

Q3 - 2020



THANK YOU NEW MEXICO  
COVID-19 FRONT LINE AND  
ESSENTIAL WORKERS! WE  
COULDN'T DO IT WITHOUT YOU.

"WE'RE IN THIS TOGETHER"

### IN THIS ISSUE

- **ThinkFirstNM Mission**  
Page 1
- **COVID-19 Information**  
Page 2
- **Summer Safety Tips**  
Page 3
- **City Pools Update**  
Page 4
- **10 Summer Health Tips for Older Adults**  
Page 5
- **Heatstroke Prevention**  
Page 6
- **Life-Meter decal**  
Page 7
- **UNMH Injury Prevention Program**  
Page 8

### OUR MISSION

**ThinkFirst's Mission** is to prevent brain, spinal cord and other traumatic injuries through education, research and advocacy.

**Traumatic Injury** is a leading cause of death and disability among children, teens and adults.

The most frequent causes are vehicle crashes, violence, falls and sports.

Simple actions can greatly reduce our risk for injury, such as wearing a seat belt, driving safe, sober, and without distractions, wearing bike and sports helmets and other safety precautions.

## 2019 Novel Coronavirus Disease (COVID-19)

COVID-19 is a highly infectious and fast-spreading virus. Symptoms and their effects can range from mild to severe and in certain cases result in extreme health complications or death. Positive cases have been identified in communities across New Mexico. State health officials continue to test, process, monitor and track instances of the virus, and the state of New Mexico has taken proactive, aggressive public health actions to mitigate the spread of the disease.

### COVID-19 Testing Information

Where are testing sites?

Where can I get my test results?

What should I know before I go?

Testing for the homeless population

## PROTECTING CHILDREN FROM GETTING SICK

Help stop the spread of COVID-19 by following these steps to stay healthy. Teach your children to do the same.

- Clean hands often using soap and water or alcohol-based hand sanitizer.
- Avoid people who are sick (coughing and sneezing).
- Clean and disinfect high-touch surfaces daily in household common areas (tables, desks, chairs, doorknobs, handles, light switches, remotes, toilets, and sinks).
- Launder items including washable plush toys as needed. Follow the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting and dry items completely. Dirty laundry from an ill person can be washed with other items.



### Helpful Resources

**1-855-600-3453**

Coronavirus Hotline

**1-833-551-0518**

For non-health related  
COVID-19 questions

For up to date information visit [nmhealth.org](https://nmhealth.org)

Resources for drug use and COVID-19 risk reduction  
[vitalstrategies.org/drug-use-covid-resources/](https://vitalstrategies.org/drug-use-covid-resources/)

**CDC's WATCH:** [youtube.com/watch?v=4RiSmSPF61Q](https://youtube.com/watch?v=4RiSmSPF61Q)

**LISTEN:** [psacentral.org/asset/song/202805932](https://psacentral.org/asset/song/202805932)

**[Home care if you are sick or  
caring for someone who is sick](#)**

# SUMMER SAFETY TIPS

## FOR KIDS WHO LOVE OUTDOORS

- 1 APPLY SUNSCREEN WITH SPF 15 OR GREATER TO REDUCE THE INTENSITY OF UVRS THAT CAUSE SUNBURNS. APPLY IT 15 TO 30 MINUTES BEFORE SUN EXPOSURE.
- 2 DRINK PLENTY OF WATER AND FLUIDS WHEN YOU GO OUTSIDE TO AVOID DEHYDRATION AND KEEP THEM REFUELED.
- 3 LIMIT SUN EXPOSURE, ESPECIALLY BETWEEN THE HOURS OF 10 A.M. AND 2 P.M., UV RAYS ARE STRONGEST AT THESE TIMES ESPECIALLY ON SUMMER.
- 4 TAKING TIME TO ENSURE THE OUTDOOR PLAY AREAS AROUND YOUR HOME ARE SAFE PROTECTS CHILDREN FROM INJURIES IN THEIR OWN BACKYARD.
- 5 WHEN YOU'RE OUT ON THE TRAIL, WHETHER HIKING, CAMPING, OR HUNTING, PROTECT YOURSELF FROM MOSQUITOES AND OTHER BUGS BY USING INSECT & TICK REPELLENT.
- 6 DROWNING IS AMONG THE LEADING CAUSES OF ACCIDENTAL DEATH IN CHILDREN. ENROLL YOUR KID ON A SWIMMING SURVIVAL PROGRAM ELSE ALWAYS SUPERVISE THEM.
- 7 NOTHING PROTECTS YOUR CHILD BETTER THAN YOUR PRESENCE. ONE OF THE SUREST WAYS TO PROTECT YOUR CHILDREN OUTDOORS IS TO PROVIDE ADULT SUPERVISION. BY KEEPING AN EYE ON YOUR CHILDREN, YOU CAN STEP IN BEFORE INJURIES OCCUR OR RESPOND QUICKLY IF PROBLEMS ARISE.



