Coronavirus (COVID-19)
Facts and Update for Alexandria Businesses

Featuring Dr. Stephen Haering, Director, Alexandria Health Department

March 10, 2020 | 9 a.m.

Today's Webinar Hosts

Patricia Washington, President & CEO, Visit Alexandria

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VISIT
Alexandria

COVID-19 and Pandemic Preparedness for Visit Alexandria

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March 10, 2020

Alexandria Health Department

Topics

- COVID-19 – Novel (new) Coronavirus
  - The Disease
  - What You Can Do to Protect Yourself, Your Family, Your Organization
- Alexandria Health Department Actions
- City of Alexandria Actions
  - City COVID-19 Planning Team
  - COVID-19 Unified Command
- Pandemic Preparedness
  - Individuals and Families
  - Organizations

COVID-19 – Novel (new) Coronavirus

- COVID-19 is the infection caused by a novel (new) coronavirus virus that was first detected in December 2019 in China

- Originally from bats

- COVID-19 is now spreading from person-to-person
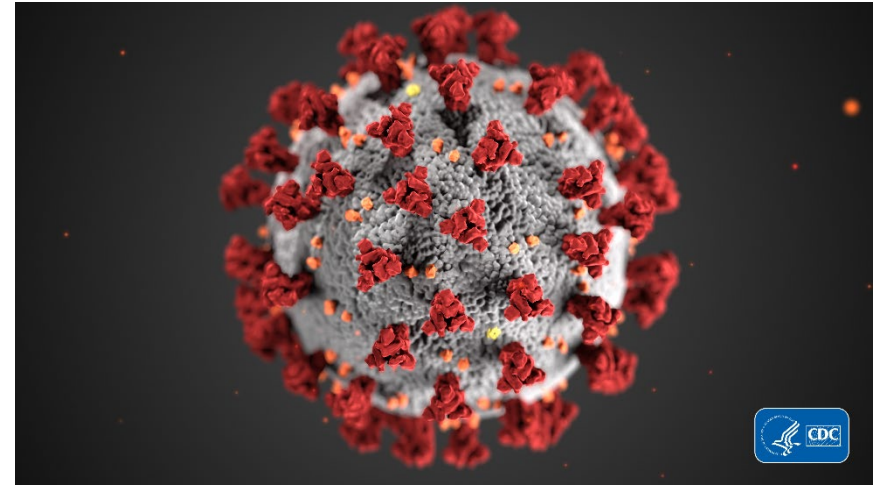
COVID-19 – Novel (new) Coronavirus

- The virus has been detected in many countries including the United States

- The United States government declared a public health emergency in the United States in response to the COVID-19 outbreak

PUBLIC HEALTH

COVID-19 – Novel (new) Coronavirus

- This outbreak poses the potential to be at least as serious as seasonal flu, if not more so

- Because this is a new virus to humans, people will not have immunity to it
  - Thus illnesses may be more widespread and severe

- But we have lots of things we can do to protect ourselves
  - Later in this presentation!
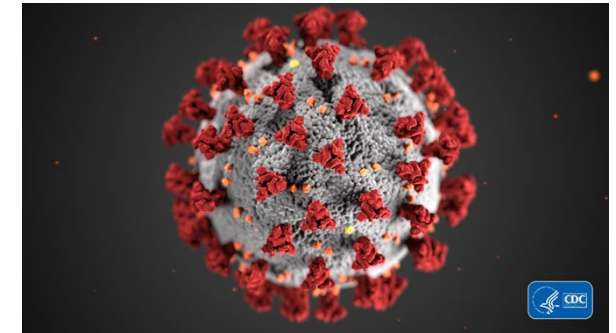
How is COVID-19 Transmitted from One Person to Another?

Current understanding – COVID-19 spreads the same way seasonal flu does→

Primarily through respiratory droplets

- Coughing
- Sneezing
- Touching objects or surfaces (such as doorknobs or tables) that have the virus on it → then touching one's own mouth, nose or eyes
- Close, personal contact with someone who is infectious

Signs & Symptoms of COVID-19 and Severity

<u>Signs & Symptoms</u>: similar to those associated with seasonal flu →

- Fever (≥100.4, or feeling feverish)
- Cough
- Shortness of Breath

Symptoms may include:

- o Body aches / fatigue
- o Sore throat
- o Less common: headache, sputum production (+/- blood), diarrhea

