CORONAVIRUS DISEASE 2019 (COVID-19)

The COVID-19 situation is rapidly changing, the information provided in this presentation is accurate as of:

July 16, 2020

OUTLINE

- **About Coronavirus Disease 2019 (COVID-19)**
  - Overview
  - Transmission
  - Symptoms
  - Testing & Diagnosis
  - Treatment

- **Guidance for San Diego County**
  - Public Health Officer Orders
  - Protective measures and stopping the spread
  - What to do if you think you have COVID-19

- **Local situation**

- **Resources Available**

WHAT IS A CORONAVIRUS?

- A coronavirus is a common type of virus that can infect your nose, sinuses, or upper throat.

- Common coronaviruses usually cause mild to moderate symptoms much like the common cold with illness that only lasts for a short amount of time.

- Coronaviruses are named for the crown-like spikes on their surface.

- Most people get a coronavirus infection at some point in their lives.
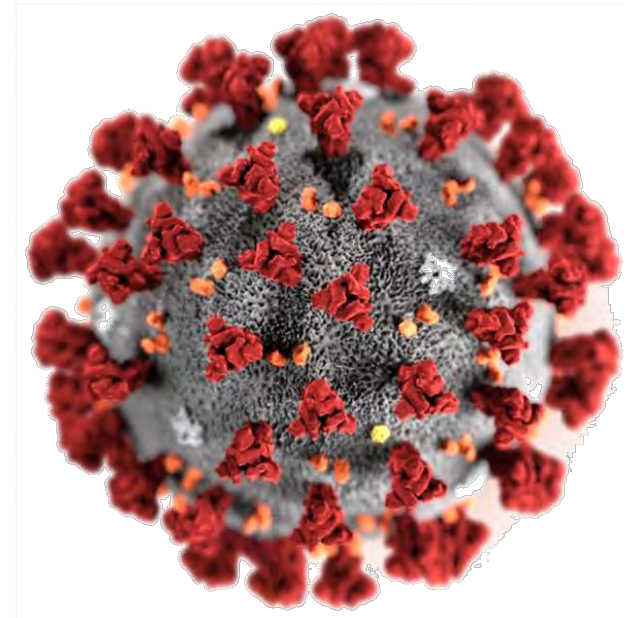
- Coronaviruses are common in many different animal species but most coronavirus do not infect people.

- On rare occasions, coronaviruses can evolve and infect humans and then spread between humans.

- There are currently seven coronaviruses that can infect people:

Common Coronaviruses	Newer Coronaviruses
1. 229E (alpha coronavirus)	5. MERS-CoV*
2. NL63 (alpha coronavirus)	6. SARS-CoV**
3. OC43 (beta coronavirus)	7. SARS-CoV-2***
4. HKU1 (beta coronavirus)	

* MERS-CoV (the beta coronavirus that causes Middle East Respiratory Syndrome, or MERS)
** SARS-CoV (the beta coronavirus that causes severe acute respiratory syndrome, or SARS)
***SARS-CoV-2 (the novel coronavirus that causes coronavirus disease 2019, or COVID-19)

MERS-CoV, SARS-CoV, and SARS-CoV-2 are recent examples of the coronavirus evolving and spreading between humans.

WHAT IS THE 2019 NOVEL CORONAVIRUS (COVID-19)?

A **novel** (new) **coronavirus**, not previously seen in humans, that was first identified as the cause of an outbreak of respiratory illness in Wuhan, China in December **2019**.

- Coronavirus Disease 2019 or COVID-19 is a disease caused by the **NEW** coronavirus.

- Cases of COVID-19 have now been detected worldwide.

- The World Health Organization (WHO) officially designated the global outbreak of COVID-19 as a pandemic on **March 11, 2020.**

Through respiratory droplets produced when a person sneezes, coughs, or talks.

Person-to-Person Spread is believed to be the main way the COVID-19 virus is spreading

- Between people who are in close contact (6 feet) with one another—The more closely a person interacts with others and the longer that interaction is, the higher the risk of COVID-19 spreading.

Contact with Infected Surfaces or Objects—It may also be possible to get COVID-19 by touching a surface or object that has the virus on it and then touching one's mouth, nose, or eyes, but this is not the main way the virus is spreading.
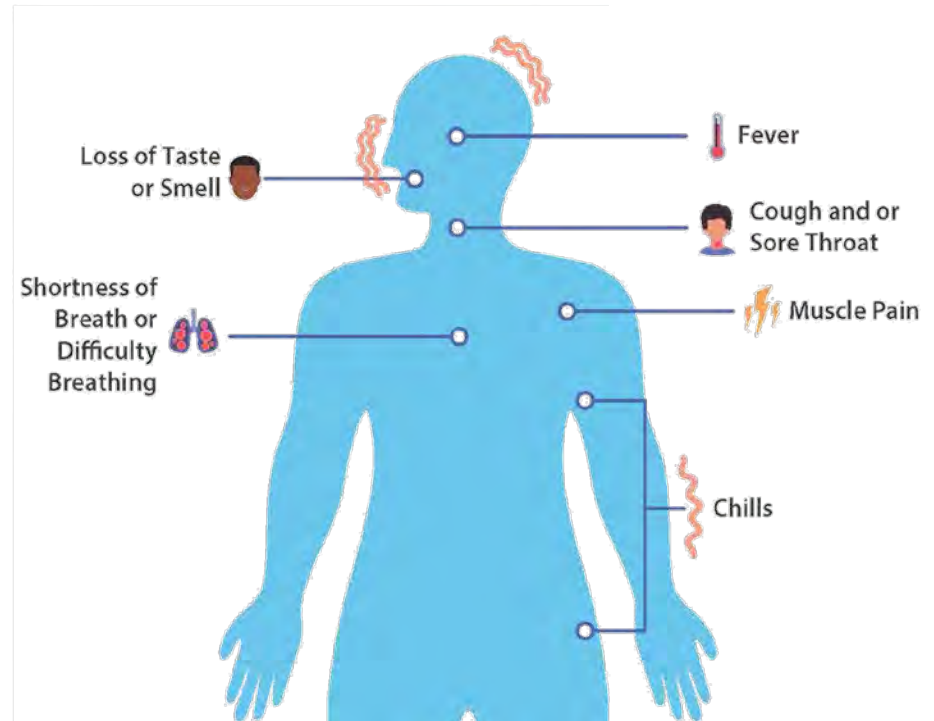
SYMPTOMS

