

Novel Coronavirus Outreach BOMA Presentation

Webinar March 15, 2020

Public Health – Seattle & King County

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Public Health
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Speakers



Kirsten WYsen is a Policy Analyst for Public Health-Seattle & King County (PHSKC) in the Director's Office working on Communities of Opportunity since 2014. Before that, she worked on the PHSKC proposal and implementation of the \$25 million Communities Putting Prevention to Work grant from 2009 to 2012 and the earlier King County Overweight Prevention Initiative and Children's Health Initiative.



Kristine Schmit, MD, MPH, is a Medical Officer with the Outbreak Investigations Team in CDC's Division of TB Elimination. She is board certified in both Family Medicine and Preventive Medicine. She attended medical school at Duke University and completed her Family Medicine residency at the University of California at San Diego and her Preventive Medicine residency at the University of North Carolina.

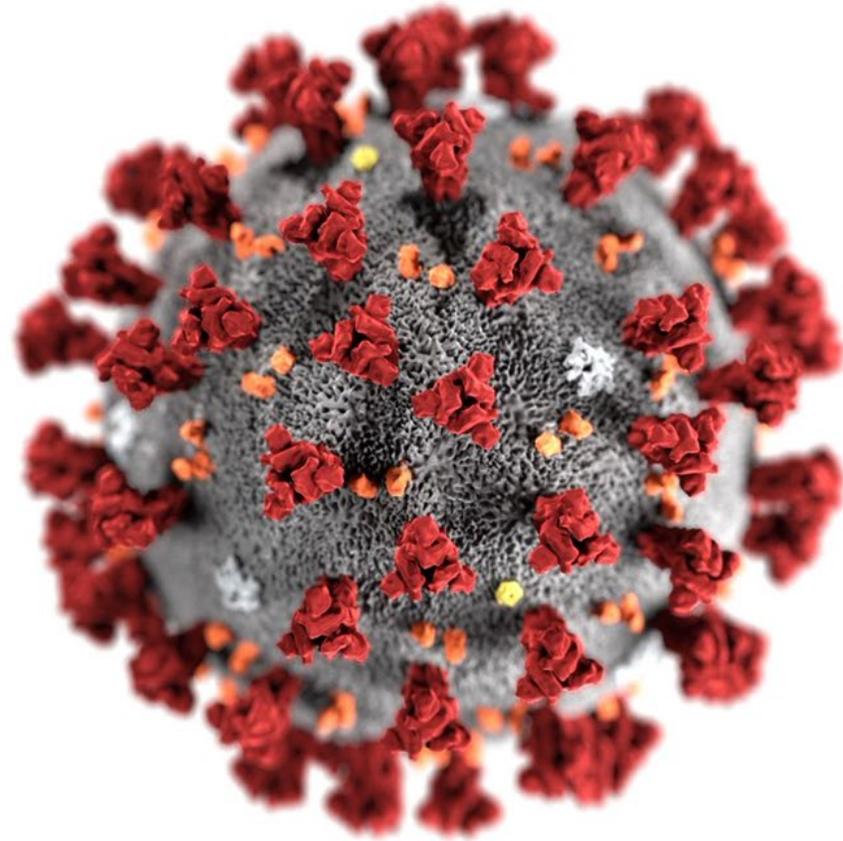


Debra Baker, CCJS, ODCP, is an Organizational Development Practitioner with King County Human Resources. She attended Columbia University for business and has a strong background in business management, social justice, criminal law, and building healthy communities, systems, and teams. Debra is a national award winning recipient.

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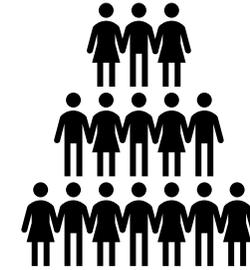
What is novel coronavirus (COVID-19)?



For the latest information on the coronavirus check the CDC website: <https://www.cdc.gov/>

What Can We Do?