<u>Wide spectrum of severity</u>: from asymptomatic to mild illness to severe/needing hospitalization

How is COVID-19 diagnosed?

o Health care providers assess patients
- o Potential Exposures
- o Signs and Symptoms

o If COVID-19 is a possible diagnosis, the health care provider will

➢ Consult Alexandria Health Department

➢ Health Department will determine if testing is prudent

o Alexandria Health Department will follow-up and monitor patient as indicated

What is the treatment for COVID-19?

o _Most people_ with illnesses due to this coronavirus _recover on their own_

o There are currently no specific treatments for coronavirus infections

o For patients who are more severely ill, hospitals provide supportive care

o We are continuing to learn more about this novel coronavirus -- treatment will change

If you get sick (with any illness)…

- Stay home

- Do not return to work until you are fever-free for at least 24 hours (without the use of a fever-reducing medicine)

- Limit your contact with other people as much as possible

If Needing Medical Care Call Ahead!
- Call your doctor/emergency department
- Do not just "show up"
- Tell them your symptoms and if you are concerned about having a pandemic respiratory infection

Stop Stigma

❖ Stigma hurts everyone by creating more fear or anger towards ordinary people instead of the disease and its associated problems

❖ Fight stigma

- Learn the facts
- Share the facts
  - COVID-19 does not target racial or ethnic groups; it is spread by respiratory droplets (common to all people)
  - Being Asian does not increase the chance of getting or spreading COVID-19
- Provide social support to everyone

How Can You Protect Yourself? (1/3)

✓ Wash your hands frequently, with soap and warm water, for 20 seconds

✓ Use an alcohol-based hand sanitizer (with at least 60% alcohol) if soap and water are not available

You Have Control – Wash Your Hands!

How Can You Protect Yourself? (2/3)

✓ Stay Home when You are Sick (and tell others to stay home when they are sick)

✓ Coughing or sneezing into your elbow is better than your bare hands
  - If you cough or sneeze into your hand, use a tissue; then throw the tissue away and wash your hands

You Have Control – Stay Home When Sick – Practice Cough/Sneeze Etiquette!

How Can You Protect Yourself? (3/3)

- ✓ Avoid touching eyes, nose, and mouth to prevent the spread of germs

- ✓ Clean and disinfect frequently touched surfaces and objects, such as toys and doorknobs, especially if someone is sick

- ✓ Avoid shaking hands – use the "Elbow Bump" to greet others instead!

You Have Control
Avoid Touching Face – Clean Frequently Touched Surfaces – Use the Elbow Bump!

Should I wear a mask to protect myself?

➢ CDC does not currently recommend that the general American public use a facemask

  o Requires training and fit-testing
  o Provides false sense of security
  o Distracts from other proven measures for protection of public (handwashing, isolation when ill, etc)

➢ CDC does recommend masks for

  o Healthcare workers caring for COVID-19 patients
  o People sick with COVID-19 (some cases, some types)

Protect Yourself from Respiratory Illnesses! Summary

Pandemic

- A global epidemic
  - Person-to-person transmission
  - Involving several countries or continents

- Can cause *significant* socio-economic disruption
  - Pandemic of 1918 killed 15,679 Virginians and >100 Alexandrians (pop. of 14,557)
  - 2009 H1N1 – significant closings of schools and disruption of social events

Know your neighborhood and community

• Identify neighbors, friends, family and co-workers who may be able to help you prepare for and respond to emergencies.

• Identify neighbors, friends, family, and co-workers who may need help preparing for and during emergencies because they don't understand English well, have special health needs, or are new to the area.

• Volunteer with local groups (including the Medical Reserve Corps; Citizen Corps; schools; civic groups; and houses of worship) to prepare and assist in emergencies.

• Sign up to receive free information from the City of Alexandria government about emergencies such as pandemics and other important issues. You can register at enews.alexandriava.gov.

Pandemic Preparedness – Do These Now (2 of 4)

Understand how your work and your school may be affected

During a pandemic, businesses and schools may not operate as normal:

- Ask your employer and schools about their pandemic plans
- Find out how they will communicate with you during a pandemic
- Find out how family and sick leave will be handled
- Find out if there are plans for people to work and learn from home or elsewhere
- Develop a childcare plan in the event that schools are closed and you still need to go to work

During a pandemic, stores may run out of supplies for long periods of time.

