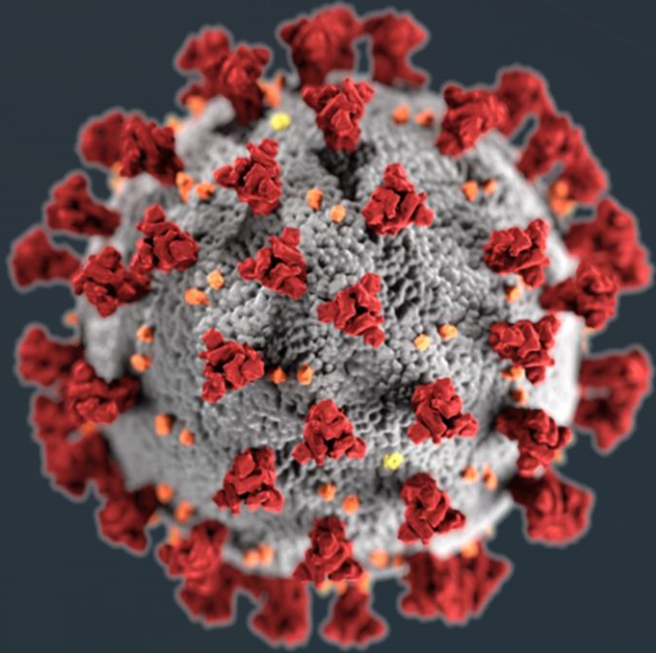# COVID-19

Coronavirus Disease 2019

Version: 3/12/20

What is COVID-19?

- **COVID-19 = Coronavirus Disease 2019**
    - CO = corona
    - VI = virus
    - D = disease
    - 19 = 2019

- COVID-19 is not the same as the coronaviruses that commonly circulate among humans and cause mild illness, like the common cold.

How Does COVID-19 Spread?

- COVID-19 is a respiratory illness that mainly spreads between people within about 6 feet of each other.

- When an infected person coughs or sneezes and droplets are inhaled or land in mouths or noses of nearby people.

- By touching a surface or object that has the virus on it then touching their own mouth, nose, or eyes (NOT main way the virus spreads).

What are the symptoms of COVID-19?

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

- More severe cases include pneumonia in both lungs, multi-organ failure and in some cases death.

➤ Who is at greatest risk?

Increased risk of exposure to COVID-19:

- Close contacts of someone known to have COVID-19, e.g., healthcare workers, or household members.

- Those who live in or have recently been in an area with ongoing spread of COVID-19.

Increased risk of severe disease from COVID-19 infection:

- Older adults

- People who have serious chronic medical conditions like:
  - Heart disease
  - Diabetes
  - Lung disease

How can I help protect myself, my family & community ?

How can I help protect myself, my family & community ?

Avoid touching your eyes, nose, and mouth.

Clean and disinfect frequently touched objects and surfaces.

