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Overview

- Background
- International, national, and local situation
- Characteristics of COVID-19
- Public health activities underway
- Guidance for schools
- Addressing and fighting stigma

Background

- COVID-19 is the name of the “novel coronavirus” disease
- SARS-CoV-2 is the name of the virus that causes COVID-19
- Coronaviruses cause mild respiratory illnesses, such as the common cold
 - Severe Acute Respiratory Syndrome (SARS)
 - Middle East Respiratory Syndrome (MERS)
- COVID-19 is a new coronavirus disease
- Emerged from Hubei Province, China in December 2019
- The immediate risk to the general public in Washington state and the U.S. is low

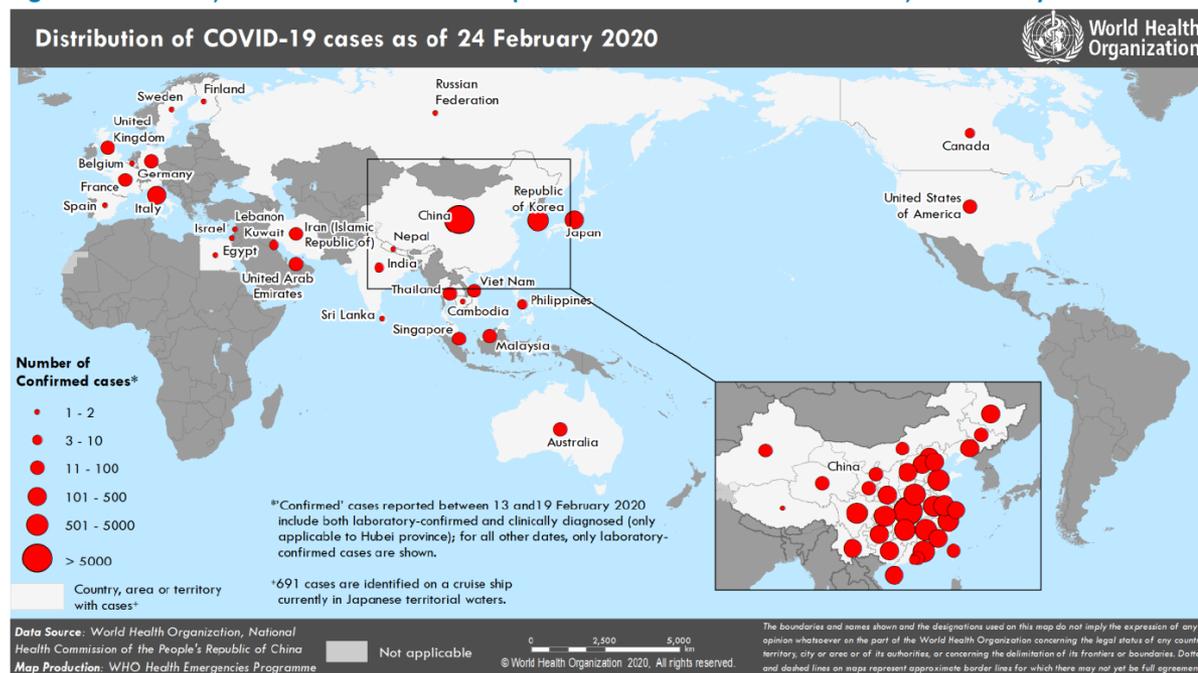
INTERNATIONAL, NATIONAL, AND LOCAL SITUATION

International Situation

*numbers current as of 2/24/20

- Total confirmed cases: 79,331
 - 77,262 cases from mainland China (2595 deaths)
 - 2069 cases from 29 other countries (23 deaths)

Figure 1. Countries, territories or areas with reported confirmed cases of COVID-19, 24 February 2020



International Situation

**numbers current as of 2/24/20*

- Reporting sustained community transmission (Level 2/3 alert)
 - China
 - Japan
 - South Korea
- Reporting some community transmission (Level 1 alert)
 - Hong Kong
 - Iran
 - Italy
- Apparent community transmission
 - Singapore
 - Taiwan
 - Thailand
 - Vietnam

53 Confirmed Cases among US Residents

**numbers current as of 2/24/20*

COVID-19: Confirmed Cases in the United States*†

Travel-related	12
Person-to-person spread	2
Total confirmed cases	14
Total tested	426

* This table represents cases detected and tested in the United States through U.S. public health surveillance systems since January 21, 2020. It does not include people who returned to the U.S. via State Department-chartered flights.

† Numbers closed out at 4 p.m. the day before reporting.

COVID-19: Cases among Persons Repatriated to the United States†

	Wuhan, China	<i>Diamond Princess</i> Cruise Ship‡
Positive	3	36

† Numbers closed out at 4 p.m. the day before reporting.

‡ Cases have laboratory confirmation and may or may not have been symptomatic.