Store medical supplies to <u>last an extra month NOW</u>

- ✓ Prescription medicines for an extra month
- ✓ Medical supplies such as blood sugar measuring strips for people with diabetes for a month
- ✓ Over-the-counter medicines for fever and pain (such as acetaminophen or ibuprofen)
- ✓ Other over-the-counter medicines such as those for diarrhea and cough and cold remedies
- ✓ Thermometer
- ✓ Soap / alcohol-based hand sanitizer that contains at least 60% alcohol

Store extra food and household items to last for at least two weeks or more
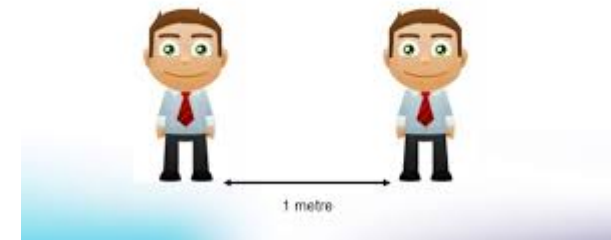
Easily stored food items include:

✓ Ready-to-eat canned meat, fish, fruits, vegetables, beans and soups

✓ Protein or fruit bars

✓ Dry cereal and nonfat dry milk

✓ Peanut butter or nuts

✓ Dried fruit

✓ Crackers

✓ Canned juice
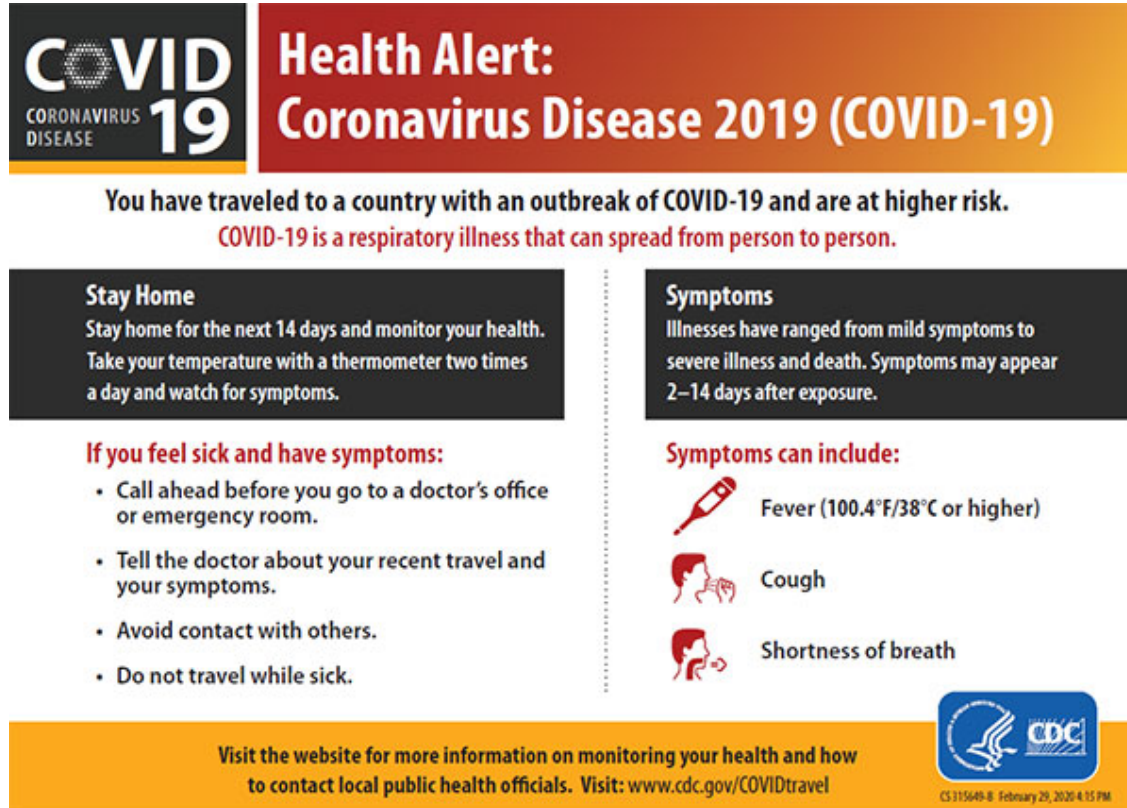
✓ Baby food and supplies

✓ Pet food and supplies

Social Distancing is Important in a Pandemic

❖ Social Distancing May be Recommended or Required

    ❖ Maintain a distance of 6 feet from other people

    ❖ Modifications of some government services

    ❖ Closures (partial or full) of schools and businesses

    ❖ Limitations of mass gatherings

Travel Guidance

CDC is now recommending Social Distancing and Self Monitoring for 14 days if you are traveling from countries with Level 2 or Level 3 Travel Notices

- Check the CDC website for a current list
- https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html

Travel Guidance

Stay home for 14 days from the time you left an area with widespread, ongoing community spread (Level 2 & 3 Travel Health Notices) and practice social distancing.

