COVID-19 Updates:

Information about COVID-19 is changing constantly, for current information visit:

1. Updated Information for LA County - publichealth.lacounty.gov/media/Coronavirus/

2. Information for Healthcare Professionals - publichealth.lacounty.gov/acd/ncorona2019/

What are coronaviruses?

- Named for the spikes on the cells (they look like crowns)
- Cause a range of illness from common cold to SARS.
- Rarely, these coronaviruses evolve from animals and infect humans, typically causing mild to moderate illness in people.
What are coronaviruses?

• NEW coronavirus is called: Coronavirus Disease 2019 (COVID-19) (previously nCoV-19)

• Name might not be on cleaning products, or listed simply as “coronaviruses”

• NEW = no immunity or limited immunity
Novel viruses are of particular concern because of the lack of herd immunity.
What hasn’t changed?

- Primary symptoms

Coronavirus Disease 2019 (COVID-19) Alert

If you have a fever and any of these symptoms:

- a fever
- cough
- cold or flu-like symptoms
- difficulty breathing

Please tell healthcare staff NOW and ask for a mask
What hasn’t changed?

- Primary symptoms: fever, cough, difficulty breathing
- Spreads mostly through large respiratory droplets
  - Do not travel far
  - Do not linger in the air
  - Why transmission is mostly through close and prolonged contact

Basic healthy habits are effective.
Practice everyday preventive actions

DO THE FIVE
Help stop coronavirus

1. HANDS Wash them often
2. ELBOW Cough into it
3. FACE Don’t touch it
4. FEET Stay more than 3ft apart
5. FEEL sick? Stay home

General public health information
Masks are NOT the answer

- are difficult to wear correctly
- they become soggy and contaminated
- can increase touching eyes, nose and mouth which puts germs into your body

Wash your hands often with soap and water for at least 20 seconds to protect yourself and others from respiratory infections.

If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chinese Food?</td>
<td>No!</td>
</tr>
<tr>
<td>Foodborne illness is very common</td>
<td></td>
</tr>
<tr>
<td>Report to FBIR page</td>
<td></td>
</tr>
<tr>
<td>Packages from China?</td>
<td>No!</td>
</tr>
<tr>
<td>Pets?</td>
<td>No.</td>
</tr>
<tr>
<td>Prevent with vitamins or other?</td>
<td>No.</td>
</tr>
<tr>
<td></td>
<td>Cannot replace basic good habits</td>
</tr>
</tbody>
</table>
Weather and Respiratory Illnesses

Figure 1. Respiratory Illness Emergency Department Visits in LAC (2007-2014) Percent Positive Visits by Week
What hasn’t changed?

Prioritize testing:
• Those with severe illness
• Illness and provide direct patient care
• Illness and in high-risk settings

**What to do if you have symptoms of Coronavirus Disease 2019**

**STAY HOME IF YOU ARE SICK**
• Most people with Coronavirus Disease 2019 (COVID-19) will have mild illness and will get better without needing to see a doctor or getting a test.
• Treatment includes taking fluids, rest and over the counter medications
• Call your doctor early if you are 65 years and older, pregnant, or have a health condition such as heart disease, lung disease, diabetes, kidney disease, or a weakened immune system.
• Call ahead, before visiting your doctor.

**SEEK MEDICAL CARE IF YOU ARE SERIOUSLY SICK**

![Icons for symptoms]
- Difficulty Breathing
- Can’t keep fluids down
- Dehydration
- Confusion
- Other serious symptoms

HELP PROTECT OUR COMMUNITY
Be an informed traveler

• Before you travel visit CDC website for guidance:

Reference: Center for Disease Control and Prevention, www.cdc.gov/nCoV
Be Aware of False Reports

• Official updates for novel coronavirus will be on our website:
  ➢ publichealth.lacounty.gov
  ➢ Social media accounts: @LAPublicHealth
Be Aware of Fraudulent Products

- No FDA-approved vaccines or drugs to prevent or treat novel coronavirus.
- No dietary supplements can prevent or cure novel coronavirus. **Claims to do so are false!**
- If you see companies or products touting these claims, report them to the **FTC** and **FDA**.
What *has* changed?

- More private labs testing
- Expanded enforced social distancing
- Expanded the time ill should isolate
Coronavirus Disease 2019 (COVID-19)

Information is changing frequently and rapidly!
Community spread is here...

