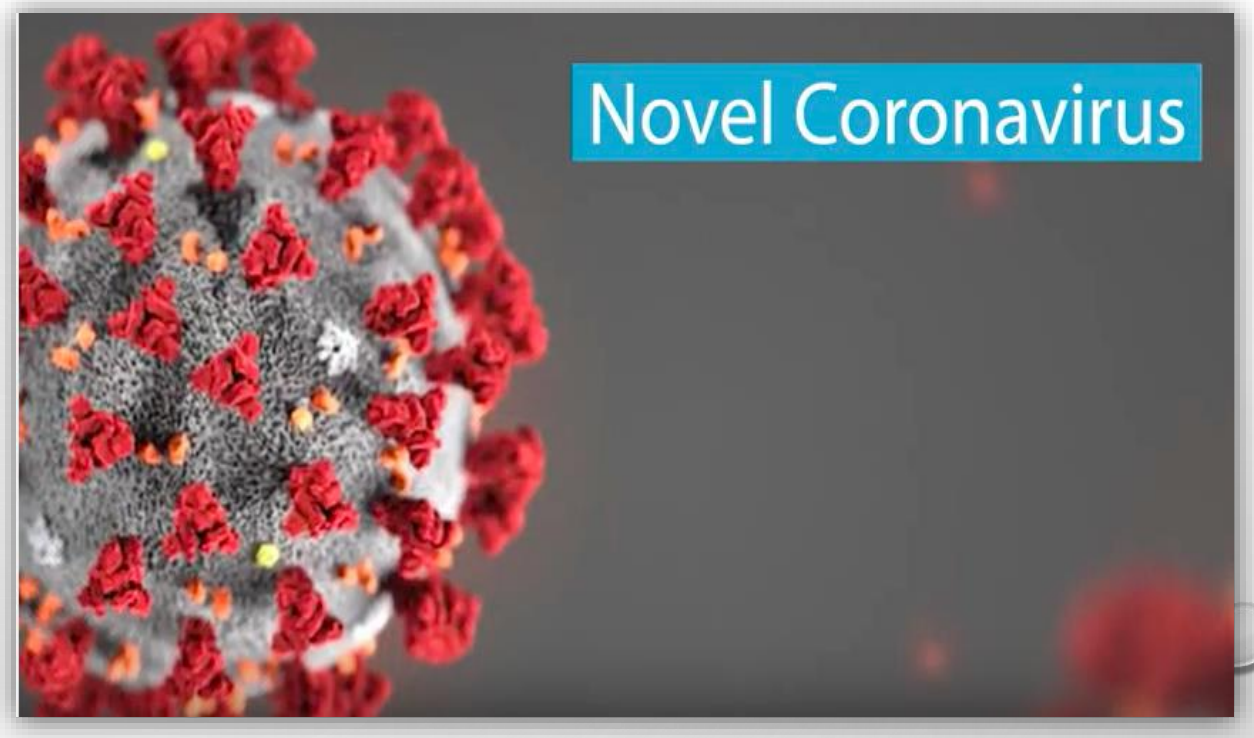
CORONAVIRUS COVID-19



STAFF EDUCATION

FEBRUARY 27, 2020

LET'S LEARN ABOUT THE CORONAVIRUS

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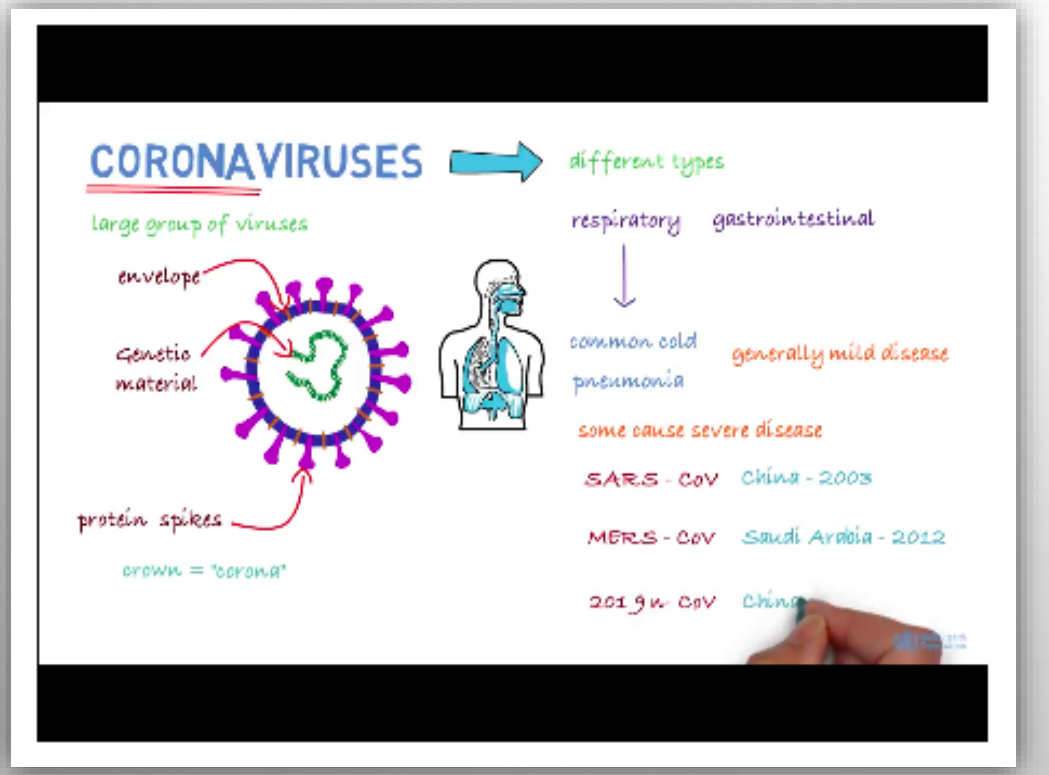


Click on the BLUE link to watch the video. It will take ~ 5 minutes.

NOW THAT WE KNOW MORE ABOUT THE CORONAVIRUS, WHAT CAN WE DO TO PROTECT OUR INDIVIDUALS ?

- LEARN HOW THE VIRUS SPREADS
- LEARN THE SYMPTOMS SO YOU CAN RESPOND QUICKLY
- KNOW WHAT TO DO IF A INDIVIDUAL IS SICK
- MOST IMPORTANTLY, KNOW WHAT YOU CAN DO TO HELP WITH PREVENTION!!!

How Does the Virus Spread ?

We don't know all the facts yet.

Person-to-person spread:

