

# COVID-19

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# OBJECTIVES

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Understanding Coronavirus/COVID-19

Identify signs and symptoms of Coronavirus

Understanding Transmission and Treatment

Understanding Safety and Well Being

# Definition of COVID19

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In late December 2019, investigation of a cluster of pneumonia cases of unknown origin in Wuhan, China resulted in identification of a novel coronavirus. The virus is distinct from both severe acute respiratory syndrome coronavirus (SARS-CoV) and Middle East respiratory syndrome coronavirus (MERS-CoV), although closely related. Early epidemiologic findings indicate COVID-19 may be less severe<sup>1</sup> than SARS or MERS, but evidence suggests that the virus is more contagious than its predecessors. Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) is a newly identified pathogen and it is assumed there is no existing human immunity to the virus. Everyone is assumed to be susceptible, although there may be risk factors that increase an individual's illness severity.

(cdc.gov)

# COVID-19

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The coronavirus did not receive its official, scientific COVID-19 designation until Feb. 11

Until then, it was referred to as the "2019 novel coronavirus" and abbreviated 2019-nCoV.

The "CO" stands for corona, "VI" for virus and "D" for disease, [according to the CDC](#). And the number 19 stands for the year (2019) in which the outbreak occurred.

(cdc.gov)

# TRANSMISSION

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Those at highest risk for severe disease and death include people aged over 60 years (especially those 85 years and older) and those with underlying conditions such as obesity, hypertension, diabetes, cardiovascular disease, chronic respiratory or kidney disease, immunosuppression from solid organ transplant, and sickle cell disease. Disease in children mostly appears to be relatively mild, and there is growing evidence that a significant proportion of infections across all age groups are asymptomatic.

FACT: Children can get coronavirus

FACT: Young adults can die from the coronavirus

(cdc.gov)

# PROPER HANDWASHING

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Seems simple enough, right? But a recent study conducted by the [US Department of Agriculture](#) found that 97% of the time, people aren't washing their hands correctly, either by failing to dry their hands completely afterwards, or not taking enough time to let the soap and water work their magic.

Luckily, the CDC's got your back: The organization has specific handwashing guidelines—a five-step process, to be exact—based on science-backed data. The entire process takes about 30 seconds to complete; a small time investment for ensuring your health. Here's how to wash your hands the right way:

(cdc.gov)

# HANDWASHING

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- 1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap**
- 2. Lather your hands by rubbing them together with the soap.**
- 3. Keep rubbing your hands together for at least 20 seconds.**
- 4. Rinse your hands well under clean, running water**
- 5. Dry your hands using a clean towel or air dry them.**
- 6. In a pinch, use hand sanitizer.**

(cdc.gov)

# DESCRIPTION OF STEPS

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Running water is the best method for washing hands, as “hands could become decontaminated if placed in a basin of standing water that has been contaminated through previous use,” the CDC explains.

If you are curious about whether hot or cold water is better, according to the CDC, temperature does not appear to affect microbe removal. However, they do point out that warmer water may cause more skin irritation and is more environmentally costly.

To help save water (and make sure no germs are transferred between your hands and the faucet), turn off the faucet before applying soap. This step is key: Using soap to wash hands is much more effective than using water alone. That's because the surfactants in soap lift soil and microbes from skin. Using soap also helps most of us scrub our hands a little more thoroughly.

(cdc.gov)



# TYPES OF SOAP

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Fortunately, the type of soap doesn't matter, per the CDC: Scientific studies have proved there are no added health benefits for consumers (not including healthcare professionals) using antibacterial soaps compared with using plain soap.

Rub your hands together with the soap, making sure to lather the backs of your hands, between your fingers, and under your nails (you can do this by scrubbing the nails of one hand on the palm of your other hand). "Lathering and scrubbing hands creates friction, which helps lift dirt, grease, and microbes from skin," the CDC explains, adding that you should pay special attention to your fingernails. "Microbes are present on all surfaces of the hand, often in particularly high concentration under the nails, so the entire hand should be scrubbed," per the CDC.

(cdc.gov)

# RELEVANCE OF TIME

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Don't have a timer on you? That's ok; the CDC suggests humming the "Happy Birthday" song from beginning to end twice. To switch things up a bit, other alternatives include singing the alphabet.