Our goal is to slow the spread of this virus!



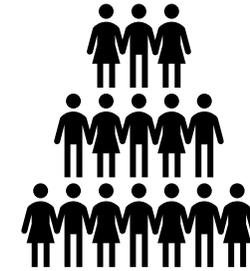
- There is no vaccine for this virus yet. Experts are working on it.
- The goals of these actions are to:
- Reduce the number of people infected and the number of deaths caused by COVID-19
- Minimize the social and economic impacts of COVID-19 on communities
- Protect individuals at risk for severe illness, including older adults and people with underlying health conditions

New Guidance

Meeting/Gathering Guidelines

In King County, it includes:

- Gatherings with over 50 people are prohibited.
- Gatherings under 50 people are prohibited unless the announced criteria for public health and social distancing are met.
- All public and private **schools** are **closed** from March 17 through April 24 to help slow the spread of coronavirus
- Restaurants can provide take-out and delivery orders only. No in-person dining.

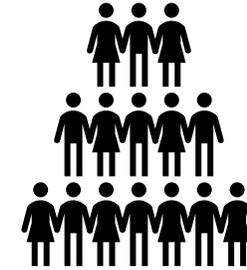


Who is most at risk of severe illness?

Let's keep in mind most people have mild illness.

That said, risk factors for severe illness may include:

- Older age (60+) ... this includes healthy people
- Underlying chronic medical conditions... managed or unmanaged
- Weakened immune systems... cancer, organ transplants, skin conditions, immunosuppressive therapy
- Pregnancy
- Children may have less severe illness, but can put others at risk
- People at higher risk of severe illness should especially stay home



What are the symptoms?

