



Coronavirus disease training

An overview: module 1

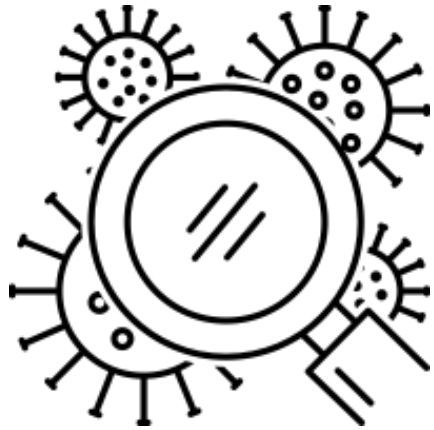
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Updated April 10th, 2020



TRAINING OBJECTIVES



<https://thenounproject.com/>

- Learn about coronavirus disease
- Understand transmission of the disease
- Understand how people can protect themselves and others
- Understand when to seek care

New information is coming out quickly, this is not an all-inclusive training. We will continue to provide updates as new information becomes available.



DISCUSSION: What's happening now?

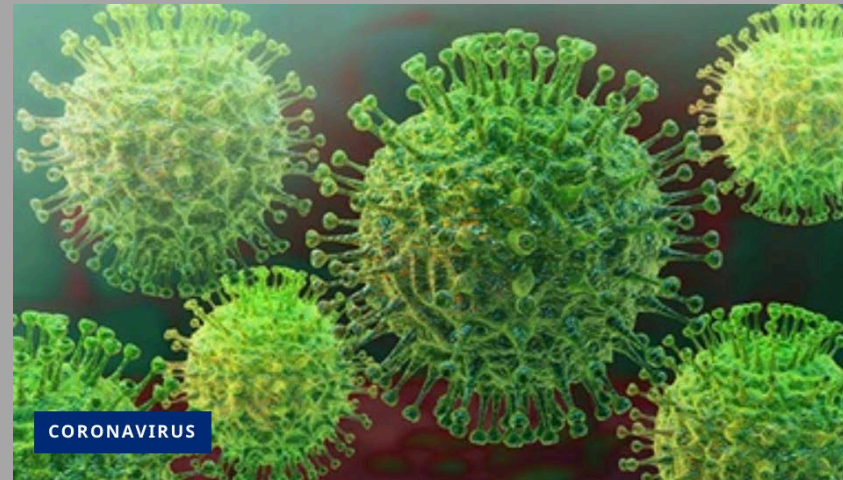
What have you as community health volunteers heard about coronavirus?

Where have you heard this information from?

What questions do you have as health care professionals?



Section 1: Coronavirus disease



<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus>



CORONAVIRUSES

Coronaviruses are a large family of viruses that cause a variety of illnesses such as:

The Common
Cold



Middle East Respiratory
Syndrome



Severe Acute Respiratory
Syndrome



Coronavirus disease
(COVID-19)





CORONAVIRUS: Why is it called that?



Coronaviruses are named after the Latin word corona meaning “crown” because they have crown-like spikes on the surface.





CORONAVIRUS: Different names

The official name of this disease is called coronavirus disease or COVID-19.

They mean the same thing.