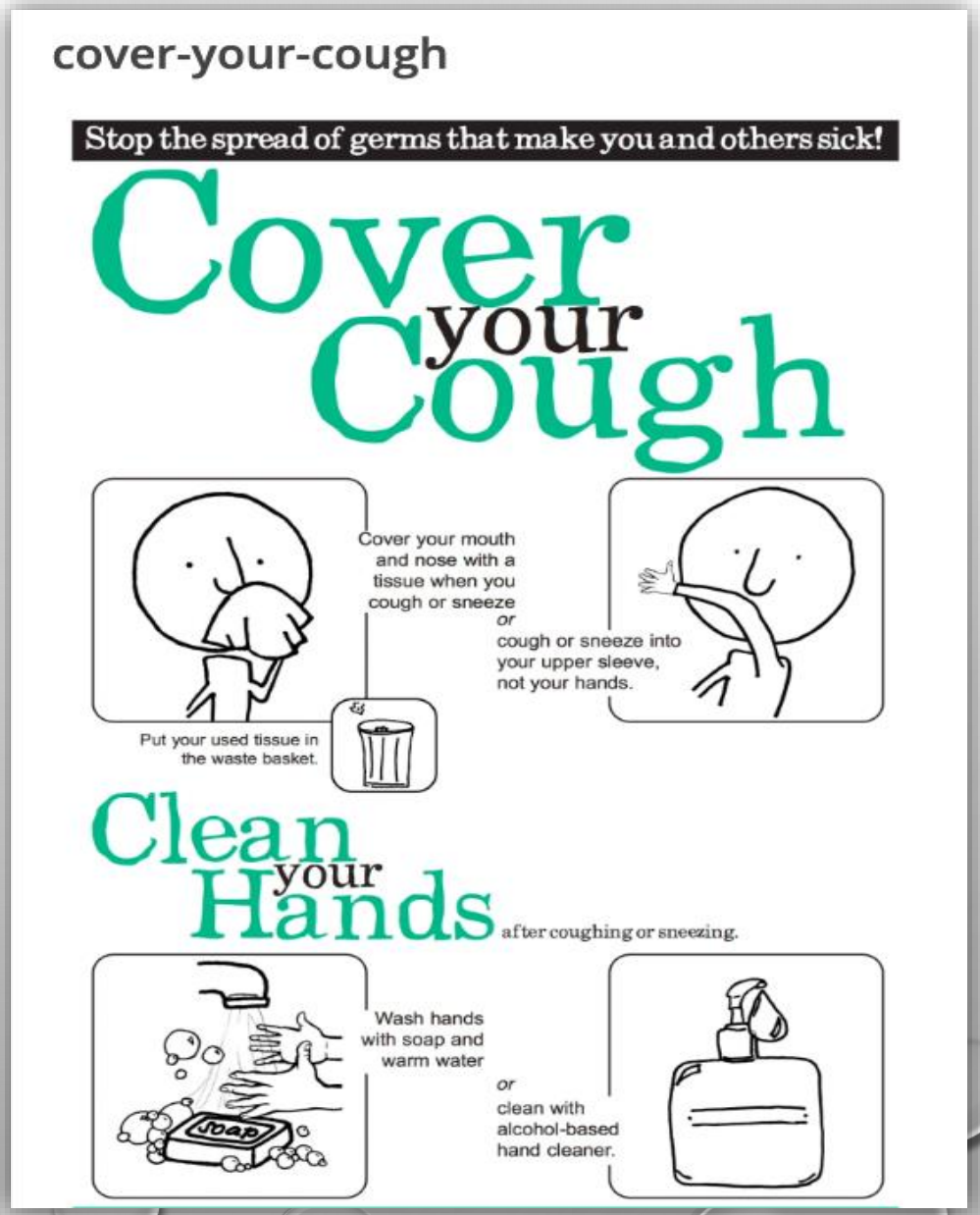
- The virus is thought to spread mainly from person-to-person.
- Between people who are in close contact with one another (within about 6 feet)
- Via respiratory droplets produced when an infected person coughs or sneezes.
  - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Spread from contact with infected surfaces or objects:

