

COVID-19

CORONAVIRUS DISEASE 2019

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Information is Ever Evolving

It may change during the time we are here.

Uncharted waters



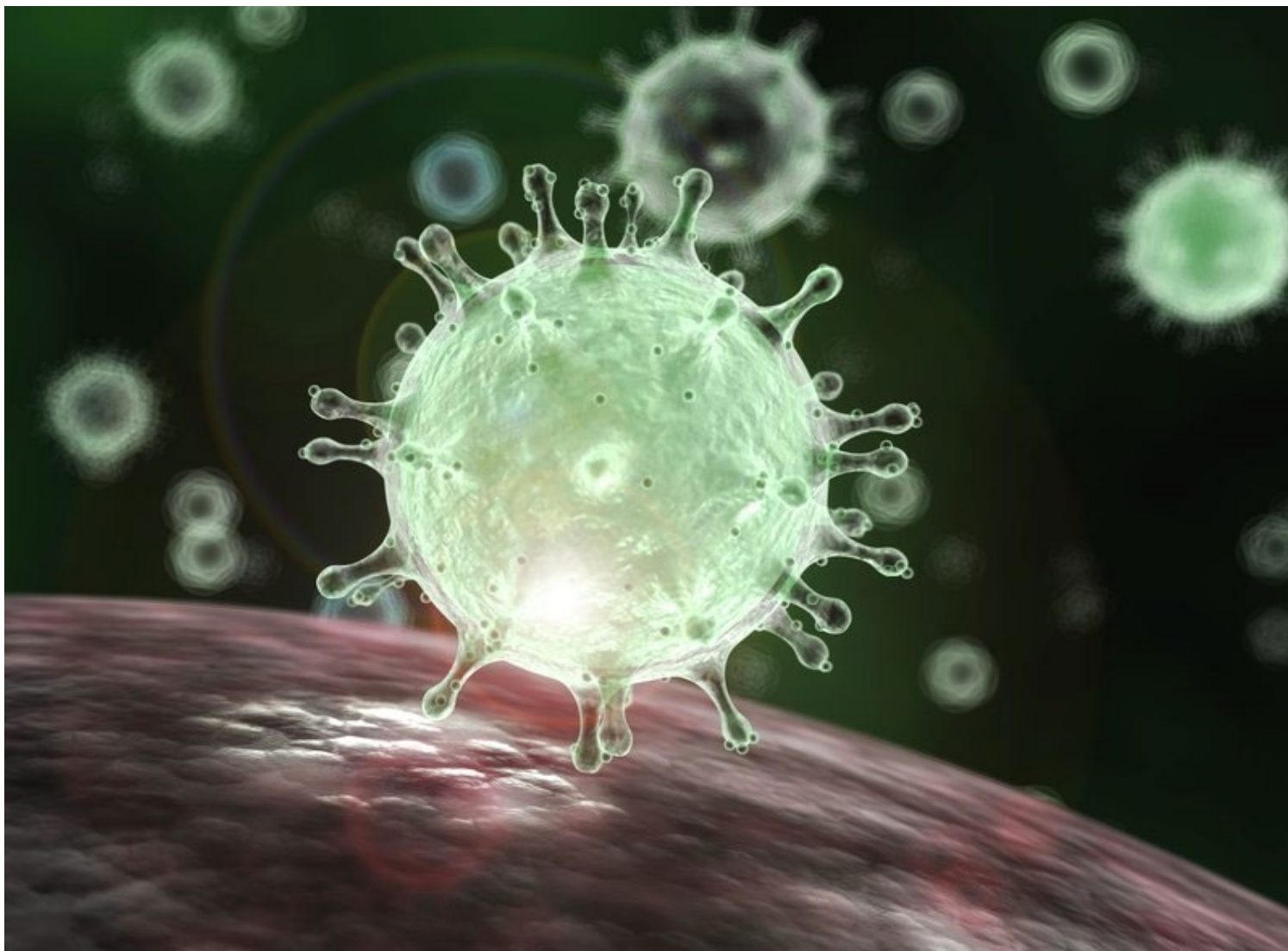
Objectives

- Identify the common goal of student success
- Describe the virus, its' attributes and transmission
 - Novel virus which has “jumped species”
 - No immunity
- Delineate characteristics of an epidemic
- Describe self-care options in this era
- Describe instructional preparations for alternative teaching modalities
- Describe campus and district preparedness
 - What has been done and achieved
 - Future planning

