

COVID-19 FAQs

Santa Fe Public Library's Resource Guide for Teens



Santa Fe Public Library

Community Services Department, City of Santa Fe, New Mexico

Question!

- [What is COVID-19? What are the symptoms?](#)
- [What do the "stay-at-home" rules mean? What is social distancing? Do I have to stay indoors all the time?](#)
- [I'M BORED! What do I do?](#)
- [How do I protect myself from getting sick?](#)
- [Who is in the most danger from this disease?](#)
- [What about my pets?](#)
- [What else is being done to slow or stop this disease?](#)
- [What if my family lost income that we rely on?](#)
- [Where can we get food?](#)
- [How can I get access to the internet?](#)
- [What is happening with school?](#)
- [What can I do to not stress out?](#)
- [Where can I get more reliable information?](#)

What is COVID-19? What are the symptoms?

From the [Centers for Disease Control and Prevention](#) (CDC), “coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person.” It’s transmitted from being infected by a [virus](#) (the new coronavirus).

One becomes infected if the virus gets into one’s lungs, mouth, nose, or maybe eyes. For example, if the virus is on a person’s hands and then they touch their mouth, or if one breathes in droplets that came from an infected person’s sneeze. The virus can be destroyed with common things such as soap and water, rubbing alcohol, and bleach solutions. ([Transmission of Coronavirus Disease 2019 \(COVID-19\)](#), [Prevention of Coronavirus 2019 \(COVID-19\)](#))

According to CDC, the most common symptoms include:

- **Fever**
- **Cough**
- **Shortness of breath**

Information about symptoms and other medical facts can be found on The World Health Organization’s (WHO) Q&A webpage [here](#). **WHO states that some people do not develop any symptoms and do not feel unwell.** If ever in doubt, call a health-care provider for medical advice. If there is no provider to call, call **211**.

How long it takes to show symptoms of Coronavirus COVID-19



Source: Annals of Internal Medicine, March 2020

still not 100%, because some people will be asymptomatic meaning that they never show symptoms ↗



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monachalabi This is all about incubation periods (the time it takes between you getting infected and you showing symptoms). This study provides some of the best data we have so far on incubation of COVID-19.

The doctors found that 99.9% of people who develop symptoms, do so within 14 days. BUT! We know that some people are asymptomatic, meaning they never show any signs of having the illness (hello, Idris Elba). Estimates for this vary but one study of 2,539 cases in Italy found that 10% of people who tested positive for COVID-19 didn't show any symptoms at all. So you could be sick and not even know it which is why social distancing is so important right



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New Mexico's "Stay at home" instructions...

"The 'stay at home' order is functionally no different than the 'shelter in place' orders implemented by the governors of California, New York and several other states, the governor's aides said." ([Governor Lujan Grisham Announces Stay at Home Instruction](#))

Stay in your home and do not leave
unless it is necessary.

This means:

- Stay home
 - Only go out for "[essential activities](#)," to work for an "[essential business](#)," or for "[essential travel](#)"
 - Stay six (6) feet or more away from others
 - Limit time with older adults and others with chronic medical conditions if they are a part of your household
 - Do Not hold any gatherings
- ([Public Health Order - New Mexico Department of Health](#))

No. You are not completely trapped inside of your home.

You ARE allowed to leave your home to:

- **Obtain food or take-out meals**
- **Get medicine**
- **Purchase other necessary items**
- **Go on walks and exercise outdoors if it is not in close contact with other people.** New Mexico state parks are temporarily closed, but municipal parks may remain open. However, groups of five or more are prohibited there.

What is Social Distancing?

Social Distancing

[Johns Hopkins Medicine](#) describes social distancing as “deliberately increasing the physical space between people to avoid spreading illness.” Sheltering in place is just a more rigorous form of social distancing. This means, while you are outside doing your essential errands, try to **keep at least six (6) feet away from others as possible. Not sure how far this is? Use your height as a point of reference.**



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Social Distancing minimizes contact with people outside of your immediate household in order to prevent you and others from being exposed to the contagious disease.

Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

Isolation separates sick people with a contagious disease from people who are not sick.

Source: [@cdcgov](#)

	social distancing	self quarantine	isolation
HAVE YOU BEEN EXPOSED?	maybe	yes	yes
ARE YOU SHOWING SYMPTOMS?	no	no	yes
WHO ARE YOU PROTECTING?	yourself + others	yourself + others	others
HOW LONG DOES THIS LAST?	for now	14 days after exposure	at least 7 days since symptoms appeared AND no fever for at least 3 days without medicine AND other symptoms have improved.

Source: Centers for disease control and prevention (CDC)

If I'm young and not at high risk, why should I practice social distancing and shelter in place?

We want to "flatten the curve" and limit the disease spreading so our hospitals and medical professionals are not overwhelmed.

Texting or moving your social interactions online can save lives!

I'M BORED! What do I do?

WRITE, take a **walk**, read, **LEARN** new things! take an **ONLINE CLASS**, **WATCH A FUNNY MOVIE**, Update your **RESUME & LINKEDIN**, **meditate**, try breathing **exercises**, Make **your family** a **MEAL**, clean out your closet, draw a comic about **yourself**, **START** a journal and **DOCUMENT** this time in history!

