

NC Department of Health and Human Services

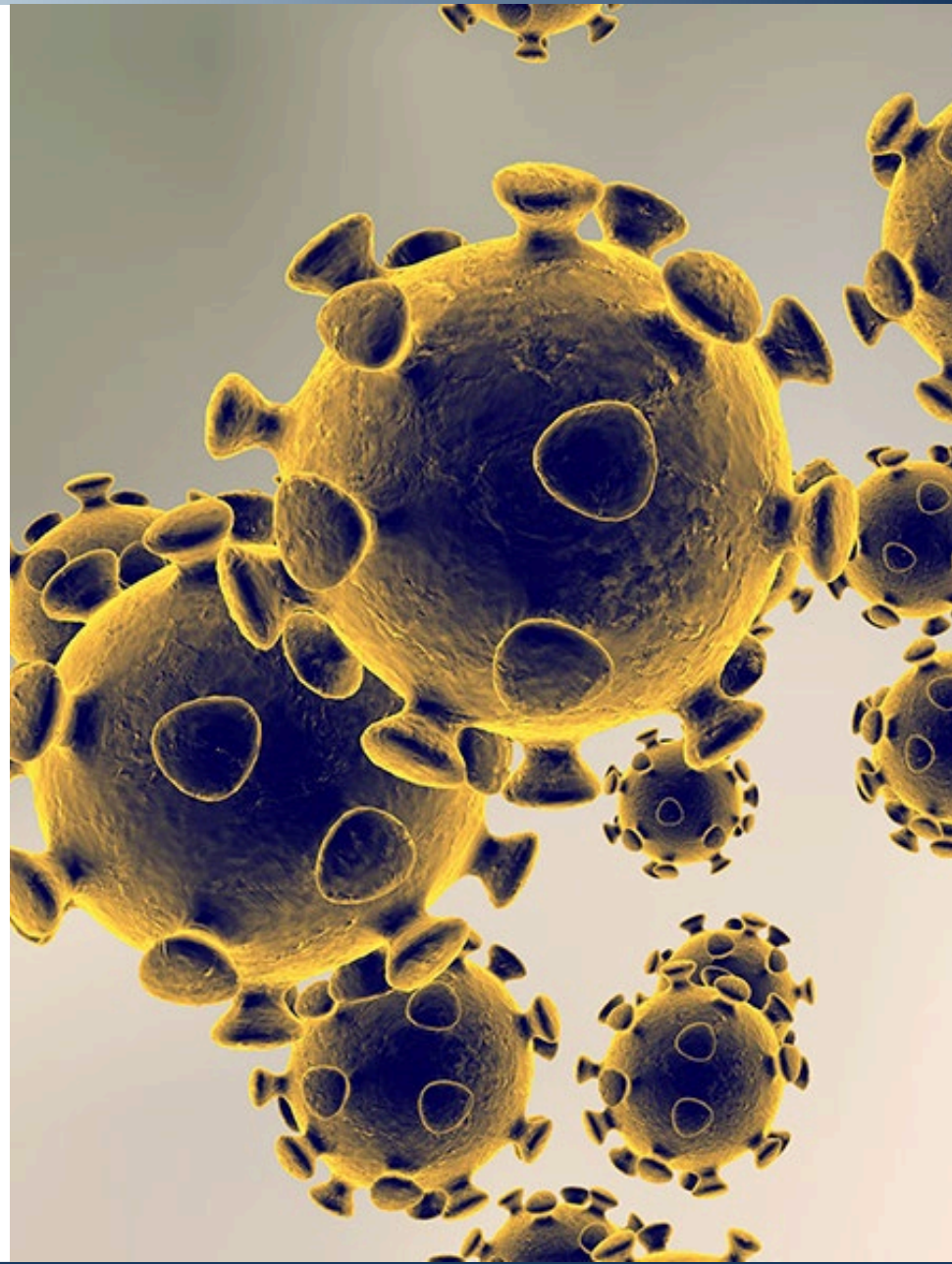
Coronavirus Disease (COVID-19)

The information session will begin shortly.

