

# 2019 Novel Coronavirus (COVID-19)

Celia Quinn, MD, Executive Director, OEPR, Bureau of Healthcare System Readiness, NYC Department of Health and Mental Hygiene

May 12, 2020, NYCHCC Leadership Council Meeting co-hosted with Staten Island COAD

# Disclaimer

The situation is rapidly changing, as is our understanding of the 2019 novel coronavirus (COVID-19).

The information presented is based on our best knowledge as of May 12, 2020, 11:30AM.

# Agenda

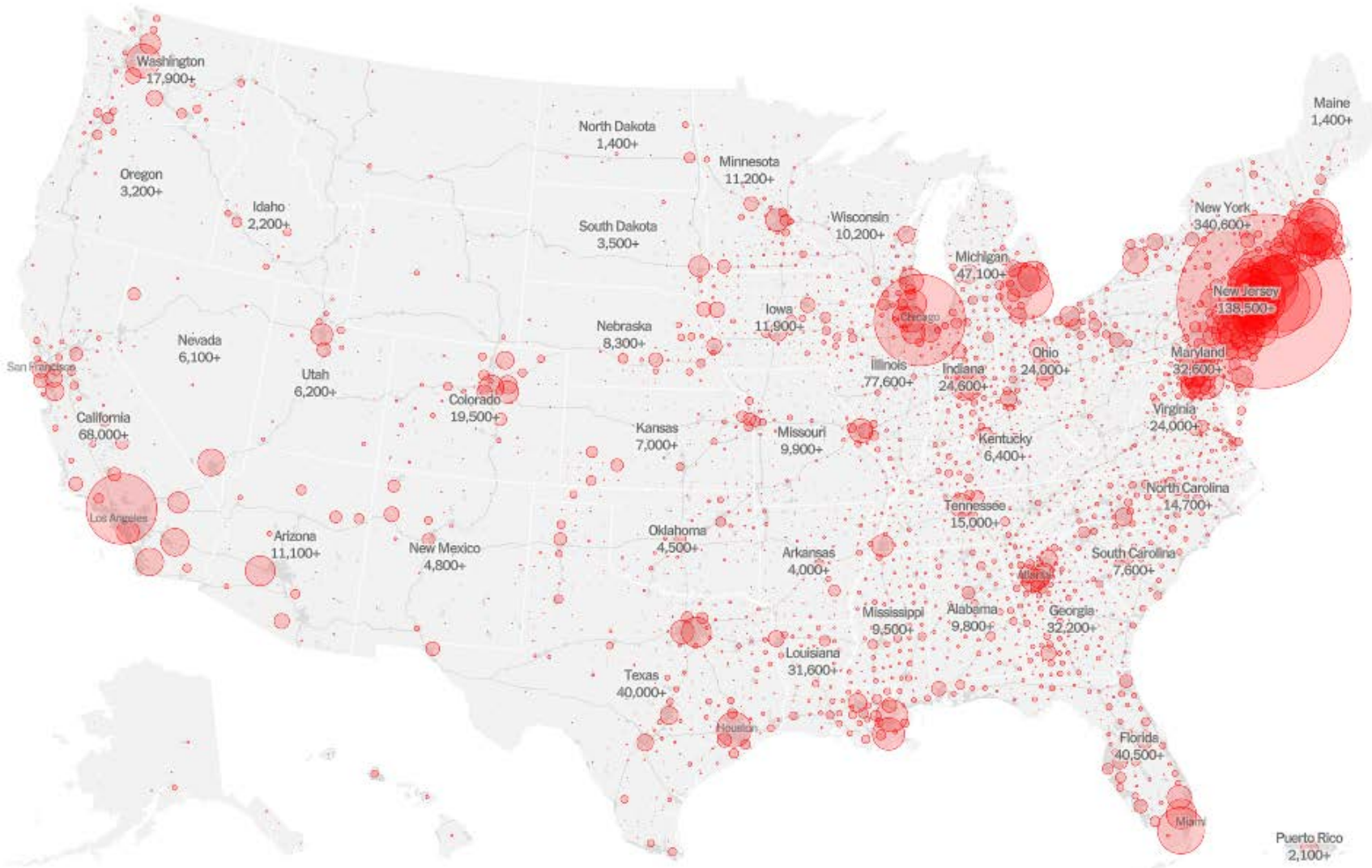
- Where We Are
- COVID-19 Overview
- New York State (NYS) and New York City (NYC) Response
- Protecting Our Communities — How You Can Help

