



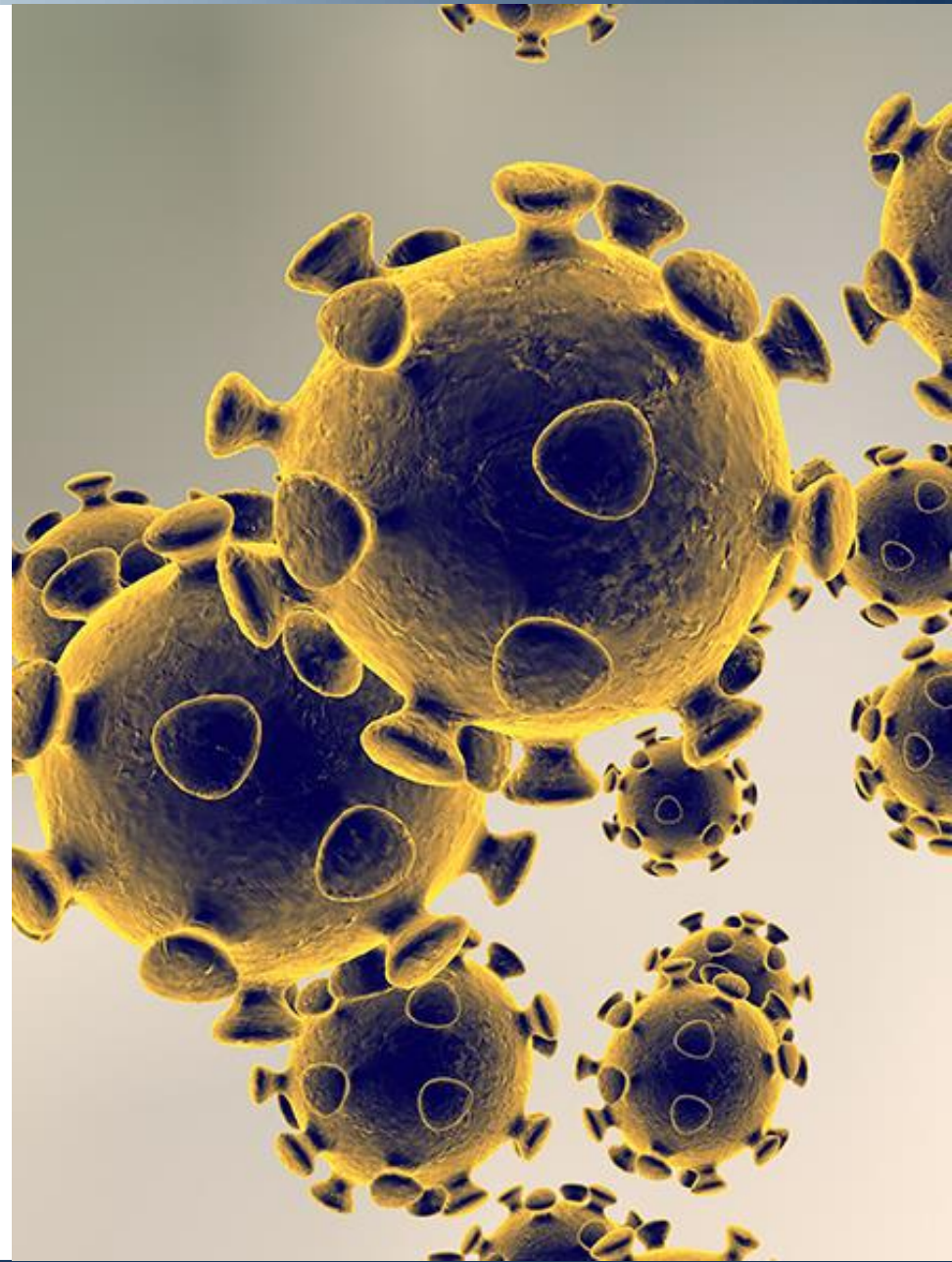
NC Department of Health and Human Services

