COVID-19
July 24th, 2020

ROCKY MOUNTAIN TRIBAL LEADERS COUNCIL/EPIDEMIOLOGY CENTER

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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 mild respiratory illnesses.
- 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

https://www.nfid.org/infectious-diseases/coronaviruses/
EPIEMIOLOGY 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.

The overall cumulative COVID-19 associated hospitalization rate is 113.6 per 100,000.

When compared to Non-Hispanic Whites,
- NH-AI ANs are 6 times
- NH-Blacks are 5 times
A confirmed case is defined as a person who has tested positive for 2019 novel coronavirus.
(Source: https://www.ihs.gov/coronavirus/)
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<thead>
<tr>
<th>Type of Data</th>
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# UPDATE ON CURRENT EMERGENCY RESPONSE

## RMTEC Response

<table>
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<th>Weekly tracking data of incidence (new) cases</th>
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<tr>
<td>✓ COVID19</td>
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<td>✓ Flu and Flu like disease surveillance summary</td>
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Training:
- ✓ Contact tracing
- ✓ COVID-19 testing

Funding for tribal public health response

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

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 crown-like 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.

How is it SPREAD?

- COVID-19 is spread through person-to-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.

Who is MOST AT-RISK?

- Those most at-risk for developing severe symptoms include:
  - Older adults
  - People with underlying health conditions
  - People with weakened immune systems

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.

- SEVERE SIGNS and SYMPTOMS:
  - Chest pain
  - Blue lips or face, since the body is not getting enough oxygen.
  - Dizziness or confusion
  - If you experience any of these, please contact emergency.
**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:
  - 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

**Severe Signs and Symptoms**:  
- Trouble breathing  
- Inability to wake or stay awake  
- Persistent pain or pressure in the chest  
- Bluish lips or face  
**If you experience any of these, please contact emergency services.**

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.
COVID-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 **ACTIVE 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 **current and PAST INFECTION**. 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: no specific treatment for COVID-19 and this is currently being tested to see which would be effective.
  ❖ Usually targeted as a virus's 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.

Source: Harvard Medical School Health Publishing Treatments for COVID-19
Ways to prevent spread of covid-19
Who is most at risk for covid-19?

➢ People who are at a **higher risk** 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 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.

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 others 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.

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.

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.
- 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.

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

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 **SEPARATE** 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.
How to discontinue home isolation

People with COVID-19 who have stayed home can stop home isolation 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 stop home quarantine 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
  www.cdc.gov/COVID19

- CDC travel advisories
  wwwnc.cdc.gov/travel/notices

- Stress and coping
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