What is COVID-19?

What are coronaviruses?

Coronaviruses are a large group of viruses that can cause illness in animals and humans. Some coronaviruses commonly circulate in the United States and usually cause upper respiratory symptoms such as cough or runny nose, although some can cause more serious illness. The 2019 novel (new) coronavirus causes the illness coronavirus disease 2019 (COVID-19).

What is COVID-19?

Coronavirus Disease 2019 (COVID-19) is a disease that was identified in Wuhan, China, and is now being spread throughout the world. People are encouraged to take common sense precautions to prevent the spread of all infectious diseases, including COVID-19.

Wash hands frequently with soap and water for at least 20 seconds at a time.

Avoid touching your eyes, nose and mouth with unwashed hands.

Avoid close contact with people who are ill.

Cover your mouth and nose with a tissue when you cough or sneeze.

Do not reuse tissue after coughing, sneezing or blowing your nose.

Clean and disinfect surfaces that are frequently touched.

How does COVID-19 spread?

Coronaviruses like COVID-19 are most often spread through the air by coughing or sneezing, through close personal contact (including touching and shaking hands) or through touching your nose, mouth or eyes before washing your hands. Learn more from the Centers for Disease Control and Prevention (CDC) about how COVID-19 spreads and how to protect yourself and your community from getting and spreading respiratory illnesses.

Exposure and symptoms

Symptoms of COVID-19 are fever, cough and shortness of breath. Symptoms may appear 2-14 days after exposure.

If you develop emergency warning signs for COVID-19 get medical attention immediately. Emergency warning signs include*:

Difficulty breathing or shortness of breath

Persistent pain or pressure in the chest

New confusion or inability to arouse

Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

If you think you may have been exposed to COVID-19 and develop symptoms, you may need to seek medical attention. Call your local health department for further guidance. Before going to a health care provider, clinic, hospital or emergency room, call ahead to describe your symptoms and how you may have been exposed to the virus. In the event of an emergency call 9-1-1.

Testing

If you are a close contact of someone with COVID-19 or you are a resident in a community where there is ongoing spread of COVID-19 and you develop symptoms of COVID-19, call your healthcare provider and tell them about your symptoms and your exposure. They will decide whether you need to be tested, but keep in mind that there is no treatment for COVID-19 and people who are mildly ill may be able to isolate and care for themselves at home.

People at higher risk for serious illness from COVID-19 should contact their healthcare provider early, even if their illness is mild.

Older adults and people who have severe underlying chronic medical conditions like heart or lung disease or diabetes or those who are immunocompromised seem to be at higher risk for developing more serious complications from COVID-19 illness. Although, we are finding that a large percentage of serious cases are being diagnosed in younger patients. This is different from the data we have received from China and other countries.

COVID-Testing Criteria for Now

1. Patient with a fever or cough and shortness of breath AND who have had close contact with a known COVID-19 patient
2. Patients with a fever AND cough, shortness of breath AND travel history of CDC determined countries and U.S. areas with confirmed community transmission

If the above are not a part of the patient's presentation, but they have symptoms like fever, cough most providers will test for flu. If the flu test is negative, the provider may decide to test for COVID-19.

IF YOU DO NOT HAVE SYMPTOMS, PLEASE DO NOT ATTEMPT TO BE TESTED. WE NEED TO CONSERVE TESTS AT THIS TIME FOR PEOPLE WHO MEET THE CRITERIA ABOVE. THINK ABOUT IT LIKE THIS, IF YOU DO NOT HAVE SYMPTOMS, YOU DO NOT GO IN FOR A FLU TEST "JUST BECAUSE". THE SAME HOLDS TRUE FOR COVID 19.

How to protect yourself

Know How it Spreads

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.

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).

Through 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.

Take steps to protect yourself

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.

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.

Take steps to protect others

Stay home if you're sick

Stay home if you are sick, except to get medical care. Learn what to do if you are sick.

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.

Wear a facemask if you are sick (If you think you have symptoms of the virus and have concerns.)

If you are sick: You should wear a facemask or some type of protective barrier 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.

If you are NOT sick: You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks ARE in short supply and they should be saved for caregivers.

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. Because cleaning and disinfectants are in short supply below is a means to creating a disinfectant from products you have at home.

To disinfect:
 Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface.

Options include the use of bleach products. To dilute your household bleach, use the following instructions.

Diluting your household bleach.
 To make a bleach solution, mix:

5 tablespoons (1/3rd cup) bleach per gallon of water
 OR

4 teaspoons bleach per quart of water

Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.

 Follow the manufacturer's instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time, etc.).

