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

<table>
<thead>
<tr>
<th></th>
<th># of Cases</th>
<th>Mortality Rate</th>
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</thead>
<tbody>
<tr>
<td>SARS</td>
<td>8,096</td>
<td>9.6%</td>
</tr>
<tr>
<td>MERS-CoV</td>
<td>2,494</td>
<td>34%</td>
</tr>
<tr>
<td>COVID-19</td>
<td>&gt;90,000*</td>
<td>3.4%**</td>
</tr>
</tbody>
</table>

*As of March 3, 2020  
**Estimate based on early cases; likely to change
Travel recommendations

# Travel Recommendations

<table>
<thead>
<tr>
<th>Level 4</th>
<th>Do Not Travel</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 3</td>
<td>Avoid Nonessential Travel</td>
</tr>
<tr>
<td>Level 2</td>
<td>Practice Enhanced Precautions</td>
</tr>
<tr>
<td>Level 1</td>
<td>Practice Usual Precautions</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Clinical Features</th>
<th>Epidemiologic Risk</th>
</tr>
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<tbody>
<tr>
<td>Fever\footnote{1} or signs/symptoms of lower respiratory illness (e.g. cough or shortness of breath)</td>
<td>AND</td>
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<tr>
<td>Fever\footnote{1} and signs/symptoms of a lower respiratory illness (e.g., cough or shortness of breath) requiring hospitalization</td>
<td>AND</td>
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<tr>
<td>Fever\footnote{1} with severe acute lower respiratory illness (e.g., pneumonia, ARDS) requiring hospitalization and without alternative explanatory diagnosis (e.g., influenza)\footnote{6}</td>
<td>AND</td>
</tr>
</tbody>
</table>
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:

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

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

General COVID-19 Questions:
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