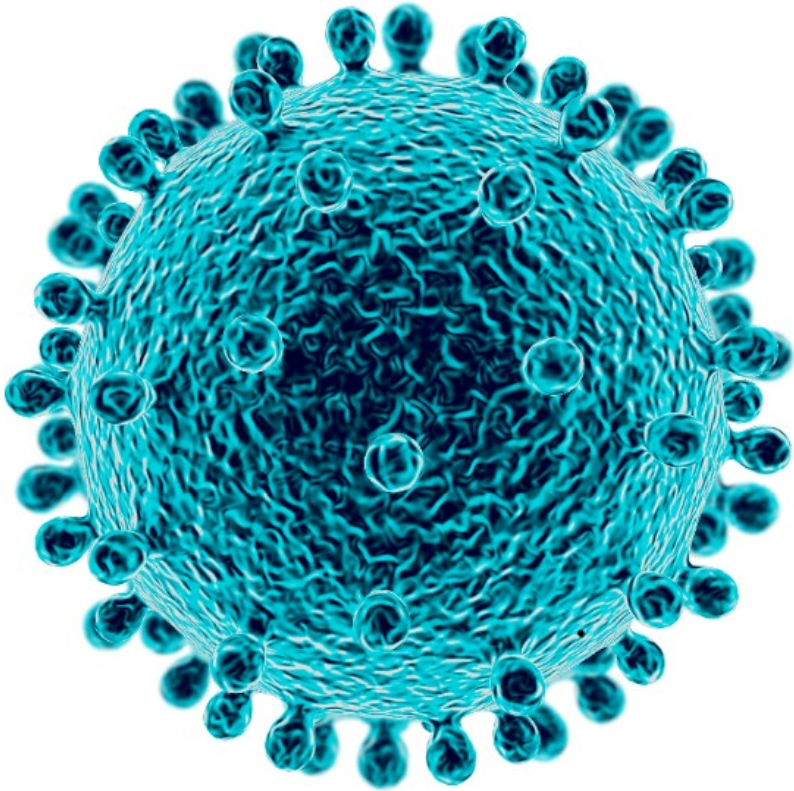


# Coronavirus Disease 2019 (COVID-19)

**COVID-19 is an emerging, rapidly evolving situation. The information provided in this power point is based on current guidance and is subject to change. (Created 3-6-2020; updated 6-20-2020)**

# What Do We Know About Coronaviruses?

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Coronaviruses have a crown-like appearance under the microscope

Coronaviruses are a large family of viruses - some cause illness in people, and others only infect animals.

Some coronaviruses infect animals then spread to people, and then spread person to person such as:

- Middle East Respiratory Syndrome (MERS)
- Severe Acute Respiratory Syndrome (SARS)
- **Coronavirus Disease 2019 (COVID-19)**

Common coronaviruses include some that cause mild upper-respiratory illnesses, like the common cold.

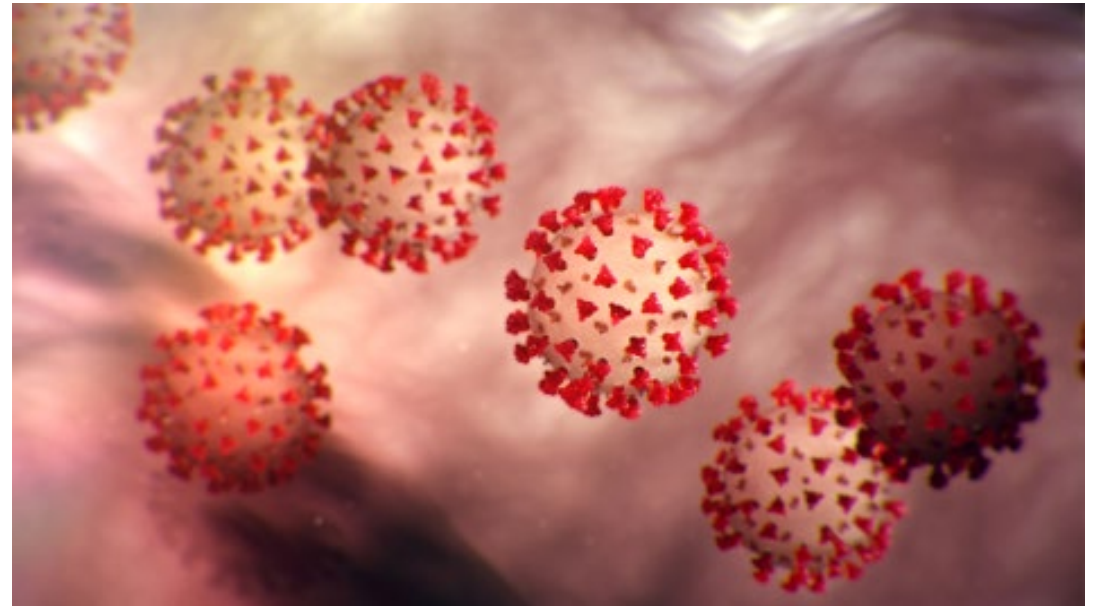
# What is COVID-19?

