



COVID-19 Virtual Town Hall Q + A

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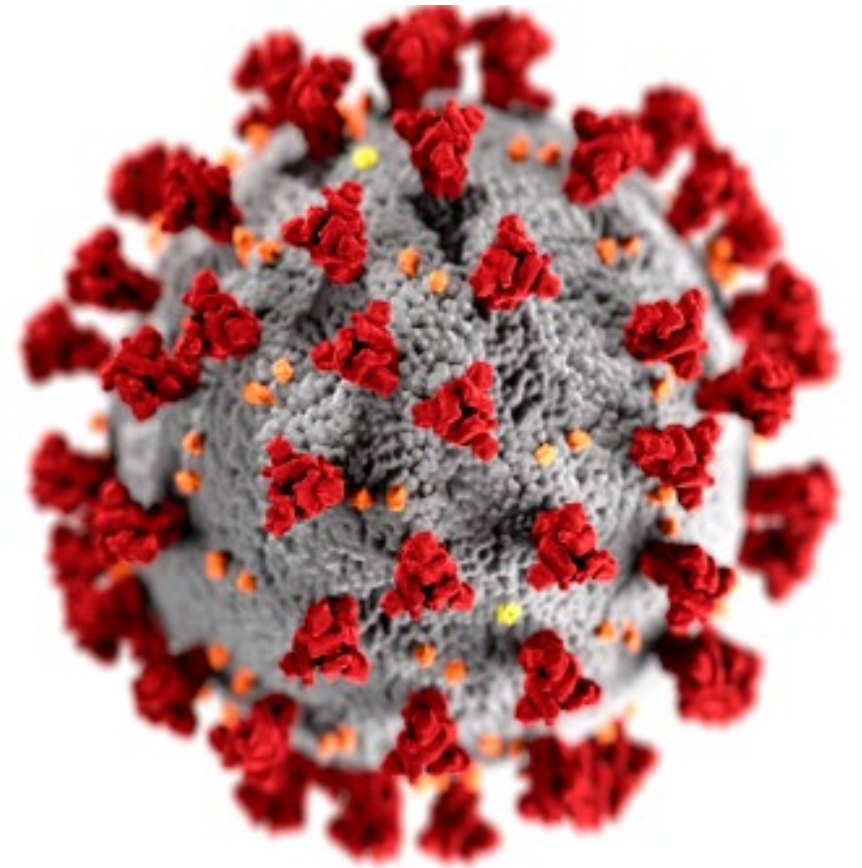
Public Health Nursing