- It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

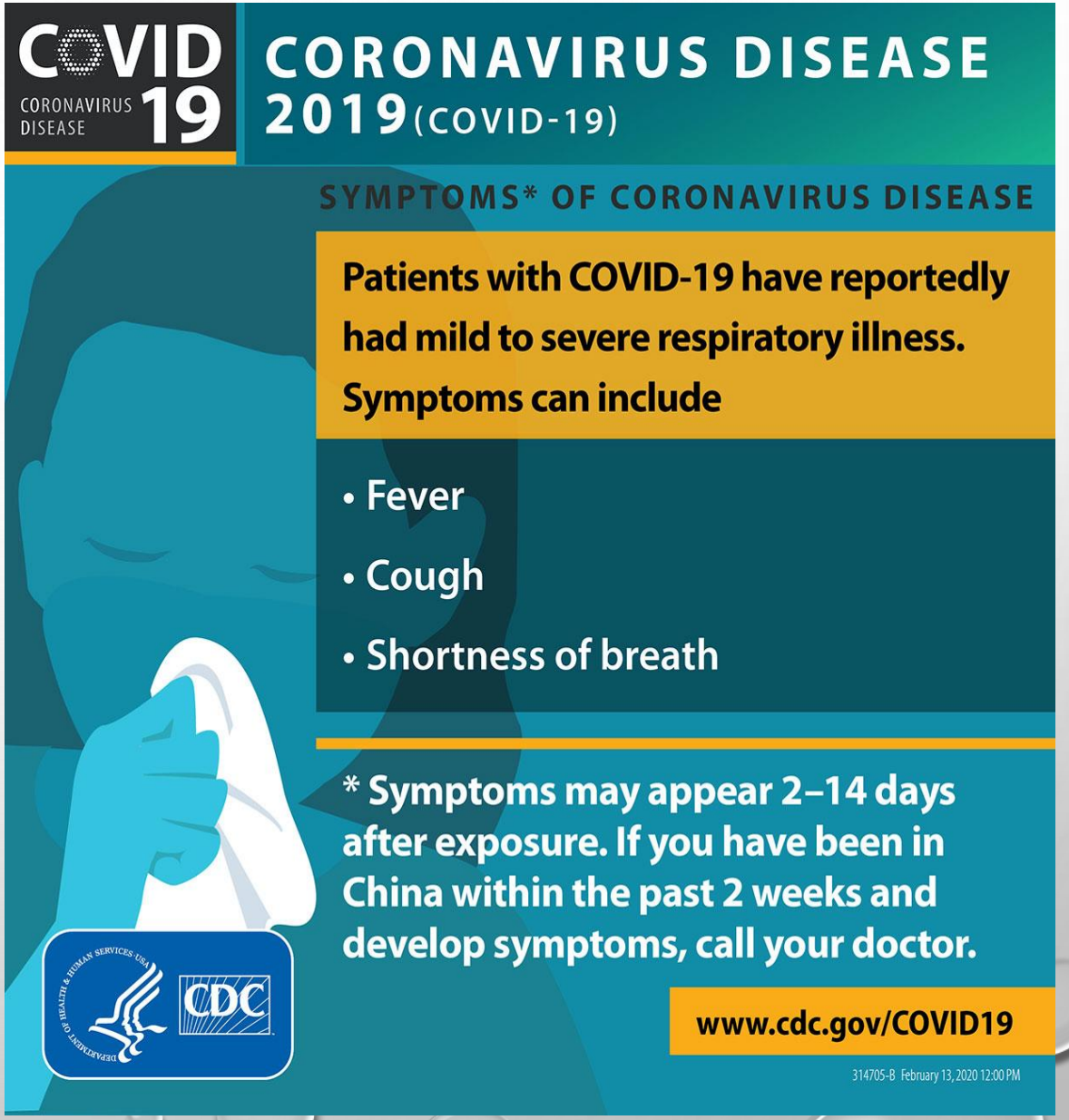
When does the spread happen?

- People are thought to be <u>most contagious when they are most symptomatic</u> (the sickest).
- Some spread might be possible before people show symptoms; but this is not thought to be the main way the virus spreads.



SIGNS/SYMPTOMS

- FOR CONFIRMED CORONAVIRUS DISEASE 2019 (COVID-19) CASES, REPORTED ILLNESSES HAVE RANGED FROM MILD SYMPTOMS TO SEVERE ILLNESS AND DEATH. SYMPTOMS CAN INCLUDE:
- **FEVER**
- **COUGH**
- **SHORTNESS OF BREATH**
- **FATIGUE / TIRED**
- SORE THROAT
- HEADACHE
- DIARRHEA / NAUSEA
- CDC BELIEVES AT THIS TIME THAT SYMPTOMS OF COVID-19 MAY APPEAR IN AS FEW AS **2 DAYS** OR AS LONG AS **14 DAYS** AFTER EXPOSURE.