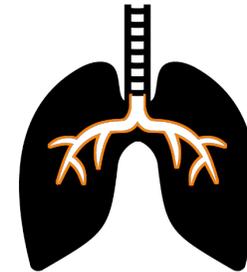
Fever



Cough



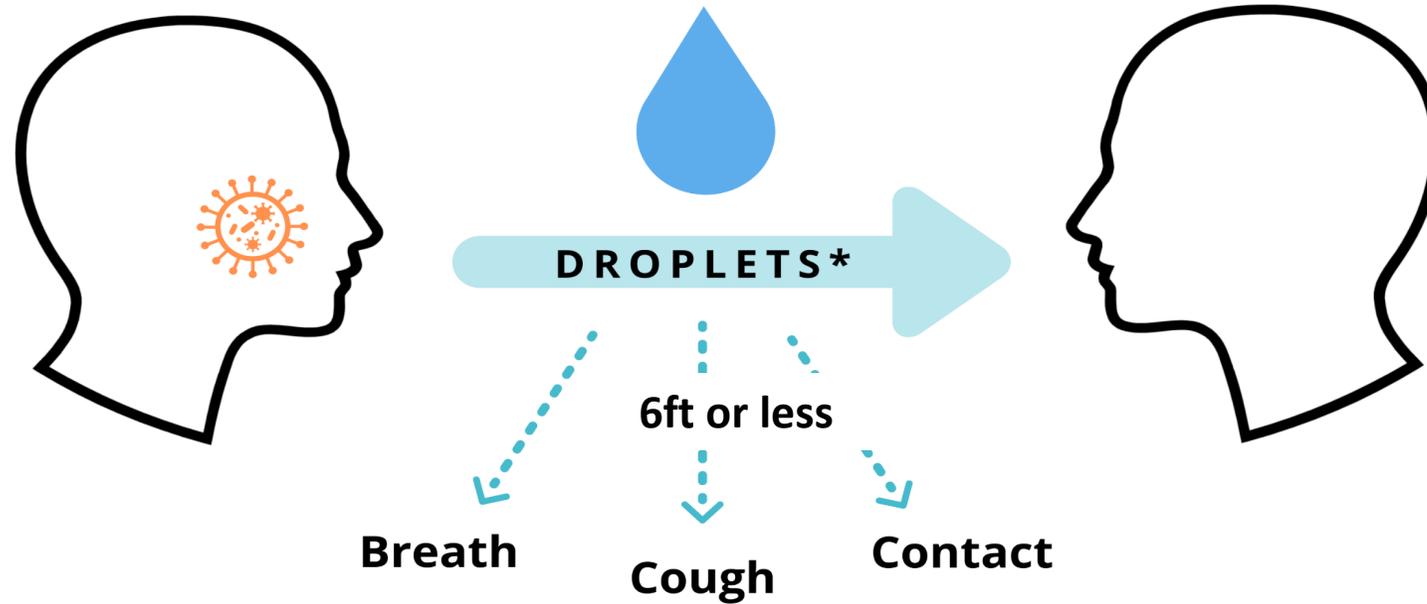
Difficulty breathing



People who have been diagnosed with novel coronavirus have reported symptoms that