**Education Session for
Community Health Workers on
Novel Coronavirus 2019 (COVID-19)**

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Speakers

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Overview

- Community Health Workers (CHWs)
  - Continuing Education
  - Learning Objectives
  - Areas for CHW/Promotores Action
- COVID-19
  - Background
  - Prevention
  - Public Health Efforts
  - Current Situation
- Dispelling Myths
- Trusted Resources

COMMUNITY HEALTH WORKERS: CONTINUING EDUCATION

Continuing Education

Attending this webinar can be used for 1.0 core competency Foundations of Health and Resource education credits for Community Health Workers (CHWs) in Florida.

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COMMUNITY HEALTH WORKERS: LEARNING OBJECTIVES

Learning Objectives

At the conclusion of this education session, you should be able to:

- Use **the CHW core competencies to join other public health professionals responding to the current situation**

- Describe the **probable causes, spread, and symptoms** of **COVID-19**

- Clarify the current **myths and rumors** about **COVID-19**

- **Educate the community and cite responses from credible sources** to dispel myths and rumors

COMMUNITY HEALTH WORKERS: AREAS FOR ACTION

Areas for CHW/Promotores Action

Community Health Workers (CHWs)/Promotores can be a resource in public health response.

- Communication and Education Skills

- Interpersonal Relationships Skills

- Service Coordination and Community Resources

- Foundations of Health Knowledge

Communication and Education

- Stay informed with information from **credible sources**

- Listen to concerns, listen with **empathy**

- Use respectful language
    - Keep in mind level of **literacy** of who you are speaking to

- Be honest when you do not know an answer
    - It's ok to say "I don't know; I'll look it up"

- Use available education resources
    - Available in 3 languages from FDOH

- Dispel myths and rumors

Interpersonal Relationships

- Work as part of a team
  - We are in this together—it's ok to ask for help!
- Keep in touch
  - **Cultivate contacts** via phone calls, text, and emails
  - Show you care and continue to be a resource for the community
- Demonstrate cultural and linguistic competency in your interactions

Service Coordination and Community Resources

Coordinate and refer to available support services

- Know your local resources

- Keep up with local ordinances and closures

- Build relationships with relevant community contacts
  - Local county health department; community health centers/free and charitable clinics/federally qualified health centers; local food banks; tobacco-cessation programs for assisting with stress management; local county hotlines; mental health support services

Foundations of Health

- Disease-specific knowledge on infectious respiratory diseases (like the flu) and conditions (like allergies)

- Staying healthy
  - Reduction of risks, importance of prevention, home emergency preparedness kit, keeping supply of medicines (prescribed and OTC)

- Link between physical and mental health

- Coping with stress, anxiety
  - Avoiding abuse of illicit drugs and tobacco/nicotine products during isolation and crisis

Background

What are coronaviruses?

- A large family of viruses which may cause illness in animals or humans

- Named for the crown-like spikes on their surface

- Common human coronaviruses usually cause mild to moderate upper-respiratory tract illnesses, like the common cold

Background, cont.

What is COVID-19?

- A disease caused by a new coronavirus named SARS-CoV-2

- SARS-CoV-2 was first identified in late 2019 in Wuhan City, Hubei Province, China

- Spreads from person-to-person

World Health Organization

- Declared the outbreak a Public Health Emergency of International Concern on January 30, 2020

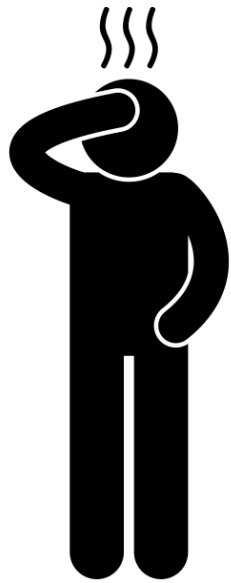- Characterized the outbreak as a pandemic on March 11, 2020

How does it spread?

COVID-19 is a new disease and **we are still learning about how it spreads** and the severity of illness it causes.

- Person-to-person spread:
    - Between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs, sneezes, or talks
    - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms
- Contaminated surfaces or objects
    - May be possible 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 – not thought to be the main way the virus spreads

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What are symptoms of COVID-19?

Symptoms typically appear 2–14 days after exposure

Fever

Cough

Difficulty
Breathing

COVID-19: PREVENTION

How do I prevent COVID-19?