Coronavirus Disease (COVID-19)

Updated March 4, 2020

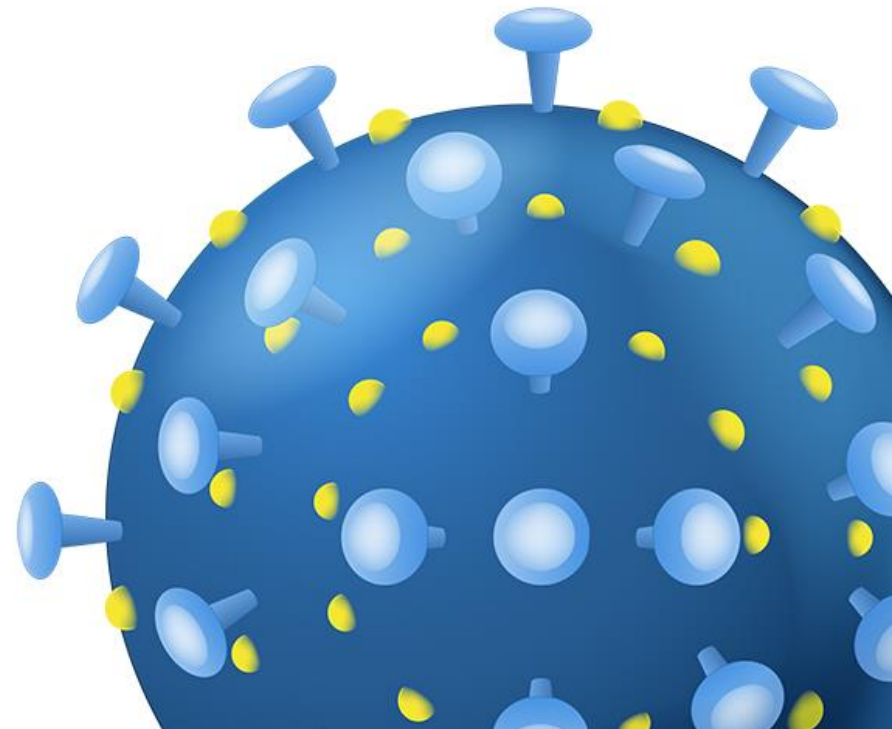
**This is a rapidly
evolving situation
and
recommendations
will change**

**Data on these
slides are
up to date as
of 3/4/2020**



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 90,000 cases globally (over 3,000 deaths)



More than 10,500 cases outside of mainland China (over 160 deaths)



60 cases in the United States

48 additional cases in persons repatriated to the US



1 case 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 SARS or MERS

	# of Cases	Mortality Rate
SARS	8,096	9.6%
MERS-CoV	2,494	34%
COVID-19	>90,000*	3.4%**

*As of March 3, 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 page for Coronavirus Disease 2019 (COVID-19) information for travelers. The page features a teal header with the CDC logo and the text "Centers for Disease Control and Prevention CDC 24/7: Saving Lives, Protecting People™". A search bar is located in the top right corner. Below the header, the page title "Coronavirus Disease 2019 (COVID-19)" is displayed. The main content area is titled "Coronavirus Disease 2019 Information for Travel" and includes a sub-header "Travelers from China Arriving in the United States". The page also features a sidebar with navigation links and a main content area with a large image of a person walking with a suitcase in an airport terminal, with an airplane visible in the sky. The sidebar contains the following links: "Coronavirus Disease 2019 (COVID-19)", "COVID-19 Situation Summary", "What You Should Know", "Travel Information" (selected), "Traveling from China", "Communication Resources", "FAQ for Travelers", "Preventing COVID-19 Spread in Communities", and "Frequently Asked Questions and Answers for Travelers". The main content area includes the text "This page includes information about Coronavirus Disease 2019 (COVID-19) for travelers and travel related industries." and a list of resources for ships and airlines.

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.