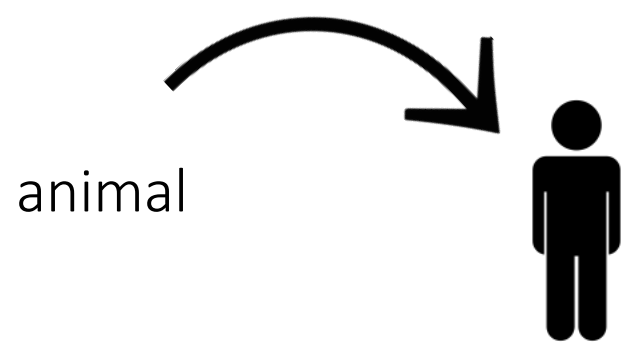
Corona	Virus	Disease	2019
CO	VI	D	19



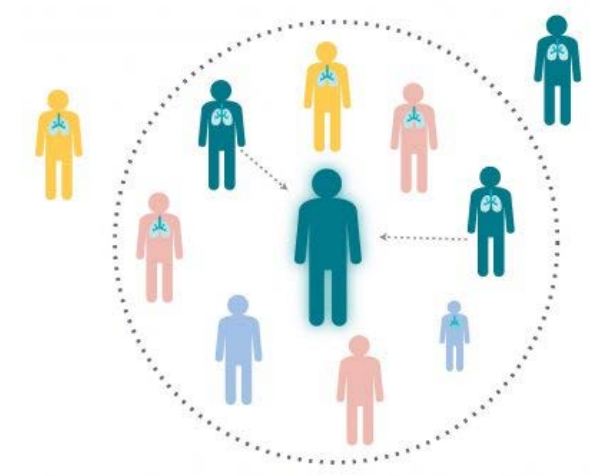
CORONAVIRUSES: Where they can come from

Coronaviruses are zoonotic diseases that -

Originally transfer from an animal to a person.



Then, generally, the disease transfers from person to person.



It is probable that this virus has come from a bat.



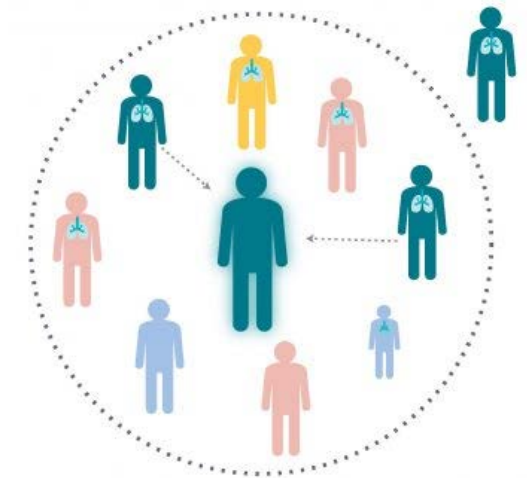
CORONAVIRUS: Animals

Can I get COVID-19 from my pets or other animals?

At this time, there is no evidence that companion animals, including pets, can spread COVID-19 to people or that they might be a source of infection in the United States. To date, CDC has not received any reports of pets becoming sick with COVID-19 in the United States.

Pets have other types of coronaviruses that can make them sick, like canine and feline coronaviruses. These other coronaviruses cannot infect people and are not related to the current COVID-19 outbreak.

However, since animals can spread other diseases to people, it's always a good idea to practice [healthy habits](#) around pets and other animals, such as washing your hands and maintaining good hygiene. For more information on the many benefits of pet ownership, as well as staying safe and healthy around animals including pets, livestock, and wildlife, visit CDC's [Healthy Pets, Healthy People website](#).





CORONAVIRUS DISEASE: Is spreading fast

Health officials are still tracing the exact source, but it is believed to be linked to a food market in Wuhan China in December 2019.



The red circles show where reported coronavirus disease cases are located.

