

# COVID-19 UPDATES



# AGENDA



- COVID-19 Overview
- Situational Awareness
- DHSS Response
- Reliable resources
- Questions/concerns

- 7 types of human coronaviruses that can infect people
- 4 well known types commonly infect people annually
  - Cause mild-moderate common cold symptoms
- SARS-CoV-2
  - Causes coronavirus disease 2019 (COVID-19)
  - It's a new virus that was identified in late December 2019 in China
  - Sometimes coronaviruses that infect animals can evolve and “jump” from an animal reservoir to humans, causing illness and then are identified as a “new human coronavirus.”

- Transmission:
  - Respiratory droplets (coughing, sneezing)
  - Close personal contact (< 6 feet) greatest risk
  - Touching contaminated surfaces or objects
- Transmissibility: it appears one person may infect 2.5 others
  - More transmissible than seasonal influenza, but less than measles
- Case fatality rate appears to be about 3.4%
  - Seasonal influenza: <0.1%
  - SARS: 10%
  - MERS: 35%

- Incubation period: 2–14 days, average 5 days
  - Time from exposure until the first symptoms develop
- Symptoms
  - Fever, cough, shortness of breath, fatigue
  - Appears to disproportionately affect older people and people of any age with underlying health conditions
- Treatment
  - Supportive care
  - Vaccine in development, at least a year before it could be available
  - Anti-viral medication in clinical trial phase
- Testing
  - Nasopharyngeal swab, optional oropharyngeal and sputum
  - Alaska state public health labs in Anchorage and Fairbanks can test and will submit samples to CDC for confirmation
  - Commercial labs: Quest and LabCore

## Persons Under Investigation (PUI)

- Clinicians should use their judgment to determine if a patient has signs and symptoms compatible with COVID-19 and whether the patient should be tested. Decisions on which patients receive testing should be **based on the local epidemiology** of COVID-19, as well as the clinical course of illness.
- Most patients with confirmed COVID-19 have developed fever  $>100.4^{\circ}\text{F}_1$  and/or symptoms of acute respiratory illness (e.g., cough, difficulty breathing).
- Clinicians are strongly encouraged to test for other causes of respiratory illness, including infections such as influenza.
- Epidemiologic factors that may help guide decisions on whether to test include: any persons, including healthcare workers<sub>2</sub>, who have had close contact<sub>3</sub> with a laboratory-confirmed<sub>4</sub> COVID-19 patient within 14 days of symptom onset, **or a history of travel from affected geographic areas<sub>5</sub>** (see below) within 14 days of symptom onset.

