



CORONAVIRUS DISEASE 2019 (COVID-19)

County of San Diego





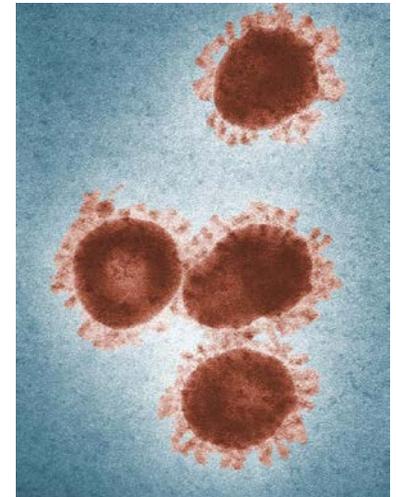
**The COVID-19 situation is rapidly changing,
the information provided in this presentation is
accurate as of:**

April 15, 2020

WHAT IS A CORONAVIRUS?



- A coronavirus is a type of common virus that can infect your nose, sinuses, or upper throat.
- Common coronaviruses usually cause mild to moderate symptoms much like the common cold.
- These illnesses usually only last for a short amount of time and can include symptoms such as:
 - runny nose
 - headache
 - cough
 - sore throat
 - fever
 - fatigue
- Coronaviruses are named for the crown-like spikes on their surface.
- Most people get a coronavirus infection at some point in their lives.





- Coronaviruses are common in many different animal species but most coronavirus do not infect people.
- On rare occasions, coronaviruses can evolve and infect humans and then spread between humans.
- There are currently seven coronaviruses that can infect people:

Common Coronaviruses	Newer Human Coronaviruses
1. 229E (alpha coronavirus)	5. MERS-CoV*
2. NL63 (alpha coronavirus)	6. SARS-CoV**
3. OC43 (beta coronavirus)	7. SARS-CoV-2***
4. HKU1 (beta coronavirus)	

* MERS-CoV (the beta coronavirus that causes Middle East Respiratory Syndrome, or MERS)

** SARS-CoV (the beta coronavirus that causes severe acute respiratory syndrome, or SARS)

***SARS-CoV-2 (the novel coronavirus that causes coronavirus disease 2019, or COVID-19)

MERS-CoV, SARS-CoV, and SARS-CoV-2 are recent examples of the coronavirus evolving and spreading between humans.

WHAT IS THE 2019 NOVEL CORONAVIRUS (COVID-19)?



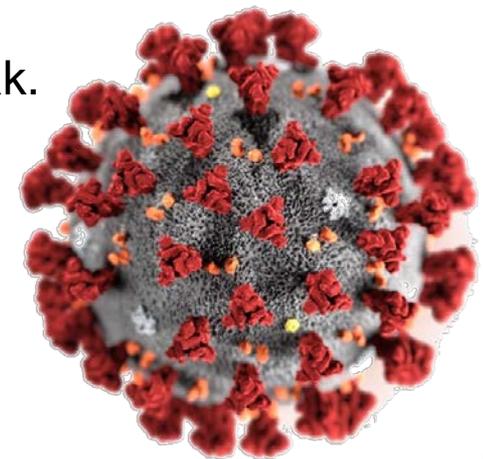
A novel (new) coronavirus that was identified as the cause of an outbreak of respiratory illness that was first detected in Wuhan, China in December of 2019

Early on, many of the patients of the Wuhan outbreak reported some link to a large seafood and animal market, suggesting animal-to-person spread.

The virus is now spreading from person-to-person.

On February 11, 2020, the World Health Organization (WHO) announced COVID-19 as the official name of the disease responsible for causing the 2019 novel coronavirus outbreak.

On March 11, 2020, the WHO designated the COVID-19 outbreak as a pandemic—A global outbreak of disease.



HOW DOES THE COVID-19 VIRUS SPREAD?



Person-to-Person Spread is believed to be the main way the COVID-19 virus is spreading—Between people who are in close contact with one another (about 6 feet/2 meters).

- Through respiratory droplets produced when a person sneezes, coughs, or talks, similar to how influenza (the flu) and other respiratory illnesses spread.
- The virus is spreading easily and sustainably between people.
- People are thought to be the most contagious when they are the sickest, however, studies suggest that people can spread the virus up to two days before they show symptoms.