Updated March 10, 2020

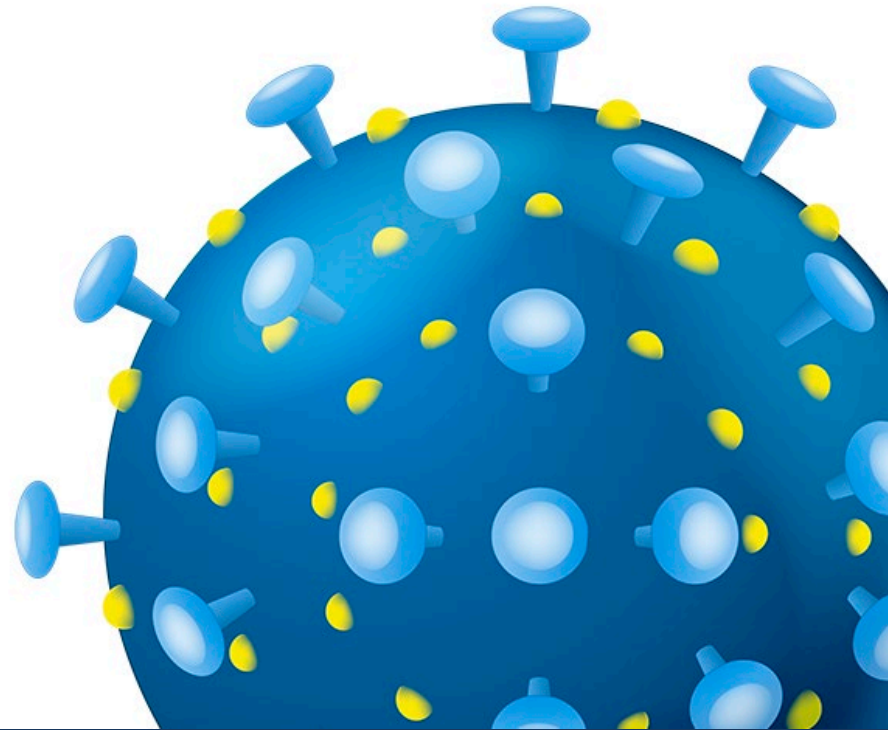
**This is a rapidly
evolving situation
and
recommendations
will change**

**Data
up to date as
of 3/10/2020**



There are 7 types of coronaviruses that infect humans

- **4 are common** and cause mild to moderate illness
- **3 have recently emerged** and can cause severe illness
 - MERS-CoV (Middle East Respiratory Syndrome)
 - SARS-CoV (Severe Acute Respiratory Syndrome)
 - COVID-19 (Coronavirus Disease)



The majority of COVID-19 cases are in mainland China



More than 100,000 cases globally (over 3,500 deaths)



More than 28,500 cases outside of mainland China (over 400 deaths)



647 cases in the United States

49 additional cases in persons repatriated to the US



7 cases in North Carolina

COVID-19 has been declared a public health emergency



WHO Global Public Health Emergency

An **extraordinary event that constitutes a public health risk** to other States through the international spread of disease

AND

potentially **requires a coordinated international response**

Previous declarations

2019 for Ebola
2016 for Zika
2014 for Ebola



US Public Health Emergency

A disease or disorder **presents a public health emergency**

OR

That a **public health emergency**, including significant outbreaks of infectious disease or bioterrorist attacks, **otherwise exists**

Previous declarations

Natural disasters
Opioid crisis
Zika

COVID-19 has a lower mortality rate than other novel coronaviruses

	# of Cases	Mortality Rate
SARS	8,096	9.6%
MERS-CoV	2,494	34%
COVID-19	>100,000*	1.4-3.4%**

***As of March 10, 2020**

****Estimate based on early cases; likely to change**

Travel recommendations

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

The screenshot shows the CDC website's page for Coronavirus Disease 2019 (COVID-19) travel information. The page has a teal header with the CDC logo and name. Below the header is a search bar and social media icons. The main content area is titled "Coronavirus Disease 2019 Information for Travel" and includes a sidebar with navigation links, a central text block with an image of a traveler, and two sidebars with additional resources.

CDC Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

Search

Coronavirus Disease 2019 (COVID-19)

CDC > Coronavirus Disease 2019 (COVID-19)

Coronavirus Disease 2019 (COVID-19)

COVID-19 Situation Summary +

What You Should Know +


Travel Information -

- Traveling from China
- Communication Resources
- FAQ for Travelers

Preventing COVID-19 Spread in Communities +

Coronavirus Disease 2019 Information for Travel

This page includes information about Coronavirus Disease 2019 (COVID-19) for travelers and travel related industries.



