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Creative Methods for Improving Health Literacy in Underserved Communities

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COVID-19

T	C	E	T	O	R	P	K	L	V	U
F	B	S	E	S	P	R	E	A	D	S
Y	R	G	N	I	H	S	A	W	K	M
O	E	X	T	M	J	A	J	E	K	C
V	A	C	C	I	N	A	T	E	D	O
T	T	S	U	R	I	V	B	B	D	U
E	H	W	U	D	N	W	L	B	W	G
S	E	S	E	Z	E	E	N	S	L	H
T	B	T	S	S	E	N	K	C	I	S
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D	B	M	A	S	K	J	D	I	W	Z

Instructions: Find the underlined words in the above find-a-word.

COVID-19 is a sickness that affects the lungs and other parts of the body that help you breathe. COVID-19 is caused by a virus called SARS-CoV-2. COVID spreads when a person with COVID coughs, sneezes, talks, or breathes out droplets and very small particles that contain the virus, and another person breathes in these particles or they land on their eyes, nose, mouth, or a surface they touch.

In the US, 81 million people have gotten COVID, and 990,000 have died from COVID. But, it is possible to protect yourself & others by getting vaccinated and boosted, wearing a mask over your nose and mouth, washing hands often, covering coughs and sneezes, and getting tested when you feel sick or are around someone with COVID

COVID-19 FAQ's

What are the symptoms of COVID?

After being around someone with COVID, people begin to feel sick within 2-14 days. Anyone can have a mild to severe sickness. Some ways to tell you have COVID include:

- fever / chills • cough • shortness of breath / difficulty breathing • tiredness • muscle / body aches • headache • new loss of taste or smell • sore throat • stuffy or runny nose • nausea / vomiting • diarrhea

Who is at risk of getting very sick from COVID?

Anyone can get very sick from COVID, but some people are at increased risk including older adults, racial and ethnic minority groups, people with disabilities, people with other medical conditions (such as cancer, liver disease, diabetes), pregnant individuals, and people who smoke or have substance use disorders.

Do the COVID vaccines work?

Yes! Like any vaccine, COVID vaccines are not 100% effective at stopping you from getting sick. But, being vaccinated does make you less likely to get sick with COVID, less likely to need to go to the hospital, and less likely to die from COVID.

Is the booster shot necessary?

Yes! Booster shots restore protection against COVID-19 which may have decreased over time. Right now, one booster is recommended for people ages 12+ and a second booster is recommended for people ages 50+.

What should I do if I get sick with COVID?

If you test positive for COVID-19 or feel sick after being around someone with COVID-19:

- Stay away from others for at least 5 days and until you have been fever-free for 24 hours
- Take care of yourself by getting rest, drinking plenty of water, and taking Tylenol, Motrin, or Advil to help you feel better
- If you must be around others, wear a well-fitting mask and stay 6-feet away

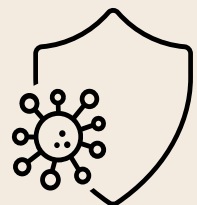
Where can I get vaccinated?

Ask someone at Recovery Cafe when they are hosting a vaccine clinic!

Find vaccination pop-ups in King County at:
kingcounty.gov/vaccine/schedule

COVID-19 vaccination clinic at the Amazon Meeting Center
Saturdays and Sunday, 9:30am-3:30pm Location: 2031 7th Ave, Seattle, WA

*COVID-19 vaccines are available for everyone age 5 years and older at no cost, regardless of insurance or immigration status



Drug Overdose

I	T	O	A	E	N	O	V	O	L	R	H	S	P
O	N	R	L	E	U	O	N	N	O	O	I	N	E
E	N	D	D	M	L	P	N	O	H	M	E	P	C
E	P	I	E	E	O	O	P	I	O	I	D	S	N
O	L	N	S	R	M	H	N	M	C	P	I	N	Y
N	A	H	T	G	C	S	I	F	L	T	N	S	A
R	N	A	N	E	A	N	T	E	A	N	O	L	A
E	A	L	A	N	P	T	N	N	S	G	V	O	T
A	R	A	L	C	G	E	I	T	N	A	E	N	R
C	C	N	U	Y	M	E	O	A	T	A	R	D	R
T	A	T	M	S	S	A	P	N	O	D	D	A	L
E	N	S	I	N	E	H	N	Y	I	I	O	T	D
D	T	D	T	N	N	A	I	L	N	N	S	C	C
I	V	S	S	P	L	D	P	A	I	S	E	O	I

