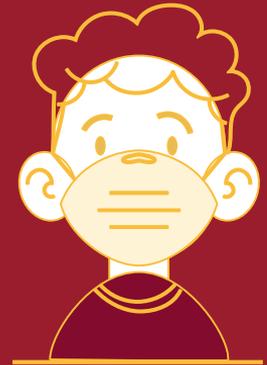


COVID-19

PSARESEARCH

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What do we know about covid-19?

01

Infectious Disease: “an illness caused by a pathogen or its products that has been transmitted from an infected person” [4]

02

AGENT: Virus
HOST: Can be any human
those who are immunocompromised are more susceptible

03

The reservoir (“the natural habitat of the infectious agent” [4]) is suggested to be both **bats and pangolins** [5].

04

The **incubation period** can be up to **14 days** the **medium incubation period** is estimated to be around **5 days** [6]
Individuals can be unaware that they carry the virus

[4] Bangara, S. Introduction to Infectious Diseases (ppt). (2015, April 20).

[5] Novel Coronavirus 2019 FAQ. (2020, April 15). Retrieved from <http://www.shea-online.org/index.php/practice-resources/priority-topics/emerging-pathogens/novel-coronavirus-2019-2019-ncov-resources/33-priority-topics/emerging-pathogens/722-novel-coronavirus-2019-2019-ncov-faq>

Transmission of the Virus Causing COVID-19



Routes of Transmission

- Contact with respiratory secretions from an infected individual (aerosol)
- Touching contaminated surfaces or objects and then putting your hands to your mouth, nose, or eyes

Barriers of Transmission

- Personal protective equipment, masks, gloves, clothing
- Even our skin can function as a barrier as long as proper hand washing is done after going out to public places [7]

[7] Modes of transmission of virus causing COVID-19: implications for IPC precaution recommendations. (2020, March 20). Retrieved from <https://www.who.int/news-room/commentaries/detail/modes-of-transmission-of-virus-causing-covid-19-implications-for-ipc-precaution-recommendations>

How can Austin College Students interrupt the chain of transmission?

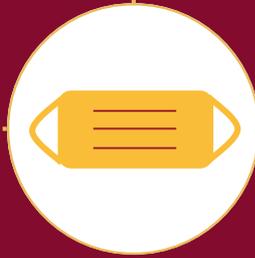
01



HANDWASHING

Practice good hygiene (wash hands, avoid touching your face, sneezing/ coughing into tissue or elbow)

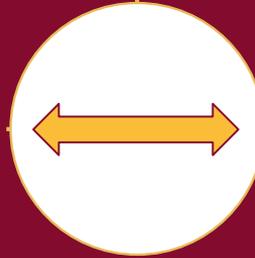
02



WEARING A MASK

Wear a mask when out in public or when around others

03



SOCIAL DISTANCING

Avoid group gatherings of more than 10 people, stay 6 feet apart when at public places

Wash your hands for at least 20 seconds or use hand sanitizer containing at least 60% alcohol.

01



Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

02



Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.

03



Scrub your hands for at least 20 seconds.

04



Rinse your hands well under clean, running water. Dry your hands.

Why is it important to wear a mask?

Asymptomatic individuals can transmit the virus to others before showing symptoms [1].

“CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies) especially in areas of significant community-based transmission” [2].

Evidence for Effectiveness of Masks

- **Source Control:** prevention of respiratory droplets from traveling from a person into the air and onto other people
- Respiratory droplets play a role in the spread of the virus
- Clinical and laboratory studies support the use of mask to reduce the spread of these droplets



[1] Rothe C, Schunk M, Sothmann P, et al. Transmission of 2019-nCoV Infection from an Asymptomatic Contact in Germany. The New England journal of medicine. 2020;382(10):970-971.

[2] Recommendation Regarding the Use of Cloth Face Coverings. (2020, April 3).