### sources

<http://www.preggiepals.com/protect-kids-play-outside/>  
<http://www.care.com/child-care-summer-safety-tips-a-guide-to-protecting-kids-when-activities-heat-up-p1017-q6731064.html>  
<http://www.cdc.gov/features/movingoutdoors/>

**AfterSchool.ae**  
UAE's first dedicated website for after school activities.



## CITY POOLS CLOSED THROUGH MAY 15, 2020

Per the Public Health Emergency – Executive Order 2020-004, the City is closing all City of Albuquerque run swimming pools. The City of Albuquerque swimming pools are a community keystone that provides health, well-being, rehabilitation, socialization, and instruction in lifesaving skills. The Aquatics Division fully understands the positive impact the pools have on every individual. The decision to cancel Aquatics programs is not taken lightly. Cessation of Aquatics programs has occurred after much deliberation and done so to preserve the health and wellness of the public.

**City pools may open for Lap Swim Only Starting May 23, 2020 - Pending state's public health orders. Stay tuned for further updates.**

**Summer Schedule under review.**

## Bernalillo County Cancels Most Summer Programs

Bernalillo County announced Thursday it has canceled most summer program, and will not open outdoor swimming pools due to the COVID-19 pandemic.

The following is a schedule of open and closed facilities and cancelled events and programs:

### OPEN:

#### Rio Grande Pool

(Opening date and operating hours to be determined)

- Limited swimmers in facilities
- No spectators
- Social distancing will be observed
- Modified adult swim programming:
  - Lap swim only (no congregating and social distancing must be maintained)
  - Adult water exercise
- NO OPEN RECREATIONAL SWIM

Grab-n-go lunches continues

### CLOSED AND CANCELLED:

- ALL outdoor swimming pools
- Community centers
- Summer sports leagues (Youth basketball and adult softball)

While the county is not offering traditional summer camps, “virtual camps” are being set up on Zoom. The county will also offer grab-n-go art kits that kids can use at home.

# 10 SUMMER HEALTH TIPS for Older Adults

As the calendar tips into the month of August, almost all 50 states are enjoying the warmth of summer months. But as temperatures soar higher, there are unique health risks to bear in mind.

Below are 10 tips to help you stay safe (and cool) in the hot weather

- 1 Avoid Heat Stroke**  
Know the signs of heat stroke. If you notice symptoms (including a flushed face, high temperature, nausea, and confusion), contact your healthcare provider immediately.<sup>1</sup>


- 2 Stay Hydrated**  
Know the signs of Dehydration which can include dry mouth, rapid heartbeat, and lightheadedness.<sup>2</sup>


- 3 Drink Plenty of Water**  
Seniors have a more difficult time identifying thirst, so keep hydrated by drinking plenty of water (the standard recommended amount is 8 glasses every day).<sup>3</sup>


- 4 Manage Caffeine Intake**  
Caffeinated beverages like coffee or tea can dehydrate you. If they are part of your daily ritual, make sure you're also getting plenty of water: A good rule of thumb is at least a glass of water for each caffeinated beverage.<sup>4</sup>


- 5 Exercise Smart**  
Older adults have a harder time sweating, so consider changing your exercise routine during the summer months to an indoors location (swimming pools or classes at the gym).


- 6 Plan Your Exercise Time**  
If your physical activity takes you outdoors (walking, gardening or hiking), take advantage of early morning and evening hours when the sun is at its weakest.


- 7 Keep Cool Inside**  
Close blinds and curtains to help keep the heat out of your home during daytime hours.<sup>5</sup>


- 8 Stay Cool**  
If you don't have central air conditioning, consider taking a "staycation" at a local hotel during really hot stretches – investing in one good night's sleep can be the respite you need to beat the heat.


