What you need to know about COVID-19 and the role of community health workers in the Latino community

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For more information: www.cdc.gov/COVID19
Meeting Objectives

▪ Provide an overview of COVID-19 that CHWs can apply when guiding COVID-19 prevention in the communities that they serve

▪ Discuss the evidence-based COVID-19 prevention recommendations on how individuals can help themselves, their families and communities in preventing or slowing the spread of COVID-19

▪ Share messages, tools and other resources in Spanish that health promoters may use to inform at-risk groups, including older adults and people with underlying conditions

▪ Discuss the experiences of CHWs and the changing roles they face in the COVID-19 pandemic
Coronavirus Background
Coronavirus (CoV) Background

- Large family of viruses that cause respiratory illness
  - Belongs to *Coronaviridae* family
- First isolated in the 1960s
- Named for the crown-like spikes on surface
  - 4 subgroupings (alpha, beta, gamma, delta)
- Some can spread between animals and people (zoonotic)
Seven Human Coronaviruses (HCoVs)

- **Common HCoVs:**
  - HCoV-229E (alpha)
  - HCoV-OC43 (alpha)
  - HCoV-NL63 (beta)
  - HCoV-HKU1 (beta)

- **Other HCoVs:**
  - SARS-CoV (beta)
  - MERS-CoV (beta)
  - SARS-CoV-2* (beta)

*Causes Coronavirus Disease (COVID-19)
Common HCoVs: Clinical Presentation & Diagnosis

- Usually cause mild to moderate upper-respiratory tract illnesses, like the common cold
  - May cause more severe disease like pneumonia or bronchitis
    - More common in infants, older adults, and people with underlying conditions that weaken the immune system
  - Symptoms may include:
    - Runny nose
    - Headache
    - Cough
    - Sore throat
    - Fever
    - General unwell feeling

- Diagnosis
  - Lab tests can be used to test respiratory specimens and serum (blood) for coronavirus infection in patients with more severe disease
Common HCoVs: How They Spread

- Most commonly spread from an infected person to others through:
  - Respiratory droplets by coughing, sneezing, or talking
  - Close personal contact, such as touching or shaking hands
  - Touching an object or surface that has the virus on it

- Commonly occurs in fall and winter, but can occur year-round

- Young children are most likely to get infected

- Most people will get infected at least once in their lifetime
Other Human Coronaviruses

SARS-CoV (Severe Acute Respiratory Syndrome Coronavirus)

MERS-CoV (Middle East Respiratory Syndrome Coronavirus)
SARS & MERS: History

▪ First recognized
  ▪ 2002 (SARS) in China
  ▪ 2012 (MERS) in Saudi Arabia

▪ Scope of outbreaks
  ▪ SARS: 8,000+ probable cases and 774 deaths (2002–03)
    ▪ No known human cases since 2004
  ▪ MERS: 2,400+ lab-confirmed cases and 850+ deaths (as of 10/3/19)
    ▪ 2 US cases in 2014 among healthcare professionals
SARS & MERS: Clinical Picture

Transmission between people
- Close person-to-person contact

Most common symptoms
- Fever and chills
- Body aches
- Cough
- Shortness of breath

Complications can include
- Pneumonia (SARS & MERS)
- Kidney failure (MERS)

Treatment
- No specific antiviral treatment licensed for SARS or MERS
- Individuals seek medical care to relieve symptoms

Prevention
- No vaccine available
- Everyday preventive actions to prevent the spread of respiratory viruses (e.g., hand hygiene)
Coronavirus Disease 2019 (COVID-19)
COVID-19: Emergence

- Identified in Wuhan, China in December 2019
- Caused by the virus SARS-CoV-2
- Early on, many patients were reported to have a link to a large seafood and live animal market
- Later patients did not have exposure to animal markets
  - Indicated person-to-person spread
- Travel-related exportation of cases reported
  - First US case reported: January 21, 2020
COVID-19: How It Spreads

