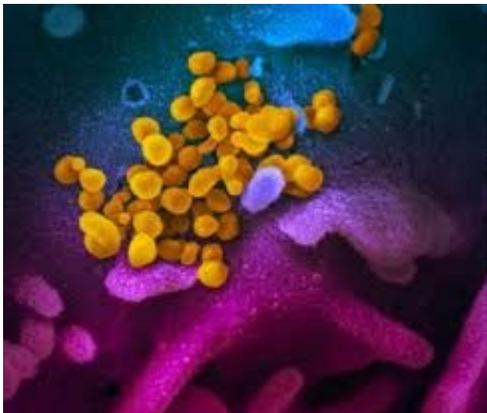


CORONAVIRUS-COVID-19

UPDATE, PREVENTION AND PLANNING



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COVID-19

- ▶ COVID-19 is a new respiratory disease, caused by a novel (or new) coronavirus that has not previously been seen in humans. Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed COVID-19 cases.
- ▶ Coronaviruses are a large group of viruses; some cause illness in people and some occur in animals. Rarely, animal coronaviruses can evolve and infect people and then may spread between people. Human coronaviruses cause routine seasonal respiratory virus infections. Other coronaviruses, like SARS and MERS, can cause serious illnesses.

HOW DOES CORONAVIRUS/ COVID-19 SPREAD

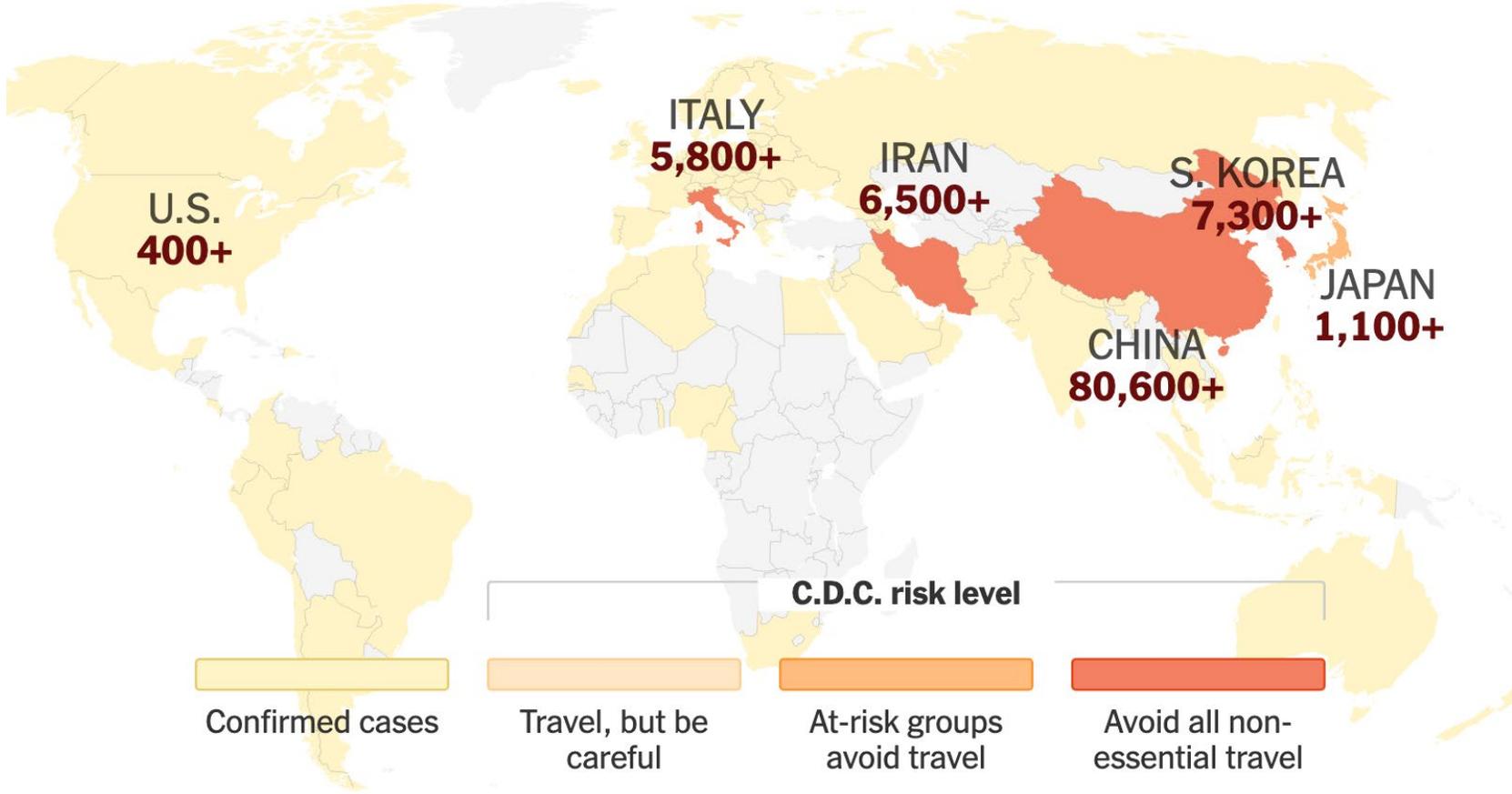
- ▶ Coronaviruses are respiratory viruses and are generally spread through respiratory secretions (droplets from coughs and sneezes) of an infected person to another person.
- ▶ Coronaviruses can also survive on surfaces and result in transmission via hand to mouth/nose contact after contacting an infected surface.

