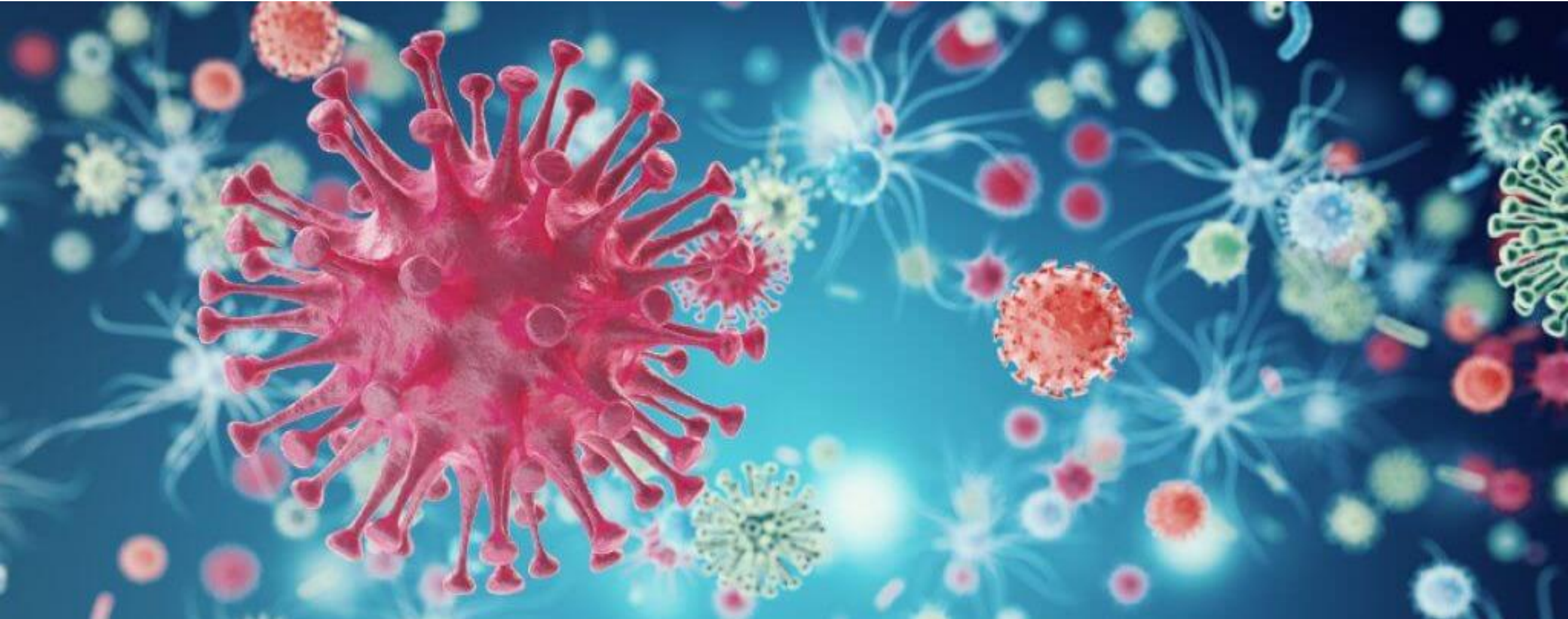


# COVID-19 Summary and Community Call to Action



**Joy Jackson, MD**

**July 14, 2020**

# What is COVID-19 and how did we get here?

- Novel virus – new to the human population
- Transmission – person-to-person spread
  - Droplets generated through talking, singing, coughing, sneezing get into nose, throat, eyes of the recipient
  - Airborne – probably
  - Surfaces – a problem if people touch a contaminated surface then touch their own eyes, nose or mouth



# COVID-19 Symptoms

- Symptoms
  - Fever, cough, nasal congestion, muscle aches, fatigue, chest pain, shortness of breath, diarrhea and other GI issues, loss of sense of taste and smell, confusion/mental status change
  - It is estimated that up to 40% of infected people have NO symptoms
- What to do if you are sick?
- What to do if you find that you have been exposed?



