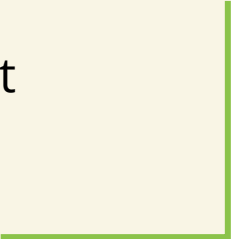# Novel Coronavirus (COVID-19) 101 Workshop

September 2020

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Multnomah County Health Department

Land & Labor Acknowledgment

Introductions!

- Name
- Pronouns you use
- Organization
- Role/position

Objectives

- Name what the novel Coronavirus 2019 is, the symptoms, and risk factors for more severe illness
- Discuss how the virus is transmitted and how to prevent the spread of the virus
- Explain what it means to self-isolate
- Know where to access testing and what the County's contact tracing process includes
- Identify ways to share the information back with their community members

Agenda

- Welcome and Introductions
- Dinamica / Movement Building Activity
- Introduction to Communicable Disease & COVID-19
- Symptoms and Risk Factors for COVID-19
- COVID-19 Transmission
- BREAK
- Caring for Self and Others
- Testing and Contact Tracing
- Evaluation and Closing

Brainstorm

What do we know or imagine about communicable disease?

Communicable Disease Definitions

- **Definition**: Communicable diseases are disorders caused by organisms — such as bacteria, viruses, fungi or parasites also called germs. Many organisms live in and on our bodies. They're normally harmless or even helpful, but under certain conditions, some organisms may cause disease.

Communicable Disease Definitions

- **How it is spread:** Some infectious diseases can be passed from person to person. Some are transmitted by bites from insects or animals. And others are acquired by ingesting contaminated food or water or being exposed to organisms in the environment.
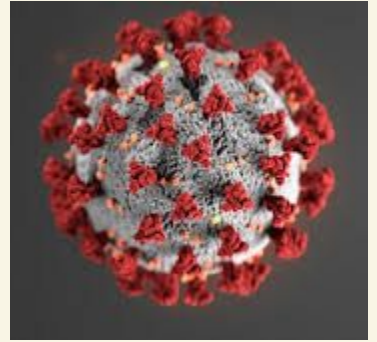
Communicable Disease Definitions

- **Prevention**: Many infectious diseases, such as measles and chickenpox, can be prevented by vaccines. Frequent and thorough hand-washing also helps protect you from infectious diseases. (Source: Mayo Clinic)

COVID-19 Basics - Coronavirus

- Viruses that cause respiratory illness
- Most people get infected with one at some point in their lives
- Common ones on respiratory panels are NOT the same as COVID-19
- What's in a name?
  - SARS-CoV-2: name of the virus
  - COVID-19: name of illness caused by COVID-19
  - "I became ill with COVID-19 after being exposed to the virus SARS-CoV-2"

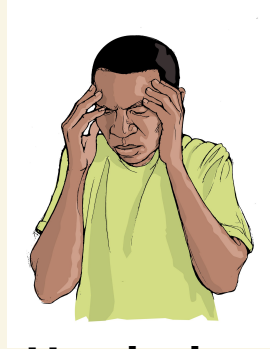# COVID-19 Symptoms

Cough

Fever

Chills

Muscle pain

Shortness of breath or difficulty breathing*

Sore throat

New loss of taste or smell

COVID-19 Symptoms

Fatigue

Headaches

Runny Nose

Vomiting or Nausea

Diarrhea

COVID-19 Symptoms

- May be asymptomatic, mild or severe illness

- Symptoms may appear 2-14 days after exposure to the virus.

Risk Factors for Severe COVID-19 Illness

- Age
- Heart Disease
- Diabetes
- Chronic Lung Disease
- Pregnancy
- Immunocompromised
- Hypertension
- Chronic kidney disease

The Truth About Transmission Game!

True or false: You can spread COVID-19 to others if you don't have any symptoms.

The Truth About Transmission Game!

TRUE

The Truth About Transmission Game!

True or false: You can get infected by COVID-19 through your skin.

The Truth About Transmission Game!

FALSE -- You may become infected if you touch a surface that has the virus on it and then touch your mouth, nose or eyes.

The Truth About Transmission Game!

