



# Dover Shores CERT Meeting

*Focus on COVID-19*

December 10, 2020

# Agenda

- Useful information sources
- What we know about COVID-19
- Avoiding the disease
- Testing and Vaccines
- If you get sick
- Planning for quarantine – if necessary
- What should CERT do to aid the community?
- Make your own hand sanitizer

# Useful Information Sources

Stick with official primary sources – rumors do more harm than good

- [CDC \(HHS Center for Disease Control\)](#)
  - Very complete coverage
  - Descriptions, To do, US situation, specific audiences
- [Orange County Department of Health](#)
  - Local statistics, otherwise mediocre
- [LA County Department of Health](#)
  - LA statistics, better than OCDH
- [CA Dept of Public Health](#)
  - CA statistics, OK general information
  - Guidance documents, insurance info
- [New England Journal of Medicine](#)
  - Good articles for medical audience, COVID-19 articles free
- For the morbidly curious: [John's Hopkins Map](#)
  - Global map and statistics

All links available on <https://dovershorescert.org>

# What do we know about COVID-19?

## General Information

- Names
  - COVID-19 is the disease caused by the virus
    - CO: Corona VI: virus D: disease 19: year identified
  - SARS-CoV-2 is the official name of the virus
    - severe acute respiratory syndrome coronavirus 2
- Origin
  - Related to corona virus in bats but transmission path unknown
  - First observed in Wuhan, China Dec 1, 2019
  - Conspiracy theories are rubbish and irrelevant
- Distribution
  - Global
    - Most total cases (millions) US:15, India:10, Brazil:7
    - Highest incidence rate (per million) US:622, Germany:229, UK:227
    - Deaths (1000s) US:285, Brazil:179, India:142
    - Some countries have essential no new cases: New Zealand: 0, Taiwan: 4, Australia: 7
  - US:
    - Total cases (millions) CA:1.5, TX:1.4, FL:1.1
    - Highest incidence rate (per 100K) RI:124, ND:113, IN:103 --- CA:59
    - Deaths (1000s) NY:35, TX:24, CA:20
    - Wednesday (12/9): 221K cases, 3124 deaths– more than 9/11, Pearl Harbor or D-Day
  - CA:
    - Total cases (1000s) LA:475, San Bernardino:112, Riverside:108 --- Orange:93
    - New cases (per 100k): Imperial 175, Kings: 141, Shasta:129 --- Orange:53
    - Deaths (1000s) LA:8.1, Orange: 1.6, Riverside: 1.5
    - OC ICU Beds 3.5% ICU beds available, over 1000 hospitalization, up 15% over 3 days

# What do we know about COVID-19?

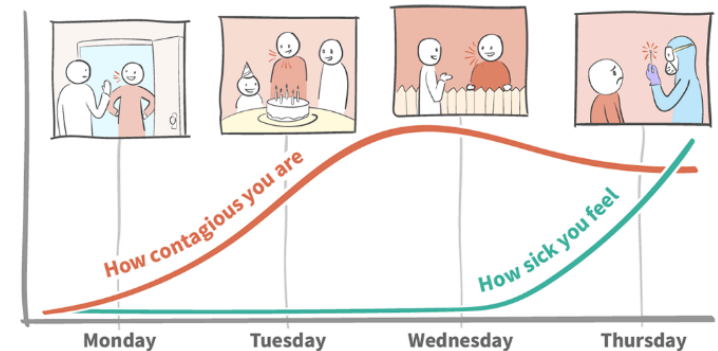
## Symptoms and Complications

- Appear 2-14 days after exposure
- CDC:
  - Fever or chills
  - Cough
  - Shortness of breath or difficulty breathing
  - Fatigue
  - Muscle or body aches
  - Headache
  - New loss of taste or smell
  - Sore throat
  - Congestion or runny nose
  - Nausea or vomiting
  - Diarrhea
- Complications
  - Pneumonia and trouble breathing
  - Organ failure in several organs
  - Heart problems
  - Acute respiratory distress syndrome
  - Blood clots
  - Acute kidney injury
  - Additional viral and bacterial infections

