

THE NEW NORMAL: Adapt and Overcome

Patient In Action: Meet Amanda Harrison Ngankam



First-time mom, Amanda Harrison Ngankam, delivered her baby-boy after participating in all Maternal Health & Baby Education Program classes. She found all classes very helpful, especially, in preparing for labor. Free to Santa Clara Valley Medical Center (SCVMC) patients, classes focus on helping expectant parents prepare for childbirth and beyond.

In class, Amanda had a chance to practice proper breathing and learned what to expect during childbearing. Also, she used the relaxation techniques she learned in the Labor Preparation class while giving birth.

In the Lactation class, Amanda found the information on how to breastfeed safely and the importance of breastfeeding very beneficial. She learned useful information about bathing the baby, belly button care, and much more in the Mother and Newborn Care class. She and husband, Aymard Ngankan, also attended the Infant CPR class. In class, they had a great time quizzing each other and gained a sense of security.

Amanda describes her prenatal education experience as excellent. She encourages all expectant parents to take part in the prenatal classes and for pregnant moms to attend prenatal yoga.

Ambulatory Health Education Department (AHED) News

In response to the COVID-19 pandemic, the Ambulatory Health Education Department (AHED) stopped all in-person classes. For now, we only offer **telephone and/or video visits** for the following programs:

- Healthier Living (English)
- Maternal Health & Baby Education (English & Spanish)
 - Labor Preparation
 - Successful Breastfeeding
 - Mother & Newborn Care
- Tobacco-Free (English & Spanish)

We will re-start in-person classes when it is safe to do so. To sign-up for our **FREE** classes & programs:

- Ask your doctor to refer you to us

OR

- Call our department at **408-885-5436** and leave a message with your:
 - Medical record number (MRN)
 - First & last name
 - Language preference
 - Best contact phone number

In the meantime, please protect yourself and others by:

- **Wear a mask**



- **Wash your hands**



- **Practice social distancing**



July is Minority Mental Health Awareness Month

Mental health conditions do not discriminate based on **race, color, gender, or identity**. Anyone can experience the challenges of mental illness regardless of their background.

In Crisis? Let's Text About It.

Text **RENEW** to **741741** to connect with a trained crisis counselor for **FREE, 24/7**.



SUICIDE IS PREVENTABLE

If you or someone you care about is in crisis and needs immediate help, call the **Crisis Hotline** at **1-855-278-4204**.

The phones are answered by trained professionals who are available **24/7**. The call is **free** and **confidential**.

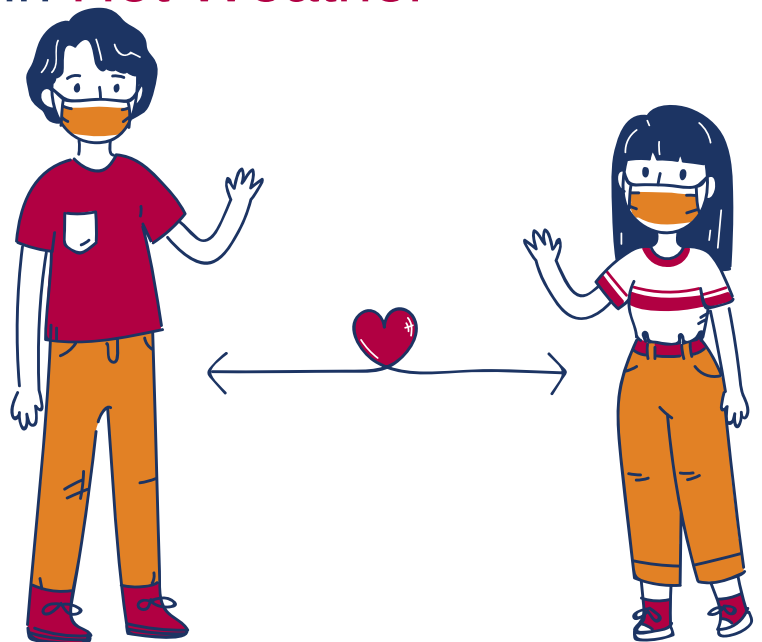
www.suicideispreventablesc.org

Face Coverings in Hot Weather

- For better comfort, it should fit secure, but not too tight.
- Wear a breathable fabric, like cotton, to breathe more easily.
- Don't wear a damp or wet cloth face covering. Always bring extras.

Avoid touching your **Mouth, Eyes, and Nose**.
#avoidMEN

#wearamask #protectyourself #stayhome



DID YOU KNOW? Face coverings can reduce the spread of COVID-19 by protecting you from exposure to respiratory droplets. They **DO NOT** lower oxygen levels. Also, face coverings should not be worn by children under the age of 2 or by anyone with breathing problems.

STOP THE SPREAD



VIRTUAL HUGS

#StopTheSpread

STOP THE BUGS

#StopTheSpread

A graphic showing a woman on a video call screen hugging a man. The man is holding a heart. The woman is also holding a heart. The text 'VIRTUAL HUGS' is at the top, and '#StopTheSpread' is in two boxes. 'STOP THE BUGS' is at the bottom.



#StopTheSpread

SPREAD

Kindness

INSTEAD

A basket filled with various items like a bottle of Vit C, a box of tissues, and a bottle of hand sanitizer. The word 'SPREAD' is written across the basket. Below it, 'Kindness INSTEAD' is written.



Don't wait

SELF ISOLATE

#StopTheSpread

A person is shown sitting on a green and white polka-dot blanket, reading a book. The text 'Don't wait' is at the top, 'SELF ISOLATE' is in the middle, and '#StopTheSpread' is at the bottom.



DISTANCE MAKES US STRONGER

#StopTheSpread

A person is shown sitting on a balcony, looking out. The text 'DISTANCE MAKES US STRONGER' is in the middle, and '#StopTheSpread' is at the bottom.



COUGH and SNEEZE

into your SLEEVE

#StopTheSpread

A woman is shown coughing into her elbow, and a man is shown sneezing into his elbow. The text 'COUGH and SNEEZE' is at the top, 'into your SLEEVE' is in the middle, and '#StopTheSpread' is at the bottom.



STAND TOGETHER

by not

STANDING TOGETHER

#StopTheSpread

Two people are shown standing apart. The text 'STAND TOGETHER' is at the top, 'by not' is in the middle, and 'STANDING TOGETHER' is at the bottom. '#StopTheSpread' is at the bottom.



Self distancing IS THE NEW SELF CARE

#StopTheSpread

A person is shown sitting on a couch, reading a book. The text 'Self distancing IS THE NEW SELF CARE' is in the middle, and '#StopTheSpread' is at the bottom.



SHAKA

#StopTheSpread

NOT SHAKE

A hand is shown with fingers spread. The text 'SHAKA' is at the top, '#StopTheSpread' is in the middle, and 'NOT SHAKE' is at the bottom.



Even Though WE'RE APART

#StopTheSpread

You're in MY HEART

A person is shown hugging a globe. The text 'Even Though WE'RE APART' is at the top, '#StopTheSpread' is in the middle, and 'You're in MY HEART' is at the bottom.

Almost 70% of all COVID-19 cases in Santa Clara County are from **community spread**. SCVMC patients can find more FREE testing locations throughout the county at www.scvmc.org and www.sccfreetest.org or by calling 2-1-1.

For more information about our **FREE** resources and classes and programs, including Maternal Health & Baby Education, Prenatal Yoga, Tobacco-Free, Gentle Yoga, and Healthier Living, please call our department on **Monday-Friday** from 8 am to 5 pm.

Main: 408-885-5436 | Healthier Living Program: 408-885-2486

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