

COVID19 Resources

Vaccine Education

As COVID-19 vaccines begin rolling out across the country, the Centers for Medicare & Medicaid Services Office of Minority Health (CMS OMH) is taking action to protect the health and safety of our nation's patients and providers and keeping you updated on the latest COVID-19 resources from HHS, CDC, and CMS.

The CMS OMH [COVID-19 Resources on Vulnerable Populations](#) webpage is being continuously updated. Please note, there are specific webpages for both [health care professionals](#) and [consumers and patients](#).

We all want to fight COVID spread and get to a place where the people we serve can get back to normal, to do this we need to continue the [3Ws](#) (Wear, Wait, Wash) and [promote vaccinations](#) – especially among those who are hesitant.

After Vaccination: A couple of things to [keep in mind](#):

- You'll be observed for about 15 minutes after you get the vaccine to [monitor for any immediate adverse effects](#).
- Side effects can be similar to the flu symptoms, but they should go away in a few days.
- Your body will need time to fully develop protection once you've been vaccinated, just like any other vaccine.
- Continue to practice the 3Ws even after vaccination. Cover your mouth and nose with a mask when around others, stay at least 6 feet away from others, avoid crowds, and wash your hands often.

Additional COVID-19 resources to share broadly:

CDC.gov

- **[Tell Me More - Vaccine Safety Video](#)**
 - <https://youtu.be/V8ey3WYxQuQ>
- **[CDC COVID-19 Vaccines Page](#)**
 - <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>
- **[CDC's Tips on How to Protect Yourself and Others](#)**
 - https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html?utm_campaign=20201222_cvd_prv_gal&utm_content=english&utm_medium=email&utm_source=govdelivery
- **[CDC COVID-19 Vaccination Communication Toolkit](#)**
 - <https://www.cdc.gov/vaccines/covid-19/health-systems-communication-toolkit.html>
- **[CDC Long-Term Care Facility Toolkit](#)**
 - <https://www.cdc.gov/vaccines/covid-19/toolkits/long-term-care/index.html>

COVID19 Resources

HHS.gov

- **HHS Combat COVID Website**
 - <https://combatcovid.hhs.gov/>
- **COVID-19 Vaccine Education Effort: Content for Healthcare Providers Video Series**
 - <https://youtube.com/playlist?list=PLdSSKSOSBh4mcQbLK0NnLo8iP5TNqUCOf>

Medicare.gov

- **Medicare & Coronavirus Page**
 - <https://www.medicare.gov/medicare-coronavirus>
- **Medicare Coverage Page on COVID-19 Vaccines**
 - <https://www.medicare.gov/coverage/coronavirus-disease-2019-covid-19-vaccine>
- **Medicare Coverage Page on COVID-19 Monoclonal Antibody Treatments**
 - <https://www.medicare.gov/coverage/coronavirus-disease-2019-covid-19-monoclonal-antibody-treatments>
- **Medicare Fraud Page**
 - <https://www.medicare.gov/forms-help-resources/help-fight-medicare-fraud>

CMS.gov

- **COVID-19 Vaccine Policies & Guidance**
 - <https://www.cms.gov/covidvax>
- **COVID-19 Partner Resources Page**
 - <https://www.cms.gov/outreach-education/partner-resources/coronavirus-covid-19-partner-resources>

From Our National Partners

- **Successful Practices for Telework & Outreach:** Tips from the MIPPA, Senior Medicare Patrol and SHIP Resource Centers.
 - <https://d2mkcg26uvvg1cz.cloudfront.net/wp-content/uploads/COVID-Successful-Practices.pdf>
- **Medicare Coverage During Coronavirus Q&A:**
 - https://d2mkcg26uvvg1cz.cloudfront.net/wp-content/uploads/COVID-19_Medicare-Coverage_Q_A_sheet-4-22-20.pdf
- **Q&A on How CARES Act Payments Affect Eligibility for Benefits**
 - <https://www.ncoa.org/resources/cares-act-payments-benefits/>
- **COVID-19 Fraud Alerts and Resources:** From the Senior Medicare Patrol Resource Center
 - <https://www.smpresource.org/Content/Medicare-Fraud/Fraud-Schemes/COVID-19-fraud.aspx>