People with COVID-19 have reported no symptoms to severe illness.

Symptoms may appear 2-14 days after exposure to the virus and may include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Loss of Taste or Smell

Shortness of Breath or Difficulty Breathing

Fever

Cough and or Sore Throat

Muscle Pain

Chills

People can spread the virus even if they don't have symptoms .

COVID-19 TESTING

There are three kinds of tests available for COVID-19

	Molecular Polymerase Chain Reaction (PCR)	Antigen	Serology
Detects	Virus	Virus	Antibodies
Good For Identifying	Current Infection	Current Infection	Past Infection
Common Sample Type	Nose or Throat Swab (or Saliva)	Nose or Throat Swab	Blood draw or fingerstick
Key Considerations	Test for diagnosis	Rapid test for diagnosis	Should **NOT** be used to diagnose someone who is currently sick

Most samples must be sent to a laboratory, specimen analysis takes 1-2 days.

If you are experiencing symptoms of COVID-19, call your healthcare provider to determine if you should get tested.

If you don't have a healthcare provider, or are unable to get tested by your healthcare provider, FREE testing sites are available throughout San Diego County

- **Testing locations map**

- **Testing site schedule**

A doctor's referral is **NOT** required, and some locations allow walk-ins without an appointment.

For more information or to schedule an appointment, visit our Testing web page or call 2-1-1.

TREATMENT

The scientific and medical community are researching methods to prevent and treat COVID-19 infections.

- o <u>The FDA is allowing a few medications to be used for COVID-19.</u>

- o <u>Convalescent Plasma </u> from people who have recovered from COVID-19 is being investigated as a potential treatment—People who were infected with COVID-19 develop antibodies to the infection; giving someone who is currently infected convalescent plasma can enhance their immunity and help them fight the virus.

Recommendations for individuals infected with COVID-19 will depend upon their specific condition:

- o People with mild ill may be advised by their healthcare provider to isolate and care for themselves at home—<u>Home Isolation Instructions for COVID-19.</u>

- o For severe cases, treatment should include care to support vital organ function.

- o People at higher risk for serious illness if infected should contact their healthcare provider early to seek treatment, even if their illness is mild.

o **Older Adults—Risk for severe illness increases with age**

o **People of any age with underlying medical conditions, including:**

- o Chronic Kidney Disease

- o Chronic Obstructive Pulmonary Disease (COPD)

- o Immunocompromised State—From solid organ transplant

- o Obesity—Body Mass Index (BMI) ≥30

- o Serious Heart Condition

- o Sickle Cell Disease

- o Type 2 Diabetes

To learn more about high risk groups and other medical conditions that might put people at an increased risk for severe illness, visit the CDC website.

WHO SHOULD BE TESTED FOR COVID-19?

Anyone in San Diego County can be tested for COVID-19.
If organizations are limited on testing, below are the priority testing criteria for San Diego County to consider as they implement testing strategies.

1st
- **Hospitalized Patients**
- **Symptomatic Healthcare Workers**
- **Persons Identified Through Public Health Investigations and Disease Control Activities in High-Risk Settings**—Including residents and staff in congregate settings: long-term care facilities, homeless shelters, substance use disorder treatment facilities and correctional facilities.

2nd
- **Symptomatic Persons in Essential Health and Public Safety Occupations**
- **Symptomatic persons >65 years of age or with Chronic Medical Conditions**
- **Screening of Asymptomatic Residents of Congregate Living Facilities**
- **Screening of Asymptomatic Healthcare Workers**
- **Screening of Vulnerable Populations**—People with HIV/AIDS, Experiencing Homelessness, Those in Rural Areas, Racial/Ethnic Groups, Native Americans, Older Adults

3rd
- **Symptomatic Persons in Essential Infrastructure Occupations**
- **Asymptomatic Essential Workers**—First responders and others, especially as part of an outbreak investigation or in areas with medically vulnerable patient populations.

4th
- **Community-Based Testing of all Low-Risk Symptomatic Persons**
- **Surveillance testing of Asymptomatic Persons**
- **Surveillance Testing of deaths not otherwise linked to COVID-19**

See our Testing web page for more information

T3 STRATEGY

The County of San Diego, in collaboration with the local healthcare provider community, first responders, and other stakeholders, is implementing a community-based intervention to reduce the impact of COVID-19 in our region.