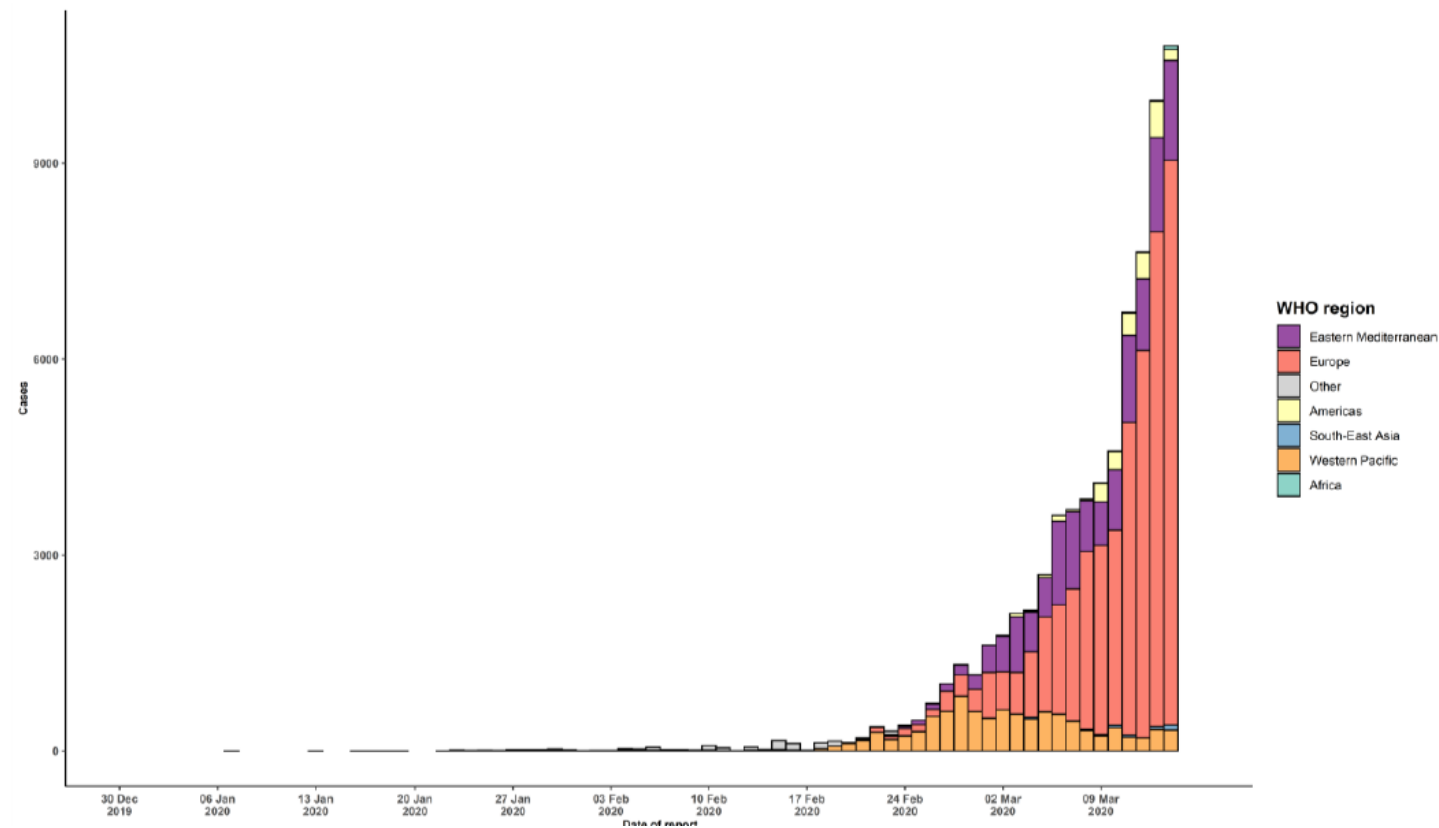
## Daily Situation Report: 3/15/2020

- WHO declared a pandemic 3/11/2020
- 153,517 cases in 143 countries and territories
  - Deaths: 5735
  - “Europe is now the epicenter of the pandemic with more reported cases and deaths than the rest of the world combined, apart from China”
  - “More cases are now being reported every day than were reported in China at the height of its epidemic. I will repeat this one; more cases are now being reported every day than were reported in China at the height of its epidemic.”
  - “Any country that looks at the experience of other countries with large epidemics and thinks “that won’t happen to us” is making a deadly mistake. It can happen to any country. WHO General Director

# SITUATIONAL AWARENESS: EPI CURVE WHO



Figure 2. Epidemic curve of confirmed COVID-19 cases reported outside of China (n=72 469), by date of report and WHO region through 15 March 2020