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- **Counselor fact sheet: Medicare coverage and coronavirus:** A fact sheet developed by the SHIP TA Center
 - <https://d2mkcg26uvq1cz.cloudfront.net/wp-content/uploads/Counselor-Fact-Sheet-Medicare-Coverage-and-Coronavirus.pdf>
- **Tools for public health and community action:** A toolkit for public health professionals drawn from authoritative resources; compiled by the Center for Community Health and Development at the University of Kansas
 - <https://ctb.ku.edu/en/coronavirus-tools>
- **Operating Volunteer Driver Programs in a Pandemic:** Tips from the National Aging and Disability Transportation Center
 - <http://www.nadtc.org/wp-content/uploads/Volunteer-Driver-Suggestions-COVID.pdf>
- **Toolkit: Senior nutrition network COVID-19 response townhall:** from the National Resource Center on Nutrition and Aging
 - <https://nutritionandaging.org/toolkit-senior-nutrition-network-covid-19-response-townhall/#wbounce-modal>
- **Practical tips for meals and other package delivery:** from NCOA, the National Resource Center on Nutrition and Aging (hosted by Meals on Wheels America), and the American Occupational Therapy Association
 - <https://www.ncoa.org/resources/practical-tips-for-meals-and-other-package-delivery/>
- **Frequently asked questions: COVID-19 and health promotion programs:** questions from community-based organizations on how they can continue offering health promotion programs during the pandemic.
 - <https://www.ncoa.org/uncategorized/frequently-asked-questions-covid-19-and-health-promotion-programs/>
- **Program updates from ACL CDMSE and Falls Prevention grantees during COVID-19:** Grantees share their methods and solutions to offering health promotion programs online for their participants.
 - <https://www.ncoa.org/uncategorized/program-updates-from-acl-cdsme-and-falls-prevention-grantees-during-covid-19/>
- **Frequently asked questions: data collection & management for health promotion programs during COVID-19:** Learn how community-based organizations are collecting participant data during this time period.
 - <https://www.ncoa.org/uncategorized/frequently-asked-questions-data-collection-management-for-health-promotion-programs-during-the-covid-19-pandemic/>
- NCOA's Center for Healthy Aging has hosted weekly grand rounds webinar, sharing best practices for participant registration, virtual delivery platforms, data collection, and more. View the recordings [here](#):
 - <https://www.ncoa.org/uncategorized/upcoming-and-archived-events-health-promotion-programs-and-covid-19/>

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Additional Resources

National Resource Center on LGBT Aging

Explore this valuable website that pinpoints the specific concerns, needs, and resources available to lesbian, gay, bisexual, and transgender (LGBT) older adults:

<http://www.lgbtagingcenter.org/>

Taking Your Medicines Safely

Get this free train-the-trainer program to educate older adults about medication safety and the Poison Helpline: <http://poisonhelp.hrsa.gov/resources/safemedicine/index.html>

Gaining Momentum: A Communications Toolkit

Use this collection of research and resources to change the way you talk about aging in America: <http://www.frameworksinstitute.org/toolkits/aging/>

Bell Age: Keep Yourself and Your Family Safe and Healthy

Understand your COVID-19 related risks, make safe choices, and connect to helpful resources from Bell Age: <https://www.cv19checkup.org>

Internet Access and Tech Education

- **Tools and Tips for Reaching a Remote Audience**
 - https://ncoa.zoom.us/rec/play/65MlfuGo_zg3GoecswSDBKN5W42-KvisgyEW86AFxEjnAHQEN1qYrUQa-P_zuubd9Qurb5xoekuXN3F?continueMode=true
- **Rush University Medical Center Zoom Guide**
 - <https://www.ncoa.org/resources/instructions-for-accessing-your-virtual-workshop-through-zoom/>
- **7 Sources of Low-Cost Internet for Seniors** (specific to COVID-19)
 - <https://dailycaring.com/7-sources-of-low-cost-internet-for-seniors/>
- **Senior Planet Digital Literacy Classes**
 - <https://seniorplanet.org/>
- **How to Become Tech Savvy Seniors in 10 Days**
 - <https://www.aginginplace.org/how-to-become-tech-savvy-for-seniors-in-10-days/>
- **AARP TEK workshops are free of charge to the public**
 - https://learn.aarp.org/?cmp=RDRCT-TEK-ACADEMY-AUG_015
- **Instructions for Accessing Your Virtual Workshop through Zoom**
 - <https://www.ncoa.org/resources/instructions-for-accessing-your-virtual-workshop-through-zoom/>

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- **FREE App “Easy Tablet Help for Seniors”**: Available at no cost, in the Apple, Google Play, and Amazon App Stores. **Note**: There are no ads or in-app purchases. The interactive tutorial teaches:
 - **The basics**: Tapping a touchscreen, enlarging and shrinking a page, scrolling, location of buttons, how to navigate the the keyboard.
 - **Internet safety, searching, and communicating**: Texting, video-calling (Zoom, FaceTime, Skype), getting a Gmail account or using an existing email account
 - **More**: How to use YouTube, the camera, attaching photo to an email, apps, etc.
 - **Demo** www.generationsonline.org/gol4ipad