Contact with Infected Surfaces or Objects—It may be possible to get COVID-19 by touching a surface or object that has the virus on it and then touching one's mouth, nose, or eyes, but this is not thought to be the main way the virus spreads.

Investigations are Ongoing to Learn

- How easily it is transmitted
- The severity of the virus—Illness in people infected the novel coronavirus has ranged from people sick to people being severely ill and dying.
- What medical measures can be used



SYMPTOMS



Patients infected with the COVID-19 virus have reported mild to severe respiratory illness with symptoms that include:

- Fever (temperature of 100.4°F/38°C or higher)
- Cough
- Difficulty Breathing

At this time, the Centers for Disease Control and Prevention (CDC) believes that symptoms may appear in as few as 2 days or as many as 14 days after exposure—**This is based on what was previously seen in MERS-CoV.**





HOW IS COVID-19 DIAGNOSED?

The County of San Diego Public Health Lab, as well as a growing number of additional laboratories in San Diego County have the ability to perform local testing for the COVID-19 virus.

- Testing supplies are limited but are increasing—Not everyone needs to be tested for COVID-19, those with mild illness can self isolate and recover at home.
- Call your healthcare provider to determine if you have signs and symptoms compatible with COVID-19 and if you should get tested—If you do not have a healthcare provider or are uninsured, call 2-1-1 for assistance.

The County of San Diego Public Health Centers DO NOT provide testing for COVID-19.



HOW IS COVID-19 TREATED?

- There is no specific antiviral treatment recommended for COVID-19 infection.
 - The scientific and medical community are researching potential antiviral medications that can be used to treat or prevent COVID-19 infection, clinical trials to study these medications are underway.
- People who are infected should receive supportive care to help relieve symptoms; for severe cases, treatment should include care to support vital organ function.
- People who are not sick enough to be hospitalized and who are only mildly ill may be advised by their healthcare provider to isolate and care for themselves at home—[See our Home Isolation Instructions for COVID-19.](#)
- People at higher risk for serious illness if infected with the COVID-19 virus should contact their healthcare provider early to seek treatment, even if their illness is mild.

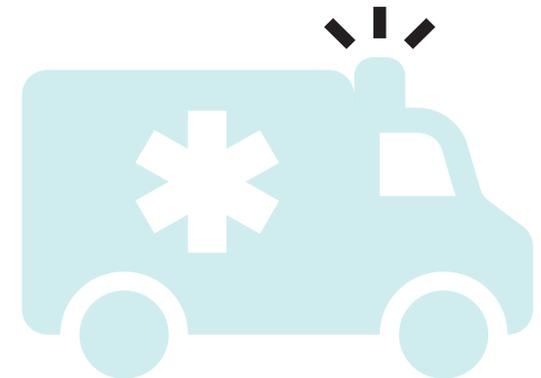
WHO IS AT HIGHER RISK?



Based on information from those effected by COVID-19 early on, some people are at a higher risk of getting very sick from this virus if they are infected.

These higher risk groups include:

- **Older adults**—the older a person is, the higher the risk
- **People of any age who have serious underlying medical conditions, especially if their medical condition is not well controlled, including:**
 - Chronic Lung Disease
 - Moderate to Severe Asthma
 - Heart Conditions
 - Compromised Immune System
 - Severe Obesity—Body Mass Index (BMI) ≥ 40
 - Diabetes
 - Chronic Kidney Disease or Individuals Undergoing Dialysis
 - Liver Disease



WHO SHOULD BE TESTED FOR COVID-19?



Based on our understanding of COVID-19, the current situation in San Diego County, and guidance from the CDC, testing for COVID-19 is only recommended for priority populations.

Priority populations include any person who has signs and symptoms compatible with COVID-19—fever, cough, or difficulty breathing AND **belong to any of the following groups:**

- Any person who is hospitalized and showing evidence of lower respiratory disease without an alternative diagnosis
- Any resident of a long-term care or senior living facility—This includes skilled nursing and assisted living facilities, as well as persons who care for the elderly
- Persons at higher risk for complications—Adults over the age of 65 and people with underlying health conditions
- Persons who live in congregate settings, such as homeless shelters
- Healthcare workers, first responders, and other emergency workers

Individuals without symptoms are not a priority for testing

WHAT CAN YOU DO?