may appear in **as few as 2 days** or **as long as 14 days** after **last exposure to the virus.**

There is no vaccination yet.

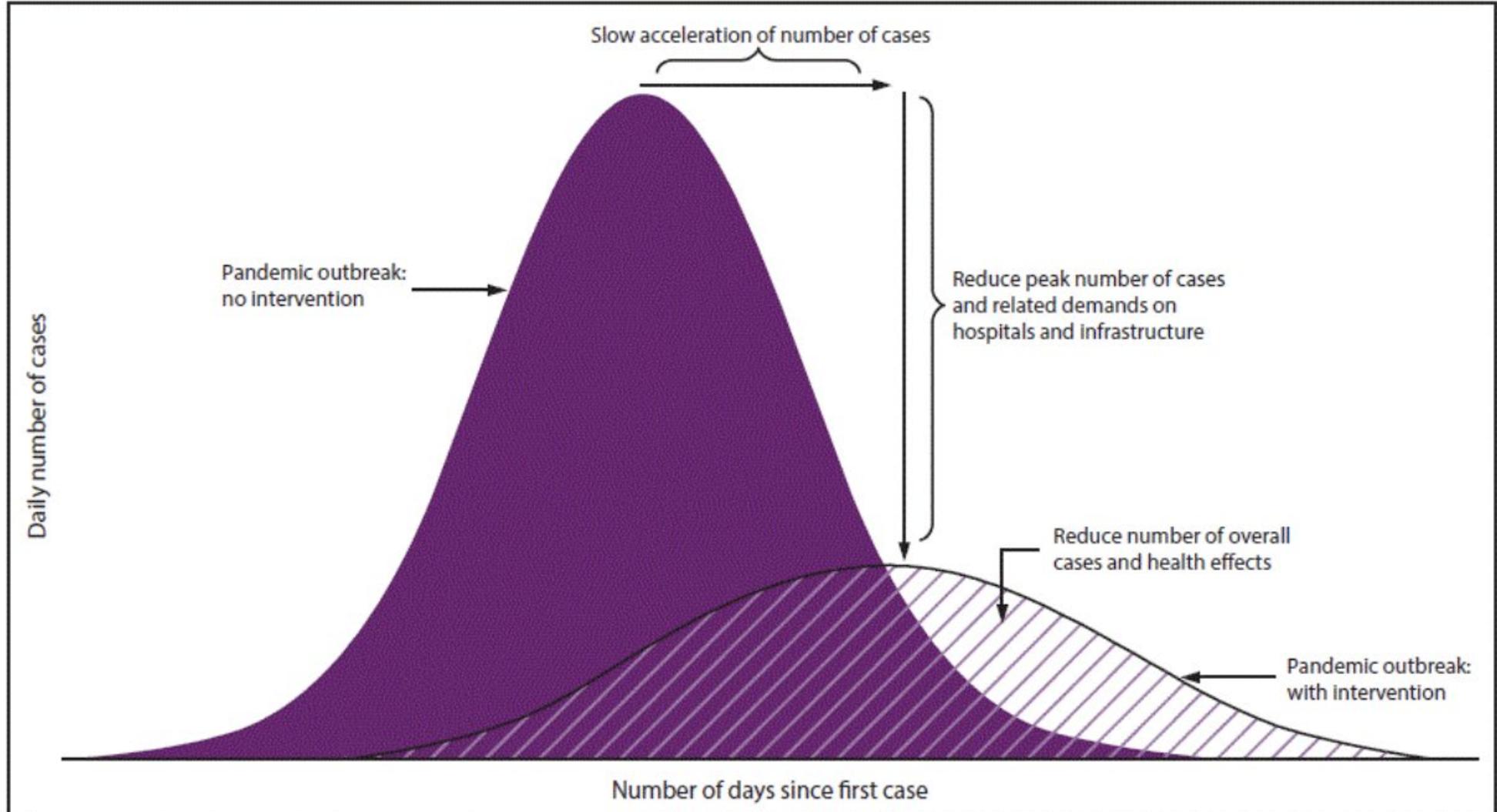
How Does Novel Coronavirus Spread?



** Droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.*

**Virus can live on surfaces for up to 9 days.
What is the incubation period?**

Slowing the Spread of Coronavirus



Steps to Reduce Risk of Spread

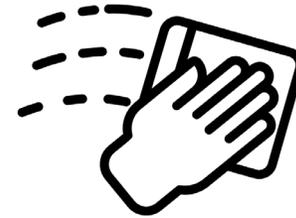
- Have a healthy hygiene practice-



Do not go to the emergency room



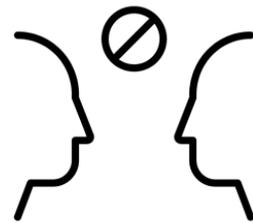
Practice excellent hygiene habits



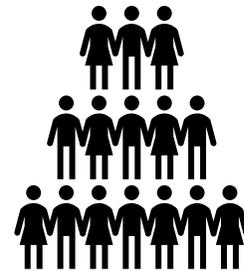
Clean frequently touched surfaces and objects



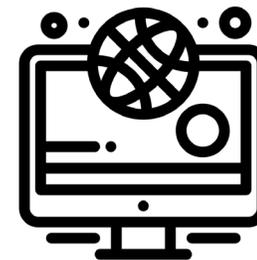
Stay home when you are sick



Avoid contact with people who are sick



Vulnerable groups avoid large gatherings



Stay informed

Reduce Risk of Spread

Cleaning and Disinfecting Surfaces

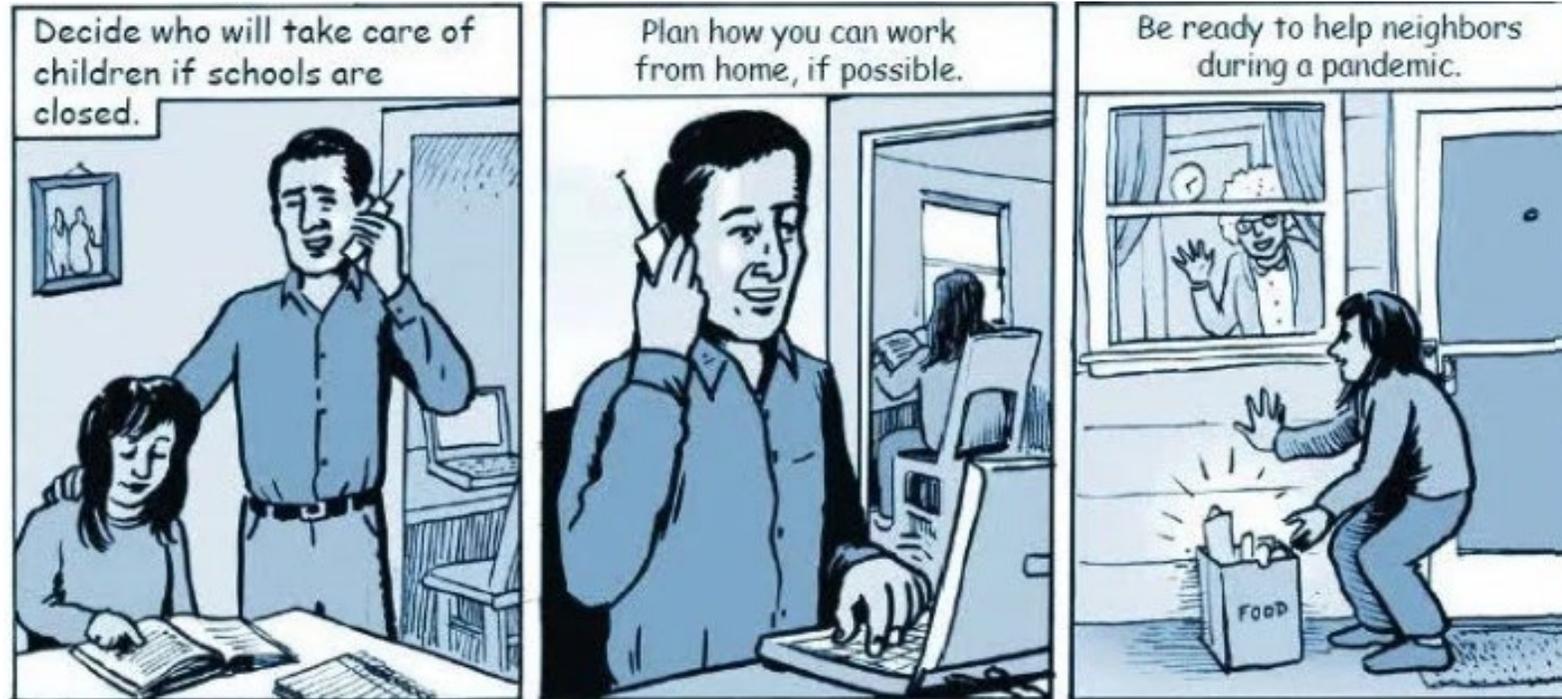
- Can last up to 9 days on a surface
- At least **2x per day** for frequently touched surfaces: Desktops and all work surfaces, doorknobs and door handles, Light switches and dimmer switches, computer monitors, keyboards, mice, tablets and laptops, telephone equipment, all chair rests and arms, cafeteria/eating tables and chairs, crockery, trays and cutlery, sinks, taps and kitchen areas, toilets, water fountains and drinks dispensers and vending machines, elevators and their doors and buttons.



Community Facilities with Suspected/Confirmed Coronavirus Disease 2019:

<https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html>

What can you do as an individual?



- Clean frequently touched surfaces and objects
- Plan to have extra supplies of important items on hand
- Plan ways to care for those at greater risk for serious complications

- Check on your staff
- Get to know your neighbors
- Schedule virtual time with friends and family.

Who Should Seek A Medical Evaluation?



- If you have symptoms like fever, cough, or difficulty breathing, call your healthcare provider. **Do not go to the emergency room.**
- If you do not have a provider, call a Public Health Clinic: <https://www.kingcounty.gov/depts/health/locations.aspx>
- If you are having a medical emergency, call 9-1-1.
- If you are in King County and believe you were exposed to a confirmed case of COVID-19, contact our **King County Novel Coronavirus Call Center: 206-477-3977**. Hours of operation is 8am to 7pm.

Note that call volume may be very high; we thank you for your patience in getting through to a call taker.

Who is getting tested?



- Not everybody who feels ill needs to be tested, particularly if you have mild illness.
- If you are sick with fever, cough or shortness of breath **and are in a high risk group**, call your healthcare provider to discuss whether you should be tested for COVID-19.
- While testing is becoming more available, there are limitations in providers' capacity to obtain samples and process lab results rapidly.

