

COVID-19

Working together to protect our community's health

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Tacoma-Pierce County
Health Department
Healthy People in Healthy Communities

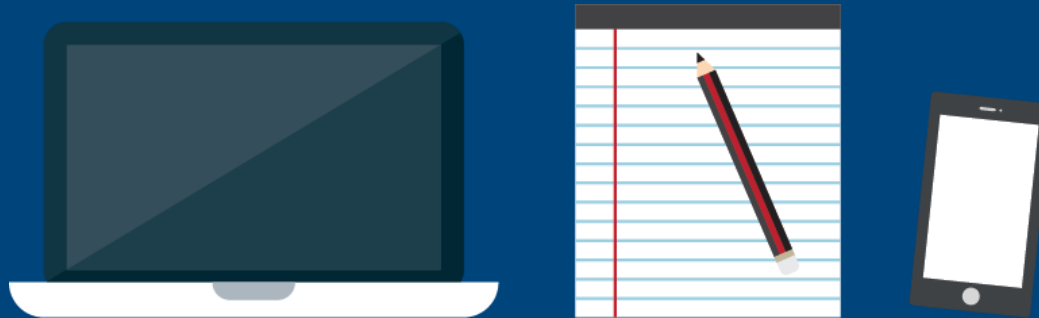
Plan for today

- What is COVID-19?
 - How it spreads.
 - Evolving situation in our region.
 - Public health role.
- Plan and prepare.
 - Non-pharmaceutical interventions.
 - Protect yourself.
 - Organizational preparedness steps.
 - Share accurate information.
 - Addressing accessibility needs.
- Questions.



How to participate during the talk

- If you have questions, write them down so you don't forget them.
- We will have a lengthy question and answer session at the end.



What is COVID-19?


- Coronaviruses form a large family of viral illnesses that includes the common cold.
- A new virus caused an outbreak in Wuhan, China and is now spreading internationally.
- The current risk of COVID-19 in Washington is increasing.

Coronavirus

COVID-19 is a new virus that spreads from person-to-person.

- It can cause mild illness, like the common cold.
- It can cause severe illness like SARS.
- Currently, no treatment or vaccine is available.

Symptoms



Fever. Cough. Shortness of breath.

Do I need to be concerned?


Only if you:

- Have these symptoms.
- Visited an affected area in the last 14 days.


Call your healthcare provider before you go to a clinic, urgent care or emergency room.

How does it spread?

- Coughing or sneezing.
- From a sick person who is within 6 feet.
- Touching a surface or object with the virus on it.




Plan ahead.




Have an emergency plan in case children can't go to school or you can't go to work.
Talk to your employer about alternative work arrangements.


Stay healthy




Wash your hands often with soap and warm water.



Cover your coughs and sneezes with a tissue or your elbow.



Clean and disinfect frequently touched objects and surfaces.



When you're sick, stay home and rest.

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Learn more and get updated information at tpchd.org/coronavirus.

How does it spread?

Coronaviruses commonly spread from an infected person to others through:

- Coughing and sneezing (within 6 feet).
- Close personal contact, like touching or shaking hands.
- Touching an exposed object, then touching your mouth, nose or eyes before washing your hands.
- Rarely, fecal contamination.



Symptoms

- Cough.
- Fever.
- Shortness of breath.
- Causes asymptomatic, mild, severe and fatal illness.
- Most people have mild symptoms.



Evolving situation

- First United States case was in Snohomish County. Person has recovered.
- First United States death was in King County.
- There is community spread of COVID-19 in King County.
- The risk to the public is increasing.
- With expanded testing guidance, we expect to identify more cases.
- Stay up-to-date on the latest information on our site. We continue to evaluate individuals with our healthcare partners.



Increasing health risk

- Serious public health threat to the United States.
- Increasing health risk to the general public in Washington.
- Strategy is shifting from containment to mitigation.
 - Containment:
 - Individual focused interventions to limit spread.
 - Mitigation:
 - Community based interventions to slow and reduce the spread.



Health Officer's role

Exercise powers and perform duties vested in the local Health Officer in RCW 70.08.020.