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Coronavirus disease 2019 or COVID-19 is a respiratory illness that can spread from person to person.

The virus that causes COVID-19 is a **new** coronavirus first identified during an investigation into an outbreak in Wuhan, Hubei Province, China.

Initial case-patients reported visiting a large seafood and live animal market in Wuhan.



# How Does COVID-19 Spread?

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COVID-19 spreads the same way the flu and other respiratory diseases spread:

- Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- Between people who are in close contact with one another (within about 6 feet).



# What are the Symptoms of COVID-19?

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Symptoms of COVID-19 are:

- Fever/ chills
- Cough
- Shortness of breath / difficulty breathing
- Fatigue
- Muscle/ body aches
- Headaches
- Sore Throat
- New loss of taste/ smell
- Congestion I runny nose
- Diarrhea
- Nausea or vomiting

Symptoms appear **2 to 14 days** after exposure. The average incubation period of COVID-19 is reported to be about **5 days**.

**Eighty percent of patients with confirmed COVID-19 have mild symptoms.**

In very severe cases, patients with COVID-19 have developed pneumonia in both lungs. In some cases, COVID-19 can be fatal.

# How Can COVID-19 Infection be Prevented?

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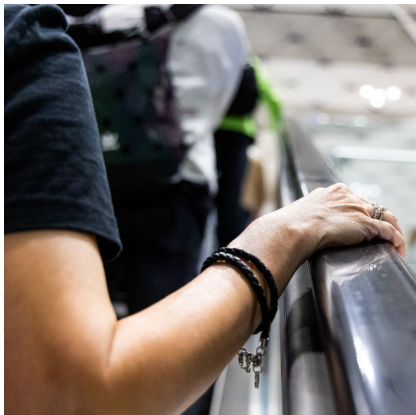
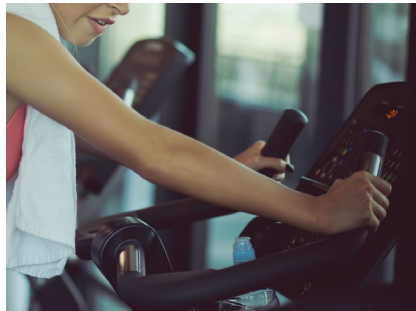
- Wash your hands often with soap + water for at least 20 seconds or use an alcohol-based hand sanitizer (at least 60% alcohol) if soap + water are not available.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Stay home if you're sick.
- Practice social distancing or putting 6 feet between yourself + others.
- Wear a face covering that covers your nose + mouth when you're in public settings.

Sing "Happy Birthday" two times through as you're washing.





# Where Have **Your** Hands Been?



# How Can COVID-19 Infection be Prevented?

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Clean frequently touched surfaces and objects daily (e.g., tables, countertops, light switches, doorknobs, cabinet handles) using regular household cleaning products and water.

Clean your electronic devices (phones, tablets, laptops, keyboards) with approved wipes or cleaning products.

