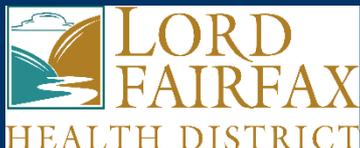


Coronavirus (COVID-19) Update

for the Winchester City Council

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Coronavirus Update

- Family of at least seven different viruses
 - Four cause common cold symptoms
 - Three are more serious
 - Severe Acute Respiratory Syndrome (SARS CoV)
 - Middle East Respiratory Syndrome (MERS-CoV)
 - COVID-19 (SARS-CoV-2)
 - Cause lower respiratory symptoms
 - Cough, shortness of breath
 - Pneumonia
 - Most severe can cause respiratory failure and death

COVID-19 Recent History

- Identified in Wuhan, China, December 2019
- Thought to be linked to animal market, but not clear
- Person-to-person spread noted later
- Cases exported by travel: first US case 21 Jan 20
- WHO declared outbreak a Public Health Emergency
 - Entry to US from China limited 2 Feb 20
- Subsequent spread to other countries
 - Person-to-person and community spread in US
 - Presently six positive cases in Virginia
 - Coming to the Shenandoah Valley soon...

Contagion

- We're not 100% sure (it is a new virus), but probably...
- Much like colds and the flu
- Close person-to-person contact
 - 6ft/2m, coughed on, physical contact
 - Respiratory droplets (coughs, sneezes), then inhaled
 - Possibly from surfaces:
 - Above droplets settle on surface
 - Person touches surface
 - Person touches mouth, nose, or eyes



Symptoms, Course of Disease

- Incubation period: about 5 days (range 2-14 days)
- May include fever, cough, shortness of breath
- Wide range of symptoms
 - Mild common cold to life-threatening pneumonia
 - Case-fatality rate (= # deaths/# cases)
 - WHO: 3.4%, BUT.....
 - We're not sure how many mild cases there are
 - More mild cases = larger denominator
 - May be much lower rate
 - >60 y/o, chronic disease, immune compromised at highest risk

What Should We Do?

- WASH YOUR HANDS often. Soap and water for 20 sec.
- No soap and water? Use hand sanitizer, 60+% alcohol
- Avoid touching your eyes, nose, or mouth
- Stay away from people who are sick
 - Consider: crowds, travel locations, confined spaces
 - Consider: your personal risk level
- STAY HOME IF YOU ARE SICK
- Completely cover coughs and sneezes
- Clean and disinfect commonly used surfaces

What Else Should We Do?

- Be aware, take this seriously, but don't panic!
 - This is not Ebola, the Plague, or Smallpox
 - But it is still a serious illness
- Seek medical care with:
 - fever, cough, and/or difficulty breathing + travel to high-risk area
 - Any of the above symptoms + close contact with known case
 - Severe symptoms regardless of travel or contact
 - Consider your personal risk level
- Surgical masks only help if you're the one who's sick
- Don't hoard...but consider keeping up to two weeks' non-perishable food, in case you do get sick

What Else Should We Do?

- Stay informed: www.cdc.gov/COVID19, or just type “cdc” and “coronavirus” into your browser
- Also type “vdh” and “coronavirus” for the health dept web page, or call you local health department
- Avoid most .com and .org sites, along with the “talking heads” on TV, unless they’re from CDC, NIH, etc.
- Look out for scam artists trying to sell you stuff you don’t need

Questions?

Thank you for your time.