



RESPONDER NEWS

SPRING 2020



Dear Responders,

We know times right now are uncertain, but we want all of you to know that here at the Stony Brook WTC Health and Wellness Program, we are dedicated to providing you with healthcare stability.

Inside, you can find outlined information regarding how we have worked to setup our team to continue to work with you all remotely. We are committed to providing each of you with the services that you need and we want you to know that we are here for you.

Warmly,
The Stony Brook WTC Health and Wellness Staff

Our Focus During COVID-19

Our staff is dedicated to serving our responders, no matter what obstacles stand in the way. Our main focus is your health and safety.

Through this time of uncertainty, the Stony Brook WTC Health and Wellness Program is here for you. Although our two clinical sites are closed, we are all working remotely and want to assure you that your health is our top priority.

If you have any questions or concerns that may arise during this turbulent time, please feel free to call us at 631-855-1200 and we will be happy to assist you.

You can also get the latest updates on Program-wide COVID-19 information at: www.cdc.gov/wtc/covid19.html

Scheduling Monitoring Visits

Get Set-up For an E-Visit Today

Our team is happy to report that we are able to still able to provide regular services to you all at this time.

One of those key services is your yearly monitoring exam. We have been able to adapt our clinical visits into a telehealth application to allow us to keep your exams while we are all practicing social distancing.

Vital aspects of your exam can be completed over the phone with our nursing and provider team. We have the capability with these electronic visits to give complete parts of the exam, such as ordering a three month supply of medication, renewing your durable medical supplies, submitting for certifications, and generating urgent referrals.

When we can resume our normal clinical activities, these patients that completed e-visits will only have to come in for a quick treatment appointment for the necessary vitals and bloodwork.

To schedule your e-visit today, please call Member Services at 631-855-1200.

ATTENTION!

Long Island WTC Health and Wellness Program Members: You must be registered on our Patient Portal

The MyHealthLife patient portal protects all communications regarding your private health information AND makes continuity of services possible. Disease outbreaks can restrict communications, movement, and access to healthcare services. Possible quarantine and other isolation measures can impact patient-provider communications. This is why the portal is a critical resource. Your registration makes us ready to provide you with continued care– both on and offsite– despite any risks of extenuating circumstances.

The portal takes care of the following:

- Benefits and Care Management Coordination
- Scheduling Appointments (via onsite or telehealth)
 - Referral and Authorization Requests
 - Prescriptions for Refill
 - Forms Needing to be Completed
- Member Services Specialist and Case Management Communications
 - Questions are Answered in Secure E-mail
 - Visit Summaries and Test Results for View
- Access to Your HIPAA Protected Medical Information
 - Our Latest Newsletters and Other Updates

Having Trouble Registering? Call Technical Support at 877-621-8014

Our Clinical Center of Excellence is closely following the Centers for Disease Control (CDC) guidance as it continues to monitor the Coronavirus (COVID-19) outbreak. For the latest news specific to the coronavirus, please visit the CDC website:

<https://www.cdc.gov/coronavirus>

Your Safety is Our Top Priority!

If you are experiencing a fever and/or cough, please seek medical attention by first calling your healthcare provider. Alert them of your symptoms, as well as any recent travel history. Please visit the CDC website for the latest travel notices: <https://wwwnc.cdc.gov/travel>

We must request patients with flu-like symptoms initially refrain from entering either of our clinics. Entering would place the immunocompromised population we serve at risk. If you have an upcoming visit and are unsure whether or not you should come in, kindly reach out to Member Services at 631-855-1200.

WHEN AND HOW TO WASH YOUR HANDS

HANDWASHING IS CRUCIAL TO PROTECT YOURSELF AND OTHERS FROM GETTING SICK. REGULAR HANDWASHING IS ONE OF THE BEST WAYS TO REMOVE GERMS.

MANY DISEASES ARE SPREAD BY NOT WASHING HANDS WITH SOAP AND CLEAN WATER.



Follow These Five Steps to Wash Your Hands the Right Way

1. Wet your hands with running water (temperature does not matter), turn off the faucet, and apply soap.
2. Lather your hands with the soap. Make sure that you are getting the back of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. If you are unsure of the time hum the happy birthday song in its entirety twice.
4. Rinse the soap off your hands under running water.
5. Dry your hands using a clean towel or air dry.

