

COVID-19 July 24th, 2020

ROCKY MOUNTAIN TRIBAL LEADERS COUNCIL/ EPIDEMIOLOGY CENTER

> Helen Tesfai, MPH RMTEC Project Director

Boomain Tribal Lo

demiology Cen



OVERVIEW



Background on COVID-19

Specific information of COVID-19 disease

Ways to prevent spread of COVID-19



BACKGROUND ON COVID-19



HISTORY OF CORONAVIRUS

- The term Corona means crown and is named for the crown-like spikes on their surface when viewed under a microscope.
- Coronaviruses are a large group of viruses that cause diseases in mammals and birds.
 - Can sometimes evolve to infect people by causing <u>mild respiratory illnesses.</u>
- Human coronaviruses were first identified in the mid-1960s.
- So far, there have been three known coronaviruses that have evolved to infect humans:
 - Severe Acute Respiratory Syndrome (SARS) in 2002 that originated in China.
 - Middle Eastern Respiratory Syndrome (MERS) in 2012 that originated in the Middle East.
 - SARS-CoV-2 in 2019





EPIDEMIOLOGY AND SURVEILLANCE

- A total of 3,952,273 cases of COVID-19 have been confirmed in the United States.
- Approximately 142,755 deaths have been reported.



Reported Case	S
0 to 1,000	1,001 to 5,000
5,001 to 10,000	10,001 to 20,000
20,001 to 40,000	40,001 or more





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



EPIDEMIOLOGY AND SURVEILLANCE

- The overall cumulative
 COVID-19 associated
 hospitalization rate is
 113.6 per 100,000.
- When compared to Non-Hispanic Whites,
 - NH-AIANs are 6 times
 - ✓ NH-Blacks are 5 times



miolog

https://www.cdc.gov/coronavirus/2019-ncov/covid-data/covidview/index.html#hospitalizations

EPIDEMIOLOGY AND SURVEILLANCE

A confirmed case is defined as a person who has tested positive for 2019 novel coronavirus. (Source: https://www.ihs.gov/coronavirus/)



emiology

MORE INFORMATION ON DATA/SURVEILLANCE AND RESOURCE

Type of Data	Source	Resource
Global	World Health Organization (WHO)	<u>https://www.who.int/emergencies/diseases/novel-coronavirus-</u> 2019
National (US)	Centers for Disease Control and Prevention (CDC)	https://www.cdc.gov/coronavirus/2019-ncov/covid- data/covidview/index.html https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/cases- in-us.html
Region	IHS Billings Area	https://www.ihs.gov/coronavirus/
State	MT-DPHHS	https://montana.maps.arcgis.com/apps/MapSeries/index.html?app id=7c34f3412536439491adcc2103421d4b
State	WY-DH	https://health.wyo.gov/publichealth/infectious-disease- epidemiology-unit/disease/novel-coronavirus/
Tribal	Tribal Epi Centers (TEC)	https://tribalepicenters.org/tec-covid-19-resources/

tain Triba/

emiology

UPDATE ON CURRENT EMERGENCY RESPONSE

RMTEC Response

Weekly tracking data of incidence (new) cases

- ✓ COVID19
- ✓ Flu and Flu like disease surveillance summary

Training:

- ✓ Contact tracing
- ✓ COVID-19 testing

Funding for tribal public health response

Weekly meetings with TECs, respective State health departments, and CDC

Sharing educational material, information, and resources: <u>https://www.rmtlc.org/wp-content/uploads/2020/06/COVID19_2pager_06.08.2020.pdf</u>



UPDATE ON CURRENT EMERGENCY RESPONSE

COVID-19

WHAT YOU NEED TO KNOW



What is COVID-19?

 COVID-19 (also known as Coronavirus disease 2019) is a disease caused by the SARS-CoV-2 virus that causes flu-like symptoms in individuals.
 These symptoms sometimes cause mild to serious breathing problems.
 The virus is named after the crownlike spikes on its surface when viewed under a microscope.
 As of March 2020, the World Health Organization (WHO) has declared COVID-19 as a global pandemic.



What are the SYMPTOMS?