The goal is to increase economic, educational, and social activity, while minimizing COVID-19 infections, illnesses, and deaths through a robust plan to Test, Trace, and Treat—The **T3 Strategy.**

Test	Trace	Treat
Goal: 5,200 Tests/7-day average	Goal: 450 Staff available to assist with investigations	Provide Treatment if needed: Temporary Lodging Medical Options

LIVE WELL SAN DIEGO

The best way to prevent getting sick is to avoid being exposed to the virus.

Follow the San Diego Public Health Officer Orders AND the California Public Health Executive Order—Stay home as much as possible, especially if you are at high-risk for health complications if exposed.

Maintain at least 6 feet between yourself and others.

Use a face covering if you leave your home.

Stay home and keep your distance from others in the home if you are sick.

Cover your cough or sneeze with a tissue, then throw it in the trash and wash your hands.

Avoid close contact with people who are sick.

WHAT CAN YOU DO CONTINUED

The best way to prevent getting sick is to avoid being exposed to the virus.

Wash your hands or use hand sanitizer often.

Avoid touching eyes, mouth and nose with unwashed hands.

Wash your hands often with soap and water for at least 20 seconds—If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Avoid sharing personal household items.

Clean and disinfect frequently touched surfaces often

CORONAVIRUS COVID-19 DISINFECTION GUIDANCE

SOCIAL DISTANCING

Social or physical distancing can help stop or slow the spread of a contagious disease by reducing close contact and the opportunity for germs to spread.

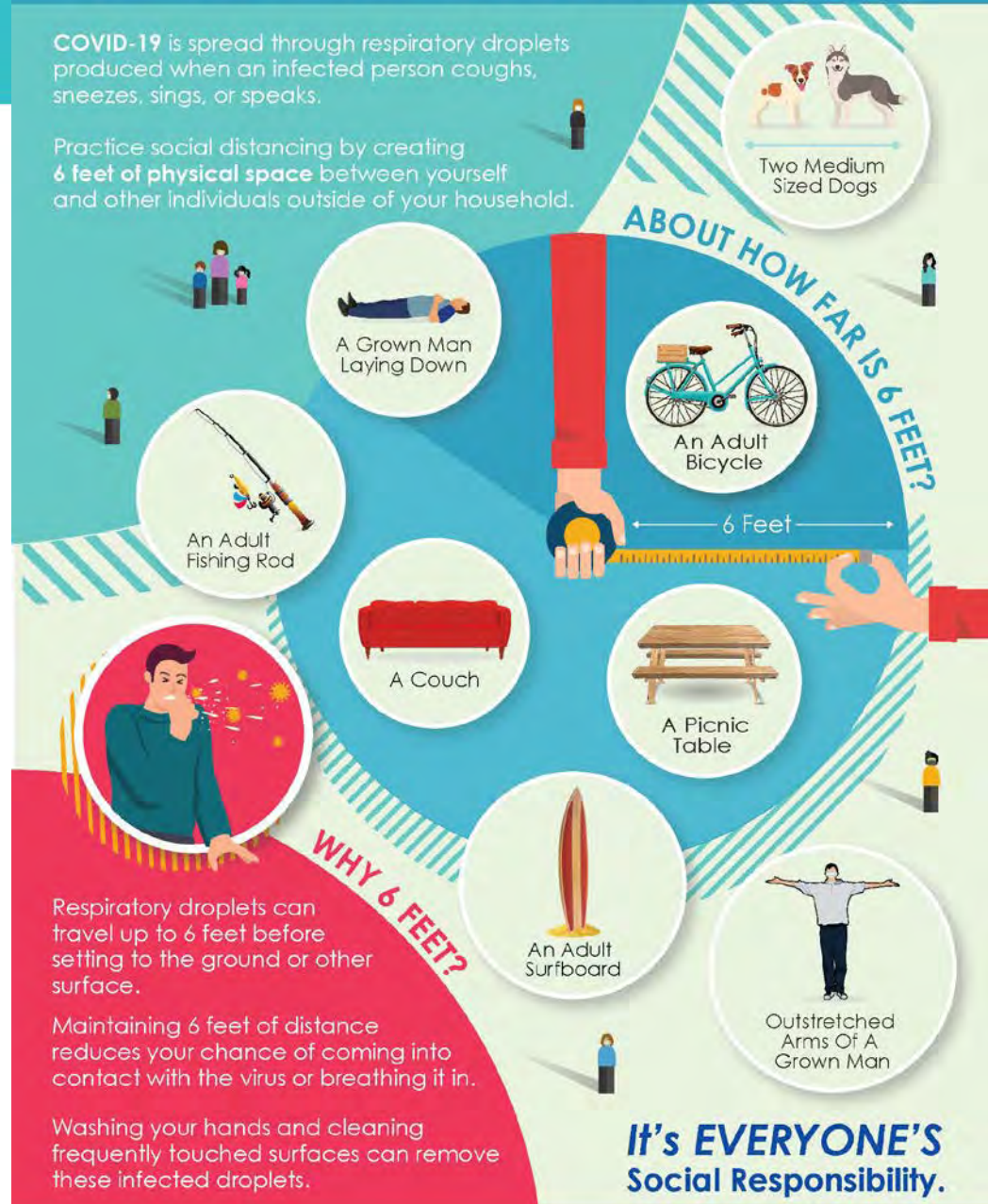**Limit the number of interactions you have with individuals outside of your household.**

o Create and maintain 6 feet of space between yourself and other individuals when in a social setting.

o Avoid gatherings—They are not allowed for public safety reasons.

o Everyone is encouraged to stay home as much as possible, especially high-risk populations.

