Representative Vivian Flowers (D-AR)
Region X Chair, National Black Caucus of State Legislators (NBCSL)
SYMPTOMS
All of my symptoms were not consistent with the three widely published symptoms of fever, cough and shortness of breath, or with the CDC’s “Watch for symptoms list.”

TESTING
I wasn’t supposed to get tested. Per the screening nurse at my local hospital, I was not eligible for testing. And per the CDC “priorities for testing patients,” I was a “non-priority.”

RECOVERY
The CDC guidance on “discontinuation of isolation for persons with Covid-19 not in healthcare settings” did not work for me. According to this definition of “recovery,” I should have been out of isolation three weeks ago. As of last Monday, I still have the virus.
Communication

• Meeting Modes & Methods
  • phone/text/e-mail more important than ever before
  • video-conferencing (Zoom, Google Hangouts, Skype, Blue Jeans)
• Constituent Outreach
  • social media videos and Covid-19 updated
  • postal mail & electronic newsletter
  • regular call with targeted constituent groups

Resources

• Lists and links for unemployment, small business, attorney general assistance
• Your own list of district resources like support services and PPE
• Formulate your own FAQ, customized for your district