- There is currently no vaccine to prevent COVID-19

- The best way to prevent illness is to avoid being exposed to the virus (and avoid exposing other people)

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Practice Social Distancing

- Keep 6 feet between you and other people when possible

- Avoid hugs, handshakes, large gatherings and close quarters

- Stay home as much as possible

Why? The virus is thought to spread mainly from person-to-person. When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth, which may contain the virus. If you are too close, you can breathe in the droplets, including the coronavirus if the person coughing has the disease.

6'

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Clean Your Hands Often

- Wash your hands frequently with soap and water for at least 20 seconds

- If soap and water are not available, use a hand sanitizer with at least 60% alcohol

- Clean your hands especially after you have been in a public place, or after blowing your nose, coughing or sneezing

Why? Washing your hands with soap and water or using alcohol-based hand sanitizer kills viruses that may be on your hands.

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Avoid Touching Eyes, Nose, and Mouth

Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose, or mouth.

Cover Coughs and Sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow

- Throw used tissues in the trash right away

Why? Droplets spread the virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.

Clean and Disinfect "High-Touch" Surfaces

- Clean AND disinfect frequently touched surfaces daily
  - Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks

- If surfaces are dirty, first clean with detergent or soap and water, and then disinfect

- Most common EPA-registered household disinfectants, diluted household bleach solutions, and alcohol solutions with at least 70% alcohol will work

- See how to make a bleach solution if disinfectants are not available

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New Guidance: Cover Your Mouth and Nose With a Cloth Face Cover When Around Others

- You could spread COVID-19 to others even if you do not feel sick

- Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities
  - Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cover without assistance

- The cloth face cover is meant to protect other people in case you are infected

- Do NOT use a facemask meant for a health care worker

- Continue to keep about 6 feet between yourself and others
  - The cloth face cover is not a substitute for social distancing

People at Higher Risk for Severe Illness

- 65 and older

- Live in a nursing home or long-term care facility

- Have underlying medical conditions, particularly if not well-controlled
  - Chronic lung disease or moderate to severe asthma
  - Serious heart conditions
  - Conditions that can cause a person to be immunocompromised
    - Cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune-weakening medications
  - Severe obesity (body mass index [BMI] of 40 or higher)
  - Diabetes
  - Chronic kidney disease and those undergoing dialysis
  - Liver disease

If You Are Sick

- Most people with COVID-19 have mild illness and are able to recover at home without medical care

- Follow all other prevention steps

- Separate yourself from other people and pets in your home as much as possible
  - Stay in a specific "sick room"
  - Use a separate bathroom, if available

- Do not share personal household items with other people in your home
  - Dishes, drinking glasses, cups, eating utensils, towels, or bedding
  - Wash items thoroughly after using

- Clean all "high-touch" surfaces everyday

- Call your health care provider before seeking medical care

- Monitor your symptoms

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If You Are Sick, cont.

- If you develop emergency warning signs for COVID-19, get medical attention immediately. Emergency warning signs include:*
    - Trouble breathing
    - Persistent pain or pressure in the chest
    - New confusion or inability to arouse
    - Bluish lips or face

- Call 911 if you have a medical emergency
    - Notify the operator that you have or think you might have COVID-19
    - If possible, put on a cloth face covering that covers your nose and mouth to protect other people

*This list is not all-inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

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If You Are Told You Have COVID-19

Take care of YOURSELF

Follow CDC recommendations for home care after testing positive for COVID-19.

(https://tinyurl.com/careforyourself)

-Stay home
-Stay in touch with your healthcare provider and follow their advice
-Stay away from others

NOTIFY your close contacts

Alert people that you have been in close contact with while ill that you have tested positive.

Tell them to self-isolate for 14 days.

Ask them to monitor their health for signs of COVID-19.