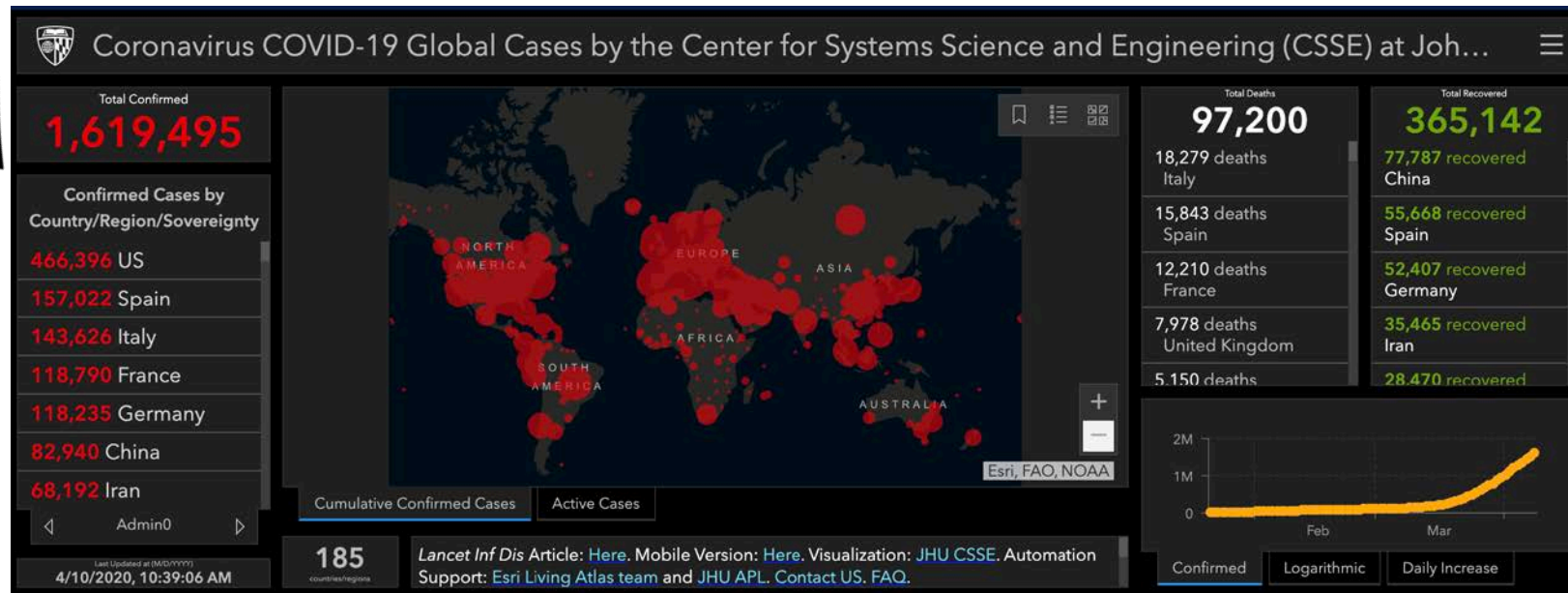
The size of the circles indicate the number of cases reported (larger circles mean more diagnosed infections).

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus>
<https://coronavirus.jhu.edu/map.html> Accessed March 24th, 2020



CORONAVIRUS DISEASE: A global pandemic

As of April 10th, there were over 1.6 million cases globally, and it has spread to more than 175 countries.



The number of cases reported change daily.

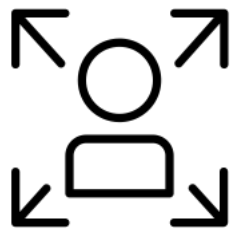
To see an update of cases today, click on this link to the Johns Hopkins global dashboard:

<https://coronavirus.jhu.edu/map.html>



CORONAVIRUS DISEASE: Reported numbers

Number of cases can vary depending on a number of factors, including:



Population exposure



Contact tracing



Access to testing



Ability to report



VACCINE, DRUG, MEDICATION

VACCINE: There is currently no vaccine to protect against coronavirus disease. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

TREATMENT: There is no specific treatment for coronavirus either. People with coronavirus disease can seek medical care to help relieve symptoms.