SOCIAL DISTANCING
HELP PREVENT THE SPREAD OF CORONAVIRUS DISEASE (COVID-19)

COVID-19 is spread through respiratory droplets produced when an infected person coughs, sneezes, sings, or speaks.

Practice social distancing by creating **6 feet of physical space** between yourself and other individuals outside of your household.

ABOUT HOW FAR IS 6 FEET?

Two Medium Sized Dogs

A Grown Man Laying Down

An Adult Bicycle

6 Feet

An Adult Fishing Rod

A Couch

A Picnic Table

An Adult Surfboard

Outstretched Arms Of A Grown Man

WHY 6 FEET?

Respiratory droplets can travel up to 6 feet before setting to the ground or other surface.

Maintaining 6 feet of distance reduces your chance of coming into contact with the virus or breathing it in.

Washing your hands and cleaning frequently touched surfaces can remove these infected droplets.

It's EVERYONE'S Social Responsibility.

CLOTH FACE COVERINGS AND MASKS

The County of San Diego requires face coverings for all people 2 years old and older.

Face coverings…

- should cover the nose and mouth and be used when individuals may be around people outside of their household.

- block respiratory particles from being released into the air when someone coughs, sneezes, speaks, or sings.

- help slow the spread of the virus by people who may have the virus but do not yet know it.

- should be used **in addition** to other protective measures.

Medical grade face masks should be reserved for those who need them so that the current supply is not impacted.

Visit our face coverings web page for more information.

As of June 18, 2020
Face coverings are required for everyone in California

Guidance based on:

o California has limited the spread of COVID-19 and associated hospitalizations and deaths in our state.

o As the state reopens, more people are leaving their homes which increases the risk of exposure and infection.

o We now know people can have COVID-19 and no have symptoms or not yet be showing symptoms.

o Face coverings limit the release of infected droplets and reinforce physical distancing.

Additional information and guidance can be found at
www.covid19.ca.gov

DOES WEARING GLOVES PROTECT YOU FROM COVID-19?

Gloves are not a substitute for handwashing. The best way to keep your hands clean and germ-free is to wash them frequently with soap and water or use hand sanitizer.

Gloves can actually spread germs if they are not used correctly.

- If the gloves touches a surface such as a grocery cart, door handle, or other object that has germs on it and then touch another surface, they can spread those germs.

You may not be protecting yourself from germs either.

- Gloves may have very tiny holes in them that you cannot see but that germs can pass through.
- It is possible for germs on the outside of the gloves seep inside.
- Gloves can be torn, break down, or be damaged.

Gloves can give you a false sense of safety and protection.

- If you touch your face while wearing gloves, germs can enter the body and cause infections
- Gloves, unlike hands, cannot be washed.

EVERYONE NEEDS TO STAY HOME, EXCEPT…

Workers of essential or reopened businesses, to take care of essential needs, go to or from reopened businesses, or to participate in allowed outdoor activities as defined by the San Diego County Health Officer Order

Essential Workers	Essential Businesses	Reopened Businesses and Other Services
• Healthcare/Public Health • Emergency Services • Law Enforcement, Public Safety, and First Responders • Public Works • Food and Agriculture • Energy Services • Water and Wastewater • Transportation and Logistics	• Grocery/Food and Beverage Stores • Restaurants—*for take-out, delivery or drive-through* • Pharmacies • Banks • Gas Stations • Laundromats • Hardware/Home Improvement Stores • Airports and Public Transportation	• In-Store Retail • Restaurants—*Modified for outdoor seating* • Day Camps • Hotels • Pet Grooming • Landscape and Gardening *Visit our website for a full list and additional guidance, including information about new state-mandated restrictions for reopened businesses.*

1

Many recreation sites are open to the public for limited use:

- o Parks
- o Campgrounds and RV Parks
- o Outdoor Recreation Sites and Day Camps
- o Beaches
- o Swimming Pools

Certain Businesses implementing safety procedures in compliance with the State of California's Resilience Roadmap are allowed to reopen

Reopened recreation sites and businesses as well as visitors to these locations must comply with County and Statewide Industry Guidelines which include mandatory face covers, social distancing, and proper sanitation measures, or the site will close

Visit our Safe Reopening page to learn more or see the Public Health Officer Order for additional details.

CALIFORNIA EXECUTIVE ORDER UPDATES

1. The County of San Diego has been added to the California COVID-19 Monitoring List.

2. In addition, the California governor ordered state-wide restrictions of many indoor activities.

Due to the increase in cases both locally and in the state, the following businesses need to close UNLESS THEY CAN OPERATE OUTDOORS:

- Dine-in Restaurants
- Wineries and tasting rooms
- Movie theaters
- Family entertainment centers (bowling alleys and arcades)
- Zoos and Museums
- Cardrooms
- Brewpubs, breweries, bars, and pubs (with exceptions)

- Gyms and Fitness Centers
- Places of Worship
- Indoor Protests
- Offices for Non-Critical Infrastructure Sectors
- Personal Care Services (nail salons, massage parlors, and tattoo parlors)
- Hair Salons and Barbershops
- Malls

Learn more about California County Data Monitoring

Hospitals and other healthcare providers, including dentist, can provide non-emergent or elective procedures and preventive care services.