# Where We Are

- Over two months have passed since the first confirmed COVID-19 case in New York City (NYC)
- The number of new daily cases, hospitalizations, and deaths due to COVID-19 is decreasing
- **But we cannot let our guard down! We still have widespread community transmission of COVID-19**
- **Physical distancing, face coverings, and good hand hygiene remain essential to stopping the spread of COVID-19**



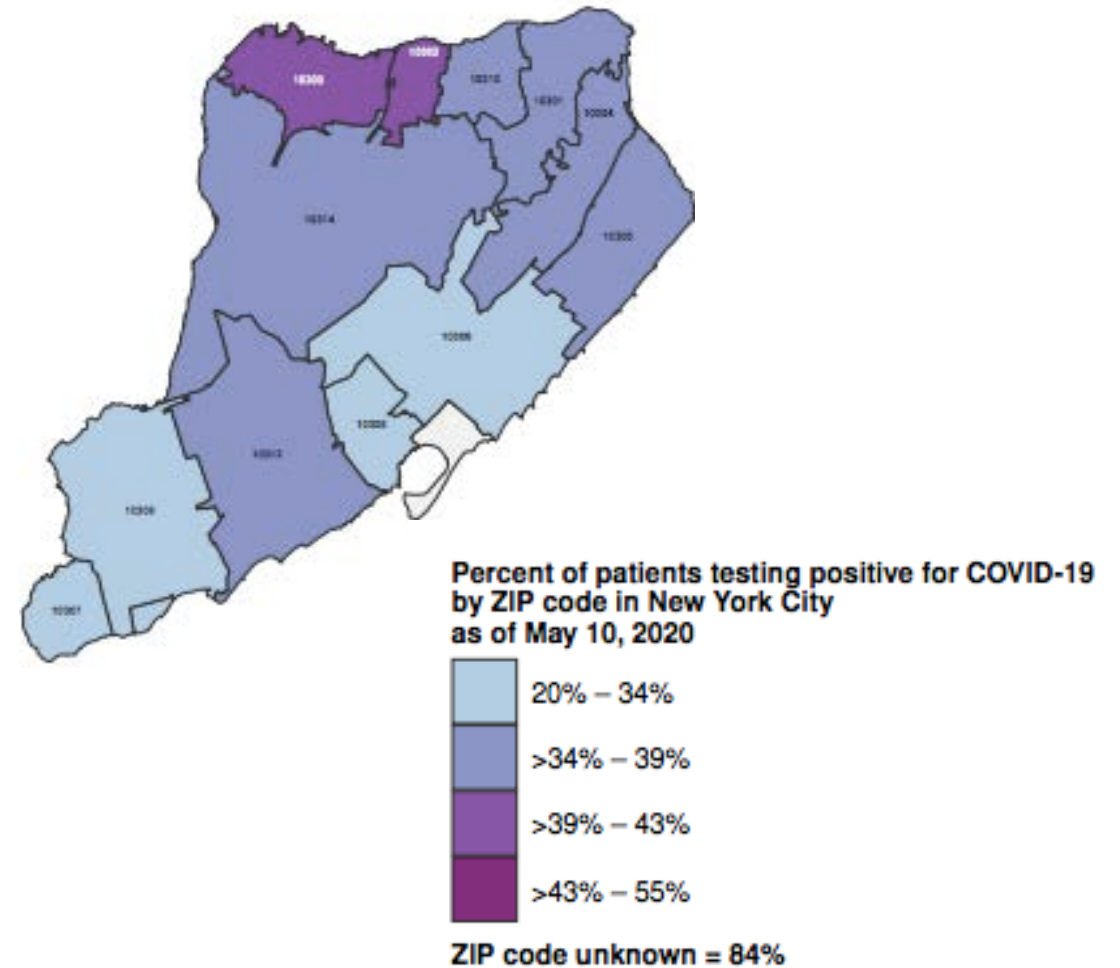
# Confirmed COVID-19 Cases



- Over 1,300,000 in U.S.
  - Over 80,000 deaths
- Over 183,000 in NYC
  - Over 20,000 confirmed and probable deaths
  - (as of 5/11/2020, 9:30PM)
- Over 151,000 elsewhere in NYS (as of 5/10/2020, 12:00AM)
- Many people with COVID-19 have not been tested and are not reflected in the data