Objectives

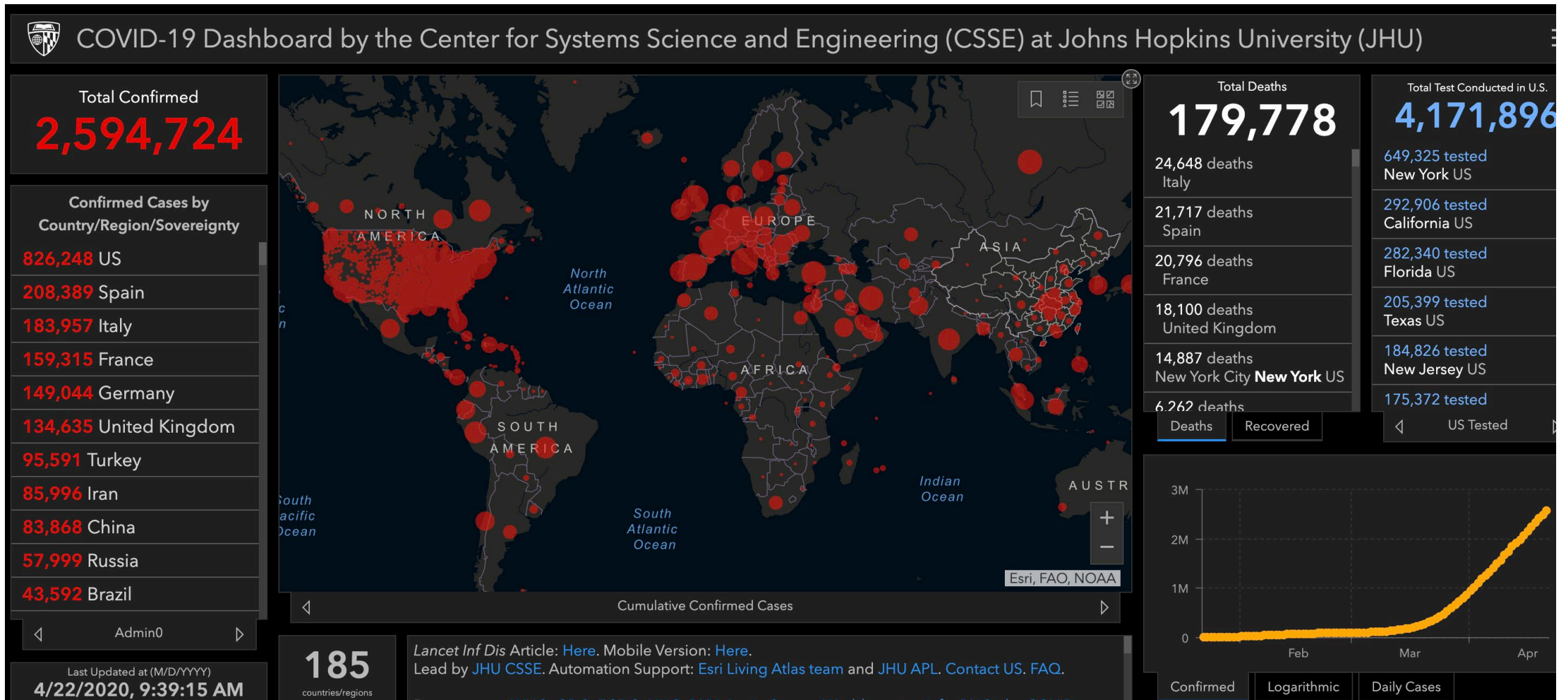
- Understand the current state of COVID-19
 - Case counts
 - Symptoms
 - Risk factors
 - Preventive measures
- Highlight community-based responses
 - IHS' CHR and HPDP activities
 - Importance of community-based health workers
 - Importance of communication
- Provide information on key resources

What is coronavirus?

- A large family of viruses which cause illness in animals or humans
- Causes respiratory infections ranging from the common cold to SARS 1
- The novel coronavirus first documented in December 2019 is called SARS CoV-2. It causes a disease known as 'coronavirus 2019' or COVID-19.



Global COVID-19 Cases



<https://www.arcgis.com/apps/opstdashboard/index.html#/bda7594740fd40299423467b48e9ecf6>

