

Coronavirus Disease 2019

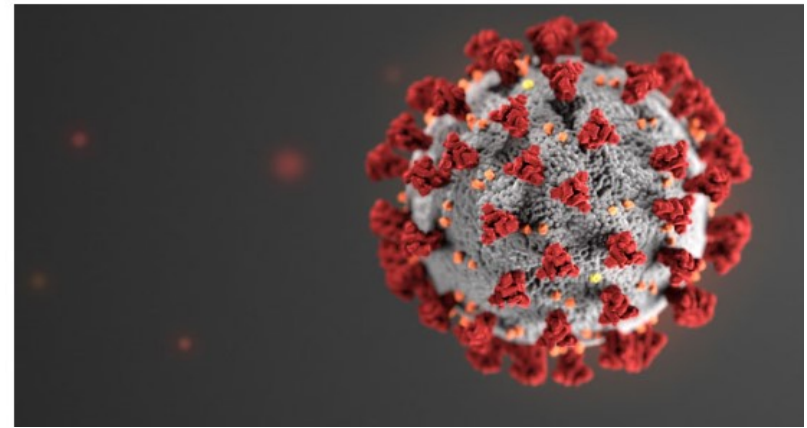
Recommendations

Precautions to prevent spread of COVID-19

3/13/2020 PM



Coronavirus



Note: This is a compilation of information from various sources. It has been posted as general information on a topic of interest. This is an emerging topic, so info and understanding are changing rapidly.





How is COVID-19 Spread?

This virus only has cell receptors for lung cells (it infects your lungs)

This virus is spread in droplets emitted with coughing and sneezing of an infected person.

The way the virus infects you is through your nose or mouth via your hands or an infected cough or sneeze (droplets getting on your face near the mouth or nose).

All the surfaces where these droplets land are infectious (likely for about a week on average) - everything that is associated with infected people will be contaminated and potentially infectious.

James Robb, MD FCAP

Former professor of pathology at the University of California San Diego

How Long does the Virus stay Alive / Infectious on Surfaces?



One study found that the virus can survive up to three days on plastic and stainless steel, and up to 24 hours on cardboard, and up to four hours on copper surfaces.

In a second part of the experiment, the researchers used a spray can-like device to spritz the virus into the air and discovered that the virus can survive suspended in a fine mist for up to three hours, though longer times were not tested.

But the findings do not mean the virus is "airborne," according to one of the primary authors of the paper, Dylan Morris, a Ph.D candidate at Princeton. That's because when someone coughs or sneezes, most of the droplets are heavy enough that they quickly fall to the ground.

About COVID-19

This is a new virus, so our bodies have not built up an immunity to it.

COVID-19 seems to result in a 5+x more likelihood of death with older people than a typical case of our historical seasonal flu.

There is currently no vaccine available for COVID-19

In serious cases, COVID-19 may lead to developed acute respiratory distress syndrome (ARDS), pneumonia or death.

Persons with underlying health conditions, may have 5-18% higher risk of death if COVID-19 is contracted. The older we are, the higher chances of death with COVID-19.

Some sources indicate high amounts of virus are shed into the environment, especially early on, such as during the first 7 days of having symptoms.

A person can sometimes have the virus and spread virus before realizing they are ill.

Side Note: The [CDC estimates](#) that, on average, about 8% of the U.S. population gets sick with the flu each season. In 2018, the CDC estimated, there were 80,000 flu deaths.

Keep your distance



Most droplet/splatter from speech, cough or a sneeze normally drops towards the ground after a meter of travel (3.3 feet)

Take steps to protect yourself and others



Clean your hands often

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Take steps to protect yourself and others

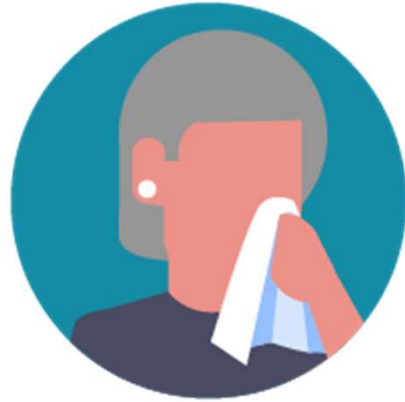


Avoid close contact

- **Avoid close contact** with people who are sick
- Put **distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

Social Distancing

Take steps to protect others



Cover coughs and sneezes

- **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Take steps to protect yourself and others



Clean and disinfect

- **Clean AND disinfect frequently touched surfaces daily.**

This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.

Take steps to protect others



Stay home if you're sick

- **Stay home** if you are sick, except to get medical care.

Check Govt. Website to see if you
Meet criteria for being tested, and
location of Walmart drive through testing.



Wear a facemask if you are sick

If you are sick: You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) 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 you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room.

- Caregivers should wear a facemask when around a sick person, and gloves when handling contaminated items or laundry
- Do not go to a doctor or clinic without calling first.

Interventions with some Promise:

What you can do personally :

Stay home when you are sick.

Cover your coughs and sneezes with a tissue (you may be getting sick and not realize it). Wash your hands often with soap and water.

Keep at least arms length away from others. Use an alternative to shaking hands. Consider avoiding subways, flights, buses, & large gatherings when you have alternatives.

What communities can do:

Implement social distancing interventions in schools, workplaces, and at events.
Educate / Communicate

What everyone can do to keep the environment germ-free :

Clean frequently touched surfaces and objects like door knobs.

National Government Agencies/Partners: Testing for disease, research/analysis, developing vaccine, travel policies...

Healthcare system: treating the acutely ill, implementing systems to protect healthcare workers.

CORONAVIRUS
**Trump declares a
national emergency**

Testing for the Virus

3/13/2020

Americans will soon have a screening website to determine if you should be tested (national capacity 20,000/day)

There will be drive through testing at some Walmart and Target parking lots in every city across the country. People will have access to results on-line next day.



Website with details on protections when someone in your household has COVID-19



Centers for Disease Control and Prevention

CDC 24/7: Saving Lives, Protecting People™

Most reliable source for current information that has been vetted

[cdc.gov](https://www.cdc.gov)

Note: It's possible that this slide deck could contain mis-information and/or technical errors, or mis-statements. If so, this is not intentional. JE