Washington Situation

— *numbers current as of 2/24/20

- Confirmed cases: 1 (plus 4 cases at Sacred Heart Medical Center in Spokane)
 - Persons Under Investigation (PUI): 2
 - Number of people under public health supervision*: 582
- *The number of people at risk of having been exposed to the SARS-CoV-2 virus who are monitoring their health under the supervision of public health officials. This includes close contacts of laboratory confirmed cases and persons who have returned from China in the past 14 days.*
- Ongoing incident management team and command center activated January 21 at the department's Public Health Laboratories

Screening at Sea-Tac International Airport

- All travelers from China funneled to 11 airports (including SeaTac) and screened for fever and respiratory symptoms
- Travelers arriving at Sea-Tac International Airport
 - If ill → isolation and evaluation
 - If asymptomatic and from Hubei Province → quarantine with active health monitoring (none in Washington)
 - If asymptomatic from China (non-Hubei) → self-monitoring at home with public health supervision, asked to avoid public settings including school and work

COVID-19 CHARACTERISTICS



What are the symptoms?

- Fever
- Cough
- Shortness of breath

Risk Factors and Severity

- People with COVID-19 can have no symptoms or develop mild, severe, or fatal illness
- Kids may have less severe disease (2% of confirmed cases in China occurred among those <20 years old)
- Current case fatality rate ~2% among those with laboratory-confirmed COVID-19
- Risk factors for severe illness may include:
 - Older age
 - Underlying chronic medical conditions

How does the virus spread?

- Primarily spreads person-to-person via respiratory droplets from coughs or sneezes (like the flu)
- Possibly spread by touching an object or surface with the virus on it, then touching mouth, nose, or eyes
- Possibly spread through stool with the virus in it
- It takes approximately 2 to 14 days (median ~5 days) for an infected person to show symptoms
- People likely most infectious while they are most symptomatic (e.g., coughing and sneezing)
 - Spread from people without symptoms appears possible

