



JULY 2020

COMMUNITY HEALTH

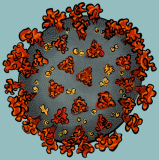
# COVID-19 UPDATES TOOLKIT

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- SIGNS AND SYMPTOMS
- HOW IT SPREADS
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# SUMMARY OF COVID-19

## WHAT IS COVID-19?



DISCOVERED IN AN OUTBREAK IN DECEMBER 2019, COVID-19 IS THE MOST RECENT DETECTED STRAND OF CORONAVIRUS. HISTORICALLY, OTHER CORONAVIRUSES ARE KNOWN FOR CAUSING SEVERE RESPIRATORY INFECTIONS SUCH AS MERS AND SARS.

## GLOBAL IMPACT

AS OF JULY 4, 2020 THERE HAVE BEEN:

10,922,324 CONFIRMED  
CASES WORLDWIDE

523,011 REPORTED  
DEATHS WORLDWIDE



AS OF JULY 4, 2020, THE UNITED STATES ALONE HAS:



2,724,433 CONFIRMED CASES  
128,481 REPORTED DEATHS

# SIGNS AND SYMPTOMS

A WIDE VARIETY OF SYMPTOMS MAY APPEAR 2-14 DAYS AFTER EXPOSURE TO THE VIRUS, INCLUDING:

- FEVER OR CHILLS
- COUGH
- SHORTNESS OF BREATH
- FATIGUE
- MUSCLE ACHES
- HEADACHE
- LOSS OF TASTE & SMELL
- SORE THROAT
- CONGESTION
- NAUSEA OR VOMITTING
- DIARRHEA



IT IS IMPORTANT TO SEEK EMERGENCY CARE IMMEDIATELY WITH THE FOLLOWING SYMPTOMS:

- TROUBLE BREATHING
- PERSISTENT CHEST PAIN
- NEW CONFUSION
- INABILITY TO WAKE UP OR STAY AWAKE
- BLUE DISCOLORATION OF LIPS/FACE

# HOW IT SPREADS

## PERSON TO PERSON

COVID-19 SPREAD WHEN A HEALTHY PERSON BREATHES IN THE DROPLETS PRODUCED WHEN AN INFECTED PERSON COUGHS, SNEEZES, OR SPEAKS.

## COMMONLY TOUCHED SURFACES

THE DROPLETS CAN ALSO LAND ON COMMONLY TOUCHED OBJECTS (SUCH AS DOORKNOBS, LIGHT SWITCHES, AND TABLES). A PERSON CAN THEN BECOME SICK BY TOUCHING THEIR EYES, NOSE, OR MOUTH.

## PEOPLE WHO ARE ASYMPTOMATIC

THERE IS SOME EVIDENCE INDICATING THAT PEOPLE WITHOUT SYMPTOMS CAN STILL TRANSMIT THE VIRUS.

# IMPLICATIONS FOR DAILY LIVING

## FOLLOW CURRENT BEST PRACTICES TO STOP THE SPREAD:

- WASH YOUR HANDS OFTEN
  - USE SOAP AND WATER WHEN AVAILABLE
  - SCRUB FOR AT LEAST 20 SECONDS
- AVOID TOUCHING YOUR EYES, NOSE, AND MOUTH
- WEAR A CLOTH FACE MASK WHEN AROUND OTHERS, EVEN IF YOU DO NOT FEEL SICK
- COVER YOUR COUGHS AND SNEEZES WITH A TISSUE OR ELBOW
- AVOID CROWDED PLACES IF POSSIBLE, AND MAINTAIN A 6 FOOT DISTANCE
- STAY HOME IF YOU FEEL UNWELL AND CALL AHEAD BEFORE SEEKING MEDICAL CARE

# WHAT ABOUT SURFACES?

## HOW LONG CAN THE VIRUS SURVIVE?

STUDIES HAVE SHOWN THAT THE VIRUS CAN SURVIVE:

- UP TO 72 HOURS ON PLASTIC AND STAINLESS STEEL
- LESS THAN 4 HOURS ON COPPER
- LESS THAN 24 HOURS ON CARDBOARD

## IMPLICATIONS

- WASH YOUR HANDS OFTEN WITH ALCOHOL-BASED HAND SANITIZER OR SOAP AND WATER
- AVOID TOUCHING YOUR FACE
- CLEAN COMMONLY TOUCHED SURFACES WITH HOUSEHOLD DISINFECTANTS

## GROCERY SHOPPING CONSIDERATIONS

- SANITIZE SHOPPING CART HANDLES
- WASH YOUR HANDS THOROUGHLY BEFORE AND AFTER PUTTING GROCERIES AWAY

THERE ARE CURRENTLY NO CONFIRMED COVID-19 CASES TRANSMITTED THROUGH FOOD OR FOOD PACKAGING

# WHAT ABOUT PROTESTS AND OTHER LARGE GATHERINGS?

## GUIDING PRINCIPLES

- STAY WELL-INFORMED ON SAFETY LAWS AND CURRENT CONDITIONS REGARDING COVID-19 IN YOUR LOCAL COMMUNITY
- AT THE EVENT, PROMOTE:
  - HAND WASHING
  - RESPIRATORY HYGIENE
  - SOCIAL DISTANCING
- WEAR A CLOTH FACE COVERING, ESPECIALLY WHEN PHYSICAL DISTANCING IS DIFFICULT
- STAY HOME IF YOU ARE FEELING UNWELL OR HAVE BEEN IN CLOSE CONTACT WITH A PERSON WHO HAS HAD SYMPTOMS OF COVID-19 WITHIN THE LAST 14 DAYS

THERE IS NO EVIDENCE THAT BLACK LIVES MATTER PROTESTS "REIGNITED COVID-19 CASE GROWTH DURING THE MORE THAN THREE WEEKS FOLLOWING PROTEST ONSET"(DAVE ET AL, 2020).

SOURCES: WORLD HEALTH ORGANIZATION,  
CENTERS FOR DISEASE CONTROL

# WHAT ABOUT PROTESTS AND OTHER LARGE GATHERINGS?

## RISK OF COVID-19 SPREADING AT GATHERINGS

LOWEST RISK

- VIRTUAL EVENTS

MILD RISK

- SMALL OUTDOOR GATHERINGS WITH PEOPLE FROM SAME COMMUNITY STAYING 6 FEET APART WITH FACE COVERINGS

MODERATE RISK

- MEDIUM-SIZED GATHERINGS WITH PEOPLE COMING FROM OUTSIDE THE LOCAL AREA

HIGHEST RISK

- LARGE IN-PERSON GATHERINGS WHERE IT IS DIFFICULT TO MAINTAIN 6 FEET AND ATTENDED BY PEOPLE OUTSIDE LOCAL AREA



# RESOURCES

## WORLD HEALTH ORGANIZATION (WHO)

[HTTPS://WWW.WHO.INT/EMERGENCIES/DISEASES/NOVEL-CORONAVIRUS-2019](https://www.who.int/emergencies/diseases/novel-coronavirus-2019)

## CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC)

[HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/INDEX.HTML](https://www.cdc.gov/coronavirus/2019-ncov/index.html)

## ALSO REFERENCED:

### BLACK LIVES MATTER PROTESTS, SOCIAL DISTANCING, AND COVID-19

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