

Protecting your Clients, Protecting Yourself:

Increasing Your Knowledge of COVID -19
Transmission, Mitigation, and Infection
Prevention & Control

July 2020

Coronavirus Disease 2019 (COVID-19)

- COVID-19 is an illness caused by a virus called SARS-CoV-2
- Symptoms can range from mild to severe illness



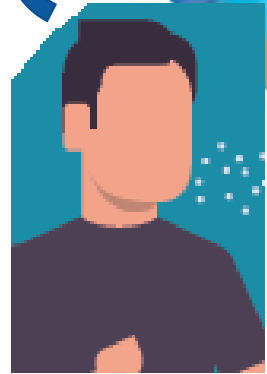
Development of Illness After Exposure



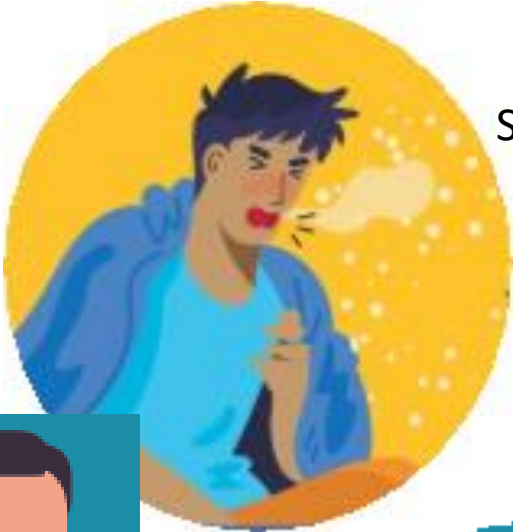
Exposure



2 to 14 Days