# COVID-19 on Staten Island

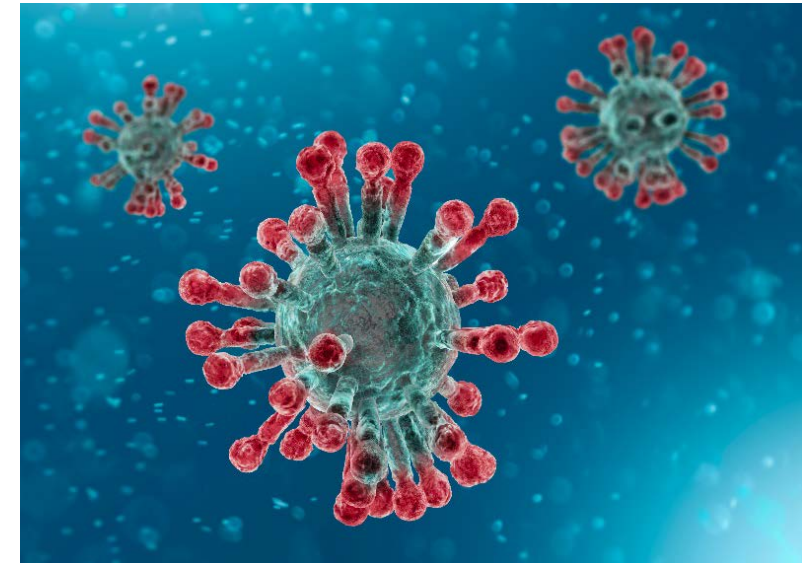
- 12,714 confirmed cases
- 2,139 people have been hospitalized
- 880 confirmed and probable COVID-19 deaths



(As of 5/10/2020 6:00PM)

# About Coronaviruses and COVID-19

- Coronaviruses are a large family of viruses that cause illnesses ranging from the common cold to severe illness
- The name “coronavirus” comes from its crown shape
- COVID-19 is a new coronavirus so there is a lot we are still learning about it
- Vaccine and treatment research is underway





# Who Is Most At Risk?

- **With community transmission, all New Yorkers are at risk of getting COVID-19**
- **The following groups are at increased risk of severe illness:**
  - People 50 years of age and older (people 65 and older are at greatest risk)
  - People who have underlying health conditions, including lung disease, moderate to severe asthma, heart disease, obesity, diabetes, kidney disease, liver disease, cancer, or a weakened immune system

# How Is COVID-19 Transmitted?

- Spread to people who are in close contact (within about 6 feet) with someone with COVID-19 when the person with COVID-19 coughs or sneezes, or possible when they talk
- People with no symptoms can spread the virus
- COVID-19 can live on surfaces. The virus can then be spread if someone touches their eyes, nose, or mouth with unwashed hands.

# What Are the Symptoms of COVID-19?

- Wide range of symptoms reported, ranging from mild symptoms to severe
- Symptoms may appear **2-14 days after exposure to the virus** and include:
  - Fever
  - Cough
  - Shortness of breath (trouble breathing)
  - Sore throat
- Less common symptoms may include headache, loss of taste or smell, feeling achy and diarrhea

# Pediatric Multi-System Inflammatory Syndrome (PMIS)

- Rare inflammatory condition in children
- Potentially associated with COVID-19, but the connection is unclear
- Most children have several days of fever along with other symptoms such as:
  - Irritability or sluggishness
  - Abdominal pain, vomiting
  - Conjunctivitis, or red or pink eyes
  - Enlarged lymph node (“gland”) on one side of the neck
  - Red, cracked lips or red tongue that looks like a strawberry
  - Swollen hands and feet, which might also be red
  - Rash
- Seek care if your child has a fever plus other symptoms and go to the hospital or call **911** if it’s an emergency