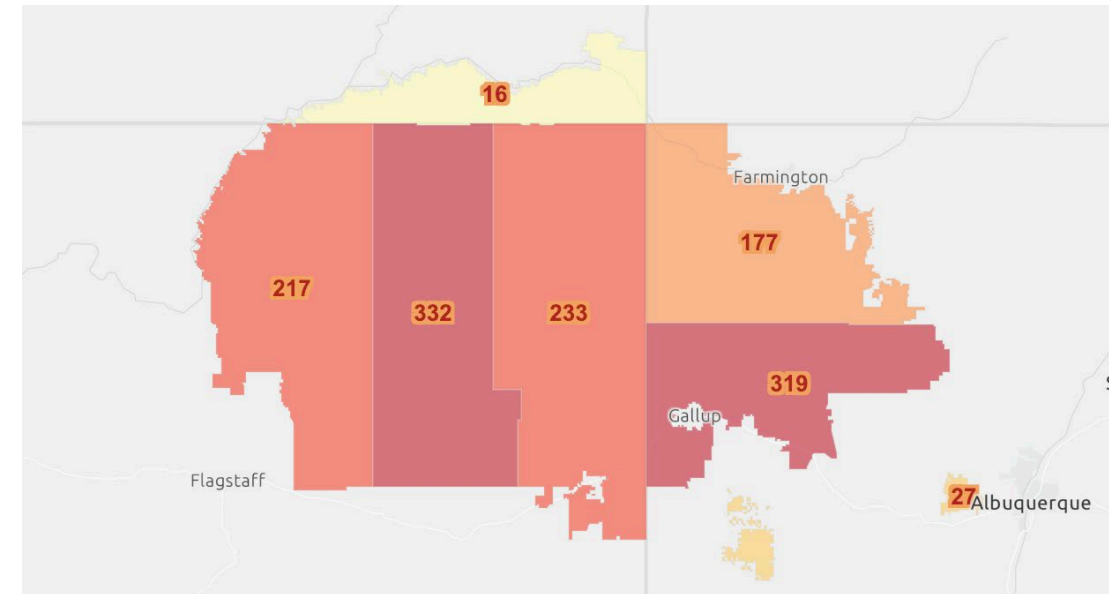
COVID-19 Cases in Indian Country

IHS Area	Tested	Positive	Negative
Alaska	1,767	12	1,146
Albuquerque	1,996	215	924
Bemidji	150	17	120
Billings	1,902	21	1,748
California	779	45	587
Great Plains	353	24	300
Nashville	1,214	60	947
Navajo	5,225	1,045	3,547
Oklahoma City	2,758	101	2,203
Phoenix	909	153	620
Portland	786	77	674
Tucson	552	11	449
Total	18,391	1,781	13,265

1,206

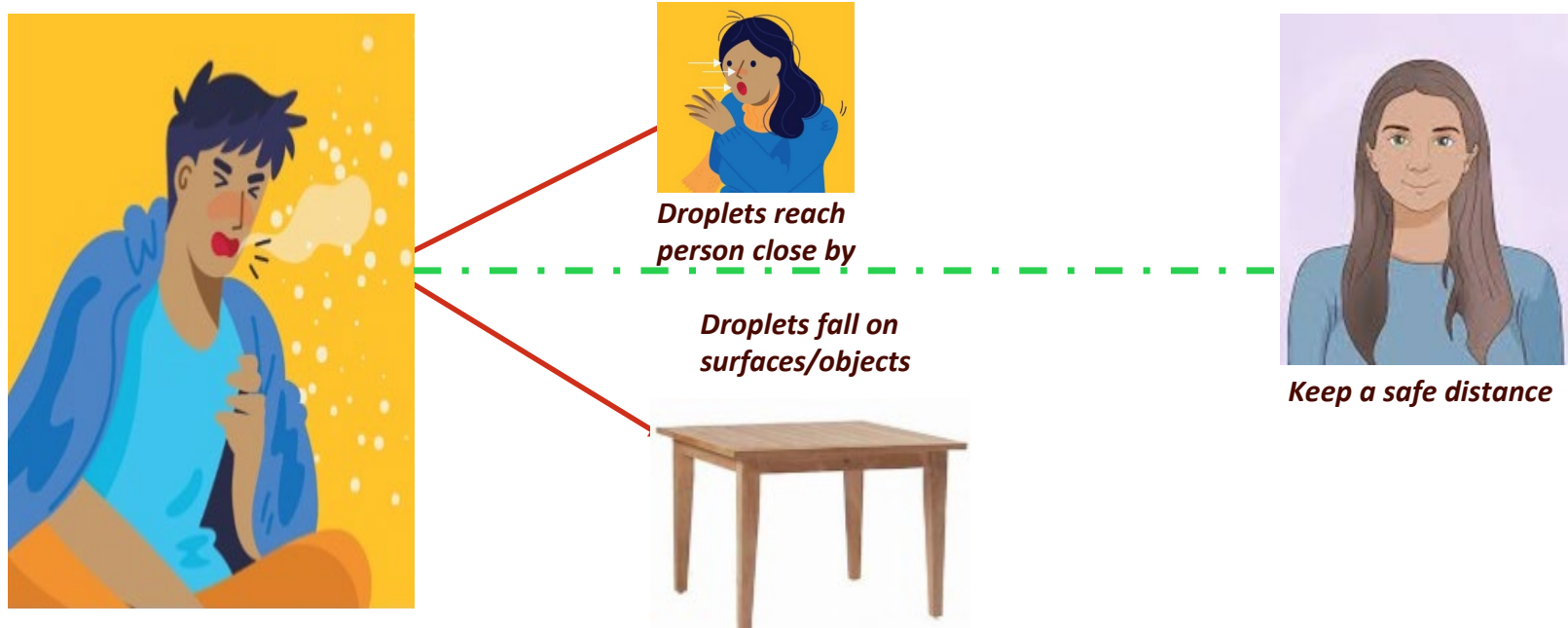
Positive Cases of COVID-19 on Navajo Nation