[15] COVID-19: Considerations for Wearing Masks. (n.d.). Retrieved August 11, 2020, from <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html>

HOW TO WEAR A MEDICAL MASK SAFELY

Do's →



Find the top side, where the metal piece or stiff edge is



Ensure the colored-side faces outwards



Place the metal piece or stiff edge over your nose



Cover your mouth, nose, and chin



Adjust the mask to your face without leaving gaps on the sides



Avoid touching the mask



Remove the mask from behind the ears or head



Keep the mask away from you and surfaces while removing it



Discard the mask immediately after use preferably into a closed bin



Wash your hands after discarding the mask



Wash your hands before touching the mask



Inspect the mask for tears or holes

Remember that masks alone cannot protect you from COVID-19. Maintain at least 1 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.

[who.int/epi-win](https://www.who.int/epi-win)



HOW TO WEAR A MEDICAL MASK SAFELY

Don'ts →



Do not use a ripped or damp mask



Do not wear the mask only over mouth or nose



Do not wear a loose mask



Do not touch the front of the mask



Do not remove the mask to talk to someone or do other things that would require touching the mask



Do not leave your used mask within the reach of others



Do not re-use the mask

Remember that masks alone cannot protect you from COVID-19. Maintain at least 1 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.

[who.int/epi-win](https://www.who.int/epi-win)



Transmission Probabilities

#NOLAMASK



COVID Carrier
(No mask)

Highest Transmission
Probability



Healthy
(With mask)



COVID Carrier
(With mask)



Healthy
(No mask)

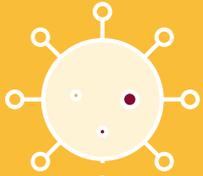


COVID Carrier
(With mask)

Lowest Transmission
Probability

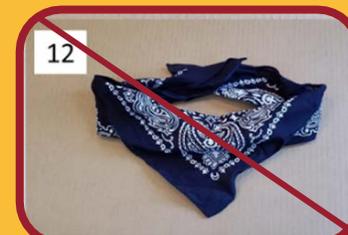


Healthy
(With mask)



What kind of mask should i use?

- Recommended surgical, cotton, poly/ cotton, polypropylene
- Based on recently published research on a study conducted by Duke University, bandanas, fleece masks, neck gaiters, and masks with valves should **NOT** be worn in the classroom and academic spaces.



[14] Fischer, E. P., Fischer, M. C., Grass, D., Henrion, I., Warren, W. S., & Westman, E. (2020). Low-cost measurement of facemask efficacy for filtering expelled droplets during speech. *Science Advances*. doi:10.1101/2020.06.19.20132969

[15] COVID-19: Considerations for Wearing Masks. (n.d.). Retrieved August 11, 2020, from <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html>