# What do we know about COVID-19?

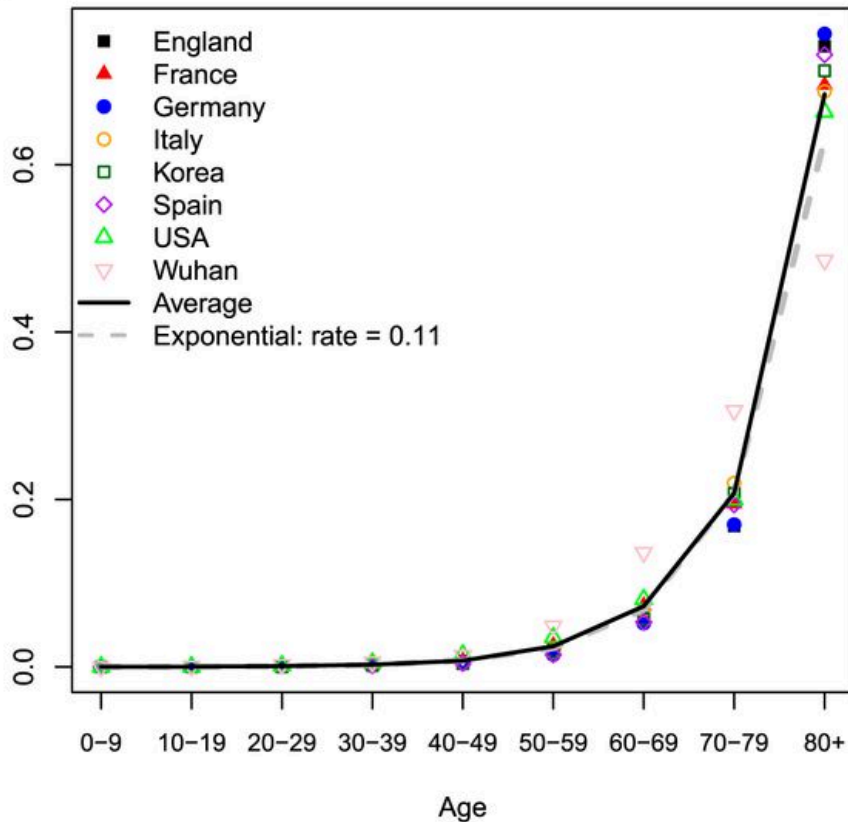
## Incubation / Contagion

- Median incubation period (time to symptoms):
  - Mean 5.6 days
  - Ranges 2 – 13 days with 11.2 days at 95% CI
  - Varies with age – 1 day for every 10 years of age
- Contagion (infect other people)
  - Begins 2.3 days before symptoms
  - Peaks 0.7 days before symptoms
  - Many people contagious without symptoms
- Viral shedding – how long are people contagious
  - With mild/moderate case typically 10 days
  - Rarely 30 days and possibly as much as 3 months
- How long are people sick?
  - Mild cases typically last 2 weeks, 35% still sick at 3 weeks
  - Severe cases 6 weeks
  - Some “Long Haulers” report illness for months
- Can someone catch COVID twice?
  - Very rarely – a few proven cases have been observed – so far
  - Unknown how long immunity lasts



# What do we know about COVID-19?

## Mortality



Source: PNAS

COVID Infection-Fatality Rates by Sex and Age Group  
(Numbers are shown as percentages)

Age group	Male	Female	Mean
0-4	0.003	0.003	0.003
5-9	0.001	0.001	0.001
10-14	0.001	0.001	0.001
15-19	0.003	0.002	0.003
20-24	0.008	0.005	0.006
25-29	0.017	0.009	0.013
30-34	0.033	0.015	0.024
35-39	0.056	0.025	0.040
40-44	0.106	0.044	0.075
45-49	0.168	0.073	0.121
50-54	0.291	0.123	0.207
55-59	0.448	0.197	0.323
60-64	0.595	0.318	0.456
65-69	1.452	0.698	1.075
70-74	2.307	1.042	1.674
75-79	4.260	2.145	3.203
80+	10.825	5.759	8.292