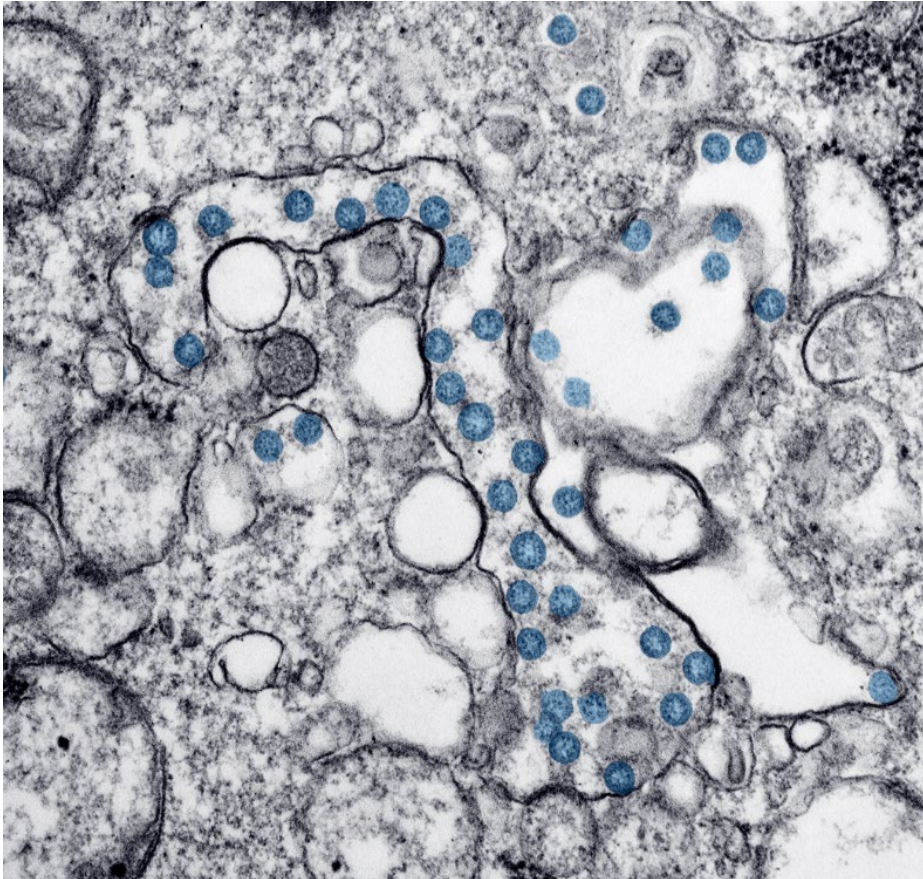
Always follow the manufacturer's instructions for all cleaning and disinfection products.





# Should I Be Tested for COVID-19?

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**Anyone in Georgia can get tested for COVID-19.**

Call your local health department to schedule an appointment or contact your healthcare provider.

It is important to know that a negative test means you were not infected with COVID-19 when you were tested. It does not mean you won't become infected or get sick at another time. Even if you test negative, you still should take steps to protect yourself and others.

# What Do All These Things Mean?

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**Community spread** means people have been infected with the virus in an area, including some who are not sure how or where they became infected.

**Social distancing** means remaining out of congregate settings, avoiding local public transportation (e.g., bus, trains, ride share), and maintaining distance (approximately 6 feet) from others.

**Congregate settings** are public places where close contact with others may occur, such as shopping centers, theaters, stadiums, workplaces and schools.

**Incubation period** refers to the time from exposure to an infection to the onset of symptoms. Different diseases have different incubation periods.

**Isolation** separates those with who **are sick** with a contagious disease from those who are not to avoid transmission.

**Quarantine** separates and restricts movement of people who **may have been exposed** to a contagious disease, but **do not show symptoms**.

**Epidemic** is a rapid increase in the number of cases of a disease above what is normally expected in a specific population.

**Pandemic** refers to a global epidemic or one that has spread over several countries or continents, affecting many people.

