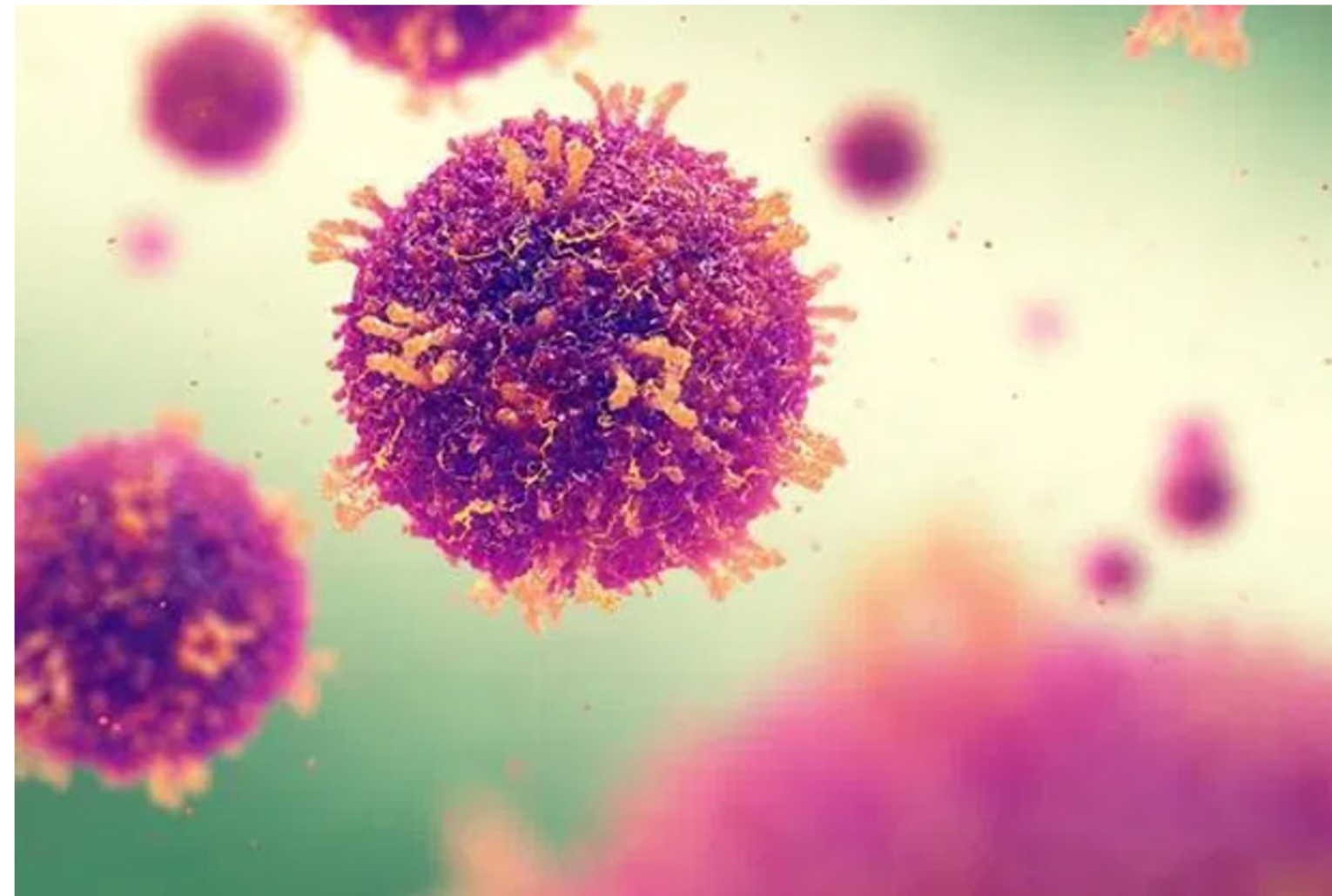


PLANNING & Responding to COVID-19 PANDEMIC



26th Educational Convention
July 15 2020
Ngarachamayong Cultural Center



Outline

- Overview of COVID-19
- Protective measures
- Situation and response updates
- Guidance for Schools and Child Care Centers

Covid-19 : a pandemic

- WHO declared the outbreak of the new coronavirus a Public Health Emergency of International Concern – January 30 2020
- Sustained human-to-human transmission between close contacts in many countries around the world.
- WHO characterizes COVID-19 outbreak as a “PANDEMIC” on March 12, 2020.

Symptoms of COVID - 19

- MILD SYMPTOMS – sore throat, cough, fever, shaking with chills, muscle aches, headache, loss of taste or smell, diarrhea
 - 80% of people have mild symptoms and recover
- SEVERE SYMPTOMS – respiratory distress, pneumonia, septic shock, blood clots, some organ damage/failure
- COVID-19 – Fatal in rare cases
- ASYMPTOMATIC - SOME PEOPLE CAN HAVE THE VIRUS AND NOT SHOW SYMPTOMS

How COVID-19 spreads

The virus is thought to spread mainly from person-to-person:

- Spreads most easily through close contact (within six feet without protection) with an infected person
- When an infected person coughs, sneezes, talks, or sings - small droplets are released.
- These droplets can land in the mouths, noses, or eyes of people who are nearby or possibly be inhaled into the lungs.
- It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes.

