CORONAVIRUS DISEASE (COVID-19)
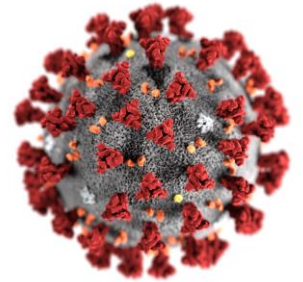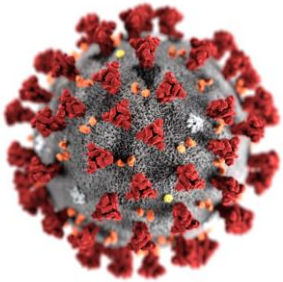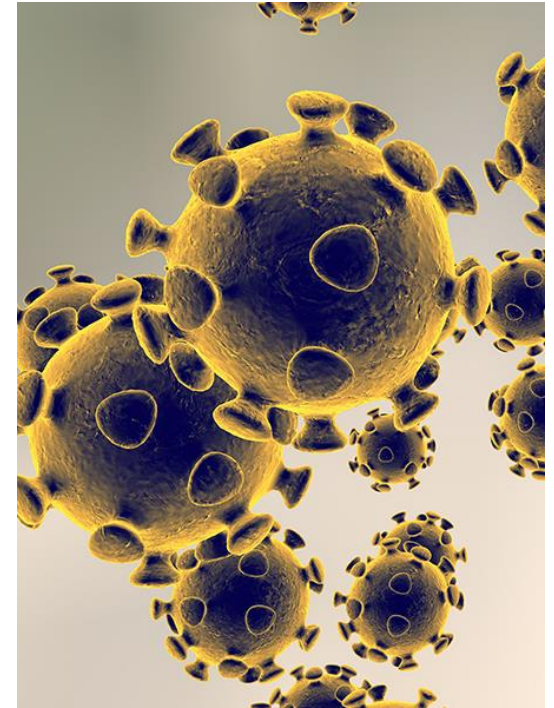
Updated March ##, 2020

WHAT IS 2019 NOVEL CORONAVIRUS (COVID-19)?

- COVID-19 is a new type of coronavirus that causes respiratory illness.

- Originated in mainland China, but has worldwide spread.

- Numbers of affected persons have continued to climb over the past several weeks.

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WHAT IS A CORONAVIRUS?

- Coronaviruses cause a variety of diseases in humans and other animals.

- There are 7 types of coronaviruses that infect humans.
  - 4 types of coronavirus are common and cause mild to moderate illness
  - 3 have recently emerged and can cause severe illness
    - MERS-CoV (Middle East Respiratory Syndrome)
    - SARS-CoV (Severe Acute Respiratory Syndrome)
    - COVID-19 (Coronavirus Disease)

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CURRENT RISK

- The potential global public health threat posed by this virus is high.

- Right now, the immediate risk to most Americans is low.

- This is a rapidly evolving situation, and with the number of cases in the U.S. growing.

- Click here to stay updated here on the current number of cases in North Carolina from North Carolina Department of Health and Human Services (NCDHHS).

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CURRENT RISK FOR CHILDREN

- COVID-19 is a novel (new) strain of coronavirus, something our immune systems have never seen before.

- Children don't seem to have severe symptoms. This may be because:
  - Children are exposed to so many other viruses in the same family on a regular basis that they have some cross-immunity to this strain.
  - A healthy immune system recognizes the virus and mounts a more rapid immune response because it isn't building antibodies from scratch.

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CURRENT RISK FOR OLDER ADULTS & PEOPLE WITH SEVERE CHRONIC CONDITIONS

- Increased risk of serious illness.

- Early data suggest older people are twice as likely to have serious COVID-19 illness.

- This may be because:

    - As people age, their immune systems change, making it harder for their body to fight off diseases and infection.

    - Many older adults are also more likely to have underlying health conditions that make it harder to cope with and recover from illness.

- Especially important to use prevention methods.

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SYMPTOMS OF COVID-19

- Most people affected have mild symptoms.
- Older adults and people with underlying health conditions are at increased risk for severe disease.
- Respiratory symptoms include fever, cough, shortness of breath and breathing difficulties.
- Severe infection: Pneumonia, respiratory failure, kidney failure or death.

TRANSMISSION OF COVID-19
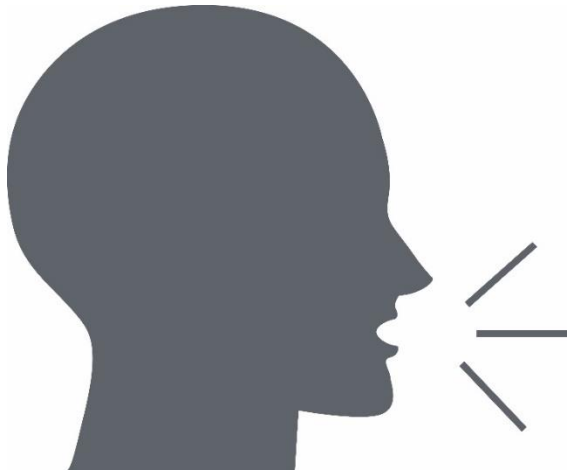
Droplets in the air from coughing, sneezing or talking.

- COVID-19 might also be through the airborne route.
- Incubation period (time of exposure to symptom onset) is 2-14 days.
- May be contagious before symptoms begin.

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TESTING FOR COVID-19

- Testing is recommended only for people who have symptoms (fever, cough, shortness of breath).