Outline

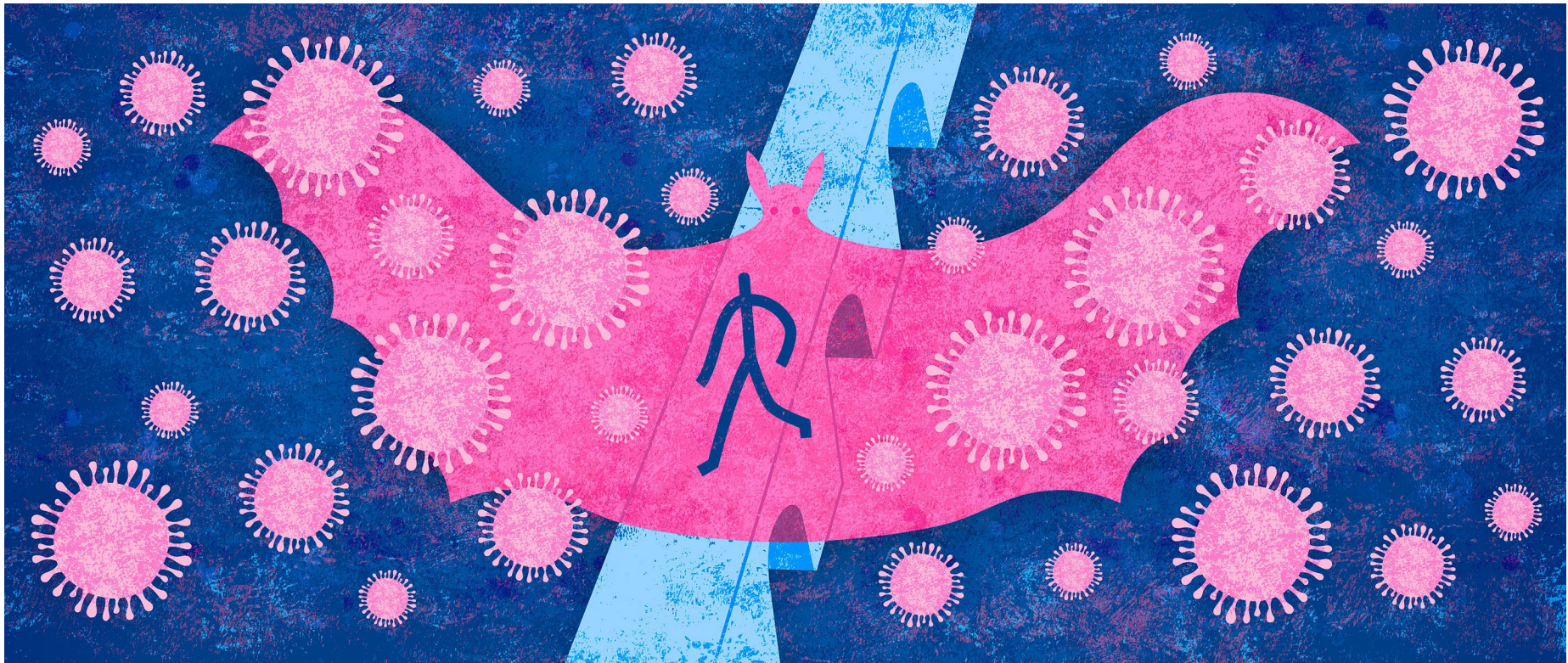
- Novel new virus and its' modes of transmission
- Evolving COVID-19 epidemic
- Explain how the elements of the epidemiologic triangle interact to cause infection
 - Virus is now named SARS-CoV-2 causing coronavirus disease 2019--“COVID-19”
 - Host/person
 - Environment
- What can you control?
 - Assess your personal and family risk
 - Wash hands/Hand Sanitizer
 - Don't touch your face
 - Cover your cough
 - Social Distance and Social Greetings
- What are you able to do with those things you cannot control?—Leslie Easton, LCSW
- College Updates