Pre-symptomatic



Symptomatic

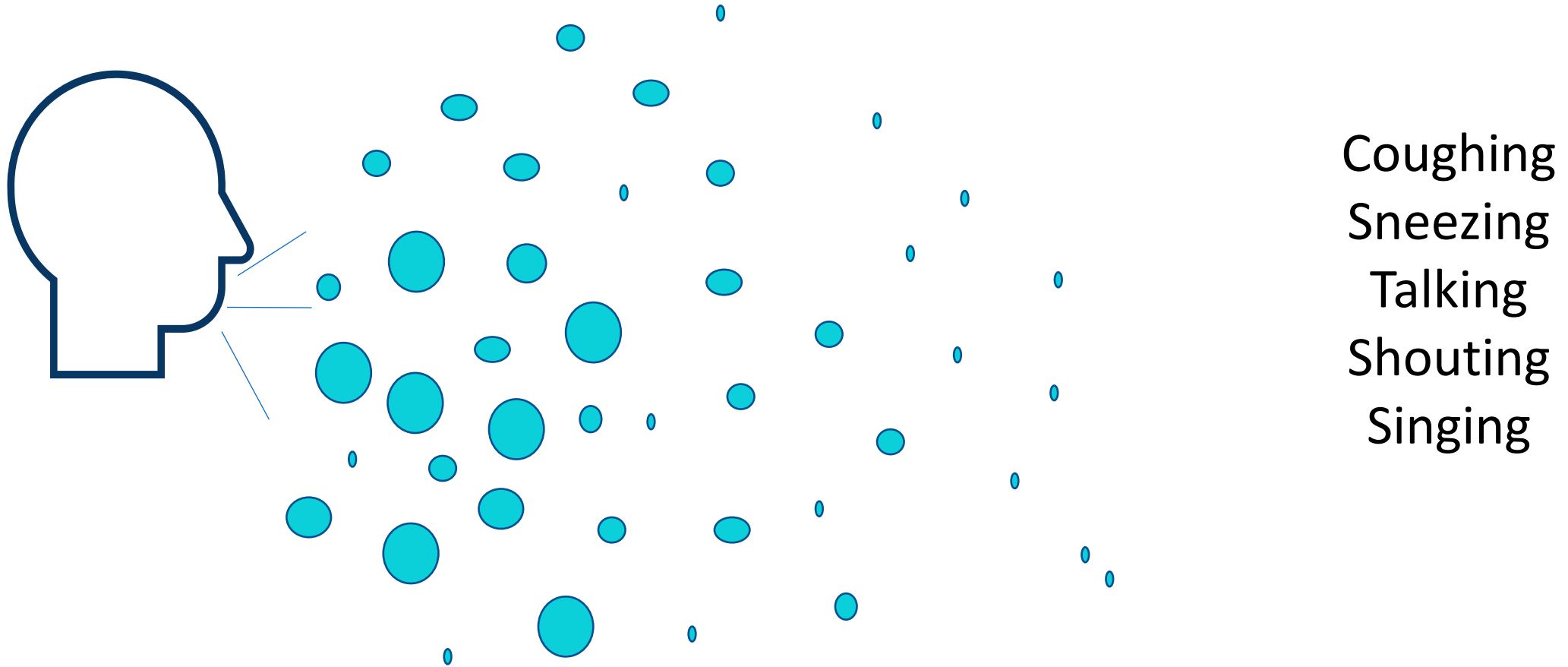


Asymptomatic

Transmission

How the SARS-CoV-2 Virus Spreads from Person to Person

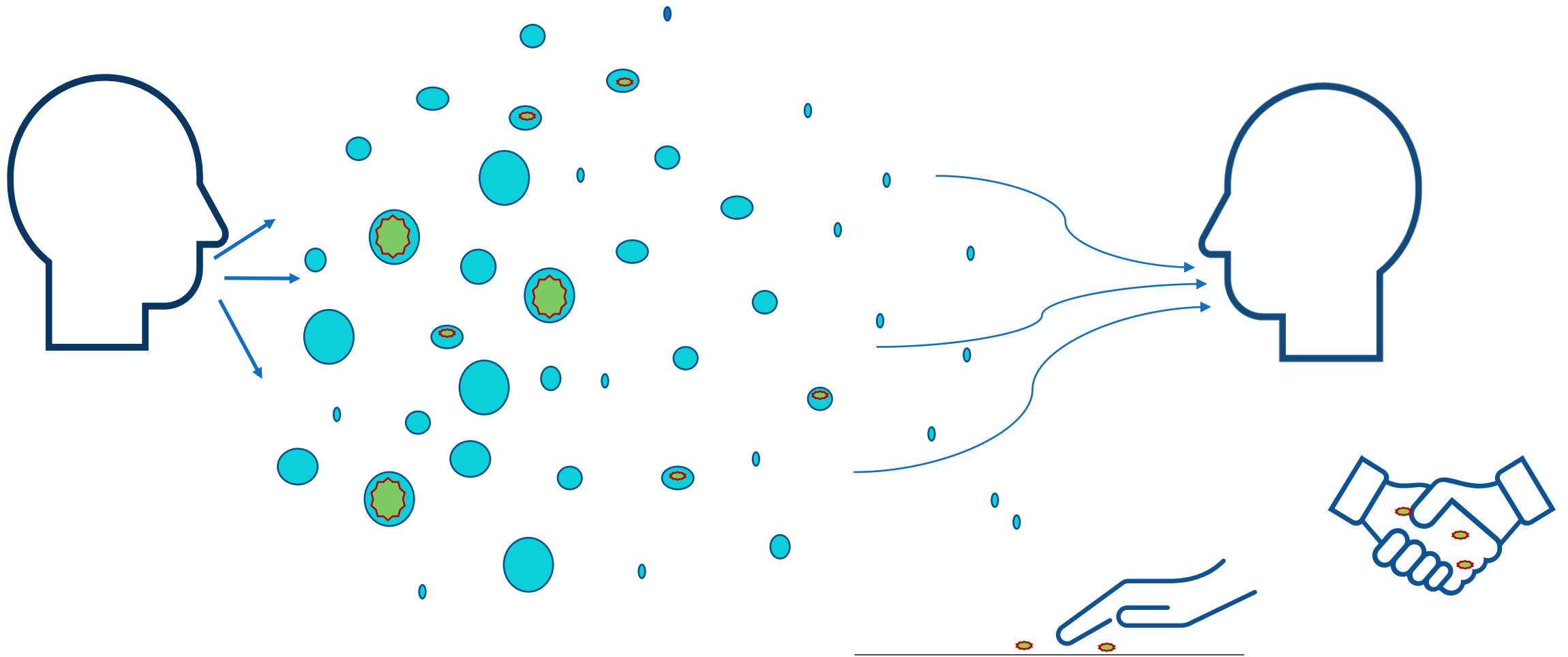
SARS-CoV-2 Spreads By Respiratory Droplets



“Stay Healthy” Video



SARS-CoV-2 Spreads By Respiratory Droplets



Epidemiology

Current Cases and Who is Most at Risk

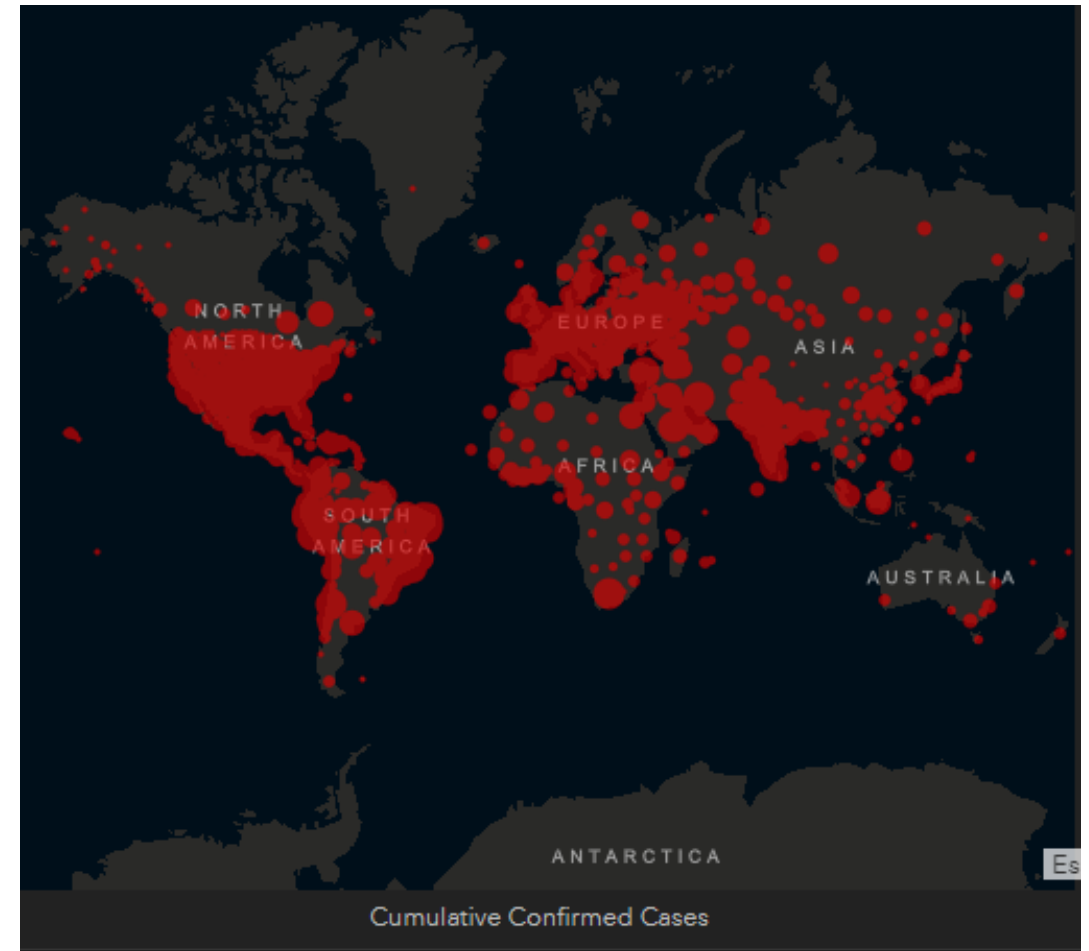
COVID-19: International and National Cases