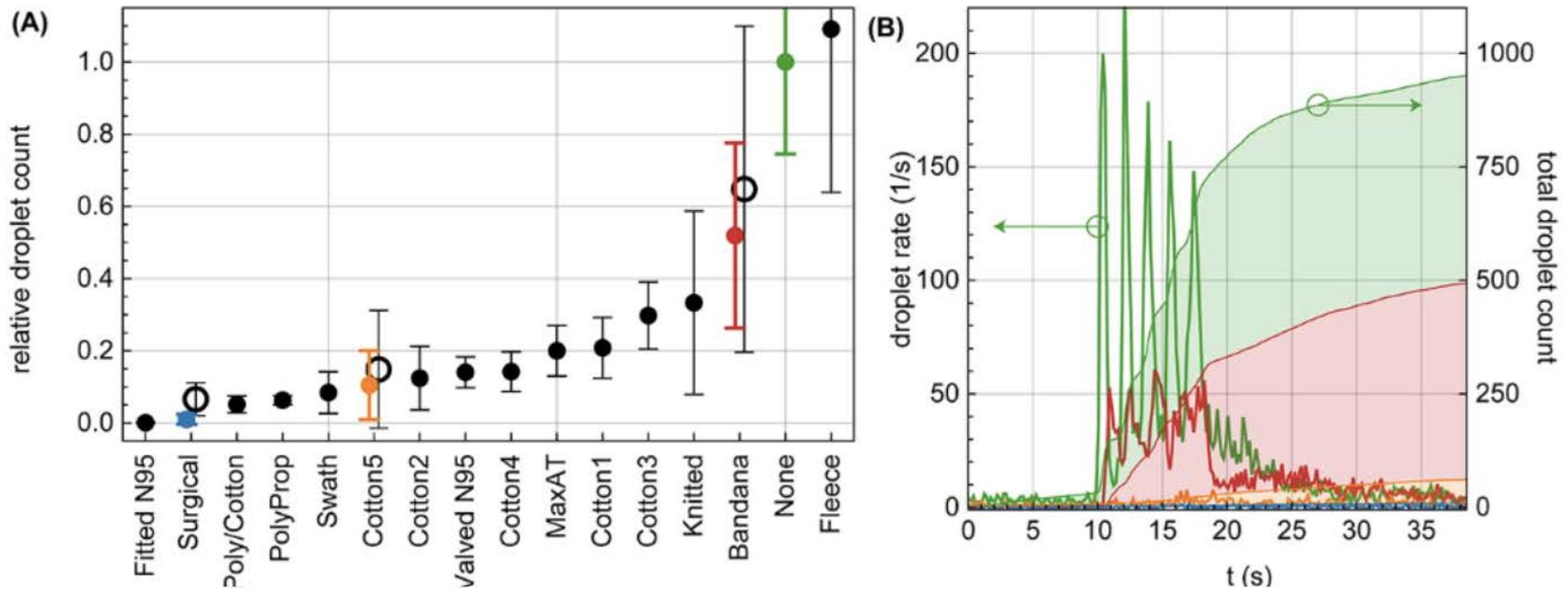


Fig. 3. Droplet transmission through face masks. (A) Relative droplet transmission through the corresponding mask. Each solid data point represents the mean and standard deviation over 10 trials for the same mask, normalized to the control trial (no mask), and tested by one speaker. The hollow data points are the mean and standard deviations of the relative counts over four speakers. A plot with a logarithmic scale is shown in Supplementary Fig. S1. (B) The time evolution of the droplet count (left axis) is shown for representative examples, marked with the corresponding color in (A): No mask (green), Bandana (red), cotton mask (orange), and surgical (blue – not visible on this scale). The cumulative droplet count for these cases is also shown (right axis).

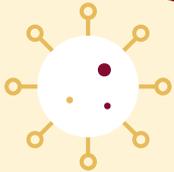
When is it safe to remove my face mask?

- Keep your mask on until you have finished your classes, errand or work shift, and are away from others (e.g. when in your room or residence hall)
- Waiting to take your mask off at home may make it easier to put the mask directly into the laundry
- Have a designated place to store dirty masks if you are not placing it directly in the laundry

What is the best way to take off my face mask?

- 01 **Wash your hands** or use alcohol-based hand sanitizer containing at least 60% alcohol.
- 02 **Do not** touch the front of the mask or your face.
- 03 **Carefully remove** your mask by grasping the ear loops or untying the ties. For masks with a pair of ties, unfasten the bottom ones first, then the top ones.
- 04 If your mask has filters, remove them and throw them away. **Fold the mask** and put it **directly into the laundry or store in an designated place** for laundering.
- 05 **Clean** your hands again.

How do you take care of your mask?

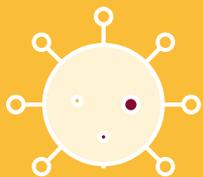


Have extra masks!

Ideally, have **at least 4-5 masks** so that when one is in the laundry, another fresh mask is ready to use. Make sure to have at least one clean mask ready for each day!

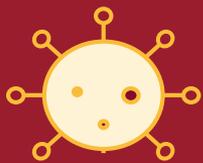
Clean your mask!

- Clean the mask after every wearing
- Cloth based masks can be washed using a regular laundry with hot water and detergent
- Blue, surgical masks are disposable and cannot be cleaned. After they are “visibly soiled or damaged” they should be thrown away.
- When not in use, remember to store your masks in a clean place.



What about *g/oves*?