Last Updated April 21, 2020



COVID-19 is mostly spread by droplets

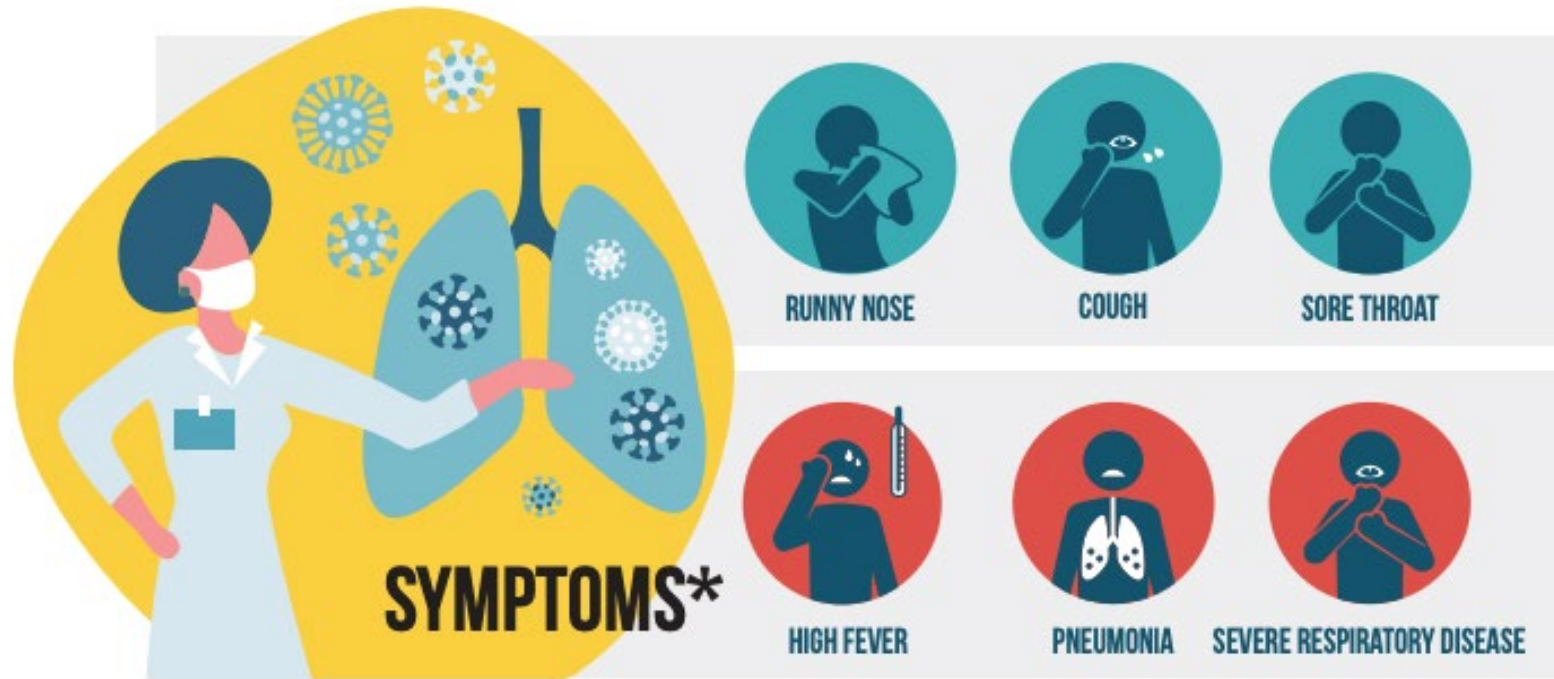
- **Droplets** from people with COVID-19 infection land on people, objects and surfaces around the person and **stay for a few hours to several days**.



- Other people then become infected by touching these objects or surfaces, then touching their eyes, nose or mouth.

- Stay more than **6 feet away** from people
- **Stay home** when you are sick (even if illness is mild)
- **Cover your coughs and sneezes**
- **Clean and disinfect** common objects and surfaces
- **Wash your hands** frequently with an alcohol-based hand rub or soap and water for 20 sec
- **Avoid touching your eyes, mouth or nose**

What are the symptoms of COVID-19?



COMMON SYMPTOMS

Some people have gastrointestinal symptoms. Many people have tiredness.

SEVERE CASES

Trouble breathing is a **DANGER** sign. Illness often does not become severe until the second week of illness.

Some people – as many as 25 -50% – get infected and **don't have any symptoms.*

The time between catching the virus and having symptoms is 5 days on average
(range 1-14 days)

Who is most at risk for COVID-19?