Global

- Cases: 11,495,412
- Deaths: 535,185

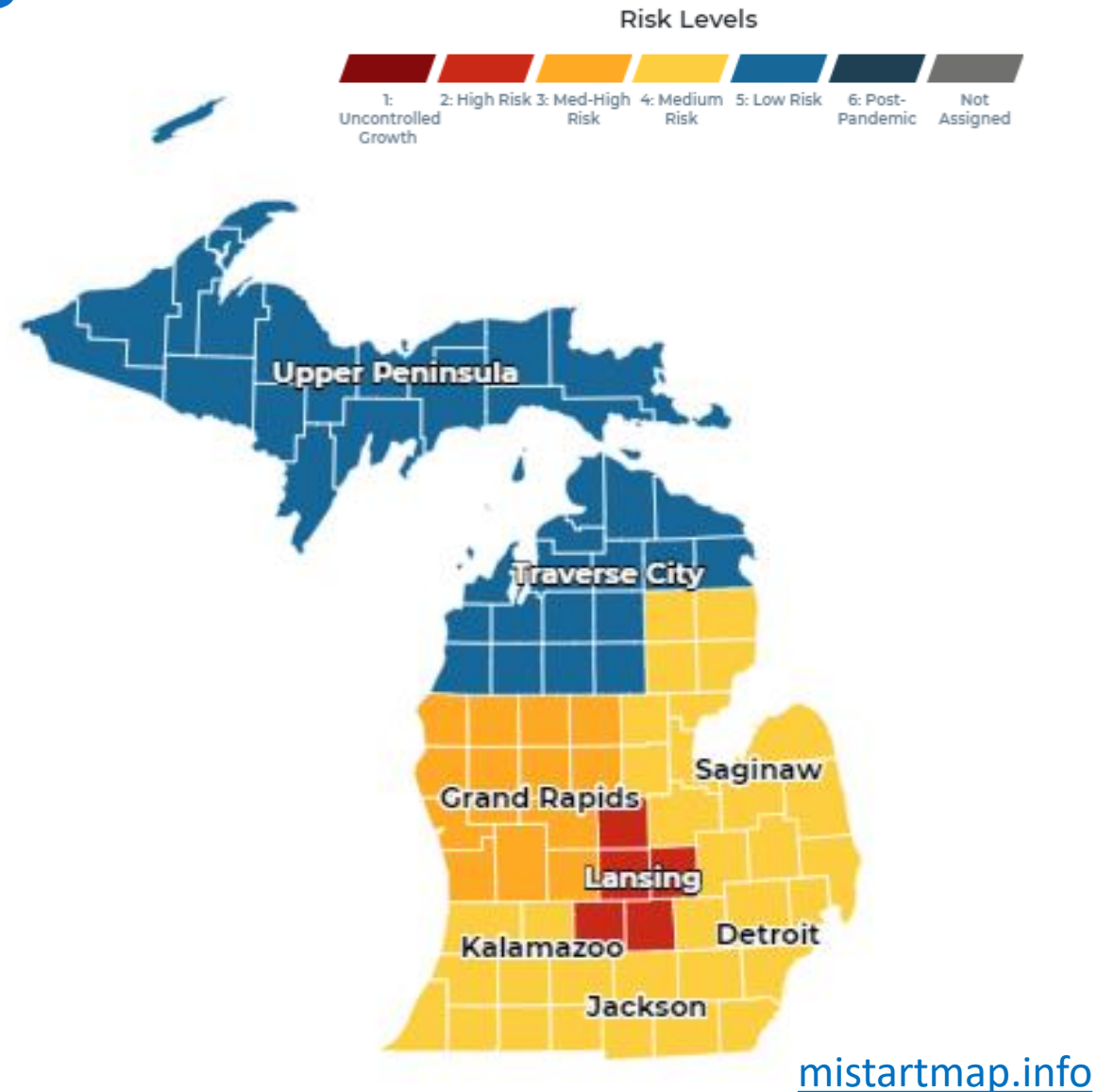
United States

- Cases: 2,886,267
- Deaths: 129,811



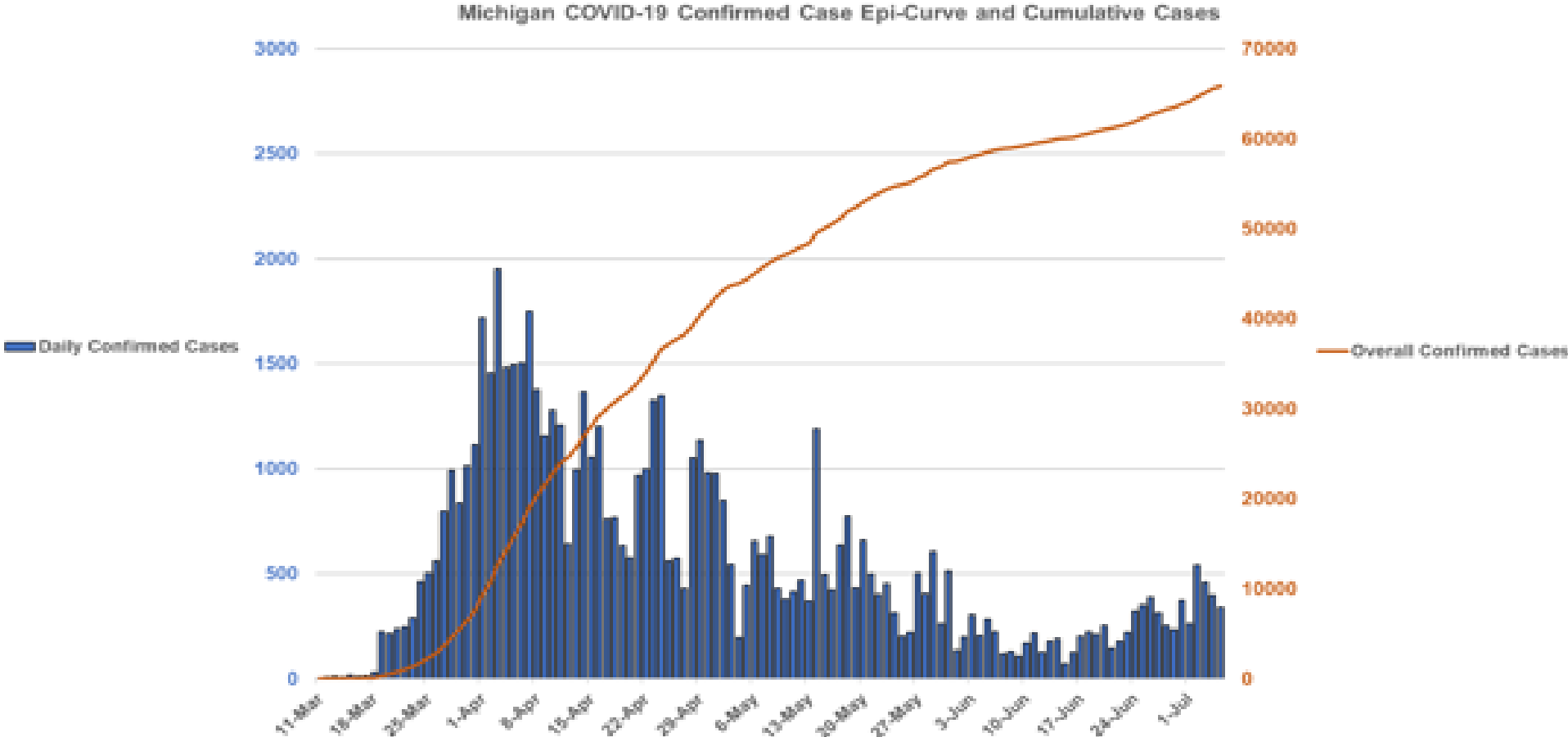
COVID-19 in Michigan

- Cases: **65,876**
- Deaths: **5,972**
- **Geographical Distribution**
 - Detroit City: 11,709
 - Oakland: 9,104
 - Wayne: 10,530
 - Macomb: 7,301
 - Genesee: 2,239
 - Kent: 4,841



COVID-19 in Michigan

7/5/20



COVID-19 in Michigan

7/5/20

Sex	Percentage of Overall Cases by Sex	Percentage of Deceased Cases by Sex
Male	47%	52%
Female	52%	48%
Unknown	<1%	0%

