

HEALTH SCIENCES
OFFICE FOR COMMUNITY HEALTH



CORONAVIRUS 101

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LEARNING OBJECTIVES



Understand the Coronavirus



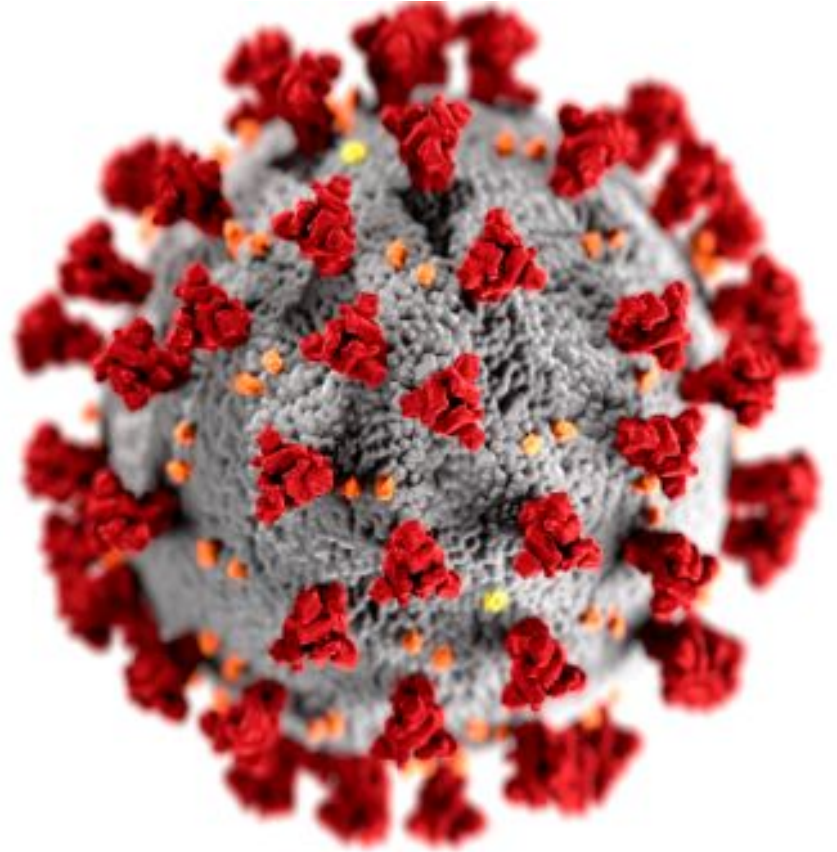
Name the myths and facts around the Coronavirus



List the resources available for Coronavirus and their clients

WHAT IS A CORONA VIRUS?

- Large family of viruses which may cause illness in animals or humans
- Known to cause respiratory infections ranging from the common cold to SARS 1