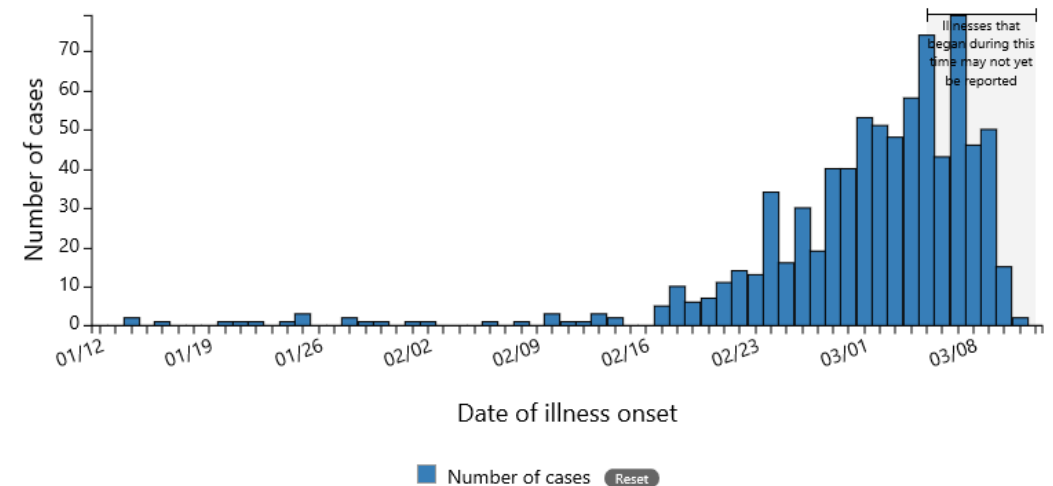




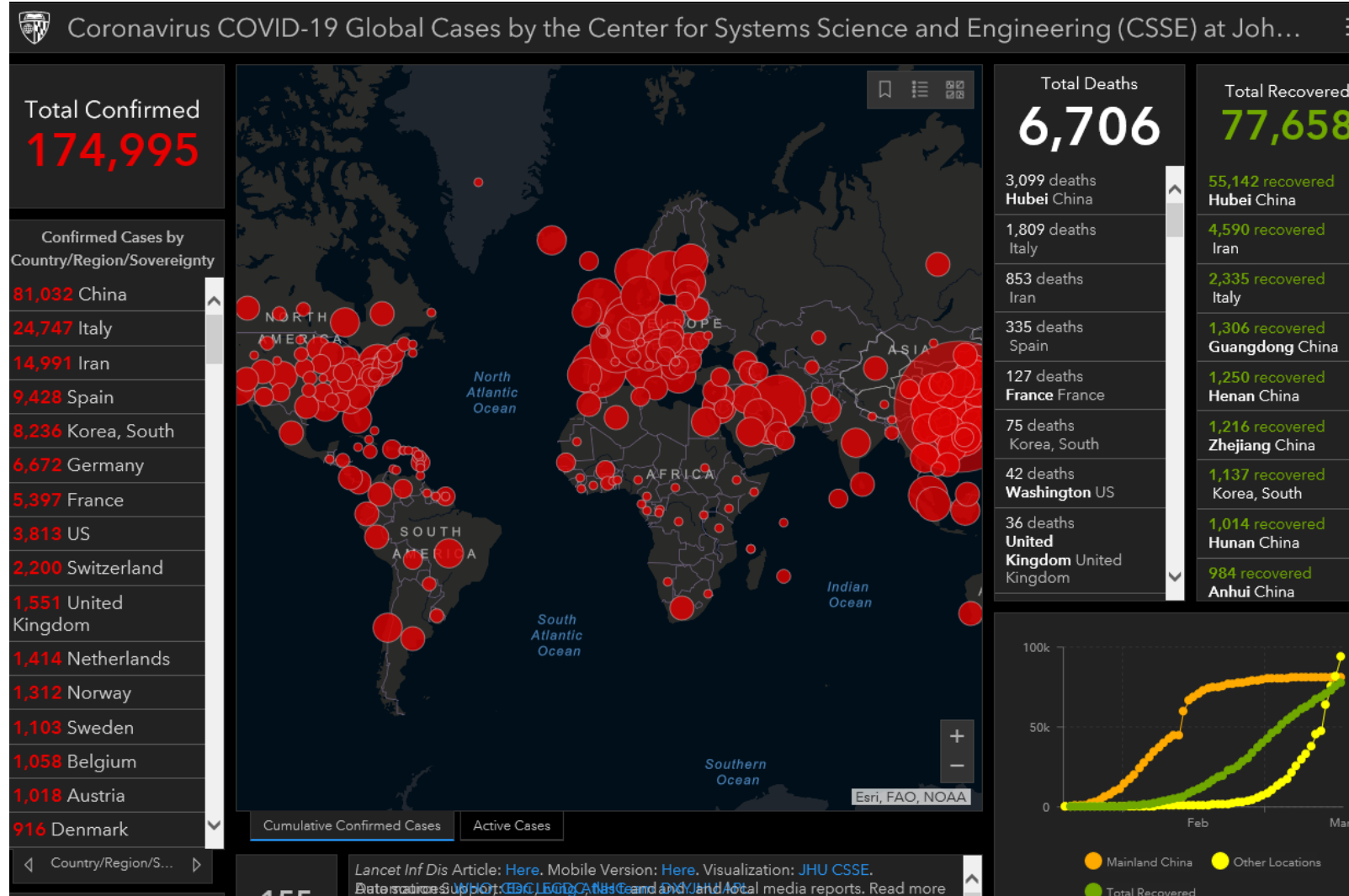
## CDC Daily Situation Report: 3/13/20

- 1629 Total Confirmed in 47 States
  - 138 Travel related
  - 129 Close contact
  - 1362 Under Investigation
  - 41 deaths
- Under Investigation: case tested positive by a public health lab and pending CDC testing

COVID-19 cases in the United States by date of illness onset, January 12, 2020, to March 12, 2020, at 4pm ET (n=792)\*\*



# JOHN HOPKINS CSSE MAP



- One confirmed case as of 3/13/20 in Alaska
  - Foreign national who developed a fever and respiratory symptoms shortly after arriving on 3/11/20
  - Travel associated case
- Persons tested for COVID-19 as of 3/13/20
  - 143

- Governor Issued Public Health Disaster Emergency Declaration for COVID-19 3/11/2020
  - Unified Command Structure with Alaska Department of Health and Social Services, Alaska Department of Military and Veterans Affairs, and the Department of Public Safety
  - DHSS commissioner can exercise statutes for isolation, quarantine measures and easier to purchase supplies, hire staff and access disaster relief funds for public assistance

## Governor Issued Health Mandates 3/13/20

- Mandate 1.1 : In an effort to protect Alaskans and slow the spread of the virus, visitation by the general public shall be suspended for the following state institutions beginning March 14, 2020 at 12:01am:
  - Suspended Visitation
    - Department of Corrections (DOC) Facilities
    - Division of Juvenile Justice Facilities
    - Alaska Military Youth Academy
    - Alaska Psychiatric Institute
  - Limited Visitation
    - Alaska Pioneer Homes
- Mandate 1.2
  - All scheduled public schools closed to students March 16-March 30

# DHSS HEALTH ALERT: TRAVEL RECOMMENDATIONS

## HIGH RISK-CDC LEVEL 3



**Higher Risk:** For travelers returning within 14 days from the time you left an area with *widespread, ongoing community spread* such as Europe, China and other countries (i.e., a [CDC Level 3 Travel Health Notice Area](#)) you should:

- Stay home and avoid contact with other household members.