Totals may not add to 100% due to rounding

Percentage of Overall Cases by Sex



■ Male ■ Female ■ Unknown

COVID-19 in Michigan

7/5/20

Age	Percentage of Overall Cases by Age	Percentage of Deceased Cases by Age
0 to 19 years	4%	<1%
20 to 29 years	14%	<1%
30 to 39 years	14%	1%
40 to 49 years	16%	3%
50 to 59 years	17%	8%
60 to 69 years	15%	18%
70 to 79 years	10%	27%
80+ years	10%	43%
Unknown	<1%	0%

Totals may not add to 100% due to rounding

Percentage of Overall Cases by Age



■ 0 to 19 years ■ 20 to 29 years ■ 30 to 39 years ■ 40 to 49 years
■ 50 to 59 years ■ 60 to 69 years ■ 70 to 79 years ■ 80+ years

COVID-19 in Michigan

7/5/20

Race	Percentage of Overall Cases by Race	Percentage of Deceased Cases by Race
American Indian or Alaska Native	<1%	<1%
Asian or Pacific Islander	2%	1%
Black or African American	31%	40%
Caucasian	40%	52%
Multiple Races	7%	2%
Other	6%	2%
Unknown	14%	4%
<i>Totals may not add to 100% due to rounding</i>		

Overall Case Fatality Rate	
Statewide Confirmed Cases	9%

People Who Need Extra Precautions

People at Increased Risk for Severe Illness

- Older adults
- People with medical conditions
 - Chronic kidney disease
 - COPD
 - Immunocompromised state
 - Obesity (body mass index above 30)
 - Heart conditions
 - Sickle cell disease
 - Type 2 diabetes

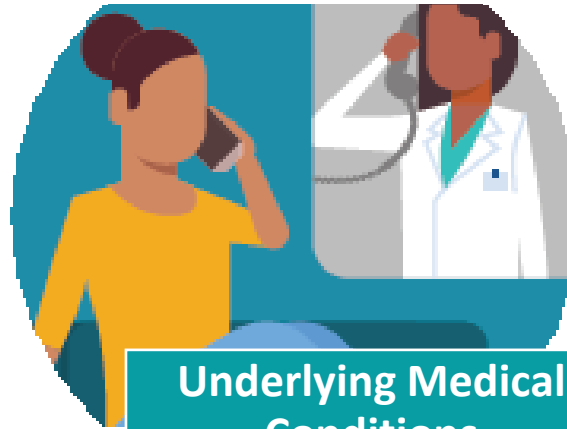
People Who Need Extra Precautions

- Racial and ethnic minority groups
- **People experiencing homelessness**
- Pregnancy and breastfeeding
- People with disabilities
- People with developmental and behavioral disorders

People Experiencing Homelessness May be at a Higher Risk for COVID-19



Older Adults



Underlying Medical Conditions



Group Settings


Mitigation

Steps You Can Take to Reduce the Risk of Infection and Lessen the Impact of COVID-19

Signage

STAY SAFE MN

If you have a fever, cough, or difficulty breathing, STOP!



Please call _____ before entering. We will give you instructions to help protect other people.

Thank you for your cooperation.
Learn more at www._____.

Please read before entering.

IF YOU HAVE

 Fever or Chills	 Cough	 Shortness of breath or difficulty breathing	 Fatigue
 Muscle or body aches	 Headache	 New loss of taste or smell	 Sore throat
 Congestion or runny nose	 Nausea or vomiting	 Diarrhea	

Please call our office before coming inside.
Clinic Phone # _____

_____ to wear a mask or use tissues to cover your cough.
_____ing us keep our patients and staff safe.

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

#StayHomeSaveLives

HOW ARE YOU FEELING?


FACT: You can still transmit COVID-19 even if you're not showing symptoms.

[Michigan.gov/Coronavirus](https://www.Michigan.gov/Coronavirus)

COVID-19 Know The Facts


World Health Organization
Western Pacific Region

COVID-19 spreads primarily from person to person



- Droplets released when someone sick sneezes or coughs can land on the mouths or noses of people nearby
- Close contact with someone sick – like hugging or shaking hands

COVID-19 mainly spreads from person to person But it can also be left on objects and surfaces...



So if you touch something contaminated and then touch your face or another's face, you might all fall ill.

Reduce your risk of COVID-19

- Clean your hands often
- Cough or sneeze in your bent elbow – not your hands!
- Avoid touching your eyes, nose and mouth
- Limit social gatherings and time spent in crowded places
- Avoid close contact with someone who is sick
- Clean and disinfect frequently touched objects and surfaces

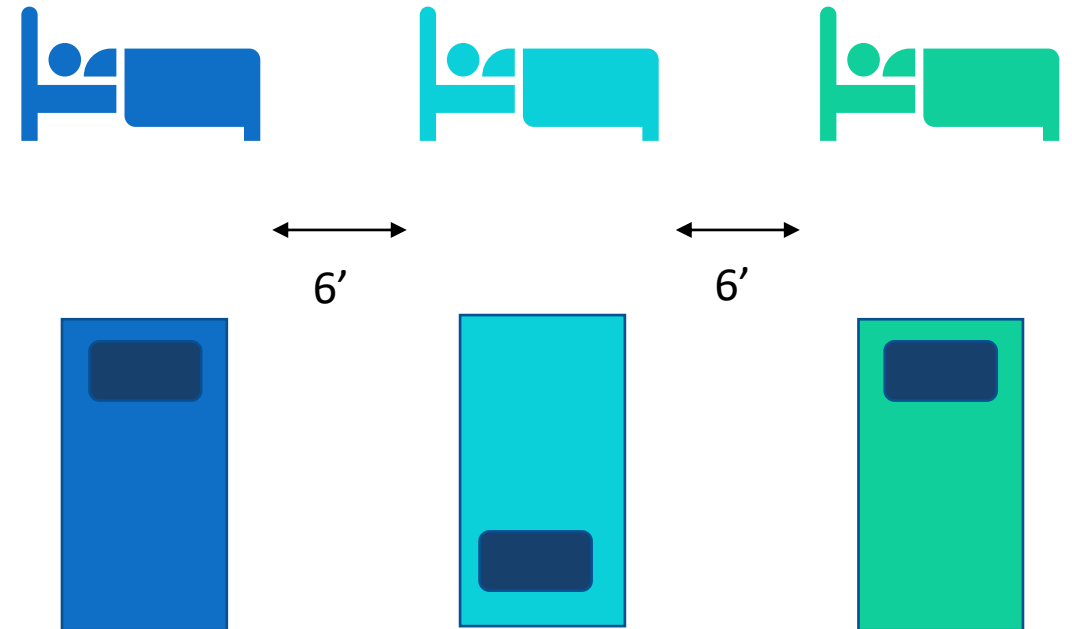
Facility Considerations

- Limit visitors who are not clients, staff, or volunteers
- Avoid handling client belongings
- Consider ways increase physical distancing between clients and staff
 - Meal service: delivery/take away, staggered meal services
 - Maximum occupancy for common areas, bathrooms
- Consider use of physical barriers for interactions with clients with unknown infection status and where physical distancing may be difficult