ALCOHOL
FENTANYL
OVERDOSE
REACTED
PINPOINT
EMERGENCY
OPIOIDS
STIMULANTS
INHALANTS
NARCAN

Narcan: also called Naloxone, opioid reversal agent

Fentanyl: very potent drug; it is often mixed with other drugs with or without user knowing

Overdose: consuming more than the recommended amount of drugs or alcohol

REACTED: quick way to remember the common signs of overdose

Recognize, Extreme Tiredness, Abdominal Changes, Confusion, Temp Change, Eyes, Difficulty Breathing

Pinpoint: black part of the eye is about the size of the tip of a pen

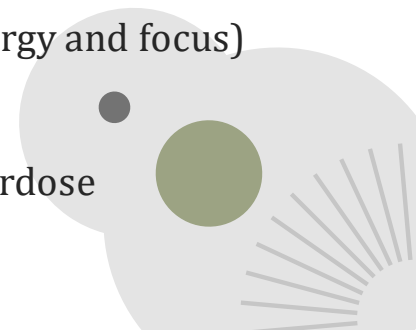
Opioids: used to reduce pain BUT also reduce ability to breathe

Stimulants: “uppers” often used for euphoric effects (heightened energy and focus)

Inhalants: produce light-headedness, hallucinations or delusions

Alcohol: when consumed in excess, can lead to poisoning

Emergency: seek immediate medical treatment if you suspect an overdose



Drug Overdose Safety & Prevention

What Is An Overdose?

- ❖ When you take more than the recommended amount of something resulting in injury or death

What Can Cause It?

- ❖ **Alcohol**
- ❖ **Opioids:** heroin, Oxycontin, Vicodin, Fentanyl
- ❖ **Stimulants:** cocaine, amphetamines, meth, crack
- ❖ **Inhalants:** paint, glue, hairspray, aerosol cans
- ❖ **Benzodiazepines:** Xanax, Ativan, Valium

What Does an Overdose Look Like?

REACTED

- Recognize a change in the person*
- Extreme Tiredness:* hard to wake up or stay awake
- Abdominal Changes:* vomiting, diarrhea, nausea
- Confusion:* can't remember things, slurred speech
- Temp Changes:* body becomes cold or hot
- Eyes:* small pupils (pinpoint), slow eye movement
- Difficulty Breathing:* slow or stop breathing

Preventing Overdose

- ❖ **Never Use Alone:** You want to make sure someone is there to help if something goes wrong
- ❖ **Don't Mix Drugs:** This can lead to uncertain effects and reactions
- ❖ **Start with Small Amounts:** Until you know the effect the drug has on you, start with small amounts
- ❖ **Have Access to Narcan:** Narcan is an opioid reversal agent, and can be found at various distribution sites
- ❖ **If it looks different, DON'T TAKE IT:** Fentanyl is very potent and being mixed with pills or powders, you may unknowingly ingest high amounts

WA 911 Good Samaritan Drug Overdose Law

"Provides immunity from prosecution for drug possession charges to overdose victims AND bystanders who seek aid in an overdose event"

What Does This Mean?

- You will not get in trouble for having drugs on you, if you seek help for an overdose for you or your friend. ALWAYS seek help!