Historical Dates Associated with COVID-19

March 10: Governor Cooper declares state of emergency

March 11: WHO declared COVID-19 a pandemic

March 13: President Trump declares National Emergency

March 14: Gov. Cooper issued Executive Order 117 closing K-12 schools until at least March 30 and banned gathering of more than 100 people

https://www.ncdhhs.gov/divisions/public-health/coronavirus-disease-2019-covid-19-response-north-carolina/community-events

March 16: NCDHHS recommends no mass gatherings for more than 50 people

https://files.nc.gov/ncdhhs/documents/files/covid-19/Interim-Guidance-for-Organizations-that-Gather-Less-Than-50-People-Together-031620.pdf

March 17: Gov Cooper issues Executive Order 118 limiting operations of restaurants and bars through March 31, and broadening unemployment insurance benefits . This Order will directly aid workers who may have lost wages in restaurants and meeting places due to mass gathering restrictions.

For example, workers who lose income due to tips or scheduled work hours, but are still employed, would be eligible for benefits because of this Executive Order. Among other changes:

It removes the one-week waiting period to apply for unemployment payment for those workers who lose their jobs;

It removes the requirement that a person must be actively looking for another job during this time when many potential employers are closed and social distancing guidelines are in effect.

It allows employees who lose their jobs or, in certain cases have their hours reduced due to Covid-19 to apply for unemployment benefits.

It directs that employers will not be held responsible for benefits paid as a direct result of these COVID-19 claims.

It waives the requirement that people must apply for benefits in person; workers can apply for benefits online or by phone.

WHY IS COMMUNITY LEADERSHIP IMPORTANT AND HOW CAN COMMUNITY LEADERS HELP?

By being socially responsible in this most uncertain time and by helping decrease community spread.

Encourage and support social distancing (helps containment of virus which decreases the use of medical services that could be better utilized by those very ill – remember we are still caring for the sick who do not have covid-19.

We want to be there for you and your family and friends when you need us most. Help us help you by following the CDC's and the NC DHHS's guidelines regarding mass gatherings. Do all you can to keep gatherings less than the 100 people in the governor's executive order but my preference as a healthcare professional is to follow the CDC guidelines of less than 50 or 10. I truly recommend less than 10. The biggest concern I have heard about this is with regards to church services to include funerals. My belief is that we should take measures to ensure that people aren't exposed. Again, I recommend following CDC guidelines.) There are ways to be creative in delivering messages to congregations and community members. Facebook Live, Livestreaming Video, YouTube, Conference Call Lines, etc.

Practicing Social Distancing ensures that healthcare professionals, law enforcement, EMS providers, Grocery Store Clerks, and all of the people who keep you safe and provide the items you need will be able to continue their jobs which will allow you to receive the care and provisions that you need.

To break it down further, if we lose 10-20 percent of our workforce in hospitals, who will be there to care for you. If we lose 10-20 percent of our law enforcement professionals, who will be there to keep you safe. Finally, if we lose large percentages of our grocery store clerks or other critical need personnel, how will you buy food or other items you need.

Encourage giving blood (blood banks everywhere are low)

Use your communication capabilities to keep church and community members informed

Create a resource page of information

RESOURCES

CDC

DHHS

LOCAL HEALTH DEPARTMENT

LOCAL HEALTH SYSTEMS

SOCIAL SERVICES ASSISTANCE

COMMUNITY RESOURCES FOR TRANSPORTATION TO MEDICAL FACILITIES

MENTAL HEALTH INFORMATION (SUICIDE HELP LINE, CRISIS CENTERS, DISASTER DISTRESS HELP LINE) (UTILIZE COUNSELORS IN YOUR CHURCHES AND COMMUNITIES TO HELP DEVELOP TOOLS TO HELP WITH ANXIETY)

INFORMATION TO SHARE WITH YOUR CONGREGATIONS AND COMMUNITY MEMBERS

DAILY SCHOOL LUNCH PICK UPs

UNITED WAY

FOOD PANTRIES (LOCAL AND CREATE YOUR OWN)

ANY TYPE OF LOCAL CHARITIES (CATHOLIC DIOCESE, ETC.)

COUNTY SENIOR CITIZEN RESOURCE CENTER (MEALS ON WHEELS OR CREATE YOUR OWN)

RESTAURANTS WHERE KIDS EAT FREE WITH AN ADULT

FORM BABY SITTING BUDDY SYSTEM FOR PARISHONERS WHO HAVE TO WORK AND DON'T HAVE CHILD CARE

HAVE YOUR CHURCH AND COMMUNITY EDUCATORS BEGIN VIRTUAL DAY SCHOOLS ON- LINE OR VIA PACKETS TO BE DISTRIBUTED

UTILITY COMPANIES

DEVELOP AN ELDERCARE NETWORK

HOW TO GET FREE BROADBAND FROM SPECTRUM FOR 60 DAYS

INFORMATION ABOUT FILING FOR UNEMPLOYMENT

INFORMATION FOR SMALL BUSINESSES TO RECEIVE FUNDS DURING THE STIMULUS PACKAGE

FINALLY, AGAIN, HELP US HELP YOU!!!! I CAN NOT STRESS THIS ENOUGH!!!

* This presentation was adapted or taken from the CDC Website and The NCDHHS website.

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