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WELCOME



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Carrie Langley, MSN, MPH, RN-BC

Director

Agenda

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Signs & Symptoms

COVID-19 Spread

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Carrie Langley, MSN, MPH, RN-BC
Director

Introductions and Housekeeping

Carrie Langley MSN, MPH, RN-BC

Health Director

1415 Melody Lane, Building A

Bisbee, AZ

Office: 520-432-9400

clangley@cochise.az.gov

Greg McQuaide MA, CEM

Public Health Emergency Preparedness Coordinator

1415 Melody Lane, Building A

Bisbee, AZ

Office: 520-432-9437

Cell: 520-255-9176

gmcquaide@cochise.az.gov

24/7 Public Health Emergency Phone

1-800-423-7271

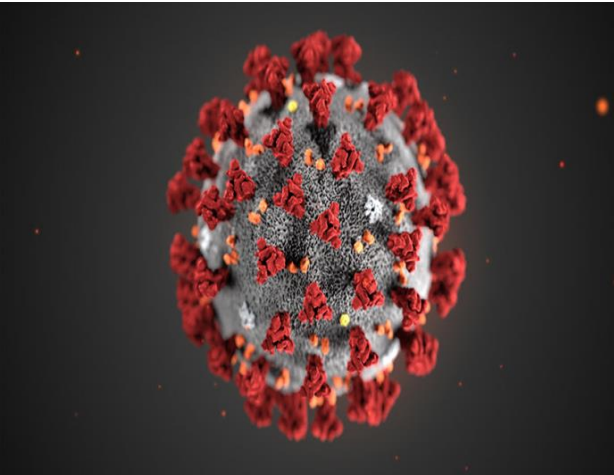


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What is COVID 19



CDC is responding to an outbreak of respiratory disease caused by a novel (new) coronavirus that was first detected in Wuhan City, Hubei Province, China and which has now been detected in 37 locations internationally, including cases in the United States. The virus has been named “SARS-CoV-2” and the disease it causes has been named “coronavirus disease 2019” (abbreviated “COVID-19”).

COVID-19 is a “novel” coronavirus, meaning that this is the first time it is being found in humans. Immunity to the virus is therefore highly unlikely. COVID-19 is a zoonotic disease, originating in animals or insects and has made the jump to humans.



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Current Situation

Situation: On January 30, 2020, the International Health Regulations Emergency Committee of the World Health Organization declared the outbreak a “public health emergency of international concern” (PHEIC). On January 31, 2020, Health and Human Services Secretary Alex M. Azar II declared a public health emergency (PHE) for the United States to aid the nation’s healthcare community in responding to COVID-19.

Imported cases of COVID-19 in travelers have been detected in the U.S. Person-to-person spread of COVID-19 also has been seen among close contacts of returned travelers from Wuhan, but at this time, this virus is NOT currently spreading in the community in the United States, this is subject to change as the situation evolves.

As of 3/3/2020 two cases of COVID-19 have been identified in Arizona, both in Maricopa County.



Signs & Symptoms

Signs & Symptoms:

Fever

Cough

Shortness of Breath

It is believed that symptoms may occur in as few as 2 days or as long as 14 days.



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COVID 19 Spread

Spread: Current understanding about how the virus that causes coronavirus disease 2019 (COVID-19) spreads is largely based on what is known about similar coronaviruses.

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet)
- Via respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

It may be possible however unlikely that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not the main way the virus spreads.

When does spread happen?

People are thought to be most contagious when they are most symptomatic (the sickest).

Some spread might be possible before people show symptoms; there have been reports of this with this new coronavirus, but this is not thought to be the main way the virus spreads.

COVID-19 is an emerging disease and there is more to learn about its transmissibility, severity, and other features and what will happen in the United States.



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Cochise Health & Social Services Prevention

The most effective ways to prevent infection with COVID-19 and any other virus or bacteria are:

- If you are feeling sick or have a fever stay home from work or school.
- If you cough, cough into your elbow.
- If you sneeze, cover your nose with a tissue and discard the tissue immediately.
- Wash your hands using soap and water often.
- If you cannot wash your hands, use hand sanitizer.
- Surfaces can be cleaned and disinfected utilizing normal household cleaning products.



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Cochise Health & Social Services Preparedness

Cochise Health & Social Services is working with other Local, State and Federal Health Officials in coordinating surveillance, public messaging, testing, resource sharing and allocation.

Cochise Health & Social Services is working closely with our county healthcare providers through an established Cochise County Healthcare Alliance to ensure coordinated and cooperative preparedness and response measures are in place and understood by all.

Working with schools and daycares to ensure surveillance and guidance is provided.

Collaborating with Fort Huachuca

Providing updates weekly and more frequently as needed.



Public Health Messaging

Masks are **NOT** recommended for the general public. If someone has an existing condition that may make them more susceptible to infection, we encourage them to discuss this with their primary care provider for recommendations.

The COVID-19 disease acts and presents very much like the flu. There is no vaccine and no cure. Treatment involves supportive care (treating the symptoms).

80% of those infected with COVID-19 experience mild symptoms and treatment involves over the counter medications. The most susceptible population are those over 65 years of age and with pre-existing medical conditions, especially respiratory issues. Less than 5% of those infected actually require hospitalization.

Determinations for who requires testing is based on CDC and ADHS guidelines. Public health officials in coordination with local health care providers will make the determination if testing is required on a case by case basis. This is currently changing, and will be more broadly available.



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Recommendations

- Encourage frequent hand washing (20 Seconds minimum) to students and faculty alike.
- Encourage staff who are feeling ill to stay home.
- Encourage parents who have ill children to keep them home.
- If a child presents ill at school, send them home.
- Continue with normal cleaning and disinfection of surfaces.
- Keep your staff, children and parents informed.
- Encourage everyone to cover their cough and sneezes.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth.



Questions