(https://tinyurl.com/thesearethesymptoms)

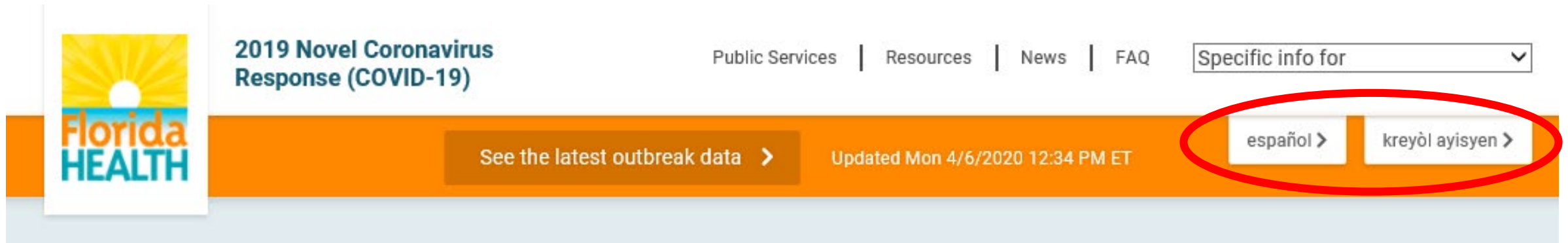Florida HEALTH

COVID-19: PUBLIC HEALTH EFFORTS

FDOH COVID-19 Efforts

Personnel at FDOH's 67 county health departments (CHDs) and the State Health Office in Tallahassee are working to protect Floridians

- Collaborating with private and public partners to be actively involved in enhanced surveillance for respiratory illness that may be COVID-19

- FDOH epidemiologists are partnering with health care providers to follow up on any suspected cases that meet criteria for COVID-19 to arrange for testing when needed and monitor contacts of any confirmed cases, if they occur

- Communicating regularly with the public and health care providers with updates on COVID-19 and other respiratory illnesses

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Website Available in Multiple Languages

https://floridahealthcovid19.gov/

Buttons on the top-right corner will translate the entire COVID-19 website from English into Spanish and Haitian Creole

Community Action Survey

https://www.strongerthanc19.com/start

COVID-19: CURRENT SITUATION

Global Spread

As of 4/24/2020, 8:12 a.m., 2,729,274
cases have been identified in 185 countries.

National Guidance

On March 16, 2020, President Donald J. Trump and the White House Coronavirus Task Force issued the "15 Days to Slow the Spread" guidance to help prevent spread of the virus.

On March 29, 2020, the President and the White House Coronavirus Task Force updated and extended the guidance through April 30, 2020, renaming it "30 Days to Slow the Spread."

Florida Guidance

March 1, 2020, FDOH reported Florida's first two cases of COVID-19 in Hillsborough and Manatee County residents

- Governor issued Executive Order 20-51, directing a Public Health Emergency and establishing Florida's Response Protocol for COVID-19

- State Surgeon General issued a Declaration of Public Health Emergency for the State of Florida

March 9, 2020

- Governor issues Executive Order 20-52, declaring a state of emergency for the entire state as a result of COVID-19

Several additional COVID-19 related Executive Orders have been issued: www.flgov.com/2020-executive-orders/

Executive Order 20-91

Issued April 1, 2020

Became effective 12:01 a.m. on April 3, 2020, and shall expire on April 30, 2020, unless extended by subsequent order

Section 1. Safer at Home

A. Senior citizens and individuals with significant underlying medical conditions shall stay at home and take all measures to limit the risk of exposure to COVID-19

B. All persons in Florida shall limit their movements and personal interactions outside of their home to only those necessary to obtain or provide essential services or conduct essential activities

