Coronavirus Disease 2019 (COVID-19)

MARCH 20, 2020

10 AM

Agenda

Welcome and Introductions

COVID-19 Situation Update

COVID-19 Disease Overview

COVID-19 Preparations in Kent County

Questions

SITUATION

Declarations

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*

March13, 2020 *National Emergency* declared by President Trump

March 17, 2020 *Emergency Declaration* by Kent County Commissioners
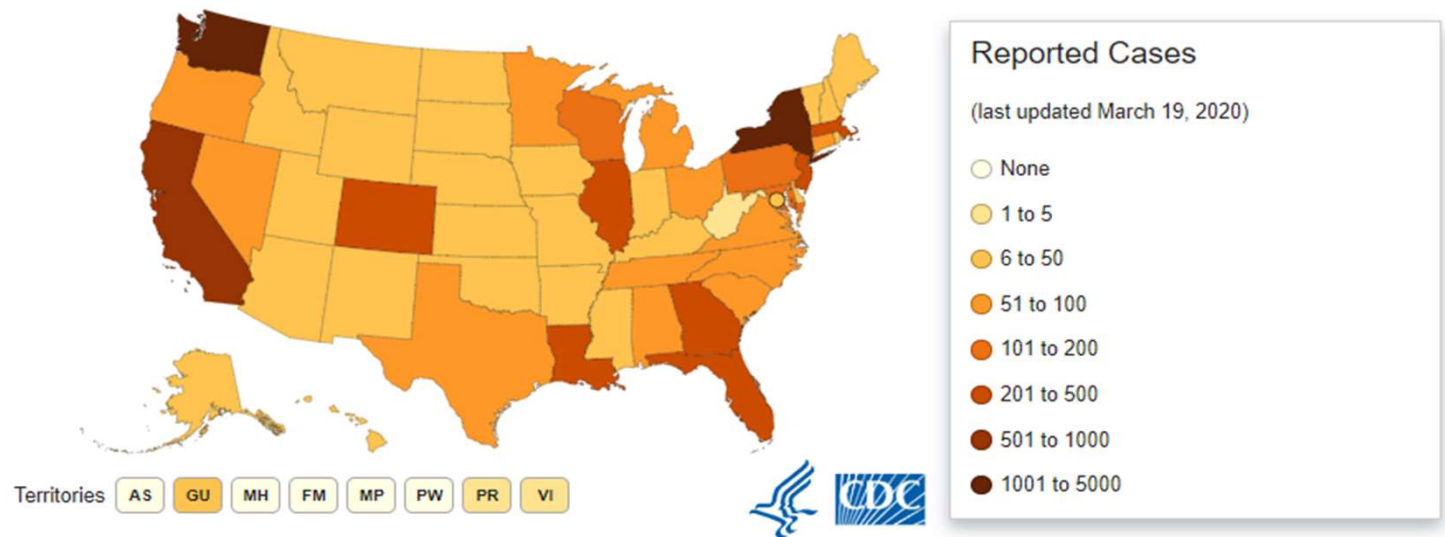
Centers for Disease Control & Prevention
Confirmed Case Counts

COVID-19 Cases in the U.S.