Narcan Education & Distribution

4 P's of Narcan Nasal Administration

- **PEEL** open the package
- **PLACE** the nozzle tip in nostril until your fingers are resting on their nose
- **PRESS** the red plunger firmly to spray and remove nozzle from nose
- **PLACE** person on their side and get emergency help



Seattle Distribution Centers

- Project NEON
(1216 Pine St #300 Seattle, WA 98101)
- YouthCare Orion Center
(1828 Yale Ave Seattle, WA 98101)
- Harborview Madison Clinic
(325 9th St Seattle, WA 98104)
- Downtown Emergency Service Center
(515 3rd Ave Seattle, WA 98104)

Hepatitis

U	E	V	Y	A	B	C	D	E	B	A	L	F	N
N	N	J	A	U	N	D	I	C	E	E	A	B	R
E	E	L	I	C	E	V	N	A	R	H	N	B	F
H	C	C	S	B	C	R	A	M	O	A	T	O	E
P	O	H	C	O	D	I	A	I	N	A	I	D	C
O	S	R	H	O	I	A	N	O	C	L	V	I	A
N	I	O	C	A	C	L	V	E	C	I	I	L	L
I	T	N	N	E	O	E	L	O	I	V	R	Y	A
M	I	I	N	U	T	R	S	U	V	E	A	F	N
A	T	C	A	D	I	R	E	I	R	R	L	L	D
T	A	S	N	I	X	O	T	A	M	A	S	U	O
E	P	V	N	I	B	U	R	I	L	I	B	I	R
C	E	C	I	R	R	H	O	S	I	S	R	D	A
A	H	I	A	L	C	O	H	O	L	A	H	S	L

BODILY FLUIDS
 VACCINE
 ALCOHOL
 BILIRUBIN
 LIVER
 FECAL AND ORAL
 AMATOXINS
 HEPATITIS
 CIRRHOSIS
 ACETAMINOPHEN
 JAUNDICE
 CHRONIC
 ABCDE
 ANTIVIRALS

Play this puzzle online at : <https://thewordsearch.com/puzzle/3597241/>

Liver: the organ that Hepatitis affects.

ABCDE: the main types of Hepatitis.

Hepatitis: inflammation of the liver.

Jaundice: yellow discoloration of the skin & sclera (whites of the eyes) from the buildup of bilirubin.

Bilirubin: orange-yellow pigment formed in the liver by the breakdown of blood.

Alcohol: excessive use of this can cause Hepatitis or worsen it.

Acetaminophen: medications that can hurt the liver if used excessively because they are hepatotoxic (toxic to the liver).

Antivirals: treatment that is effective for only Hepatitis B, C, and D.

Vaccine: treatment available only for Hepatitis A and B.

Cirrhosis: chronic liver damage primarily due to Hepatitis, especially if left untreated.

Amatoxins: contained in certain wild mushrooms that can cause acute liver injury (AKI), potentially leading to Hepatitis.

Fecal and Oral: Hepatitis A & E are transmitted by this.

Bodily Fluids: Hepatitis B and C are transmitted by this.

Chronic: Hepatitis B, C & D are acute/chronic.

Hepatitis

What is it?

Inflammation of the liver.

What is the function of the liver?

Processes nutrients from the food you eat, filters your blood from toxins, and fights infections.

*** BE CAREFUL OF USED NEEDLES!
(TATTOO PARLORS, PIERCINGS)**

Signs & Symptoms

*Nausea, vomiting, stomach pain, anorexia, dark urine, grey stool, fever, jaundice, fatigue, itchiness, bleeding (emergency!) *GO SEEK HELP! CALL 911!*

*** JAUNDICE: YELLOW DISCOLORATION OF SKIN & SCLERA FROM BUILDUP OF BILIRUBIN.**

Types of Hepatitis

Hep A: fecal-oral transmission; VACCINE

Hep B: blood/bodily fluid transmission; VACCINE

Hep C: NO VACCINE

Hep D: blood/bodily fluid transmission; coexists only with those who have hep b; VACCINE FOR HEP B can also be used for HEP D

Hep E: fecal-oral transmission; NO USE VACCINE

Risk Factors

- Alcohol
- Tylenol
- Exposure to: blood, those with jaundice, & recreational (amatoxins = exotic mushrooms)
- Traveling, dining out
- Health history of liver complications

What Can I do?