www.flgov.com/wp-content/uploads/orders/2020/EO_20-91.pdf
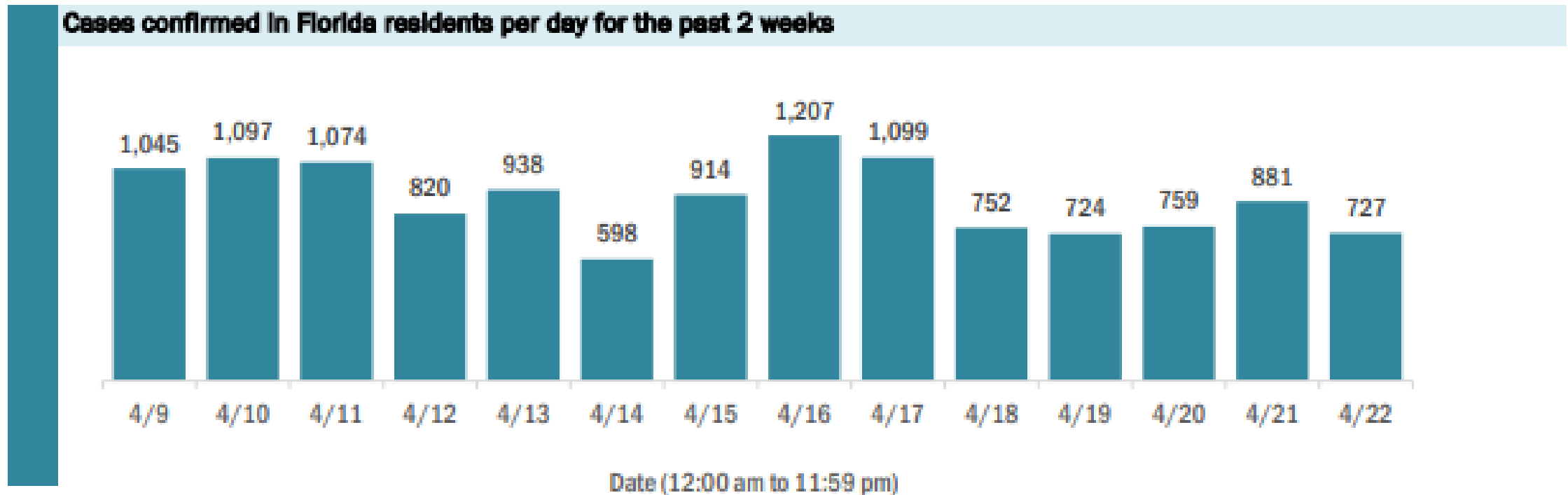
Cases in Florida

As of 4/23/2020, 7:27 p.m.

Positive Residents	Positive Non-Residents	Total Cases	Deaths	Positive Residents Out of State
28,843	805	29,648	987	8

https://floridahealthcovid19.gov/

Confirmed Cases – Past 2 Weeks

Cases confirmed in Florida residents per day for the past 2 weeks

Date	4/9	4/10	4/11	4/12	4/13	4/14	4/15	4/16	4/17	4/18	4/19	4/20	4/21	4/22
Cases	1,045	1,097	1,074	820	938	598	914	1,207	1,099	752	724	759	881	727

Date (12:00 am to 11:59 pm)

Data verified as of Apr 23, 2020 at 5 PM
Data are provisional and subject to change
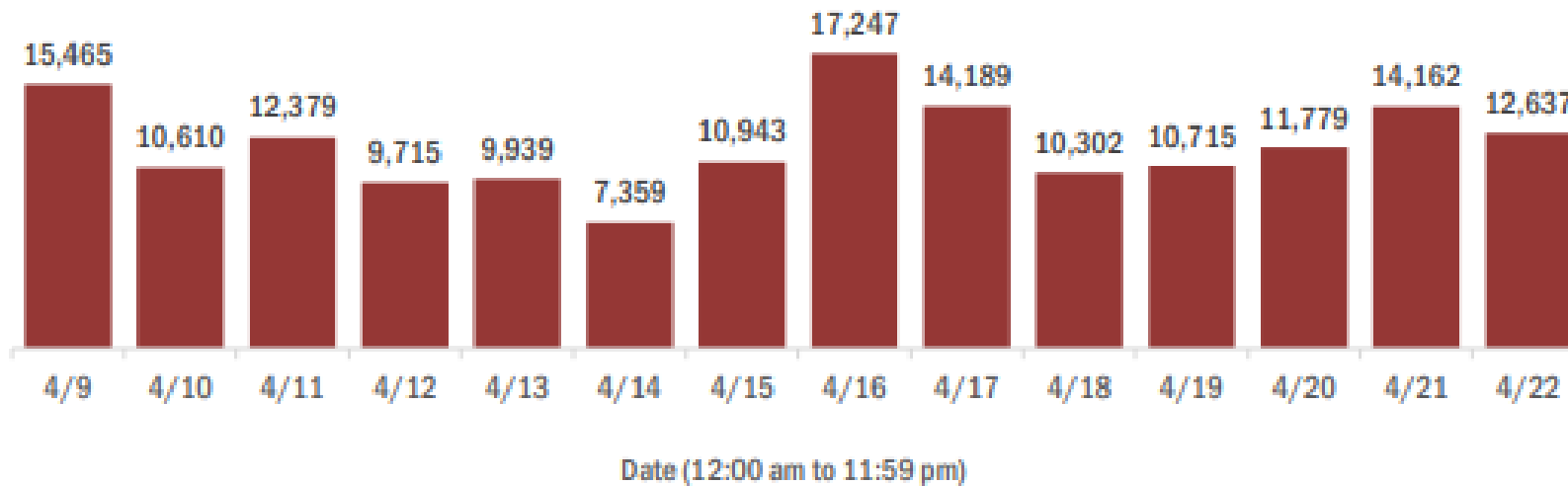
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People Tested – Past 2 Weeks