Gloves are **not necessary** when going out. Gloves can potentially lead the spread of germs if an individual does not know proper infection control. The most effective way to prevent the virus and to protect yourself after going out is to **“wash your hands with soap and water for 20 seconds or use hand sanitizer with at least 60% alcohol” [9]**. If you are maintaining good hand hygiene, gloves are not necessary. However it is beneficial to use gloves whenever cleaning or treating someone that is sick.



Why practice social distancing?



“COVID-19 spreads mainly among people who are in close contact (within about 6 feet) for a prolonged period. **Social distancing helps limit opportunities to come in contact with contaminated surfaces and infected people outside the home.** Although the risk of severe illness may be different for everyone, anyone can get and spread COVID-19. Everyone has a role to play in slowing the spread and protecting themselves, their family, and their community” [12].

How Do I keep My dorm/housing arrangement clean?

01

Clean and disinfect high-touch surfaces such as tables, doorknobs, light switches, phones, remotes, supplies.

02

If you feel ill or have come in contact with anyone who feels ill you should: **contact Health Services**, quarantine in your own room or isolated housing on campus, disinfect anything you touch, and stay hydrated.

03

Wash your hands, clothes, and masks frequently! Wash your hands immediately after you return home, limit errands, and avoid crowds.

04

Have a designated area in your living space for dirty masks and any other items that need to be washed.

What should I do if I think I am sick?

**It is important to note that symptoms “may show up 2-14 days after exposure” [10].*

1

Immediately contact Health Services by emailing roowellness@austincollege.edu or call **903.813.2247**. Health Services will assist students who need to be tested.

2

Adhere to the College’s COVID health and wellness protocols for **self-evaluation, follow-up, and quarantine** as necessary.

3

If at home, remember to consistently **wash your hands, self-isolate, disinfect** surfaces, and call your healthcare professional if you have more concerns. [11]

4

If you have any additional concerns or questions about getting tested, please contact Lenora Hatch (Director of Health Services) by emailing lhatch@austincollege.edu or call **903.813.2247**

How do I take care of my mental health and cope with stress during a time like this?