Source: Nature, O'Driscoll

# What do we know about COVID-19?

## Risks of underlying health conditions (CDC)

- Cancer
- Chronic kidney disease
- COPD (chronic obstructive pulmonary disease)
- Heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
- Immunocompromised state (weakened immune system) from solid organ transplant
- Obesity (body mass index [BMI] of 30 kg/m<sup>2</sup> or higher but < 40 kg/m<sup>2</sup>)
- Severe Obesity (BMI ≥ 40 kg/m<sup>2</sup>)
- Pregnancy
- Sickle cell disease
- Smoking
- Type 2 diabetes mellitus

Conditions increasing risk of severe illness



# Avoiding the Disease – *STAY HOME!*

## How does SARS-CoV-2 spread?

- Most common spread – respiratory droplets
  - Between people in close contact – less than 6 feet
  - Release when coughs, sneezes, breathes, sings or talks
  - Drop rapidly from air in seconds to minutes
- Less common – aerosol droplets
  - Float in the air currents over many feet but risk decreases with distance (dilution)
  - Persist in the air 30 minutes to hours
  - Increased release when shouting, singing or exercising
  - Risk increases with prolonged exposure and poor ventilation
- Less common – surface transmission (touch to eye or mouth)
  - Surface (fomite) transmission now believed to be less common than originally assumed
  - In lab conditions COVID can persist on surfaces for hours to days
  - Little clear evidence of spread by this path
- Other ways to spread
  - Does exist in feces but appears not to be a major risk
  - Corona virus not typically spread through sex but risk unknown
  - Mother/fetal transmission is possible – risks not well understood
  - Handled food can transmit but does not appear a major factor
    - Heating or reheating rapid kills virus
- Other notes
  - Pet transmission is possible but very rare

# Avoiding the Disease

## Avoiding Acquiring Infection

- Disease enters the body through nose, eyes & mouth
- THINK – how do I keep droplets from those places?
  - Avoid infected people who can transmit through the air
  - Avoid transferring drops from surfaces to the face from your HANDS
- Keep the places you touch virus free
  - Sanitize whenever possible in public places, use tissues
    - Grocery carts, chairs, hand-rails, door-knobs
  - Especially places fingertips touch – keypads and screens
- Keep your hands clean
  - Wash your hands every time you touch un-sanitized surfaces
  - Wash for at least 20 seconds with SOAP (2 happy birthdays)
- Avoid touching your eyes, nose, mouth – *good luck with that*
- STAY HOME! Avoiding people minimizes risk
  - If you have to go out, stay at least 6 ft from ANYONE
- Get a flu shot
  - Flu shot does not protect from COVID-19 but avoids needless worry – flu is still active
  - Flu can lead to pneumonia which dramatically increases COVID-19 risk

# Avoiding the Disease

## Face Masks

- Science on masks has *changed*
  - Originally not believed to be important
  - Now thought to be very important
- What do face masks do?
  - PROTECT OTHERS FROM YOU
  - Protect you from others – but only if worn properly
- Types of masks - cloth, surgical, and N95
  - Cloth masks provide basic protection – multiple layers preferred
  - Surgical masks are better, can be doubled for more protection
  - N95 provides best protection when used properly
  - Wash cloth masks regularly. Dispose of paper masks.
  - Bandanas, gaiters, masks with valves are basically useless
- How to wear a mask
  - Must cover from bridge of nose to base of chin
  - No visible gaps – use metal insert to fit bridge of nose

# Proper Way to Wear a Mask



# Testing

- Two types of test:
  - Diagnostic test (PCR, antigen) – nasal swab
  - Antibody test – blood test
- Diagnostic: determines if you have virus at that moment
  - Measures how much virus is currently in your system
  - The level of virus changes over time from low to high to low
- Why should you get tested?
  - Testing protects others from **YOU**
  - A positive result warns you to prepare
- When to get tested?
  - If you have ANY symptoms – test ASAP
  - If you have possibly been exposed – optimally 5 days after the exposure
  - If you were sick but now have no symptoms – 7 days after symptoms started – reduced quarantine
  - PCR false negatives 100% day 1, 67% day 4, 38% after symptoms, 20% symptoms + 4
  - A negative test just means you probably don't have much virus at that moment
- Where to get tested?
  - OC super sites – Fairgrounds, Anaheim Stadium – On-line appointment required
  - Most urgent care location – call ahead or call your doctor
  - Home test kits becoming available – contact LabCorp or others

