



# CORONAVIRUS DISEASE 2019 (COVID-19)

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County of San Diego





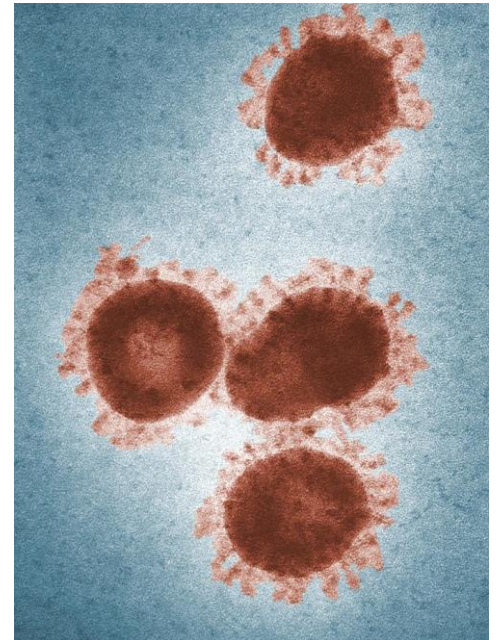
**The COVID-19 situation is rapidly changing,  
the information provided in this presentation is  
accurate as of:**

**May 12, 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.
- Coronaviruses are named for the crown-like spikes on their surface.
- Most people get a coronavirus infection at some point 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)?



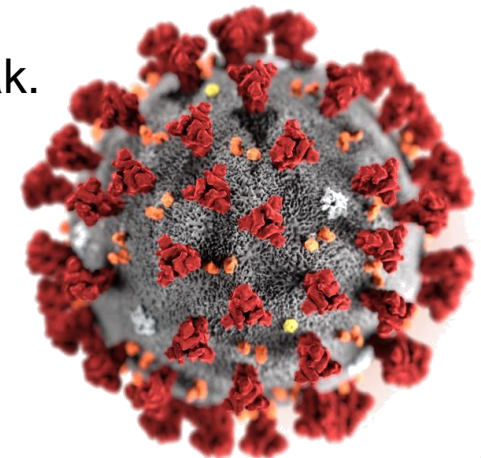
A novel (new) coronavirus that was identified as the cause of an outbreak of respiratory illness that was first detected in Wuhan, China in December of 2019

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



People with COVID-19 have reported mild to severe illness. People with any of the following symptoms may have COVID-19:

- Cough
- Shortness of Breath or Difficulty Breathing
- Fever
- Chills
- Muscle Pain
- Sore Throat
- New Loss of Taste or Smell
- This is not an all-inclusive list, other less common symptoms include nausea, vomiting, or diarrhea.



**Symptoms may appear 2-14 days after exposure to the virus.**



## HOW IS COVID-19 DIAGNOSED?

Patients are diagnosed by laboratories who test samples (often through nose swabs) sent in by healthcare providers. The County of San Diego Public Health Lab, as well as hospital, clinic, and commercial laboratories in San Diego County can test for the COVID-19 virus.

- Call your **healthcare provider** to determine if you have signs and symptoms compatible with COVID-19 and if you should get tested.
- **Current State Testing Sites** are available in Cajon, Chula Vista, and Escondido.
  - Doctor's referral **NOT** required
  - Appointment Required: Call (888) 634-1123 or visit <https://lhi.care/covidtesting> to make an appointment.
- **County of San Diego Mobile Drive-Up Testing**
  - Doctor's referral **NOT** required but preferred
  - Appointment Required: Call 2-1-1 to make an appointment

If you do not have a healthcare provider or are uninsured, call 2-1-1 for assistance or to be referred to a County of San Diego testing site.





## There are two kinds of tests available for COVID-19

	Molecular Polymerase Chain Reaction (PCR)	Serology
Detects	Virus	Antibodies
Good For Identifying	Current Infection	Past Infection
Common Sample Type	Nose or Throat Swab	Blood/Plasma
Key Considerations	Diagnostic Test	Should <b>NOT</b> be used to diagnose someone who is currently sick— Timing of test is important

Most samples must be sent to a laboratory to be analyzed, a process that takes 1-2 days. Point-of-care tests results may be available at the testing site in less than an hour.