Whatever you choose to sing, just keep that 20-second time limit in mind. While few studies about the potential health impacts of altering handwashing times have been done, those that do exist suggest that washing hands for about 15-30 seconds removes more germs from hands than washing for shorter periods, says the CDC

So, you know all the dirt, grease, and microbes washing with soap and water lifted off your hands? Rinsing your hands off after scrubbing them actually removes all of that gross stuff—including disease-causing germs like coronavirus, per the CDC. Using clean, running water for this step is also important, since it prevents hands from becoming recontaminated.

(cdc.gov)

# DRYING HANDS

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Proper handwashing techniques don't end as soon as the water is turned off. It's important to thoroughly dry your hands—either with a clean towel, a paper towel, or via air-dryer. "Germs can be transferred more easily to and from wet hands; therefore, hands should be dried after washing," explains the CDC. Whichever method you use, just make sure your hands are completely dry before you touch anything else.

(cdc.gov)

# HAND SANITIZER

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If you can't wash your hands, the CDC suggests using a hand sanitizer with 60-95% alcohol (don't worry—whatever bottle you pick up will tell you how much alcohol it contains). While soap and water is the preferred method for removing certain kinds of germs, like c.diff and the ever-terrifying norovirus, alcohol-based hand sanitizers can inactivate many types of microbes very effectively when used correctly.

However, there is a proper way to use hand sanitizer, as well: The CDC suggests applying the product to the palm of one hand (the label of the product should have the correct amount listed). Then, rub the product all over the surfaces of your hands until your hands are dry. “Instructing people to cover all surfaces of both hands with hand sanitizer has been found to provide similar disinfection effectiveness as providing detailed steps for rubbing-in hand sanitizer,” the CDC adds.

(cdc.gov)

# Wash

# YOUR HANDS!



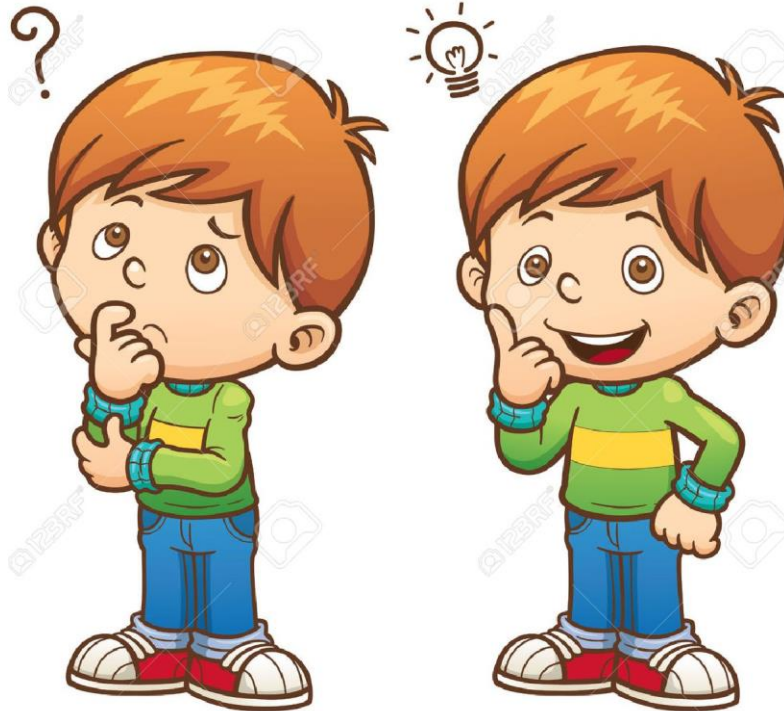
Hands that look clean can still have icky germs!



CS 341542C

# JUST A THOUGHT

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<https://youtu.be/UTNi1oEQjZc>





# CORONAVIRUS TRANSMISSION

Human coronaviruses most commonly spread from an infected person to others through:



the air by coughing and sneezing



touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands



close personal contact, such as touching or shaking hands



rarely, fecal contamination

Courtesy of CDC

# UP-TO-DATE: SURFACES

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***Update: The CDC has since clarified guidelines on coronavirus and its spread on surfaces.***

Recent guidance issued by the U.S. Centers for Disease Control and Prevention sheds new light on how coronavirus spreads through surfaces.