[Frequently Asked Questions and Answers for Travelers](#)

Travelers from China Arriving in the United States

Resources for Ships

- [Guidance for Ships](#)
- [Cruise Ship Travel in Asia](#)

Resources for Airlines

- [Guidance for Airlines and Airline Crew](#)

Travel Recommendations

Warning – Level 4, Do Not Travel

Warning – Level 3, Avoid Nonessential Travel

Alert – Level 2, Practice Enhanced Precautions

Watch – Level 1, Practice Usual Precautions

As of March 10, 2020

Level 3: China, Iran, South Korea, Italy, Japan

Level 1: Hong Kong

Check the CDC website for all countries with travel recommendations

There are no restrictions indicated for domestic travel.



CDC has established testing criteria

Patients who meet these criteria might be eligible for COVID-19 testing by public health

Clinical Features	&	Epidemiologic Risk
Fever ¹ or signs/symptoms of lower respiratory illness (e.g. cough or shortness of breath)	AND	Any person, including healthcare workers ² , who has had close contact ³ with a laboratory-confirmed ⁴ COVID-19 patient within 14 days of symptom onset
Fever ¹ and signs/symptoms of a lower respiratory illness (e.g., cough or shortness of breath) requiring hospitalization	AND	A history of travel from affected geographic areas ⁵ (see below) within 14 days of symptom onset
Fever ¹ with severe acute lower respiratory illness (e.g., pneumonia, ARDS) requiring hospitalization and without alternative explanatory diagnosis (e.g., influenza) ⁶	AND	No source of exposure has been identified

Testing is available through the NC State Laboratory of Public Health (NCSLPH)

- **Testing is recommended only for people who have symptoms (fever, cough, or shortness of breath)**
- **Tests are ordered by clinicians; those who think they may need a test should call their doctor or local health department first**
- **Positive test results NCSLPH initiate an immediate public health response from**
 - **Local health department(s) and hospital(s)**
 - **NC DHHS**
 - **NC Emergency Management**

NC DHHS is preparing and responding



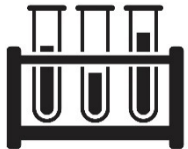
Identify and follow patients under investigation (PUI)



Emergency rule change to require reporting of suspect and confirmed cases



Develop and implement control measures, including self-monitoring with public health supervision, isolation, and quarantine



Implemented laboratory testing by the NC State Laboratory of Public Health

NC DHHS developed and disseminated guidance for healthcare partners



Emergency Medical Services (EMS)



Hospitals, clinics and urgent cares



Healthcare providers



Laboratories

NC DHHS is working with local communities



Individuals and Families



Hospitals and health care providers

Businesses and Employers

Colleges, Schools, and Child Care

Long-term Care Facilities

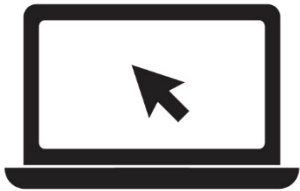


Travelers

NC DHHS established modes of communication

COVID-19 Website:

www.ncdhhs.gov/coronavirus



DPH COVID-19 Website for Health Care Providers and Local Health Departments:

<https://epi.dph.ncdhhs.gov/cd/diseases/COVID19.html>



General COVID-19 Questions:

Call NC Poison Control COVID-19 hotline at 866-462-3821.

Local Health Departments are working with partners to respond



Monitoring returned travelers from China, Iran



Ensuring communication with local EMS, hospitals and healthcare providers



Ensuring wraparound services for persons under monitoring and investigation

The Governor directed creation of a COVID-19 Task Force

- **Chaired by:**
 - NC DHHS State Health Director
 - NCEM Director of Emergency Management
- **Working to coordinate resources statewide for future scenarios**
 - Developing response plans that address a range of possible scenarios



Strategies may change based on the evolving situation

Containment

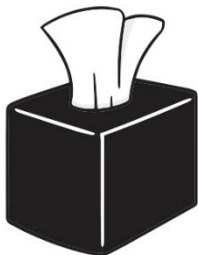
- Monitor specific individuals for symptoms
- Contain the virus through isolation and quarantine procedures
- Conduct contact tracing
- Might not prevent spread of disease, but delays spread providing valuable time to prepare

Mitigation

- Provide guidance on personal, environmental, and community measures
- Provide guidance to providers on risk assessment
- Provide guidance on limiting the spread of illness

While we continue to practice containment in the state of NC, mitigation preparation should begin. Additionally, these strategies do not occur in isolation and elements of containment and mitigation may occur simultaneously.