- Wash your hands!
- Stay away from large crowds
- Take Ibuprofen, **NOT TYLENOL** ***TYLENOL DAMAGES YOUR LIVER!**
- Do not drink alcohol

SEXUAL HEALTH

I	B	S	S	R	R	H	M	S	R	H	T	C	A
T	T	A	T	B	N	N	I	A	A	N	I	N	I
E	I	S	O	I	H	A	T	A	C	H	M	H	R
S	S	I	T	S	Y	P	H	I	L	I	S	I	X
T	C	T	C	U	T	R	A	N	S	M	I	T	E
I	I	I	I	N	F	E	C	T	I	O	N	S	S
N	T	T	I	P	L	E	A	S	U	R	E	S	C
G	O	A	Y	U	T	N	I	H	Y	A	E	H	E
A	I	P	E	V	P	H	D	S	P	O	A	L	N
A	B	E	P	S	O	H	E	R	P	E	S	H	I
N	I	H	R	I	C	H	L	A	M	Y	D	I	A
U	T	E	I	A	E	H	R	R	O	N	O	G	O
S	N	C	E	T	O	E	Y	C	N	E	S	I	A
I	A	O	N	T	N	C	S	C	O	N	D	O	M

SEX
TRANSMIT
SYPHILIS
PLEASURE
TESTING
ANTIBIOTICS
GONORRHEA
INFECTION
HPV
HERPES
HEPATITIS
CONDOM
CHLAMYDIA

Antibiotics: a medicine used to treat infections

Condom: a protective barrier that goes over the penis during sexual contact to protect against infection

Chlamydia: a common sexually transmitted infection

Gonorrhea: a sexually transmitted infection that can affect the genitals and throat

Herpes: a sexually transmitted virus that can cause sores on the skin

Hepatitis: a sexually transmitted virus that can affect the liver

HPV: the most common sexually transmitted disease that can cause warts

Infection: when bacteria or a virus enters the body and makes you sick

Pleasure: experiencing something that feels good

Sex: a healthy and natural activity that involves sexual contact

Syphilis: a sexually transmitted infection

Testing: when you provide urine, blood, or a swab so the doctor can look for infection

Transmit: how diseases are passed from one person to another

SEXUAL HEALTH



What are sexually transmitted diseases (STDs)?

STDs are infections that are spread from one person to another person, usually during vaginal, anal, or oral sex

- ❖ They are very common!
- ❖ Many people who have them may not know they have them.
- ❖ You can still have sex while preventing STDs, and most of them are easy to treat!

What can put me at risk for getting an STD?

- ❖ Having sex without using a protective barrier like a condom
- ❖ Having more than one sex partner
- ❖ Having sex with someone you do not know
- ❖ Having sex while under the influence of drugs or alcohol

What should I do when I have sex?

Sex can be fun! Here are some ways to enjoy sex without getting an STD:

- ❖ Use a condom when you have sex
- ❖ Ask the person you are having sex with if they have an STD or if they have been tested for one
- ❖ Stick to having sex with one person you trust!
- ❖ Thinking of having sex with someone new? You can get tested for STDs first

Signs of Common STDs

- ❖ Pain when going to the bathroom
- ❖ Sores on or around the penis, anus, or vagina
- ❖ Itching or burning around the penis, anus, or vagina
- ❖ Flu symptoms such as a fever, tiredness, headache, or sore throat

You may not have any signs of an STD, so getting tested is important! The next box has resources for testing.

Where to Get Tested and Treated for STDs



- ❖ Planned Parenthood Seattle located at 2001 E Madison St.
- ❖ Sexual Health Clinic at Harborview, 908 Jefferson St
- ❖ Lifelong Sexual Health services at 1016 E Pike St, Unit 300, <https://www.lifelong.org/sexual-health-testing>



- ❖ STD testing may include providing a sample of your pee, getting your cheek swabbed, or having a small amount of blood taken
- ❖ The doctor might ask you questions about the kind of sexual contact you've had, how many partners you have had, and other things that might increase your risk.

If you test positive, that's okay! There are treatments available.