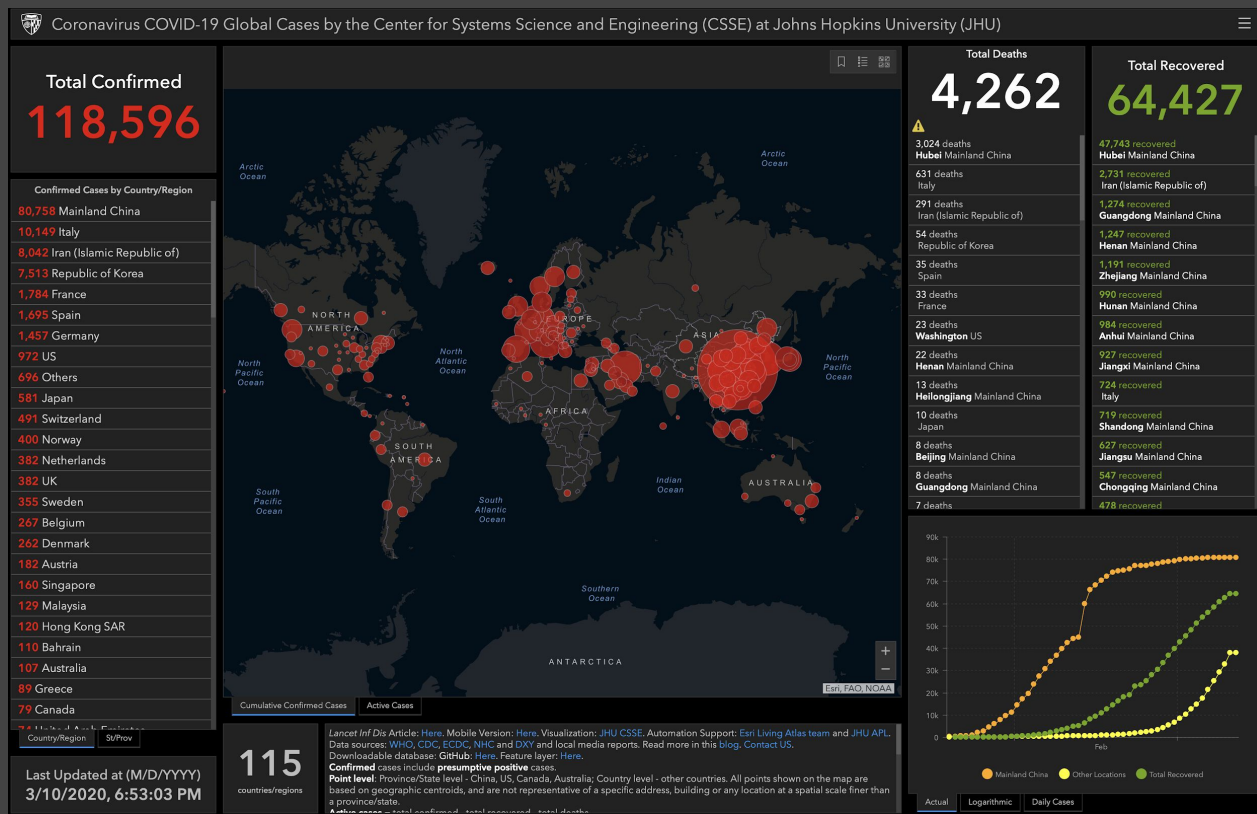


COVID-19 is a coronavirus, also known as SARS-2

- COVID-19 is the infection disease caused by the most recently discovered **Coronavirus**.
- New virus and disease was unknown before the outbreak that began in Wuhan, China in December 2019.



HOW MANY CASES ARE THERE GLOBALLY?



HOW MANY CASES ARE THERE IN NEW MEXICO?

3

Postive Cases of
COVID-19 in New
Mexico

COVID-19 Test Results in NM

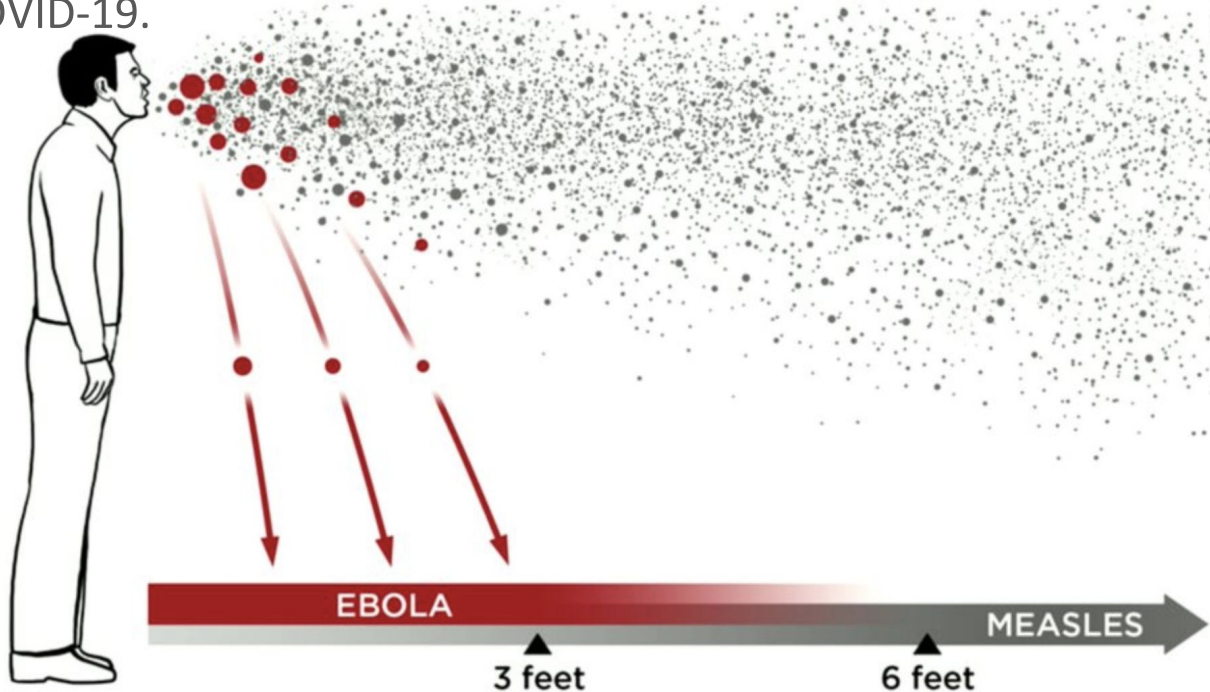
Presumptive Positive *	3
Confirmed Positive	0
Negative	87
Total Tests **	90