Cases in U.S. ⊘   Situation Summary ⊘

Total cases:
10,442

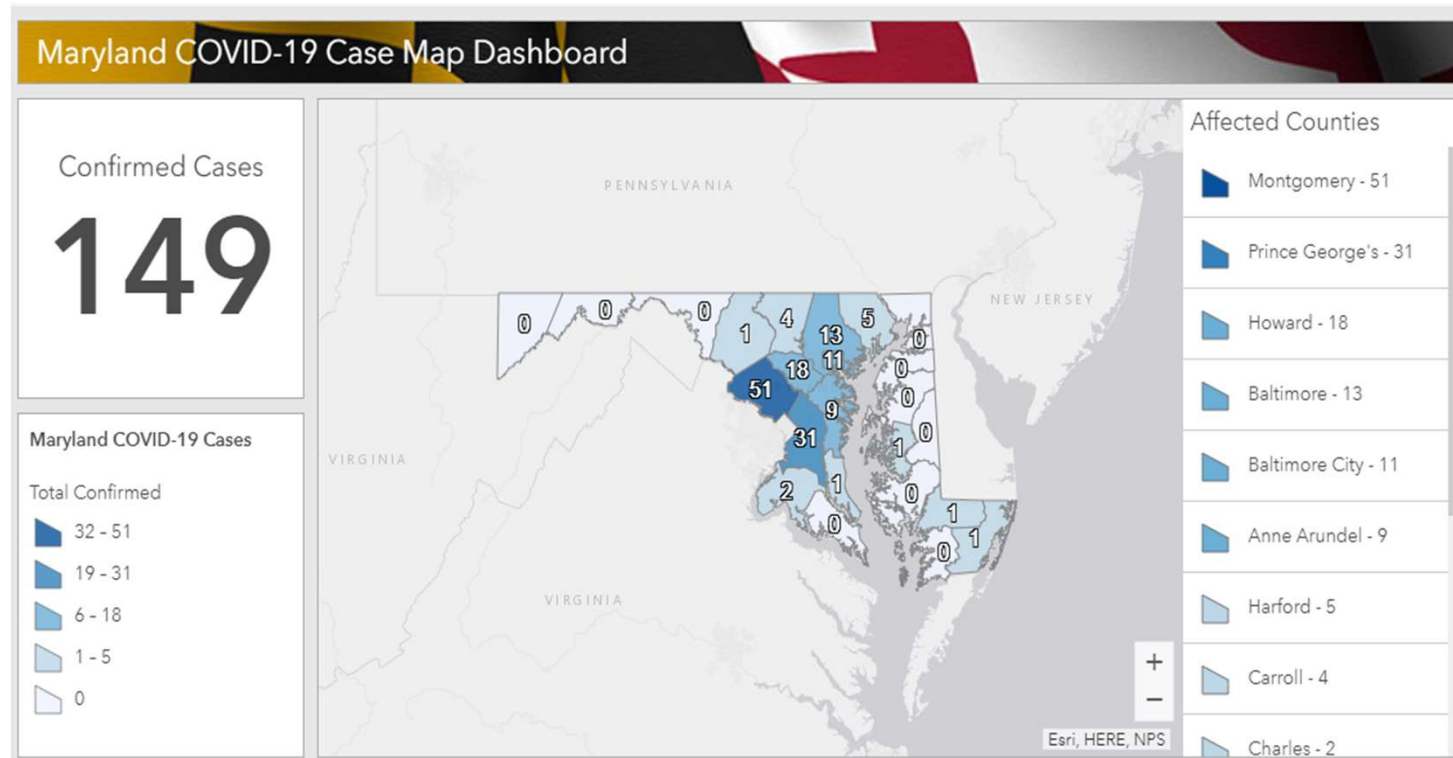Total deaths:
150

Reported Cases

(last updated March 19, 2020)

○ None
○ 1 to 5
○ 6 to 50
○ 51 to 100
● 101 to 200
● 201 to 500
● 501 to 1000
● 1001 to 5000

Territories   AS   GU   MH   FM   MP   PW   PR   VI

CDC

Maryland Department of Health
Confirmed Case Counts

▶ Cases by Age Range
Under 18:   3
18-64:   111
65*:   35

▶ MD case count updated 10 am daily

▶ https://coronavirus.maryland.gov/

Maryland COVID-19 Case Map Dashboard

Confirmed Cases
149

Maryland COVID-19 Cases
Total Confirmed
■ 32 - 51
■ 19 - 31
■ 6 - 18
□ 1 - 5
□ 0

Affected Counties
■ Montgomery - 51
■ Prince George's - 31
■ Howard - 18
■ Baltimore - 13
■ Baltimore City - 11
■ Anne Arundel - 9
□ Harford - 5
□ Carroll - 4
□ Charles - 2

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.** People are thought to be most contagious when they are most symptomatic (the sickest).

Some spread might be possible before people show symptoms; there have been reports of this occurring with this new coronavirus, but this is not thought to be the main way the virus spreads.

People who are at higher risk from severe illness

Some people may be at higher risk of getting very sick from this illness. This includes:

▶ **Older adults**

▶ **People who have serious underlying medical conditions** like:

  ▶ Heart disease

  ▶ Diabetes

  ▶ Lung disease

Prevention & Treatment

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 Provider

If you think you have been exposed to COVID-19 **AND** develop a fever and symptoms, such as cough or difficulty breathing, call your healthcare provider for medical advice.

If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.

COIVD-19 Testing

- March 3rd, 2020, Maryland Department of Health (MDH) Laboratory begin to perform testing. Approval to test obtained via local health department/MDH epidemiologist

- COVID-19 testing can be done by some commercial and hospital laboratories, however, as with any lab test, a doctor's order is needed.

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 i.e. closing 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 March 19, 2020, gatherings of more than 10 people, including social, community, spiritual, religious, immediately, recreational, leisure, and sporting gatherings, are prohibited at all public locations and venues.
  https://governor.maryland.gov/category/press-releases/

MARYLAND
DEPARTMENT OF HEALTH
Maryland

Coronavirus Disease 2019 (COVID-19) Outbreak

This is a rapidly evolving situation and the Maryland Department of Health (MDH) will provide updates as they become available.

NOTE: Now that COVID-19 testing has expanded and is available through commercial laboratories, MDH is no longer reporting negative and pending numbers of tests in Maryland. All positive results obtained by commercial laboratories are reported to MDH and included in the confirmed cases count.

Background   Prevention   High Risk   Guidance   Preparedness   Frequently Asked Questions

Kent County Health Department Contacts

Kent County Health Department phone number
410-778-1350

Calls will be triaged to the appropriate staff member

Resources

- Kent County Health Department: 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

- Centers for Disease Control and Prevention: https://www.cdc.gov/coronavirus/2019-ncov/index.html

- Dial 211 (24/7) for general information, community resources, and referrals

Questions