# COVID-19 Testing

- Two types of tests:
  - **Virus test** – swab or saliva test shows if you have COVID-19 **now**
  - **Antibody test** – blood test shows if you may have had COVID-19 in the **past**
- Antibody tests:
  - Checks for antibodies (special proteins produced by the body) to the virus that causes COVID-19
  - Test does not work if you are sick now or if you were recently sick
  - Test does not tell you if you are immune to COVID-19
- **Whether you had or may have had COVID-19 in the past shouldn't change your behavior since we don't know if you can get it again!**

# New York State Is on PAUSE!

- NYS Policies Assure Uniform Safety for Everyone (**PAUSE**)
  - **Ban on gatherings of ANY size for any reason**
  - **Only essential businesses can operate**
    - **100% of nonessential workforce must stay home**
    - Essential services exempt, including food stores, food delivery, healthcare, pharmacies, shipping supplies
  - Outdoor recreation limited to non-contact activities
  - All schools, colleges, and universities are closed for the remainder of the school year

# NYC Health Department Response

- Enhanced **surveillance** to track disease spread
- **Educate** the public through webinars, virtual town halls, social media, guidance documents, and media campaigns
- **Provide guidance** to doctors, hospitals, nursing homes, and other healthcare facilities
- **Laboratory testing** at NYC Health Department Public Health Laboratory
- **Meeting increased healthcare needs**
  - Distribution of medical equipment and supplies
  - Assist in building volunteer and paid healthcare workforce
- **Planning for future phases of the pandemic**

# Support Services for New Yorkers

- Childcare for **essential workers** (e.g. healthcare, emergency services, transit workers)
- Free **'Grab and Go' meals** for youth Monday through Friday from 7:30am through 1:30pm at local schools
- **Financial relief measures**, including:
  - Paid leave for people under quarantine or isolation
  - Temporary suspension of debt collection for student, medical, and other loans
  - Freeze on COVID-related evictions until August 20
- To learn about other resources for New Yorkers visit [nyc.gov/helpnownyc](https://nyc.gov/helpnownyc)



# NYS Planning for the Next Phase

- NYS has set criteria that NYC and other regions must meet **before** each region can start to ease work and physical distancing restrictions
- Regions must meet specific targets in the following areas:
  - Decline in new infections
  - Decline in hospitalizations
  - Decline in deaths
  - Increased hospital capacity (equipment and beds)
  - Increased diagnostic testing capacity
  - Increased contact tracing capacity

# NYC Planning for the Next Phase

- Sector Advisory Councils will inform plans to restart the economy and resume daily life
  - Six Councils: non-profit and social services, public health and healthcare, faith-based, construction and real estate, education, and surface transportation
- COVID-19 Hotel Program: hotel rooms to enable physical distancing
- NYC Test and Trace Corps to oversee case investigations, trace and monitor contacts, and manage data and inquiries

# Protecting Our Communities

- Physical Distancing
- Good Hygiene
- Other Precautions
- What to Do if You are Sick
- When to Seek Emergency Care or Call 911
- Addressing Disparities
- Prevent Stigma and Discrimination
- Stay Informed

# Practice Physical Distancing

- All New Yorkers must practice **physical distancing to slow the spread of COVID-19** – meaning we need to limit physical interactions with others
- Requires the participation of everyone:
  - Stay home as much as possible
  - Keep at least 6 feet between yourself and others
  - Avoid all unnecessary travel, events, and interactions
- If you are not sick, only go out for work (if you are an essential worker), non-contact exercise, necessities (groceries, walking the dog), essential medical care

# Wear a Face Covering

- All New Yorkers must wear a face covering when outside their home if unable to maintain at least 6 feet of distance from others
- A face covering includes any well-secured paper or cloth (like a bandana or scarf) that covers your nose and mouth
  - Save medical grade masks for healthcare workers!
- Wearing a face covering does **NOT** replace physical distancing and good hand hygiene



# Practice Good Hygiene

- **Wash hands often** with soap and water for at least 20 seconds or use alcohol-based sanitizer
- **Do not shake hands**
- **Do not touch your face** with unwashed hands
- **Avoid close contact with people who are sick**
- **Cover your coughs and sneezes** with a tissue or sleeve, not your hands
- **Monitor your health more closely** than usual for cold or flu symptoms



Stop the spread of germs that make you and others sick!