General Sleeping Areas

- For those not experiencing respiratory symptoms
- Keep mats/beds 6 feet apart
- Align to sleep head-to-toe



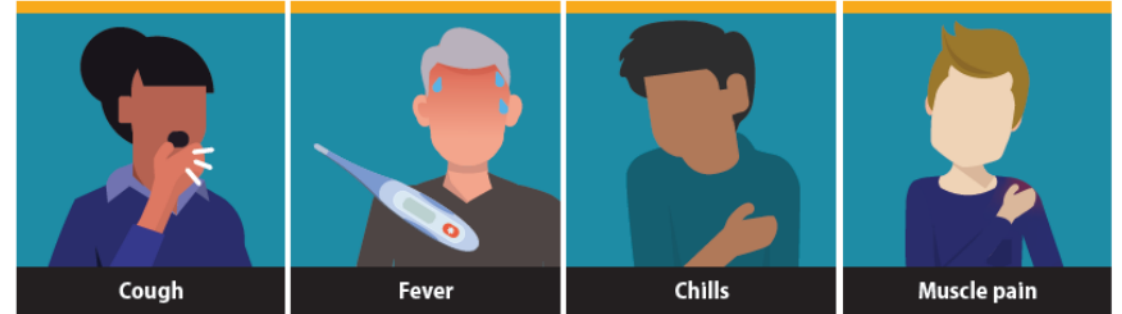
Temperature Screening

- Create a physical barrier
 - If this is not possible, staff can wear PPE when within 6 feet
- Sweep the temporal thermometer across the forehead
 - Fever - 100.4°F or greater
- Clean thermometer with an alcohol wipe between each client



Screening for Symptoms

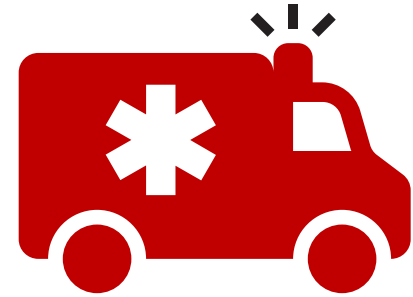
- Have you felt like you had a fever in the past day?
- Do you have a new or worsening cough today?
- Do you have any of these other [symptoms](#)?



cdc.gov/coronavirus

When to Seek Emergency Medical Attention

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face
- Other severe or concerning symptoms



Individuals with a Fever or Symptoms

Clients

- Provide a cloth face covering
- Direct to isolation room or pre-designated location
- Notify healthcare provider
 - Standard procedures if immediate medical attention is needed
 - Facilitate access to non-urgent medical care as needed

Staff and Volunteers

- Stay home when ill
- If develop fever or symptoms at work, notify supervisor and leave facility

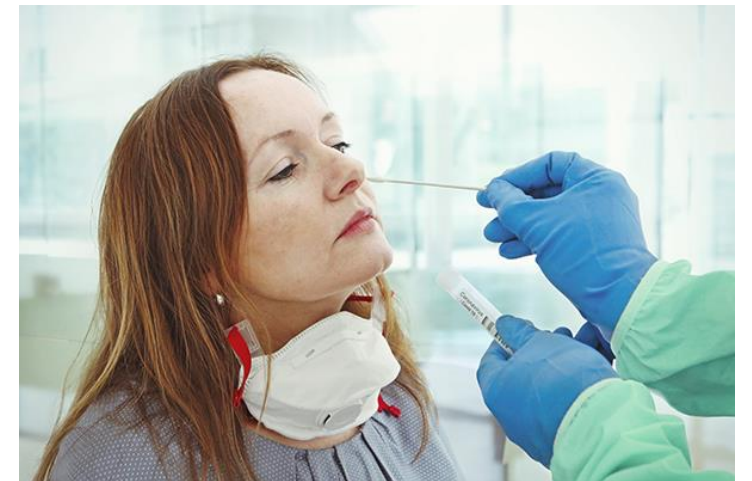


When Testing May Be Needed?

- Individual with signs and symptoms consistent with COVID-19
- Asymptomatic individuals with known or suspected exposure
- Asymptomatic individuals living or working in a congregate setting
- Asymptomatic individuals at high-risk for exposure

Michigan Recommendations:

- Clients: at intake, every 2 weeks
- Staff: every 2 weeks in a region of medium-high risk or higher



Types of SARS-CoV-2 Tests

Viral Tests

- Diagnose current infection
- Detects presence of virus in respiratory samples

Antibody Tests

- Help to determine a past infection
- Detects antibodies in blood samples
- Currently unknown if positive antibody test indicates immunity to SARS-CoV-2