SYMPTOMS OF COVID-19

Flu-like symptoms

- ▶ Fever
- ▶ Cough and shortness of breath
- ▶ In severe cases, pneumonia (fluid in the lungs)
- ▶ Symptoms of the infection may appear 2-14 days after exposure
- ▶ **There is currently no vaccine available**

GLOBAL COVID-19 MAP



COVID-19 IN MASSACHUSETTS

- ▶ March 8, 2020 - The Massachusetts Department of Public Health (DPH) today announced 15 new presumptive positive cases of COVID-19, bringing the total number of confirmed or presumptive positive cases in Massachusetts to 28. All 15 cases had a direct connection to the Biogen employee conference in late February.. With today's release, 23 of the presumptive positive cases of COVID-19 identified in Massachusetts are associated with the Biogen employee meeting held in late February. All of today's presumptive positive cases are isolating at home.
- ▶ 0 cases in Barnstable County

Massachusetts residents subject to COVID-19 quarantine by current status as of March 3, 2020**

Total of individuals subject to quarantine	719
Total of individuals who have completed monitoring (no longer in quarantine)	470
Total of individuals currently undergoing monitoring/under quarantine	249

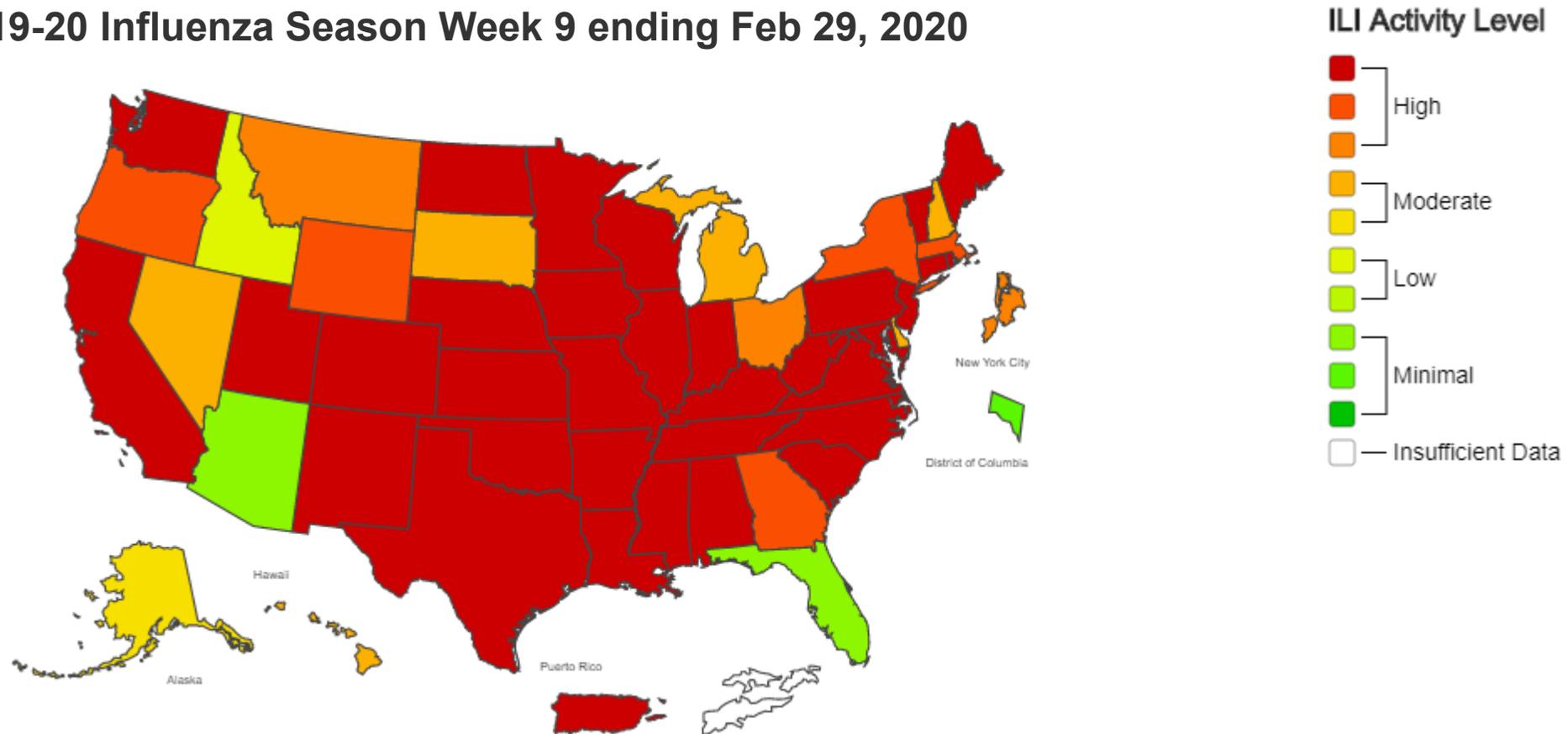
The risk of COVID-19 to the general public in Massachusetts remains low at this time.