Because there are currently no medications available to treat or protect against COVID-19, **The best way to prevent getting sick is to avoid being exposed to the virus.**

- Follow the [San Diego Public Health Officer Orders](#) **AND** the [California State Public Health Officer Executive Order](#).
- Stay home as much as possible, especially if you are at [high risk](#) for health complications if exposed.
- If you do go out, practice social distancing.
- Wash your hands often with soap and water for at least 20 seconds—If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Avoid touching your mouth, nose, and eyes with unwashed hands.
- [Clean and disinfect](#) frequently touched objects and surfaces often.
- Avoid close contact with people who are sick.
- Stay home and isolate yourself away from others if you are sick.
- Cover your cough or sneeze with a tissue, or your elbow, then throw the tissue in the trash.
- Wear a face mask [if you are sick](#) to prevent the virus from spreading—[Face coverings](#) are recommended for **EVERYONE** when out in public settings where social distancing measures are difficult to maintain.

WHAT DO THE PUBLIC HEALTH ORDERS MEAN?



EVERYONE NEEDS TO STAY HOME

Except to take care of essential needs or those who have been designated as essential critical infrastructure workers.

Essential workers may include workers from the following sectors:

- | | |
|---|---|
| <ul style="list-style-type: none">• Healthcare/Public Health• Emergency Services• Law Enforcement, Public Safety, and First Responders• Public Works | <ul style="list-style-type: none">• Food and Agriculture• Energy—Electricity, Petroleum, and Natural and Propane Gas• Water and Wastewater• Transportation and Logistics |
|---|---|

[See the CA.gov list of Essential Critical Infrastructure Workers for more details.](#)

Social distancing should be practiced when visiting places that are open:

- | | |
|--|--|
| <ul style="list-style-type: none">• Grocery Stores, Food Banks, or Convenience Stores• Restaurants—<i>ONLY for take-out, delivery or drive-through</i>• Pharmacies | <ul style="list-style-type: none">• Banks• Gas Stations• Laundromats/Laundry Rooms• Hardware/Home Improvement Stores• Airports and Public Transportation |
|--|--|

WHAT IS SOCIAL DISTANCING?



Social distancing is a practice recommended by public health officials to stop or slow down the spread of a contagious disease.

As the number of COVID-19 cases continues to increase in our region and the virus spreads further in our communities, social distancing measures are being implemented—**The key is to minimize the number of gatherings as much as possible and to create physical space between individuals.**

- A distance of 6 feet or 2 meters between individuals is recommended.
- Gatherings are not permitted—If individuals will be interacting with others in a social setting, it should ONLY be for essential purposes and a 6-foot separation between all persons should be maintained, except between household members.
- Everyone is encouraged to stay home as much as possible, especially high-risk populations.





The [CDC now recommends wearing cloth face coverings](#) when in public settings, **especially** where other social distancing measures are difficult to maintain.

- New recommendations are based on studies that show that people may be infected with the virus and not show symptoms (“asymptomatic”) or not yet showing symptoms (“pre-symptomatic”)
- Face coverings should cover the nose and mouth and be used when individuals may be around people outside of their household.
- Face covering should be used **in addition** to other protective measures.
- The [County of San Diego Public Health Officer Orders](#) require **employees** who may have contact with the public to wear face coverings
- Medical grade face masks should be reserved for those who need them so that the current supply is not impacted.

[Visit the CDC web page to learn how to make your own face covering.](#)

WHAT'S THE DIFFERENCE BETWEEN QUARANTINE AND ISOLATION?



Isolation and quarantine are used to protect the public by preventing exposure to infected people or to people who may be infected by separating those individuals from others to limit the spread of an infectious disease.