General prevention recommendations for COVID-19 are the same as those to prevent the spread of flu and other respiratory viral infections



- **Wash hands often with soap and water for at least 20 seconds**
- **If soap and water are not available, use an alcohol-based hand sanitizer**
- **Avoid touching your eyes, nose, or mouth with unwashed hands**
- **Avoid contact with others who are sick**
- **Cover your mouth and nose with a tissue or sleeve, not your hands, when coughing or sneezing**

Health Alert: Coronavirus Disease 2019 (COVID-19)

You have traveled to a country with an outbreak of COVID-19 and are at higher risk.

COVID-19 is a respiratory illness that can spread from person to person.

Stay Home

Stay home for the next 14 days and monitor your health.
Take your temperature with a thermometer two times a day and watch for symptoms.

If you feel sick and have symptoms:

- Call ahead before you go to a doctor's office or emergency room.
- Tell the doctor about your recent travel and your symptoms.
- Avoid contact with others.
- Do not travel while sick.

Symptoms

Illnesses have ranged from mild symptoms to severe illness and death. Symptoms may appear 2–14 days after exposure.

Symptoms can include:



Fever (100.4°F/38°C or higher)



Cough

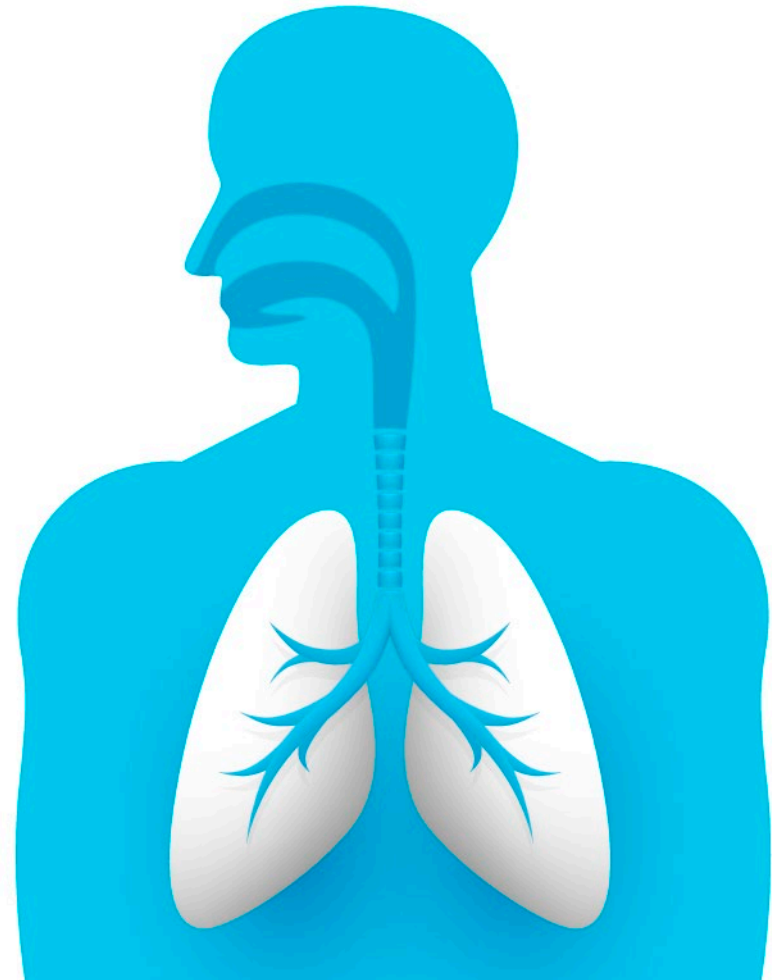


Shortness of breath

Visit the website for more information on monitoring your health and how to contact local public health officials. Visit: www.cdc.gov/COVIDtravel

Symptoms of COVID-19 include:

- **Fever**
- **Lower respiratory symptoms:**
 - **Cough**
 - **Shortness of Breath**



