Coping With The Crisis

CORONAVIRUS (COVID-19)

Thursday, April 9, 2020
1:00 to 2:30pm
Welcome and Introductions

• Welcome
  
  Please type your name and organization in the chat box so everyone can see who’s joined

• Housekeeping
  
  a few basic online etiquette requests
Webinar Controls

Mute:

Chat (Ask Questions):
Chat Webinar Control

- You can send a private chat to one person or message or all participants

- Type a message and press “Enter” to send

- Messages are sent to all participants by default

- You can message an individual participant via private chat by clicking on the drop down menu and selecting an individual’s name
Session Objectives

• Provide an overview of what we know about pandemics and more specifically about COVID-19 and what to expect in the coming weeks/months

• Public Health Q & A session specifically for CBOs

• Share resources and planning ideas to strengthen your response as CBOs to COVID-19
Global COVID-19 Data

https://coronavirus.jhu.edu/map.html
Cumulative total number of COVID-19 cases in the United States by report date, January 12, 2020 to April 7, 2020, at 4pm ET (n=395,011)*†

California COVID-19 Data

California COVID-19 By The Numbers
April 8, 2020
Numbers as of April 7, 2020

CALIFORNIA COVID-19 SPREAD
16,957 Total Cases

Ages of Confirmed Cases
- 0-17: 222
- 18-49: 8,289
- 50-64: 4,639
- 65+: 3,751
- Unknown/Missing: 56

Gender of Confirmed Cases
- Female: 8,108
- Male: 8,488
- Unknown/Missing: 361

Hospitalizations
- Confirmed COVID-19: 2,714/1,154
  - Hospitalized/In ICU
- Suspected COVID-19: 3,078/522
  - Hospitalized/In ICU
- Fatalities: 442

For county-level data: data.chhs.ca.gov

Stay Home. Save Lives. covid19.ca.gov

https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx#COVID-19%20by%20the%20Numbers
Santa Clara County Info

https://www.sccgov.org/sites/phd/DiseaseInformation/novel-coronavirus/Pages/dashboard.aspx
Santa Clara County Dashboards - Cases

https://www.sccgov.org/sites/phd/DiseaseInformation/novel-coronavirus/Pages/dashboard.aspx#cases
Santa Clara County Dashboards – Hospital Data
Santa Clara County COVID-19 Testing Dashboard

Data last updated April 8, 2020

This dashboard shows the overall daily testing volume for COVID-19 in Santa Clara County. Testing is carried out by the Santa Clara County Public Health Lab as well as other academic and commercial facilities. The positivity rate is the percentage of individuals tested that had COVID-19 and does not include results that are pending. The average days turnaround time is the average amount of time between the date the specimen was collected and the date the results came back. Some negative labs may include multiple specimens collected from the same patient. Testing results are displayed according to the date of the results.

<table>
<thead>
<tr>
<th>Total Patients Tested</th>
<th>Positive Results</th>
<th>Negative Results</th>
<th>Pending Results</th>
<th>Test Positivity Rate (%)</th>
<th>Average Days Turnaround Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>13008</td>
<td>1380</td>
<td>11404</td>
<td>224</td>
<td>10.61</td>
<td>2.28</td>
</tr>
</tbody>
</table>

Individuals Tested in the Last 30 Days

Data for the most recent 5 days are reported as they are received. Values will likely increase as additional results are received.

Source: California Reportable Disease Information Exchange
Note: The graph does not include 495 patients that did not have a valid date for when the results were received. These patients are included in the total numbers presented above.
COVID-19 Cases (Projected) in Santa Clara County

March 16, County of Santa Clara Shelter in Place Order

March 19, State of California Shelter in Place Order

Total Cases of COVID-19

- Uncertainty
- No SIP
- Confirmed Cases

Date:
- 29-Feb
- 2-Mar
- 3-Mar
- 4-Mar
- 5-Mar
- 6-Mar
- 7-Mar
- 8-Mar
- 9-Mar
- 10-Mar
- 11-Mar
- 12-Mar
- 13-Mar
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- 29-Mar
- 1-Apr
- 2-Apr
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- 21-May
- 22-May
- 23-May
- 24-May
- 25-May
- 26-May
- 27-May
- 28-May
- 29-May
- 30-May
- 31-May

Number of Cases:
- 0
- 10,000
- 20,000
- 30,000
- 40,000
- 50,000
Santa Clara County Info

https://www.sccgov.org/sites/phd/DiseaseInformation/novel-coronavirus/Pages/dashboard.aspx
Santa Clara County COVID-19 Response Timeline of events

- Mid-January - Soft activation to monitor situation (Disease Control and Prevention and Public Health Prep staff)

- January 28 Medical Health Joint Operations Center (MHJOC) activation with CDC/CDPH support

- March – EOC is fully activated
Santa Clara County COVID-19 Response
Significant Events

- Large events cancelled
- School closures
- Shelter-in-place order issued
- Closure of non-essential businesses
Shelter in Place
Extended through May 3 with New Restrictions

Some major changes:

- Social distancing with anyone not living in your household is mandatory
- Essential businesses must have a Social Distancing Protocol
- Playgrounds, dog parks, public picnic areas, and similar recreational areas are prohibited
- Public recreation facilities such as golf courses, tennis courts, pools, etc. are prohibited
- Sports and activities that require shared equipment may only be engaged in by members of the same household
- Most construction is prohibited
- Essential businesses that continue to operate must scale down to their essential component only

For a complete list of restrictions and changes go to sccphd.org/cv19

sccphd.org/coronavirus

#ApartTogetherSCC
Santa Clara County COVID-19 Response Highlights

• Public Health has issued specific guidance for:
  – Health Care, Skilled Nursing Facilities, Schools (lower and higher education), Businesses, CBO/FBOs