We are past the containment stage.
We need to enact mitigation.
COVID-19 To Date

• Cases identified in all continents
• Multiple countries with widespread or ongoing community transmission:
  - China
  - Iran
  - Italy
  - So. Korea
• LA County
  - PH Emergency
  - HOO for social distancing
Health Officer Order for Social Distancing

- Issued March 16 through March 31
- Purpose is to limit community spread
- Many factors involved in determining risk
  - Age, other risk factors
  - Activities, proximity to others
- Continuation of Orders??
Flattening the curve

Adapted from CDC / The Economist
Important to remember that #Covid-19 epidemic control measures may only delay cases, not prevent. However, this helps limit surge and gives hospitals time to prepare and manage. It's the difference between finding an ICU bed & ventilator or being treated in the parking lot tent.

Adapted from CDC / The Economist
LEARN MORE ABOUT
NOVEL CORONAVIRUS

- BACKGROUND INFORMATION
- SYMPTOMS
- RESOURCES

Novel Coronavirus in Los Angeles County*

536 Cases**

7 Deaths

As of 12pm 03/23
*including cases reported by Long Beach and Pasadena Health Departments
**includes deaths

What You Should Know

Latest Confirmed Case Update
Health Officer Order
Report a Violation
Frequently Asked Questions
What If I’m Exposed
What You Should Know

Information For

Schools
Colleges and Universities
Individuals and Households
Ticketed Events and Event Organizers
Healthcare Professionals
Employers
Novel Coronavirus in Los Angeles County*

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www.publichealth.lacounty.gov/acd/ncorona2019/
Coronavirus Disease 2019
Information for Healthcare Providers

We are updating and translating materials often. Please refresh your browser to make sure that you see the latest version.

Updated 3/20/2020

Current Situation and Updates

Situation: The number of COVID-19 cases in Los Angeles County continues to rise, including many new cases in LA County residents without travel and exposure risk factors. This suggests increasing rates of community transmission of COVID-19. In this setting, DPH is shifting to a mitigation strategy aimed at slowing disease transmission and averting excess morbidity and mortality. For the latest information, see the LA County COVID-19 Surveillance Data, list of cases by city and community, and press releases.

- FAQs on COVID-19 for Health Professionals now available.
- LAC DPH Health Advisory (3-15-20): COVID-19 Testing, Isolation and Quarantine, and Health Care Worker Monitoring Recommendations. Health care providers are encouraged to join the Los Angeles Health Alert Network (LAHAN) to receive DPH email notifications on COVID-19.
- Interfacility Transfer and Home Discharge Rules for Patients with Laboratory Confirmed COVID-19 (3-19-20)
- LAC Health Officer Letter (3-17-20) to Healthcare Executives and Chief Medical Officers on COVID-19 Surge Planning
- Monitoring Healthcare Personnel LAC DPH Guidance (revised 3-20-20)
- CDC Infection control guidance (3-10-20)

Evaluating Patients Who May Have COVID-19

Healthcare providers are encouraged to follow the LAC DPH Provider Checklist. It is updated regularly and includes step by step guidance for the initial evaluation of patients who may have COVID-19 and includes appropriate PPE for examination and specimen collection and when to contact DPH for Public Health Lab testing.

Laboratory Testing

- LA County Public Health Laboratory (PFL): Testing through PFL is now being prioritized for the detection and prevention of outbreaks in acute- and subacute-care health facilities and non-healthcare congregate living settings. Contact LAC DPH regarding patients who meet the current LAC DPH COVID-19 testing criteria. If approved for PFL testing, visit the PHL COVID-19 testing page for requisition forms, specimen collection, and transport information.
- Commercial Clinical Laboratories: Healthcare providers can collect specimens and submit them to LabCorp, Quest Diagnostics or WestPac Labs. Visit their webpages for more information.
Home Isolation Instructions for People with Confirmed Coronavirus-2019 (COVID-19) Infection

The following instructions are for people who have laboratory-confirmed COVID-19. It also includes information for their families or caregivers.

Home Care
There is no specific treatment for the virus that causes COVID-19. Here are steps that you can take to help you get better:

- Rest
- Drink plenty of fluids
- Take acetaminophen (Tylenol®) to reduce fever and pain.
- Note that children younger than age 2 should not be given any over-the-counter cold medications without first speaking with a doctor.
- Note that these medicines do not “cure” the illness and do not stop you from spreading germs.