What are Isolation and Quarantine?



- **Isolation:** separation of people who are **currently ill** and able to spread the disease and who need to stay away from others in order to avoid infecting them.
- **Quarantine:** separation of people who are **not currently showing symptoms** but are at increased risk for having been exposed to an infectious disease; for people who become sick and spread the infection to others
- Home isolation or quarantine is always the preferred choice

What are Epidemic and Pandemic?



- **Epidemic** - Outbreak (epidemic) is more local. **Epidemic** refers to an increase, often sudden, in the number of cases of a disease above what is normally expected in that population in that area
- **Pandemic** - Pandemic refers to an **epidemic** that has spread over several countries or continents, usually affecting a large number of people.

Source: The CDC

<https://www.cdc.gov/csels/dsepd/ss1978/lesson1/section11.html>

Employees to Stay Home When Sick



- Community benefits to telecommuting and/or temporarily closing businesses
 - Reduce additional exposure to frontline employees who often have access to fewer resources to handle being sick
 - Model trust that work can get done remotely just as well
 - Center human health in a compassionate way by caring for others' health
 - Good for the environment
- Consider pandemic planning job duties that people can do to support the organization from home.
- Work with funders to shift any contract deliverables
- [Paid sick leave](https://www.kingcounty.gov/depts/health/communicable-diseases/disease-control/novel-coronavirus/anti-stigma.aspx): <https://www.kingcounty.gov/depts/health/communicable-diseases/disease-control/novel-coronavirus/anti-stigma.aspx>

Understand workplace rights and responsibilities

- **Washington paid sick leave**

Employees have rights, and employers have significant responsibilities under Washington's Paid Sick Leave law, which was passed by voters in 2016 as part of Initiative 1433. As of Jan. 1, 2018, employers in Washington state are required to provide paid sick leave to their employees.

- **Washington paid family leave**

Paid Family and Medical Leave is a benefit for Washington workers. It's here for you when a serious health condition prevents you from working or when you need time to care for a family member, bond with a new child or spend time with a family member preparing for military service overseas.

- **City of Seattle's Paid Sick and Safe Time**

The City of Seattle's Paid Sick and Safe Time ordinance requires employers operating in Seattle to provide all employees with paid leave to care for themselves or a family member with a physical or mental health condition, medical appointment, or a critical safe issue.

- **U.S. Equal Employment Opportunity Commission**

Pandemic Preparedness in the Workplace and the Americans with Disabilities Act.

Business guidance from Public Health

Public Health - Seattle & King County

February 2020

PLANNING FOR A CORONAVIRUS PANDEMIC

A guide for businesses and organizations

If the novel coronavirus (COVID-19) continues to spread around the world, it could become a pandemic. Though global by definition, pandemics have local impacts. Pandemics can cause absenteeism, alter patterns of business and travel, interrupt supply chains, and affect the daily operations of your business. A pandemic isn't an isolated incident, but an event that unfolds over time, sometimes spanning many months. You can minimize the impact to your organization by creating a plan that clearly outlines roles, responsibilities, and policies.

I N I T I A T E

IDENTIFY PLAN OBJECTIVES



A well-designed plan can protect your employees and keep your business functioning during a disease outbreak.

Objectives might include:

- Reduce the spread of disease among staff.
- Protect people at higher risk for complications.
- Maintain business operations.
- Minimize impact on your customers and business partners.

