

Salud SOL!

HCHS/SOL Newsletter



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Hispanic Community Health Study / Study of Latinos (HCHS/SOL)

How to Care for Your Loved Ones

In light of the ongoing coronavirus pandemic, as part of the Hispanic Community Health Study/ Study Of Latinos (HCHS/SOL), we would like to reaffirm our gratitude for your years of support and participation. We recognize that as COVID-19 impacts our community, many of our participants are facing new challenges in caring for their loved ones. On average, Hispanic caregivers dedicate 26 hours per week to looking after others, most often a parent, parent-in-law, or grandparent. While this may be rewarding, it can also bring a lot of stress.

If you are taking on a new caregiver role with a family member, start by discussing their care needs with them. Let them be a part of the conversation as you build a care team and plan how to handle their immediate and future care. Your loved one's needs can be complex. To put together a family caregiving plan it is fundamental to have a clear understanding of the situation. Review sensitive topics, such as health and finances. You do not have to take on all of the responsibility by yourself: reach out to professionals or community resources with experience in helping caregivers for extra support.

With that in mind, do not forget to take care of yourself. Be mindful of both your physical and mental health. It is common for negative feelings, such as frustration or anger, to develop in caregivers. You must learn to recognize and cope with those emotions. Remember, you are not alone.

Your HCHS/SOL family is available to help provide you with resources as needed. Also, please visit the [National Alliance for Caregiving](#) for further guidance. Find more information on how to care for someone diagnosed with COVID-19 at the [Centers for Disease Control and Prevention, CDC](#).

One in five Hispanic/Latino adults (20%) are providing unpaid care to an adult with health issues or a disability

Hispanic/Latino Adults make up 17% of family caregivers which is a million Hispanic/Latino Adults

We would like to hear from you! Please keep us updated on any changes to your address or phone number by calling us at

(FC phone)

Responding to Visit 3 questionnaires over the phone allows for your in-person visit to our center to be shorter and safer

Masks offer Protection from COVID 19

- COVID-19 spreads mainly from person to person through respiratory droplets. Respiratory droplets travel into the air when you cough, sneeze, talk, shout, or sing.
- Masks offer protection to you and those around you from infection with the COVID-19 virus.
- Masks should be worn in addition to staying at least 6 feet apart.
- Wash your hands before putting on your mask.
- Put it over your nose and mouth and secure it under your chin.
- Try to fit it snugly against the sides of your face.
- Make sure you can breathe easily.
- CDC does not recommend the use of masks if they have an exhalation valve or vent.

In addition to wearing a mask:

- Wash your hands with soap and water for at least 20 seconds or use hand sanitizer with at least 60% alcohol after touching or removing your mask.
- Practice social distancing, remain 6 feet apart from others.

HCHS/SOL Updates

Annual Follow-Up Interviews: We continue calling you for your annual interview to learn about changes in your health and update your records of hospitalizations and emergency room visits.

Visit 3 Interviews: We are currently administering Visit 3 questionnaires over the phone. These phone surveys may consist of two 30-minute phone sessions. The completion of phone questionnaires will allow us to shorten your in person visit. We hope to start the in person visit sometime next year.

COVID-19 Check in Questionnaire: We have been contacting HCHS/SOL participants to conduct a brief 15 minute survey to better understand the impact of the COVID -19 pandemic in our community. If you have not completed the survey, please call us at **(FC phone)**.

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305-243-1828

Bronx, New York
1-718-584-1563

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1-800-749-4765

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