# Cover Your Cough



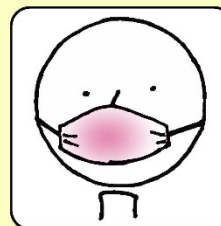
Cover your mouth and nose with a tissue when you cough or sneeze.

or

Cough or sneeze into your upper sleeve, not your hands.



You may be asked by a health care provider to wear a face mask in public. Don't worry if you see others wearing masks. They are preventing the spread of germs.



Put your used tissue in a waste basket.



Special thanks to the Minnesota Department of Health and the Johnson & Johnson Endicott Padgett Healthcare Collaborative.

## Wash Your Hands

after coughing or sneezing.



Wash with soap and water.

or

Clean with alcohol-based hand sanitizer.



# Who Should Seek Medical Care for COVID-19?



- Most people with mild to moderate symptoms can safely get better at home
  - If your symptoms don't go away after 3 to 4 days or you have medical concerns, consult your doctor
- If you are 50 years of age or older or have underlying medical conditions that put you at increased risk for severe illness, consult your doctor when you have symptoms so they can monitor you more closely
- Call or email your doctor or use telemedicine if possible



# How Long Do I Need to Stay at Home if I am Sick?

- If you were confirmed to have COVID-19 (you tested positive) or if you may have had COVID-19 (you had symptoms but were not tested) stay home until **all** the following are true:
  - It has been **at least seven days** after your symptoms started
  - You have **not had a fever for the prior three days** without the use of fever-reducing drugs
  - Your **overall illness has improved**

# If I am Sick, How Do I Protect Others?

- Do not leave your home except to get essential medical care or other essential needs like groceries (if someone can't get them for you)
- If you need to leave home:
  - Wear a face covering and stay at least 6 feet from others
  - Be especially careful to follow good hand hygiene
  - Walk if you can and do not enter crowded stores or transportation
- Do not have visitors come to your home

# If I am Sick, How Do I Protect Others in My Household?

- Separate yourself from others in your home as much as possible
  - Stay at least 6 feet apart from others
  - Stay in a different room
  - Move seating and other furniture around to help keep distance
- Use a separate bathroom if you have one
  - If you share a bathroom, disinfect frequently touched surfaces after each use
- If you share a bed, have someone sleep on the couch or sleep head to toe
- Follow good hand hygiene (wash hands, cover coughs, etc.)

# If I am Sick, How Do I Protect Others in My Household?

- Do not share personal household items, such as glasses, cups, eating utensils, and towels
- Clean surfaces that are frequently touched, such as counters, doorknobs, bathroom fixtures, and phones
  - Clean them after each use and at least once every day
  - Use a household cleaning spray or wipe
- If you need to be within 6 feet of someone at home, wear a face covering

# Continue to Get the Care You Need

- We understand you may be worried about going to a hospital or doctor's office when many people are getting care for COVID-19
- However it is important to monitor your health and know when to get care
- If your symptoms are serious, but not an emergency, call your healthcare provider
- Use telemedicine if you can – many doctors are offering this now!
- Know when to seek emergency medical care for COVID-19 or other health problems

# When Should I Get Emergency Care or Call 911?

- **Go to an emergency room or call 911 if you experience the following:**
  - Trouble breathing or shortness of breath
  - Persistent pain or pressure in the chest
  - New confusion or inability to stay awake
  - Blue lips or face
  - Difficulty speaking
  - Sudden face drooping
  - Upper abdominal pressure or pain
  - Any sudden or severe pain
  - Any other emergency condition