An important message for parents:

If your child is due for immunizations and/or a well child check up, contact your pediatrician's office for further guidance.

Infants, children, and adolescents need to stay up-to-date on vaccines and well child visits even during the COVID-19 pandemic.

Call your pediatrician's office to see how they are keeping patients safe and healthy.
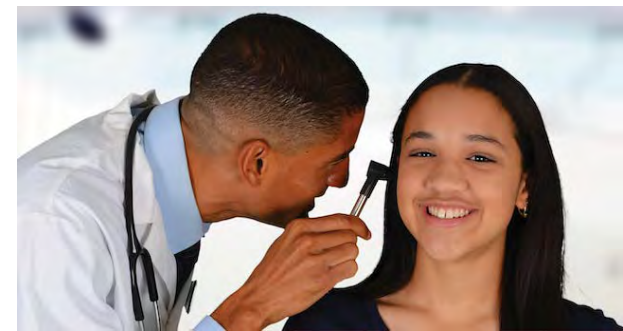
ISOLATION AND QUARANTINE

Isolation and **quarantine** are used to protect the public by preventing exposure to infected people or people who may be infected by separating those individuals from others to limit the spread of an infectious disease.

People who are sick or have been in close contact (≤6 feet for 15 minutes or more) should stay home and separate themselves from others.

ISOLATION

For **sick people** who have or may have COVID-19 staying home, and away from others until they recover.

QUARANTINE

For **healthy people** who had contact with a sick person, staying home and away from others for 14 days to see if they get sick.

FLATTEN THE CURVE

Protective measure can make a serious impact by lowering the infection rate and reducing stress on the healthcare system.

Protective Measures

Personal:
Wash hands, avoid touching your face, and stay home.
Social:
Cover your cough or sneeze, wear a face covering and practice social distancing.
Environmental:
Clean and disinfect high touch surfaces and objects often.

High Fatality Rate

HEALTHCARE SYSTEM CAPACITY

Low Fatality Rate

Number of COVID-19 Infections

Time Since First
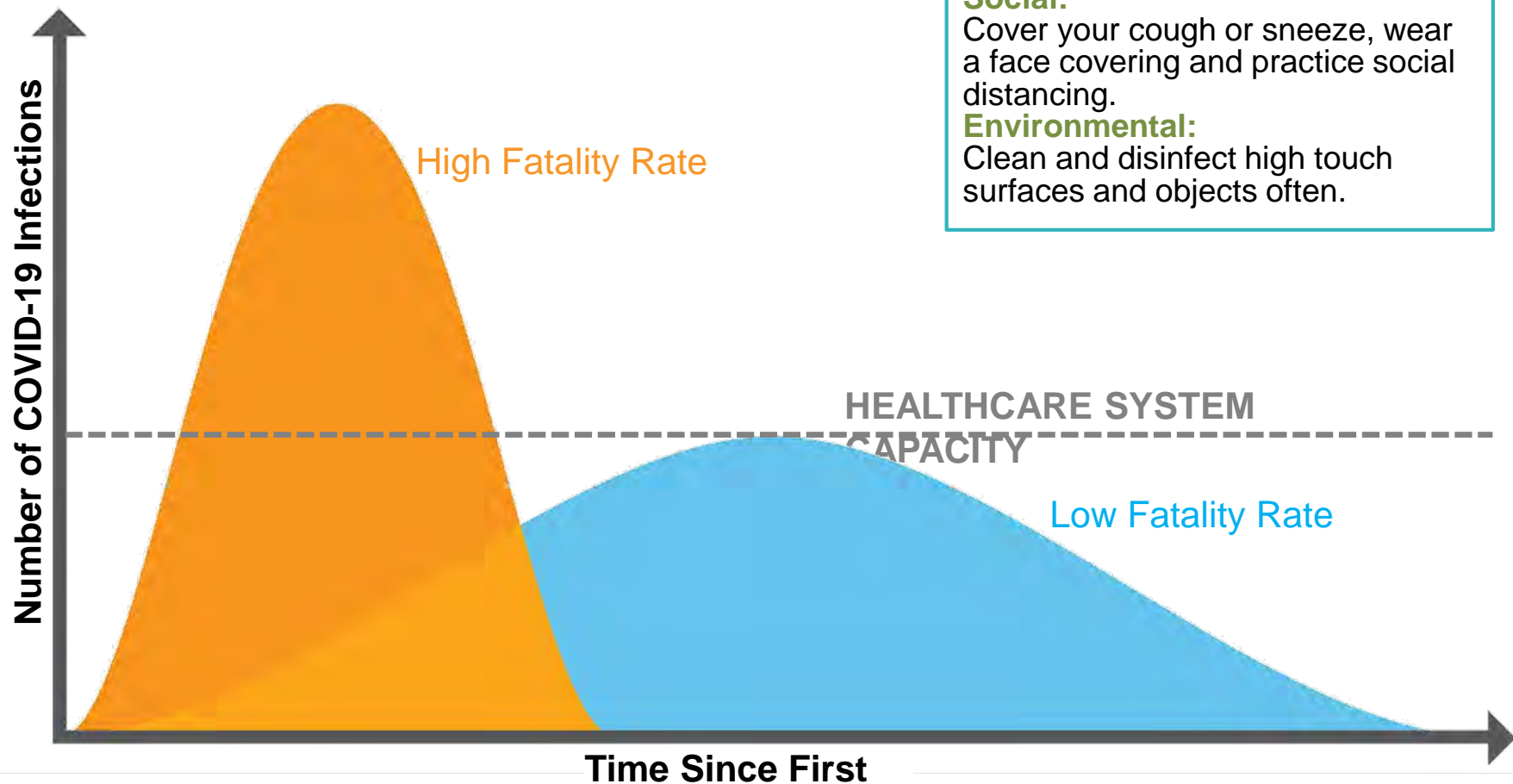
HOW OUR PROTECTIVE MEASURES HAVE HELPED