- Issue standing orders.
- Dispense medicines, vaccines and controlled medicines to prevent, mitigate or treat disease in Pierce County.
- Translate scientific and evidence-based health information for responders and policy makers.
- Take/direct mitigation strategies to lessen the impact of an incident/outbreak.
- Implement isolation and quarantine orders.
- Manage health and medical system.
- Maintain public and environmental health and sanitation.
- Provide situational awareness, collaboration and emergency messaging for health and medical system.



Public health's role: Overview

- Plan for possible cases and contacts.
- Respond to concerns and investigate possible cases.
- Implement control measures to prevent spread.
- Coordinate with other local health jurisdictions and state and federal agencies.
- Reach out to healthcare providers with disease monitoring and screening guidance.
- Keep public informed with timely and accurate information.



Public health's role: Detect emerging issues

- Monitor ongoing flows of data.
- Epidemiologists analyze to detect patterns.
- Informed medical providers and stakeholders report to us.
- 24/7 on-call staff to respond.
- Activate emergency response plan and systems to respond.

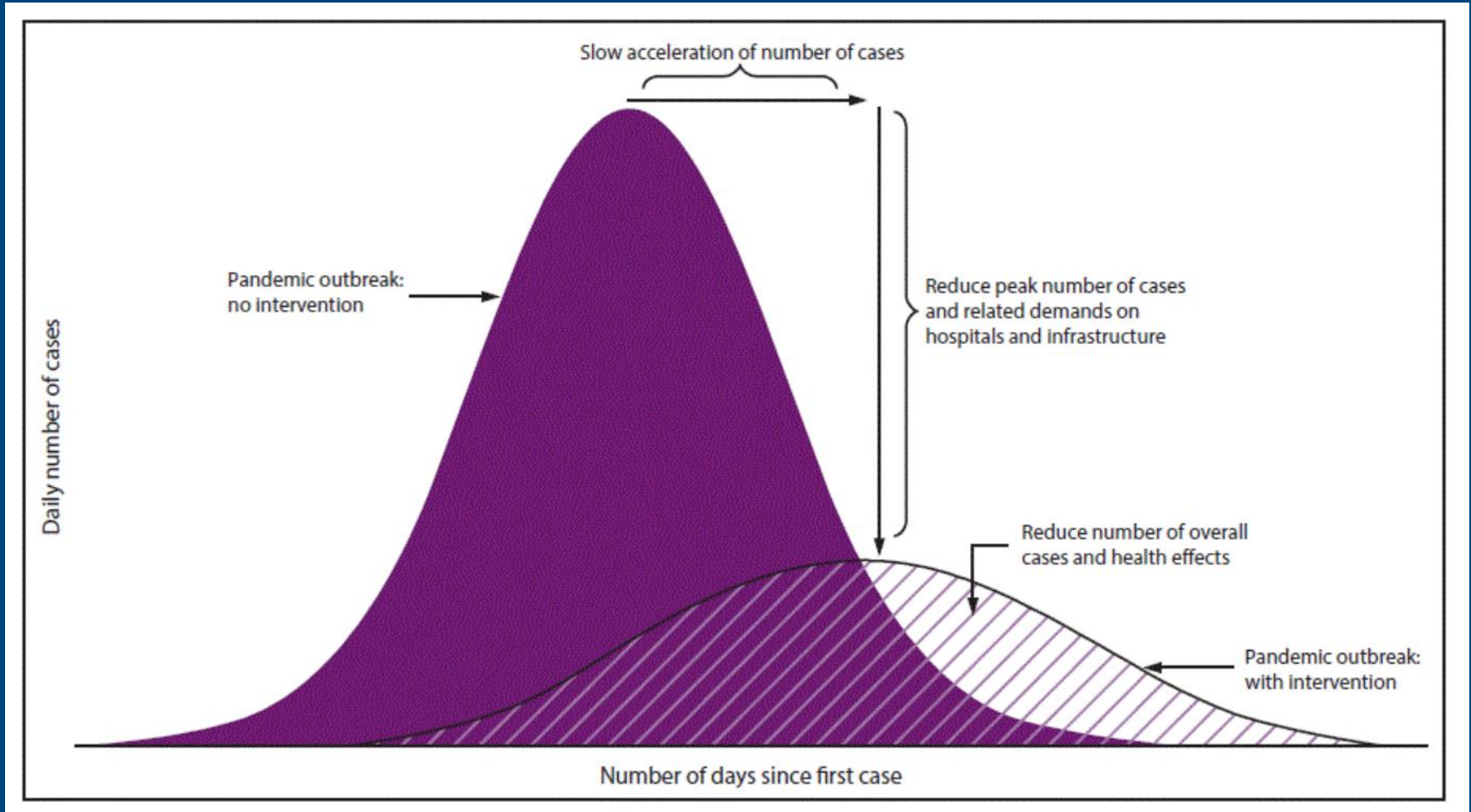


Plan and Prepare

- Non-pharmaceutical interventions are public health actions used when there is not medication to prevent and treat a disease like CoVID-19.
- Public health is preparing for the use of these interventions to respond to CoVID-19.