- Most people with COVID-19 report:

 Dry cough
 Shortness of breath or difficulty breathing
 Increased temperature
- Other symptoms:
 Fever, chills, muscle pain, headaches, sore throat, diarrhea, and a loss of taste or smell.
- <u>SEVERE SIGNS and SYMPTOMS</u>:
- o Criest pain
 o Blue lips or face, since the body is not getting enough oxygen.
 o Dizziness or confusion
- If you experience any of these, please contact emergency



How is it SPREAD?

 COVID-19 is spread through personto-person transmission by droplets from sneezing or coughing from a person who has COVID-19 who is in close contact (within 6 feet).
 These droplets are inhaled through the nose or mouth.

 You may also get the virus from touching surfaces or objects that a person who has COVID-19 touched but this is rare.

 Symptoms usually appear 2-14 days after exposure to the virus.
 It's important to know that not everyone shows severe symptoms but symptoms can be mild.



Those most at-risk for developing



COVID-19 DISEASE-SPECIFIC INFORMATION



SIGNS/SYMPTOMS of COVID-19

- SARS-CoV-2: spread through person-to-person transmission by droplets from sneezing or coughing.
- > Symptoms usually appear 2 14 days after exposure to the virus
- > Majority of people with COVID-19 infection report the following symptoms:

Severe Signs and Symptoms**:	✓ New confusion		
✓ Trouble breathing	 Inability to wake or stay awake 	r ain	Triba/
✓ Persistent pain or pressure in the chest	✓ Bluish lips or face	Nounte	AN
	**If you experience any of these, please contact emergency	DCKY	
	services.	R.	

Incubation period and infectious period

Incubation period: the period between exposure to an infection agent and the appearance of first symptoms of disease in question.

Infectious period: also known as communicability. The period during which an infectious agent may be transferred directly or indirectly from an infected person to another person.



COVD-19 Testing Type

Diagnostic test identify virus in the body

- These are polymerase chain reaction (PCR) tests (also called molecular tests)
- These tests give a sign that the virus is reproducing in your cells
- Examples: Nose, throat, or mouth swabs conducted to look at <u>ACTIVE</u> infections!

Antibody test (serologic) identify antibodies to the virus, usually in blood

- Antibodies are made by your immune system to fight off viruses or bacteria
- Some antibodies (IgM and IgG) begin to develop when you are sick and can be identified after you recover.
- These tests will tell you if you had <u>current and PAST INFECTION.</u> Usually take 10-14 days for your body to produce antibodies.

Remember that no tests are perfect!



current management

- Majority of the people who contract COVID-19 are able to recover at home with treatments they would use for the flu:
 - Getting rest, staying hydrated, and taking medications to reduce fever, pains, and aches.
 - Medications: acetaminophen (Tylenol) but do not exceed 3,000 milligrams per day.
- Antiviral treatments: <u>no specific treatment for COVID-19</u> and this is currently being tested to see which would be effective.
 - Usually targeted as a viruses life-cycle but viruses are highly adaptive.
- Only in severe cases (early reports from China and France): Hydroxychloroquine and chloroquine used for treatment of malaria or other inflammatory diseases. Azithromycin usually prescribed for strep throat.
- Convalescent plasma: This is an experimental treatment and only used for serious or immediate life-threatening COVID-19 infections.

ountain Triba/



Ways to prevent spread of covid-19



Who is most at risk for covid-19?

- > People who are at a <u>higher risk</u> for developing COVID19:
 - Elders (those over age 65 years) and those who have severe underlying medical condition (s) such as:
 - ✓ Heart Disease
 - ✓ Lung Disease
 - ✓ Diabetes
 - ✓ Other conditions of immunocompromised individuals, organ transplant recipients, genetic defects, etc..



Prevent Covid-19 exposure

Wash your hands often

- > Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are is not available, use hand sanitizer that contains at least 60% alcohol. Rub vigorously on hands until they feel dry.
- > Avoid touching your eyes, nose, and mouth with unwashed hands.



https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html

Avoid close contact

- > Avoid close contact with people who are sick.
- > Stay at home as much as possible.
- > Put distance(at least 6 feet) between yourself and other people.





