



# 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:**

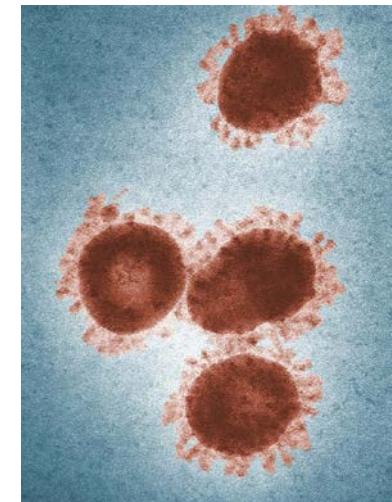
**March 17, 2020**

# WHAT IS A CORONAVIRUS?



LIVE WELL  
SAN DIEGO

- A coronavirus is a type of common virus that can infect your nose, sinuses, or upper throat.
- Coronaviruses are named for the crown-like spikes on their surface.
- Common coronaviruses usually cause mild to moderate symptoms much like the common cold.
- These illnesses usually only last for a short amount of time and can include symptoms such as:
  - runny nose
  - headache
  - cough
  - sore throat
  - fever
  - a general feeling of being unwell
- Most people get a coronavirus infection at some point in their lives.





# CORONAVIRUSES CONTINUED



- 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 SARSS-CoV-2 are recent examples of the coronavirus evolving and spreading between humans.



# WHAT IS THE 2019 NOVEL CORONAVIRUS (COVID-19)?



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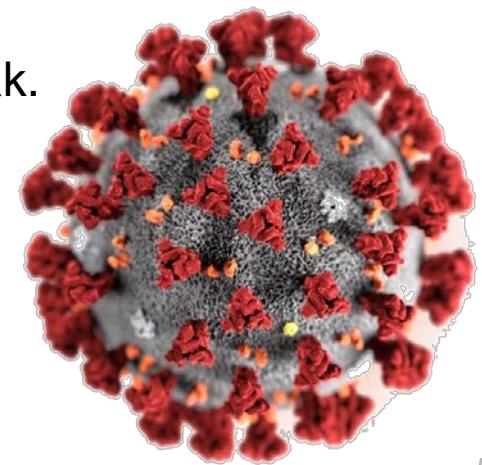
A novel (new) coronavirus that was identified as the cause of an outbreak of respiratory illness that was first detected in Wuhan, China in December of 2019

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?



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**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 or coughs, similar to how influenza (the flu) and other respiratory illnesses spread.
- The virus seems to be spreading easily and sustainably in the community of affected areas
- People are thought to be the most contagious when they are the sickest

**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 with the novel coronavirus has ranged from people sick to people being severely ill and dying.
- What medical measures can be used



# SYMPTOMS



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**Patients infected with the COVID-19 virus have reported mild to severe respiratory illness with symptoms that include:**

- Fever
- Cough
- Difficulty Breathing

At this time, the Centers for Disease Control and Prevention (CDC) believes that symptoms may appear in as few as 2 days or as many as 14 days after exposure—**This is based on what was previously seen in MERS-CoV.**





## HOW IS COVID-19 DIAGNOSED?

- At the onset of the outbreak, the only way to confirm someone had the novel coronavirus was through laboratory testing done at the CDC.
  - The CDC has since developed testing kits for select qualified laboratories to increase the capacity of detecting the COVID-19 virus.
  - The County of San Diego Public Health Lab, as well as a growing number of additional laboratories in San Diego County now have the ability to perform local testing 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—if you do not have a healthcare provider or are uninsured, call 2-1-1 for assistance.

**The County of San Diego Public Health Centers DO NOT provide testing for COVID-19.**



## HOW IS COVID-19 TREATED?

- There is no specific antiviral treatment recommended for COVID-19 infection
- 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 the CDC recommendations for home recovery.](#)
- 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.

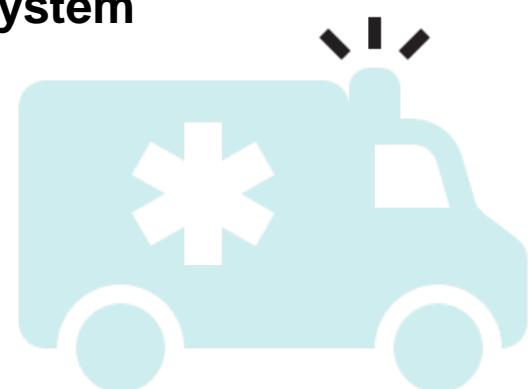
# WHO IS AT HIGHER RISK?



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Based on information from those effected by COVID-19 early on in China, some people are at a higher risk of getting very sick from this virus if they are infected. These higher risk groups include:

- **Older adults**—the older a person is, the higher the risk
- **People who have serious chronic medical conditions, such as:**
  - Heart Disease
  - Diabetes
  - Lung Disease
- **Individuals with a compromised immune system**





# WHO SHOULD BE TESTED FOR COVID-19?



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Based on current information, people who meet the following criteria should contact their health care provider to be evaluated for the COVID-19 virus:

- 1) Any person who has signs and symptoms compatible with COVID-19—Develops a fever and/or symptoms of respiratory illness, such as cough or difficulty breathing

—AND—

- 2) Who within 14 days from when symptoms began:

- Had close contact with a person suspected of or confirmed to have COVID-19
- OR Traveled to an area affected by COVID-19

\*High risk individuals with symptoms and hospitalized patients with symptoms may also be prioritized for COVID-19 testing.\*

The risk of exposure to COVID-19 for the general American public may change over time as the situation unfolds—Risk is based on exposure that can vary based on the community you live, places you have visited, interactions you have had or your line of work.