# Vaccines

- What does a vaccine do?
  - Creates antibodies in your body to fight the disease
  - Reduces the risk of catching the disease from exposure
  - Reduces the severity and duration if you get sick
  - Reduces the chance that you will spread COVID to others
  - Pfizer claims 95% effective – 1 / 20 people will still get sick if exposed
  - Not a “Get of jail free” card – you could still get sick and infect others
  - Masks/social distance required until MOST people have been vaccinated
  - Pfizer, Moderna require two injections approximately 3 weeks apart
- What are the risks / side effects?
  - Believed to be similar to flu vaccine
  - For most people, minor soreness, headaches etc
  - Potential allergic reaction – not indicated for people with severe allergies
- When can I get vaccinated?
  - Unknown – health care providers, very high-risk people days to weeks
  - Seniors – probably in a couple of months
  - Most people – before mid-year
  - If you are high risk - suggest call your doctor in a couple of days
- Where do I get vaccinated?
  - Initially - hospitals IE Hoag
  - Later – doctors offices, urgent care, pharmacies
- Which vaccine should I choose?
  - The first one you can get

# If you get sick...

- Call your doctor
  - CDC:
    - If you think you have been exposed to COVID-19
    - AND... fever or respiratory illness (cough, breathing issues)
  - Call ahead before visiting doctor, ER, or prompt care
  - If you need emergency transport – warn 911 you are sick
- **STAY HOME!**
  - Avoid school, work, restaurants etc.
  - If you must go out, wear a face mask
  - If you test positive for COVID-19, stay home until approved to leave by doctor or authorities
- **Isolate yourself at home – 1 room, 1 bathroom**
  - Cover your face if possible
  - Dispose of tissues in lined trash can
  - Do not share dishes, utensils, towels, bedding or wash thoroughly with soap
- **Everyone in your home is at VERY HIGH RISK**
  - Consider moving healthy but vulnerable people out of the house – it may be too late – get tested
  - This includes home help – be considerate of their needs
- **CDC: limit contact with pets – no kissing or snuggling**
  - Unknown if COVID-19 can be spread by pets
  - Your pet might carry your germs elsewhere in the house

# If you get sick...

## Caring for someone with the virus

- Very high likelihood you have it too
  - Your symptoms may be delayed 2-14 days
  - Minimize outside contact
- Treat symptoms as you would flu – hydration, cold/flu pills
  - Call doctor if difficulty breathing
- Minimize close contact with patient, at least 6 ft, open windows
- Strict personal hygiene
  - Wash hands frequently
  - Sanitize surfaces with any possible exposure
- When is it safe to release patient from isolation?
  - Patient is free from fever without fever-reducing medications
  - Patient has no symptoms like cough
  - Tests negative on 2 consecutive respiratory specimens 24 hours apart
- Consider wearing gloves and disposable gowns
  - Remember CERT training on how to remove gloves
- Consider getting Alexa device like Amazon Show
  - Can "drop in" without requiring patient to answer