FLU PERSPECTIVE

CDC ESTIMATED FOR 2019/2020 FLU

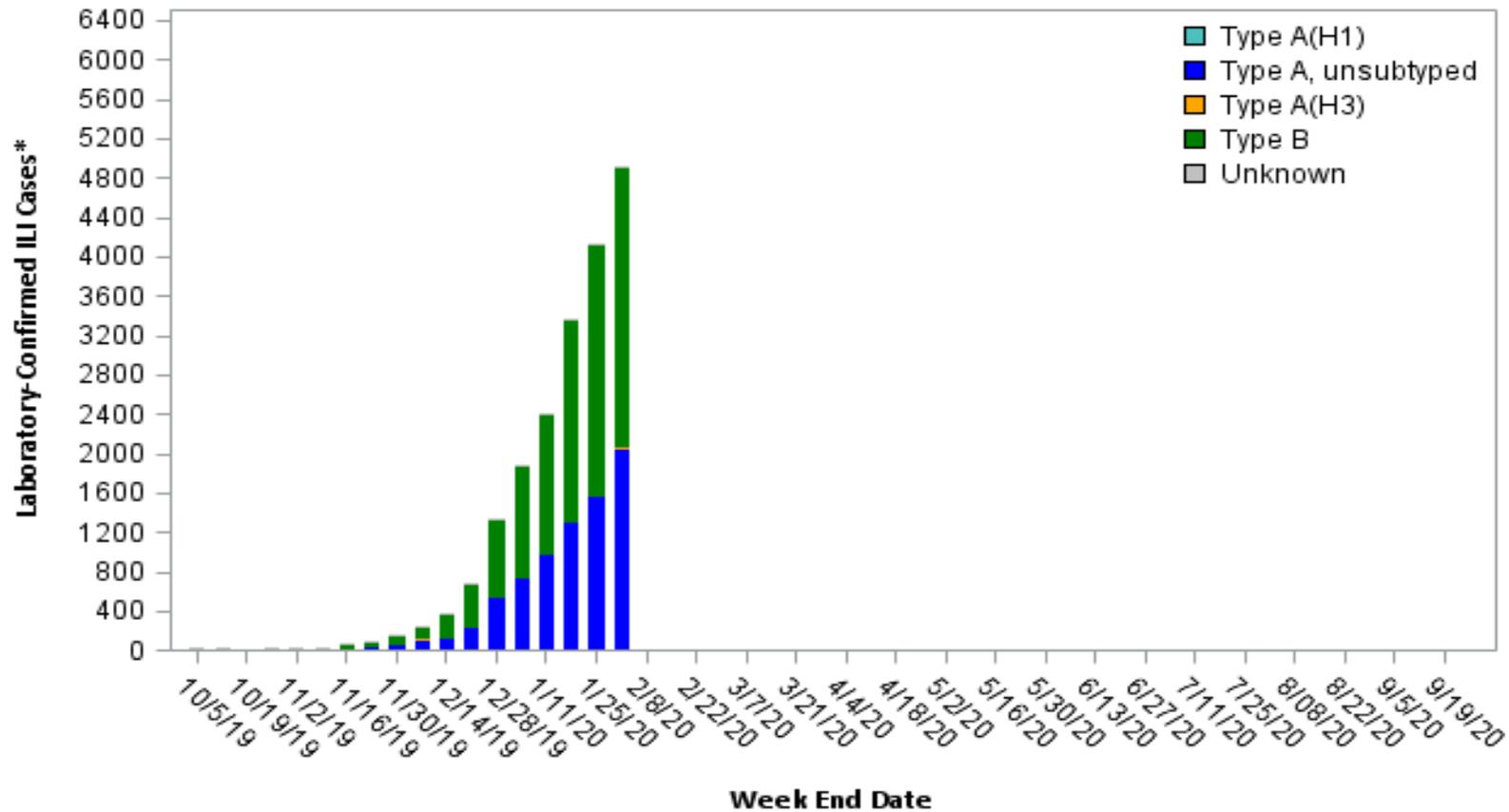
- ▶ 34,000,000-49,000,000 flu illnesses
- ▶ 16,000,000-23,000,000 flu medical visits
- ▶ 350,000-620,000 flu related hospitalizations
- ▶ 20,000-52,000 flu deaths