SARS-CoV-2 Viral Test Results

Positive

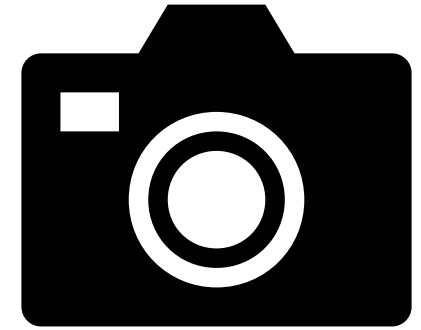
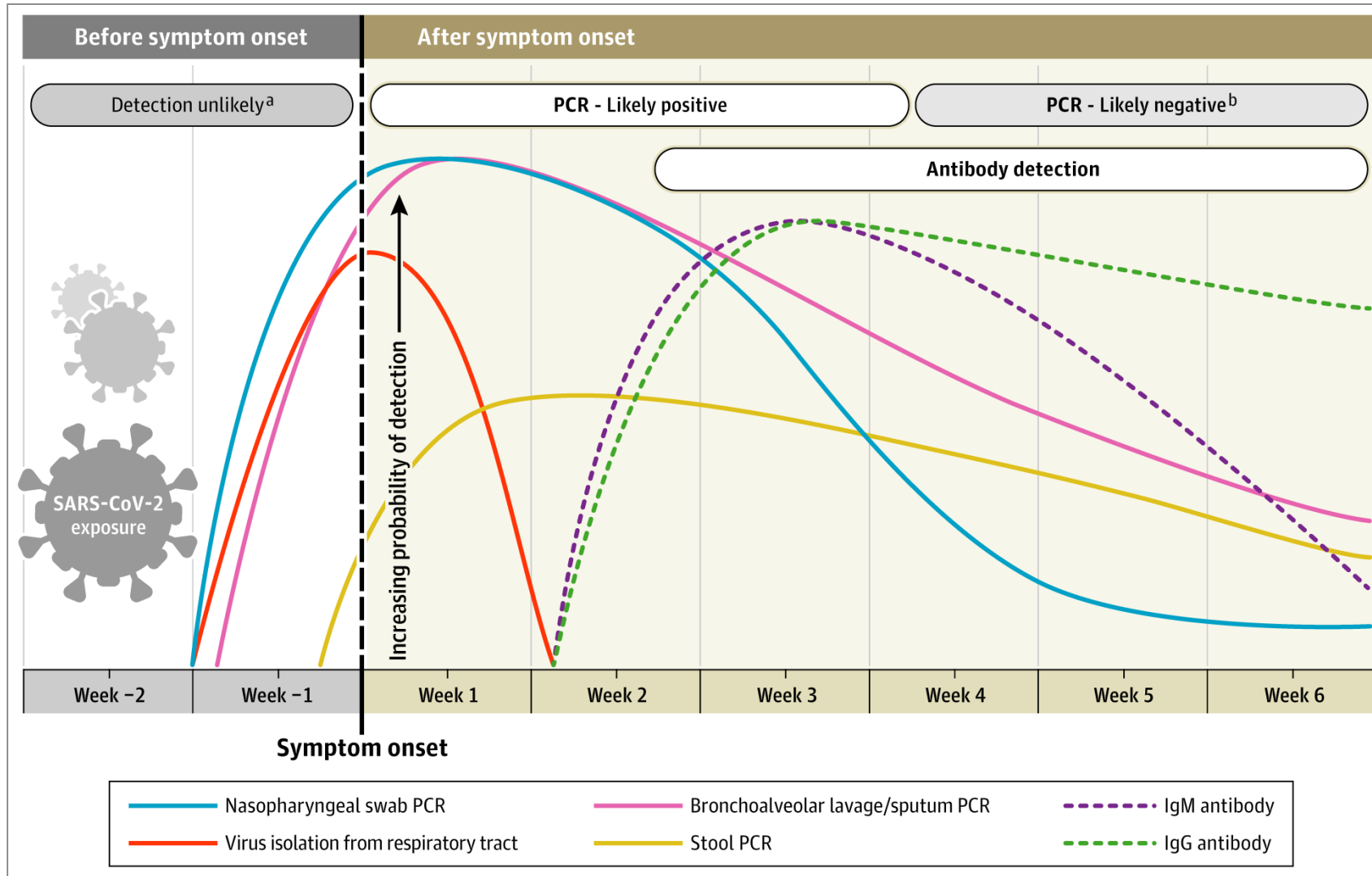
- Current active SARS-CoV-2 infection
- Take steps to protect yourself and others

Negative

- Most likely did not have current active SARS-CoV-2 infection at the time the test was collected
- Does not mean you won't get sick later
- Sample may have been collected early in the infection, before virus was able to be detected



[WHO](#)



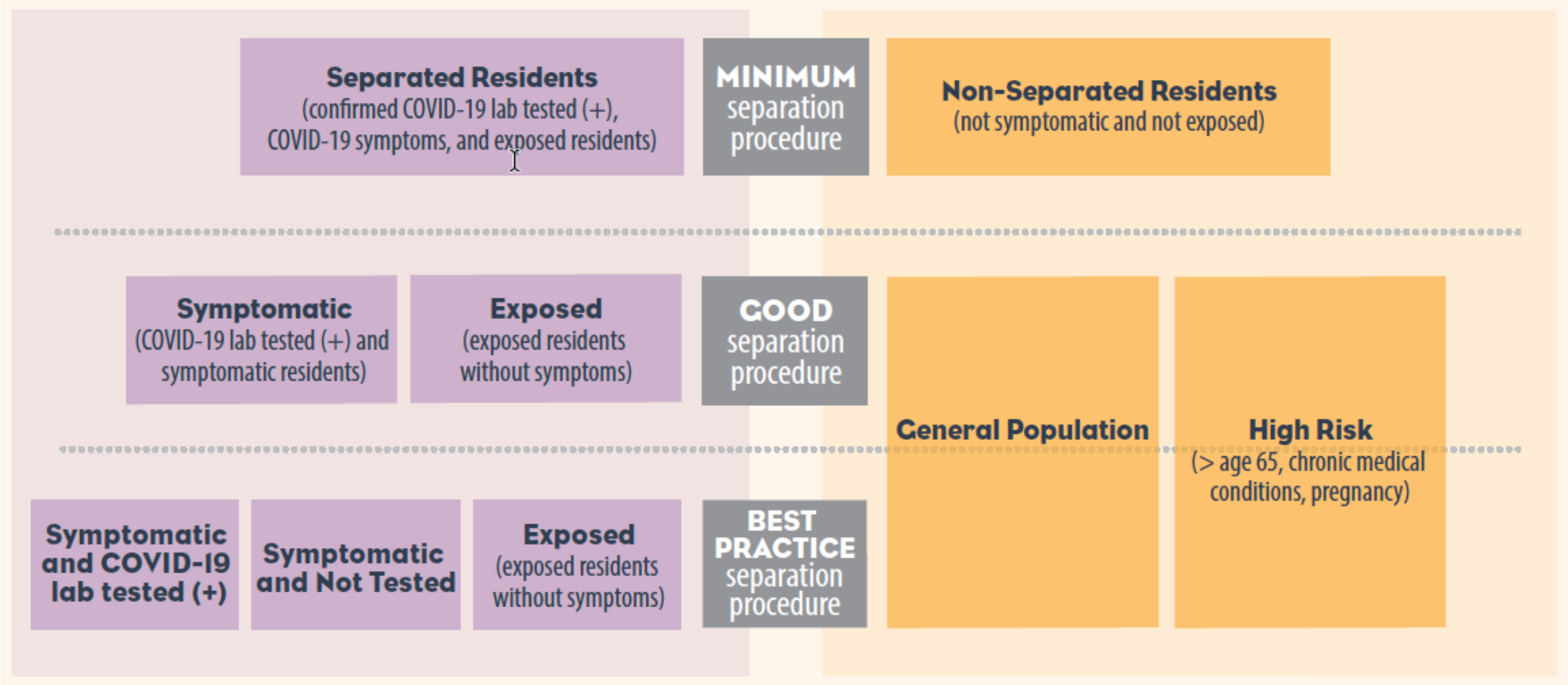
- A SARS-CoV-2 test is like a snapshot in time
- Test results depend on when the sample is collected
- Repeat testing may be needed to detect infection

[Sethuraman et al. JAMA 2020;323\(22\):2249-2251](https://doi.org/10.1001/jama.2020.2249)