Though there is the possibility that coronavirus could be transmitted by touching a surface — and then your nose, mouth or eyes — the likelihood of that is lower than person-to-person contact, which is believed to be the primary way coronavirus is transmitted.

"COVID-19 is a new disease and we are still learning about how it spreads," says the CDC's recently updated guidelines.

(cdc.gov)



**COVID**  
CORONAVIRUS  
DISEASE  
**19**

# 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.



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.



Avoid touching your eyes, nose, and mouth.



# ISOLATION VS. QUARANTINE

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- **Isolation** separates sick people with a contagious disease from people who are not sick.
- **Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.
- Isolation and quarantine help protect the public by preventing exposure to people who have or may have a contagious disease.

QUESTION: IF SOMEONE TEST POSITIVE WOULD THEY BE PLACE IN ISOLATION OR QUARANTINE?

WHEN WOULD SOMEONE BE IN QUARANTINE? GIVE AN EXAMPLE

(cdc.gov)

# SAFETY AND WELL BEING

**STOP THE SPREAD OF GERMS**  
Help prevent the spread of respiratory diseases like COVID-19.

**Stay at least 6 feet (about 2 arms' length)  
from other people.**



**6 ft**



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

# SAFETY AND WELL BEING

## KEEPING THE WORKPLACE **SAFE**



### PRACTICE GOOD HYGIENE

- Clean Hands & Work-Space Regularly
- Avoid Touching Your Face or Shaking Hands
- Keep Clean Air Circulating By Increasing Ventilation



### BE CAREFUL WITH MEETINGS & TRAVEL

- Video Conference When Possible
- Practice Social Distancing & Keep 6ft. Between Co-Workers
- Assess the Risks of Business Travel



### HANDLE FOOD CAREFULLY

- Limit Food Sharing
- Strengthen Health Screening for Cafeteria Staff



### STAY HOME IF...

- You Are Feeling Sick
- Have A Sick Family Member In the Home



# SIGNS AND SYMPTOMS

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WHAT ARE SOME SIGNS AND SYMPTOMS OF  
COVID-19???????

# SIGNS AND SYMPTOMS

**COVID**  
CORONAVIRUS  
DISEASE **19**

**CORONAVIRUS DISEASE**  
**2019** (COVID-19)



**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.**

[www.cdc.gov/covid19-symptoms](https://www.cdc.gov/covid19-symptoms)

# SIGNS AND SYMPTOMS

COVID-19

## COVID-19 SYMPTOMS

SOURCE: CDC

- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat

- New loss of taste or smell
- Fever
- Cough
- Shortness of breath
- Difficulty breathing

COVID-19

# PERCEPTION

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# When to seek emergency medical attention

















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- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

\*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

**Call 911 or call ahead to your local emergency facility:** Notify the operator that you are seeking care for someone who has or may have COVID-19.

(cdc.gov)

Symptoms	Coronavirus <sup>†</sup> (COVID-19) Symptoms range from mild to severe	Cold Gradual onset of symptoms	Flu Abrupt onset of symptoms	Seasonal Allergies Abrupt onset of symptoms	Asthma Gradual or abrupt onset of symptoms
 Length of symptoms	7-25 days	Less than 14 days	7-14 days	Several weeks	Can start quickly or last for hours or longer*
 Cough	Common (usually dry)	Common (mild)	Common (usually dry)	Rare (usually dry unless it triggers asthma)	Common (can be dry or wet/productive)
 Wheezing	No	No**	No**	No**	Common
 Shortness of breath	Sometimes	No**	No**	No**	Common
 Chest tightness/pain	Sometimes	No**	No**	No**	Common
 Rapid breathing	Sometimes	No**	No**	No**	Common
 Sneezing	No	Common	No	Common	No***
 Runny or stuffy nose	Rare	Common	Sometimes	Common	No***
 Sore throat	Sometimes	Common	Sometimes	Sometimes (usually mild)	No***
 Fever	Common	Short fever period	Common	No	No
 Feeling tired and weak	Sometimes	Sometimes	Common	Sometimes	Sometimes
 Headaches	Sometimes	Rare	Common	Sometimes (related to sinus pain)	Rare
 Body aches and pains	Sometimes	Common	Common	No	No
 Diarrhea, nausea and vomiting	Sometimes	Rare	Sometimes	No	No
 Chills	Sometimes	No	Sometimes	No	No
 Loss of taste or smell	Sometimes	Rare	Rare	Rare	No