- 9 Apply Sunblock**  
When outdoors, make sure you wear sunblock. Here's a great link from AHC on choosing the right one: [Click Here](#)<sup>6</sup>

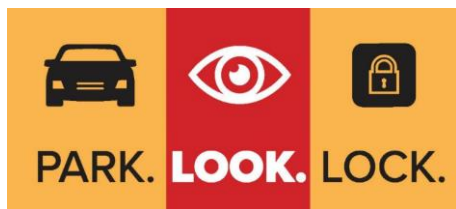

- 10 Cool Down**  
Take a cool shower or hold a cool towel on your neck to help bring body temperatures back down after being outdoors.<sup>7</sup>



MobileHelp – MHP 00777A

# HEATSTROKE PREVENTION

## For Parents & Caregivers



### REMEMBER:

- Never leave a child alone in a parked car, even with the windows rolled down or the air conditioning on. A child's body temperature can rise 3 to 5 times faster than an adult's. A core body temperature of 107 degrees is lethal.
- Always look in both the front and back of the vehicle before locking the door and walking away.
- Heatstroke can occur in temperatures as low as 57 degrees. On an 80-degree day, temperatures inside a vehicle can reach deadly levels in just 10 minutes.
- Never let children play in an unattended vehicle. Teach them a vehicle is not a play area.
- Always lock your vehicle doors and trunk, and keep the keys out of a child's reach. If a child is missing, quickly check all vehicles, including the trunk.

Leaving a child alone in a vehicle can lead to tragedy. These deaths, while accidental, are always preventable. Here are some helpful tips to make sure it doesn't happen to your family.

### Come up with ways to remind yourself that a child is in your vehicle. Here are some suggestions:

- Place a briefcase, purse or cell phone next to the child's car seat so that you'll always check the back seat before leaving the car.
- Put a teddy bear in the passenger seat as reminder to check the back seat before you exit the vehicle.
- Have your childcare provider call you if your child doesn't arrive.
- Write a note and place it on the dashboard of your car, or set a reminder on your cell phone or calendar.
- If taking your child to day care is not part of your usual routine, call your spouse or another caregiver to confirm you've dropped off your child.

## REMEMBER:

Kids and hot cars are a deadly combination.  
Don't take the chance. Look before you lock.



nhtsa.gov/heatstroke



## LIFE-METER DECAL

### Vehicle Temperature Awareness

**UNMH Trauma Support Program / ThinkFirst NM** attempts to reduce the burden on unintentional heatstroke, we will send you a free Life-meter awareness decal. The Life-Meter is not a substitute for leaving a child alone inside a car. Please, never leave a child alone inside a car.



To order your Life-Meter decal please email request to Helen Sisneros at [hasisneros@salud.unm.edu](mailto:hasisneros@salud.unm.edu) or call [505-249-7302](tel:505-249-7302). When leaving phone message, please speak slow and leave name, number and address. We will mail orders on Fridays.



# UNMH INJURY PREVENTION PROGRAM

We are working to reduce the growing need for critical care. The good news is many traumatic injuries can be prevented just by providing awareness and education at the community level. Our goal is to study and look for ways to prevent them from possibly happening.

Our top three categories for injury prevention include:

**Motor Vehicle Safety-** Education sessions for parents, Drivers Ed. Presentations, Child safety seat distribution (when seats are available), classroom and community center education.

**Adult Fall Prevention** – Information dissemination, Tai-Ji Quan “Moving for Better Balance”, “A Matter of Balance” fall prevention program.

**Violence Prevention-** school- violence prevention presentations, information dissemination: Suicide Prevention, Gun Safety Lock distribution.

---

For additional programming information, contact Helen Sisneros [505-272-2471](tel:505-272-2471)

Email: [hasisneros@salud.unm.edu](mailto:hasisneros@salud.unm.edu)

Helping New Mexico Families become aware of safe and healthy practices.

A special thanks to those who are working the front lines during the COVID-19 Pandemic.

Thank you to all the community partners pulling together to lend a helping hand to those in need and homebound.

Please be socially responsible, obey orders in place, and help those who are in need. Thank you!