Type 2 Diabetes

S	B	L	O	O	D	P	R	E	S	S	U	R	E
E	T	I	E	O	C	L	I	U	O	G	I	A	O
T	N	M	N	O	B	E	S	I	T	Y	U	T	A
A	R	A	G	U	S	D	O	O	L	B	L	L	I
R	B	T	E	S	T	S	T	R	I	P	S	E	M
D	D	A	I	L	Y	E	X	E	R	C	I	S	E
Y	D	C	O	E	B	H	L	O	T	H	N	I	C
H	R	I	L	E	T	A	E	I	O	S	S	A	Y
O	O	S	S	E	T	E	B	A	I	D	U	O	L
B	E	U	S	T	S	I	C	O	T	S	L	C	G
R	R	E	T	E	M	O	C	U	L	G	I	N	O
A	G	O	O	E	A	P	X	O	S	G	N	O	P
C	R	C	A	R	X	G	L	U	C	O	S	E	Y
I	A	I	M	E	C	Y	L	G	R	E	P	Y	H

INSULIN
 BLOOD SUGAR
 TEST STRIPS
 HYPERGLYCEMIA
 GLUCOSE
 BLOOD PRESSURE
 CARBOHYDRATES
 GLUCOMETER
 OBESITY
 HYPOGLYCEMIA
 DIABETES
 DAILY EXERCISE

Insulin: Hormone that allows cells to use glucose as energy

Carbohydrate: A type of food that has components that get broken down into glucose (sugar) molecules

Glucose: Sugar Molecules

Blood Sugar: Amount of glucose in the bloodstream

Glucometer: A medical tool that allows us to see the amount of sugar in the bloodstream

Test Strips: Placed in a glucometer to determine the blood sugar

Hyperglycemia: High Blood Sugar

Hypoglycemia: Low Blood Sugar

Daily Exercise: Can help prevent and manage type two diabetes

Obesity: A risk factor for developing type two diabetes

Blood Pressure: If well controlled, can help reduce the risk of a heart attack or stroke

TYPE 2 DIABETES

What Is Type 2 Diabetes?

- ❖ Insulin, a hormone that allows glucose (sugar) to be used as energy, is released into the blood, but the body no longer is responding to it correctly
- ❖ Allows glucose to build in the body and not be used for energy by cells
- ❖ This results in an increased blood sugar and can lead to health complications.

How Can I Manage My Diabetes?

- ❖ **Diet:** Limiting sugar and carbohydrate intake, including breads, fruits, pastas, chips, and candy
- ❖ **Medications:** Oral Antidiabetics or Insulin Injections
- ❖ **Lifestyle:** Maintaining a healthy weight or losing excess weight
- ❖ **Monitor Blood Sugar** levels using a glucometer
- ❖ **Smoking:** Limit or Stop Cigarette Smoking
- ❖ **Follow-up Appointments:** For regular testing and medical visits

What Should I Watch For?

- ❖ **Foot Care:** Inspect feet every day for wounds. Diabetes can cause delay wound healing and decrease sensation.
- ❖ **Control Blood Pressure:** helps reducing your risk of heart attack or stroke
- ❖ **Hemoglobin A1c:** a clinical test that can be done to show how your blood sugar has been managed. Ideally this number would be under 7%
- ❖ **Develop Changes in Vision,** increased thirst, or increased urination, in addition to a blood glucose of >600mg/dL, seek medical attention.

Hypoglycemia? What's that?

Hypo means *low* and **Glycemia** refers to *blood sugar*

Hypoglycemia, or low blood sugar, can be very dangerous and could lead to coma or death.

If you begin to show symptoms having low blood sugar, stop and have 15g of simple sugars. That's about 3 hard candies or a cup of juice!

Symptoms can include:

- ❖ Hunger
- ❖ Irritability
- ❖ Anxiety
- ❖ Tired
- ❖ Shakiness
- ❖ Feeling
- ❖ Sweating
- ❖ Fast Heartbeat

Resources to Help You Manage Diabetes

- ❖ **American Diabetes Association** (insulinhelp.com) -- Assist with Access to Insulin
- ❖ **Country Doctor Community Clinic** (500 19th Ave E Seattle, WA 98112) – Can provide on-going medical treatment
- ❖ **After Hours Clinic** (2101 E Yesler Way Seattle, WA 98122) – Walk-In Clinic
- ❖ **Healthpoint Clinic Evergreen** (830 SW 116th Street Seattle, WA 98146) – Specialize in Nutritional Support
- ❖ **Cynthia A. Green Family Center** (12704 76th Ave S Seattle, WA 98178)
Recovery Café -- Provides many resources for you to aid you in your health journey. Ask a staff member how your community can help