Take these steps to monitor your health and practice social distancing:

1. Take your temperature with a thermometer two times a day and monitor for fever. Also watch for cough or trouble breathing.

2. Stay home and avoid contact with others. Do not go to work or school for this 14-day period. Discuss your work situation with your employer before returning to work.

3. Do not take public transportation, taxis, or ride-shares during the time you are practicing social distancing.

4. Avoid crowded places (such as shopping centers and movie theaters) and limit your activities in public.

5. Keep your distance from others (about 6 feet).

What is Alexandria Health Department (AHD) Doing about COVID-19? (1 of 2)

✓ Synthesizes WHO, CDC, VDH surveillance data, information and guidance

→ disseminates this to healthcare providers, partners, and the public

✓ Supports healthcare providers

→ how to protect staff and patients

→ how to identify cases

→ consult, approve, arrange testing

What is Alexandria Health Department (AHD) Doing about COVID-19? (2 of 2)

- ✓ Monitors persons with possible exposures to COVID-19

- ✓ Prepared to investigate possible contacts in the event that Alexandria has a case

- ✓ Coordinates with City of Alexandria to help protect health of residents, businesses, employees and visitors

Established a City COVID-19 Planning Team

- Health Department
- City Manager's Office
- Fire/EMS
- Office of Emergency Management
- Police
- Sheriff
- Department of Community and Human Services
- Office of Communications and Public Information
- City Attorney
- Inova Alexandria Hospital
- Alexandria City Public Schools

Overarching Goal and General Functions

- <u>Overarching Goal – assure City's Strategic Goal of</u> *"protecting the safety, health and security of its residents, businesses, employees and visitors"*

General Functions

- Identify and secure resources to help protect first responders, healthcare workers, schools, businesses and the public

- Develop processes for responding to various levels of COVID-19 infections in the City

What is the City of Alexandria Doing? (2 of 2)

Established a City Unified Command	Emphases
Includes: •Health Department •Office of Emergency Management •Fire/EMS •Police •Sheriff ---------------------------- •City Manager's Office	•A pre-event Incident Action Plan •Enables the City to respond immediately in the event that COVID-19 directly impacts the City •Prepares City government, business, residents for continuity of operations •Ensure the least adverse impact on quality of life

Continuity of Operations (COOP)

❖ Scope = All-Hazards (e.g. power outages, weather-related events, IT outages, health events, etc)

❖ Establishes policies and guidance to ensure critical organizational functions continue
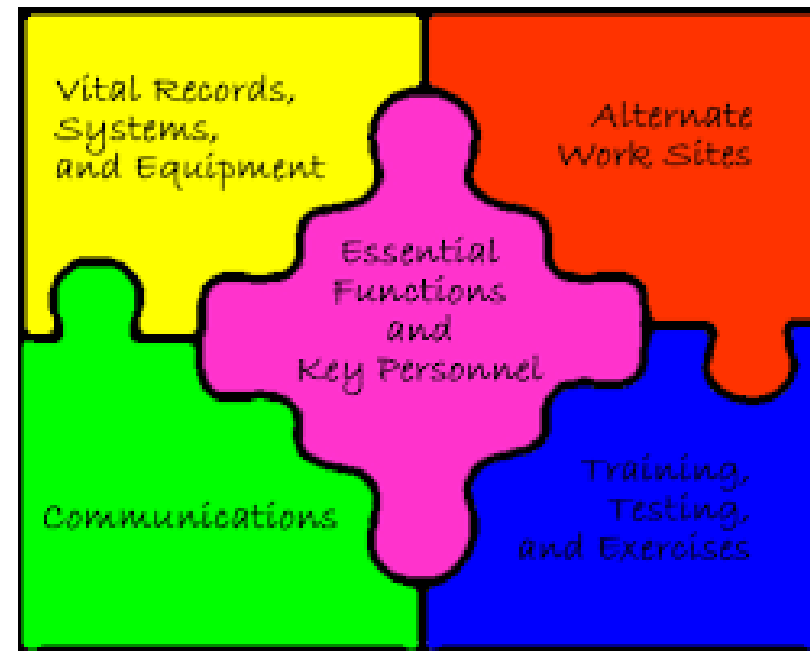
Timeline of a Disaster – and How it Relates to Your COOP

When Should an Organization Develop Its COOP?