## HOW IS COVID-19 TREATED?

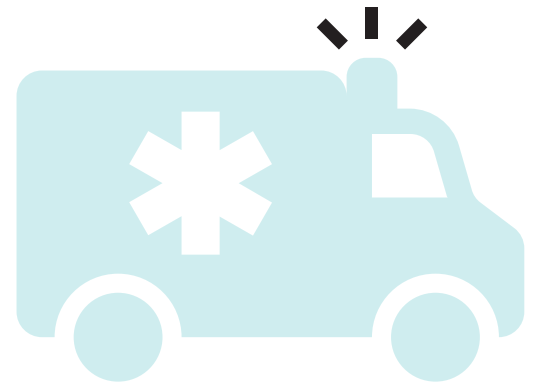
- Antiviral treatments are being studied for COVID-19 infection.
  - The scientific and medical community are researching potential antiviral medications that can be used to treat or prevent COVID-19 infection, clinical trials to study these medications are underway.
  - One medication has received FDA Emergency Use Authorization to date.
- 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 currently available information and clinical expertise, some people are at a higher risk for severe illness from COVID-19 if they are infected. These higher risk groups include:

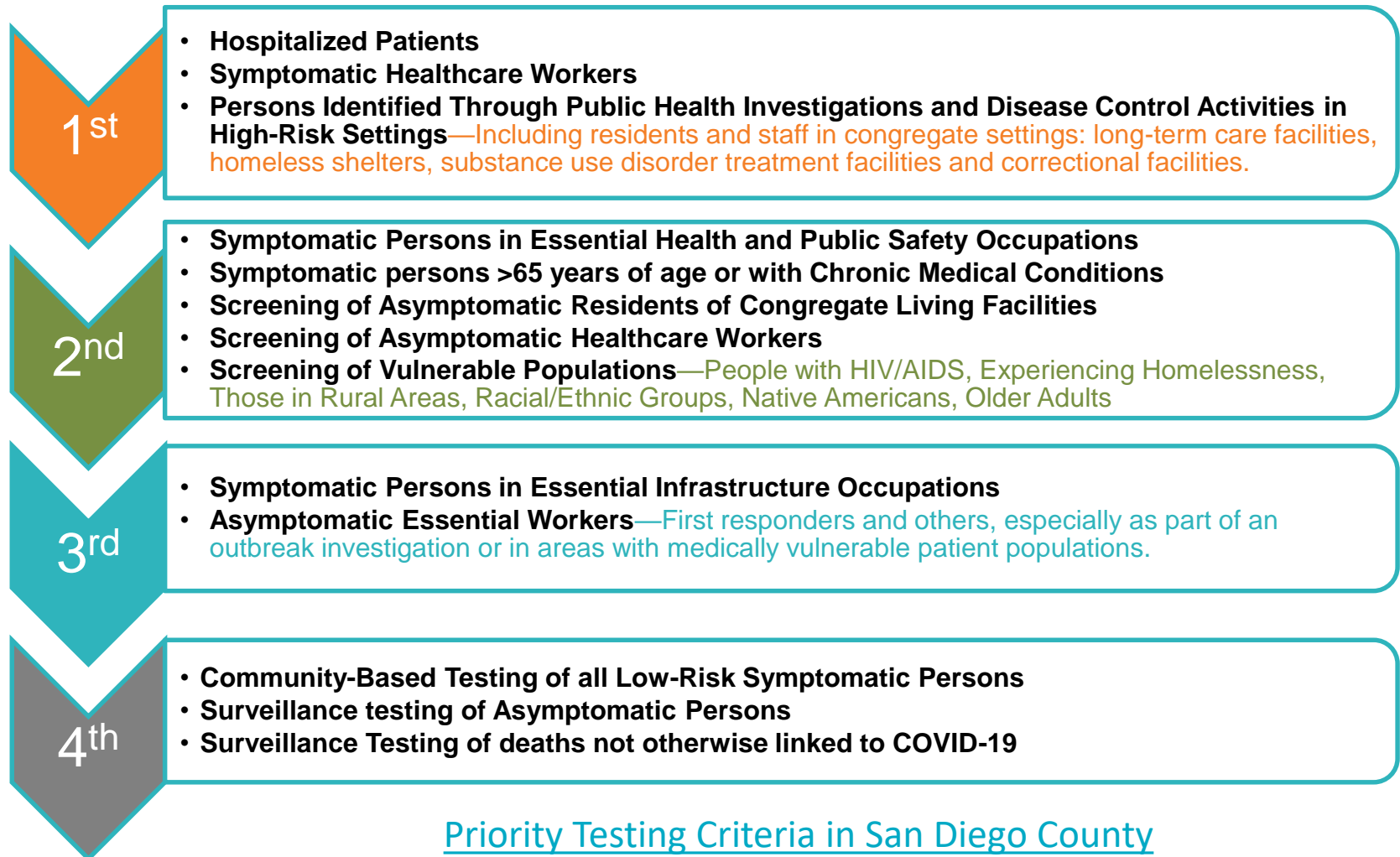
- **Older adults**—People 65 years and older
- People who live in a nursing home or long-term care facility
- **People of any age who have serious underlying medical conditions, especially if their medical condition is not well controlled, including:**
  - Chronic Lung Disease
  - Moderate to Severe Asthma
  - Heart Conditions
  - Compromised Immune System
  - Severe Obesity—Body Mass Index (BMI)  $\geq 40$
  - 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 CDPH and the CDC, **testing is prioritized.**



# 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 required 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...