Laboratory testing for Florida residents and non-Florida residents over the past 2 weeks

Number of people tested per day

These counts include the number of people for whom the department received laboratory results by day. People tested on multiple days will be included for each day a new result was received. A person is only counted once for each day they are tested, regardless of whether multiple specimens are tested or multiple results are received.

Data (12:00 am to 11:59 pm)

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Additional Information and Tools

- Florida Department of Health (buttons to translate website)
  https://floridahealthcovid19.gov

- Educational Outreach Materials (English, Spanish, and Creole)
  https://floridahealthcovid19.gov/resources/#toolkitJumpHc

DISPELLING MYTHS

Dispelling Myths

How to dispel myths and rumors and offer correct information:

- Treat people with respect and empathy

- Don't repeat the rumor but cite and reinforce correct information

- Discuss source of concern and offer relevant help

Myths to Dispel

Are hand dryers effective at killing the new coronavirus?

No! Wash your hands with soap and water or use an alcohol-based hand rub. Once your hands are clean, dry them using paper towels or a warm-air dryer.

Should an ultraviolet disinfection lamp be used kill the new coronavirus?

No! UV lamps should not be used to sterilize hands or other parts of the body. Exposure to UV radiation can cause skin irritation.

Myths to Dispel, cont.

Can spraying alcohol or chlorine all over your body kill the new coronavirus?

No! Alcohol and chlorine cannot kill viruses that have entered your body. Spraying such substances on yourself can be harmful. Alcohol and chlorine can be used to disinfect surfaces if used properly.

Florida's Poison Control Centers: 1-800-222-1222

Myths to Dispel, cont.

Can regularly rinsing your nose with saline help prevent COVID-19?

No! There is no evidence that rinsing your nose with saline will prevent COVID-19.

Myths to Dispel, cont.

Can eating garlic help prevent COVID-19?

No. Garlic is a healthy food that may have some antimicrobial properties. However, there is no evidence that eating garlic can prevent COVID-19.

Myths to Dispel, cont.

Do vaccines against pneumonia help protect you against COVID-19?

No. Current vaccines for pneumonia, such as for pneumococcal pneumonia or pneumonia caused by *Haemophilus influenzae* type B will not protect you against COVID-19.

Myths to Dispel, cont.

Are antibiotics effective in preventing and treating COVID-19?

No. Antibiotics are not effective in preventing or treating viral infections. They may be used as treatment if you are hospitalized with COVID-19 to prevent secondary bacterial infections.

Myths to Dispel, cont.

Are there specific medicines for preventing or treating the new coronavirus?

No. There is no specific medicine recommended to prevent or treat COVID-19. People with COVID-19 may be treated to relieve mild symptoms or may require more care for severe illness.

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FLORIDA COMMUNITY HEALTH WORKER COALITION

caring connection community

24/7 COVID-19 Call Center

1-866-779-6121

Trusted Resources

Florida Department of Health
- https://floridahealthcovid19.gov

Centers for Disease Control and Prevention
- www.cdc.gov/coronavirus/2019-nCoV/index.html

World Health Organization
- www.who.int/emergencies/diseases/novel-coronavirus-2019

The Florida Certification Board
- https://flcertificationboard.org/certifications/certified-community-health-worker/

References

Center for Systems Science and Engineering (CSSE) at Johns Hopkins University

- https://coronavirus.jhu.edu/map.html

Centers for Disease Control and Prevention

- www.cdc.gov/coronavirus/general-information.html
- www.cdc.gov/coronavirus/types.html
- www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html
- www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html
- www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/groups-at-higher-risk.html
- www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html
- www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html

References, cont.

Florida Department of Health
- https://floridahealthcovid19.gov/
- https://floridahealthcovid19.gov/prevention/

Florida Division of Emergency Management
- https://floridadisaster.org/globalassets/covid-19-data---daily-report-2020-04-01-1714.pdfov/

World Health Organization
- www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters
- www.who.int/emergencies/diseases/novel-coronavirus-2019/events-as-they-happen