If you do not have a library card, Santa Fe Public Library is temporarily taking new library card applications for residents to access our digital resources while the libraries are closed.

Please send your full name, date of birth, address within Santa Fe County, phone number, and email address to library@santafenm.gov and SFPL will message your card number back to you as soon as possible.

Free online resources with SFPL

Read ebooks and listen to audiobooks using [OVERDRIVE](#) or [HOOPLA](#)

Watch movies with [KANOPY](#)

Listen to music with [FREEGAL](#)

Learn new languages on [MANGO](#)

Read magazines at [RBDIGITAL](#)

Join a book discussion on the [SFPL BOOK GROUP](#)



[SFPL E-RESOURCES](#)

How do I protect myself from getting sick?

The Centers for Disease Control and Prevention listed some **recommendations** on how to protect yourself:

- **Wash your hands often with soap and water for at least 20 seconds**
 - Especially after you've been in public places, or have blown your nose, coughed, or sneezed
 - If no soap and water is available, use hand sanitizer that contains at least 60% alcohol
- **Cover your cough and sneeze with tissue or at least the inside of your elbow**
- **Avoid touching your eyes, nose, and mouth**
- **Clean and disinfect frequently touched surfaces daily.** See details [here](#). (Very detailed explanation [here](#).)
- **Monitor your health and follow the instructions of county public health officials. Call your health-care provider if you need medical advice.**
- **There is no recommendation to wear masks to prevent yourself from getting sick, but do wear a face mask if you are sick or if you are caring for someone who is sick and they can't wear one.**
- **Practice social distancing. The recommendation is to stay at least six (6) feet away from others**
- **Avoid close contact with people who are sick**
- **Stay home if you are sick**
- **Use an alternative to shaking hands, like a wave**

This all is especially important around vulnerable individuals who are 65+ years, or those who have health conditions such as heart disease, lung disease, diabetes, kidney disease and weakened immune systems

Wash your hands often with soap and water for at least 20 seconds. Here's a [video](#) on how.

And this [video](#) shows how to wash all parts of your hands [hint: it's harder than you think].

[The science behind how soap works!](#)

[How to clean your phone!](#)

washyourlyrics.com

Hand-washing technique with soap and water



1 I do my hair toss, check my nails



2 Baby, how you feelin'? (Feelin' good as hell)



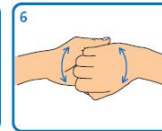
3 Hair toss, check my nails



4 Baby, how you feelin'? (Feelin' good as hell)



5 Woo, child, tired of the bullshit



6 Go on, dust your shoulders off, keep it moving



7 Yes, Lord, tryna get some new shit



8 In there, swimwear, going-to-the-pool shit



9 Come now, come dry your eyes



10 You know you a star, you can touch the sky



11 I know that it's hard, but you have to try



12 If you need advice, let me simplify



13 If he don't love you anymore

Create your own
<https://washyourlyrics.com>

Good as Hell
Lizzo

Adapted from National Health Service, who adapted from the World Health Organization [Guidelines on Hand Hygiene in Health Care](#).
Created under the Open Government License. See <http://www.nationalarchives.gov.uk/doc/open-government-licence/version/3/> for details

Who is in the most danger from this disease?

According to the Centers for Disease Control and Prevention (CDC), “older adults [65 years and older] and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.” For a list of those most at risk, visit the [CDC’s FAQ page](#) and click on “Who is at higher risk for serious illness from COVID-19?” under “[How to Protect Yourself](#).”

People who are LESS at risk, like teenagers, should be very careful not to expose vulnerable people to the virus. One can be carrying the virus without knowing it, and then expose others to it.

What about my pets?

Can my animal companion contract COVID-19?

At this time, there is no evidence that dogs, cats, or other companion animals can contract and/or communicate the COVID-19 virus. For more information on this topic, please visit the [World Organisation for Animal Health's FAQ page](#).

For information about our pet's care in Santa Fe visit [Santa Fe Animal Shelter COVID-19 Information and FAQs](#)

What else is being done to slow or stop COVID-19?

The Centers for Disease Control and Prevention [highlighted their response to COVID-19](#)

New Mexico Department of Health
[Public Health Order](#)

What if my family lost income that we rely on?

Individuals whose hours are reduced, whose workplaces are temporarily closed, or who are laid off due to COVID-19 precautions can apply for unemployment benefits. Even if a person was not a full-time employee, they may be eligible for unemployment benefits if their hours were significantly reduced, while the state remains under a state of emergency.

(<https://www.newmexico.gov/jobs-the-economy/>)

Apply online at www.jobs.state.nm.us or by phone at 1-877-664-6984 Monday-Friday, 8:00am-4:30pm.

Santa Fe Mutual Aid – Numerous organizations and groups including Santa Fe Mutual Aid, Earth Care YUCCA, Red Nation, Santa Fe DSA and Fathers NM are collaborating to match people who need help and resource during this time with others who can offer it. This [google form](#) can be used to request or offer support.