Your symptoms may vary. †Information is still evolving. \*If your quick-relief medicine is not helping your asthma symptoms, or if you are in the Red Zone on your Asthma Action Plan, call your health care provider or seek medical attention immediately. \*\*Allergies, colds and flus can all trigger asthma which can lead to shortness of breath, chest tightness/pain and rapid breathing. COVID-19 is the only one associated with shortness of breath on its own. \*\*\*If you have allergic asthma, you may have symptoms of both asthma and allergies at the same time.

Sources: Asthma and Allergy Foundation of America, World Health Organization, Centers for Disease Control and Prevention. edited 7/15/20 • [aafa.org/covid19](http://aafa.org/covid19)

# Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

## How to Wear Cloth Face Coverings

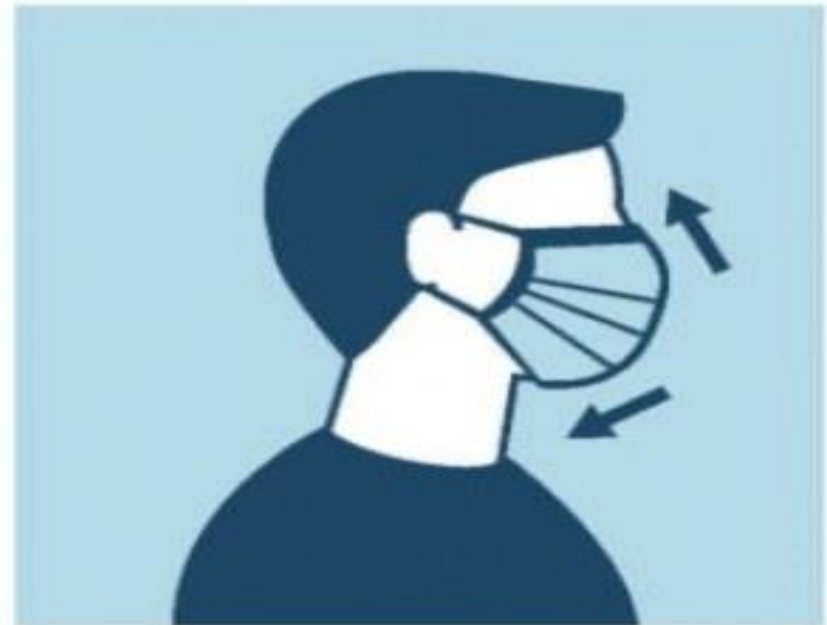
Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

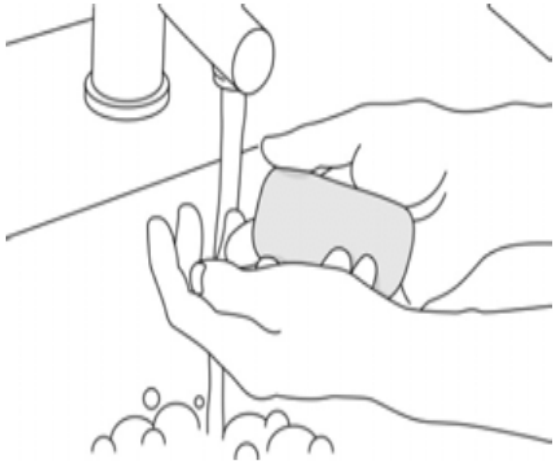
## CDC on Homemade Cloth Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission.

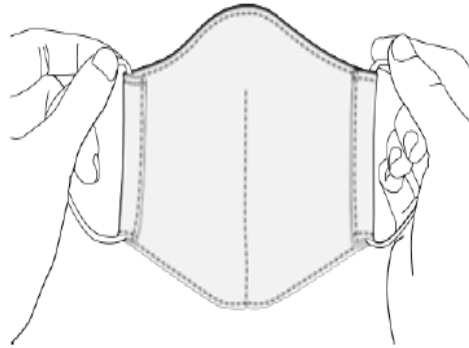
CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an



## Putting on a mask



1. Ensure you are using a clean mask.
2. Wash hands with soap and water or alcohol-based hand sanitizer before touching mask.