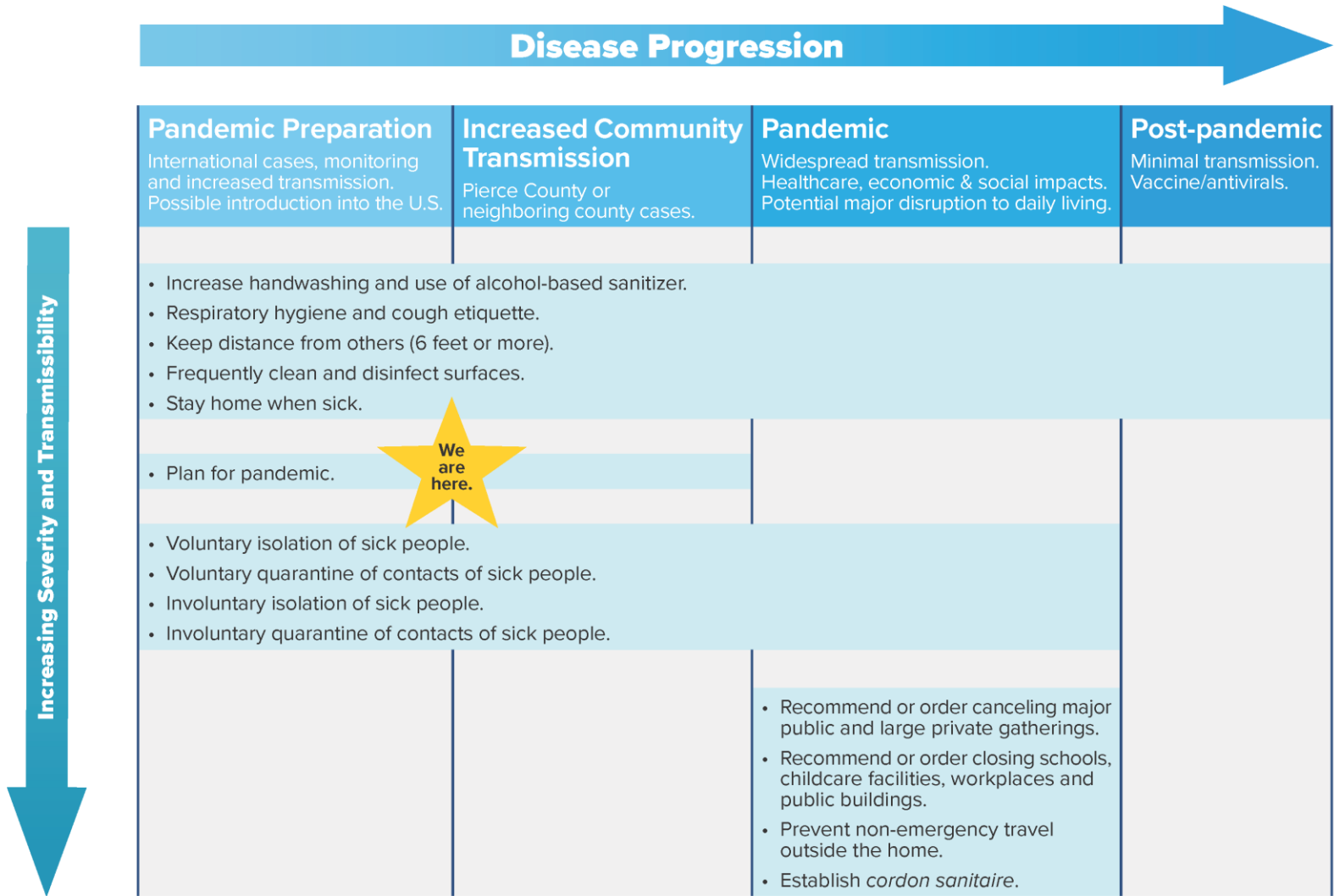


Community Mitigation Goals



Non-Pharmaceutical Intervention Implementation (NPI)