Quarantine, Isolation, & Cohorting

- **Quarantine** means staying home, monitoring your health, and maintaining social distancing (at least 6 feet) from others at all times.
 - You had an **exposure** and may become ill
- **Isolation** means staying at home in a specific room away from other people and **pets**, and using a separate bathroom, if possible.
 - You are **ill** or **actively contagious**
- **Cohort** means grouping individuals with the same disease or exposures together

Cohorting in Congregate Settings



Clients with Confirmed COVID-19

- Prioritize for individual rooms
- Designate a separate bathroom
- If more than one client has tested positive, may stay in same area
- If isolation rooms or areas are not available at the facility, assist with transfer to a pre-arranged location that can provide isolation



Clients with Respiratory Symptoms or Suspected COVID-19

- Prioritize for individual rooms
- Designate a separate bathroom, if possible
- If individual rooms not available:
 - Large, well-ventilated room
 - Keep beds 6 feet apart
 - Use barriers/curtains between beds
 - Align beds head-to-toe
- If quarantine areas are not available at the facility, assist with transfer to a pre-arranged quarantine location



Transportation



- Limit transport of all clients to essential purposes only
- When transportation of symptomatic guests is necessary:
 - Symptomatic clients should NOT be transported with non-symptomatic clients
 - Have symptomatic client wear face mask
 - Clients should sit on the opposite side of vehicle from the driver in the seat farthest away from the driver's seat
 - Avoid transporting multiple symptomatic clients together if possible. When necessary, maintain social distancing (at least 6 feet) between guests and the driver, if possible
 - Roll down vehicle windows improve ventilation in the car, if feasible
 - Vehicles should be cleaned and appropriately disinfected after each transport

End of Isolation

Symptoms of COVID-19

Symptom-based strategy

- No fever for 3 or more days without medication AND
- Respiratory symptoms have improved AND
- At least 10 days since symptoms first appeared

Test-based strategy

- Resolution of fever without medication AND
- Respiratory symptoms have improved AND
- 2 negative tests collected ≥ 24 hour apart

No Symptoms of COVID-19

Time-based strategy

- At least 10 days since positive test
- No symptoms have developed since test

Test-based strategy

- 2 negative tests collected ≥ 24 hour apart
- No symptoms have developed since test

***The local health department will provide consultation and direction about end of isolation procedures**

Infection Prevention & Control

Actions You Can Take to Slow the Spread of COVID-19

Cloth Face Coverings

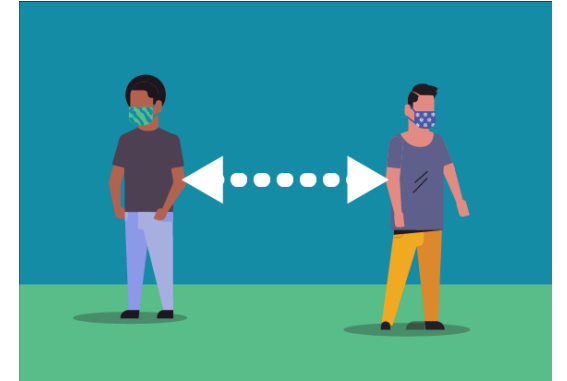


- **Cloth face coverings should be worn over the nose and mouth**
 - Important when it is difficult to stay at least 6 feet apart from others
 - When people are indoors to help protect each other
- **Cloth face coverings may slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others**
 - Wearing a cloth face covering helps protect others in case you're infected - while others wear one to protect you should they be infected.
- **Who should NOT use cloth face coverings**
 - Children under age 2
 - anyone who has trouble breathing
 - Unconscious
 - Incapacitated
 - Otherwise unable to remove the mask without assistance.



Physical Distancing

- Social distancing, also called “physical distancing,” means keeping space between yourself and other people outside of your home
- Distancing is one of the best tools we have to avoid being exposed



Stay at least 6 feet (about 2 arms' length) from other people

- Arrange tables, chairs, and beds to allow for social distancing
- People from the same household can be in groups together and don't need to be 6 feet apart from each other
- If possible, avoid others who are not wearing cloth face coverings or ask others around you to wear cloth face coverings



Hand Washing



- Wash hands often with soap and water for at least 20 seconds
- It's especially important to wash:
 - Before eating or preparing food
 - Before touching your face
 - After using the restroom
 - After leaving a public place
 - After blowing your nose, coughing, or sneezing
 - After handling your cloth face covering
 - After changing a diaper
 - After caring for someone sick
 - After touching animals or pets
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.
- Use single-use hand towels or paper towels for drying hands so clients do not share towels
 - Have a no-touch trash can available for clients to use



Hand Sanitizing



- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol
 - Cover all surfaces of your hands and rub them together until they feel dry
- DO NOT use hand sanitizer if your hands are visibly dirty or greasy – wash instead
- Remind clients to wash or sanitize their hands before serving or eating food



Respiratory Etiquette

- Cough or sneeze into a clean tissue, not into your hands
- Dispose the tissue immediately into the closest trash bin
- If you don't have a tissue, cough or sneeze into your upper sleeve
- Always wash your hands or use hand sanitizer after coughing or sneezing



Cover your nose and mouth with tissue or elbow when sneezing or coughing



Wash hands with water and soap or sanitizer for at least 20 seconds



Don't touch eyes, nose or mouth with unwashed hands

Cleaning and Disinfection



Clean

- Wear reusable or disposable gloves for routine cleaning and disinfection
- Clean surfaces first using soap and water, then use disinfectant
- Cleaning with soap and water **reduces number of germs, dirt and impurities** on the surface. **Disinfecting kills germs** on surfaces
- Routinely clean frequently touched surfaces, including:
 - Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.



Disinfect

- Use an [EPA-registered disinfectant](#).
- Follow the instructions on the label to ensure [safe and effective use](#) of the product.
 - Keeping surface wet for the specified period of time (also called contact time - see product label)
 - Use recommended precautions such as wearing gloves and making sure you have good ventilation during use of the product

Cleaning and Disinfection

- Cleaning staff should be trained on appropriate use of cleaning and disinfection chemicals and be provided with the personal protective equipment (PPE) required for the chemicals used



Josh Galemore / Arizona Daily Star; [Tucson.com](https://www.tucson.com)

Minimize Shared Items

- Clean and disinfect commonly touched surfaces and any shared items between use
- If you choose to use any shared items that are reusable (e.g., seating covers, tablecloths, linen napkins), wash, clean, and sanitize them after being used