Vaccination Information

I	L	O	W	G	R	A	D	E	I	A	F	L	U
S	I	S	S	U	T	R	E	P	D	I	U	S	I
D	T	E	N	D	E	R	N	E	S	S	P	A	M
I	E	G	E	U	I	T	E	T	A	N	U	S	M
N	I	I	R	F	A	T	I	G	U	E	V	U	U
N	E	D	I	P	H	T	H	E	R	I	A	I	N
N	L	I	P	R	E	V	E	N	T	I	O	N	I
T	A	N	U	F	P	E	N	I	C	C	A	V	T
N	P	N	S	N	A	O	L	N	E	U	F	M	Y
R	S	E	V	E	E	E	T	A	P	T	S	G	N
A	I	D	S	S	E	H	D	U	E	I	O	P	U
R	I	S	E	O	N	N	H	S	G	S	F	D	S
A	N	T	I	B	O	D	I	E	S	A	H	A	H
A	E	E	F	S	E	S	N	A	T	C	R	C	E

DIPHTHERIA
 VACCINE
 NAUSEA
 LOW-GRADE
 TETANUS
 PERTUSSIS
 TENDERNESS
 IMMUNITY
 FLU
 PREVENTION
 ANTIBODIES
 FATIGUE

Antibodies: Protective proteins in the body that takes out objects that are not supposed to be there

Vaccine: A type of medication that trains the body to have protection from certain diseases and is injected into a muscle of the body

Pertussis: Bacterial infection in the lungs that is easily spread

Prevention: Stopping something from happening

Nausea: Feeling the need to throw up

Diphtheria: Bacterial infection in the nose and throat that makes it hard to breathe and swallow

Immunity: The body's ability to resist an infection or toxins

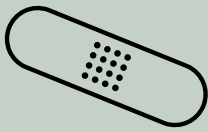
Tenderness: Feeling discomfort when touched in an area that has pain

Flu: Respiratory (lungs) illness that is cause by the influenza virus

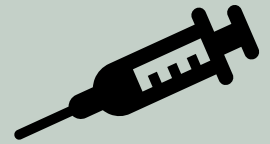
Fatigue: Feeling extremely tired and lack of energy

Low-grade: Not severe, minor

Tetanus: Bacterial infection that impacts the nerves in the body



Vaccination Facts



What is Hepatitis A/B?

- ❖ Protection: Combination vaccine that is prevention for hepatitis A/B
- ❖ Benefits: High percentage of protection from getting the disease which can be easily spread through blood/semen/other bodily fluid (Hep B) or oral fecal route (Hep A)
- ❖ Side effects: Swelling/tenderness where the shot is given, loss of appetite, headache, and fever

What is the flu?

- ❖ Protection: Serious disease that can lead to hospitalization
- ❖ Benefits: Prevention of the flu, reduce severity of illness, reduce risk of hospitalization, protects others around you
- ❖ Side effects: Soreness/redness where the shot was given, headache (low-grade), fever, muscle aches, nausea, fatigue

What is COVID-19?

- ❖ Protection: Decrease chances of getting COVID
- ❖ Benefits: Build an immunity component to covid without getting sick
- ❖ Side effects: Pain/swelling in the place where the shot is given, tiredness, muscle pain, and chills

What is Tdap?

- ❖ Protection: Against tetanus, diphtheria, and pertussis
- ❖ Benefits: These illnesses can be passed from person to person or through open wounds and so high-risk people are easily ill
- ❖ Side effects: Pain/redness where the shot is given, vomiting, diarrhea, stomachache

Why are vaccines important?

- ❖ They are prevention methods.
- ❖ Vaccination help decrease the chances of the person becoming sick.
- ❖ A person can still become ill, but it will not be as severe since they are vaccinated.
- ❖ Antibodies of the disease help build immunity.

Locations with vaccines:

- *Go somewhere you trust and have had good experiences at*
- ❖ Recovery Café offers vaccines on certain dates at their SODO spot – check the Calendar
- ❖ Downtown Public Health Center in Belltown offers vaccinations
- ❖ Grocery stores have pharmacy where they have all these vaccinations