Coronavirus Disease 2019 (COVID-19)

MARCH 12, 2020
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Welcome and Introductions
COVID-19 Situation Update
COVID-19 Disease Overview
COVID-19 Preparations in Kent County
Review of Guidance
Questions
January 30, 2020 World Health Organization declared *Public Health Emergency of International Concern*"  

January 31, 2020 U.S. Health and Human Services declared *Public Health Emergency*  

March 5, 2020 Governor Hogan declared a *State of Emergency for Maryland*  

March 11, 2020 World Health Organization declared COVID-19 *Pandemic*  

Centers for Disease Control and Prevention (CDC) has been responding since first detected in China.
Centers for Disease Control & Prevention
Confirmed Case Counts

Total cases: 1215
Total deaths: 36

Jurisdictions reporting cases: 43
(42 states and District of Columbia)
States Reporting Cases of COVID-19 to CDC*

Reported Cases

- None
- 1 to 5
- 6 to 10
- 11 to 20
- 21 to 50
- 51 to 100
- 101 to 200
- 201 to 500

Territories: AS GU MH FM MP PW FR VI
Number of positive COVID-19 tests: 12

- Montgomery County
- Prince George’s County
- Hartford County
- Baltimore County
What is COVID-19

• Coronavirus disease 2019 (COVID-19) is a respiratory disease that can spread person to person.

• The virus (SARS CoV-2) that causes COVID-19 was first identified in Wuhan, China in December 2019.
HOW COVID-19 Spreads

The virus is thought to spread mainly from person-to-person

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Spread from contact with infected surfaces or objects

- It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes,
- Not thought to be the main way the virus spreads.
Symptoms

Reported illnesses have ranged from mild symptoms to severe illness and death.

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

Older people and people with certain underlying health conditions like heart disease, lung disease and diabetes, seem to be at greater risk of serious illness.
There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus.

There is no specific antiviral treatment recommended for COVID-19. People with COVID-19 should receive supportive care to help relieve symptoms.
Call Your Healthcare Professional

- If you develop symptoms, and
- Have been in close contact with a person known to have COVID-19 or
- If recently traveled from an area with widespread or ongoing community spread of COVID-19.
March 3\textsuperscript{rd}, 2020, Maryland Department of Health (MDH) Laboratory begin to perform testing. Approval to test obtained via local health department/MDH epidemiologist

Commercial and hospital laboratories are beginning to test.
Preparations
Strategies

- **Containment:** The U.S. government has taken unprecedented steps with respect to travel in response to the growing public health threat posed by this new coronavirus. Closing the borders, quarantine

- **Community Mitigation:** Actions that persons and communities can take to help stop the spread of the respiratory virus infection.
Community Mitigation Goals

Slow the transmission of the disease to protect:

• Individuals at risk for severe illness

• Healthcare system and critical infrastructure workforce
Personal Mitigation Strategies

Take steps to protect yourself

Clean your hands often
- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together 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
- **Put distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for **people who are at higher risk of getting very sick**.
Personal Mitigation Strategies

- Know where to find local information on COVID-19 and local trends of COVID-19 cases.
- Stay home when you are sick
- Call your health care provider’s office in advance of a visit
- Limit movement in the community
- Know what additional measures those at high risk and who are vulnerable should take.
- Create a household plan of action in case of illness in the household or disruption of daily activities due to COVID-19 in the community.
- 2-week supply of prescription and over the counter medications, food and other essentials.
Community Mitigation Strategies

- Social Distancing
- Telework
- School Closures
- Long Term Care Facilities – no visitation
- Detention Centers – no visitation
- Hospitals – limited visitation
- Canceling senior day programs

Effective immediately, gatherings of more than 250 people, including social, community, spiritual, religious, recreational, leisure, and sporting gatherings, are prohibited at all locations and venues.
Senior Call Check
A daily call to check on residents home alone.

CALL 1-866-50-CHECK
or Register Online
aging.maryland.gov
Preventing COVID-19 Spread in Communities

How to prepare and take action for COVID-19

At Home
- Get my household ready

At K-12 Schools and Childcare Programs
- Get my school and childcare program ready

At Colleges and Universities
- Get my college or university ready

At Work
- Get my workplace ready

Community- and Faith-Based Organizations
- Community and faith leaders, get ready

Large Community Events/Mass Gatherings
- Event planners, get ready

Healthcare settings
- Healthcare professionals, get ready

First Responders
- First responders, get ready

Homeless Shelters
- Shelter administrators, get ready
Resources

- Kent County Health Department: [http://kenthd.org/](http://kenthd.org/)
- Kent County Health Department Facebook
- Kent County Office of Emergency Services Facebook
- Maryland Department of Health: [https://phpa.health.maryland.gov/Pages/Novel-coronavirus.aspx](https://phpa.health.maryland.gov/Pages/Novel-coronavirus.aspx)
- Dial 211 (24/7) for general information, community resources, and referrals
Kent County Health Department
Contacts

Kent County Health Department phone number
410-778-1350

Calls will be triaged to the appropriate staff member
Review of Guidance