Business Continuity Plan (BCP)

Disaster Recovery Plan (DRP)

Incident Response Plan (IRP)

Size and scope of disaster and recovery efforts

EVENT			
PRE-DISASTER	DISASTER RECOVERY	BUSINESS CONTINUITY	POST-DISASTER

PRE-DISASTER PREPAREDNESS (ongoing)

SHORT-TERM RECOVERY (minutes to weeks)

INTERMEDIATE RECOVERY (weeks to months)

LONG-TERM RECOVERY (months to years)
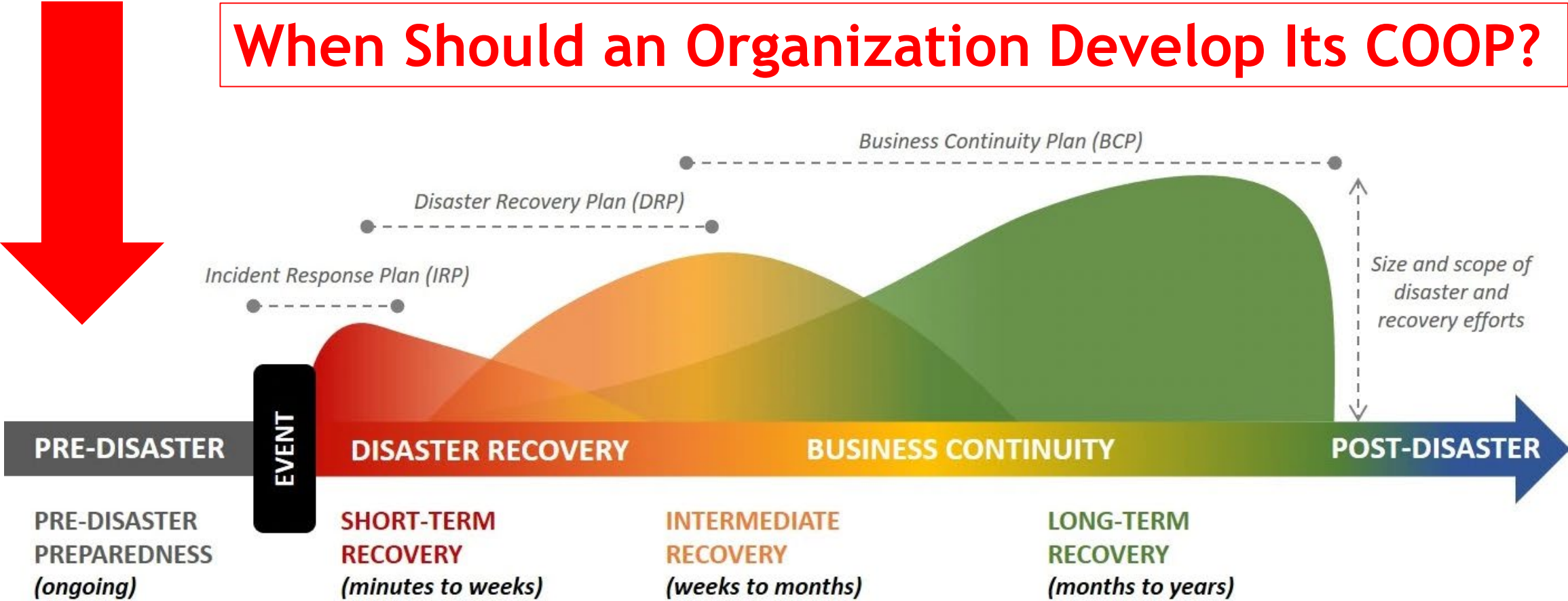
Reinforce, Run, Reduce, Remove (one model for COOP)