- Contact your employer and do not go to work or school for this 14-day period after you return.
- [CDC Level 3 Travel Health Notice Area](#)
  - China, Iran, South Korea, Austria, Belgium, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Slovakia, Slovenia, Spain, Sweden, Switzerland, Monaco, San Marino, Vatican City.
  - United Kingdom and Ireland: England, Scotland, Wales, Northern Ireland, Republic of Ireland

# DHSS HEALTH ALERT: TRAVEL RECOMMENDATIONS

## MEDIUM RISK- TRAVEL FROM OUTSIDE ALASKA



**Medium Risk:** For travelers returning within 14 days from outside of Alaska (including the rest of the United States) you should:

- Discuss your work situation with your employer before returning to work.
- Minimize contact with people as much as possible, self-monitor and practice social distancing.
- This may mean not going to work or school if you cannot safely be distanced from others – especially if you traveled in a location where community transmission is occurring.

# DHSS HEALTH GUIDANCE FOR RETURNING TRAVELERS



## **Health Guidance for Returning Travelers in the Higher and Medium Risk Groups**

- Take your temperature with a thermometer two times a day and monitor for fever. Also watch for cough or trouble breathing.
- Do not take mass transportation during the time you are practicing social distancing.
- Avoid crowded places (such as shopping centers and movie theaters) and limit your activities in public.
- Keep your distance from others (about 6 feet or 2 meters).
- If you get sick with fever ( $>100.4^{\circ}\text{F}$ ), cough, or shortness of breath, please call your health care provider.
- If you seek medical care for other reasons, such as dialysis, call ahead to your doctor and tell them about your recent travel.