- Investigations are ongoing to better understand spread
- Largely based on what is known from other coronaviruses
  - Presumed to occur primarily through close person-to-person contact through respiratory droplets produced when infected person coughs, sneezes, or talks
  - Possibly by touching a surface or object that has the virus on it and then touching the mouth, nose, or eyes
COVID-19: Symptoms & Complications

Symptoms may include
- Fever
- Cough
- Shortness of breath

Wide range of illness severity has been reported
- Mild to severe illness
- Can result in death

Estimated incubation period
- 2 to 14 days

Complications may include
- Pneumonia
- Respiratory failure
- Multisystem organ failure
How You Can Prevent COVID-19
Everyday actions to prevent respiratory illnesses

- Avoid exposure to the virus
- Wear cloth face covering if leaving the house
- Don’t touch your eyes, nose, or mouth
- Cover your mouth when coughing or sneezing with a tissue and discard it after use
- Avoid contact with people who are sick
- Stay home if you are sick
Everyday actions to prevent respiratory illnesses

- **Cover your cough or sneeze** with a tissue, then throw it away
- **Wash your hands** often with soap and water for at least 20 seconds
  - Use an alcohol-based hand sanitizer with at least 60% alcohol if soap and water are not readily available
- **Clean and disinfect** frequently touched objects and surfaces

How to Wash Your Hands the Right Way

- Wet
- Lather
- Scrub
- Rinse
- Dry

20 seconds
Clean and Disinfect

- Wear disposable gloves to clean and disinfect
- ** Routinely clean and disinfect high-touch surfaces**
  - **High touch surfaces include:**
    - Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.
- **Clean:**
  - Clean visibly dirty surfaces using soap and water.
- **Disinfect:**
  - Use [EPA-registered household disinfectants](https://www.epa.gov/)
  - **Follow the instructions on the label** to ensure safe and effective use of the product
What is Social Distancing?

- Keeping space between yourself and other people outside of your home
- Helps control the spread
- To practice social distancing:
  - Stay at least 6 feet (2 meters) from other people when outside home
  - Do not gather in groups
  - Avoid crowded places, mass gatherings
  - Do not hug, kiss or shake hands
- Avoid close contact with people who have symptoms
Cloth Face Coverings

- CDC recommends wearing cloth face coverings outside the home to help prevent the spread of COVID-19
- Do not place cloth face coverings on children under age 2 or anyone who has trouble breathing or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance
- A washing machine can be used to wash a face covering routinely
- Continue to take other preventive actions:
  - Remain at least 6 feet apart from other individuals
  - Wash hands often
  - Clean high-touch surfaces in your home often
  - Stay home when sick
- The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responder
Who is at Higher Risk?

Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- People 65 years and older
- People who live in a nursing home or long-term care facility
- People of all ages with underlying medical conditions, particularly if not well controlled, including:
  - People with chronic lung disease or moderate to severe asthma
  - People with serious heart conditions
Who is at Higher Risk? (cont.)

- People who are immunocompromised
  - Cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS
  - Prolonged use of corticosteroids and other immune weakening medications
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease
COVID-19: Treatment

Treatment

- No specific antiviral treatment licensed for COVID-19
- Supportive care to
  - Relieve symptoms
  - Manage pneumonia and respiratory failure
COVID-19: Treatment

- Seek medical care if you
  - Feel sick with fever, cough, or difficulty breathing

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.
COVID-19: What You Can Do

Stay Informed

- COVID-19 most recent information
  www.cdc.gov/COVID19
- CDC travel advisories
  wwwnc.cdc.gov/travel/notices
- Stress and coping
Role of community health workers and COVID-19
Who is a community health worker?