Tracy Ma / [The New York Times](#); Getty Images

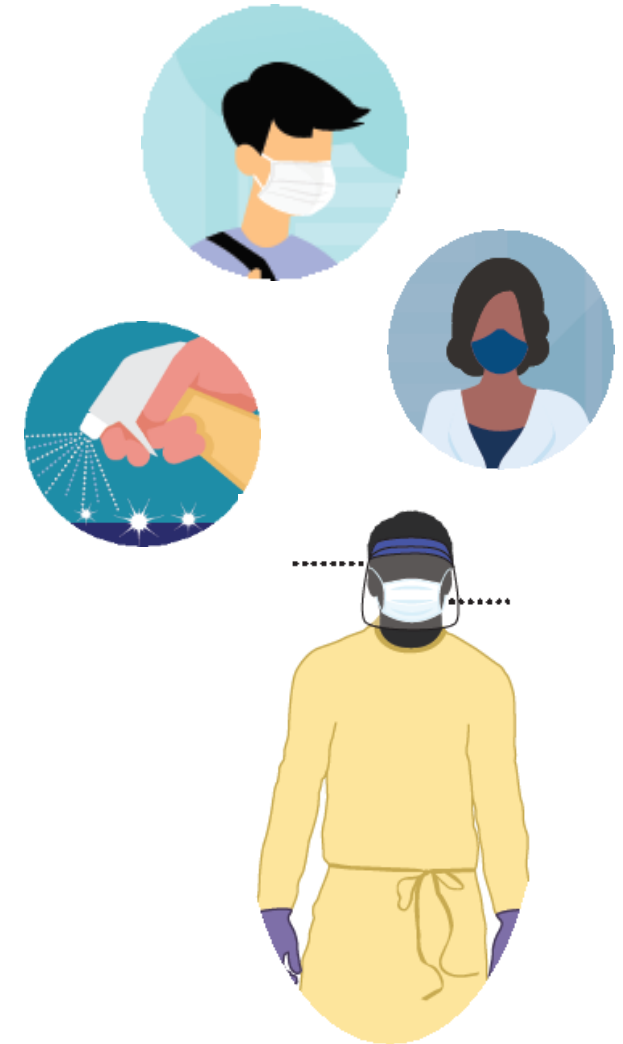
Personal Protective Equipment

Clients

- Cloth face covering or other face covering provided by the shelter

Staff

- Cloth face covering or facemask
- Gloves
 - When cleaning and disinfecting
 - When providing direct physical assistance to client
- If providing medical care to clients who are ill and close contact cannot be avoided
 - Facemask or N95 respirator
 - Eye protection (goggles or face shield)
 - Gloves
 - Gowns



[Putting On / Taking Off PPE](#)

Laundry



For clothing, towels, linens and other items

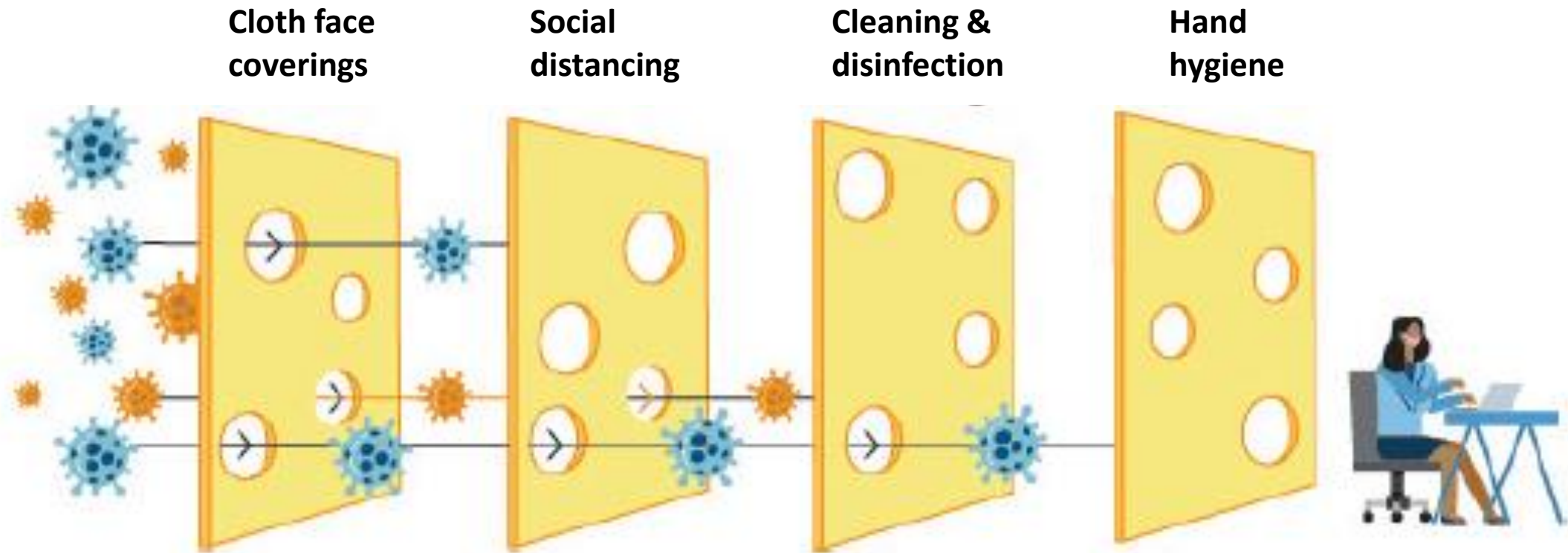
- Follow manufacturer's instructions for fabric type
- Use the warmest appropriate water setting
- Dry items completely
- **Wear disposable gloves** when handling dirty laundry from a person who is sick
- Dirty laundry from a person who is sick can be washed with other people's items
- **Do not shake** dirty laundry
- Clean and **disinfect clothes hampers**
- Remove gloves, and wash hands right away



For cloth face coverings

- Used covering should be collected in a sealable container (e.g., plastic bag)
- To machine wash, use regular laundry detergent and the warmest appropriate water setting
- To wash by hand, using a [disinfecting bleach solution](#)
- Dry items completely in the dryer or place in direct sunlight
- Wear gloves and facemask, consider a gown if available
- Remove gloves, and wash hands right away

Layers of Protection from COVID-19



Additional Resources (CDC)

- Studying the Disease
 - <https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/about-epidemiology/studying-the-disease.html>
- Infection Control FAQs
 - https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-faq.html?deliveryName=USCDC_425-DM30670
- Infection Control Guidance –Main page
 - <https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control.html>
- Cleaning and Disinfecting your home
 - <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>
- Cleaning and Disinfection for Public Spaces, Businesses
 - <https://www.cdc.gov/coronavirus/2019-ncov/community/reopen-guidance.html>

Additional Resources

- What's New **CDC**
 - <https://www.cdc.gov/coronavirus/2019-ncov/whats-new-all.html>
- Coronavirus – State of Michigan
 - <https://www.michigan.gov/coronavirus/>
- Infection Prevention Resource and Assessment Team (IPRAT)
 - www.Michigan.gov/iprat
 - Email: MDHHS-IPRAT@michigan.gov
- COVID-19 Hotline
 - [\(888\) 535-6136](tel:(888)535-6136)
- Email box
 - COVID19@michigan.gov

Thank You

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