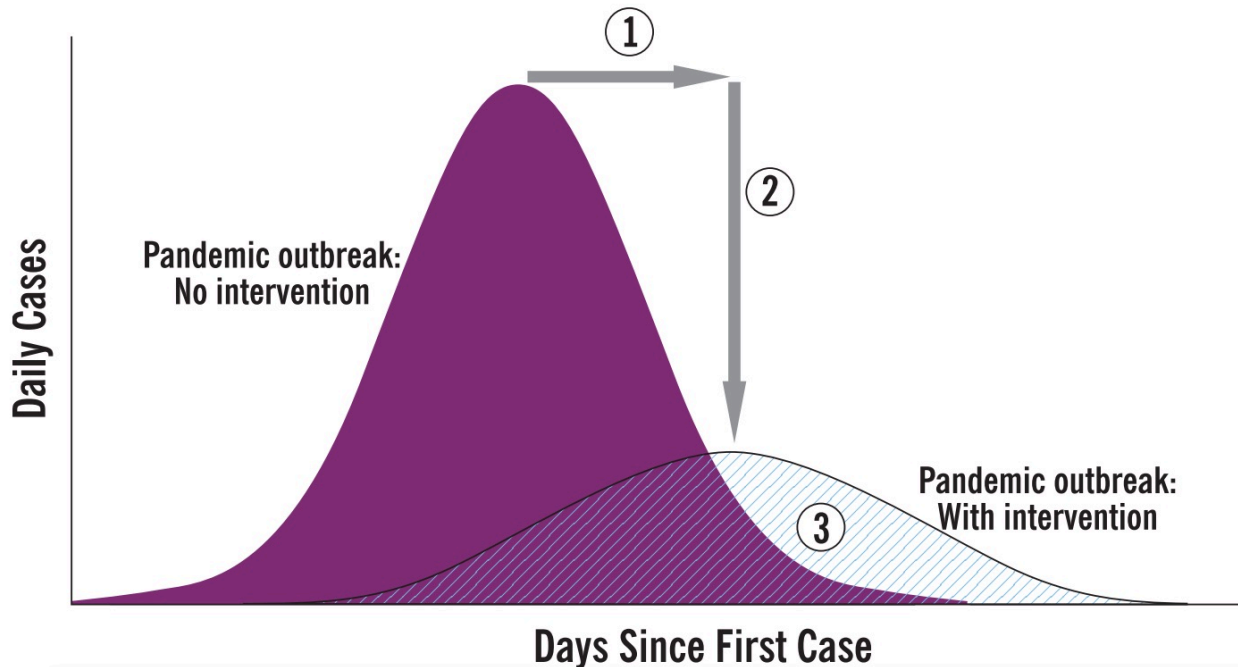
# Planning for a Quarantine

## Why do we quarantine?

Figure 1.

### Goals of Community Mitigation

- ① Delay outbreak peak
- ② Decompress peak burden on hospitals / infrastructure
- ③ Diminish overall cases and health impacts



# Planning for a Quarantine

## Gather supplies

- How long will quarantine last?
  - Potential serial transmission – 12 days? per person
  - What if whole community on quarantine?
- Food supplies
  - Stock enough food to minimize external contact
  - Healthy choices, enough variety
  - Consider trying out food delivery services
- Cleaning supplies
  - Usual stuff, toilet paper, clothes and dish cleaners
  - Disinfectants: sprays and wipes
- Internet Connectivity
  - Internet will be your link to the world
  - Multiple devices so sick person and others have separate devices
- TV, books, games – especially for kids
- Medicine: over the counter and prescription
- Money
  - Cash for deliveries, tips

# Planning for a Quarantine

## Daily life under quarantine

- Nobody goes in or out
  - No visitors
  - No cleaning or service people
- Cleaning
  - May be on your own without help
  - Messy patients: bedding, dishes, etc
  - Heat kills virus – wash with hot as possible
- Paying bills
  - Consider Venmo or other cash transfer services
  - Capability to pay all bills online – no trips to post box
- Food / Drinks
  - Who cooks if everyone is sick?
  - GI symptoms not common but diarrhea reported - hydration

# What can or should CERT do?

- We don't have the right equipment
- We're not trained to use it even if we did
- CERT members should never enter quarantined homes
- Potential: deliver stuff to quarantined homes
  - Leave supplies on stoop or porch
  - Don't go inside
  - Don't talk to patients through screens or open door
  - Use a tissue to ring doorbell – *remember fingertip safety*
- Be informed and answer questions
  - Talk to neighbors