Definition by the American Public Health Association:

- A trusted member of and/or has a close understanding of the community served
- Serves as a liaison/intermediary between health/social services and the community
- Facilitates access to services
- Improves the quality and cultural competence of service delivery
- Increases individual and community capacity by increasing health awareness
Community health worker capacities and COVID

- Must have been trained by health personnel
- Must be authorized and recognized by the health team
- Must be prepared to inform, guide, educate peers to conduct health promotion and disease prevention
The role of a community health worker

- Promoting every day preventive actions as the main strategy to prevent COVID 19
- Provide information to break down myths and rumors
- Identify populations at risk
- Refer clients to additional services
The role of a community health worker

- Be the ear that listens to others during their lonely time of social estrangement
- Help organize food delivery or utility assistance
- Advocate with landlords
- Explain changing rules and facilitate enrollment for social benefits and resources in the community
- Promote preventive health behavior to curb contagion
- Reinforce public health messages about COVID-19

Call the Disaster Distress Helpline

For English speakers: Call 1-800-985-5990
Text TalkWithUs to 66746

For Spanish speakers: Call 1-800-985-5990 and press "2"
Text Hablanos to 66746

Source: The Penn Center for Community Health Workers
CHW: Community Experts
Community Health Workers

They can be part of the frontline workforce to respond immediately to the COVID-19 pandemic.
Factors that promote the effectiveness of the CHWs in the community

- Community health work is easier for a local person than for someone who comes from the outside because people know and trust them.
- The CHW speaks in the same terms of the community, knows the customs and issues.
- On many occasions CHWs have the same social and cultural background
- They dress and behave the same and speak the same local language
- They know the myths and beliefs of the community
Safety practices for CHWs conducting home visits/community services

What is a home visit?

- A set of social and health activities that are provided at home to persons
- Care that allows CHWs to:
  - Detect, value, support and control health problems of the individual and the family
  - Enhance autonomy
  - Improve people’s quality of life
- Set of specific tasks, making it a means of liaison between the family and the health system.
Safety practices for CHWs conducting home visits/community services

- During these COVID-19 times, the CHW must establish priority criteria for making home visits:
  - Families with adults over 60 years old
  - People who live alone or without families
  - People who can't travel to the health center
  - Families with ill or handicapped patients
  - People recently discharged from the hospital
  - People taking vital medications
Safety practices for CHWs conducting home visits/community services

Set goals for your visit:

- Will you coordinate care for people who cannot go to health centers?
- How much information, education, and support will you provide to the patient and family?
- Will you facilitate primary, secondary and tertiary prevention?
- Will you suggest when to go an emergency room?
- Is this an unnecessary visit?
- Will you help coordinate between the provision of health and social services?
Safety practices for CHWs conducting home visits/community services

- Develop a culture of safety
- Ask if a family members have experienced cough, fever or shortness of breath
- Ask if family members have traveled recently to international destinations or U.S. hot spots (CA, NY, LA, WA) or other states with high number of people with COVID-19

- Follow universal precautions:
  - Handwashing before and after visits or using hand sanitizer (60% or more alcohol)
  - Do not eat or drink during visit

- Avoid touching surfaces, carry disposable tissues
- Wear gloves and cloth face covering
- Keep your distance from others (about 6 feet or 2 meters)
- Don't take unnecessary risks
Myths and legends

- Rinsing your nose prevents contagion
- Eating garlic protects against the virus
- Sesame oil kills COVID 19
- You have to spray the body with alcohol or chlorine
Bilingual Resources
Clean and disinfect frequently touched objects and surfaces.

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

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

Graphics

Tip Sheets

Tip Sheets

Tip Sheets

Infographics

Patients with COVID-19 have reportedly had mild to severe respiratory illness. Symptoms* can include:
- Fever
- Cough
- Shortness of breath

*Symptoms may appear 2-14 days after exposure. 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.

cdc.gov/COVID19-symptoms

Usted puede ayudar a prevenir la propagación de enfermedades respiratorias con las siguientes medidas:
- Evite el contacto cercano con las personas enfermas.
- Evite tocarse los ojos, la nariz y la boca.
- Practica el distanciamiento social dejando espacio entre tú y los demás.
- Lávese las manos frecuentemente con agua y jabón por al menos 20 segundos.

cdc.gov/coronavirus-es

Posters

https://www.cdc.gov/handwashing/esp/posters.html
Videos

https://www.cdc.gov/cdctv/healthyliving/hygiene/what-you-need-know-about-handwashing.html

https://www.cdc.gov/cdctv/spanish/healthyliving/lavado-de-manos.html
The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.