**Workers of essential or reopened businesses, to take care of essential needs, go to or from reopened businesses, or to participate in allowed outdoor activities as defined by the San Diego County Health Officer Order**

<u>Essential Workers</u>	<u>Essential Businesses</u>	<u>Reopened Businesses</u>
<ul style="list-style-type: none"><li>• Healthcare/Public Health</li><li>• Emergency Services</li><li>• Law Enforcement, Public Safety, and First Responders</li><li>• Public Works</li><li>• Food and Agriculture</li><li>• Energy Services</li><li>• Water and Wastewater</li><li>• Transportation and Logistics</li></ul>	<ul style="list-style-type: none"><li>• Grocery/Food and Beverage Stores</li><li>• Restaurants—<b>ONLY for take-out, delivery or drive-through</b></li><li>• Pharmacies</li><li>• Banks</li><li>• Gas Stations</li><li>• Laundromats</li><li>• Hardware/Home Improvement Stores</li><li>• Airports and Public Transportation</li></ul>	<ul style="list-style-type: none"><li>• Book Stores</li><li>• Jewelry Stores</li><li>• Toy Stores</li><li>• Clothing Stores</li><li>• Shoe Stores</li><li>• Home Furnishing Stores</li><li>• Sporting Good Stores</li><li>• Antique Stores</li><li>• Music Stores</li><li>• Florists</li></ul> <p><i>*Available for curbside pickup and delivery only.</i></p>

# PUBLIC HEALTH OFFICER ORDER UPDATES



- **Face covering are required for all people 2 years old and older**—Face coverings should be used when individuals leave their home and are within 6 feet of individuals outside of their household.  
*\*Persons with a medical or mental health condition, or developmental disability that prevents them from being able to wear a face covering are exempt from this requirement.*
- **Updated guidance for hospitals and other healthcare providers, including dentist, for non-emergent or elective procedures and preventive care services.**
- **Some recreation sites are open to the public for limited use:**
  - Parks
  - Campgrounds
  - Recreational Boating
  - Beaches
  - Golf Courses and Other Outdoor Recreational Facilities (**NOT** Community Swimming Pools)
- **Certain Businesses, in compliance with [State of California's Resilience Roadmap](#), are allowed to reopen for curbside pickup and delivery.**

**Mandatory social distancing and proper sanitation measures must be implemented, or the site will close.**

Learn more about [Park and Beach Protocols](#), [Golf Course Physical Distancing and Safety](#), and [Safe Reopening Plans](#) or see the [Public Health Office Order](#) for details.

# 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.







Based on [CDC recommendations](#), the County of San Diego Public Health Officer Order of now **REQUIRES** 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 **all individuals** (Ages 2+) to wear face coverings when out for essential or recreational purposes.
- 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

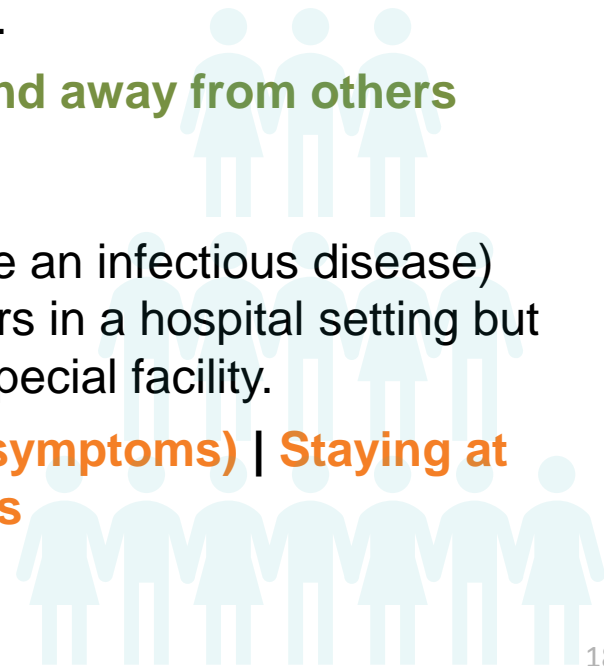
Used to separate and restrict the movement of **people who are well** but who may have been exposed to an infectious disease to see if they become ill. These people may have been exposed to a disease and do not know it, or they may have the disease but are not showing symptoms.