2019-20 Influenza Season Week 9 ending Feb 29, 2020



FLU PERSPECTIVE - MASSACHUSETTS

Figure 5: Laboratory-confirmed Influenza Cases in Massachusetts, September 29, 2019 – February 1, 2020



*Influenza cases confirmed via viral culture or PCR test by specimen collection date.

WHAT ARE PUBLIC HEALTH OFFICIALS DOING

Federal, state and local health departments are utilizing a containment strategy

- ▶ Identify and isolate known cases
- ▶ Trace close contacts and quarantine
- ▶ Travel advisories and quarantine

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

WHAT IS HAPPENING LOCALLY

- ▶ Town Manager/ Health/ Police/ Fire/ School Department meeting at least weekly
- ▶ Health Departments and Barnstable County Health are meeting biweekly with state and regional healthcare officials
- ▶ Health department on all state and regional calls for most update information
- ▶ Health Department does have an emergency plan for mass vaccination should a vaccine become available
- ▶ Recent past experience with H1N1 in 2009
 - Large scale clinic with +/- 1700 shots administered during 1 clinic

COMMUNICABLE DISEASE SURVEILLANCE

105 CMR 300.00

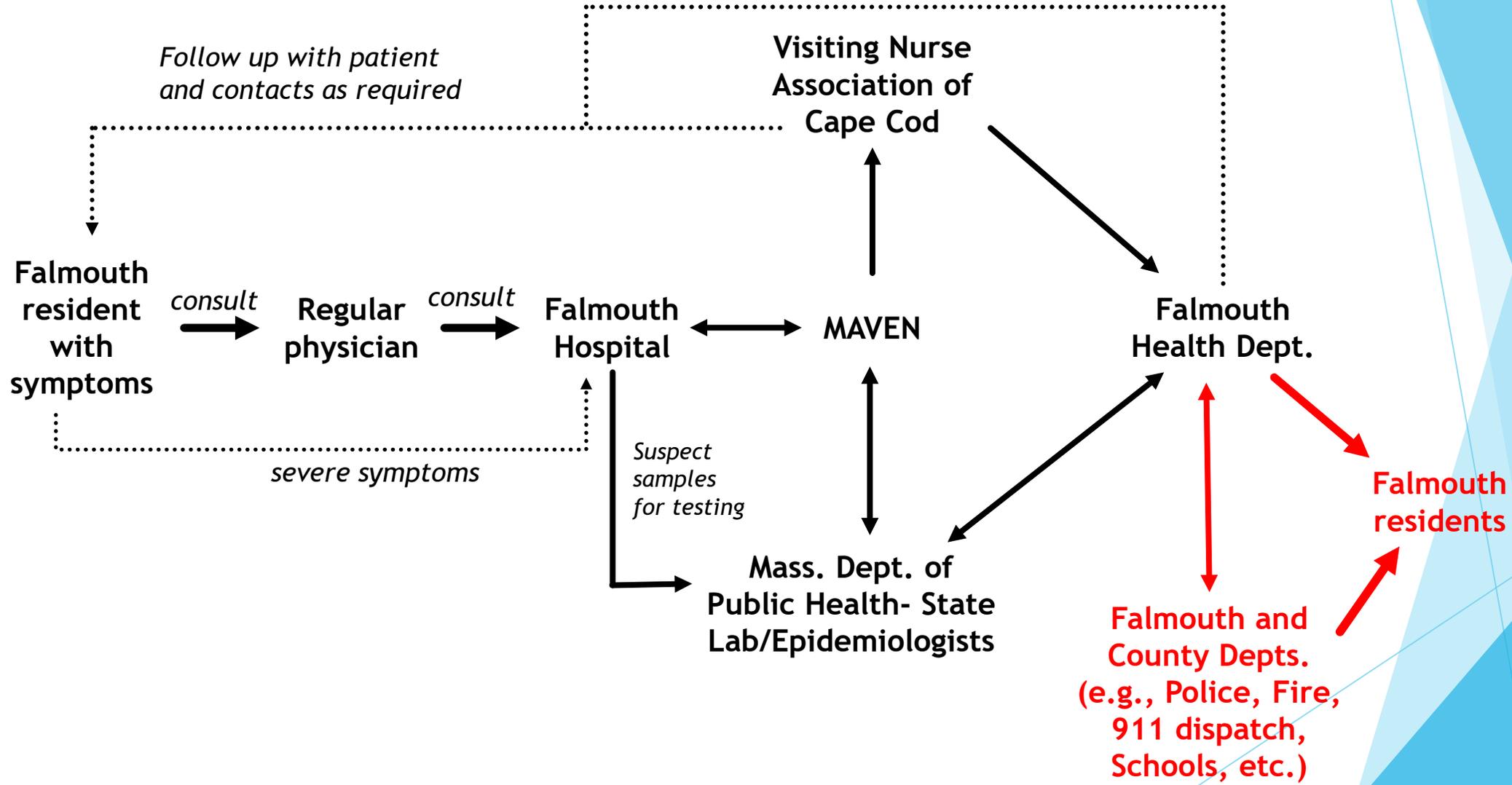
Communicable diseases, like COVID-19, are tracked and followed up utilizing MAVEN - the Massachusetts Virtual Epidemiological Network.

Healthcare facilities are required to report cases.