True or false: The incubation period is the time between when you are exposed to the disease and when you would develop symptoms.

The Truth About Transmission Game!

TRUE

The Truth About Transmission Game!

True or false: Last weekend, I was at a bbq with my friend. My friend has tested positive for COVID19 and I have tested negative. I do not need to isolate for 14 days.

The Truth About Transmission Game!

—

FALSE - Full incubation for COVID 19 is 14 days. At any point within those 14 days, you may develop symptoms.

The Truth About Transmission Game!

True or false: If someone does not have symptoms, they cannot transmit COVID19.

The Truth About Transmission Game!

FALSE - Two days before someone develops symptoms, they could be infectious. Some people have the virus, but may be asymptomatic. Some people will have mild symptoms (feel like allergies). In all of these situations, someone could transmit COVID19 to another person.

The Truth About Transmission Game!

True or false: I can do things that reduce my risk of getting COVID19.

The Truth About Transmission Game!

TRUE

The Truth About Transmission Game!

True or false: Wearing a face covering and hand washing reduces my chances of getting COVID19.

The Truth About Transmission Game!

TRUE

The Truth About Transmission Game!

True or false: The virus can be transmitted through respiratory droplets when I cough, sneeze or talk.

The Truth About Transmission Game!

TRUE

The Truth About Transmission Game!

True or false: If I'm wearing a mask, I don't have to worry about social distancing.

The Truth About Transmission Game!

FALSE - While masks can be protective, if they aren't worn correctly, respiratory droplets could come into contact with a mucus membrane (eyes, mouth, nose).

The Truth About Transmission Game!

True or false: I tested positive, but I don't believe I have the virus because this is not a reliable test.

The Truth About Transmission Game!

FALSE - There are a lot of different tests that are available. We will talk about some of them. The test with the nasal swab is quite effective. Some of the antibody tests are not as effective. It's a good idea to make sure that the test you're using is approved by the FDA. False negatives are a possibility.
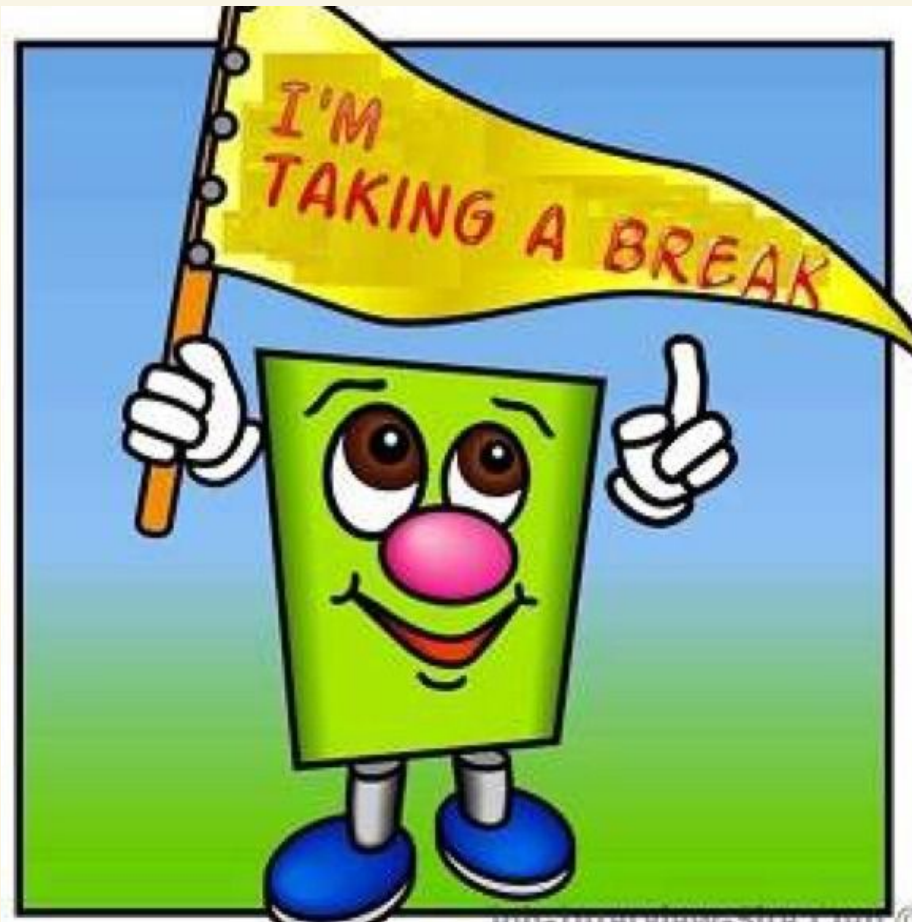
Two hair stylists with COVID-19 spent at least 15 minutes with 139 clients