How can I help protect myself, my family & community ?
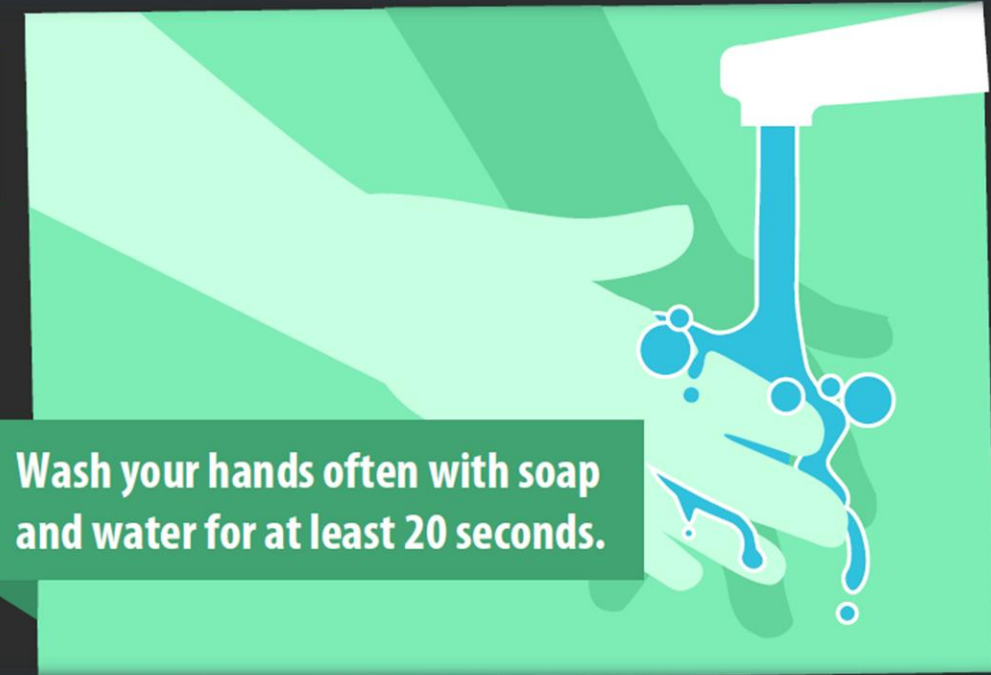
Be a Germ-Buster

WASH YOUR HANDS

1 Wet

2 Soap

3 Wash for 20 Seconds

4 Rinse

5 Dry

6 Turn Off Water with Paper Towel

© 2009 SmartSign.com • Part # 7YFH

What about facemasks?

- CDC does <u>not</u> recommend that people who are well wear a facemask to protect themselves from COVID-19.

- Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease.

- The use of facemasks is also crucial for <u>health workers</u> and <u>people who are taking care of someone in close settings</u> (e.g., home/long term care facility).
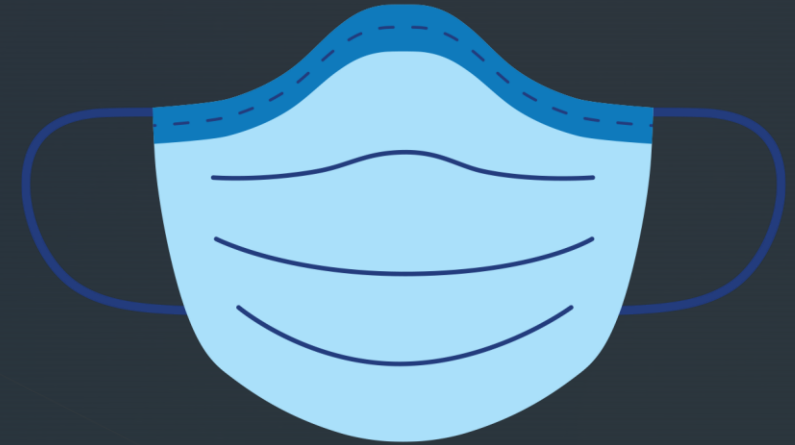
How Can I Prepare for a Possible Outbreak?

✓ Keep a 30-day supply of essential medicines (both Rx and non-Rx)

✓ Get a flu shot

✓ Have essential household items on hand, e.g., food, water, diapers, etc.

✓ Have a support system in place for elderly family members

✓ Learn about the emergency operations plan at your child's school or childcare facility

What to do if you are sick with COVID-19?

Stay home except to get medical care

- **Stay home:** People who are mildly ill with COVID-19 are able to isolate at home during their illness. You should restrict activities outside your home, except for getting medical care.

- **Avoid public areas:** Do not go to work, school, or public areas.

- **Avoid public transportation:** Avoid using public transportation, ride-sharing, or taxis.

What to do if you are sick with COVID-19?

Separate yourself from other people and animals in your home

- **Stay away from others:** 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.

What to do if you are sick with COVID-19?

Call ahead before visiting your doctor

- **Call ahead:** 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.

What to do if you are sick with COVID-19?

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) or pets and before you enter a healthcare provider's office.

- **If you are caring for others:** If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then people who live with the person who is sick should not stay in the same room with them, or they should wear a facemask if they enter a room with the person who is sick.