QUARANTINE

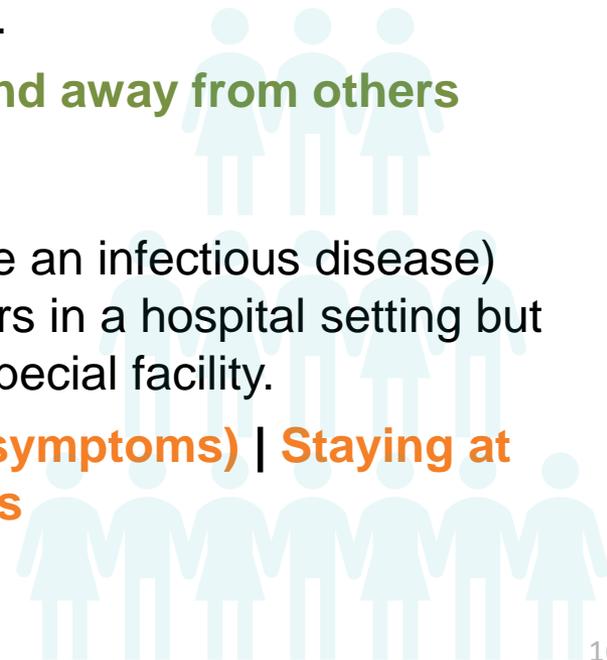
Used to separate and restrict the movement of **people who are well** but who may have been exposed to an infectious disease to see if they become ill. These people may have been exposed to a disease and do not know it, or they may have the disease but are not showing symptoms.

Healthy person | Exposed | Staying at home and away from others

ISOLATION

Used to separate **sick people** (who have or may have an infectious disease) from people who are healthy—Isolation typically occurs in a hospital setting but can be done at home (self/home-monitoring) or in a special facility.

Person with COVID-19 | Sick person (even mild symptoms) | Staying at home and away from others