Cover your mouth and nose with a cloth face cover when around others

- > You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a cloth face cover when going out in public, such as going to the grocery store or picking up necessities.
 - > The cloth face cover is meant to protect other in case you are infected.
- > Do NOT use a facemask meant for a healthcare worker.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.







https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html



Cover your coughs and sneezes

If you do not have on your cloth face covering, ALWAYS cover your mouth and nose with a tissue 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.





ountain Triba/

Clean and disinfect

- Clean AND disinfect <u>frequently touched surfaces</u> daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/ disinfecting-your-home.html
- Surfaces should dry naturally.
- > Disinfectant should stay on surfaces for more than 4 minutes.
 - > Use detergent or soap and water prior to disinfection.
- > If you need to reuse cloth, wash in hot water in washing machine.





Nountain Triba/

What to do if you are sick

STAY HOME unless you need to get medical care

SEPARATE YOURSELF FROM OTHERS ISOLATE from others for at least 14 days

Monitor your symptoms Get plenty of rest and fluids

Call before visiting your doctor or hospital

If you are sick, wear a cloth covering over your nose and mouth

Cover your coughs and sneezes

Wash your hands often

Avoid sharing personal household items

Clean all "high-touch" surfaces everyday

untain Triba



What is isolation? What is Quarantine?

Both quarantine and isolation:

- Involve separation of people to protect the public
- Help limit further spread of COVID-19
- Can be done voluntarily or be required by health authorities

Isolation:

- ✓ Keeps sick people <u>SEPARATE</u> from healthy people.
- ✓ Physical distancing is promoted by restricting to home or safe place.
- ✓ For the duration of infectiousness (spreading the virus)
 - 2 days before symptoms onset
 - At least 10 days after illness onset
 - Symptoms must improve AND no fever within the past 3 days.

Quarantine:

- Restricts movement and contact of
 - healthy people who have been exposed.
- Must be separated from people for 14 days since last contact with a person who is infected.
- ONLY those who are healthy that have been in contact with COVID-19 person should be quarantine.





emiology

How to discontinue home isolation

People with COVID-19 who have stayed home can <u>stop home isolation</u> under the following conditions:

"10/3" GOAL

- 10 days have passed since symptoms began,
- Other symptoms have improved, AND
- No fever (100.4 degrees F) for 72 hours (3 days)

without using fever-reducing medicine



How to discontinue home quarantine

People who have an exposure to COVID-19 who have stayed home can <u>stop home quarantine</u> under the following conditions:

- No symptoms have developed, AND
- 14 days have passed since:
 - Last exposure to the case, OR
 - The last symptomatic household member reached "10/3" goal.



What You Can Do

Stay Informed

- COVID-19 most recent information <u>www.cdc.gov/COVID19</u>
- CDC travel advisories <u>wwwnc.cdc.gov/travel/notices</u>
- Stress and coping https://www.cdc.gov/coronavirus/2019ncov/daily life-coping/managing-stressanxiety.html

Coronavirus (COVID-19)		
How to protect yourself >	What to do if you are sick >	
SYMPTOMS	Slow the spread	
Watch for Rever, coughing and shorecess of breach	Cloth face covers MON >	
Learn miter »	Critical workers MW >	
SELF-CHECKER	TAKE EXTRA PRECAUTIONS	
A guide to help you make decisions and seek	Older adults and people with serious underlying	
IF YOU ARE SICK Stayhome, call a healthcare provider if you have symptoms	Should you get tested? 3 Caring for someone 3	
Learn more 3)	Dially life & coping	
CASES IN THE U.S. COVID 19 Cases in the U.S. >	CASES & SURVEILLANCE Cases, Hospitalization, Deaths 3	
HEALTHCARE & PUBLIC HEALTH		
HEALTHCARE & PUBLIC HEALTH HealthCare professionals		
HEALTHCARE & PUBLIC HEALTH HealthCare professionals > Laboratories >		

Helen Tesfai RMTEC Project Director helen.tesfai@rmtlc.org (406) 252-2550

Rocky Mountain Tribal Leaders Council/Epidemiology Center 2929 3rd Avenue North, Suite 300 Billings, MT 59101