PREVENTION IS KEY

- THERE IS CURRENTLY **NO VACCINE** TO PREVENT CORONAVIRUS DISEASE 2019 (COVID-19). THE BEST WAY TO **PREVENT ILLNESS IS TO AVOID BEING EXPOSED TO THIS VIRUS**. HOWEVER, AS A REMINDER, CDC ALWAYS RECOMMENDS EVERYDAY PREVENTIVE ACTIONS TO HELP PREVENT THE SPREAD OF RESPIRATORY DISEASES, INCLUDING:
- AVOID CLOSE CONTACT WITH PEOPLE WHO ARE SICK.
- AVOID TOUCHING YOUR EYES, NOSE, AND MOUTH.
- STAY HOME WHEN YOU ARE SICK.
- COVER YOUR COUGH OR SNEEZE WITH A TISSUE, THEN THROW THE TISSUE IN THE TRASH.
- **CLEAN AND DISINFECT FREQUENTLY TOUCHED OBJECTS AND SURFACES USING A REGULAR HOUSEHOLD CLEANING SPRAY OR WIPE.**
- FOLLOW CDC'S RECOMMENDATIONS FOR USING A FACEMASK.
  - **CDC DOES NOT RECOMMEND THAT PEOPLE WHO ARE WELL WEAR A FACEMASK TO PROTECT THEMSELVES FROM RESPIRATORY DISEASES, INCLUDING COVID-19**.
  - FACEMASKS SHOULD BE USED BY PEOPLE WHO SHOW SYMPTOMS OF COVID-19 TO HELP PREVENT THE SPREAD OF THE DISEASE TO OTHERS.
- **WASH YOUR HANDS OFTEN WITH SOAP AND WATER FOR AT LEAST 20 SECONDS, ESPECIALLY AFTER GOING TO THE BATHROOM; BEFORE EATING; AND AFTER BLOWING YOUR NOSE, COUGHING, OR SNEEZING. WASH WITH WARM WATER AND SCRUB YOUR HANDS FOR AT LEAST 20 SECONDS.**
- IF SOAP AND WATER ARE NOT READILY AVAILABLE, USE AN ALCOHOL-BASED HAND SANITIZER WITH AT LEAST 60% ALCOHOL. ALWAYS WASH HANDS WITH SOAP AND WATER IF HANDS ARE VISIBLY DIRTY.

DO YOUR PART

SLOW THE SPREAD OF GERMS

Stay home when you're sick

Cover your coughs and sneezes

Wash your hands often

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

For more information: www.cdc.gov/npi
1-800-CDC-INFO (232-4636) | www.cdc.gov/info

COVID 19 CORONAVIRUS DISEASE

CDC Protects and Prepares Communities

CDC is aggressively responding to the global outbreak of COVID-19 and preparing for the potential of community spread in the U.S.

Travel

- Conducts outreach to travelers
- Issues travel notices

Businesses

- Provides business guidance including recommendations for sick leave policies and continuity of operations

Laboratory and diagnostics

- Develops diagnostic tests
- Confirms all positive test results submitted by states

Schools

- Provides guidance for schools including school closures and online education options

Community members

- Shares information on symptoms and prevention
- Provides information on home care
- Encourages social distancing

Health departments

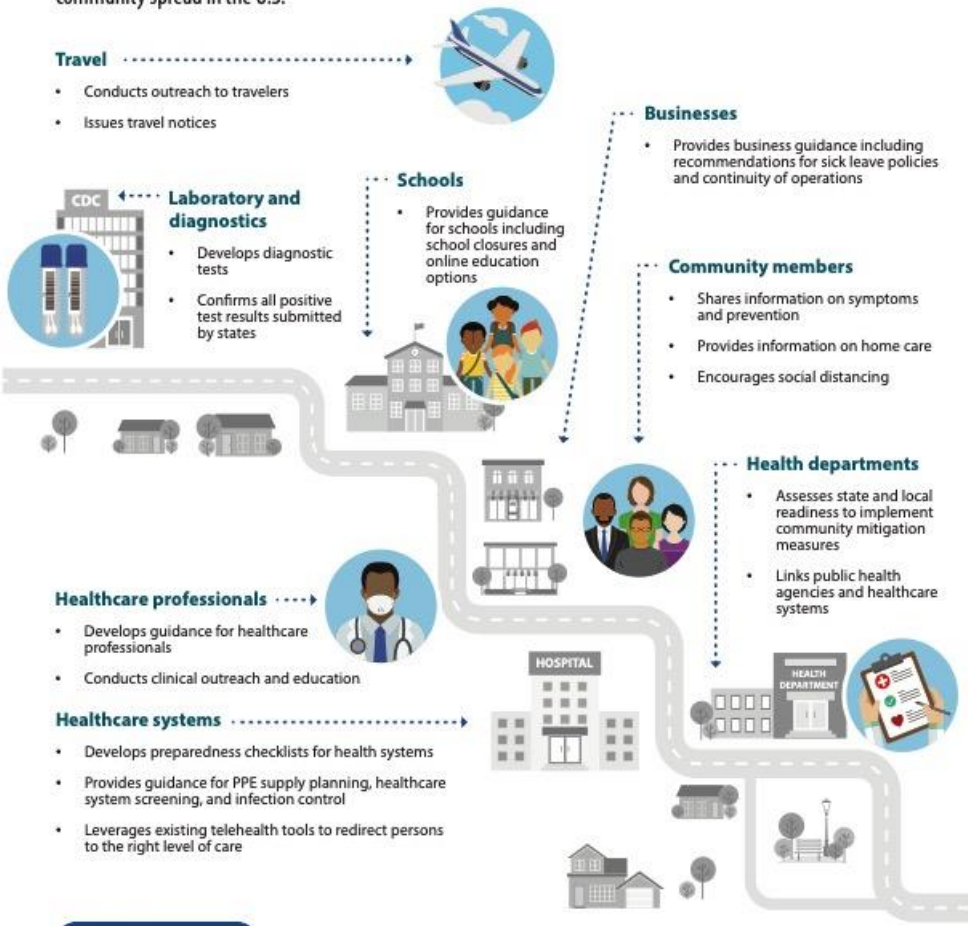
- Assesses state and local readiness to implement community mitigation measures
- Links public health agencies and healthcare systems

