

AND OUTBREAK PREPAREDNESS

What is an Epidemic An occurs when an infectious disease spreads rapidly to many people. For example, in 2003. the Severe Acute Respiratory' Syndrome (SARS) epidemic took the lives of nearly 800 people worldwide

What is a Pandemic? Pandemics include disease outbreak — such as HIV/AIDS and influenza pandemics — such as Spanish Influenza, Asian Influenza and Hong Kong Influenza. An Influenza Pandemic occurs when:

- A new subtype of virus arises. This means that humans have little to no immunity to it. Everyone is at risk.
- The virus spreads easily from person to person, such as through sneezing or coughing.
- The virus begins to cause serious illness worldwide. With past flu pandemics, the viruses reached 211 parts of the globe within six to nine months.

What is an Outbreak? A disease outbreak occurs when a disease occurs in greater numbers than expected in a community or region during a season. An outbreak may occur in one community or even extend to several countries. It can last from days to years.

On January 30,2020 the International Health Regulations Emergency Committee of the World Health Organization (WHO) declared an outbreak of a respiratory disease by a new caronavirus that 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).

Monitoring of Epidemics, Pandemics, and Outbreaks

WHO provides a pandemic alert system, with a scale ranging from Phase 1 (a low risk of flu pandemic) to Phase 6 (a full-blown pandemic).

Phase 1: A virus in animals has caused no known infections in humans.

Phase 2: An animal flu virus has caused infection in humans.

Phase 3: Sporadic cases or small clusters of disease occur in humans. Human-to-human transmissions, any, is sufficient to cause community level outbreaks.

Phase 4: The risk for pandemic is greatly increased but not certain.

Phase 5: Spread of disease between humans is occurring in more than one country of one WHO region.

Phase 6: Community level outbreaks are in at least one additional country in a different WHO region from Phase 5. A global pandemic is under way.

Coronavirus (COVID-19) Symptoms

The Centers for Disease Control and Prevention (CDC) believes (at this time) the symptoms of COVID-19 may appear as few as 2 days or as long as 14 days after exposure. This information is based on what has been seen previously as the incubation period of MERS-CoV viruses. Reported illnesses range from mild symptoms to severe illness and death and include fever, cough, and shortness of breath.

How Coronavirus 2019 is Spread

Current understanding (February 2020) of how coronavirus 2019 is spread is largely based on what is known about similar coronaviruses. Coronavirus is thought to spread mainly from person-to-person. Between people who are in close contact with one another (within 6 feet). Via respiratory droplets produced when an infected

person coughs or sneezes (this is why it is vital that anyone coughing, or sneezing do so into tissue or their elbow). These droplets can land into the mouth, nose, or eyes of people who are nearby.

However, it may be possible that a person can get Coronavirus 19 by touching surfaces or objects that has the virus on it and then touching their own mouth, nose, or eyes.

Preventing Coronavirus The CDC recommends everyday preventative actions to help prevent the spread of respiratory illnesses such as Coronavirus:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze into a tissue or your elbow vs. your hand (you can spread germs when touching items after coughing or sneezing into your hand).
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow the CDC's recommendations for using a facemask.

The CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases including Coronavirus.

Facemasks should be used by people who show symptoms of Coronavirus to help prevent the spread of the disease to others.

- Wash your hands for a minimum of 20 seconds before eating, blowing your nose, coughing, and sneezing. If soap and water is not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

What to Do if You Become Sick Seek emergency care right away if you have: trouble breathing, pain or pressure in your abdomen or chest, sudden dizziness, confusion, and severe vomiting.

Treatment for Coronavirus

Currently (February 2020) there is no vaccine to prevent Coronavirus 2019. Clinical trials to treat Coronavirus are currently underway but there are no specific approved treatments by the Food and Drug Administration (FDA).

Pandemic Preparation A pandemic can cause economic and social disruption due to high rates of illness and worker absenteeism. This is especially true if absenteeism affects key services such as transportation, communication, or power.

Here are a few things you can do:

Store a two-week supply of water and food.

Periodically check your regular prescription drugs to ensure a continuous supply in your home.

Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medication, fluids with electrolytes, and vitamins. Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.

See if you can work from home in the event of a pandemic. Plan home learning activities if school is closed.

Planning Considerations for a Possible Coronavirus Outbreak:

Coordination with state and local health officials is strongly encouraged for all businesses so that timely and accurate information can guide appropriate responses in each location where their operation resides. Since the intensity of an outbreak may differ according to geographic location, health officials will be issuing guidance specific to their community.