COVID-19

AtlantiCare Infection Prevention
Background and Approaches
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WHAT IS COVID-19?

- There are many types of human coronaviruses including some that commonly cause mild upper-respiratory tract illnesses (common colds).
- COVID-19 is a new disease, caused by a novel (or new) coronavirus that has not previously been seen in humans.
- Person-to-person spread is occurring in many areas of the U.S including NJ as well as many countries.

The following slides provide information to assist our community to respond.
Identify

Q. What are coronaviruses?
A: Human coronaviruses = respiratory virus named for the crown-like spikes on their surface.
- Seven different types identified
- Four are associated with mild to moderate upper-respiratory tract illnesses, like the common cold
- Other types of the virus include severe acute respiratory syndrome (SARS), the Middle East Respiratory Syndrome (MERS), and Coronavirus Disease (COVID-19), responsible for the latest outbreak

Q. How do you get infected with COVID-19?
A: COVID-19 is spread by close person-to-person contact from droplets from a cough or sneeze, which can get into your mouth, nose, or lungs.
- Close contact is defined as being within approximately 6 feet of another person
Q. How do I know if I have COVID-19?
A: If you were recently exposed to someone with a confirmed case of COVID-19
   Potentially, if you have these symptoms
     - fever;
     - cough;
     - shortness of breath

Q. How severe is this illness?
A: The World Health Organization says 80% of people with COVID-19 have a mild form of the illness with cold- or flulike symptoms.
   o The people likely to get seriously ill are over 60 years of age and/or have pre-existing health conditions
   o It is estimated that for every 100 cases of COVID-19, between two and four people may die. This is very different from a coronavirus like SARS, where nearly ten in 100 sick people died from the illness
Isolate

- This is a serious global health situation, but keep in mind that most cases are mild or even with few symptoms.

- Everyone should use virus safety behaviors and social distancing to reduce spread (different than hospital isolation for ill people). These include:
  - Wash your hands often with an alcohol-based hand sanitizer or soap and water for at least 20 seconds;
  - Avoid touching your eyes, nose, and mouth with unwashed hands;
  - Avoid close contact with people who are sick;
  - Stay home when you are sick;
  - Cover coughs/sneezes in your elbow/sleeve or with a tissue, then throw the tissue in the trash;

- If you do become ill, seek medical attention within the first 48 hours of symptoms. Call ahead before going to your primary care provider, a health care provider such as urgent care, or the emergency department so that they can advise you on other immediate measures best for you. If they direct you to come in to be examined, anticipate you will be invited to wear a mask.
**ISOLATE: SURFACE CLEANING, MASKS**

- If there's someone sick at home, clean surfaces that get touched frequently — such as kitchen counters and bathroom faucets — several times a day. Bleach wipes are a good choice for this;
- Wearing a mask is a good idea if you are sick (to reduce chance you'll infect others);
- Many experts are reluctant to suggest well people wear masks because a false sense of security may occur, and individuals wearing a mask touch their face more often;
- Some research suggests that wearing a mask can help protect you if you're caring for a sick family member, but only if you wear it all the time in the presence of the sick person and if you are careful not to touch the front of it, which could be contaminated.
Inform – Useful Tips for Resilience During Stress

- Feed your body - nutrition counts!
- Feed your mind – accurate and positive info (internal dialog, media)
- Social network – Family, Friends, Neighbors, Pets
- Stay connected (Church, social groups, using video conferencing and phone conversation, etc., not only the internet)
- Readiness (meds, etc., see next slide)
- Exercise
- Have a relationship with a Primary Care Provider and other health professionals
- Get a flu shot if not already vaccinated and recommended by your healthcare provider. Consider pneumovax
Inform: How To Prepare Your Home For Coronavirus

(NJDOH, February, 2020)

The short answer: Don't panic — but do prepare

- Periodically check your regular prescription drugs to ensure a continuous supply.
- If you take daily medications — for example, blood pressure pills — consider having enough to last a couple of weeks (as long as you can get approval for an extended supply from your insurance provider, or are able to afford this)
- Stock up on a two-week supply of food and water
- Think about adding enough nonperishable foods to your pantry to carry you through for a couple of weeks
- Include go-to sickbed foods, like chicken or vegetable broth and crackers in case of illness, as well as hydrating drinks such as Gatorade and Pedialyte for kids
- Have non-prescription drugs and other health supplies on hand including pain relievers/fever reducing medications, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins, tissues
Inform: How To Prepare Your Home For Coronavirus, Continued
(NJDOH, February, 2020)

- Stock up on household supplies such as toilet paper, hand soap, paper towels, garbage bags, cleaning supplies, etc.
- Get copies and/or maintain electronic versions of health records from doctors, hospitals, pharmacies and other sources and store them for personal reference.
- Talk with family members and loved ones about how they would be cared for if they got sick, or what would be needed for them in your home.
- Have pet foods and supplies.
- Stock up on baby care items.
- Plan for a sick room in the home. Designate one room that would work best, usually a bedroom with its own bathroom that no one else will use. If someone in the home becomes ill, keep them in the sick room away from others.
How To Prepare Your Home For Coronavirus, Continued

➢ Work from Home? Now is the time to talk to your boss about your ability to work from home if COVID-19 is spreading locally.

➢ What about child care or elder care of centers are closed? Start figuring out now what you would do if day care centers, schools, or elder care locations start closing because of an outbreak.
Thank You

Questions