Use Hand Sanitizer When You Do Not Have Access to Soap and Water

Sanitizer is a good option when soap and water are not readily available. To effectively use hand sanitizer apply the gel into the palm of your hand and rub them together until your hands are dry again. However, keep in mind that sanitizers do not get rid of all germs and are not as effective as washing your hands.

These Key Times Are When You Are Most Likely To Spread and Get Germs

- Before, during, and after preparing food
 - Before eating
- Before and after interacting with anyone that is sick
 - After using the bathroom
 - After blowing your nose
- After handling animals, animal waste, animal food/treats
 - After touching the garbage

CREAMY TOMATO ARTICHOKE CHICKEN

Prep Time: 5 minutes

Cook Time: 18 minutes

Total Time: 23 minutes

Serving Size: 4

Ingredients:

- 4 tsp. avocado oil divided
- 4 evenly sized chicken breasts
- 2 tsp. dried basil divided
- 2 tsp. salt divided
- 1/4 tsp. ground black pepper
- 2 cloves garlic minced
- 1 14.5 oz. can crushed tomatoes
- 1 14 oz. can artichoke hearts drained
- 1/2 cup coconut cream (the solid white part of a can of coconut milk/cream)
- Fresh parsley chopped



Directions:

1. Heat 2 tsp. avocado oil in a large skillet over medium-high heat. In a small bowl, combine 1 tsp. dried basil, 1 tsp. salt, and 1/4 tsp. black pepper. Season both sides of chicken breasts with seasoning mixture.
2. Transfer chicken breasts to skillet and cook without moving, about 8 minutes, or until bottom is golden brown and releases easily. Flip and cook about 3 more minutes or until cooked through. Transfer cooked chicken breasts to a plate.
3. Let skillet rest a couple minutes then return to stove. Heat 2 tsp. avocado oil over medium-low heat. Add garlic and sauté, stirring constantly until fragrant (about 30 seconds). Add remaining ingredients and stir to combine well and incorporate the coconut cream. Bring mixture to a boil then reduce heat. Simmer until thickened, about 5 minutes.
4. Garnish with chopped parsley.

WHAT YOU NEED TO KNOW REGARDING COVID-19



To curb the spread,
here is what you need
to know

Know How It Spreads

1. The virus is most commonly spread from person to person through close contact.
2. Respiratory droplets produced from an infected person coughing or sneezing. Those droplets can land in the mouth/nose of people who are in close proximity.
3. The droplets can also be inhaled into the lungs.

Take Steps To Protect Yourself

1. Clean and wash your hands often.
2. Avoid touching your eyes, nose, and mouth.
3. Put distance between yourself and others. Practice social distancing and only travel when absolutely necessary.

Do Your Part To Protect Others

1. Stay home if you are sick unless you are seeking medical care.
2. Always cover your cough and sneezes.
3. Wear a facemask ONLY if you are sick.

Clean And Disinfect Frequently Touched Surfaces

1. This can include doorknobs, countertops, phones, faucets, and keyboards—just to name a few.
2. To disinfect most common EPA-registered household disinfectants will work.

The Remembering 9/11 ORAL HISTORY PROJECT



**ENSURE THAT YOUR STORY IS NOT LOST IN TIME -
DOCUMENT YOUR ROLE AS A 9/11 RESPONDER,
SURVIVOR OR FAMILY MEMBER.**

The Remembering 9/11 Oral History Project has interviewed several hundred 9/11 responders, survivors, and family members and we want to hear your perspective. Help us document one of the most significant events in American history and its consequences with your own words. The Remembering 9/11 collection will be archived at the Library of Congress at the conclusion of this project.

If you would like to learn more about this project, please contact Laurel Gumpert:
631-638-0733
Laurel.Gumpert@stonybrookmedicine.edu

Monitoring and Treatment



WTC Health Program

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Visit us at: WTCwellnessprogram.org
Follow us on Facebook: [@stonybrookwtc](https://www.facebook.com/stonybrookwtc)

Providing Excellent Care in Suffolk and Nassau Counties



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