According to the Big Cities Health Coalition (BCHC), the decision to order people to shelter in place in San Diego County helped us dramatically slow the spread of COVID-19, avoid hospitalizations, and save lives.

BCHC Modeling	Estimated Hospitalizations Avoided			Estimated Lives Saved		
	Days of Stay at Home Order					
	After 30 Days	After 45 Days	After 60 Days	After 30 Days	After 45 Days	After 60 Days
San Diego County	84,304	120,579	145,202	8,879	13,172	15,217

Estimates calculated by Urban Health Collaborative at Drexel University's Dornsife School of Public Health using a model published by The New York Times.

COVID-19 in San Diego County as of July 16, 2020
Total Positive Cases = 21,855
Hospitalizations = 2,127
Deaths = 465

Mathematical modeling helps us respond to the pandemic and make informed decisions about implementing protective measures, resources, and planning.

- Modeling is used at the national, state, and local level.
- Modeling is used to forecast:
  - Cases (including in various situations or scenarios)
  - Services
  - Hospitalizations
  - Deaths

Comparison of COVID-19 Model Predicted and Reported Deaths in San Diego County

Model Projection

National Forecast

1. Thomas CS Martin, Adriane Wynn, Emily Eshraghian, Natasha K Martin. Unpublished
2. California Department of Public Health

TRAVELERS RETURNING FROM HIGH RISK COUNTRIES

Countries reporting any cases COVID-19
Countries not reporting cases COVID-19
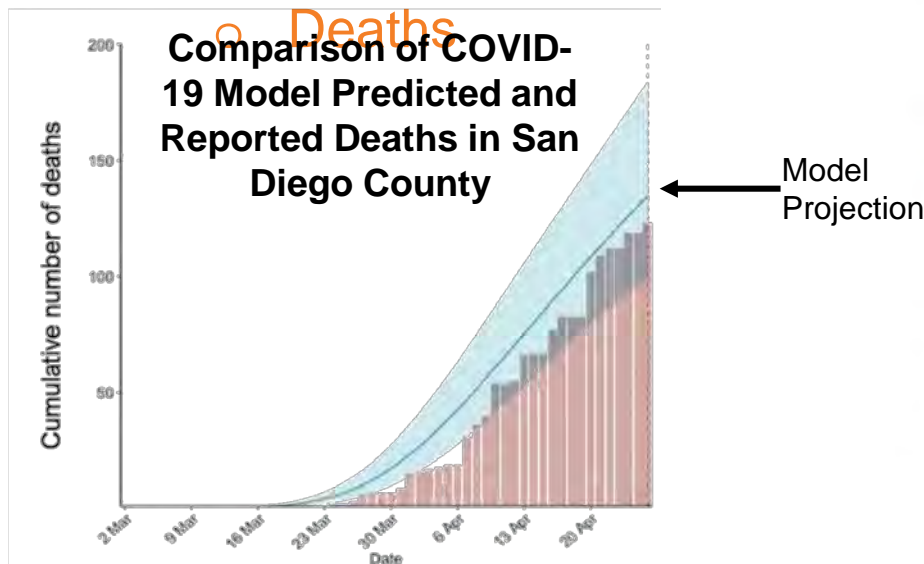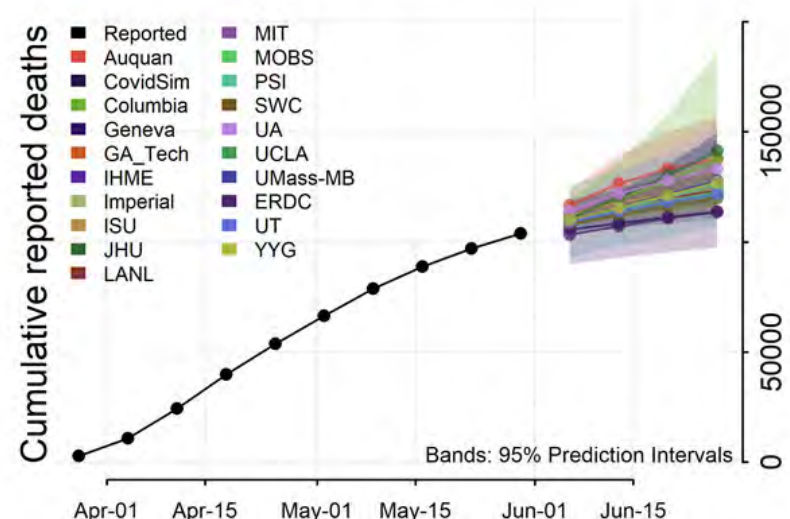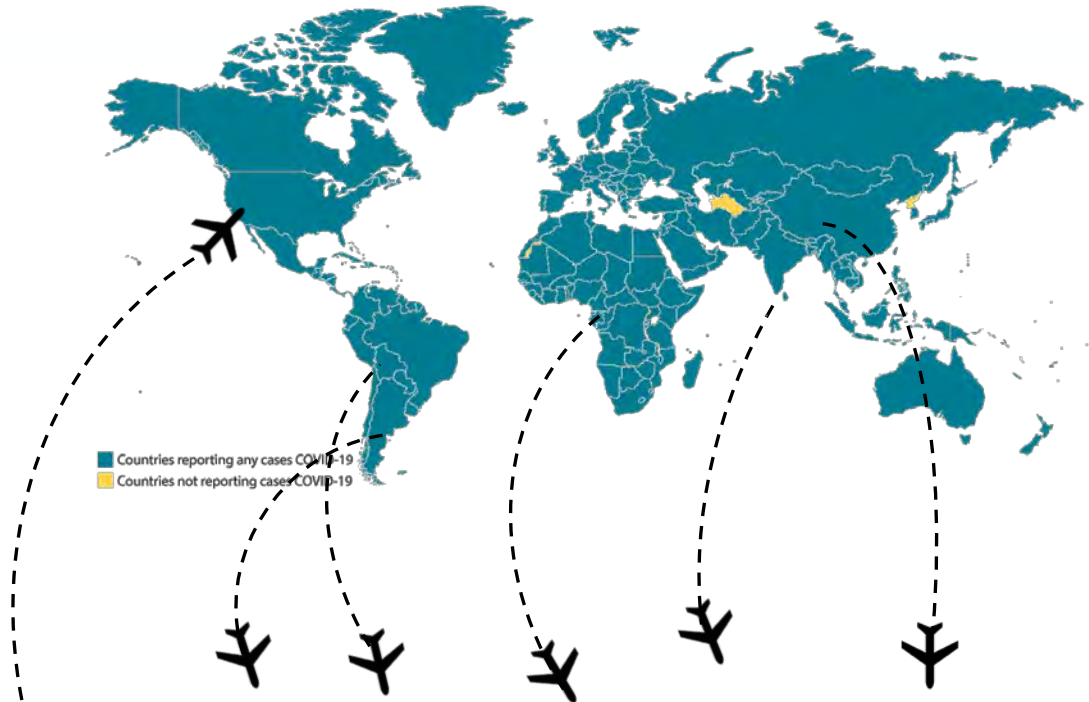
There is widespread, ongoing transmission of COVID-19 worldwide. Any person arriving in San Diego County who has traveled to a location with a CDC Travel Advisory Warning Level of 2 or 3 should quarantine at home for 14 days and monitor their health—Foreign nationals who visited high-risk countries will be denied entry to the U.S.