Novel Virus

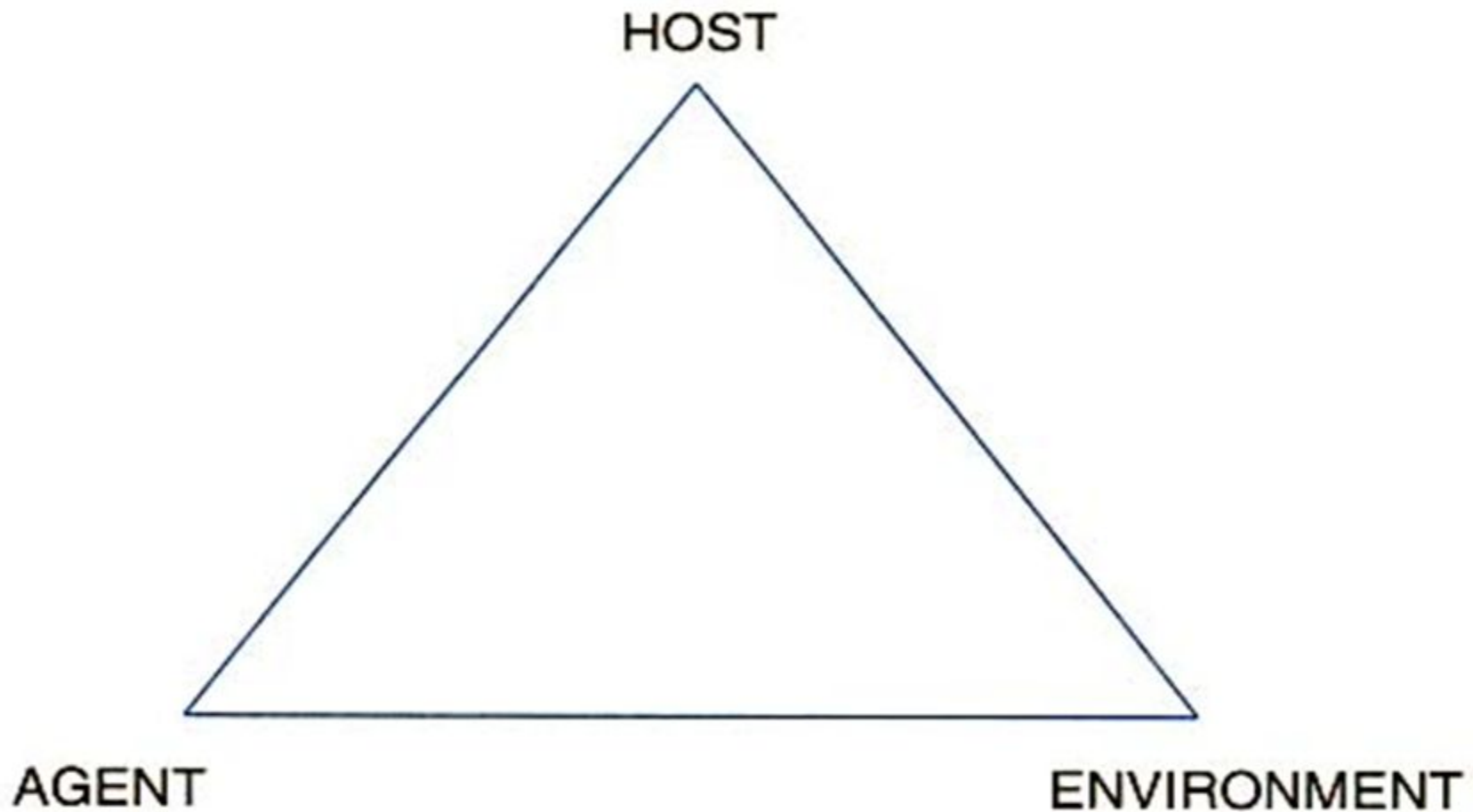


Virus “Jumping Species”

- Animal reservoirs: Many diseases are transmitted animal to animal, with humans as incidental hosts.
- No immunity



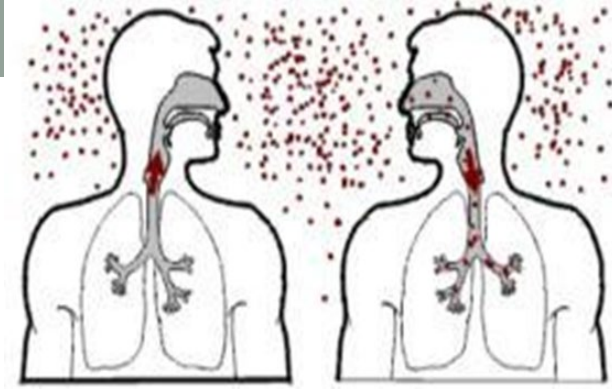
The Epidemiologic Triangle⁷



Source: Reprinted from Friis RH, Sellers TA. *Epidemiology for Public Health Practice*. 4th ed. Sudbury, Massachusetts: Jones and Bartlett Publishers; 2009:439.

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Chain of Infection Requirements



- **infectious agent (here, coronavirus)**
- **leaves its reservoir, source, or host through a portal of exit**
- **is conveyed by some mode of transmission**
- **enters the host through an appropriate portal of entry**
- **infects the susceptible person**
- **The newly-infected individual becomes a new reservoir and the whole process starts over.**

Modes of Transmission



Airborne
transmission



Direct
contact



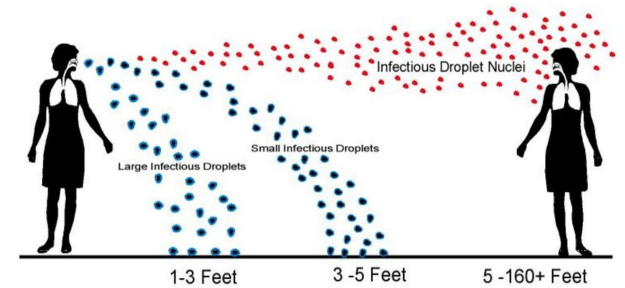
Inanimate
objects-
Fomites



Transmission



Infectious Droplets & Droplet Nuclei travel lengths



19

Covid-19 spreads mainly from person-to-person between people in close contact with one another (~6 feet).

Through respiratory droplets produced when an infected person coughs or sneezes.

- Droplets can enter the mouths or noses of those nearby or may be inhaled into the lungs.

Droplet spread

- refers to spray with relatively large, short-range aerosols produced by sneezing, coughing, or even talking.
- transmission is by direct spray over a few feet, before the droplets fall to the ground.

Transmission by Surface Contact



- It's possible a person can get COVID-19 by touching a surface/object (table, doorknob, phone, toy) that has the virus on it and then touching their mouth, nose, or possibly their eyes, **but this is not thought to be the main way the virus spreads.**
- The virus that causes COVID-19 seems to be spreading easily and sustainably in some communities.

