

Novel Coronavirus (COVID-19) Outbreak and Response March 18, 2020

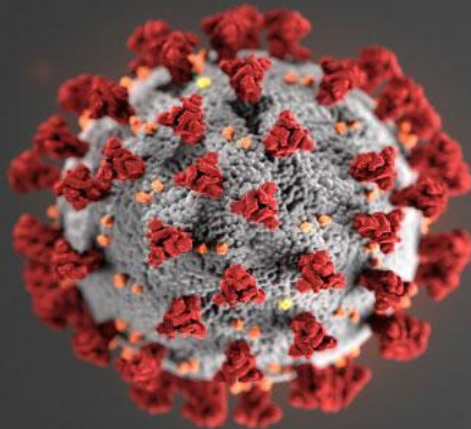




Image source: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>



Bernard C. "Jack" Young
Mayor, Baltimore City
Letitia Dzirasa, M.D.
Commissioner of Health, Baltimore City

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health.baltimorecity.gov

This is a rapidly evolving situation.

***Information presented here is up to date
as of 3/18/2020.***

***We expect that information on the
disease itself and recommendations and
guidance will change.***

***References provided will provide the
most up to date information.***



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Mayor, Baltimore City
Letitia Dzirasa, M.D.
Commissioner of Health, Baltimore City

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Topics Covered

- COVID-19 overview
- Current situation
- Clinical & public health definitions
- BCHD Response
- Community mitigation
- Social distancing
- Guidance for older adults
- Resources



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Mayor, Baltimore City
Letitia Dzirasa, M.D.
Commissioner of Health, Baltimore City

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What is COVID-19?

- New respiratory disease that has not been found in humans before
- Spreads through contact and respiratory droplets
- 220,000 cases and 8000 deaths worldwide



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Commissioner of Health, Baltimore City

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COVID-19 Cases in Maryland, as of 3/18/20¹

COVID-19 Testing and Confirmed Cases in Maryland

Lab Confirmed COVID-19	85
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Age Range of Maryland Cases

0-18	0
18-64	60
65+	25

¹ <https://phpa.health.maryland.gov/Pages/Novel-coronavirus.aspx>



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Mayor, Baltimore City
Letitia Dzirasa, M.D.
Commissioner of Health, Baltimore City



Clinical Characteristics

Symptoms:

- Cough
- Fever > 100.4
- Shortness of breath
- Severe cases - pneumonia

How does it spread?

- Respiratory droplets from coughing or sneezing
- Close contact
- Touching an object or surface with the virus on it



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High risk populations

Who is at higher risk of becoming seriously ill?

- Older adults
- People with certain chronic conditions such as:
 - Heart disease
 - Diabetes
 - Lung disease



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CDC Guidance for individuals at highest risk

- Prepare an emergency plan -
 - Have food, medications, and household items on hand
 - Update emergency contact info
- Avoid people who are sick
- Wash hands often
- Avoid crowds or large gatherings
- Avoid non-essential travel, such as long plane trips and especially avoid cruise ships
- Stay at home especially if there is an outbreak in the community



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Who needs a mask?

- Currently, CDC does NOT recommend people who are well wear masks to protect themselves from respiratory diseases
- Masks should be used by people who show symptoms of COVID-19 to help prevent spread to others
 - For example, healthcare workers and those taking care of sick individuals in close settings
 - A face mask should be worn by individuals who have COVID-19, or suspected to have COVID-19 to prevent spread to others



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Testing for COVID-19

- Currently, testing is limited and is being prioritized for those who are high risk, have symptoms and the following
 - Close contact with COVID-19 patient
 - Travel to an area with confirmed ongoing community transmission
 - Nursing home or long-term care facility
 - Hospitalized with severe respiratory illness (case by case)
- Not everyone needs a test - if your symptoms are mild, stay home and monitor. If your symptoms become worse, call your doctor.