If you have traveled to an area with widespread, ongoing community spread (Level 3 Travel Health Notice countries), practice social distancing

- **Stay home for the next 14 days and monitor your health**
- **Take your temperature with a thermometer two times a day and watch for symptoms**

If people feel sick with fever, cough, or difficulty breathing and have traveled to affected geographic areas or were in close contact with someone diagnosed with COVID-19 in the past 14 days, they should:



Contact your **doctor or local health department**



Call ahead and give history before going to the clinic, urgent care, or emergency room **to avoid exposing others**

As of March 10, 2020

- **Governor Roy Cooper issued an executive order declaring a state of emergency**
- **The declaration will**
 - **Activate the Emergency Operations Center**
 - **Make resources more readily available**
 - **Make it easier to purchase needed medical supplies**
 - **Protect consumers from price gouging**
 - **Increase local health departments' access to state funds**



State of North Carolina

ROY COOPER
GOVERNOR

MARCH 10, 2020

EXECUTIVE ORDER NO. 116

**DECLARATION OF A STATE OF EMERGENCY TO COORDINATE RESPONSE
AND PROTECTIVE ACTIONS TO PREVENT THE SPREAD OF COVID-19**

WHEREAS, COVID-19 is a respiratory disease that can result in serious illness or death by the SARS-CoV-2 virus, which is a new strain of coronavirus previously unidentified in humans and which can spread from person to person; and

WHEREAS, the World Health Organization declared COVID-19 a Public Health Emergency of International Concern on January 30, 2020; and

WHEREAS, the Centers for Disease Control and Prevention ("CDC") has warned of the high public health threat posed by COVID-19 globally and in the United States and has deemed it necessary to prohibit or restrict travel to areas designated by the CDC; and

WHEREAS, on January 31, 2020, the United States Department of Health and Human Services Secretary declared a public health emergency in the United States for COVID-19 under Section 319 of the Public Health Service Act; and

WHEREAS, the North Carolina Department of Health and Human Services ("NCDHHS") confirmed multiple cases of COVID-19 in North Carolina as of March 10, 2020; and

WHEREAS, NCDHHS has organized a Public Health Incident Management Team to manage the public health impacts of COVID-19 in this state; and

WHEREAS, health insurance companies have begun to waive the costs for COVID-19 testing and are encouraged to continue to ensure ease of access to health care for diagnostics and treatment without regard to the issue of cost or a patient's ability to pay; and

WHEREAS, first responders and health care professionals remain integral to ensuring the state is best situated to respond to and mitigate the threat posed by COVID-19 and such first responders and health care professionals should have the availability of all necessary personal protective equipment and continue to follow all necessary response protocols; and

WHEREAS, N.C. Gen. Stat. §§ 166A-19.10 and 166A-19.20 authorize the undersigned to declare a state of emergency and exercise the powers and duties set forth therein to direct and aid in response to, recovery from, and mitigation against emergencies; and

WHEREAS, pursuant to N.C. Gen. Stat. § 166A-19.30(b)(3), the undersigned, with the concurrence of the Council of State, may regulate and control the flow of vehicular traffic and the congregation of persons in public places or buildings; and

WHEREAS, pursuant to N.C. Gen. Stat. § 166A-19.30(b)(4), the undersigned, with the concurrence of the Council of State, may waive a provision of any regulation or ordinance of a state agency which restricts the immediate relief of human suffering; and

NC DHHS Recommendations

- **Recommendations based on guidance from the Centers for Disease Control and Prevention, current actions by other states, and the most up-to-date epidemiologic information available to protect the public's health**
- **Recommendations should begin immediately and extend through March 31, 2020**
- **Monitoring the situation closely to determine whether these recommendations will be extended beyond March 31st**

“We all play a role in keeping our communities safe and healthy. These precautions can help us slow the spread of this virus and protect our more vulnerable neighbors,” said DHHS Secretary Mandy Cohen, M.D. “Let’s be guided by compassion and reason and work to support each other as a community.”