An approach to reduce disease



Public health terminology: Accuracy matters

- Isolation—Separating a person known or believed to be *infected with a communicable disease and potentially infectious* from those who are not infected to prevent spread of the communicable disease.
- Quarantine—Separating a person believed to have been *exposed to a communicable disease but NOT YET symptomatic*, from others who have not been exposed, to prevent the possible spread of the disease.
- Home isolation or quarantine is always the preferred choice—We call it home monitoring. Obviously, we need alternatives for people living homeless.



Interventions

- Personal:
 - Home isolation of ill people, hand hygiene, resp. etiquette.
 - Home quarantine of well, potentially-exposed people.
- Community social distancing:
 - School closures and dismissals.
 - Social distancing in workplaces.
 - Postponing or cancelling mass gatherings.
- Environmental measures (e.g., routine cleaning of frequently touched surfaces).



Personal Protective Equipment

- Not recommending masks for the public.
- Manufacturers allocating Personal Protective Equipment at 100% of normal orders but most on back order.
- Federal partners working to increase PPE production.
- Strategic National Stockpile:
 - Washington allocation unknown.
 - Not distributing resources at this time.
- Healthcare systems are being asked to conserve PPE.



What to do if you are sick or suspect you are infected with coronavirus?

If you have a cough, fever or other symptoms:

- Call your regular doctor first and wear a protective mask when going to the appointment to avoid infecting others.
- Do not go to the emergency room, as it needs to be able to serve the most critical needs.



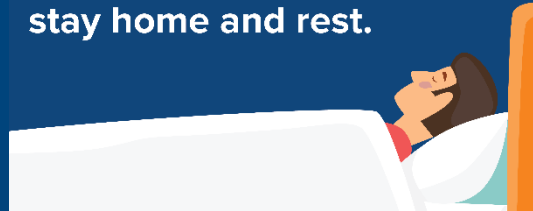
What can you do?

Wash your hands more. Touch your face less.

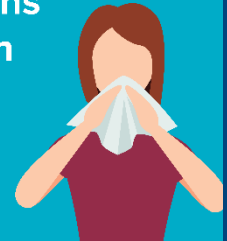
Wash your hands with soap and warm water.



When you're sick, stay home and rest.



Cover your coughs and sneezes with a tissue or your elbow.



Personal Preparedness: Don't Spread Germs

- Wash your hands often with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Cover your coughs and sneezes.
- Clean and disinfect objects and surfaces.
- Stay at home and away from others if you are sick. Call your healthcare provider before going to the emergency department.



Personal Preparedness: Get Ready!

- Plan to have extra supplies of important items on hand.
- Plan ways to care for those at greater risk for serious complications.
- Get to know your neighbors.
- Be prepared for your child's school or childcare facility to be temporarily dismissed.
- Discuss sick-leave policies and telework options with employer.

Plan ahead.



Have an emergency plan in case children can't go to school or you can't go to work.



Organizational preparedness

- How do you reduce the spread of disease?
- What should you prepare for?
- How will you stay open? (continuity of operations planning)



How do you reduce the spread of disease?

Preparation Stage

- Keep up what we already talk about!
 - Arrange clients from head to foot. Use maximum spacing.
 - **Clean and disinfect**— just like for hepatitis A.
 - Educate clients and staff on handwashing, respiratory etiquette.
 - Put up signs!
 - Promote food safety—just like for hepatitis A.



How do you reduce the spread of disease?

- Develop entry protocol. Consider closing secondary entrances.
 - Screen for symptoms upon entry—cough, fever, difficulty breathing.
 - Wash/sanitize hands when you enter the building.
- Social distancing.
 - Arrange clients head to foot. Use maximum spacing.
 - Separate sick people. Create physical barriers if necessary.
 - Prepare to minimize shared gatherings in programs with individual units or apartments.
- Collect supplies where possible.



What should you prepare for?

- Financial impacts on your clients who work.
- More people seeking services.
- Employee absenteeism.
 - Offer clear guidance about work at home and leave policies.