**Outbreak** carries the same definition as epidemic, but it is used for a more limited geographic area.

# Preparing Your Household for a COVID-19 Outbreak

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- ✓ Keep an adequate supply of water, food and pet food in your home. If you take prescription drugs, contact your health care provider about keeping an emergency supply at home.
- ✓ Meet with family, relatives, and friends to discuss possible needs in the event of an infectious disease outbreak.
- ✓ Join neighborhood information webpages or emails.
- ✓ Plan ways to care for people at higher risk - the very young, older people, people with chronic diseases or compromised immune systems.
- ✓ Choose a room in your home that could be used to separate family members who become sick.
- ✓ Create an emergency contact list of family members, friends, neighbors, health care providers, teachers, employers and others.
- ✓ Keep a working thermometer and medications, like decongestants, expectorants and ibuprofen or acetaminophen on hand.
- ✓ Know the preparedness plans of your children's childcare, schools and/or colleges.
- ✓ Plan for childcare should schools temporarily close.
- ✓ Ask about your employers' preparedness plans, including sick-leave policies and telework options.

[https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/guidance-for-schools.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fspecific-groups%2Fguidance-for-schools.html](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/guidance-for-schools.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fspecific-groups%2Fguidance-for-schools.html)

# Preparing Schools for Outbreaks of COVID-19

How to prevent the spread of:

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

### INFECTION PREVENTION STEPS

- ✓ Wash your **hands often** with soap + water.
- ✓ **Avoid touching** your **eyes, nose + mouth** with unwashed hands.
- ✓ **Cover** your **cough or sneeze** with a tissue, then **throw the tissue** in the trash.
- ✓ **Avoid close contact** with people **who are sick**.
- ✓ **Get a flu shot!**
- ✓ **Clean + disinfect frequently touched objects and surfaces** such as counters, door knobs, desks, keyboards, tablets and phones.

**Keeping hands clean is one of the most important things we can do to stop the spread of respiratory illnesses like flu and COVID-19.**



#### PROPER HANDWASHING TIPS

- Wash hands thoroughly with soap + warm water.
- Wash for 20-30 seconds or sing "Happy Birthday" two times through.
- Soap and warm water are the best way to clean your hands, but if they aren't available, use an alcohol-based hand sanitizer, that contains at least 60% alcohol.

#### HOW TO USE HAND SANITIZERS

- Apply the sanitizer to the **palm of one hand** (follow label directions on how much to use).
- Rub hands together.
- Rub the sanitizer over **all the surfaces of your hands + fingers** until your hands are dry.

For more information: [dph.georgia.gov/novelcoronavirus](https://dph.georgia.gov/novelcoronavirus)  
[cdc.gov/coronavirus/2019-ncov/index.html](https://cdc.gov/coronavirus/2019-ncov/index.html)



Review, update and implement emergency operations plans.

Communicate with school staff and parents about measures to prevent illness – flu shots, handwashing, covering coughs and sneezes with a tissue, stay home if you're sick.

Monitor and plan for absenteeism – students, faculty and staff. What level of absenteeism will disrupt teaching and learning, as well as ensuring a safe environment for students and staff?

Establish procedures for students and staff who become sick at school or arrive to school sick.

Continue to perform routine environmental cleaning, including frequently touched surfaces, desks, keyboards and tablets.

[https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/guidance-for-schools.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fspecific-groups%2Fguidance-for-schools.html](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/guidance-for-schools.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fspecific-groups%2Fguidance-for-schools.html)