- People over 60 years old
- People with **underlying medical problems**
 - High blood pressure
 - Heart disease
 - Lung problems
 - Diabetes
- **Low risk isn't no risk**



- Help elders and people at high risk to be able to stay at home and away from ill people

Testing for COVID

- Nasopharyngeal swab is recommended
 - Throat swab, mid-turbinate nasal swab are other options
 - Should be collected by personnel wearing appropriate PPE
- Testing availability is limited but getting better
- We do not know the the full number of cases. This makes it difficult to understand:
 - The **severity** among different age and risk groups
 - How **far and wide** the virus has spread

Can I catch COVID-19 from someone with no symptoms?

- Yes – many infected people experience only mild symptoms or have no symptoms at all.
 - The **main way the disease is spread is from respiratory droplets from someone who is coughing.**
- Maintain **6 foot** distance from other people
 - Avoid large gatherings or groups of people
 - Do necessary errands at off-hours
 - Avoid non-essential travel, shopping and social visits

How long does the virus survive on surfaces?

- The virus may live on surfaces for a few hours or up to several days
- This will depend on the type of surface, temperature, humidity, etc.
- If you think a surface may be infected, clean it with simple disinfectant, then wash or clean your hands
- High-touch (e.g., handles, phones) and flat surfaces (e.g., tables, countertops) should be cleaned at least daily and more often depending on the circumstance



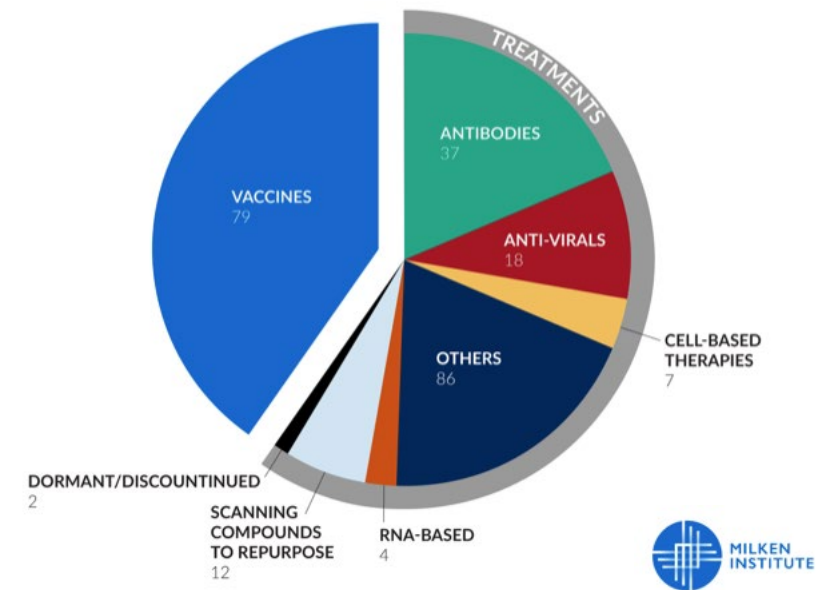
How long does the virus survive on surfaces?



Are there any medicines or therapies that can prevent or cure COVID-19?

- Some medicines and therapies that could help with symptoms
- No medicines or vaccines to prevent COVID-19 at this time
- Many clinical trials and studies have started
 - Vaccines
 - Antivirals
 - Antibodies

Potential COVID-19 Treatments and Vaccines in Research Pipeline



<https://milkeninstitute.org/covid-19-tracker>

How quickly could a vaccine or antiviral be available?

- Clinical trials for vaccines usually take at least 5-10 years from the start of phase 1 clinical trials to licensure
- For many reasons, though, development of a COVID-19 vaccine could be quicker, but probably not <12-18 months
- Antivirals may be available sooner; they are easier to evaluate than vaccines

What is the difference between social distancing, isolation and quarantine?

What is Social Distancing?

Social distancing means remaining out of settings with large groups of people and maintaining distance (approximately 6 feet) from others when possible. People can practice social distancing while remaining connected to others through the phone and other forms of technology.

What is Isolation?