How will you stay open?

- Plan for continuity of operations.



Share accurate information

- We need your help! You are a trusted source of information for your clients.
- Rely on and share trusted sources of information.
 - www.tpchd.org/coronavirus.
 - Subscribe to our alerts. Follow and share our blogs, social media.
- Speak up if you hear, see, or read stigmatizing or harassing comments or misinformation. Don't make assumptions about someone's health status based on their ethnicity, race or national origin.
- Show compassion and support for affected people and communities.
- Avoid stigmatizing people who are in quarantine, isolation or home monitoring.



Best Practices to Consider: CoVID-19 accessible communications tips

- Inclusive, accessible messaging.
- Website and social media access.
- Meetings and public events accessibility checklist.
- Press conference procedure checklist.



Help your clients with their health and wellness:

- Medications.
- Health plans: nurse consultation.
- Communication.
- Supplies.
- Alternate communication options.
- Dialysis centers or chemo.
- Considerations for people who require support with daily living activities.



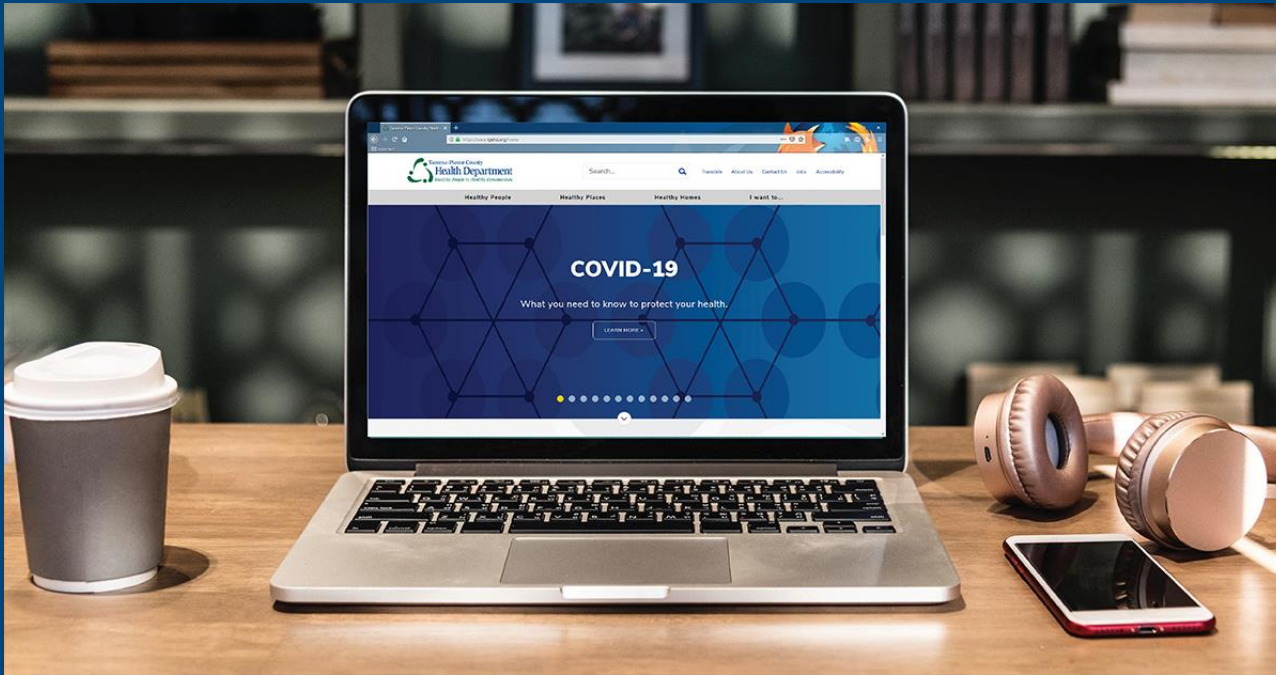
Resources

- Disability Integration resource.
 - <http://www.jik.com/c19.html>
- American Sign Language State registry.
 - <https://fortress.wa.gov/dshs/odhhapps/Interpreters/Contractors.aspx>
- Hearing, Speech and Deaf Center of Tacoma.
 - <https://www.hsdcc.org/>



Learn More

www.tpchd.org/coronavirus



Thank You!

Questions?

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