What to do if you are sick with COVID-19?

Cover your coughs and sneezes

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

- **Dispose:** Throw used tissues in a lined trash can.

- **Wash hands:** Immediately wash your hands with soap and water for at least 20 seconds or, if soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

What to do if you are sick with COVID-19?

Clean your hands often

- **Wash hands:** Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.

- **Hand sanitizer:** If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.

- **Soap and water:** Soap and water are the best option if hands are visibly dirty.

What to do if you are sick with COVID-19?

Avoid sharing personal household items

- **Do not share:** You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home.

- **Wash thoroughly after use:** After using these items, they should be washed thoroughly with soap and water.

What to do if you are sick with COVID-19?

Clean all "high-touch" surfaces everyday

- **Clean and disinfect:** Practice routine cleaning of high touch surfaces.

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.

What to do if you are sick with COVID-19?

Monitor your symptoms

- **Seek medical attention:** Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing).

- **Call your doctor:** Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19.

- **Wear a facemask when sick:** 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.

Other Important Information

- **VACCINE**: There is currently <u>no vaccine</u> to protect against COVID-19.

- **TREATMENT**: There is <u>no</u> specific antiviral treatment for COVID-19.

- **QUARANTINE:** An important strategy to reduce spread. Separate exposed from unexposed for at least 14 days.

- **TRAVEL:** Limit all non-essential travel. Consult State and CDC guidelines for specific travel restrictions or recommendations.

- **ALLERGIES OR COVID-19?** Itchy eyes, runny nose likely allergies or cold. No fever with allergies.
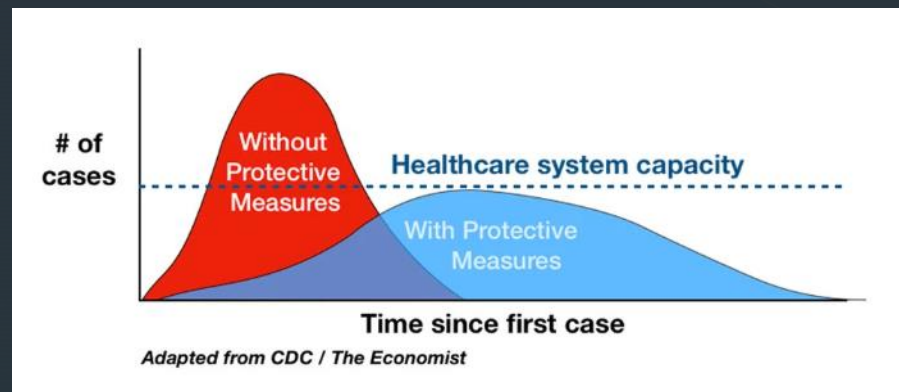
New Terms

- Social Distancing
    - Increasing the physical space between people

- "Flattening the Curve"

COVID-19 Testing

Testing is now available for COVID-19

— Contact your provider for guidelines on who should be tested

COVID19 Cases

- The number of cases of COVID-19 in the U.S. is changing daily.

- To access a map of cases in the U.S. visit:

  - https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html

- For cases specific to Montana, visit:

  - https://dphhs.mt.gov/publichealth/cdepi/diseases/coronavirusmt

  - For cases specific to Wyoming, visit:

  - https://health.wyo.gov/

COVID-19 and HIPAA

- When there is a legitimate need to share information with public health authorities and others responsible for ensuring public health and safety, covered entities may share PHI to enable them to carry out their public health responsibilities.

- This may arise with the current outbreak of COVID-19.

- The key, as always, is to limit disclosures to the *minimum necessary* to the purpose, strictly in accordance with these parameters.

Resources

- Centers for Disease Control & Prevention (CDC)

  https://www.cdc.gov/coronavirus/2019-ncov/index.html

- Montana Department of Public Health and Human Services

  https://dphhs.mt.gov/

- Wyoming Department of Health

  https://health.wyo.gov/

- Indian Health Service

  https://www.ihs.gov/newsroom/announcements/2020-announcements/coronavirus-disease-2019/