COVID-19 101

- **Transmission**
  - Person-to-person
  - Via respiratory droplets produced when an infected person coughs or sneezes like with the flu or whooping cough (pertussis)

- **Symptoms**
  - Flu-like symptoms that may include fever, sore throat, dry cough, shortness of breath, muscle pain, and fatigue
  - Fever may not be present in the very young, very old, immunosuppressed (cancer, lupus, auto immune condition), or people taking fever reducing medication
  - Most at risk are the elderly and immuno-comprised individuals

- **Incubation Period**
  - Range is between 2 to 14 days
  - Mean of 5 days after exposure
What’s happening in Oregon

- 4 times more cases than last week – now at 65
- Cases throughout the State
- No positive case in Coos County to date – for daily update signup for our sit stat on the website
- Oregon State Public Health Lab (OSPHL) and private labs can test
- Short supply of test and specimen kits and Personnel Protective Equipment for health care workers and first responders – Oregon stockpile already used up
Who is most at risk?

- Most people will experience mild flu-like symptoms.
- Most at risk are adults 60 and older, people who are immune compromised, and people who are experiencing chronic conditions such as heart, lung and/or kidney diseases.
- Older adults are twice as likely to experience severe symptoms of the disease.
How to prevent COVID-19

- Stay home as much as possible – social distancing measures are on for a reason
- Avoid close contact with people who are sick
- **Wash hands** often with soap and water for 20 seconds (sing the Happy Birthday song twice). If soap and water are not readily available use an alcohol-based hand sanitizer that contains at least 60% of alcohol
- **Avoid touching your eyes, nose and mouth** with unwashed hands
- **Clean and disinfect surfaces that are often touched**
- Cover cough and sneezes with a tissue and then throw the tissue in the trash
- Take care of your health overall. Stay current on your vaccinations, including flu vaccine, eating well and exercising all help your body stay resilient
When to seek treatment?

- Stay home if you are experiencing mild symptoms
- Call your provider and follow their guidance
- Do not go to the emergency room (ER) unless medical emergency
- Treat symptoms:
  - Plenty of rest
  - Drink fluids
  - Over the counter medication
Individual Preparedness

- Have a stock of non-perishable food items on hand and possibly prescription medication, standard cleaning supplies
- Refrain from purchasing medical grade Personal Protective Equipment as healthcare providers need these
- Stay current with latest updates and recommendations from the public health system
- Be prepared and remain calm – this is going to last a while
Community Preparedness

- Contact Tracing and Investigation
- Infection Control Outreach
- CASPER survey to identify population needs – we will let you know when we might come knock on your door
- Special taskforces to outreach to the most vulnerable populations:
  - Elderly
  - People in poverty
  - Homeless
Questions?

Cooshealthandwellness.org

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