3. Pick up mask by touching ear loops (or ties) only.
4. Avoid touching mask itself.



5. Hold both ear loops and place a loop around each ear.
6. Fit mask around mouth, nose, and chin.

# HOW TO WEAR A MASK

## DO



cdc

- Wash your hands before and after handling a mask
- Make sure your mask covers your nose and mouth. A mask must cover your nostrils to be effective
- Keep the covering on your face the entire time you're in public
- Handle the mask only by the ear loops or ties
- Wash your mask frequently with detergent and warm/hot water, and thoroughly dry it before use

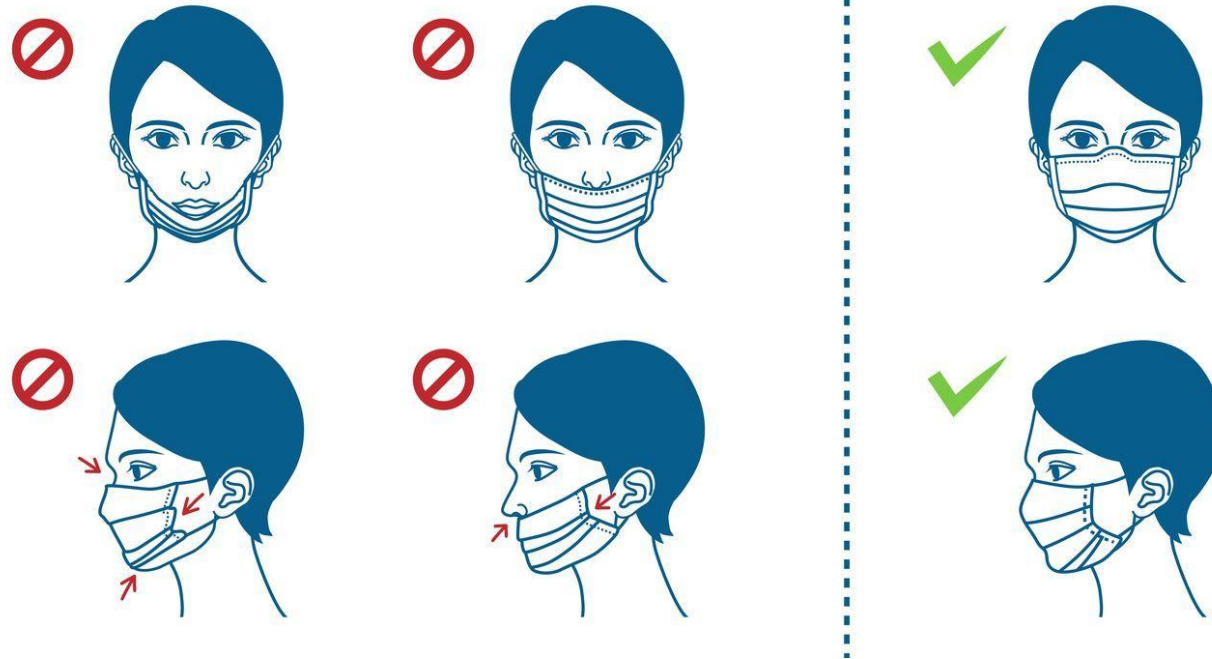
## DON'T

- Put a mask on a child under age two, anyone who has trouble breathing or anyone who is unconscious, incapacitated or unable to remove the cloth face covering without assistance
- Push your mask down on your chin to eat or drink. Remove it completely, wash your hands and then put it back on when finished
- Let the mask provide a false sense of security. Social distancing is still an important factor
- Touch your eyes, nose, and mouth when removing mask

# DO'S AND DON'T'S

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## How to wear a face mask correctly



# SAFELY CLEAN REUSABLE MASK

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**Washing machine:** You can include your mask with your regular laundry.

- Use regular laundry detergent and the warmest appropriate water setting for the cloth.
- Check the label to see if your bleach is intended for disinfection. Some bleach products, such as those designed for safe use on colored clothing, may not be suitable for disinfection. Use bleach containing 5.25%–8.25% sodium hypochlorite. Do not use a bleach product if the percentage is not in this range or is not specified. Ensure the bleach product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser.
- Ensure adequate ventilation.