No electric, gas, or water shut-offs and no evictions!

- PNM NOT Disconnecting Service, Waiving Late Fees
(<https://www.pnmforwardtogether.com/help>)
- New Mexico Gas Company NOT Disconnecting Service During this public health emergency
(<https://www.nmgco.com/>).
- NO Water Shut-Offs
(https://www.santafenm.gov/news/detail/mayor_announces_updates_to_emergency_proclamation_-_effective_w)

The Mayor is prohibiting the eviction of residential and commercial property tenants whose ability to pay has been adversely impacted by the public health emergency.

(https://www.santafenm.gov/news/detail/mayor_announces_updates_to_emergency_proclamation_-_effective_w/print)

Where can we get food?

Santa Fe County Food - Up to date information on general food distributions can be found at:
[The Food Depot: Santa Fe County Food Distributions](#)

Santa Fe Public Schools – Food for Children

School-aged and under, can receive a “grab and go” breakfast and lunch bag.

Aspen Community School:
450 La Madera St, Santa Fe, NM 87501
10:30 AM – 12:30 PM

Capital High School:
4851 Paseo del Sol, Santa Fe, NM 87507
10:30 AM – 12:30 PM

Chaparral Elementary School:
2451 Avenida Chaparral, Santa Fe, NM 87505
10:30 AM – 12:30 PM

Kearny Elementary School:
901 Avenida de las Campanas, Santa Fe, NM 87507
10:30 AM – 12:30 PM

Ramirez Thomas Elementary School:
3200 Calle Po Ae Pi, Santa Fe, NM 87507
10:30 AM – 12:30 PM

Santa Fe High School:
2100 Yucca St, Santa Fe, NM 87505
10:30 AM – 12:30 PM

Sweeney Elementary School:
501 Airport Rd, Santa Fe, NM 87507
10:30 AM – 12:30 PM

[Listing of Free Grab & Go Meal Sites for Children through the Public Schools Statewide \(breakfast and lunch times listed for Santa Fe\):](https://www.newmexico.gov/education/meal-sites-for-children/)
<https://www.newmexico.gov/education/meal-sites-for-children/>

How can I get access to the internet?

[Comcast](#) offers two months of free service & access to Wifi hotspots

[Charter Spectrum](#) offers free broadband & WI-FI access for K-12 students. Open WI-FI hotspot available.



Click [here](#) for a comprehensive list of programs that help low-income families gain access to internet services and devices.

What is happening with school?

All Santa Fe, New Mexico schools are closed until at least April 10th, 2020. Find out more at

<https://www.newmexico.gov/education/>.

In an effort to continue learning and practice over the two-week closure, SFPS has resource links by grade-level bands [PreK](#) [K-2](#) [3-5](#) [6-8](#) [9-12](#)

What can I do to not stress out?

Stay connected! Even when isolated, try as much as possible to keep your daily routines or create new personal routines. Connect with friends and family via email, social media, video conference or phone.

Do pay attention to your own needs and feelings! It is normal to feel anxious. Engage in healthy activities that you enjoy and find relaxing. Exercise regularly, keep regular sleep routines and eat healthy food.

<https://www.unicef.org/bulgaria/en/stories/mental-health-and-psychosocial-considerations-during-covid-19-outbreak>

- **“COVID-19 Lockdown Guide: How to Manage Anxiety and Isolation During Quarantine”** by Aarti Gupta, PsyD, *Anxiety and Depression Association of America*
- **Disaster Distress Helpline**: 24/7, toll-free, multilingual, confidential helpline for US residents experiencing emotional distress related to natural and human-cause disasters. Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor
- **New Mexico Crisis and Access Line**: Call toll free anytime 24/7/365 1-855-NMCRISIS (662-7474)

Where can I find more reliable information?

Centers for Disease Control and Prevention website for [frequently asked questions](#).
You can find more about the COVID-19 virus here [Coronavirus Disease 2019 \(COVID-19\)](#)

FACTS VERSUS FICTION

If you're wondering whether something you heard or read online is accurate or not, check [Snopes](#) or [Factcheck.org](#) or [Coronavirus disease \(COVID-19\) advice for the public: Myth busters](#)

These websites are gathering statistics, which are very interesting, but keep in mind that everything is changing very fast, and they might not be keeping up on everything:

[Coronavirus Dashboard](#)

[Worldometer](#) for real time COVID-19 statistics

More Helpful Resources:

- [National Domestic Violence Hotline info](#) for people quarantined with abusers by @sfpelosi on twitter
- [Virtual Recovery Meetings](#)
- [Why outbreaks like coronavirus spread exponentially, and how to 'flatten the curve'](#) by Harry Stevens, The Washington Post, March 14, 2020
- The math of exponential growth: <https://m.youtube.com/watch?v=KasotIxDvrg&feature=youtu.be>
- How to clean your phone: <https://www.nytimes.com/2020/03/12/smarter-living/clean-your-phone.html>

New Mexico Coronavirus Medical Hotline: 855-600-3453
Non-health-related concerns: 833-551-0518

Contact us!

We are here to help.

Email us at: library@santafenm.gov



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