At high risk for severe illness include people:

- **Over 65 years of age**
- **Or with underlying health conditions including**
 - **Heart disease, lung disease, or diabetes**
 - **Or with weakened immune systems**
- **Caregivers of children with underlying health conditions should consult healthcare providers about whether their children should stay home**

Persons at high risk for severe illness

- **NC DHHS recommends people at high risk of severe illness should stay away from large groups of people as much as possible**
- **Including gatherings like:**
 - Concert venues
 - Conventions
 - Church services
 - Sporting events
 - Crowded social gatherings
- **People at high risk for severe illness should also avoid cruise travel and non-essential air travel**

Adult congregate living facilities

- **NC DHHS recommends that all facilities that serve as residential establishments for high-risk persons described above should restrict visitors. And change Jails and prisons to correctional facilities**
- **These establishments include:**
 - **Nursing homes**
 - **Independent and assisted living facilities**
 - **Jails and prisons**
 - **Facilities that care for medically vulnerable children**

In addition to good hand hygiene and other common-sense precautions, adult congregate living facilities should:

- **Review policies and procedures for infection prevention and mitigation, and make sure all employees follow these steps.**
- **Assure strict adherence to infection prevention practices**
- **Prevent the introduction of respiratory illnesses into their facilities.**
- **Continue to work closely with your local health department, NC DHHS and the Centers for Disease Control and Prevention (CDC), and follow their guidance**

Mass gatherings or large events

- **NC DHHS recommends event organizers**
 - **Urge anyone who is sick to not attend**
 - **Encourage those at high risk for severe illness as described above to not attend**
 - **Adopt lenient refund policies for those at high risk for severe illness**
 - **Find ways to give people more physical space to limit close contact as much as possible**
 - **Encourage attendees to maintain healthy habits, such as frequent hand washing**
 - **Clean surfaces with standard cleaners**

Mass gatherings and large events, workplace settings in the Triangle area

- **Additional recommendations made for residents of the Triangle**
- **On March 9, 2020, NC DHHS confirmed 5 new cases of COVID-19 in Wake County, increasing the total in the county to 6**
- **NC DHHS recommends that organizers of mass gathering events that primarily draw persons at high risk of severe illness should consider cancelling or postponing these events**
- **NC DHHS recommends that employers take steps to make it more feasible for employees to telework**

No one group, ethnicity or population in the US is more at risk for getting COVID-19

- **While some people may be worried or have concerns, it is important to not let fear lead to social stigma toward friends, neighbors or members of the community**
- **Treat all people with compassion**
- **Speak up if you hear others making statements that cause stigma against people in your community**
- **Remember to support one another as a community**

Take care of yourself

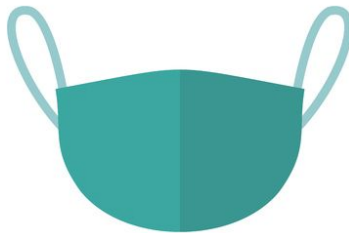
- **Keep things in perspective**
 - Remind yourself that the number of confirmed infections in the U.S. is very low
 - Try to unplug from the media from time to time
- **Get the facts**
 - Find up-to-date and accurate information from a credible source like NC DHHS or CDC
- **Communicate with your children**
 - Discuss accurate and age-appropriate information to allay fears and encourage compassion
- **Keep connected**
 - Maintain social networks to foster a sense of normality, provide outlets for sharing feelings and relieving stress
 - Share useful information found on governmental websites with your friends and family
- **Seek additional help**
 - Consult with a trained and experienced mental health professional when feeling distressed
 - Support your friends, neighbors

Individuals and Families can:

- **Take common sense precautions to protect themselves from the spread of respiratory illnesses including COVID-19**
- **Wash your hands frequently with soap and water for at least 20 seconds.**
- **Soap and water is most effective, but alcohol-based hand sanitizer is the next best choice**
- **Avoid touching your eyes, nose and mouth.**
- **Stay home from work or school if you are sick**
- **Avoid close contact with people who are ill.**
- **Cover your mouth and nose with a tissue when you cough or sneeze and throw it away.**
- **Clean and disinfect surfaces that are frequently touched.**

Individuals and Families can:

- **Follow CDC's recommendations for using a facemask**
- **CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.**
- **Facemasks should be used by healthcare workers, and people who show symptoms of COVID-19 to help prevent the spread of the disease to others.**



Questions and Answers

For more information visit our website:
<https://www.ncdhhs.gov/>



Comments, questions and feedback are welcome at:
<https://tinyurl.com/NCDHHS-COVID19>