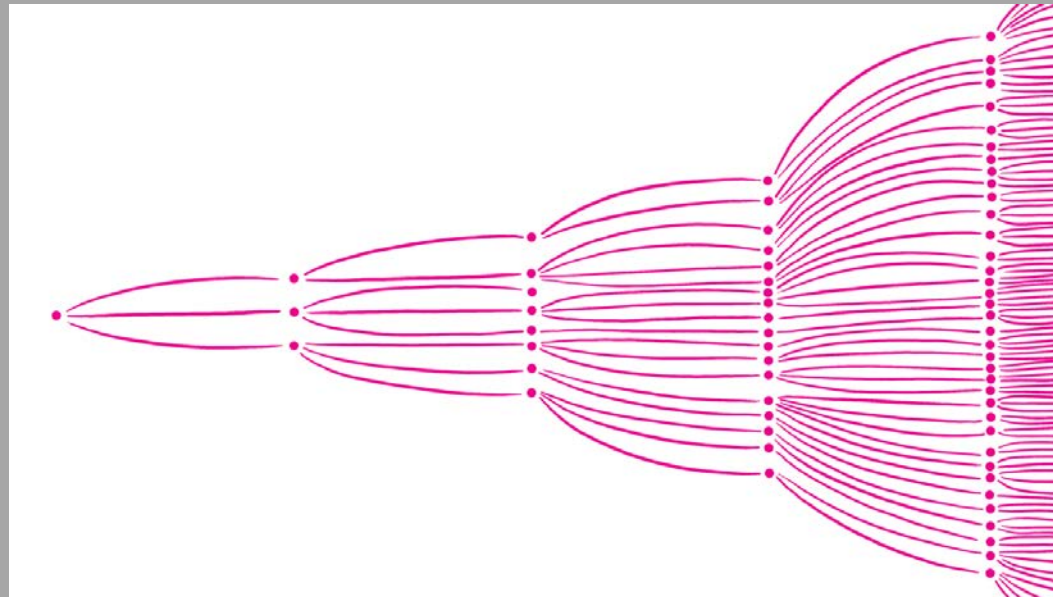
DISCUSSION: What are people talking about?

What questions have you had from the community so far about coronavirus?

Where are people getting their information?



Section 2: Transmission



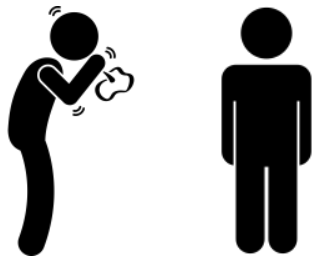


TRANSMISSION: How it spreads

The main way the disease spreads is from **person-to-person** through respiratory droplets expelled by someone who is coughing or sneezing.

Person-to-Person

If a person who is sick coughs, sneezes or talks these droplets can land in the mouth or nose of people who are nearby or be inhaled into the lungs.



Contaminated Surfaces

Respiratory droplets from a cough, sneeze or talking can **land on objects and surfaces around the person; or they might have the virus on their hand and touch a surface**. A healthy person touches the item/surface and that person touches their nose, mouth or eyes.



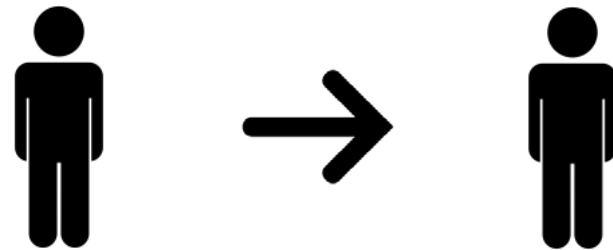
<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>
<https://thenounproject.com/>



TRANSMISSION: Not everyone seems sick

Many people with coronavirus disease experience only mild symptoms. This is particularly true at the early stages of the disease.

It is therefore possible to catch coronavirus disease from someone who has, for example, just a mild cough and/or does not feel ill.





TESTING

Coronavirus disease can only be diagnosed through a laboratory test.





MITIGATION: Physical distancing plan

Physical distancing (also called social distancing) is a public health practice that aims to prevent sick people from coming in close contact with healthy people in order to reduce opportunities for disease transmission.

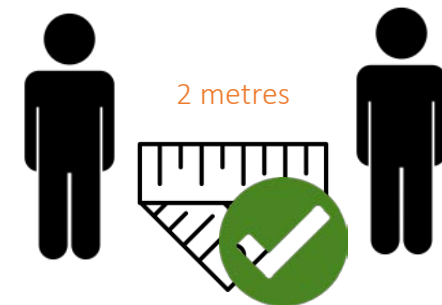
Community examples:

Closing churches; closing schools



Individual examples:

Avoid social gatherings of any size. If near to someone who is ill or might have been exposed to the virus, stay 2 metres apart.