Information for CBOs, small businesses & service providers

<https://www.kingcounty.gov/depts/health/communicable-diseases/disease-control/~media/depts/health/emergency-preparedness/documents/standards-emergency-response.ashx>

Standards and indicators for emergency preparedness and response

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WHAT'S COVERED:

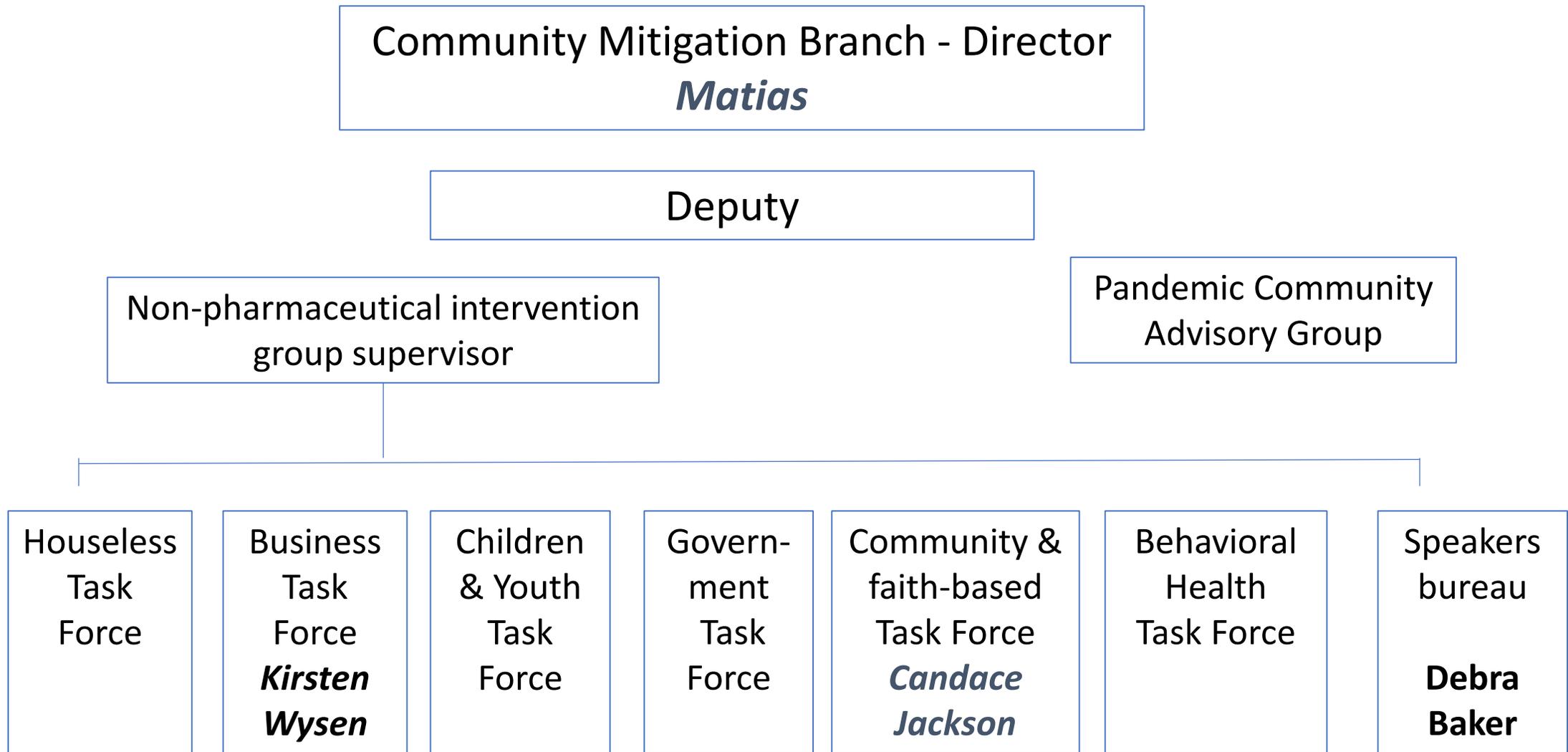
- Standard #1:** Essential functions/services are identified
- Standard #2:** Changing needs of your clients in a disaster
- Standard #3:** Communication tools to contact internal and external stakeholders
- Standard #4:** Staff is personally prepared to fulfill their role in a disaster
- Standard #5:** Training for the agency's emergency plan
- Standard #6:** Self-sufficiency in the workplace for a minimum of three days
- Standard #7:** Vital information is backed-up and accessible
- Standard #8:** Emergency payment procedures and emergency financing options
- Standard #9:** Partner organization(s) are identified to share support/resources
- Standard #10:** Local emergency responders are familiar with staff and agency
- Standard #11:** Staff is trained on the Incident Command System
- Standard #12:** Physical safety of facility(ies) is/are addressed
- Standard #13:** Facility and staff are prepared for an evacuation