# Where Can People Get Medical Care?

- People who don't have a doctor or don't have health insurance can visit a **NYC Health + Hospitals** facility:
  - Welcomes all New Yorkers, regardless of immigration status or ability to pay
  - Locations: [nychealthandhospitals.org/hospitals/](https://nychealthandhospitals.org/hospitals/)
  - Call: **844-NYC-4NYC (844-692-4692)** or **311**

# Take Care of Your Mental Health

- It is natural to feel overwhelmed, sad, anxious and afraid
- Stay connected with friends and family through telephone, social media, and video chat
- Connect with trained counselors at NYC Well, the City's confidential helpline
  - Call 888-NYC-WELL (888-692-9355) or text "WELL" to 65173
  - Chat online at [nyc.gov/nycwell](https://nyc.gov/nycwell)
- NYS COVID-19 Emotional Support Helpline has specially trained volunteer professionals:
  - Call 844-863-9314, 8 a.m. to 10 p.m., seven days a week



# COVID-19 Health Disparities

- Black and Hispanic/Latino persons account for a disproportionate number of COVID-19 cases, hospitalizations, and deaths
- Disparities may be related to:
  - Higher rates of pre-existing conditions
  - Difficulties in practicing physical distancing (smaller or more crowded apartments, need to take public transport, frontline jobs)
  - Health care access issues
  - Other social determinants of health
  - Structural racism

# How NYC Is Addressing COVID-19 Health Disparities

- Additional outreach to people experiencing housing instability
  - Nearly half of single adults living in shelters have been moved into hotel rooms
- Multimillion-dollar digital media campaign in 15 different languages
- Increased access to free COVID-19 testing at NYCHA sites
- Creation of taskforces to address inequities
  - Fair Recovery Taskforce
    - Works with City agencies and officials to narrow racial and economic disparities

# Prevent Stigma and Discrimination

- It is important to **separate facts from fear and guard against stigma**
  - A lot of information on social media and some news reports is not based on facts
- Treat all staff and clients with respect
- Singling out people based on race, ethnicity or what country they are from:
  - Creates distrust
  - Discourages people from getting help
  - Contributes to retaliation and violence against people
  - Can cause mental health and other health issues
  - Has a long-lasting negative impact on our communities

# It Is Illegal to Discriminate

- **It is illegal** to harm or harass a person because of their race or what country they are from
- **It is illegal** for restaurants, stores, hospitals and other public accommodations to refuse to serve people or make them feel unwelcome because of their race or what country they are from
- **It is illegal** for a person's employer or coworkers to discriminate against, intimidate or degrade people because of their race or what country they are from

# NYC Commission on Human Rights

- If you feel you are being harassed due to your race, nation of origin or other identities, you can report this to the NYC Commission on Human Rights
- The NYC Commission on Human Rights is here to help people who experience discrimination
  - Investigates claims
  - Can impose fines and compensate people for harm



NYC Commission on Human Rights  
Call 311 and say “human rights”

# Stay Informed

- **Rely and share only information from trusted authorities!**
- For real-time updates, text “COVID” to 692-692 (message and data rates may apply)
- NYC COVID-19 Citywide Information Portal: [nyc.gov/coronavirus](https://nyc.gov/coronavirus)
- NYC Health Department Website: [nyc.gov/health/coronavirus](https://nyc.gov/health/coronavirus)
- CDC Website: [cdc.gov/coronavirus](https://cdc.gov/coronavirus)
- Check these website regularly for the most up to date information and guidance

# Together We Can Stop the Spread of COVID-19!

- All New Yorkers – healthy and sick – should **stay home** as much as possible
- If you leave home, wear a face covering and practice physical distancing – avoid unnecessary interactions and remain at least 6 feet from others
- Practice good hygiene – wash your hands, use hand sanitizer, cover your coughs and sneezes, and do not touch your face with unclean hands
- Don't wait! Call **911** or go to the hospital if you are having a medical emergency
- Stay connected with neighbors, friends, and family and treat everyone with dignity and respect

***Thank you!***  
***Any questions?***

***Celia Quinn, MD, Executive Director, OEPR, Bureau of Healthcare System  
Readiness, NYC Department of Health and Mental Hygiene***

***Questions? [communityaffairs@health.nyc.gov](mailto:communityaffairs@health.nyc.gov)***