( [cdc.gov](https://www.cdc.gov) )

# CONTINUED

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- Prepare a bleach solution by mixing: 5 tablespoons (1/3rd cup) of 5.25%–8.25% bleach per gallon of room temperature water or
- 4 teaspoons of 5.25%–8.25% bleach per quart of room temperature water
- Soak the mask in the bleach solution for 5 minutes.
- Discard the bleach solution down the drain and rinse the mask thoroughly with cool or room temperature water.
- Make sure to completely dry the mask after washing.

Dryer: Use the highest heat setting and leave in the dryer until completely dry.

(CDC.GOV)



# CONTINUED

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## **Using bleach safely:**

- Always read and follow the directions on the label to ensure safe and effective use.
- Be aware that bleach can damage cloth fabric over time.
- Wear skin protection and consider eye protection for potential splash hazards.
- Use water at room temperature for dilution (unless stated otherwise on the label).
- Store and use bleach out of the reach of children and pets.
- Special considerations should be made for people with asthma and they should not be present when cleaning and disinfecting is happening as this can trigger asthma exacerbations.

(cdc.gov)



CENTERS FOR DISEASE  
CONTROL AND PREVENTION

# Self-Checker

Self-Checker Available



# SELF- CHECKER

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The Coronavirus Self-Checker is an interactive clinical assessment tool that will assist individuals ages 13 and older, and parents and caregivers of children ages 2 to 12 on deciding when to seek testing or medical care if they suspect they or someone they know has contracted COVID-19 or has come into close contact with someone who has COVID-19.

The online, mobile-friendly tool asks a series of questions, and based on the user's responses, provides recommended actions and resources.

CDC Website :<https://www.cdc.gov/coronavirus/2019-ncov/communication/guidance-list.html?Sort=Date%3A%3Adesc>

(cdc.gov)

# TESTING

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Previously, the CDC said viral testing was appropriate for people with recent or suspected exposure, even if they were asymptomatic

The CDC [changed the site](#) on Monday. Here's what [it says now](#): "If you have been in close contact (within 6 feet) of a person with a COVID-19 infection for at least 15 minutes but do not have symptoms, you do not necessarily need a test unless you are a vulnerable individual or your health care provider or State or local public health officials recommend you take one.

Those who don't have Covid-19 symptoms and haven't been in close contact with someone with a known infection do not need a test, per the updated guidelines.

"Not everyone needs to be tested," the CDC website says. "If you do get tested, you should self-quarantine/isolate at home pending test results and follow the advice of your health care provider or a public health professional." (cdc.gov)

# TESTING

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The CDC guidelines says, if someone has symptoms and they're mild, a health care provider "may advise a COVID-19 test," and if symptoms are severe, people should contact a health care provider or seek emergency care.

"It is important to realize that you can be infected and spread the virus but, feel well and have no symptoms," the updated CDC site says, noting that local public health officials might request asymptomatic "healthy people" be tested, depending on cases and spread in an area.

In its [pandemic planning scenarios](#), the CDC says its current best estimate is that 40% of infections are asymptomatic and 50% of transmission occur before symptoms occur.

(cdc.gov)

# CDC Diagnostic Tests for COVID-19

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CDC has developed two laboratory tests that identify SARS-CoV-2, the virus that causes COVID-19. The newer of these tests also tests for influenza A and B viruses. Testing for all three viruses at the same time will provide public health officials with information they need to help reduce the spread of these viruses in the community while conserving resources that are in short supply.

CDC's newest laboratory test, detects two types of influenza viruses (A and B) and SARS-CoV-2 at the same time. This test is called the [CDC Influenza SARS-CoV-2 \(Flu SC2\) Multiplex Assay](#)

(cdc.gov)

# Serology Testing for COVID-19

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An antibody test looks for the presence of antibodies, which are specific proteins made in response to infections. Antibodies are detected in the blood of people who are tested after infection; they show an immune response to the infection.

Antibodies are proteins that help fight off infections and can provide protection against getting that disease again (immunity). Antibodies are disease specific. For example, measles antibodies will protect you from getting measles if you are exposed to it again, but they won't protect you from getting mumps if you are exposed to mumps.