Myths and facts on Coronavirus

What have you heard about the Coronavirus?

COVID-19 is mostly spread by droplets

People can catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs or exhales droplets. If you are too close, you can breathe in the droplets and get COVID-19.

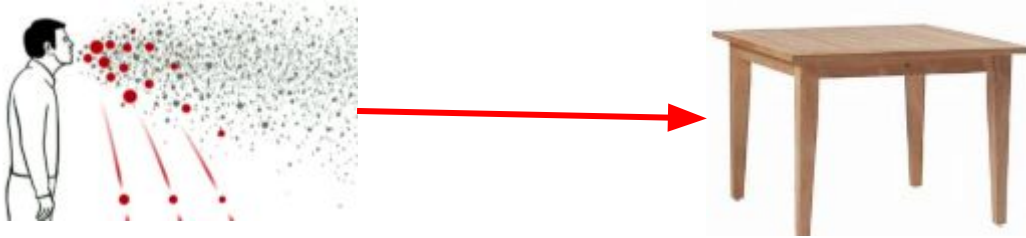


- Stay more than **3 feet away** from people who are sick
- **Stay home** when you are sick
- **Cover your coughs and sneezes**

How long does COVID-19 live on surfaces?



- Small droplets from the nose or mouth are spread when a person with COVID-19 coughs or exhales.
- These **droplets** land on objects and surfaces around the person and **stay for a few hours to several days**.



- Other people then catch it by touching these objects or surfaces, then touching their eyes, nose or mouth.



- **Clean and disinfect** common objects and surfaces
- **Wash your hands** with an alcohol-based hand rub or soap and water for 20 seconds to kill viruses that may be on your hands
- **Avoid touching your eyes, mouth or nose**

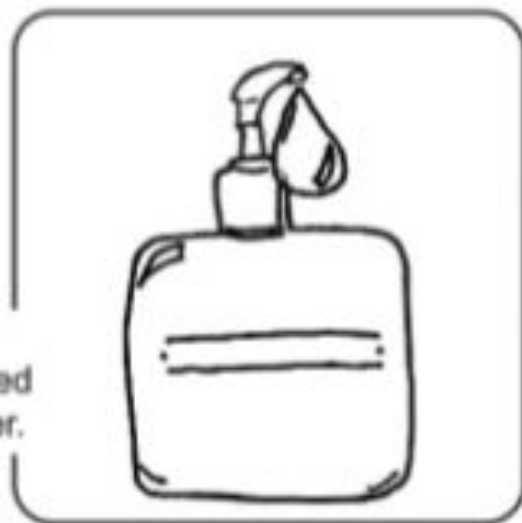
Clean your Hands

after coughing or sneezing.

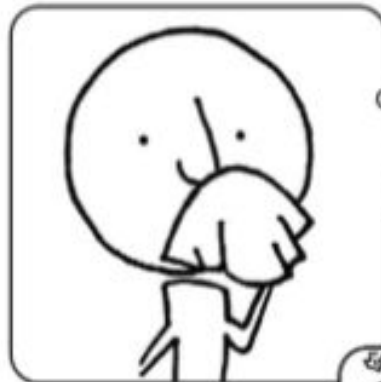


Wash hands
with soap and
warm water

or
clean with
alcohol-based
hand cleaner.



Cover your Cough



Cover your mouth
and nose with a
tissue when you
cough or sneeze
or

cough or sneeze into
your upper sleeve,
not your hands.



Put your used tissue in
the waste basket.



~~Alternative Greetings~~



Can I catch COVID-19 from someone with no symptoms?

- The **main way the disease is spread** is from respiratory droplets from **someone who is coughing**.
- The risk of catching COVID-19 from someone who has no symptoms is very low.
- Many people experience only mild symptoms.
- **It is possible to catch it from someone with mild cough** and does not feel ill.
- WHO is doing **ongoing research** on this.