# Neighborhood Watch

## NBPD Notes for November

- Garage burglaries continue to be higher than average this year.
  - Most frequently in parking garages recently
  - Make sure parked cars are locked
  - Make sure bikes are locked to something secure – even in a garage.
- Burglaries/thefts from boats picked up in November.
  - Do not leave property unattended
  - Fishing gear is a currently popular with thieves
- Mail and package theft is up
- Holiday reminders
  - Lock your doors and activate alarms anytime you leave
  - Use timers to activate lights if you leave the house at night
  - Turn off Christmas tree lights if you leave to prevent fires
  - Avoid displaying gifts visible from windows
  - Keep porch lights on with timers

# NEIGHBORHOOD WATCH – AREA 2 – NOVEMBER 2020

REPORT	DATE REPORTED	HUNDRED BLOCK	RD	CRIME	METHOD	LOSS
20008287	11/15/2020	1900 BLK SHERINGTON PL	RD28	Mail Theft	UNSECURED/OPENED	PACKAGE
20007992	11/04/2020	100 BLK 54TH ST	RD17	Auto Theft	UNKNOWN	MOTORCYCLE (RECOVERED)
20008000	11/04/2020	1800 BLK BEDFORD LN	RD28	Burg/Theft from Auto	UNKNOWN	REAR LICENSE PLATE
20008002	11/04/2020	1800 BLK BEDFORD LN	RD28	Burg/Theft from Auto	UNKNOWN	REAR LICENSE PLATE
20008010	11/05/2020	400 BLK SAN BERNARDINO AVE	RD25	Petty Theft	UNSECURED/OPENED	SIGNS, FLAG
20008025	11/05/2020	00 BLK ENCORE CT	RD24	Residential Burglary	UNLOCKED FRONT DOOR	CASH
20008068	11/07/2020	2100 BLK SHERINGTON PL	RD28	Mail Theft	UNSECURED/OPENED	PACKAGES
20008070	11/07/2020	1800 BLK 16TH ST	RD28	Petty Theft	UNSECURED/OPENED	KEY FOB
20008119	11/09/2020	1800 BLK SHERINGTON PL	RD28	Auto Theft	UNKNOWN	MOTORCYCLE
20008147	11/10/2020	500 BLK SUPERIOR AVE	RD24	Auto Theft	UNLOCKED, KEYS LEFT IN IGNITION	VEHICLE (RECOVERED)
20008179	11/11/2020	7400 BLK OCEAN FRONT W	RD17	Burg/Theft from Auto	UNLOCKED	WALLET, CELL PHONE
20008238	11/13/2020	5400 BLK RIVER AVE	RD17	Burg/Theft from Auto	UNLOCKED	COINS, SUNGLASSES, CHARGERS, TOLL TRANSPONER, PAPERWORK.
20008243	11/13/2020	200 BLK LILLE LN	RD24	Garage Burglary	UNKNOWN, CUT LOCKS	(3) BICYCLES
20008261	11/14/2020	200 BLK MC NEIL LN	RD24	Garage Burglary	UNKNOWN, UNLOCKED VEHICLE ENTERED	GLASSES, GARAGE DOOR OPENER, BLACK CASE.

