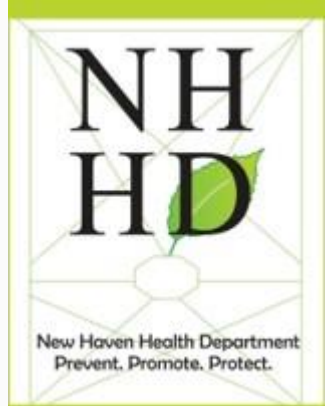
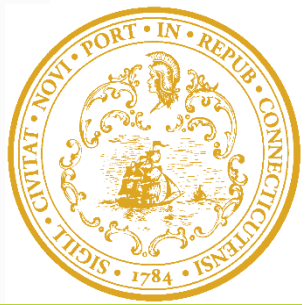


# Coronavirus Disease 2019 (COVID-19) Update



ELDERLY SERVICES PROVIDERS AND  
NURSING HOMES

MARCH 12, 2020

CO-PRESENTED BY:

MARITZA BOND, MPH, DIRECTOR OF  
HEALTH

MEHUL DALAL, MD, COMMUNITY SERVICES  
ADMINISTRATOR



## Disclaimer

- **The information in this presentation is current as of March 11, 2020, unless otherwise noted, and subject to change.**

# Overview

Discuss and Describe

Discuss and describe global, national, state, local status of COVID-19



Identify

Identify Symptoms associated with COVID-19



Describe

Describe steps you can assist with reducing the risk of exposure to COVID-19



Review

Review strategies and Recommendations for Elderly Services Providers and Nursing Homes

# About COVID-19

- Coronavirus disease 2019 (COVID-19) is a **respiratory illness** that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.
- 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) and through respiratory droplets produced when an infected person coughs or sneezes.

# What are the Symptoms?

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

## SYMPTOMS OF CORONAVIRUS DISEASE 2019

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

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.



For more information: [www.cdc.gov/COVID19-symptoms](https://www.cdc.gov/COVID19-symptoms)

# Health Alert

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

## Health Alert: Coronavirus Disease 2019 (COVID-19)

**You have traveled to a country with an outbreak of COVID-19 and are at higher risk.**

COVID-19 is a respiratory illness that can spread from person to person.

### Stay Home

Stay home for the next 14 days and monitor your health. Take your temperature with a thermometer two times a day and watch for symptoms.

### If you feel sick and have symptoms:

- Call ahead before you go to a doctor's office or emergency room.
- Tell the doctor about your recent travel and your symptoms.
- Avoid contact with others.
- Do not travel while sick.

### Symptoms

Illnesses have ranged from mild symptoms to severe illness and death. Symptoms may appear 2–14 days after exposure.

### Symptoms can include:



Fever (100.4°F/38°C or higher)



Cough



Shortness of breath

Visit the website for more information on monitoring your health and how to contact local public health officials. Visit: [www.cdc.gov/COVIDtravel](http://www.cdc.gov/COVIDtravel)