WHO IS AT RISK?

- EVERYONE can get COVID-19!
- BUT, PEOPLE AT HIGHER RISK FOR SEVERE ILLNESS:
 - RISK INCREASES WITH AGE (i.e., people in their 60's more at risk than 50's; people in their 50's more than 40's, so on...)
 - PEOPLE WITH UNDERLYING CONDITIONS
 - HEART DISEASE, DIABETES, HTN, LUNG DISEASE/ASTHMA, PREGNANT WOMEN, SMOKERS

Is there a vaccine or cure?

- NO cure or vaccine at the moment
- People with COVID-19 receive supportive care to help relieve symptoms
- For severe cases, treatment includes care to support vital organ functions (i.e., ventilators)
- Vaccines still being developed
- Specific drug treatments are under investigation

PROTECTION AGAINST COVID-19

- FREQUENT and PROPER HANDWASHING – with soap and water or alcohol based hand rub for at least 20 seconds
- RESPIRATORY ETIQUETTE - Cover your cough or sneeze with a tissue, then throw the tissue in the trash. Wash hands immediately.
- AVOID TOUCHING YOUR FACE– eyes, nose, and mouth.
- PHYSICAL DISTANCING: Maintain a distance of 6 feet from others as much as possible, including people who are sick. Stay home as much as possible, avoid large crowds and social gatherings.
- CLEAN AND DISINFECT frequently touched objects and surfaces (doorknobs, tables, telephones, electronics) using a regular household cleaning spray or wipe.
- STAY HOME/ISOLATE IF YOU ARE SICK; WEAR A MASK. If your symptoms worsen, call the Hospital or your doctor for guidance.

Healthy living

- Healthy diets
- Physical activity
- Avoiding tobacco and alcohol use
- Adequate rest
- Stress management

Global/Regional Update

| Country | Total Since January | # New Cases/24 hrs | Deaths | Recovered |
|---------------|---------------------|--------------------|---------|-----------|
| Globally | 13,203,571 | 177,346 | 575,201 | 7,331,068 |
| United States | 3,407,798 | 55,102 | 136,252 | 1,031,939 |
| New York | 403,175 | 912 | 32,408 | 71,643 |
| California | 336,565 | 8,830 | 7,117 | - |
| Florida | 291,629 | 9,194 | 4,409 | - |
| Texas | 269,778 | 2,279 | 3,276 | 136,419 |
| New Jersey | 175,915 | 393 | 15,582 | 31,261 |
| Hawaii | 1,264 | 22 | 22 | 921 |
| Guam | 312 | 0 | 5 | 210 |
| CNMI | 33 | 0 | 2 | 19 |
| Philippines | 57,545 | 539 | 1,603 | 20,459 |
| Japan | 22,431 | 333 | 964 | 3,321 |
| Taiwan | 451 | 0 | 7 | 438 |
| South Korea | 13,512 | 33 | 289 | 12,282 |

Response activities

- Surveillance
- Screening (at POEs)
- Testing
- Strengthening infection control measures
- Responders' training
- Public messaging/education
- Hospital/operations readiness
- Repatriation
- Plans and policies

Guidance for schools and child care programs

- Maintain regular communication with MOH for updates
- Schools and child care centers play important roles in preventing spread of COVID-19 and ALL communicable diseases
- Disseminate information on COVID 19
- Limited information on the effects of COVID on children
- Plans should complement MOH and ROP plans to protect the vulnerable groups
- Plans should build upon every day practices (i.e., hand hygiene)
- Plans can be divided into different scenarios (i.e., when there is no local transmission, minimal to moderate, substantial transmission)

No community transmission

- Plan and Prepare
- Teach and reinforce healthy hygiene (handwashing, respiratory etiquette, staying home when sick, etc)
- Develop information sharing systems (ie, with students, parents, staff, MOH)
- Intensify cleaning and disinfection
- Monitor and plan for absenteeism
- Assess group gatherings and events (consider postponing non critical gatherings)
- Require and strictly enforce sick students and staff stay home
- Establish procedures for someone becoming sick at school (isolate, mask, call parents, Hospital, 911, etc).

When a confirmed case has entered school regardless of community transmission

- Coordinate with MOH to assess and plan actions
- Implement short term closure to assess risk and determine next steps
- Stop all school group activities and gatherings
- Discourage staff, students and families from gathering or socializing anywhere
- Communicate decisions with staff, parents and students
- Message to counter stigma and discrimination
- Maintain confidentiality.
- Clean and disinfect all areas used by individuals thoroughly
- Seek guidance from MOH on next steps (extension of school closure)
- Implement strategies to continue education and related support for students

Minimal to moderate community transmission

- Coordinate with MOH to determine appropriate strategies
- Implement physical distancing measures
- Limit interactions in large group settings (ie, cancel assemblies)
- Consider ways to accommodate vulnerable children and families
- Consult with MOH to consider extended school dismissal and implement other strategies to continue education (if substantial community transmission)

Credible sources of information

- www.who.int (World Health Organization)
- www.cdc.gov (US Centers for Disease Control & Prevention)
- Palau specific information can be obtained through the following MOH channels:
 - Website: www.palauhealth.org
 - Facebook: www.facebook.com/MOHPalau
 - MOH Hotline: 488-0555



Questions or comments

MOH HOTLINE: 488-0555