<https://hub.jhu.edu/2020/03/13/what-is-social-distancing/>
<https://thenounproject.com/>



MITIGATION: Physical distancing, how it works

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@SIOUXSIEW @XTOTL thespinoff.co.nz

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[View in presentation mode for graphics](#)



MITIGATION: Examples of distancing

Avoid crowds of any size.



Avoid places where people are close together – like buses and matatus.



Avoid high traffic areas, like markets, or shop less frequently if possible.



Avoid crowded dispensaries; if you must go - stay 2 metres apart from people.



People should be sure to wash hands thoroughly with soap or detergent and running water for 20 seconds upon leaving and before touching their face and before entering their home if they are in these environments.



MITIGATION: Modify social norms

Do not shake hands



Minimize kissing and hugging



Wave



Foot bump



Bow



<https://www.publicdomainpictures.net/en/view-image.php?image=318775&picture=coronavirus-symbol>
<https://thenounproject.com/>



DISCUSSION: Social practices

What are the practices that might make our communities more susceptible to spread of the virus?

Consider:

- *Individual practices*
- *Cultural practices*
- *Traditional practices*



Section 3: Symptoms





CORONAVIRUS DISEASE: Symptoms

The main symptoms of coronavirus disease are:

Symptoms tend to show up within 14 days of exposure, most commonly around 5 days.



Some patients may have: tiredness, aches, nasal congestion, runny nose, sore throat and diarrhea.



CORONAVIRUS DISEASE: Symptoms

Symptoms can start mild and gradually worsen.



Some people become infected but don't develop symptoms.



Most people (about 80%) recover from the disease without needing special treatment.



Around 1 out of every 6 people becomes seriously ill and develops difficulty breathing.

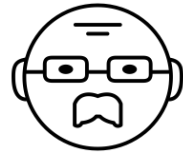




CORONAVIRUS DISEASE: Those at higher risk

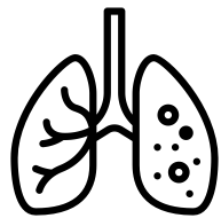
People who may be at higher risk for more serious complications from coronavirus disease include:

Older adults



People who have serious underlying medical conditions like:

Chronic lung disease



Moderate to severe asthma



Serious heart disease



Immunocompromised including cancer or poorly controlled HIV



Diabetes, or other conditions like renal failure, liver disease, or obesity

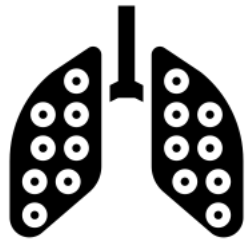




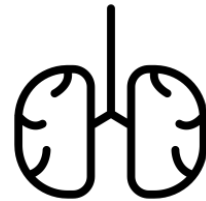
CORONAVIRUS DISEASE: Severe complications

Severe complications include:

Pneumonia in both lungs



Multi-organ failure



In some cases death





DISCUSSION: What are people talking about?

Who are the top three most trusted sources of information?

And who do they actually get information from? (it might not actually be the most trusted sources)

How do they get information (i.e. radio, WhatsApp, print, etc.)?



Section 4: Prevention





PREVENTION: Steps to protect yourself

Wash your hands often with soap or detergent and running water for at least 20 seconds.

Avoid touching high-touch surfaces in public places.

Avoid touching your face (nose, eyes, etc.).

Put distance (2 meters/ 6 feet) between yourself and others.