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



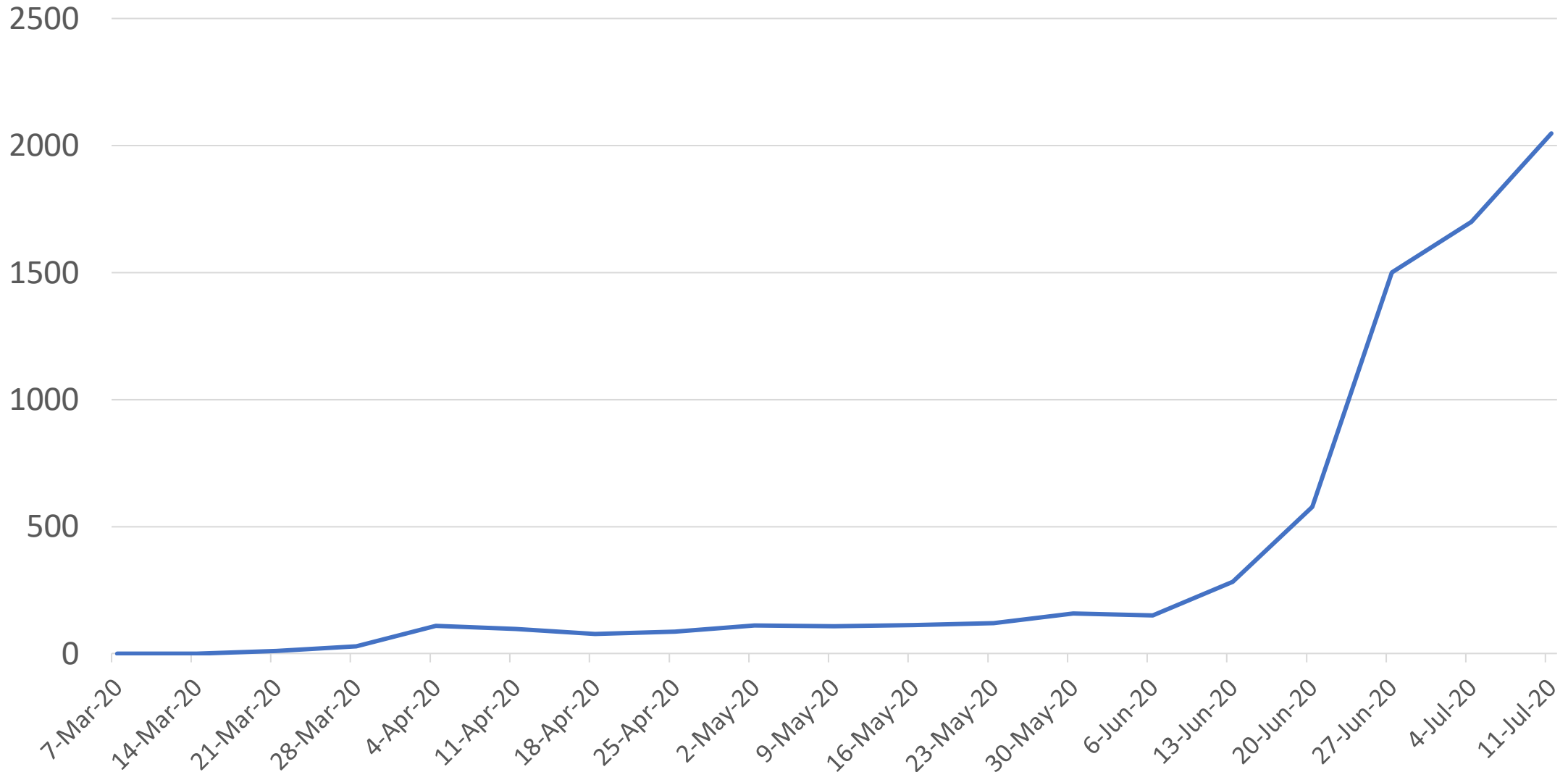
# Vulnerable Populations

- People who are more likely to have adverse health outcomes
  - Older individuals
  - Underlying chronic health conditions
    - Heart disease and/or hypertension
    - Lung disease
    - Diabetes
    - Obesity
  - Perhaps racial/ethnic/genetic differences - the story is not complete