Healthcare professionals

- Develops guidance for healthcare professionals
- Conducts clinical outreach and education

Healthcare systems

- Develops preparedness checklists for health systems
- Provides guidance for PPE supply planning, healthcare system screening, and infection control
- Leverages existing telehealth tools to redirect persons to the right level of care



CDC

CS 315454-A 02/25/2020

For more information: **www.cdc.gov/COVID19**

STEPS TO HELP PREVENT THE SPREAD OF COVID-19 IF YOU ARE SICK

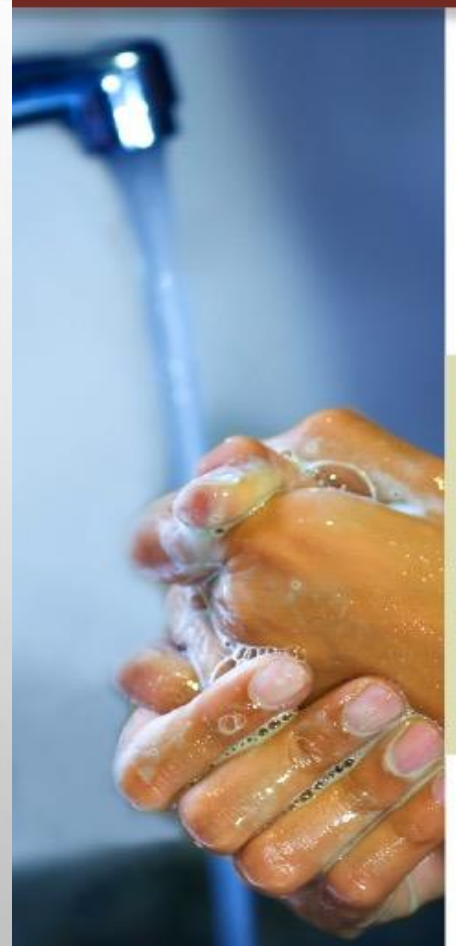
IF YOU ARE SICK WITH COVID-19 OR SUSPECT YOU ARE INFECTED WITH THE VIRUS THAT CAUSES COVID-19, FOLLOW THE STEPS BELOW TO HELP PREVENT THE DISEASE FROM SPREADING TO PEOPLE IN YOUR HOME AND COMMUNITY.