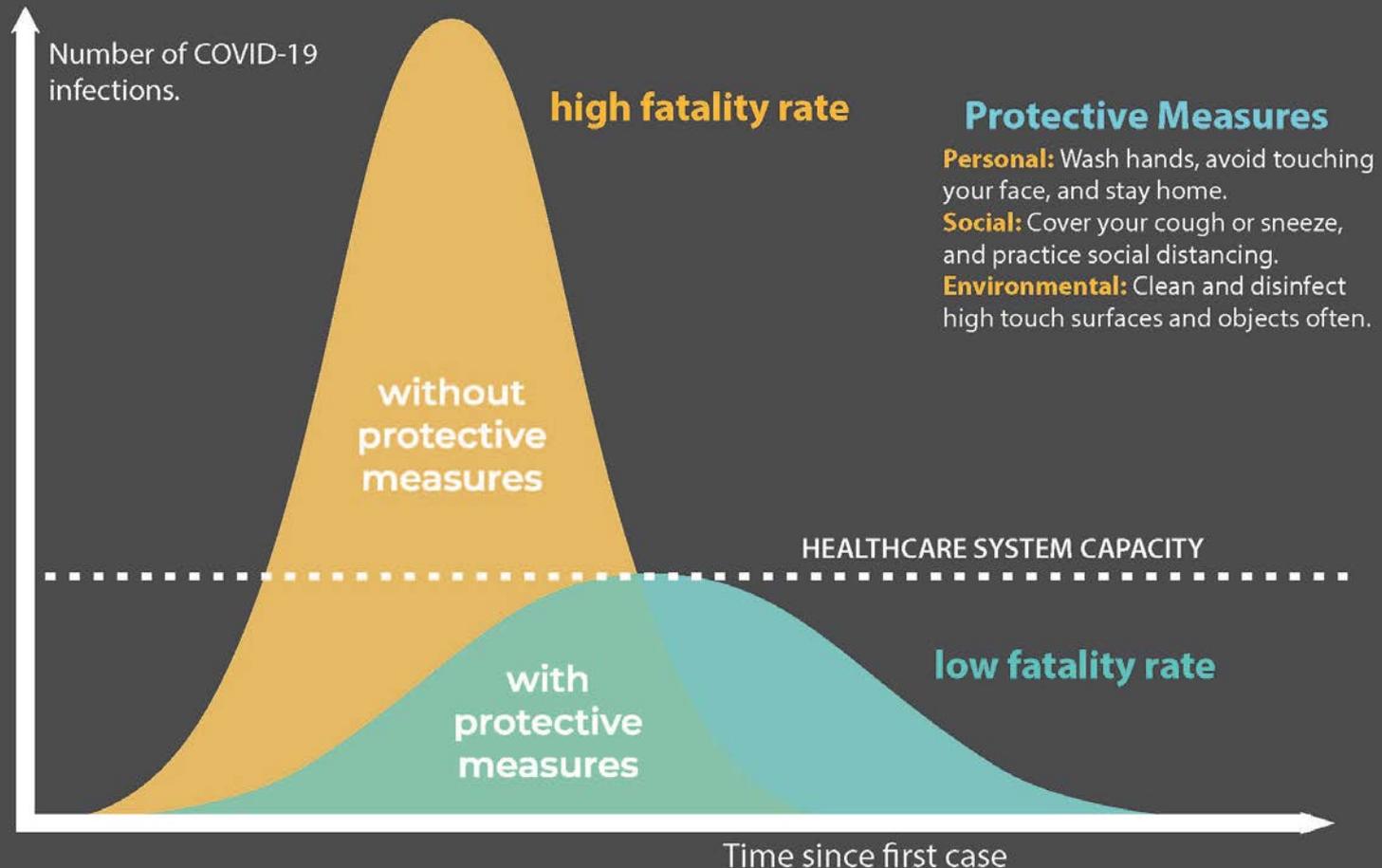


HOW DO THESE PUBLIC HEALTH ORDERS PREVENT THE SPREAD OF COVID-19?

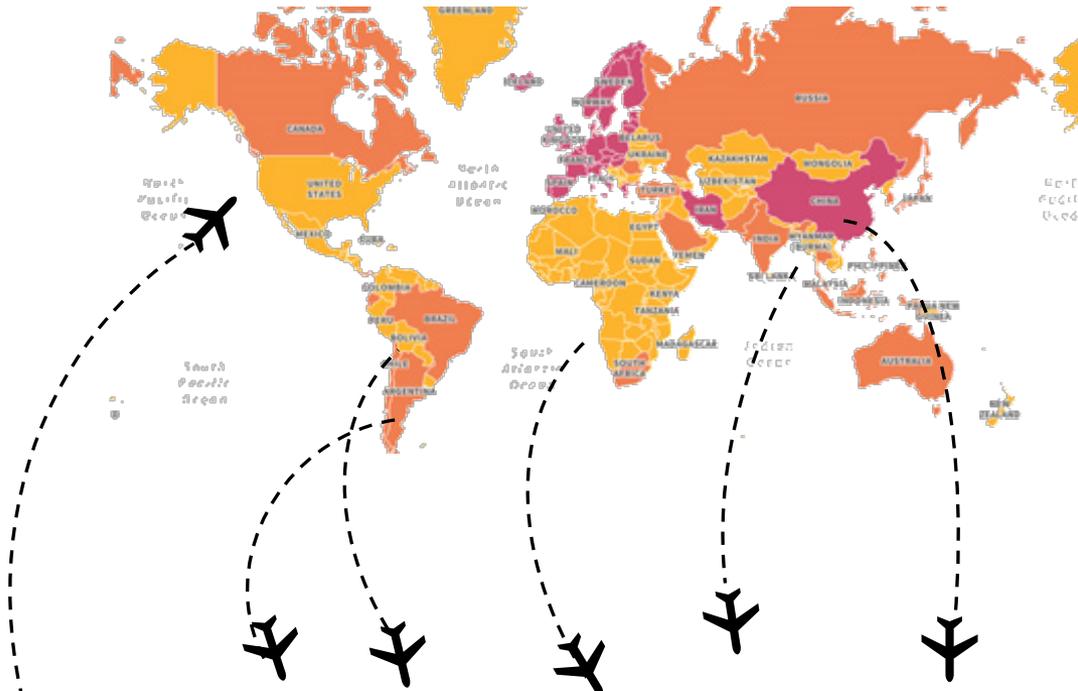


Flatten the Curve

Protective measures can make a serious impact by lowering the infection rate and reducing stress on the healthcare system.



TRAVELERS RETURNING FROM HIGH RISK COUNTRIES



There is widespread, ongoing transmission of COVID-19 worldwide. Any person who has traveled internationally in the past 14 days should stay home for 14 days from the time they returned home and monitor their health—Foreign nationals who visited high-risk countries will be denied entry to the U.S.

DO NOT TRAVEL

The CDC recommends that travelers avoid all nonessential travel to all international destinations due to the global impact of COVID-19.