EVERYONE WORE FACE COVERINGS 😷 NO CLIENTS ARE KNOWN TO BE INFECTED*

WEAR CLOTH FACE COVERINGS CONSISTENTLY AND CORRECTLY TO SLOW THE SPREAD OF COVID-19

*No clients reported symptoms; all 67 customers tested had negative tests

Treatment for COVID

- Work is being done to develop a vaccine and treatments
- Currently, no cure for COVID-19
- Treatment options are to support body's systems while the immune system fights the disease
- Home remedies can help with symptoms, but don't cure the virus (will still be infectious for 10 days)
- Need to refer to medical provider for any medical advice

Isolation at Home

- Self-isolation is recommended for people who test positive for COVID-19.

Isolation Guidelines:

- Separate bathroom / cleaning bathroom after each use
- Separate dishes / utensils
- Separate area where person can stay
- Medical motel option
- Length of time -- people who test positive vs. people who are close contacts
- When to go back to work
- Other members of the household

COVID-19 Testing

Two kinds of tests are available for COVID-19: viral tests and antibody tests.

- A viral test tells you if you have a current infection.
- An antibody test tells you if you had a previous infection.

An antibody test may not be able to show if you have a current infection, because it can take 1-3 weeks after infection to make antibodies. We do not know yet if having antibodies to the virus can protect someone from getting infected with the virus again, or how long that protection might last.

COVID-19 Testing

- Brainstorm: Do you know the criteria for being able to get tested for COVID19?

COVID-19 Testing

- Criteria for getting tested
  - Someone with symptoms, pregnant people, need surgery, close contacts to a case, vulnerable immune systems, the health department recommended they get tested, migrant/seasonal agricultural workers, healthcare workers, people with a disability, BIPOC, someone for whom English is not their first language
- Turn around time for results
  - Testing has been backed up and some people are not getting results for a while. Some sites are sending people to get retested to get a result more quickly.
- Insurance / fees- depends where you get tested or if you have insurance

COVID-19 Testing Sites

- East County Health Center
- OHSU Drive-thru at Expo Center
- Primary Care provider
- Testing location finder:
  https://govstatus.egov.com/or-oha-covid-19-testing
- Pop Up testing for clusters/outbreaks
- Culturally specific community testing

Epidemiology & the Dashboard

- Epidemiology = study of disease
- What we are measuring in relation to COVID through our regional dashboard: https://multco.us/novel-coronavirus-covid-19/regional-covid-19-data-dashboard
- Data comes from conversations during case investigation/contact tracer calls
- BIPOC Data Group - We use the data dashboard to raise awareness about how BIPOC groups are experiencing the same patterns of health inequities regarding COVID-19 due to systemic racism that have long been evident for chronic disease and other health outcomes. Multnomah County is using these data to shape its COVID-19 response to address health inequities.
- How do we interpret the data?

Resources To Keep In Mind

- MCHD: https://multco.us/novel-coronavirus-covid-19
- Oregon Health Authority: https://www.oregon.gov/oha/PH/DISEASESCONDITIONS/DISEASESAZ/Pages/emerging-respiratory-infections.aspx
- Centers for Disease Control: https://www.cdc.gov/coronavirus/2019-nCoV/summary.html
- Johns Hopkins case map: https://gisanddata.maps.arcgis.com/apps/opsdashboard/index.html#/bda7594740fd40299423467b48e9ecf6