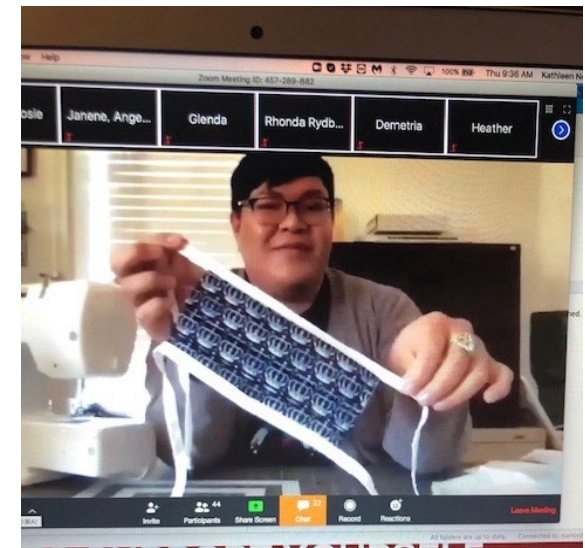
Isolation means the separation of a person or group of people known or reasonably believed to be infected with a communicable disease and potentially infectious, from those who are not infected, to prevent spread of the disease. Isolation for public health purposes may be voluntary or compelled by federal, state, or local public health order.

What is Quarantine?

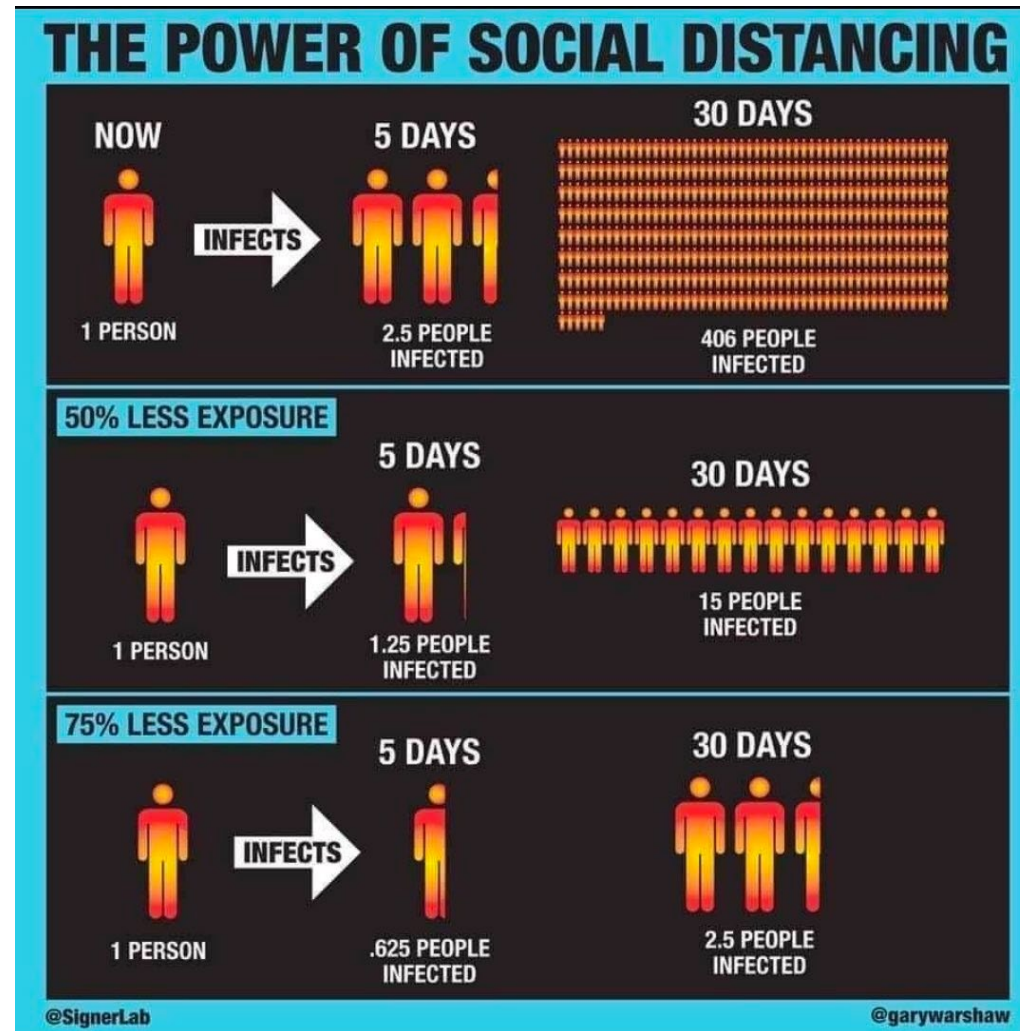
Quarantine means the separation of a person or group of people reasonably believed to have been exposed to a communicable disease but not yet symptomatic. The person or group of people must be separated from others who have not been so exposed to prevent the possible spread of the disease.