- [COVID-19 Risk Assessment by Country and Current Travel Advisories](#)
- [Information for Travelers Returning from High Risk Countries](#)
- [Communication Resources for Travelers](#)
- [Travel: Frequently Asked Questions and Answers](#)

WHAT SHOULD YOU DO IF YOU THINK YOU HAVE COVID-19?



If you are feeling sick and think you have been exposed to the COVID-19 virus stay home and call your healthcare provider for medical advice.

- Stay home except to get medical care—Restrict activities outside your home
- Separate yourself from other people in your home
- Call ahead before visiting your doctor to get medical advice—Not everyone with symptoms needs to be tested for COVID-19.
- Wear a facemask if you are around others.
- Cover your coughs and sneezes
- Wash your hands often
- Clean all “high-touch” surfaces everyday
- Avoid sharing personal household items—Dishes, cups, utensils, towels, etc.
- Monitor your symptoms—**Seek prompt attention if your illness worsens**

WHAT IS HAPPENING IN THE COUNTY OF SAN DIEGO?



To help slow the spread of COVID-19 in our region, [the San Diego County Public Health Officer has issued orders and emergency regulations in response to the COVID-19 situation in San Diego County](#)—These are in addition to the Executive “[Stay Home](#)” order issued by the governor of California.

San Diego County health officials are continuing to work with the CDC, the California Department of Public Health (CDPH), and the local medical community and are utilizing standard procedures already in place to isolate, test, and investigate patients under investigation—**A press conference is held daily to provide updates on the COVID-19 situation in San Diego County.**

For information about the current COVID-19 situation in San Diego County, visit www.coronavirus-sd.com or see our [County of San Diego Coronavirus Disease \(COVID-19\) Dashboard](#)

WHY IS THERE SO MUCH IN THE NEWS ABOUT THE NOVEL CORONAVIRUS?



- **Its new!**—This novel coronavirus was identified in December 2019.
- **This is a rapidly evolving public health situation**—There are nearly 2 million confirmed cases around the world.
- **The rate of transmission and number of countries experiencing community spread makes people nervous.**
- **We fear the unknown**—There is much to learn about this virus.
- **People are curious**—It's being monitored very closely so all updates get reported.
- **It's a pandemic**—People all over the globe are being directly impacted by COVID-19.

MAIN TAKEAWAYS

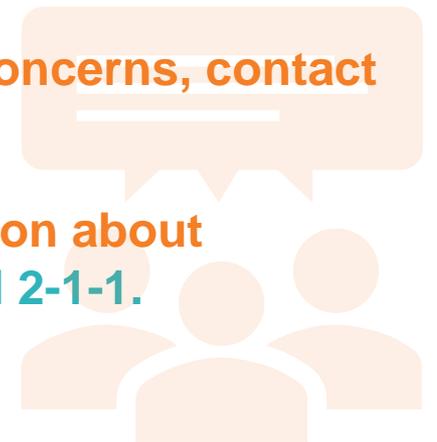


- **There is local spread of coronavirus in San Diego County.**
- **The best way to prevent getting sick is to avoid being exposed to the virus.**
- **Everyone should stay home as much as possible and practice social distancing when out in public.**
- **Frequent hand washing and disinfection of high-touch surfaces can help prevent the virus from spreading.**
- **Cloth face coverings are recommended when leaving your home to help slow the spread of the virus by people who may have the virus but do not yet know it.**
- **Testing for COVID-19 is recommended for priority populations.**
- **The County of San Diego is working closely with local, state, and federal partners to respond to this public health threat.**



THE FOLLOWING RESOURCES ARE AVAILABLE FOR MORE INFORMATION:

- [County of San Diego Coronavirus Disease 2019 \(www.coronavirus-sd.com\)](http://www.coronavirus-sd.com)
- [California Department of Public Health Coronavirus Disease](#)
- [Centers for Disease Control and Prevention Coronavirus Disease 2019 \(COVID-19\)](#)
- [World Health Organization Coronavirus Disease \(COVID-19\) Outbreak](#)
- **If you have testing or health-related questions or concerns, contact your healthcare provider.**
- **For general questions about COVID-19 or information about community resources, or if you are uninsured, call 2-1-1.**



QUESTIONS?





Thank You!