Seeking Medical Care
Seek prompt medical care if your symptoms get worse, especially if you are at higher risk of serious illness. This includes people who are age 65 years and older, pregnant, or have a health problem such as a chronic disease or a weak immune system. It is recommended that you seek medical care for serious symptoms, such as:

- Difficulty Breathing
- Can’t keep fluids down
- Dehydration
- Confusion
- Other serious symptoms
Stay home except to get medical care

- Do not go to work, school, or public areas.
- Stay home until at least 7 days have passed after your symptoms first appeared AND at least 3 days after you have recovered, whichever is longer. Recovery means that your fever is gone for 72 hours without the use of fever-reducing medications and your respiratory symptoms (e.g. cough, shortness of breath) have improved.
- If you must leave home while you are sick, do not use public transportation. Use a personal vehicle if possible. If you cannot drive yourself, keep as much distance as possible between you and the driver, leave the windows down and wear a mask if possible.
- If you do not have someone to help you, if possible, arrange for food and other necessities to be left at your door. If you need to meet someone at your door, wear a mask.
Frequently Asked Questions (FAQs)

Home quarantine guidance for close contacts to Coronavirus Disease 2019 (COVID-19)

This guidance is for people who were in close contact with someone with Coronavirus Disease 2019. 
If you are a health care worker or first responder, please refer to guidance from your employer.

Why am I being asked to self-quarantine?
You have been in close contact with someone who has Coronavirus Disease 2019 (COVID-19) and even though 
you feel well now, it is possible that you are also infected. It can take 2 – 14 days to show symptoms, so we may 
not know for up to 14 days if you are infected or not. You have been asked to self-quarantine in case you are 
infected so that you don’t pass on the infection to anyone else. It may turn out that you are not infected but it is 
too soon to tell.

How long do I need to self-quarantine?
Your last day of quarantine is 14 days from when you were last in contact with the person with COVID-19.
If you continue to live with and/or care for the person with COVID-19, the quarantine guidance is as follows:
  - Your quarantine will end 14 days after the household started to follow the Home Isolation Instructions.
  - If there is close contact with a person with COVID-19 (being within 6 feet for more than 10 minutes or 
touching body fluids or secretions without using the appropriate precautions) the 14-day quarantine period 
will have to restart. Body fluids or secretions include sweat, saliva, sputum, nasal mucus, vomit, urine, or 
diarrhea.
  - If you are unable to avoid close contact, you should stay in quarantine for 14 days after the person with 
COVID-19 was told they were “cleared” to stop their own isolation. This is likely to be at least 21 days.
## LAC DPH COVID-19 Case Characteristic Summary

<table>
<thead>
<tr>
<th>Category</th>
<th>Total Cases</th>
</tr>
</thead>
<tbody>
<tr>
<td>Laboratory Confirmed Cases in Los Angeles County</td>
<td>391</td>
</tr>
<tr>
<td>Investigated Cases*</td>
<td>272</td>
</tr>
<tr>
<td>Median Age</td>
<td>44</td>
</tr>
<tr>
<td>Age Group</td>
<td></td>
</tr>
<tr>
<td>- 0 to 17</td>
<td>4</td>
</tr>
<tr>
<td>- 18 to 40</td>
<td>110</td>
</tr>
<tr>
<td>- 41 to 65</td>
<td>112</td>
</tr>
<tr>
<td>- over 65</td>
<td>46</td>
</tr>
<tr>
<td>Sex</td>
<td></td>
</tr>
<tr>
<td>- Female</td>
<td>105</td>
</tr>
<tr>
<td>- Male</td>
<td>166</td>
</tr>
<tr>
<td>- Transgender</td>
<td>0</td>
</tr>
<tr>
<td>Ever Hospitalized</td>
<td>74</td>
</tr>
<tr>
<td>Deaths</td>
<td>5</td>
</tr>
</tbody>
</table>

1. Cumulative since January 31, 2020. Data may be updated in between reports on LAC website and/or press releases.
2. Reflective of data up until 11:59 pm on 3/21/20.
3. Includes electronic laboratory reported (ELR) cases under investigation and may be out of jurisdiction.
4. Excludes cases still under investigation.
* Excludes cases in Long Beach and Pasadena.

## COVID-19 Laboratory Testing

<table>
<thead>
<tr>
<th>Category</th>
<th>Person Positive</th>
<th>Person Negative</th>
<th>Persons Tested</th>
<th>% Positive Persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>TOTAL</td>
<td>358</td>
<td>3180</td>
<td>3616</td>
<td>10%</td>
</tr>
</tbody>
</table>

1. Cumulative since January 31, 2020. Data may be updated in between reports on LAC website and/or press releases.
2. Reflective of data up until 11:59 pm on 3/21/20.
3. All LA County electronic laboratory reported (ELR) results only. Excludes early testing by CDC. May include ELR results from other jurisdictions. Subject to change.
4. Inconclusive or not tested results not shown but are included in total persons and specimens tested.
* Excludes cases in Long Beach and Pasadena.
Los Angeles County
Emergency Department Influenza-Like Illness (ILI)*
Chief Complaint Visits

Week Ending 3/21/2020 (MMWR Week 12)
QUESTIONS?