

# EHHOP Newsletter

East Harlem Health Outreach Partnership

## Flu Vaccine

### *What is a flu vaccine?*

A flu vaccine (flu shot) is given with a needle, usually into the arm, and can protect you against getting sick with the flu. For more information, check out the [CDC website](#).

### *Why should I get a flu vaccine?*

It's very important for everyone to receive a flu vaccine this year! Being sick with the flu can be very dangerous, and it can be even more dangerous if you are sick with the flu and COVID-19 at the same time. We hope to prevent this by giving the flu vaccine to all of our patients.

### *How can I get a flu vaccine?*

All EHHOP patients are welcome to walk in to EHHOP any Saturday 9AM-12PM to receive a free flu vaccine.

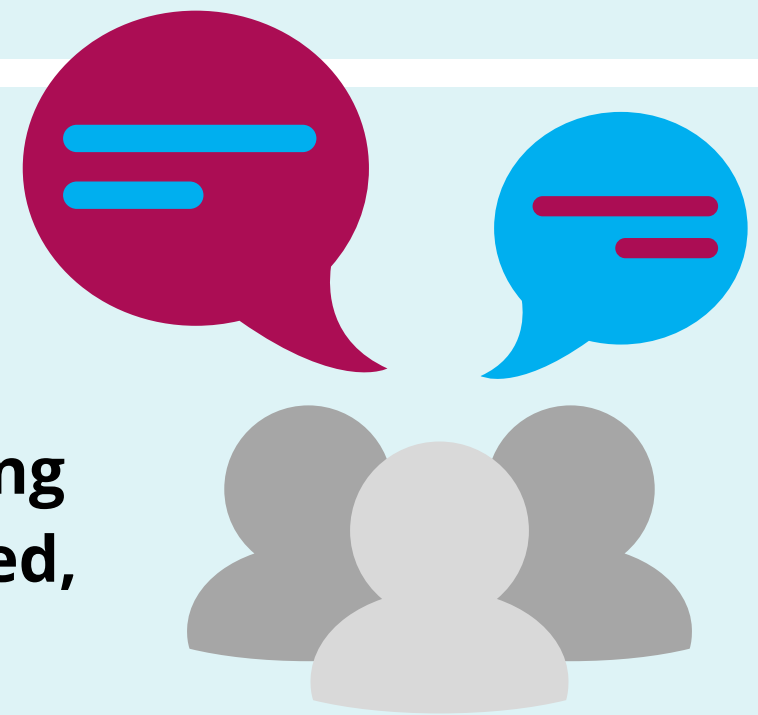
### *What about a COVID vaccine?*

You might have heard about possible COVID vaccines in the news. None have been approved by the Food and Drug Administration (FDA) yet, but we plan to provide more information about this in the future. Contact us with any questions or concerns about this.



## Patient Advisory Group Update

We are excited to share that 7 patients attended our Patient Advisory Group in September, and they provided valuable insight on EHHOP services, COVID response, and any issues with their current care. In the future, we plan on having more of these (at least two times per year). Thank you to everyone who attended, and we look forward to hearing more feedback from you at future meetings!



## Mental Health Clinic (MHC) Update

The MHC is open and accepting patients for psychotherapy treatment! This can help with stress, relationship difficulties, and any mental health concerns you may have. Visits are over the phone. For more information, please reach out to us at 877-372-4161 and leave a message with your name, contact information, and indicate that you are interested in therapy.

## Emergency Medicaid Extension

We want to provide another reminder that due to the pandemic, all Emergency Medicaid insurance that was supposed to expire between March 31, 2020 and July 31, 2020 will be automatically extended to expire one year later. The Access to Care (ACT) team at EHHOP is aware of these changes, and is helping patients as needed.





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## Naloxone Training

In the coming months, you can expect to receive a phone call from EHHOP about Naloxone (Narcan). Naloxone is a nasal spray that can reverse an opioid overdose. During the phone call, we will discuss Naloxone with you, answer any of your questions, and then if you wish, mail a free kit to your home. We believe Naloxone is like a first aid kit, and is appropriate for everyone to have in their home for preventative purposes. If you would like access to Naloxone more urgently, please contact the [REACH Program](#) at 646-951-1693.



## Additional Resources

- **COVID-19 testing opportunities**
  - **Action Center:** they are offering flu vaccines and COVID testing, no-cost. They are a mobile van located at 115th St and Lexington Ave, Thursdays 9am - 3pm.
  - **Metropolitan Hospital (97th St and First Ave):** offering COVID testing Monday-Sunday, 9AM-3:30PM. You should get your results within 24-48 hours of the test. For general information, you can call 212-423-6262 or visit the [website](#) for more testing locations in NYC.
- **Legal help:** [NYLAG](#) can help patients with housing problems, immigration concerns, government benefits, and other legal matters. NYLAG Legal Health Hotline: (929) 356-9586. You can call Monday - Friday 9am-5pm.
- **Opportunity to learn more about health insurance:** NYC Health + Hospitals is hosting free virtual health insurance workshops for New Yorkers to learn more about Medicare, Medicaid, and preventive service. The workshops will help the general public understand health insurance options available as they prepare for upcoming open-enrollment periods. The next workshop is scheduled for Wednesday, November 18, 2020, 3:00 PM - 5:30 PM: [Register here](#).
- **Assistance finding food in East Harlem:** Contact the East Harlem Food Helpline. They can help with specific dietary needs, finding fresh or prepared food, and help with food pickup. Call 347-455-0107, or email [ehfoodhelpline@gmail.com](mailto:ehfoodhelpline@gmail.com).
- **Tenant advice helpline:** The Lenox Hill Neighborhood House provides help with questions about housing issues, tenant rights, housing court, change during COVID-19, lease concerns, conflicts with landlords, and eviction threats. Call and leave a message at 212-218-0330 and an attorney or advocate will call you back to provide help. They are open most Wednesdays between 9am-3pm. Check the [website](#) for upcoming dates when the helpline will be open. For further legal help, you can call the [Legal Advocacy Clinic](#) intake helpline at 212-218-0503.
- **The Boys' Club of NY:** Skills and drills for soccer, rugby, and basketball, Saturdays through 11/21. To sign up for an activity, time slot, and location, visit the [website](#).