Visit the [County of San Diego](#) or [CDC](#) website for current risk assessment information



# WHAT CAN YOU DO?

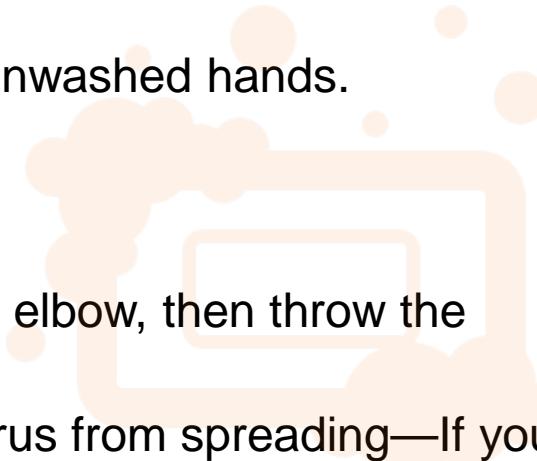


LIVE WELL  
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There is currently no vaccine available to protect against COVID-19.

**The best way to prevent getting sick is to avoid being exposed to the virus.  
Here are a few steps everyone can take to protect themselves:**

- 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.
- Avoid close contact with people who are sick.
- Stay home when 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—if you are not sick, face masks are not recommended.
- Clean and disinfect frequently touched objects and surfaces often.
- Practice social distancing if COVID-19 is spreading in your community, especially if you are at high risk for health complications if exposed.





# 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 starts to spread 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 should be limited and ONLY occur if the location allows people to maintain a 6-foot separation from all persons, except between family members.
- High risk populations are encouraged to stay home as much as possible.



# 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.

## 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. A quarantine can help limit the spread of infectious diseases.

## ISOLATION

Used to separate **sick people** (who have or may have an infectious disease) from people who are healthy—Isolation restricts the movement of ill people to help stop the spread of certain diseases. Isolation typically occurs in a hospital setting but can be done at home (self/home-monitoring) or in a special facility.





# WHAT CAN I DO TO PREPARE FOR HOME QUARANTINE OR ISOLATION?



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## Prepare yourself and your family:

- Talk with family members and loved ones about how they would like to be cared for if they got sick, or what would be needed to care for them in your home.
- Review plans related to closures that effect you and your family and explore options available to telework and decrease face-to-face meetings.
- Store a two-week supply of non-perishable food items for all those living in your home, including pets.
- Periodically check your regular prescription drugs to ensure you have a continuous supply in your home.
- Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- Get copies and maintain electronic versions of health records from doctors, hospitals, pharmacies and other sources and store them, for personal reference.

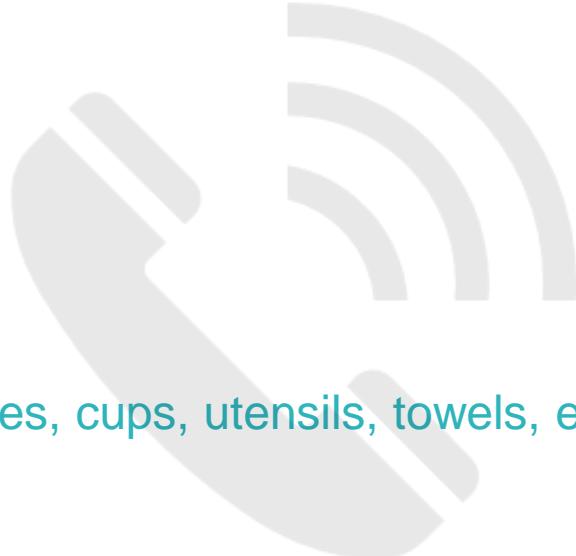
# WHAT SHOULD YOU DO IF YOU THINK YOU WERE EXPOSED?



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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—Restrict activities outside your home
- Separate yourself from other people and animals in your home
- Call ahead before visiting your doctor
- Wear a facemask
- Cover your coughs and sneezes
- Wash your hands often
- Avoid sharing personal household items—Dishes, cups, utensils, towels, etc.
- Clean all “high-touch” surfaces everyday
- Monitor your symptoms—Seek prompt attention if your illness worsens



# WHAT IS HAPPENING IN THE COUNTY OF SAN DIEGO?



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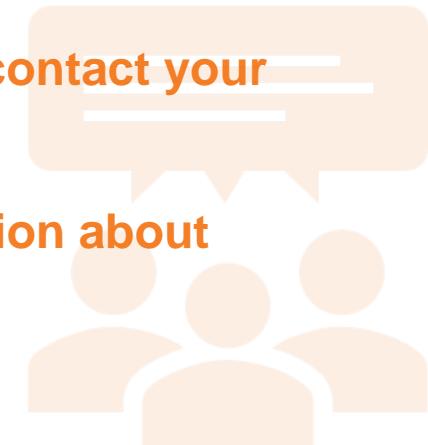
San Diego County health officials are working with the CDC, the California Department of Public Health (CDPH), and the local medical community and are utilizing standard procedures already in place to isolate, test, and investigate patients under investigation.

For information about the current COVID-19 situation in San Diego County, visit [www.coronavirus-sd.com](http://www.coronavirus-sd.com)



## THE FOLLOWING RESOURCES ARE AVAILABLE FOR MORE INFORMATION:

- [County of San Diego Coronavirus Disease 2019](http://www.coronavirus-sd.com)  
([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 health-related questions or concerns, contact your healthcare provider.**
- **For general questions about COVID-19 or information about community resources, call 2-1-1.**



# QUESTIONS?



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# Thank You!



On May 17, 2016, the County of San Diego Health and Human Services Agency Division of Public Health Services received accreditation from the Public Health Accreditation Board.