Slow the spread: wear a facemask

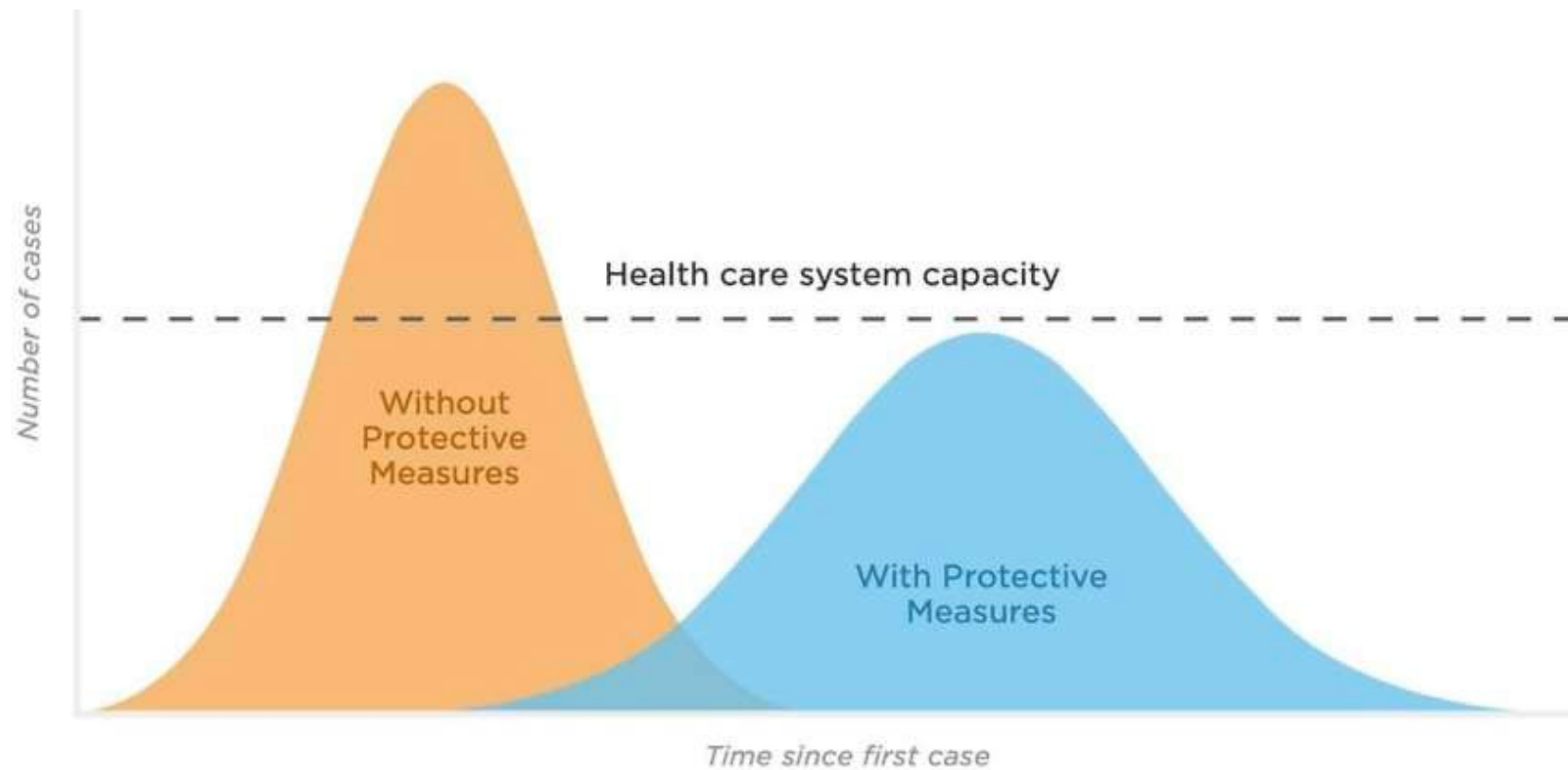
- Cloth (handsewn) masks
 - Used by individuals who are in public spaces
 - Used by individuals who are caring for COVID-19 patients at home
 - Used by COVID-19 patients at home if surgical masks are not available
- Surgical masks
 - Used by patients infected by COVID-19 if they are around other people
 - Used by healthcare workers for all activities (unless an N95 mask is required)
- N95 masks
 - Used by healthcare workers who are taking care of COVID-19 patients and performing aerosolizing procedures



Slow the spread: social distancing



What does it mean to “flatten the curve”?