Avoid mass gatherings and large groups



Can I catch COVID-19 from feces?

This has happened, but the risk is very low.



Source: WMwiki



- Since it is a risk, it is important to wash your hands after using the bathroom and before eating.
- Close the top of your toilet when you flush, if you have one.

What are the symptoms of COVID-19?

Patients with COVID-19 have experienced mild to severe respiratory illness.

- Fever
- Cough
- Trouble breathing (shortness of breath)
- Some patients have aches and pains, nasal congestion, runny nose, sore throat, diarrhea, tiredness. These are usually mild and begin gradually.
- Some people get infected and don't have any symptoms.

● **SHORTNESS of BREATH**→Sign of Danger

Symptoms* can include

FEVER



COUGH



*Symptoms may appear 2-14 days after exposure.

SHORTNESS OF BREATH



Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

How long does it take to get sick after being exposed to COVID-19?

Incubation Period

The time between catching the virus and having symptoms of the disease.

Range: 1-14 Days

Average Incubation: 5 Days

What should I do if I am traveling to an affected area?

- CDC recommends avoiding non-essential travel to **China, South Korea, Iran and Italy.**
- The list is fluid and will change.
- CDC Recommends that **people older than 60 stay at home** as much as possible.



Who is most at risk for COVID-19?

- Older people over 60 years old.
- People with medical problems like high blood pressure; heart disease; lung problems like asthma or COPD; or diabetes.
- 80% of people recover from the disease.
- 1 out of 6 people get seriously ill and develop difficulty breathing; **usually develops in SECOND WEEK.**



Why are they most at risk for COVID-19?

Spectrum of disease

- Mild: 81%
- Severe: 14%
- Critical: 5%

Death rate

- Overall: 2.3-3%
- 70-79 years: 8%
- >80 Years: 14%



Is there a vaccine for COVID-19?

NO

- Not at this time
- Efforts to have vaccine within 18-24 months

Is there a medicine for COVID-19?

NO

- There is no medicine for COVID-19; only supportive care

Should I wear a mask?

- Masks outside of healthcare setting? CDC does NOT recommend masks for the general public.
 - → **hand washing is more effective**
- Masks on a plane? Not helpful!
- **Wearing masks can actually reduce global supply of face masks for health workers and people taking care of patient at home.**

Who should use face masks then?

- **Individuals who have symptoms** of respiratory infection such as coughing, sneezing or fever.
- **Healthcare workers** who are taking care of or are in close contact with people who are sick with a respiratory illness <3 ft.
- HEALTHY individuals should **NOT** wear masks to protect themselves.

I am a community health worker in the Peds ER or ER

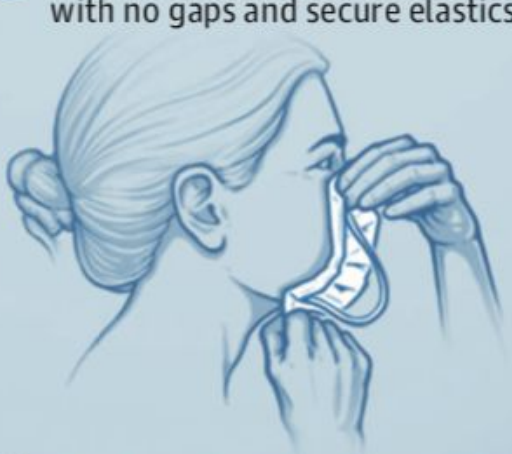
- Use a face mask when seeing a patient with respiratory illness and you are going to be **<3 feet** from the patient.
- Face mask should be thrown away after seeing a patient.
- **If patient has no respiratory symptoms, you do not need a mask.**
- Only people directly caring for COVID-19 patients need an N-95 respirator.



How to put on a face mask

How do I use a face mask?

- 1 Wash hands for at least 20 seconds prior to putting on a face mask.
- 2 Place face mask over nose and mouth. Ensure a tight seal with no gaps and secure elastics or straps.



- 3 Avoid touching the front of the face mask. If you do, wash hands for at least 20 seconds.
- 4 Remove the face mask without touching the front. Discard in a closed bin.
- 5 Wash hands again for at least 20 seconds.



Is there COVID-19 testing in New Mexico?