Priority 1 - Reinforce
- **These functions must run and AHD may even expand them during an incident**. These functions directly affect the safety of staff, volunteers, clients, and/or the community or protect and preserve AHD assets and, therefore, are vital to the AHD mission. *Recovery goal:* 12 hours

Priority 2 - Run
- **These functions must run and they have high priority within AHD in relation to the community, regulations, and/or health outcomes**. These functions are typically enablers that make it possible for AHD to perform its mission. *Recovery goal:* 72 hours

Priority 3- Reduce
- **These functions may have some critical components but, for the most part, they can be delayed**. These functions do not necessarily need to be performed during an incident and they may be deferred until functions that are more critical are restored. *Recovery goal:* 7-30 days

Priority 4 - Remove
- **These functions can be removed completely during an incident in order to shift resources** to functions that are more critical. *Recovery goal:* 30+ days

Reinforce *Recovery Goal: within 12 hours of Continuity Plan activation*	
Function	**Division/Team**
Network Accessibility/Data Backup	Admin
Polycom	Admin
Public Information about EH Issues	EH/PIO
Investigate Suspected Waterborne Illnesses Outbreaks	EH
Investigate Suspected Foodborne Illnesses	EH
Conduct Food Safety Enforcement Activities	EH
Handles Technically Complex or Politically Sensitive EH Issues; Manages EH Staff and Resources	EH
Investigate Possible Cases of Environmentally-Induced Respiratory Illness	EH
Coordinate Investigation of Possible Rabies Exposures	EH/Epi
Coordinate Submission of Rabies Samples to the Lab	EH
Investigate Suspected Vectorborne Illnesses	EH/Epi
Monitor Public Water Supply for Safety	EH
Respond to Complaints about the Public Water Supply	EH
Outbreak investigations	Epi
Guidance to Healthcare Providers	Epi
Laboratory Specimen Facilitation	Epi
Communication with staff, public	PIO
Mass Immunization Services	PHEM
Assist Casey Management Function	Pharmacy
Assist Primary PHEM Function/ Medical Response	Pharmacy
Advise HD Clinical Staff on Pharmaceutical Usage	Pharmacy
MRC - activation and deployment	PHEM
Non-medical dispensing	PHEM
EOC staffing	PHEM
Public Information	PIO
Alerting of staff	PHEM
Just in Time Training	PHEM

Run *Recovery Goal: within 12-72 hours of Continuity Plan activation*	
Function	**Division/Team**
Perform financial/budgetary tasks	Admin
Human Resources activities including payroll transaction/processing	Admin
Perform routine repairs, check facility conditions, maintain inventory	Admin
Custodial services	Admin
Incident Reports	Admin
VITA / VCCC call center, Alexandria City Help Desk support	Admin
Records management activities, vital records	Admin
Purchase materials and supplies	Admin
Issue stock from storeroom	Admin
Centralized appointments, answer calls for King St, Casey, and TWC	Admin, Nursing
Register incoming patients	Admin
Perform VDH or other program eligibility	Admin
Receive and process payments for deposit (including EH permit $)	Admin/EH
Communication on Administrative Matters with Permitted Facilities	EH
Daily Management of Aquatic Health Program in Summer	EH
Pre-Opening Inspection of Seasonal Pools & Spas (122)	EH
Investigate Consumer Complaints About Pools & Spas	EH
Supervision of Food Safety Staff; Manages Food Safety Program	EH
Investigate Consumer Complaints About Food Establishments	EH
Coordinate investigation of environmental causes of confirmed cases	EH
Management of Vector Control Efforts	EH
Investigate Complaints About Vectors	EH
Routine laboratory report follow up, including patient education	Epi
Contact investigations	Epi
Syndromic and Active Surveillance	Epi
Staff Education/Messaging	PIO
Communication with public, hotline	PIO
Family Planning method continuation	Nursing-Med
OB Clinics	Nursing-Med
Ongoing PrEP case management	Nursing-Med
Direct Observed Therapy for TB	Nursing-Med
TB Medical Care and Case Management	Nursing-Med
LTBI treatment	Nursing-Med
New TB Cases - Admission and treatment	Nursing-Med
Suspected TB cases - evaluation, testing	Nursing-Med
TB Contact Investigations	Nursing-Med
WIC Certification	Nursing-Med
WIC EBT card reload/nutrition education	Nursing-Med
Assurance of treatment, partner referral and reporting for new HIV, early syphilis, priority gonorrhea and Chlamydia	Nursing-Med
Dispense Prescriptions to AHD OB/GYN Patients	Pharmacy