We do not know yet if people who recover from COVID-19 can get infected again. Scientists are working to understand this.

**We will be covering more about specific testing during our next training. Including updates on antibody testing.**

**(cdc.gov)**

# QUESTION

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**Whether you test positive or negative for COVID-19 on a viral or an antibody test, SHOULD you still take steps to protect yourself and others????**



# CONSIDERATIONS FOR TESTING

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- People who have symptoms of COVID-19
- People who have had close contact (within 6 feet of an infected person for at least 15 minutes) with someone with confirmed COVID-19
- People who have been asked or referred to get testing by their health care provider or state health department.

Not everyone needs to be tested. If you do get tested, you should self-quarantine/isolate at home pending test results and follow the advice of your health care provider or a public health professional.

(cdc.gov)

# Test Results

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IF YOU TEST POSITIVE FOR COVID-19: TAKE STEPS TO HELP PREVENT THE SPREAD OF COVID-19

STAY HOME, Do not leave your home, except to get medical care. Do not visit public areas.

GET REST AND STAY HYDRATED: Take over-the-counter medicines, such as acetaminophen, to help you feel better.

STAY IN TOUCH WITH YOUR DOCTOR

SEPARATE YOURSELF FROM OTHER PEOPLE: as much as possible, stay in a specific room and away from other people and pets in your home.

If you test negative for COVID-19 • You probably were not infected at the time your sample was collected. • However, that does not mean you will not get sick. • It is possible that you were very early in your infection when your sample was collected and that you could test positive later.

(cdc.gov)

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# MYTHS VS. FACTS

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Children can not get COVID-19

Injection of Bleach for prevention

Vinegar with mother for prevention

Natural Herbs and/or Home remedies

If you go to store you can go to church ( Length of time exposed increases risk)

Hydroxychloroquine is FDA approved for Lupus and Rheumatoid Arthritis **not** COVID-19

# COVID PREVENTION AND TREATMENT MYTHS

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While researchers are studying many COVID-19 vaccines and treatments, none has been fully tested for safety or effectiveness. Any claims that a medication, herbal supplement or other substance can prevent infection with the COVID-19 virus or cure COVID-19 are FALSE. Misinformation continues to circulate about ways to treat COVID-19.

**Pneumonia and flu vaccines.** There is currently no vaccine

**Saline nasal wash.** There is no evidence

**High temperatures.** . Exposure to the sun or to temperatures doesn't prevent the COVID-19 virus

**Low temperature** Cold weather and snow also can't kill the COVID-19 virus.

**Alcohol and chlorine spray** on your body won't kill viruses (can harm your eyes, mouth and clothes. (cdc.gov)

# CONTINUED MYTHS

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Drinking alcohol. Drinking alcohol doesn't protect you from the COVID-19 virus

Garlic. There's no evidence that eating garlic protects against infection with the COVID-19 virus

**Ultraviolet (UV) disinfection lamp:** Ultraviolet light can be used as a disinfectant on surfaces. But don't use a UV lamp to sterilize your hands or other areas of your body. UV radiation can cause skin irritation.

**5G mobile networks. Avoiding exposure to or use of 5G networks doesn't prevent infection with the COVID-19 virus. Viruses can't travel on radio waves and mobile networks. The COVID-19 virus is spreading in many countries that lack 5G mobile networks.**

(cdc.gov)

# CONTINUED MYTHS

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**Disinfectants.** When applied to surfaces, disinfectants can help kill germs such as the COVID-19 virus. However, don't use disinfectants on your body, inject them into your body or swallow them. Disinfectants can irritate the skin and be toxic if swallowed or injected into the body. Also, don't wash produce with disinfectants.

**Supplements.** Many people take vitamin C, vitamin D, zinc, green tea or echinacea to boost their immune systems. While these supplements might affect your immune function, research hasn't shown that they can prevent you from getting sick. The supplement colloidal silver, which has been marketed as a COVID-19 treatment, isn't considered safe or effective for treating any disease. Also, there isn't enough evidence to recommend use of oleandrin, an extract from the toxic oleander plant, to treat COVID-19 or to prevent infection with the COVID-19 virus

(cdc.gov)

# SAFETY

## FRUIT AND VEGETABLE SAFETY

### Wash Fruits and Vegetables

Wash or scrub fruits and vegetables under running water before eating, cutting, or cooking. You don't need to wash them if their package says "prewashed."