- **STAY HOME EXCEPT TO GET MEDICAL CARE**
  - YOU SHOULD RESTRICT ACTIVITIES OUTSIDE YOUR HOME, EXCEPT FOR GETTING MEDICAL CARE. DO NOT GO TO FUNCTIONS OR PUBLIC AREAS.
- **SEPARATE YOURSELF FROM OTHER PEOPLE AND ANIMALS IN YOUR HOME**
  - PEOPLE: AS MUCH AS POSSIBLE, YOU SHOULD STAY IN A SPECIFIC ROOM AND AWAY FROM OTHER PEOPLE IN YOUR HOME. ALSO, YOU SHOULD USE A SEPARATE BATHROOM, IF AVAILABLE.
  - ANIMALS: YOU SHOULD RESTRICT CONTACT WITH PETS AND OTHER ANIMALS WHILE YOU ARE SICK WITH COVID-19, JUST LIKE YOU WOULD AROUND OTHER PEOPLE.
- **CALL AHEAD BEFORE VISITING YOUR DOCTOR**
  - IF YOU HAVE A MEDICAL APPOINTMENT, CALL THE HEALTHCARE PROVIDER AND TELL THEM THAT YOU HAVE OR MAY HAVE COVID-19. THIS WILL HELP THE HEALTHCARE PROVIDER'S OFFICE TAKE STEPS TO KEEP OTHER PEOPLE FROM GETTING INFECTED OR EXPOSED.

STEPS TO HELP PREVENT THE SPREAD OF COVID-19 IF YOU ARE SICK

- **COVER YOUR COUGHS AND SNEEZES**
  - COVER YOUR MOUTH AND NOSE WITH A TISSUE WHEN YOU COUGH OR SNEEZE. THROW USED TISSUES IN A LINED TRASH CAN; IMMEDIATELY WASH YOUR HANDS WITH SOAP AND WATER FOR AT LEAST 20 SECONDS OR CLEAN YOUR HANDS WITH AN ALCOHOL-BASED HAND SANITIZER THAT CONTAINS 60 TO 95% ALCOHOL, COVERING ALL SURFACES OF YOUR HANDS AND RUBBING THEM TOGETHER UNTIL THEY FEEL DRY. SOAP AND WATER SHOULD BE USED PREFERENTIALLY IF HANDS ARE VISIBLY DIRTY.
- **CLEAN YOUR HANDS OFTEN**
  - WASH YOUR HANDS OFTEN WITH SOAP AND WATER FOR AT LEAST 20 SECONDS OR CLEAN YOUR HANDS WITH AN ALCOHOL-BASED HAND SANITIZER THAT CONTAINS 60 TO 95% ALCOHOL, COVERING ALL SURFACES OF YOUR HANDS AND RUBBING THEM TOGETHER UNTIL THEY FEEL DRY. SOAP AND WATER SHOULD BE USED PREFERENTIALLY IF HANDS ARE VISIBLY DIRTY. AVOID TOUCHING YOUR EYES, NOSE, AND MOUTH WITH UNWASHED HANDS.
- **AVOID SHARING PERSONAL HOUSEHOLD ITEMS**
  - YOU SHOULD NOT SHARE DISHES, DRINKING GLASSES, CUPS, EATING UTENSILS, TOWELS, OR BEDDING WITH OTHER PEOPLE OR PETS IN YOUR HOME. AFTER USING THESE ITEMS, THEY SHOULD BE WASHED THOROUGHLY WITH SOAP AND WATER.
- **CLEAN ALL "HIGH-TOUCH" SURFACES EVERYDAY**
  - HIGH TOUCH SURFACES INCLUDE COUNTERS, TABLETOPS, DOORKNOBS, BATHROOM FIXTURES, TOILETS, PHONES, KEYBOARDS, TABLETS, AND BEDSIDE TABLES. ALSO, CLEAN ANY SURFACES THAT MAY HAVE BLOOD, STOOL, OR BODY FLUIDS ON THEM. USE A HOUSEHOLD CLEANING SPRAY OR WIPE, ACCORDING TO THE LABEL INSTRUCTIONS. LABELS CONTAIN INSTRUCTIONS FOR SAFE AND EFFECTIVE USE OF THE CLEANING PRODUCT INCLUDING PRECAUTIONS YOU SHOULD TAKE WHEN APPLYING THE PRODUCT, SUCH AS WEARING GLOVES AND MAKING SURE YOU HAVE GOOD VENTILATION DURING USE OF THE PRODUCT.

Handwashing
at Home, at Play, and Out and About



Centers for Disease Control and Prevention
National Center for Emerging and Zoonotic Infectious Diseases

Germs are everywhere! They can get onto your hands and items you touch throughout the day. Washing hands at key times with soap and water is one of the most important steps you can take to get rid of germs and avoid spreading germs to those around you.