Reduce *Recovery Goal: within 7-30 days of Continuity Plan activation*	
Function	**Division/Team**
Medical waste	Admin
Routine EH Admin Support - Mail, Filing, Record Keeping, Notices, Database Maintenance, etc.	EH
Plan Review and Construction Inspection for Pools & Spas	EH
Inspect Seasonal Pools & Spas	EH
Plan Review and Construction Inspection for Food Establishments; Changes of Ownership; SUPS	EH
Inspect Food Establishments	EH
Respond to Complaints about Hotels, B&Bs, & Other EH Issues	EH
Investigate Smoking Complaints	EH
Permit & Inspect Private Wells	EH
Family Planning Annual and Post-Partum visits	Nursing-Med
Abnormal Pap Smear follow-up	Nursing-Med
Mammogram referral and follow-up	Nursing-Med
HIV and STI surveillance, investigation and control:	Nursing-Med
Diagnosis and treatment of STIs (1 clinic-4hrs/week)	Nursing-Med
Case management of high risk mothers and infants, including home visits. Elevated Blood Lead Level Follow-up	Nursing-Med
OB Intake	Nursing-Med
Dispense Prescriptions to Primary Care (Neighborhood Health Patients)	Pharmacy
Dispense Prescriptions to Neighborhood Health HIV Patients	Pharmacy
Order Over-the Counter Medications for OB/ GYN Clinic	Pharmacy

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Remove *Recovery Goal: within 30+ days of Continuity Plan activation*	
Function	**Division/Team**
Access to hardware/software installation	Admin
Admin Support for EH Professional Staff - Special Projects, Data Reports, etc.	EH
Inspect Year-Round Pools & Spas (18)	EH
Trains EH Staff; Standardizes EH Staff	EH
Conduct Food Safety Training for Industry	EH
Conduct Food Safety Baseline Surveys	EH
Conduct Food Safety Outreach Activities	EH
Permit & Inspect Hotels and B&Bs	EH
Conduct Community Outreach on Rabies	EH/PIO
Conduct Community Outreach on Mosquito Control (June-Sept)	EH/PIO
Conduct Community Outreach on Bedbugs	EH/PIO
Inspect Sewage Pump Out Facilities at Marinas	EH
Pregnancy Testing	Nursing-Med
Testing and referral of positive test results for HIV (1 clinic-2 hours per week)	Nursing-Med
Nursing Home Screenings for Adults and Children	Nursing-Med
OB Post-Partum Visits	Nursing-Med
Teen Wellness Center	Nursing-Med
TB Screening/testing	Nursing-Med
Refugee Health Assessments	Nursing-Med
Narcan dispensing and delivery	Nursing-Med
New PrEP and nPEP counseling and treatment	Nursing-Med
Outreach activities not related to the emergency	PIO
Assist Patients in Obtaining RXs Through PAPs	Pharmacy
Scheduled training	PHEM
Purchasing, reporting	PHEM
MRC - routine training and exercises	PHEM
Planning	PHEM
Exercises	PHEM
Routine Public Information	PIO
Outreach - routine	PIO
Routine or non-critical Epidemiology reports	Epi

Events Will Likely Change

- ➤ **UNCERTAINTIES**
  - Proportion of severe disease ("how bad is it if you get it")
  - Transmissibility ("how easily does it spread from one person to another")

- ➤ **PLAN TO ADJUST YOUR PLANS**: stay current – ensure your actions reflect current public health recommendations

KEEP CALM Plan But Remember Plans Change

Be Public Health Ready
Remember – You Have Control

For More Information travelers can call:

Centers for Disease Control (CDC) Info - **(800) 232-4636** (**800**-CDC-INFO)

Virginia Department of Health – **1-877-ASK-VDH3 (275-8343)**

City of Alexandria Information: **311**

Commonwealth of Virginia Information: **211**

If you are interested in becoming a Medical Reserve Corps (MRC) Volunteer, call our coordinator, Ionela Lutai at 703.746.4978 to find out how.

Additional Resources – Keep Up to Date!

Alexandria Health Department

alexandriava.gov/Health

Virginia Department of Health

vdh.virginia.gov

Centers for Disease Control and Prevention

emergency.cdc.gov

US Health and Human Services

phe.gov

Additional

ready.gov/plan