Falmouth has a contract with the Visiting Nurses Association (VNA) who monitor MAVEN daily and perform the necessary follow up required. They work with the Health Department as needed.

System works in tandem with MDPH epidemiologists who are on call as needed

FLOW CHART OF DISEASE RESPONSE AND TRACKING



LARGER EVENTS REQUIRING PUBLIC NOTIFICATION SHOWN IN RED

WHAT CAN RESIDENTS DO

Although the risk of the novel coronavirus to Massachusetts residents remains low, and the risk of the flu is high, people are advised to take many of the same steps they do to help prevent colds and the flu, including:

- ▶ Wash hands often with soap and warm water for at least 20 seconds.
- ▶ Avoid touching your eyes, nose and face.
- ▶ Clean things that are frequently touched (like doorknobs, railings and countertops) with household cleaning spray or wipes.
- ▶ Cover coughs and sneezes with a tissue or the inside of your elbow.
- ▶ Stay informed routinely as the situation changes frequently.
- ▶ **Stay home when feeling sick. Practice social distancing. Call doctor if needed.**
- ▶ **Get a flu shot for flu protection, especially if high risk!**

RESIDENTS AT MOST RISK

Older adults and people who have severe chronic medical conditions like heart, lung or kidney disease seem to be at higher risk for more serious COVID-19 illness. Early data suggest older people are twice as likely to have serious COVID-19 illness. This may be because:

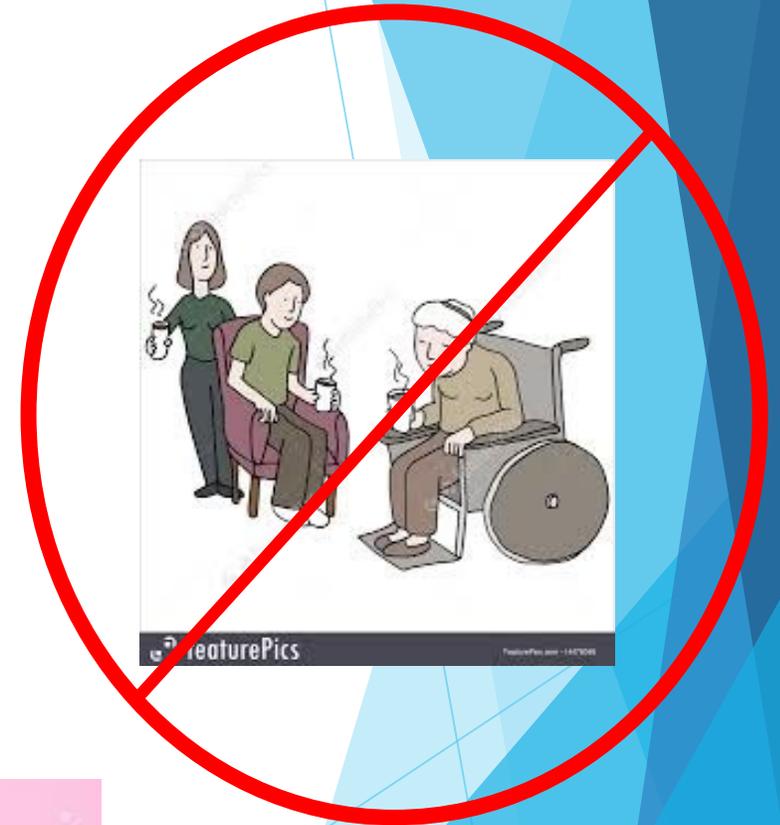
- ▶ As people age, their immune systems change, making it harder for their body to fight off diseases and infection.
- ▶ Many older adults are also more likely to have underlying health conditions that make it harder to cope with and recover from illness.
- ▶ If you are at increased risk for COVID-19 complications due to age or because you have a severe underlying medical condition, it is especially important for you to take actions to reduce your risk of exposure.
- ▶ <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>
- ▶ <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html#support-older-adults>

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like the flu and COVID-19:

	
Wash your hands often with soap and warm water, or use an alcohol-based gel.	Avoid touching your eyes, nose and mouth.
	
Clean things that are frequently touched (like doorknobs and countertops) with household cleaning spray or wipes.	Cover your mouth when you cough or sneeze. Use a tissue or your inner elbow, not your hands.
	
Stay home if you are sick and avoid close contact with others.	Think ahead about how to take care of yourself and your loved ones if the virus starts spreading in the community. Visit mass.gov/KnowPlanPrepare for a preparedness checklist.

For more, visit: www.mass.gov/2019coronavirus Massachusetts Department of Public Health



DON'T VISIT ASST. LIVING FACILITIES WHEN YOU ARE SICK

COVID-19 FAQs FROM MDPH

Should I be tested?

If you have recently traveled to any [countries of high level transmission](#) and have symptoms of respiratory illness and/or fever or if you have come in contact with someone who meets these criteria, you should contact your local board of health, [health care provider](#), or our Massachusetts State Epidemiology line at (617) 983-6800.

Should public events be cancelled?

No, not at this time. Massachusetts state and local health officials are actively working to help protect the health of our residents and we will share new guidance as it becomes available.

Is it safe to travel/fly in the United States?

Currently, there are no travel restrictions for traveling within the United States. However, the situation is rapidly changing so please check the CDC website regularly for updates.

COVID-19 FAQs FROM MDPH

Is it safe to travel internationally?

- ▶ On March 4, the [CDC issued an updated Travel Health Alert](#) for all United States residents, instructing travelers returning from countries with a Level 3 alert (currently China, South Korea, Iran, and Italy) to self-quarantine (“stay home”) and monitor their health for 14 days after returning to the US. This guidance also instructs travelers from countries with a Level 2 alert (currently Japan) to monitor their health and limit interactions with others for 14 days after returning to the US. The guidance advises against any non-essential travel to Level 3 countries.
- ▶ Please check the CDC website for travel updates: www.cdc.gov/coronavirus/2019-ncov/travelers.
- ▶ Some businesses, universities and other entities have cancelled travel

Should I wear a mask when I go out in public?

At this time we are not recommending that people wear masks when they are in public. Masks can be useful in some settings, such as a clinic waiting room, to prevent someone who has a respiratory illness from spreading it to others. There is no hard evidence that wearing a mask protects the wearer outside of the healthcare setting.