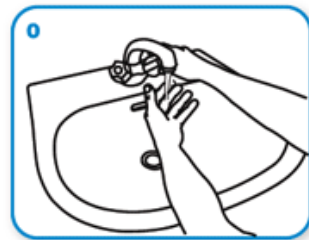


<https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>
<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-facts-infographic>

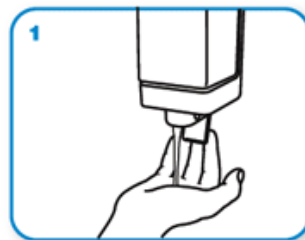


PREVENTION: Handwashing

Wash your hands often with soap or detergent and running water for at least 20 seconds.



Wet hands with water



apply enough soap to cover all hand surfaces.



Rub hands palm to palm



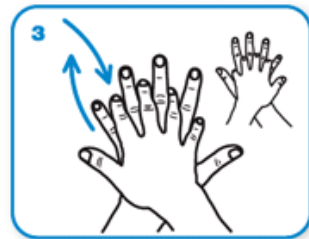
rotational rubbing of left thumb clasped in right palm and vice versa



rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



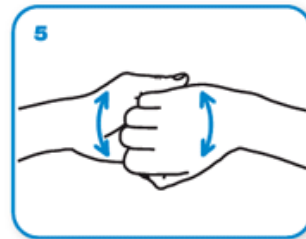
Rinse hands with water



right palm over left dorsum with interlaced fingers and vice versa



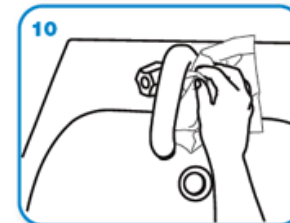
palm to palm with fingers interlaced



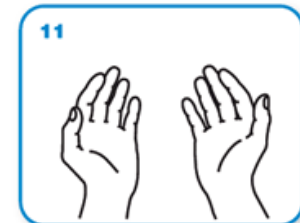
backs of fingers to opposing palms with fingers interlocked



dry thoroughly with a single use towel



use towel to turn off faucet



...and your hands are safe.



PREVENTION: As a society

Prevention options are not just about preventing ourselves from coronavirus disease; it's about protecting your loved ones, neighbors and people you care about from becoming ill.



PREVENTION: Steps to protect others

Stay home if you are sick, except to seek medical care. Monitor symptoms.



Cover cough and sneezes. Wash your hands immediately.



If you are sick wear a face mask. If you don't have a mask cover your coughs/ sneezes.



Clean and disinfect surfaces – doorknobs and light switches.





SEEKING CARE: When to seek care

If people present with the main symptoms; they should call their local provider for guidance about seeking care.

Common symptoms include fever and cough. **Trouble breathing is a more serious symptom that means you should get medical attention.**



Fever



Cough



Shortness of breath

When seeking medical care people should:

Call ahead

Wear a face mask (cover your mouth and nose)

Avoid public transportation



SEEKING CARE: When to stay home

People should STAY HOME if they have flu-like symptoms such as:



Sore throat



Nasal congestion/
runny nose



Tiredness



Body aches



Diarrhea

Monitor symptoms and if they worsen – call your medical provider or hotline.



EMERGENCY WARNING SIGNS: Seek care immediately

Difficulty breathing or shortness of breath



Persistent pain or pressure in the chest



New confusion or inability to arouse



Bluish lips or face



If someone develops **emergency warning signs** for coronavirus disease, they should get **medical attention immediately**.

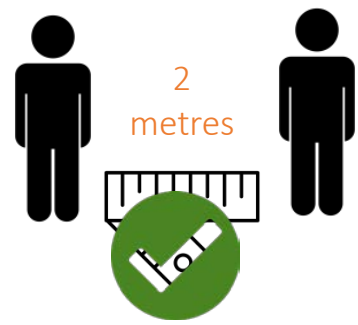


KEY TAKEAWAYS

Wash hands regularly with soap or detergent for 20 seconds with running water



Keep distance if someone is coughing or sneezing



Avoid crowds (of any size)



Avoid high touch surfaces



Stay home if with flu-like symptoms; call a provider or hotline if with fever, cough or shortness of breath





Thank you!