- **Testing is available to all people** through the NM Department of Health (DOH).
- Testing is available to all people with fever AND cough/shortness of breath who **test NEGATIVE for influenza** regardless of travel history or contact with confirmed cases.
- Testing must be approved by the NM DOH.
- Testing is done through a nasal and oral swab; and sputum if the cough is productive.

What are current travel restrictions at UNM?

- Do not use public transportation.
- **UNM is canceling all university-related travel to CDC Level 2 and 3 countries and domestic areas where a state of emergency has been declared. You can find a list of those countries here...**<https://www.cdc.gov/coronavirus/2019-ncov/travelers/faqs.html>

At present, university-related domestic travel is not permitted to specific locations where a state of emergency has been declared. These states are as follows, to date: RI, NY, CA, WA, FL, OR, MD, UT, NJ and KY. Exceptions may be considered based on extenuating circumstances but will require approval from the appropriate Executive Vice President. Please be aware these locations can change rapidly and university-related travel might be canceled at the last minute. Supervisors (for employees), the Dean of Students (main campus students) or Student Affairs offices (HSC and branch campus students) must be notified of any travel to any state with a COVID-19 related State of Emergency.

In summary

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



Educational Materials from WHO

Novel Coronavirus COVID-19

FOR HEALTHCARE FACILITY PATIENTS AND VISITORS

Information sheet about COVID-19

5 Things to Know

What is COVID-19?

COVID-19 is a disease caused by a new coronavirus, which has not been previously identified in humans. Coronaviruses are a large family of viruses found in both animals and humans.

What are the symptoms of COVID-19?

In most cases, COVID-19 causes mild symptoms including a runny nose, sore throat, cough and fever. It can be more severe for some people and can lead to pneumonia or breathing difficulties. In some cases, infection can lead to death.

How does COVID-19 spread?

COVID-19 appears to spread most easily through close contact with an infected person. When someone who has COVID-19 coughs or sneezes, small droplets are released and, if you are too close, you can breathe in the virus.

Who is most at risk?

We still need to learn more about how COVID-19 affects people. Older people, and people with other medical conditions, such as diabetes and heart disease, appear to be more at risk of developing severe disease.

What is the treatment for COVID-19?

There is no currently available treatment or vaccine for COVID-19. However, many of the symptoms can be treated.

5 Things to Do

Wash your hands frequently.

Wash your hands with soap and water or, if your hands are not visibly dirty, use an alcohol-based hand rub. This will remove the virus if it is on your hands.

Cover your mouth and nose with a flexed elbow or tissue when coughing and sneezing.

Throw away the used tissue immediately and wash your hands with soap and water or use an alcohol-based hand rub. This way you protect others from any virus released through coughs and sneezes.

If possible, keep a distance of 1-metre between yourself and someone who is coughing, sneezing or has a fever.




COVID-19 appears to spread most easily through close contact with an infected person.

Avoid touching your eyes, nose and mouth

Hands touch many surfaces which can be contaminated with the virus. If you touch your eyes, nose or mouth with your unclean hands, you can transfer the virus from the surface to yourself.

If you have fever, cough AND difficulty breathing, seek medical care. Phone ahead and inform the health center when you will visit.

Always follow the guidance of your health care professional or national health advisories.

WHOWHOWHO

World Health Organization
Western Pacific Region

Reduce your risk of coronavirus infection:



Clean hands with soap and water or alcohol-based hand rub



Cover nose and mouth when coughing and sneezing with tissue or flexed elbow



Avoid close contact with anyone with cold or flu-like symptoms



Thoroughly cook meat and eggs



Avoid unprotected contact with live wild or farm animals



World Health Organization

More information

NM Department of Health Coronavirus hotline: 855-600-3453

CDC website on Coronavirus: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

WHO website on Coronavirus: <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

Q&A on Coronavirus: <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

Johns Hopkins Coronavirus Map:

<https://www.arcgis.com/apps/opsdashboard/index.html#/bda7594740fd40299423467b48e9ecf6>

UNM Site: <http://hscnews.unm.edu/news/what-you-need-to-know-about-the-corona-virus>

UNM streamed Grand Rounds on 3/5/2020:

<https://hscmediasite.unm.edu/mediasite/Play/1dec74cdc1d74d179ea95e43278483191d?catalog=eb282953-75ac-4ea2-b63f-c7bb17911736>

What should our role be
in the Coronavirus pandemic?

UNM Hospital Protocol for COVID-19

Novel Coronavirus (COVID-19) Screening Algorithm –ED/Urgent Care/Inpatient

Clarify travel location, timing, and symptoms