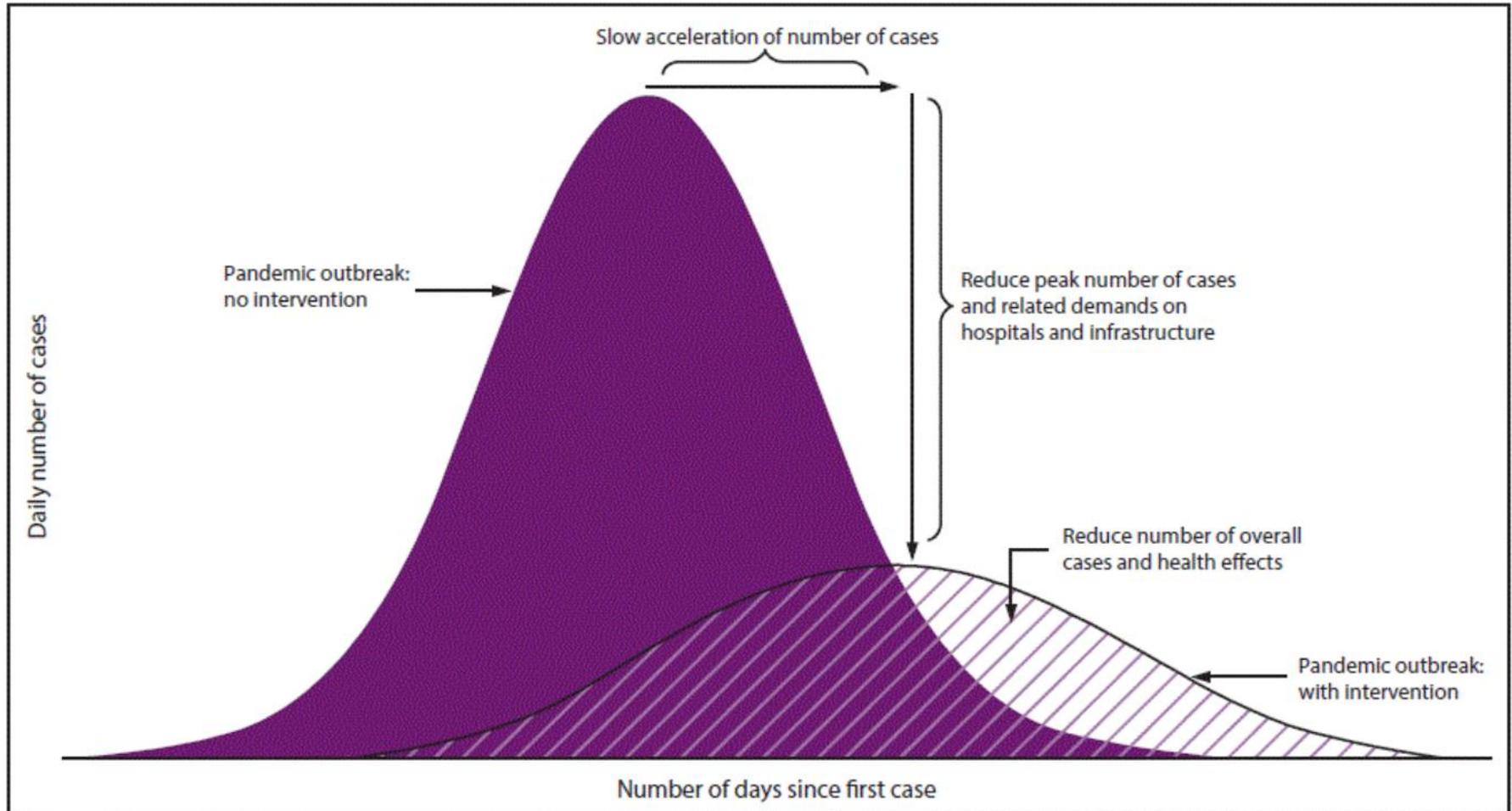
Treatment and Vaccine

- Treatment
 - No specific treatment currently available
 - Supportive management of complications, including advanced organ support if indicated
 - Anti-viral medications under investigation
- Vaccines are under development
 - Phase 1 trials in people may occur within 2 months

Risk Assessment

- Serious public health threat to the United States
- Low health risk for COVID-19 to the general public in the US and Washington at this time
- Strategy now is to slow the spread of the virus (i.e., contain the virus) so that we have time to:
 - Prepare the healthcare system and the general public
 - Better characterize the infection to guide public health recommendations and development of medical countermeasures including diagnostics, therapeutics, and vaccines
- “Current global circumstances suggest it is likely that this virus will cause a pandemic”

Goals of Community Mitigation for Pandemic Influenza



Source: CDC. MMWR 2017;66(1):1–34. (<https://www.cdc.gov/mmwr/volumes/66/rr/rr6601a1.htm>)

Community Mitigation Planning (Non-pharmaceutical Interventions)

- Strategies
 - Personal
 - Home isolation of ill people, hand hygiene, resp. etiquette
 - Home quarantine of well, potentially exposed people
 - Social distancing
 - School closures and dismissals
 - Social distancing in workplaces
 - Postponing or cancelling mass gatherings
 - Environmental measures (e.g., routine cleaning of frequently touched surfaces)

GUIDANCE FOR SCHOOLS



When should students, staff or volunteers seek medical evaluation?

Criteria

- Ill with a fever, cough, or difficulty breathing **AND** have traveled from China in the last 14 days
- Ill with fever, cough, difficulty breathing **AND** have been identified by public health officials as a recent close contact of a confirmed COVID-19 case or had recent close contact with someone who is being evaluated for COVID-19 infection

These criteria are likely to change!

Procedure for students, staff, or volunteers meeting criteria

- Move them to a private room away from others and ask them to wear a face mask
- Immediately notify your local health department for guidance

Recommendations for students, staff, or volunteers arriving in the US from China

● **AFTER February 2, 2020 at 2 p.m.**

- Stay at home, away from others, and monitor their health for 14 days
- If they develop symptoms during the 14-day period, avoid contact with others. Call the doctor or health care provider to update them on symptoms and recent travel.

These criteria are likely to change!

Reduce risk at school

- You do not need to take special precautions
- Encourage students and staff to:
 - Stay home when sick
 - Perform frequent hand washing with soap & water (If not available, use alcohol-based hand sanitizer)
 - Avoid touching eyes/nose/mouth with unwashed hands
 - Cover coughs/sneezes with a tissue, then throw tissue in trash and clean hands with soap/water (or hand sanitizer)
 - Provide adequate supplies for good hygiene
 - Follow your routine cleaning and disinfection program

Cleaning and Disinfecting Procedures

- Routinely clean with a third party “green” certified cleaner and disinfect with an EPA-registered product with a disinfectant claim for human coronaviruses
- Typically, this means daily sanitizing surfaces and objects frequently touched (e.g., bathrooms, water coolers, desks, doorknobs, computer keyboards, hands-on learning items, faucet handles, phones, toys, etc.)
- Clean the surface first to remove all organic matter
- Follow the disinfectant manufacturer’s instructions:
 - Use the proper concentration of disinfectant
 - Allow the required wet contact time
 - Pay close attention to hazard warnings and instructions for using personal protective items
 - Use disinfectants in a sufficiently ventilated space

Strategies to Counter Stigma

What we can
do as
individuals

- Rely on and share trusted sources of information.
- Speak up if you hear, see, or read stigmatizing or harassing comments or misinformation.
- Show compassion and support for individuals and communities more closely impacted.
- Avoid stigmatizing people who are in quarantine. They are making the right choice for their communities.
- Do not make assumptions about someone's health status based on their ethnicity, race or national origin.

Strategies to Counter Stigma

What we can do as **professionals**

- Stay updated and informed on COVID-19 to avoid miscommunication or inaccurate information
- Talk openly about the harm of stigma
- View people directly impacted by stigma as people first
- Be conscious of your language
- Acknowledge access & language barriers
- Check your own stigmas and biases
- Support community with where to access credible information
- Be transparent about COVID-19
- Stick to the facts

Viruses don't discriminate and neither should we



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