Self-care! This includes meditation, reaching out to friends and eating healthy



Stay Active! Exercise, stretch, and get some fresh air



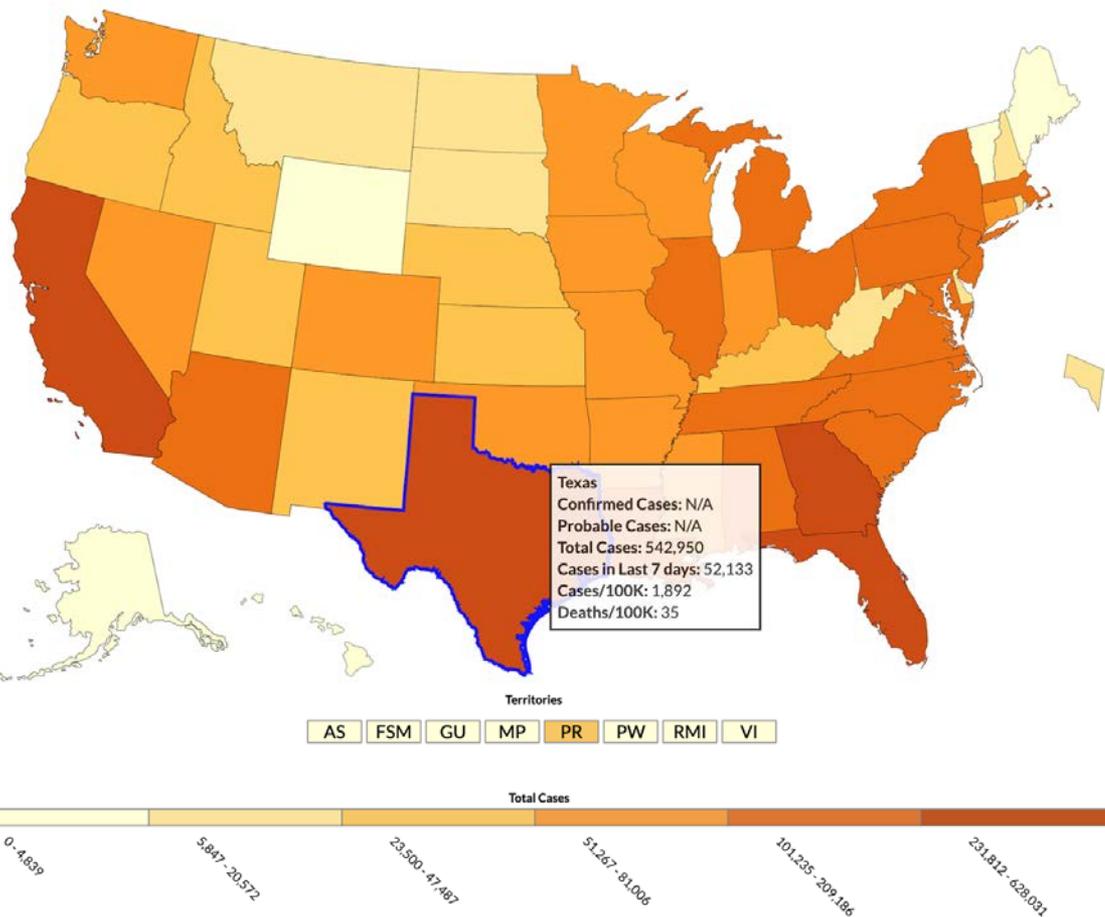
Get enough sleep



Take a break from the news stories and social media

[11] What You Can Do. (2020, May 08). Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/what-you-can-do.html>