Source: CDC, Drew Harris

Credit: Connie Hanzhang Jin/NPR

How is COVID-19 different from influenza (the “flu”) and allergies?

– Influenza

- Fever, cough, sore throat, muscle or body aches, fatigue
- Illness lasts 3-7 days
- Vaccine available
- Tamiflu effective if given early
- Children and elderly most at risk
- Highly seasonal
- Case fatality 0.1%

– Allergies

- Sneezing, itchy/runny nose, itchy/watery eyes, runny nose/congestion,
- Highly seasonal

– COVID-19

- Fever, cough, shortness of breath, fatigue
- Illness lasts at least 2 weeks; may worsen in 2nd and 3rd week
- No vaccine or medication available
- Elderly and those with underlying conditions are at highest risk
- Seasonality unknown
- CFR 1-2% (10-20x more deadly than flu)

IHS Response to COVID-19: Community-Based Health Programs

Community Health Representative (CHR) Program

- Provides **health care, promotion, and disease prevention** services
- Helps with community-oriented **primary health services** to improve and maintain health
- Uses community experience to be effective **advocates**
- Provides **health education** and **reduce hospital readmissions**, which has contributed to lowering mortality rates

Health Promotion and Disease Prevention (HPDP) Program

- Improves health by **enhancing preventive efforts** at local, regional, and national levels
- Develops and implements effective **health promotion and chronic disease prevention** programs

IHS Response to COVID-19: Community-Based Health Programs

Public Health Nursing Program

- The PHNs are BSN prepared RNs
- Provide population-based care to support communities via community assessments to target interventions
- Serve as an extension and support transitioning of health care into the community
 - PHN home visits per referral requests
- Targets wellness and primary, secondary, and tertiary prevention
 - Health education & screening, chronic care disease care & coordination, host immunization clinics, provide case management, communicable disease surveillance and coordination of health care at local, county, & state levels

Role of community-based health workers

- Understand the disease and stay current with recommendations
- Communication
 - Listen to concerns
 - Provide education
 - Practice cultural competency
 - Dispel myths
- Service coordination
 - Link to local resources
 - Wellness check – medication refills, chronic conditions, mental health, food/water, coal/wood, livestock
- Empowerment
 - Help individuals and families recognize needs and advocate for themselves

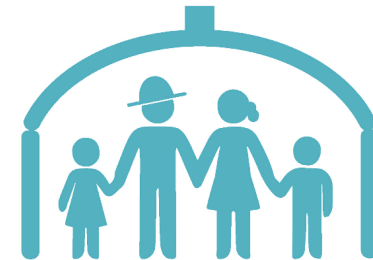


Good and frequent communication is key to slowing the spread

- Hand washing
- Physical distancing
- Isolation of sick people from others
- Some people have COVID-19 and feel okay and may want to go to work or attend to their responsibilities. **This will spread disease.**

STAY HOME

TO PROTECT FAMILIES AGAINST COVID-19



Everyone should stay at home,
except to do the following:



TO GET MEDICAL CARE—Call ahead, send **1** person, & wear a mask.



TO GET PRESCRIPTIONS—Send **1** person, & wear a mask.



TO SHOP FOR FOOD—Plan ahead, send **1** person, wear a mask.



TO CHECK ON FAMILY—Call, or send **1** person if needed.

STAYING HOME SLOWS THE SPREAD OF
CORONAVIRUS (COVID-19)

Unaware his cough
may be COVID-19

Is having dinner
with grandma later

Has preexisting
health conditions

**Social distancing during a
pandemic saves lives.**

Stay home.

#Coronavirus

#StayHomeHeroes

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**Staying at home in a pandemic
protects the health of all.**

Stay home to save a life.

#Coronavirus

#StayHomeHeroes

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**Not all heroes wear capes.
Some host group chats.**

Stay home to save a life.

#Coronavirus

#StayHomeHeroes

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Resources

- [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)
- [HHS.gov/coronavirus](https://www.hhs.gov/coronavirus)
- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- <https://www.nihb.org/covid-19/>
- <http://www.ncai.org/initiatives/partnerships-initiatives/resources-for-indian-country-coronavirus>
- <https://coronavirus.jhu.edu/>

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- Navajo and White Mountain Apache tribal members
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