- What are the adverse health outcomes?
  - More likely to be hospitalized
  - More likely to require mechanical ventilation
  - Higher risk of death
  - Higher risk of social/emotional adverse outcomes due to isolation



# Polk, New COVID-19 Cases per Week – total >7,200





# Additional Polk Community Metrics

- Hospitalization numbers – increasing
- ICU stays and ventilator use – increasing
- ED visits for COVID-like and flu-like illness – increasing
- Deaths – total of 140 deaths, 2% of all cases diagnosed
  - Average age is 78
  - Youngest death 27, oldest death 103
- Long term care facilities impacted
  - More facilities are being identified due to mandatory testing of staff which began in June

# COVID-19 Testing Basics

- Testing for acute disease – identifies viral particles
  - PCR test
  - Nuclear test
  - Antigen test
- Testing for prior exposure to the virus
  - Antibody test, aka serology test
  - Antibodies take 1-3 weeks to start forming after a person becomes infected.
  - Not sure that the presence of antibodies means that a person is immune and if so, how long the immunity will last



# COVID-19 Testing in Polk

- Private Healthcare provider offices
- Hospitals for those who need the ED or who are admitted
- Lakeland Regional Medical Center Chest Clinic – on Pablo Street
- Lakeland Regional drive through – north of the hospital
- BayCare drive through – at Bartow Regional Medical Center
- Advent Health – CentraCare site in Winter Haven
- Retail locations: several CVS stores, Publix on Shepherd Road
- Central Florida Healthcare – mobile and fixed site; check website
- County Health Department – offers drive through testing by appointment at our Auburndale site – call (863) 519-7911 to schedule



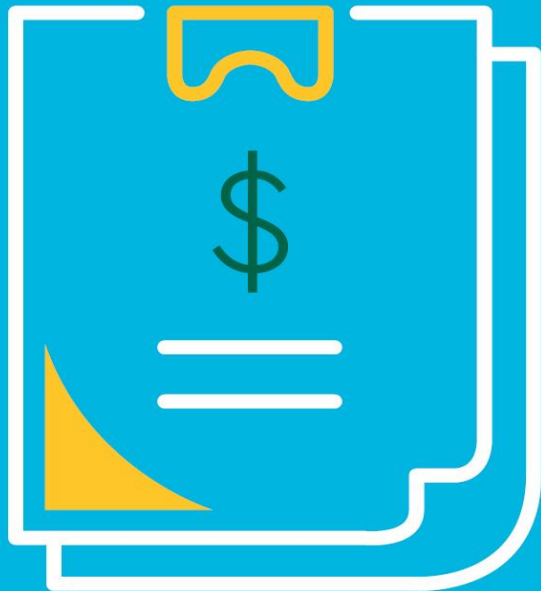
# Additional Testing – Coming Soon

Polk County CARES funding supporting testing across the county

- Collaboration with local hospitals
- Central Florida Healthcare
- Department of Health



## CARES Act



# Slowing the Spread of Infection

## How?

- Reduce Exposure
  - Social distancing – at least 6 ft apart
  - Handwashing
  - Avoiding crowds
  - Stay home if you are sick or have been exposed to someone with COVID-19
  - Stay home if you are at risk for worse outcomes due to age and chronic health conditions such as heart disease, lung disease, or diabetes
  - Wear a mask when in public and if you cannot assure adequate social distancing

## Why?

- Currently there is little community immunity
- Risk of overwhelming the healthcare system and critical infrastructure
- To protect vulnerable populations



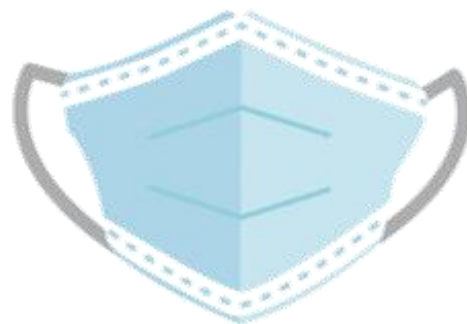
# Cloth Face Coverings

- CDC recommends that people wear cloth face coverings in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain.
- Cloth face coverings may help prevent people who have COVID-19 from spreading the virus to others.
- Cloth face coverings are most likely to reduce the spread of COVID-19 when they are widely used by people in public settings.
- Cloth face coverings should NOT be worn by children under the age of 2 or anyone who has trouble breathing, is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.