Total Number of COVID-19 Cases in the US Reported to the CDC, by State/Territory



USA

5,422,242

TOTAL CASES

CDC | Updated: Aug 18 2020 12:15PM

USA

169,870

TOTAL DEATHS

CDC | Updated: Aug 18 2020 12:15PM

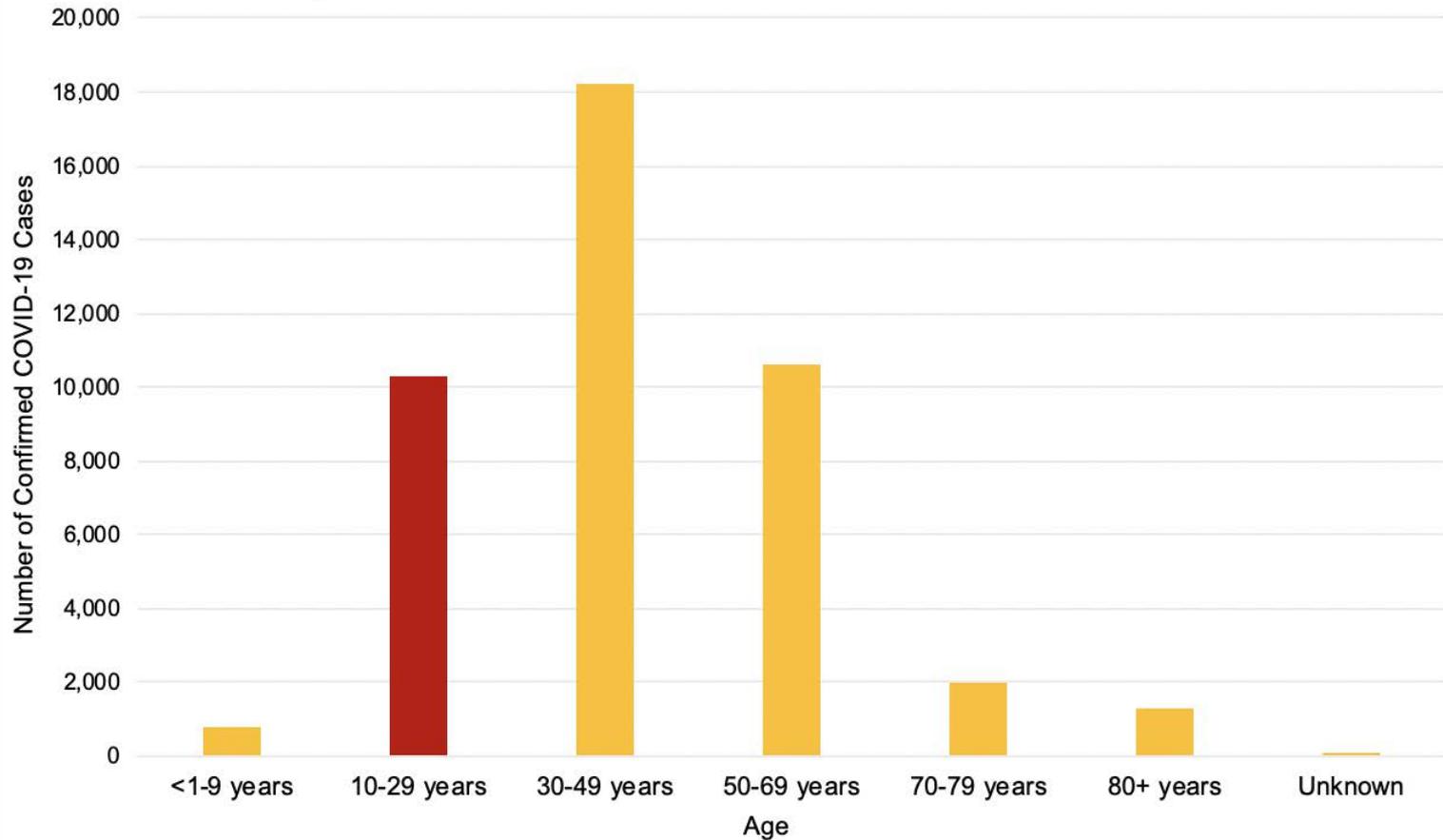
USA

1,654

Cases per 100,000
People

CDC | Updated: Aug 18 2020 12:15PM

Age of Confirmed COVID-19 Cases in Texas as of 8/16

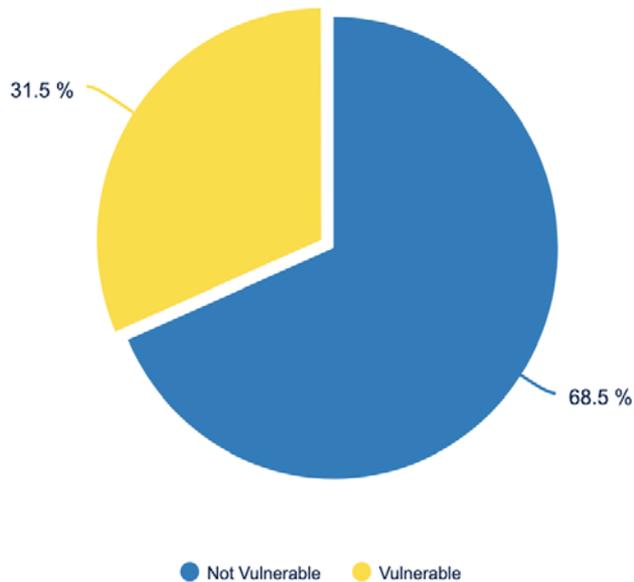


1 in 3 Young Adults May Face Severe COVID-19

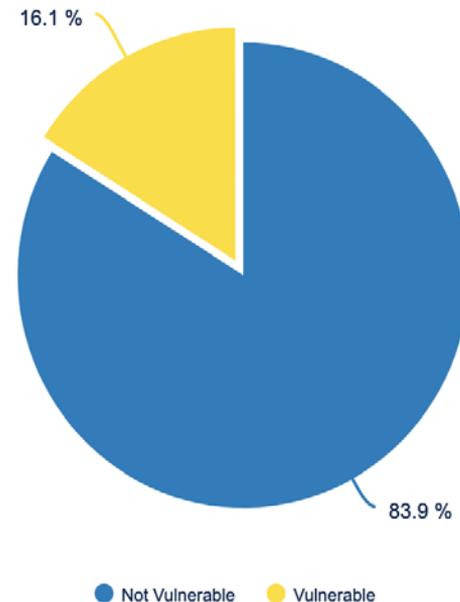
Medical vulnerability is reduced in non-smokers. Smoking includes e-cigarettes!