DO NOT TRAVEL
The CDC recommends that travelers avoid all nonessential travel to all international destinations due to the global impact of COVID-19.

- COVID-19 Risk Assessment by Country and Current Travel Advisories

- Information for Travelers Returning from High Risk Countries

- Communication Resources for Travelers

- Travel: Frequently Asked Questions and Answers

WHAT SHOULD YOU DO IF YOU THINK YOU HAVE COVID-19?

LIVE WELL SAN DIEGO

If you are feeling sick and think you have been exposed to the COVID-19 virus stay home and <u>call</u> your healthcare provider for medical advice.

o Stay home except to get medical care

o Separate yourself from other people in your home

o Wear a face cover if you will be around others.

o Cover your coughs and sneezes

o Wash your hands often

o Avoid sharing personal household items— Dishes, cups, utensils, towels, etc.

o Keep your hands clean

o Clean all "high-touch" surfaces everyday

o Monitor your symptoms—Seek prompt attention if your illness worsens
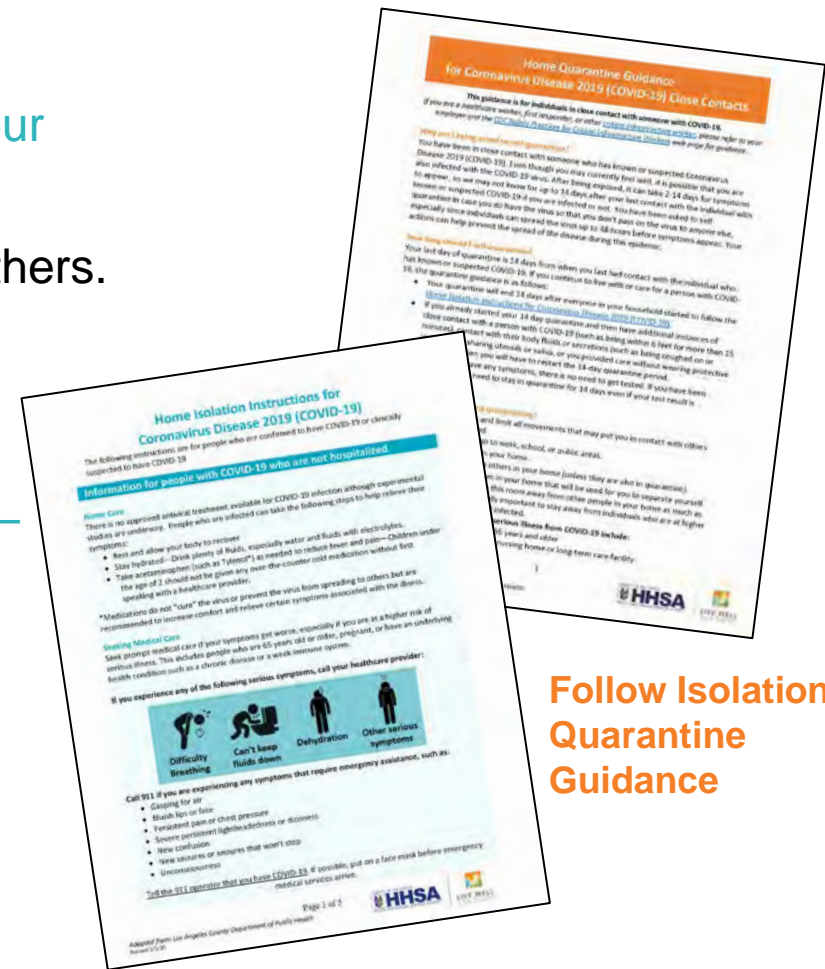
Follow Isolation or Quarantine Guidance