• Health Care Surge Planning Task Force
  – Coordinates Field Respite Center aka Field Medical Station Santa Clara Convention Center
  – Manages medical supply requests
Santa Clara County COVID-19 Response Highlights (2)

• Housing for unhoused population or for those who cannot isolate at home

• Co-designing community strategies and response for those at greatest risk

• Media outreach, regular media releases, ethnic media, social media in 4 languages
Pandemic Impact With and Without Intervention

Flattening the curve

- Daily number of cases
- Time since first case
- Delay outbreak peak
- Reduction in peak of outbreak
- Cases without protective measures
- Cases with protective measures
- Health care system capacity

Source: CDC
Questions and Answers With Dr. Han
Stay informed

• sccphd.org/coronavirus
  Follow our Twitter for updates: @HealthySCC
  Facebook: www.facebook.com/sccpublichealth

• cdph.ca.gov/covid19

• cdc.gov/coronavirus
Pandemics 101

What We Want You To Know
2008 Pandemic Preparedness for Community-Based Organizations
What is a Pandemic Virus

♦ Novel virus strain, to which human population has no or little immunity
♦ Efficient human-to-human transmission
♦ Pandemic literally means Global Spread
### Pandemics in the 21st Century

Pandemics are unpredictable

<table>
<thead>
<tr>
<th>Years</th>
<th>Name</th>
<th>Virus</th>
<th>Deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td>1918-1919</td>
<td>“Spanish”</td>
<td>Type A (H1N1)</td>
<td>550,000 US</td>
</tr>
<tr>
<td>1957-1958</td>
<td>“Asian”</td>
<td>Type A (H2N2)</td>
<td>70,000 US</td>
</tr>
<tr>
<td>1968-1969</td>
<td>“Hong Kong”</td>
<td>Type A (H3N2)</td>
<td>34,000 US</td>
</tr>
<tr>
<td>2009-2010</td>
<td>“Swine”</td>
<td>Type A (H1N1)</td>
<td>12,500 US</td>
</tr>
<tr>
<td>2019- ?</td>
<td>“COVID-19”</td>
<td>SARS-CoV-2</td>
<td>14,000+ US</td>
</tr>
</tbody>
</table>
Why the Concern About Pandemics?

- Pandemics are inevitable and recur naturally at more-or-less cyclical intervals.
- In 2008, health officials were concerned that bird flu could mutate and become a novel new strain. They knew there would be little warning.
- COVID-19 has become the most extensive worldwide pandemic of our lifetime.
Not A Typical Health Emergency

♦ All segments of population affected including healthcare, essential service workers and first responders

♦ Simultaneous, rapid spread of disease worldwide

♦ Significant economic and social consequences
Impact To The Health Care System

• Extreme staffing and bed shortages

• Shortage of key supplies (masks) and critical equipment (ventilators)

• Vast numbers of ill taken care of at home by family members
Impact To The Health Care System (2)

- Demand will outpace supply for months
- Vaccines not available for 12-18 months
- No treatment available
- Morgues, medical examiner and mortuary services may become overwhelmed
So What Does This Mean To You as a CBO/FBO Service Provider
Actions to take

• Ensure that your organization is following the Health Officer’s order to shelter-in-place

• Follow recommendations from Public Health for your health and safety such as social distancing, hand washing etiquette, face coverings, etc.

• Continue to check Public Health website for up to date information
Prevention and Mitigation

Help prevent the spread of respiratory diseases like COVID-19

+ **WASH YOUR HANDS**
  Wash your hands with soap and warm water regularly.

+ **COVER A COUGH OR SNEEZE**
  Cover your cough or sneeze with your sleeve, or tissue. Dispose of tissue and wash your hands afterward.

+ **DON’T TOUCH**
  Avoid touching eyes, nose or mouth, especially with unwashed hands.

+ **KEEP YOUR DISTANCE**
  Avoid close contact with people who are sick.

+ **STAY HOME**
  If you experience respiratory symptoms like a cough or fever, stay home.

+ **GET HELP**
  If you experience symptoms of COVID-19 (cough, fever, shortness of breath), call your healthcare provider or local health department before seeking care.

Available in 21 languages

Coordinating With Others

Shared Responsibility

- Plans
- Educate
- Communicate
- Coordinate

Weekly CADRE/SVCN zoom sessions...

Adapted from CDC
TAKING CARE OF THE CAREGIVERS
What are Trauma & Stress?

Emotional trauma is similar to physical injury

Stress is the natural response to any change or loss
Loss and change = Grief

- is a natural reaction.
- involves reactions, thoughts, behaviors & feelings.
- is social, physical, mental, spiritual & emotional.
- knows no time.
- has landmines.
- comes in unpredictable waves.

It is never too late to respond.

Bay Area CISM
How to Support Others & Yourself: What is Needed

Presence
Space
Listening
Acknowledgement
Honesty
Choice
Validation

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Tending and Befriending*

OOC = Control

Isolation = Community

*Kelly McGonagal: The Upside of Stress
Triage

- Breathe.
- Drink plenty of water.
- Move.
- Eat.
- Give yourself a break.
- Ground: Get in the present moment.
- Identify: what is the most difficult and what do I need to get through it right now.
Tools for Survival

ACKNOWLEDGE

EXPRESS

ACT

RECONNECT

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Remember as you walk forward....

- Be gentle with your own process.
- What you do makes a difference in people’s lives.
- We have today. Savor what’s good in your life now.
- Do something fun & life affirming for yourself in the next 24 hours.
Thank you!