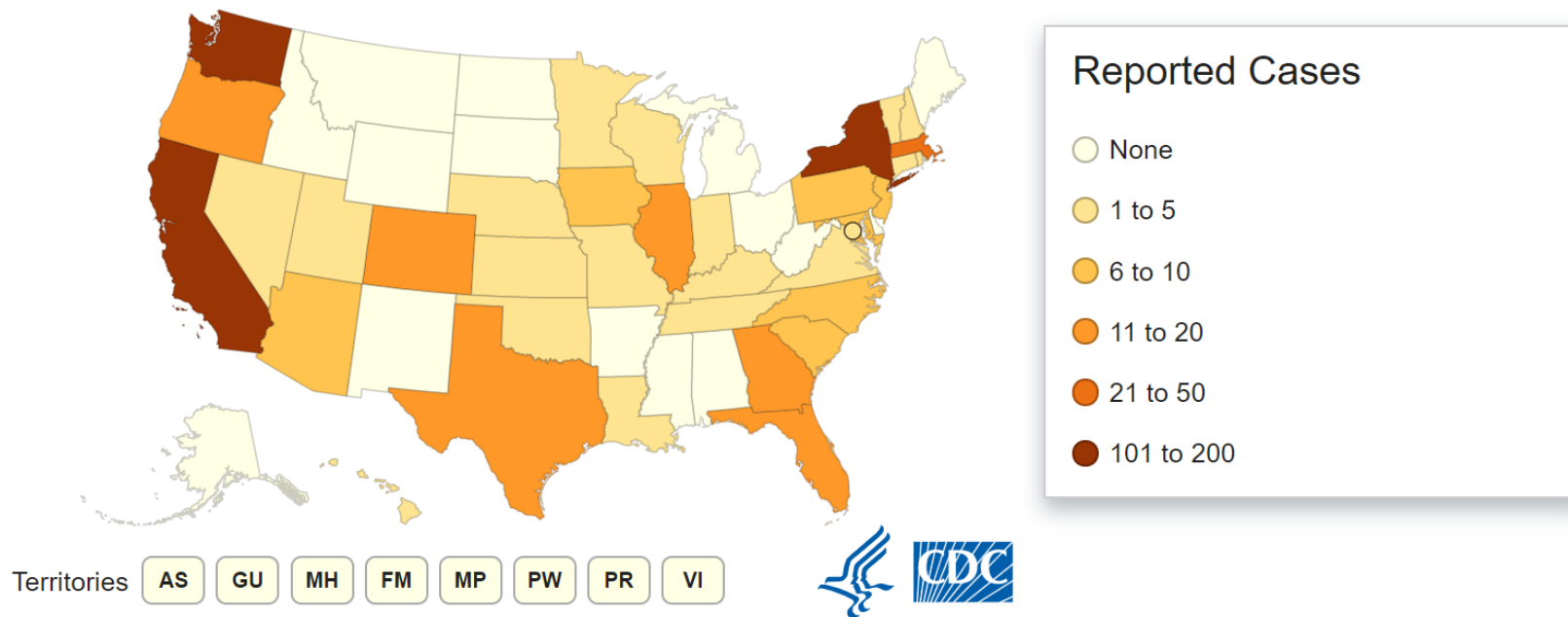
# COVID-19 Global & National Impact

John Hopkins Live  
Dashboard

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

# COVID-19 United States

## States Reporting Cases of COVID-19 to CDC\*





# COVID-19 Travel Information

## Personal Travel Consideration

### Widespread sustained (ongoing) transmission and restrictions on entry to the United States

CDC recommends that travelers avoid all nonessential travel to the following destinations. Entry of foreign nationals from these destinations has been suspended.

- China ([Level 3 Travel Health Notice](#))
- Iran ([Level 3 Travel Health Notice](#))

### Widespread sustained (ongoing) transmission

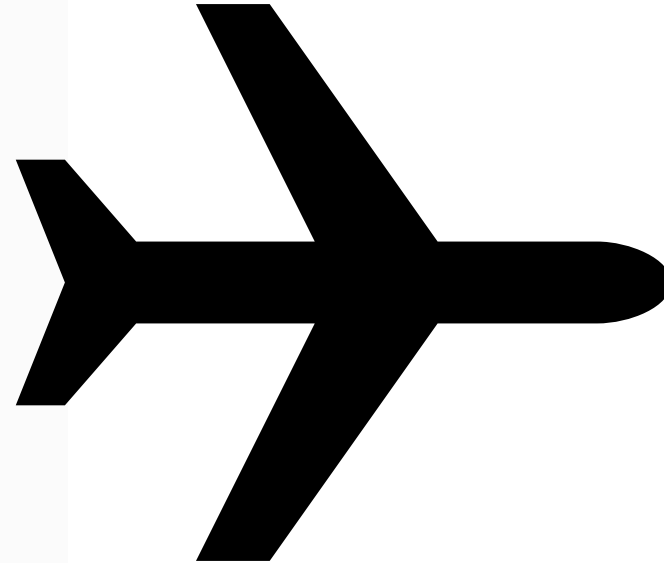
CDC recommends that travelers avoid all nonessential travel to the following destinations:

- South Korea ([Level 3 Travel Health Notice](#))
- Italy ([Level 3 Travel Health Notice](#))

### Sustained (ongoing) community transmission

CDC recommends that older adults or those who have chronic medical conditions consider postponing travel to the following destinations:

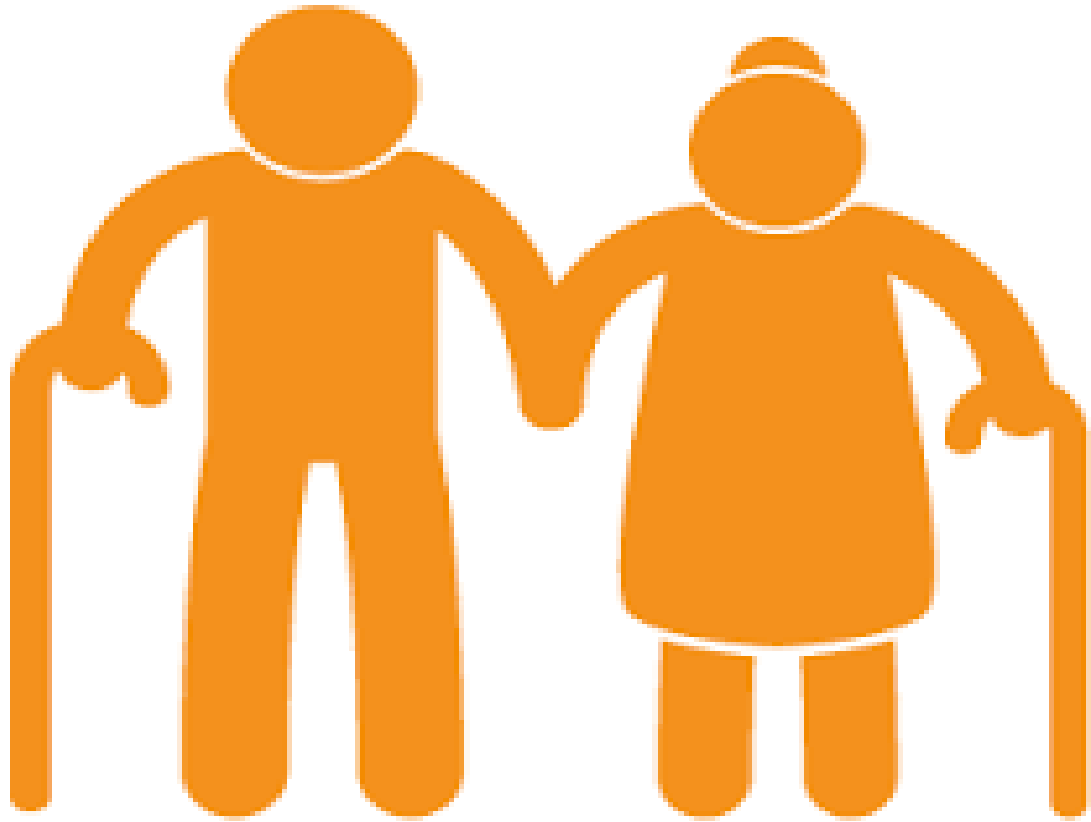
- Japan ([Level 2 Travel Health Notice](#))



# Connecticut COVID-19 Cases

- There are three Connecticut resident cases
- There are two New York residents who we know worked in CT

*As of March 11, 2020*



# Elderly Services Providers and Nursing Homes

***CONSIDERATIONS***

# The Elderly: An At-risk Population

- The **elderly and those with chronic health conditions** are particularly at risk of severe COVID19
- Preliminary data indicates that the **elderly have a 10-15% death rate from COVID19**
- Most **COVID19 deaths in the US** have been related to a single nursing home in Washington state
- **Heightened precautions and aggressive measures** to protect the elderly and chronically ill are warranted based on our most current knowledge

# Critical Information for the Elderly and Their Families

- **Stock up** on food, supplies, medications and other essentials for a 30 Day-supply
- The elderly should **avoid crowds** as much as possible
- The elderly should **avoid contact** with others who are sick
- Be especially **alert to warning** signs and symptoms: fever, cough, shortness of breath
- **Avoid** cruise travel and non-essential air travel
- **Stay at home** during a COVID19 outbreak to reduce exposure risk
- Nursing homes should have **strict visitation** policies per state directive. Family members should respect that guidance.

