Current data shows that this drug does not reduce deaths among hospitalised COVID-19 patients, nor help people with moderate disease.*

The use of hydroxychloroquine and chloroquine is accepted as generally safe for patients with malaria and autoimmune diseases, but its use where not indicated and without medical supervision can cause serious side effects and should be avoided.



#Coronavirus #COVID19

FACT:
Studies show hydroxychloroquine does not have clinical benefits in treating COVID-19.



31 July 2020

*More decisive research is needed to assess its value in patients with mild disease or as pre- or post-exposure prophylaxis in patients exposed to COVID-19.

To date there has been no information nor evidence to suggest that the new coronavirus could be transmitted by mosquitoes.

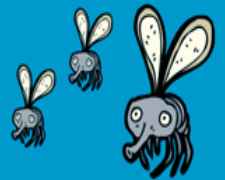
The new coronavirus is a respiratory virus which spreads primarily through droplets generated when an infected person coughs or sneezes, or through droplets of saliva or discharge from the nose.

To protect yourself, clean your hands frequently with an alcohol-based hand rub or wash them with soap and water. Also, avoid close contact with anyone who is coughing and sneezing.



#Coronavirus #COVID19

FACT:
The new coronavirus CANNOT be transmitted through mosquito bites



Can shoes spread the COVID-19 virus?



11 June 2020

The likelihood of COVID-19 being spread on shoes and infecting individuals is very low.

As a precautionary measure, particularly in homes where infants and small children crawl or play on floors, consider leaving your shoes at the entrance of your home. This will help prevent contact with dirt or any waste that could be carried on the soles of shoes.

#Coronavirus #COVID19



The most common symptoms of COVID-19 are dry cough, tiredness and fever. Some people may develop more severe forms of the disease, such as pneumonia. The best way to confirm if you have the virus producing COVID-19 disease is with a laboratory test. You cannot confirm it with this breathing exercise, which can even be dangerous.



#Coronavirus #COVID19

FACT:

Being able to hold your breath for 10 seconds or more without coughing or feeling discomfort DOES NOT mean you are free from the coronavirus disease (COVID-19) or any other lung disease.



Micronutrients, such as vitamins D and C and zinc, are critical for a well-functioning immune system and play a vital role in promoting health and nutritional well-being.

There is currently no guidance on the use of micronutrient supplements as a treatment of COVID-19.

WHO is coordinating efforts to develop and evaluate medicines to treat COVID-19.



#Coronavirus #COVID19

FACT:
Vitamin and mineral supplements cannot cure COVID-19



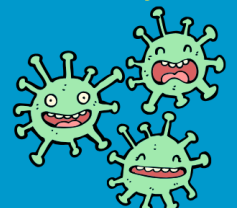
22 September 2020

The virus that causes COVID-19 is in a family of viruses called Coronaviridae. Antibiotics do not work against viruses. Some people who become ill with COVID-19 can also develop a bacterial infection as a complication. In this case, antibiotics may be recommended by a healthcare provider. There is currently no licensed medication to cure COVID-19. If you have symptoms, call your health care provider or COVID-19 hotline for assistance.



#Coronavirus #COVID19

FACT:
COVID-19 is caused by a virus, NOT by bacteria



9 June 2020

Can people wear masks while exercising?



People should NOT wear masks when exercising as masks may reduce the ability to breathe comfortably.

Sweat can make the mask become wet more quickly which makes it difficult to breathe and promotes the growth of microorganisms.

The important preventive measure during exercise is to maintain physical distance of at least one meter from others.

#Coronavirus

#COVID19



16 June 2020

The most common symptoms of COVID-19 are dry cough, tiredness and fever. Some people may develop more severe forms of the disease, such as pneumonia. The best way to confirm if you have the virus producing COVID-19 disease is with a laboratory test. You cannot confirm it with this breathing exercise, which can even be dangerous.

FACT:

Being able to hold your breath for 10 seconds or more without coughing or feeling discomfort DOES NOT mean you are free from the coronavirus disease (COVID-19) or any other lung disease.



#Coronavirus #COVID19

Most people who get COVID-19 have mild or moderate symptoms and can recover thanks to supportive care. If you have a cough, fever and difficulty breathing seek medical care early – call your health facility by telephone first. If you have fever and live in an area with malaria or dengue seek medical care immediately.

FACT:

Most people who get COVID-19 recover from it



#Coronavirus #COVID19

27 May 2020

Taking a hot bath will not prevent you from catching COVID-19. Your normal body temperature remains around 36.5°C to 37°C, regardless of the temperature of your bath or shower. Actually, taking a hot bath with extremely hot water can be harmful, as it can burn you.

The best way to protect yourself against COVID-19 is by frequently cleaning your hands. By doing this you eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.

FACT:

Taking a hot bath does not prevent the new coronavirus disease



#Coronavirus #COVID19

The harmful use of alcohol increases your risk of health problems.

FACT: Drinking alcohol does not protect you against COVID-19 and can be dangerous.



#Coronavirus #COVID19

27 May 2020

Thermal scanners are effective in detecting people who have a fever (i.e. have a higher than normal body temperature). They cannot detect people who are infected with COVID-19.

There are many causes of fever. Call your healthcare provider if you need assistance or seek immediate medical care if you have fever and live in an area with malaria or dengue.

FACT:

Thermal scanners CANNOT detect COVID-19



#COVID19 #Coronavirus

27 May 2020

Hot peppers in your food, though very tasty, cannot prevent or cure COVID-19. The best way to protect yourself against the new coronavirus is to keep at least 1 metre away from others and to wash your hands frequently and thoroughly. It is also beneficial for your general health to maintain a balanced diet, stay well hydrated, exercise regularly and sleep well.

FACT:

Adding pepper to your soup or other meals DOES NOT prevent or cure COVID-19.



#Coronavirus #COVID19

27 April 2020

You can catch COVID-19, no matter how sunny or hot the weather is. Countries with hot weather have reported cases of COVID-19. To protect yourself, make sure you clean your hands frequently and thoroughly and avoid touching your eyes, mouth and nose.

FACT: Exposing yourself to the sun or to temperatures higher than 25°C degrees DOES NOT prevent nor cure COVID-19



#Coronavirus #COVID19

27 April 2020

Fannie Lou Hamer's Dauntless Fight for Black Americans' Right to Vote



The civil rights activist Fann Lou Hamer did not learn about her right to vote until she was 44, but once she did, she vigorously fought for blacks voting rights.

Her searing speech about the brutality she'd endured because, as a voting rights activist, she wanted black Americans "to become first-class citizens," made primetime before the 1964 DNC officially kicked off.

Like many African Americans living in the Jim Crow South, Fannie Lou Hamer was not aware she had voting rights. "I had never heard, until 1962, that black people could register and vote," she once [explained](#). The granddaughter of enslaved black people, Hamer was born in Montgomery County, Mississippi, in 1917. As the [youngest of 20 children in a family of sharecroppers](#), she was forced to leave school during the sixth grade to help on the plantation.

In 1925, when Hamer was only 8, she witnessed the lynching of a local sharecropper named Joe Pulam who had dared to speak up for himself when local whites refused to pay him for his work. "I remember that until this day, and I won't forget it," she admitted in a [1965 interview](#). By that point, Hamer had become a nationally recognized civil rights activist, boldly advocating for the right to political participation that black Americans had long been denied.

By [Keisha N. Blain](#)

smithsonianmag.com

Civil Rights Hero John Lewis

"The vote is precious. It's almost sacred, so go out and vote like you never voted before."—John Lewis



If you see something that is not right, not fair, not just, you have a moral obligation to do something about it.

— John Lewis —