COVID-19 IN SAN DIEGO COUNTY

The County of San Diego is closely monitoring COVID-19 cases in our region. Data information tables, graphs, and dashboards are available at www.coronavirus-sd.com

Daily Data Tables

COVID-19 Dashboard

Triggers Dashboard

Weekly Surveillance Report
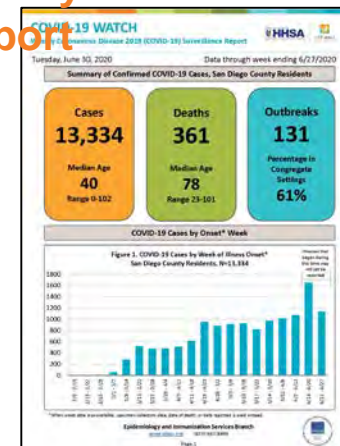
- There are more than <u>3 million cases of COVID-19 and over 130,000 deaths in the United States</u>, including a growing number of cases in San Diego County.

- The best way to prevent getting sick is to avoid being exposed to the virus.

- Cloth face coverings are required when leaving your home to help slow the spread of the virus by people who may have the virus but do not yet know it.

- Frequent hand washing and disinfection of high-touch surfaces can help prevent the virus from spreading.

- Even as the County is re-opening, everyone should continue to stay home as much as possible and practice social distancing and when out in public.

- If you have symptoms and want to get tested for COVID-19, call your healthcare provider or schedule an appointment <u>online</u> or call 2-1-1.

- The County of San Diego is working closely with local, state, and federal partners to respond to this public health threat.

Everyone needs to do their part to help prevent COVID-19.
We all have a role to play!

ONLINE RESOURCES

For more information about the COVID-19:

County of San Diego
www.coronavirus-sd.com

California Coronavirus (COVID-19) Response
www.covid19.ca.gov

California Department of Public Health—COVID-19
www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx

Centers for Disease Control and Prevention—COVID-19
www.cdc.gov/coronavirus/2019-ncov/index.html
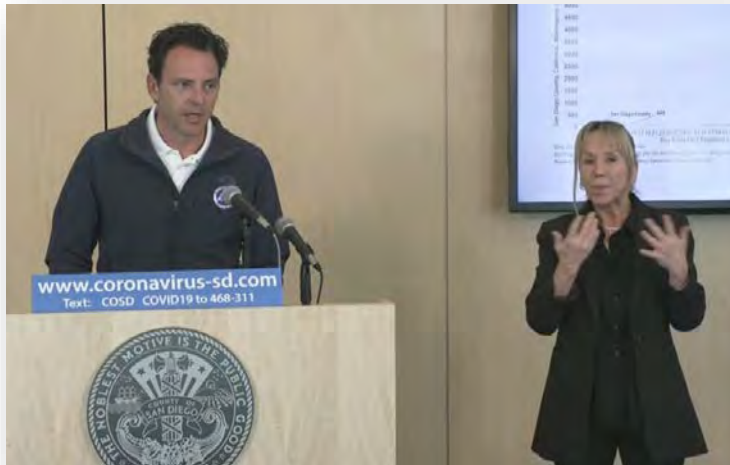
World Health Organization—COVID-19 Outbreak
www.who.int/westernpacific/emergencies/covid-19

LOCAL RESOURCES

Media updates are provided by the County of San Diego on Mondays and Wednesdays at 2:30—Latest News Briefing Slides

Text COSD COVID19 to 468-311 for updates to be sent via text message.

Call **2-1-1 or visit 211sandiego.org** for information about community resources, help scheduling a test, or to report a face covering violation.

LIVE WELL
SAN DIEGO

LIVE WELL @ HOME

Live Well @ Home is a free resource to help community residents find tips and strategies to stay healthy in both mind and body while staying at home. We've organized the below resources and activities by age group and topic to help you find the right tools to match your needs.

ACCESS & CRISIS LINE

CRISIS LINE
(888) 724 - 7240
7 Days a Week 24 Hours a Day

LIVE CHAT
Available Mon-Fri (4pm -10pm)

HOW TO MANAGE YOUR MENTAL HEALTH AND COPE DURING COVID-19

Información en español en la sección debajo

Thank You!

Presentation Feedback Form: Sector

On May 17, 2016, the County of San Diego Health and Human Services Agency Division of Public Health Services received accreditation from the Public Health Accreditation Board.