## **If you don't feel well:**

- Stay at home if you are feeling sick.
- Do not go to work, out in public or around others if you have a fever and for **72 hours** after your last fever.
- Consider staying at home if you have a sick family member in your home.

## **Households with sick family members are recommended to:**

- Give sick members their own room if possible, and keep the door closed.
- Have only one family member care for them.
- Consider providing additional protections or more intensive care for household members over 65 years old or with underlying conditions.

# DHSS HEALTH ALERT: GENERAL PUBLIC



- Stay at least 6 feet away from anyone who is coughing, sneezing, or feeling feverish.
- Avoid large gatherings and crowded places as much as possible.
- Stop handshaking – use other noncontact methods of greeting.
- Clean hands at the door and schedule regular hand washing reminders by email.
- Create habits and reminders to avoid touching their faces and cover coughs and sneezes.
- Disinfect surfaces like phones, doorknobs, tables, desks, and handrails regularly.
- Increase ventilation by opening windows when able.
- Limit food sharing
- **If you live in a rural area, consider limiting non-essential travel to protect your community.**
- **At risk individuals and communities with limited health care infrastructure or high-risk populations should considering limiting all non-essential travel.**

# DHSS HEALTH ALERT: HIGH RISK GROUPS



**Persons aged 60 years and over, and persons of any age with underlying medical conditions such as heart disease, lung disease, diabetes, or other immune compromising illnesses.**

- When you go out in public, try to maintain at least 6 feet distance from people – especially from people who are sick.
- Avoid crowds as much as possible, especially large gatherings.
- Avoid cruise travel and non-essential air travel.

**Households with vulnerable seniors or those with significant underlying conditions:**

- Have the healthy people in the household conduct themselves as if they were a significant risk to the person with underlying conditions. For example, wash hands frequently before interacting with the person, such as by feeding or caring for the person.
- If possible, provide a protected space for vulnerable household members.
- Ensure all utensils and surfaces are cleaned regularly.

# DHSS HEALTH ALERT: BUSINESSES AND EMPLOYERS



- Use videoconferencing for meetings when possible.
- When not possible, hold meetings in open, well-ventilated spaces.
- Consider adjusting or postponing large meetings or gatherings
- Assess the risks of business travel.
- Encourage liberal leave policies and teleworking options for staff.
- Use booking and scheduling to stagger customer flow.
- Use online transactions where possible.
- Consider limiting attendance for larger gatherings.
- Promote tap and pay to limit handling of cash.
- Strengthen health screening for staff working with food and their close contacts.
- Ensure staff working with food and their close contacts practice strict hygiene.

# DHSS HEALTH ALERT: CONSIDERATIONS FOR EVENT PLANNERS



- Please read CDC's guidance for event planners: [cdc.gov/coronavirus/2019-ncov/community/large-events/mass-gatherings-ready-for-covid-19.html](https://www.cdc.gov/coronavirus/2019-ncov/community/large-events/mass-gatherings-ready-for-covid-19.html)
- New CDC guidance 3/15/20
  - “Large events and mass gatherings can contribute to the spread of COVID-19 in the United States via travelers who attend these events and introduce the virus to new communities. Therefore, CDC, in accordance with its guidance for [large events and mass gatherings](#), recommends that for the next 8 weeks, organizers (whether groups or individuals) cancel or postpone in-person events that consist of 50 people or more throughout the United States.”
  - “Events of any size should only be continued if they can be carried out with adherence to guidelines for protecting [vulnerable populations](#), [hand hygiene](#), and [social distancing](#). When feasible, organizers could modify events to be virtual.”
- State of Alaska recommends postponing all large gathering events starting 3/16/2020
  - Explore offering video/audio/electronic alternatives.

- Non-Medical Questions: 2-1-1
- Sign up for DHSS emergency text alerts and Health Alerts

## **State of Alaska**

[coronavirus.alaska.gov](https://coronavirus.alaska.gov)

## **Centers for Disease Control and Prevention**

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

## **World Health Organization**

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

- “ We must stop, contain, control, delay and reduce the impact of this virus at every opportunity. Every person has the capacity to contribute, to protect themselves, to protect others, whether in home, the community, the healthcare system, the workplace...” WHO General Director Dr. Tedros Adhanom Ghebreyesus

QUESTIONS?



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