- Tests are ordered by clinicians. If you think you need a test, you should call your medical provider or Public Health first.

- See testing criteria here.

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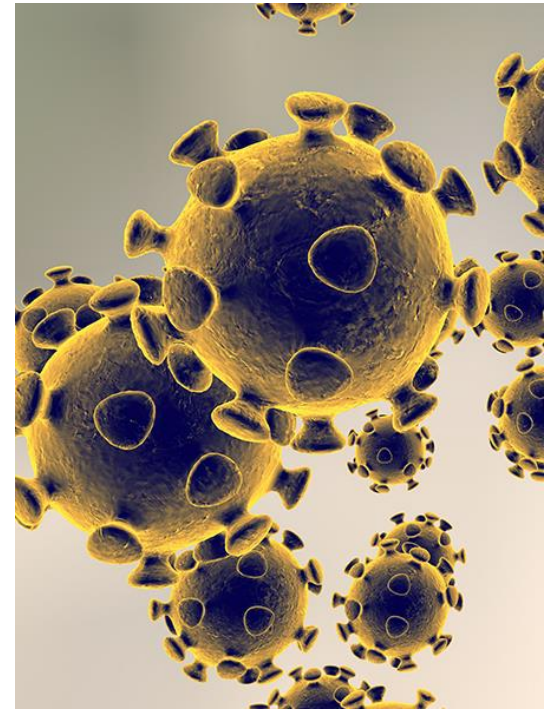
CURRENT TREATMENT FOR COVID-19

- Symptom relief only
- No antibiotics
- No specific antivirals
- Hospitalization, supportive care or placed on a ventilator

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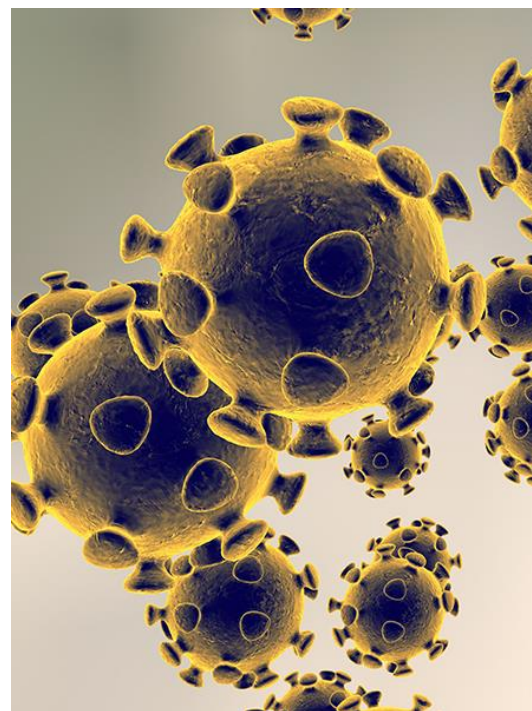
CURRENT UNKNOWNS ABOUT COVID-19

- Unclear how easily or sustainably this virus is spreading between people.

- Community transmission is being studied.

- Possible vaccine being developed.

- Severity of illness or how many people will fall ill is unknown at this time.

- Death rate is hard to pinpoint.

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CATAWBA COUNTY PUBLIC HEALTH RESPONSE

- Ensuring coordinated efforts with local emergency services, hospitals, and healthcare providers about screening, testing procedures, and mandatory state reporting orders.

- Communication with nursing homes, child care centers and others who work with vulnerable populations.

- Informing first responders of screening and infection control procedures.

- Epidemiology Team is prepared and up to date with regular communication with NCDHHS.

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CATAWBA COUNTY PUBLIC HEALTH RESPONSE

- Providing support and guidance to business community.

- Providing information to Catawba County's Local Information Team to ensure consistent communication across the county.

- Ensuring that all community partners are informed and prepared for this rapidly evolving situation.

- Ensuring wraparound services for persons under monitoring.

- Updating media on all developments.

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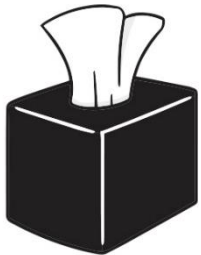public health

PREVENTION:

EVERYDAY.

EVERYONE.

EVERY TIME.

The steps you take to prevent coronavirus transmission are similar to the steps you take to preventing other respiratory illnesses, like the flu.

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PREVENTION OF COVID-19

- Wash hands often with soap and water for at least 20 seconds.
- If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid contact with others who are sick.
- Cover your mouth and nose with a tissue or sleeve, not your hands, when coughing or sneezing.
- Clean and disinfect frequently touched surfaces.
- Practice social distancing.

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WHAT YOU CAN DO

- Get the facts with up to date and accurate information from a credible source like NCDHHS or the CDC.

- Challenge social stigma. No one group, ethnicity, or population in the U.S. is more at risk for getting COVID-19.

- Support your community and neighbors.

- Contact Catawba County Public Health for additional information at 828-695-5800.

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RESOURCES

- NCDHHS COVID-19: www.ncdhhs.gov/coronavirus

- CDC COVID-19: www.cdc.gov/coronavirus

- NC Poison Control COVID-19 Hotline: 866-462-3821

- Follow Catawba County Public Health on Facebook for updated local developments.

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RESOURCES

Updated guidance from the North Carolina Department of Health and Human Services (NCDHHS):

- Businesses and Employers

- Colleges, Universities, Schools, and Childcare Facilities

- Community Events and Information for Groups

- Healthcare Providers, Hospitals, and Laboratories

- Long-term Care Facilities

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