# NEIGHBORHOOD WATCH – AREA 2 – NOVEMBER 2020

20008264	11/14/2020	2300 BLK UNIVERSITY DR	RD31	Burg/Theft from Auto	WINDOW SMASH	PURSE
20008277	11/14/2020	200 BLK SANTA ANA AVE	RD25	Residential Burglary	ATTEMPT ONLY - REMOVAL OF WINDOW SCREEN, WINDOW PUSH	NONE
20008283	11/15/2020	400 BLK SAN BERNARDINO AVE	RD25	Residential Burglary	REAR PATIO DOOR WINDOW SMASH	PILLOWCASES, CAMERA (POSSIBLY), JEWELRY.
20008303	11/16/2020	SEASHORE DR & ORANGE ST	RD17	Auto Theft	STOLEN KEY	CELL PHONE, WALLET
20008305	11/16/2020	GRANT ST & SEASHORE DR	RD17	Burg/Theft from Auto	HIDDEN ACCESS KEY	WALLET, CELL PHONE, KEY FOB
20008328	11/17/2020	1100 BLK DOVER DR	RD29	Burg/Theft from Auto	UNKNOWN	REAR LICENSE PLATE
20008374	11/19/2020	200 BLK CAGNEY LN	RD24	Garage Burglary/ Bike Theft	UNKNOWN	(2) BICYCLES
20008413	11/20/2020	5400 BLK SEASHORE DR	RD17	Bike Theft	CUT LOCK	BICYCLE
20008433	11/21/2020	00 BLK MOJO CT	RD24	Burg/Theft from Auto	UNLOCKED	GARAGE REMOTE, OBD READER, SUNGLASSES
20008435	11/21/2020	200 BLK NICE LN	RD24	Garage Burglary/ Bike Theft	UNKNOWN	BICYCLE
20008449	11/21/2020	500 BLK REDLANDS AVE	RD25	Residential Burglary	SIDE DOOR GLASS PANEL SMASH	WATCHES, PURES, JEWELRY
20008451	11/21/2020	1800 BLK SHERINGTON PL	RD28	Residential Burglary	ATTEMPT PRY- NO ENTRY MADE	NONE
20008466	11/22/2020	300 BLK KINGS PL	RD26	Burg/Theft from Auto	UNLOCKED	BAG, LAPTOP
20008481	11/23/2020	1900 BLK SHERINGTON PL	RD28	Mail Theft	UNKNOWN	KEY FOB
20008507	11/23/2020	1900 BLK SHERINGTON PL	RD28	Grand Theft	UNSECURED/OPENED	CASH, JEWELRY

# NEIGHBORHOOD WATCH – AREA 2 – NOVEMBER 2020

20008515	11/24/2020	7000 BLK COAST HWY W	RD17	Bike Theft	UNKNOWN	BICYCLE
20008517	11/24/2020	2200 BLK GOLDEN CIR	RD31	Petty Theft	UNKNOWN	PORTABLE TOILET
20008522	11/24/2020	5600 BLK SEASHORE DR	RD17	Garage Burglary/Auto Theft	UNKNOWN, KEYS LEFT INSIDE VEHICLE	VEHICLE
20008528	11/24/2020	1700 BLK SANTIAGO DR	RD29	Mail Theft	UNSECURED/OPENED	PACKAGE - CHRISTMAS LIGHTS, CLOTHING, SHOES
20008532	11/24/2020	1900 BLK SHERINGTON PL	RD28	Burg/Theft from Auto	WINDOW SMASH	LAPTOP CASE, WALLET, LAPTOP, JEWELRY, JEWELRY BOX, MICROPHONE, CASH, MICROPHONE BOX
20008553	11/25/2020	PROSPECT ST & COAST HWY W	RD17	Burg/Theft from Auto	UNLOCKED	JEWELRY, MAKEUP, CLOTHING
20008557	11/25/2020	500 BLK SUPERIOR AVE	RD24	Burg/Theft from Auto	WINDOW SMASH	BAG, PRESCRIPTION PADS, MEDICAL EQUIPMENT, PURSE
20008578	11/26/2020	2300 BLK UNIVERSITY DR	RD31	Burg/Theft from Auto	UNLOCKED	CASH, CREDIT CARDS
20008580	11/26/2020	1000 BLK MARIAN LN	RD29	Petty Theft	UNSECURED/OPENED	SHOES
20008587	11/26/2020	00 BLK ENCORE	RD24	Burg/Theft from Auto	UNSECURED	CAMERAS, TOOLS, STEREO, (50) REELS
20008603	11/27/2020	2100 BLK SHERINGTON PL	RD28	Auto Theft	UNKNOWN	VEHICLE (RECOVERED)
20008622	11/28/2020	1400 BLK SUPERIOR AVE	RD24	Bike Theft	CUT LOCK	BICYCLE
20008626	11/28/2020	400 BLK 62ND ST	RD17	Mail Theft	UNSECURED/OPENED	PACKAGE - BEDDING
20008639	11/29/2020	CEDAR ST & SEASHORE DR	RD17	Burg/Theft from Auto	WINDOW SMASH	BACKPACK, MAKEUP, CLOTHING