**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**

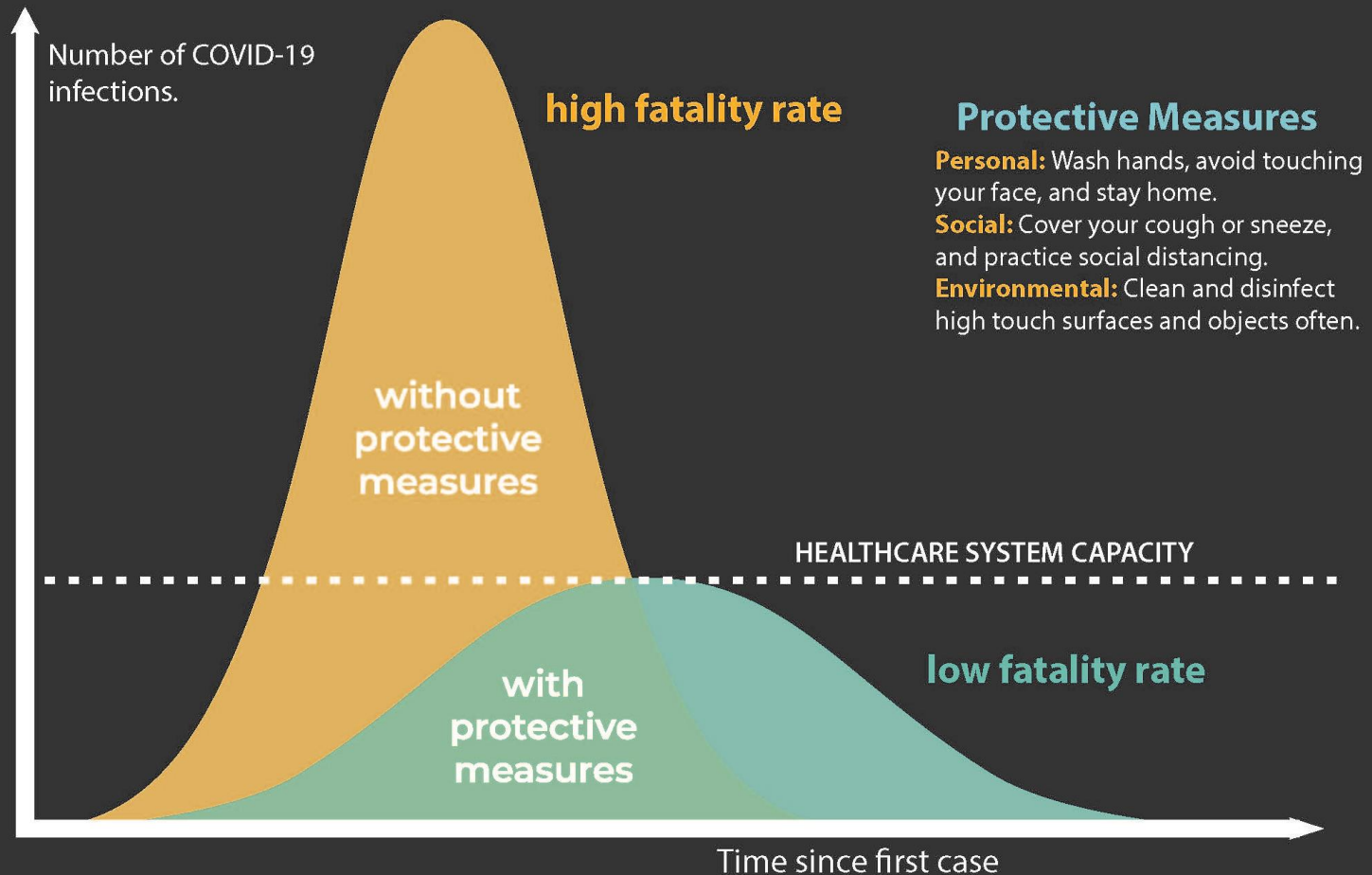


# HOW DO THESE PUBLIC HEALTH ORDERS PREVENT THE SPREAD OF COVID-19?



## 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



## 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](#)

There is widespread, ongoing transmission of COVID-19 worldwide. Any person arriving in San Diego County who has traveled to a location with a CDC Travel Advisory Warning Level of 2 or 3 should quarantine at home for 14 days and monitor their health—Foreign nationals who visited high-risk countries will be denied entry to the U.S.

# 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 and/or testing—See the [Health Officer Isolation Order](#) and [Instructions for Home Isolation](#)
- Separate yourself from other people in your home
- Call ahead before visiting your doctor to get medical advice.
- 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](http://www.coronavirus-sd.com) or see our [County of San Diego Coronavirus Disease \(COVID-19\) Dashboard](#)**

# MAIN TAKEAWAYS



- **There are more than 1 million cases of COVID-19 in the United States, including a growing number of cases 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 required 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 expanding.**
- **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!

[Presentation Feedback Form](#): Sector