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Testing for COVID-19

- Older adults who don't have a primary care doctor should call a Federally Qualified Health Center to arrange testing
- Medicare will cover testing, hospitalizations, and telemedicine visits



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BCHD Response Actions

- Partial activation of agency ICS (Level 2)
 - Updated pandemic plan
 - Working everyday
- Surveillance to detect and monitor cases
 - Respond to calls of possible PUIs 24/7
 - Coordinate with healthcare providers to test patients
 - MDH and CDC coordination on surveillance and testing



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BCHD Response Actions

- Coordination with State and City Partners
 - Healthcare Facilities
 - Aging Partners
- Messaging and education to partners
 - Business Community
 - Academic Partners
 - Aging Partners
 - Schools



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BCHD Response Actions

- Senior centers are closed for programs but will serve as resource hubs
- Core Aging services will continue and MAP call center service will be expanded
- Evictions are halted and parking tickets suspended



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Food Distribution

- Prioritizing individuals 60+ who:
 - Live alone
 - Have disabilities
 - Have limited access to food
 - Do not have a family member in the Baltimore area who can help.
- Senior centers and congregate meal sites are providing boxed lunches to participants
- Baltimarket has 152 deliveries to 9 residential sites schedule for this week



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Statewide Response

- All bars, restaurants and gyms closed
- No evictions, utility shut offs or late fees during the state of emergency



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Definitions

- Community Mitigation Strategies
 - Actions taken at the community level to prevent the spread of disease
 - Examples include limiting large groups of people coming together, closing buildings and cancelling events
 - Type of Strategy: Social Distancing Measures
 - Eg. Telework policy for business
- Personal Protective Behavior
 - Actions taken at the individual level to prevent the spread of disease



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Mayor, Baltimore City
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Definitions, continued

- Isolation
 - Separation of *sick people with a contagious disease* from people who are not sick.
- Quarantine
 - Separation and restriction of the movement of people *who were exposed* to a contagious disease to SEE if they become sick.
Monitoring involved.
- Community Transmission
 - People have been infected with the virus in an area, including some who are not sure how or where they became infected.



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Community Mitigation Strategies

Individual Level		Community Level	
Personal Protective Behaviors	Isolation of Cases	Limit social interactions	Closures or Cancelation of Events
Washing hands	Stay home when sick	Telework	Schools
Cough/sneeze etiquette	Limit close contact w/others	Flexible work plans	Large Events
Stay home if sick		Seating people further apart in workplace or school	Mass gatherings



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 Mayor, Baltimore City
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 Commissioner of Health, Baltimore City



Social Distancing for Older Adults

- Avoid gatherings
- Stay home as much as possible
- Avoid shaking hands or hugging
- Limit visitors to your home - any visitors should wash their hands



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Staying Healthy at Home

- Wash your hands after touching mail, money, or anything from outside
- Frequently clean high-touch surfaces such as doorknobs, faucets, handrails, canes, and wheelchair arms
- Support your immune system by resting, taking your medications, and exercising at home
- Sign up for MDoA Senior Call Check (1-866-50-CHECK)



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Resources for Older Adults

- Maryland Access Point can direct older adults to the appropriate resources
- Some pharmacies will deliver prescriptions
 - Northern Pharmacy
 - South Baltimore Pharmacy
 - CVS
 - Walgreens
 - Target
 - Walmart
- Maryland Food Bank, church-run food pantries, Meals on Wheels



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Resources for Older Adults

- Legal help:
 - Maryland Volunteer Lawyers Service
 - Senior Legal Services
- Fraud:
 - Maryland Attorney General's fraud hotline-(410) 528-8662
- Free supplies for pets/service animals:
 - Thankful Paws (pet food delivery)
 - Baltimore Humane Society (pet food bank)



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Long Term Care Facilities

- BCHD is working with LTC facilities to make sure they follow MDH guidance, including:
 - Restricting visitors to essential visitors only
 - Screening staff and visitors for respiratory disease symptoms
 - Following good hand washing hygiene and frequently cleaning high contact surfaces



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Resources

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<https://health.baltimorecity.gov/novel-coronavirus-2019-ncov>
- Maryland Department of Health:
<https://phpa.health.maryland.gov/Pages/Novel-coronavirus.aspx>
- Centers for Disease Control and Prevention:
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>



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**Thank for your time!
Additional questions?**



Bernard C. "Jack" Young,
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