How can washing your hands keep you healthy?

Germs can get into the body through our eyes, nose, and mouth and make us sick. Handwashing with soap removes germs from hands and helps prevent sickness. Studies have shown that handwashing can prevent 1 in 3 diarrhea-related sicknesses and 1 in 5 respiratory infections, such as a cold or the flu.

Handwashing helps prevent infections for these reasons:

People often touch their eyes, nose, and mouth without realizing it, introducing germs into their bodies.

Germs from unwashed hands may get into foods and drinks when people prepare or consume them. Germs can grow in some types of foods or drinks and make people sick.

Germs from unwashed hands can be transferred to other objects, such as door knobs, tables, or toys, and then transferred to another person's hands.

What is the right way to wash your hands?

1. Wet your hands with clean running water (warm or cold) and apply soap.
2. Lather your hands by rubbing them together with the soap.
3. Scrub all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song twice.
4. Rinse your hands under clean, running water.
5. Dry your hands using a clean towel or air dry them.

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When should you wash your hands?

Handwashing at any time of the day can help get rid of germs, but there are key times when it's most important to wash your hands.

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the bathroom, changing diapers, or cleaning up a child who has used the bathroom
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal food or treats, animal cages, or animal feces (poop)
- After touching garbage
- If your hands are visibly dirty or greasy

What type of soap should you use?

You can use bar soap or liquid soap to wash your hands. Many public places provide liquid soap because it's easier and cleaner to share with others. Studies have not found any added health benefit from using soaps containing antibacterial ingredients when compared with plain soap. Both are equally effective in getting rid of germs. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

How does handwashing help fight antibiotic resistance?

Antibiotic resistance occurs when bacteria resist the effects of an antibiotic – that is, germs are not killed and they continue to grow. Sicknesses caused by antibiotic-resistant bacteria can be harder to treat. Simply using antibiotics creates resistance, so avoiding infections in the first place reduces the amount of antibiotics that have to be used and reduces the likelihood that resistance will develop during treatment. Handwashing helps prevent many sicknesses, meaning less use of antibiotics.

Studies have shown that handwashing can prevent

1 in 3

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1 in 5

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THIS VIDEO CAN BE VIEWED AT
HTTPS://WWW.CDC.GOV/VIDEO/CDCTV/HANDW...

Show Me the Science

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. CDC recommends cleaning hands in a specific way to avoid getting sick and spreading germs to others. The guidance for effective handwashing and use of hand sanitizer was developed based on data from a number of studies.

What you need to know about coronavirus disease 2019 (COVID-19)

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?

COVID-19 is spreading from person to person in China, and limited spread among close contacts has been detected in some countries outside China, including the United States. At this time, however, this virus is NOT currently spreading in communities in the United States. Right now, the greatest risk of infection is for people in China or people who have traveled to China. Risk of infection is dependent on exposure. Close contacts of people who are infected are at greater risk of exposure, for example health care workers and close contacts of people who are infected with the virus that causes COVID-19. CDC continues to closely monitor the situation.

Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but now it seems to be spreading from person to person. It's important to note that person-to-person spread can happen on a continuum. Some diseases are highly contagious (like measles), while other diseases are less so. At this time, it's unclear how easily or sustainably the virus that causes COVID-19 is spreading between people. Learn what is known about the spread of newly emerged coronaviruses at https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

What are severe complications from this virus?

Many patients have pneumonia in both lungs.

How can I help protect myself?

The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.

There are simple everyday preventive actions to help prevent the spread of respiratory viruses. These include

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled to China and got sick?

If you were in China within the past 14 days and feel sick with fever, cough, or difficulty breathing, you should seek medical care. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

For more information: **www.cdc.gov/COVID19**

CS 314937-A 02/21/2020

What to do if you are sick with coronavirus disease 2019 (COVID-19)

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: Do not handle pets or other animals while sick. See COVID-19 and Animals for more information.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.

For more information: **www.cdc.gov/COVID19**

CS 314937-D 02/24/2020