# Encourage Staff and Participants to Practice Basic Precautions

- Make it easy and convenient for staff and participants to wash hands with soap and water for 20 seconds, ensure adequate supplies are available
- Remind staff and participants to avoid touching their eyes, nose and mouth
- Remind staff and participants to cover their mouths and nose with a tissue when coughing or sneezing
- Strongly encourage staff and participants to stay home when sick – and avoid other contact with those who may be sick.
- Unless it is a medical emergency, anyone with a fever and/or respiratory symptoms should remain home. They should call their healthcare provider in advance of showing up.

# Policies, Protocols, and Communication

- **Have a protocol** in place to keep sick staff or participants in a separate space until they can leave
- **Review your attendance policies** and communicate clearly to staff that they are to stay at home if sick and plan for staff absences. SICK STAFF OR VOLUNTEERS SHOULD NOT WORK WITH THE ELDERLY
- **Clean and sanitize** frequently touched surfaces several times per shift. Pay special attention to doorknobs, elevator buttons, phones, railings/handrails, tabletops
- **Alert** local health officials about unusual increases in respiratory illness
- **Postpone events and gatherings** of 100 or more people. Consider postponing events of any size so that the elderly can avoid crowds and reduce their risk of exposure.
- **Review and update** your emergency operations plans – seek counsel of healthcare or public health officials as needed. Review CDC guidance regularly as recommendations may change

# What to do if a participant or staff has Symptoms

- **Separate the staff or participant** from others, and provide them with a face mask
- If there is no medical emergency, try to **get them home as soon as possible**
- Have them or their caretaker **call their healthcare provider** – REMIND THEM NOT TO SHOW UP TO THEIR PROVIDER UNANNOUNCED
- Remember the **elderly are at high risk** for severe COVID19 disease and the disease transmits through close contact (6 feet or less for 15 minutes)
- If you are worried about a **suspected case or exposure risk** call your local health department in New Haven – (203) 946-4949





# Guidance and Resources

## **CDC – Coronavirus Disease 2019**

<https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>

## **Connecticut Department of Public Health**

<https://portal.ct.gov/Coronavirus>

## **CDC – Guidance for High-Risk Populations**

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

# Display Video in Public Display areas



<https://youtu.be/7-IW0s2yJA0>

Video Resources:

<https://www.cdc.gov/coronavirus/2019-ncov/communication/videos.html>

# Display Posters

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

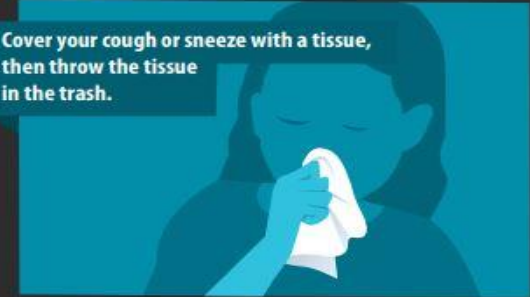
## STOP THE SPREAD OF GERMS

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.



For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)

CS11-4915-A

# How do I prepare?

Source:  
<https://www.health.pa.gov/topics/Documents/Diseases%20and%20Conditions/Coronavirus%20Spread%20Infographic.pdf>

## PREPARING FOR THE SPREAD OF COVID-19

### HOW DO I PREPARE?

**CREATE A HOME EMERGENCY KIT**

- NON-PERISHABLE FOOD
- BOTTLED WATER
- MEDICATIONS
- FLASHLIGHT + EXTRA BATTERIES
- FIRST AID KIT
- WARM CLOTHING
- BABY SUPPLIES
- PET SUPPLIES

### KNOW THE SYMPTOMS OF COVID-19

- FEVER
- COUGH
- SHORTNESS OF BREATH

**SPREADS THROUGH CLOSE CONTACT**

### TAKE EVERYDAY PRECAUTIONS

- WASH YOUR HANDS
- DON'T TOUCH FACE
- AVOID SICK PEOPLE

INFORMATION + UPDATES:  
**HEALTH.PA.GOV**

**pennsylvania**  
DEPARTMENT OF HEALTH  
Created 02/25/2020

# Questions and Answers