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](#)

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

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 4, 2020

Level 3: China, Iran, South Korea, Italy

Level 2: Japan

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)

- **Per FDA requirements, test results from states labs require CDC confirmation**
- **Presumptive positive from NCSLPH initiates an immediate public health response from**
 - **NCDHHS**
 - **NC Emergency Management**
 - **Local health department(s) and hospital(s)**

NCDHHS is preparing and responding



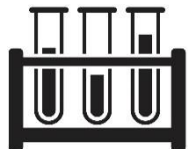
Identify and follow patients under investigation (PUI)



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

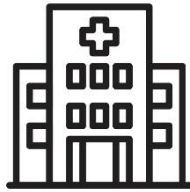


Implemented laboratory testing by the NC State Laboratory of Public Health

NCDHHS developed and disseminated guidance for healthcare partners



Emergency Medical Services (EMS)



Hospitals, clinics and urgent cares



Healthcare providers



Laboratories

NCDHHS 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

NCDHHS 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



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:**
 - NCDHHS 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

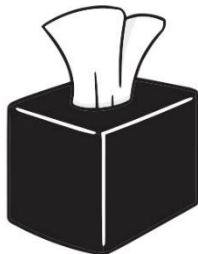
- **Monitor specific individuals for symptoms**
- **Contain the virus through isolation and quarantine procedures**
- **Conduct contact tracing**
- **Might not prevent spread of disease, but delays spread providing valuable time to prepare**

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

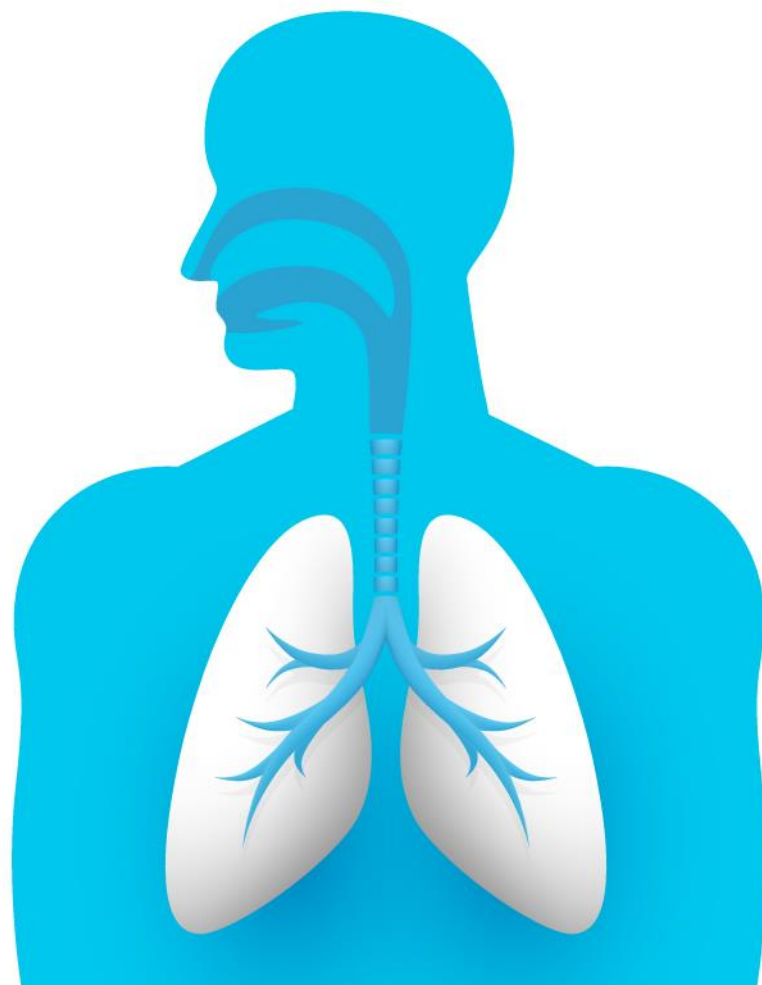


Shortness of breath

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**

NCDHHS established modes of communication

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www.ncdhhs.gov/coronavirus



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