Covid-19 Disease Development

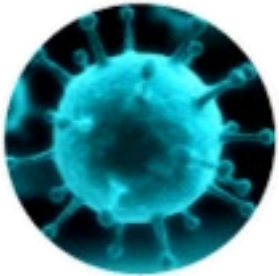
- **Incubation period** time b/w viral invasion and signs and symptoms of disease. For Covid-19 ~2-14 days (average 5) after exposure.



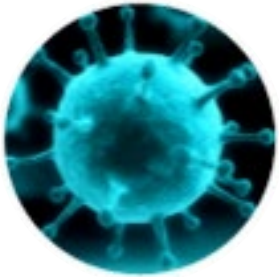
CDC Definitions Related to Levels of Disease



Outbreak or 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.



Epidemics occur when this virus, for example, and susceptible people are present in adequate numbers, such that the virus can be effectively transmitted from a source patient to susceptible people.



Pandemic refers to an epidemic that has spread over several countries or continents, usually affecting a large number of people, often used as **worldwide epidemic**.

What Can You Do?

What's Within Your Control?

- Wash your hands. For how long? How? You all tell me.
- Cover your cough.
- Don't touch your face. Why?
- Establish social distancing, as advised by PH.
 - Limit attendance at large gatherings
 - Telecommunication
- Stand/sit about 6 feet away from others. Why?
- Limit/eliminate your contact with those who are ill.
- Determine your personal risk assessment for disease.
- PLEASE DON'T COME TO WORK OR SCHOOL SICK!

What If You are Sick?

Or Your Student Tells You He/She Is Sick?

THIS IS THE GUIDANCE CURRENTLY-This may change if SD gets increased community transmission.

- If you are sick, you should not be here. Go home.
- If, as employees or students, you find yourself ill here---
 - The Student Health Clinic is here for you for additional guidance, but PLEASE CALL US FIRST.
 - Go out into the open air and call 619-388-3450. Ask to speak to a nurse to receive guidance based on your specific situation and symptoms.
 - We will then implement our clinic triage procedures to best guide you.

In General, As of TODAY

- If you think you are sick, CDC and the SH Clinic at City wants you to:
 - **Call ahead** before you go to a healthcare facility to allow staff to prepare for you.
- If you have the signs and symptoms of Covid-19 (fever, cough, respiratory symptoms, shortness of breath (difficulty breathing))

AND

- Have had contact with a person diagnosed with Covid-19

OR

- Recently traveled to countries with widespread or ongoing community spread
- **Call your doctor or local Public Health Dept. FIRST before seeking medical care so that appropriate precautions can be taken prior to your arrival.**

How To Cope With Anxiety About This Virus

- Read the news from **reliable sources**
 - Use two reliable sources (the [CDC](#) or [WHO](#))
 - Have a designated time for checking
 - Recognize the things you *can* control, like practicing good hygiene
- Practice self-care
 - Good sleep, balanced diet keep immune system healthy
 - Mindfulness/Meditation/Relaxation activities—many are free [UCLA Mindful](#), [Smiling Mind](#), [Insight Timer](#)
- Avoid social media as much as possible

How To Cope With Anxiety About This Virus

- **Stay connected to positive people! Remotely!**
 - Isolation can cause rumination/anxious thinking to escalate.
 - *Have a plan for staying in touch with family and friends* even if social distancing or self quarantined
 - Identify positive influencers...limit contact with other “worriers”
- Maintain a sense of hope, humanity and kindness toward others
- Seek professional help if anxiety is overwhelming
 - Insurance, EAP, community clinics
 - Crisis line (888-724-7240) or Crisis Text (“courage” to 741741)

City College Updates

- District Facilities
- Campus Efforts at Cleanliness and Preparedness
- LiveSafe APP
- Increased college-wide communications
- Nonessential events and travel

City College Updates

- City College is committed to implementing our best efforts to provide student service resources for our students and greater campus community.
- Student Services is accessing current policies and practices to explore how to best serve our students in this current situation.
- Alternative modalities to teaching and learning