Things That Keep Us Healthy

- Find ways to have social interaction
- Eat healthy diet
- Get sleep – this helps your immune system
- Get fresh air
- Mindfulness techniques
- Stretching/yoga
- Call to check in on people in your community
- Keep kids active when they aren't in school
 - Nearby park
 - Walks around neighborhood
 - Games to play
 - Dance party at home



Public Health Response Structure – Community Mitigation Branch (reducing spread)



What can you do if you see stigma or bias?

**VIRUSES
DON'T
DISCRIMINATE**



AND NEITHER SHOULD WE

**Stigma will NOT fight coronavirus.
Sharing accurate information will.**

Learn more: kingcounty.gov/ncov

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Image (C) Sara Andreasson for Mosaicscience.com/WelCome Trust

VIRUSES DON'T DISCRIMINATE, AND NEITHER SHOULD WE

CORONAVIRUS AND STIGMA

 **Coronavirus doesn't recognize race, nationality, or ethnicity.**
2019 novel coronavirus started in Wuhan, China. That's just geography. Having Chinese ancestry— or any other ancestry -- does not make a person more vulnerable to this illness.

 **Wearing a mask does not mean a person is ill.**
People wear masks for a variety of reasons, including to avoid pollen and air pollution and for cultural and social reasons. We should not judge someone for wearing a mask or assume they are sick.

 **You can interrupt stigma. Start by sharing accurate information.**
Avoid spreading misinformation. Stay informed through reputable, trusted sources:

- Centers for Disease Control and Prevention
- Washington State Department of Health
- Public Health - Seattle & King County

 **Speak up if you hear, see, or read misinformation or harassing comments.**
Gently correct the false information, and remind the speaker: prejudiced language and actions make us all less safe. If a serious harassment occurs, consider reporting it. Find resources here: kingcounty.gov/ncov/anti-stigma

 **Show compassion and support for those most closely impacted.**
In schools and workplaces, create learning opportunities for students and staff that dispel racist and misinformed ideas. Listen to, acknowledge and, with permission, share the stories of people experiencing stigma, along with a message that bigotry is not acceptable in your community.

[Kingcounty.gov/ncov/anti-stigma](https://kingcounty.gov/ncov/anti-stigma) **Public Health**
Seattle & King County 

Find these resources and more at: <https://bit.ly/2Vm455V>

What is Public Health doing?



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- Conducting disease surveillance & investigation
- Coordinating services for cases under isolation and quarantine
- Disseminating messages and materials
- Engaging with communities who might be most impacted

How to stay informed

- **Information is changing frequently**
- Check and subscribe to Public Health's website www.kingcounty.gov/COVID
 - Common questions by audience
 - Downloadable fact sheets in multiple languages
 - Call center information (King County & WA State Dept of Health)
 - When and how to seek medical evaluation and advice
- Subscribe to the blog www.publichealthinsider.com
 - Provides further context, rationale, and guidance
- Translated Public Health and state helpline info: welcoming.seattle.gov/covid-19/

QUESTIONS?

Public Health – Seattle & King County

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- Candace Jackson – Candace.Jackson@kingcounty.gov
- Kirsten Wysesen – Kirsten.Wysesen@kingcounty.gov

For Coronavirus Presentations

- If you have a group that would like this presentation, please have them contact: Debra.Baker@Kingcounty.gov

For more information visit: kingcounty.gov/covid