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

[www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety)

CS3028793

# PLEASE FOCUS ON FACTS

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In the U.S., the Food and Drug Administration (FDA) has been working to remove misleading products from store shelves and online marketplaces. In the meantime, remember that testimonials aren't a substitute for scientific evidence. Also, few diseases can be treated quickly, so beware of quick fixes. A miracle cure that claims to contain a secret ingredient is likely a hoax.

If you have a question about a method for treating COVID-19 or preventing infection with the COVID-19 virus, talk to your doctor. To ask a question about a COVID-19 medication, you can call your local pharmacist or the FDA's Division of Drug Information

(cdc.gov)



# HEALTH EQUITY CONSIDERATIONS

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INCREASING EVIDENCE SUPPORTS THAT SOME ETHNIC MINORITY GROUPS ARE BEING DISPROPORTIONATELY AFFECTED BY COVID-19. Factors that contribute to increased risk

**Discrimination:** which includes racism, can lead to chronic and toxic stress and shapes social and economic factors that put some people from racial and ethnic minority groups at increased risk for COVID-19

**Healthcare access and utilization:** more likely to be uninsured, such as lack of transportation, child care, or ability to take time off of work; communication and language barriers; cultural differences between patients and providers; and historical and current discrimination in healthcare systems.-

**Occupation** disproportionately represented in essential work settings such as healthcare facilities, farms, factories, grocery stores, and public transportation. (cdc.gov)

# CONTINUED

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**Educational, income, and wealth gaps:** not being able to work from home, and not having paid sick days.

**Housing:** live in crowded conditions that make it more challenging to follow prevention strategies, many generations live in one household.

(cdc.gov)

# MOVING FORWARD

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The National Notifiable Diseases Surveillance System (NNDSS) is supporting our nation's response to the unprecedented threat of coronavirus disease 2019 (COVID-19). Along with their partners in state, local, and territorial public health departments and disease programs at CDC, their team is working to ensure data about cases of COVID-19 across the nation are received, processed, and sent to the disease experts at CDC. These experts are using the information to better understand, track, and respond to the pandemic and improve national surveillance.

(cdc.gov)

# CONTINUATION

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- NNDSS provides technical assistance through their partner, the Association of Public Health Laboratories, to help state, local, and territorial public health departments send their COVID-19 data to CDC.
- NNDSS send critical data to disease experts at CDC and to the CDC Emergency Operations Center daily for use in national COVID-19 surveillance and the CDC COVID-19 pandemic response.

In support of the CDC [Public Health Data Modernization Initiative](#), NNDSS will continue to look for ways to [modernize](#) their tools, technology, and strategy and to improve the quality and timeliness of the data they receive and provide. Modernization of public health data and IT systems is central to the nation's efforts to respond to the COVID-19 global pandemic—and to strengthen preparedness for future public health threats. (cdc.gov)

# Effective COVID-19 prevention tips

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Avoid large events and mass gatherings

Avoid close contact (within about 6 feet, or 2 meters)

Stay home as much as possible

- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Cover your face with a cloth face covering in public spaces. Surgical masks and N95 respirators should be reserved for health care providers.

- Cover your mouth and nose with your elbow or a tissue when you cough or sneeze. Throw away the used tissue and wash your hands or use hand sanitizer ([cdc.gov](https://www.cdc.gov))

# CONTINUED

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Avoid touching your eyes, nose and mouth

- Avoid sharing dishes, glasses, bedding and other household items if you're sick.
- Clean and disinfect high-touch surfaces daily.
- Stay home from work, school and public areas if you're sick, unless you're going to get medical care. Avoid taking public transportation if you're sick.

Before traveling, check the CDC website to look for health advisories that may be in place.

(cdc.gov)

# CONTACT INFORMATION

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# REFERENCES

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CDC Guidelines:<https://www.cdc.gov/coronavirus/2019-ncov/communication/guidance-list.html?Sort=Date%3A%3Adesc>



THANK YOU



# QUESTIONS AND ANSWERS

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