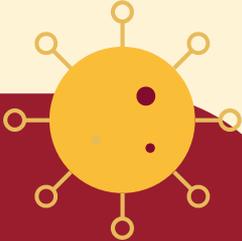
Medical Vulnerability to Severe Disease from COVID-19 in Young Adults

Smokers and Non-Smokers



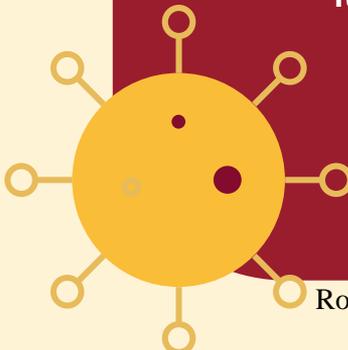
Non-Smokers





remember to get a flu shot!

It is important to get a flu shot as soon as one is available to avoid having a flu outbreak at the same time as COVID-19.



Rogers, L., & JH Bloomberg School of Public Health. (2020, August 12). COVID-19 and College Campuses: What You Need to Know. Retrieved August 19, 2020, from <https://www.jhsph.edu/covid-19/articles/covid-19-and-college-campuses-what-you-need-to-know.html>



Ariana Grande @ArianaGrande

please

12:55 PM · Mar 15, 2020 · Twitter for iPhone

69.4K Retweets 278.9K Likes

I keep hearing from a surprising amount of people statements like "this isn't a big deal" / "we'll be fine"... "we still have to go about our lives" and it's really blowing my mind.

I understand if that is how u felt weeks ago, but please read about what's going on, please don't turn a blind eye.

It is incredibly dangerous and selfish to take **this situation that lightly.** the "we will be fine because we're young" mindset is putting people who aren't young and / or healthy in a lot of danger, you sound stupid and privileged and you need to care **more about others, like now.**

Ariana Grande @... · Mar 15

Replying to @ArianaGrande

"well some of us have to work!" i understand and entirely support your frustration. i do not mean to disrespect anyone who doesn't have the privilege of cancelled work or being able to call out of their work. but, this is a national emergency and a pandemic of global proportion.

438 2.8K 28.3K

Ariana Grande @... · Mar 15

I am agreeing w yall. these are the times when the world should rely on their governments to support the plan for all citizens to stay at home and lessen the threat of infection and the spread of the virus.

69.4K 278.9K

Tom Hanks @tomhanks

Hello, folks. Rita and I are down here in Australia. We felt a bit tired, like we had colds, and some body aches. Rita had some chills that came and went. Slight fevers too. To play things right, as is needed in the world right now, we were tested for the Coronavirus, and were found to be positive.

Well, now. What to do next? The Medical Officials have protocols that must be followed. We Hanks' will be tested, observed, and isolated for as long as public health and safety requires. Not much more to it than a one-day-at-a-time approach, no?

We'll keep the world posted and updated.

Take care of yourselves!

Hanks!

1.06M 8:14 PM - Mar 11, 2020

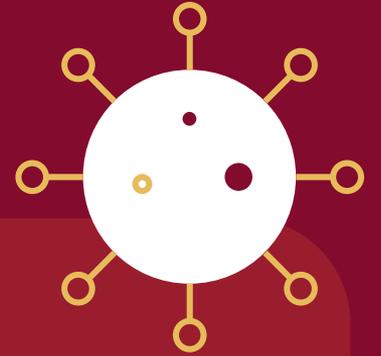
taylorswift 15h

Guys -
I follow you online and I love you guys so much and need to express my concern that things aren't being taken seriously enough right now. I'm seeing lots of get togethers and hangs and parties still happening. This is the time to cancel plans, actually truly isolate as much as you can, and don't assume that because you don't feel sick that you aren't possibly passing something on to someone elderly or vulnerable to this. It's a really scary time but we need to make social sacrifices right now.



If they can wear a mask so can you!





Q&A SESSION