# Preparing Businesses for Outbreaks of Covid-19

**Have a plan** to continue your essential business functions.

**Cross-train personnel** to perform essential functions so that the work can continue if key staff members are absent.

**Develop guidelines** for employees to telework.

**Assess your essential functions** and the reliance that the community has on your services or products.

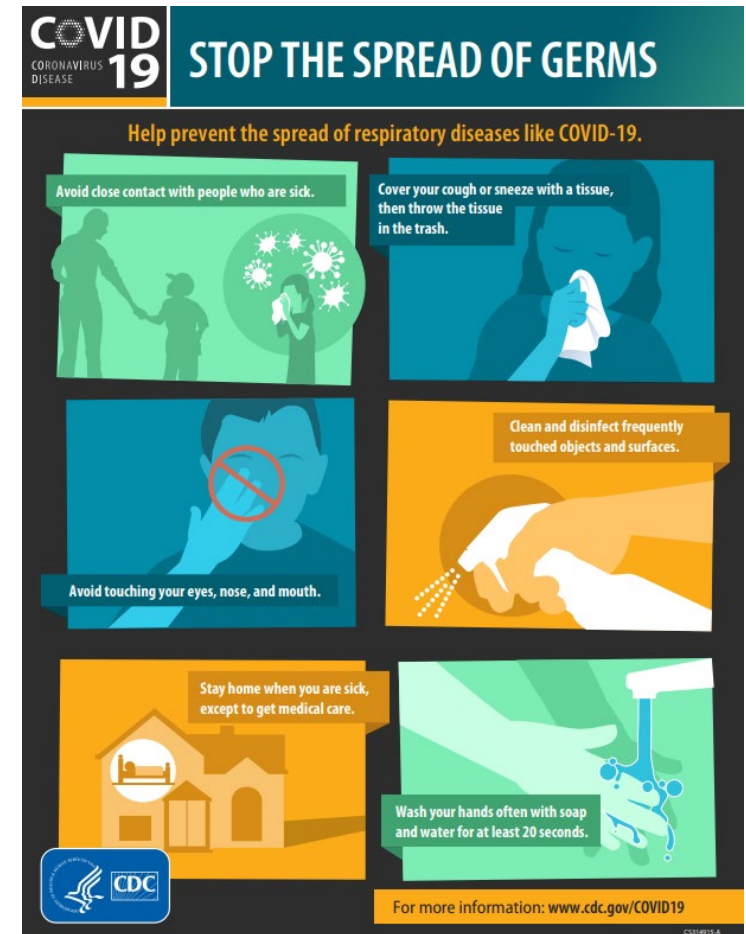
**Encourage sick employees to stay home.**

**Reinforce healthy behaviors** such as handwashing with soap and water, covering a cough or sneeze with a tissue, get a flu shot.

**Provide soap and water** and alcohol-based hand rubs in the workplace.

**Monitor for and discourage** stigma and discrimination in the workplace.

[https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fspecific-groups%2Fguidance-business-response.html](https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fspecific-groups%2Fguidance-business-response.html)





# Preparing for Community Mass Gatherings

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Promote messages that discourage people who are sick from attending events.

Meet with the emergency operations coordinators or planning teams at your venues.

Establish relationships with key community partners and stakeholders.

Provide COVID-19 prevention supplies at your events, including sinks with soap, hand sanitizers, and tissues.

Identify actions to take **should you need** to postpone or cancel events.

Update and distribute **timely and accurate emergency COVID-19 information.**

[https://www.cdc.gov/coronavirus/2019-ncov/community/large-events/mass-gatherings-ready-for-covid-19.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fmass-gatherings-ready-for-covid-19.html](https://www.cdc.gov/coronavirus/2019-ncov/community/large-events/mass-gatherings-ready-for-covid-19.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fmass-gatherings-ready-for-covid-19.html)

# COVID-19 and Stigma

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**Diseases can make anyone sick regardless of their race or ethnicity or where they live!**



People of Asian descent, including Chinese Americans, are not more likely to get COVID-19 than any other American.

Stopping stigma can help communities withstand or recover quickly from difficult situations, such as disease outbreaks.

Communicating the facts that viruses do not target specific racial or ethnic groups, and how COVID-19 spreads can **help stop stigma.**

# Last Thoughts

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Stay calm and be prepared.

Get your information from reliable and accurate sources rather than to buying into hype and misinformation.

<https://dph.georgia.gov/>

<https://www.cdc.gov/>

Be kind, staying mindful of actions that could perpetuate discrimination or stigma associated with COVID-19 or other infectious diseases.

Prevention, not panic!