# Evidence for Masks

<https://www.ucsf.edu/news/2020/06/417906/still-confused-about-masks-heres-science-behind-how-face-masks-prevent>

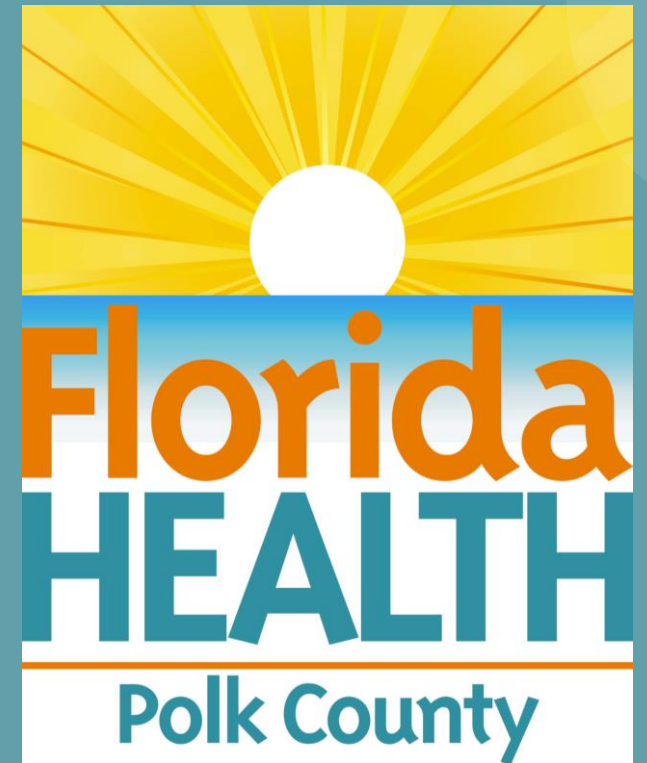
- One category of evidence comes from laboratory studies of respiratory droplets and the ability of various masks to block them.
- A recent study published in [\*Health Affairs\*](#), for example, compared the COVID-19 growth rate before and after mask mandates in 15 states and the District of Columbia. It found that mask mandates led to a slowdown in daily COVID-19 growth rate, which became more apparent over time.





# What is the CHD Doing?

- Case investigations
- Contact tracing
- Testing
- Serving as a community resource across multiple sectors
- Distribution of 170,000 cloth facemasks
- Advocate for public health and safety



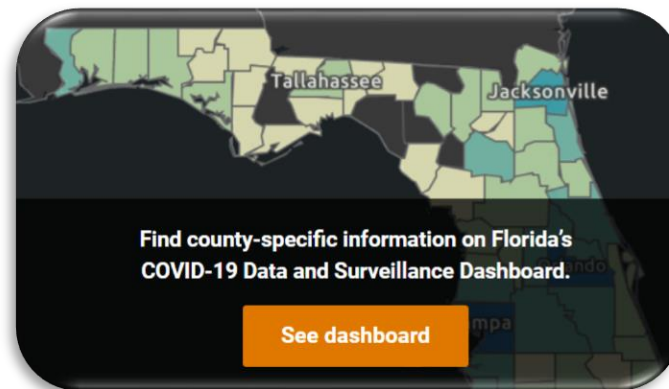
# Available Resources

- Guidance

- Contains robust information for all - individuals to various groups and sectors
- CDC website: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

- Florida and Polk data – updated daily

- <https://floridahealthcovid19.gov/>
- The dashboard works best with Google Chrome or Firefox browsers



A collage of various colored sticky notes (pink, yellow, blue, orange, green) scattered across the frame. Each sticky note features a large, bold, black question mark. The word "QUESTIONS" is written in a large, white, sans-serif font across the center of the image, overlapping the sticky notes.

QUESTIONS