



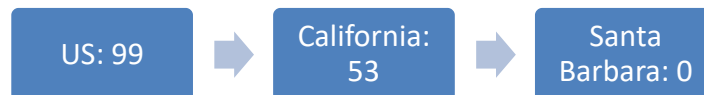
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3/5/20 COVID-19 HEALTHCARE PROVIDER UPDATE

Epidemiology

As of March 4, the [World Health Organization](#) has reported over 93,000 cases and 3,000 deaths due to COVID-19 (coronavirus) globally. While the vast majority of both cases and deaths have occurred in China, 76 other countries have reported cases. Four countries have widespread sustained community transmission and a [Level 3 Travel Advisory](#) to avoid all nonessential travel: **China, Italy, Iran, and South Korea.**

As of March 5, the [Centers for Disease Control and Prevention \(CDC\)](#) has reported 99 cases and 10 deaths due to COVID-19 in the US. An additional 49 cases have been reported amongst persons repatriated to the US from Wuhan, China, and from the Diamond Princess Cruise Ship.



As of March 4, the [California Department of Public Health](#) has reported 53 cases and one death. **We continue to have no known confirmed cases in Santa Barbara County.**

Symptoms

Reported illness has ranged from mild symptoms to severe illness and death. Most patients with confirmed COVID-19 have developed fever and/or symptoms of acute respiratory illness (e.g., cough, difficulty breathing). Symptoms appear approximately 2-14 days after exposure.

Transmission

Based on what is currently known about COVID-19 and other coronaviruses, **spread is thought to occur mostly from person-to-person via respiratory droplets among close contacts.** Some spread may be possible before people show symptoms of illness or through contact with infected surfaces.

Diagnosis & Testing

The CDC updated its [Criteria to Guide Evaluation of PUI for COVID-19](#) on March 4.

Decisions on which patients receive testing should be based on the local epidemiology of COVID-19, as well as the clinical course of illness. Clinicians are strongly encouraged to test for other causes of respiratory illness, including infections such as influenza.

Epidemiologic factors that may help guide decisions on whether to test include: any persons, including healthcare workers, who have had close contact with a laboratory-confirmed COVID-19 patient within 14 days of symptom onset, or a history of travel from affected geographic areas within 14 days of symptom onset.

Testing must be approved by the Santa Barbara County Public Health Department. If you suspect that your patient has COVID-19, please contact us immediately to discuss the case with a Health Officer. We are available 24/7 at (805) 681-5280.

Prevention & Treatment

There is currently **no vaccine** to prevent coronavirus disease 2019 (COVID-19). However, the CDC recommends the following everyday preventive actions to help prevent the spread of all respiratory diseases:

- Avoid close contact with people who are sick
- Avoid touching your eyes, nose, and mouth
- Stay home when you are sick
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Cover your cough or sneeze with a tissue or your sleeve
- Wash your hands often with soap and water for at least 20 seconds
 - If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.

CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19. Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others.

In addition, all **travelers returning from countries with a Level 3 Travel Advisory are advised to stay home for 14 days** and practice social distancing. They should contact their providers by phone if they develop symptoms suggestive of COVID-19 during this period.

There is **no specific antiviral treatment** recommended for COVID-19. People with COVID-19 should receive supportive care to help relieve symptoms. For severe cases, treatment should include care to support vital organ functions.

Infection Prevention & Control Recommendations in Healthcare Settings

Infection control procedures including administrative rules and engineering controls, environmental hygiene, correct work practices, and appropriate use of personal protective equipment (PPE) are all necessary to prevent infection spread during healthcare delivery.

Healthcare facilities are advised to use standard, contact, and airborne precautions, including eye protection, when evaluating possible cases of COVID-19. Please see the PHD COVID-19 Provider Checklist on the [PHD COVID-19 webpage](#) for step by step guidance on protection of your facility healthcare workers and patients.

The CDC has issued guidance about the [use of N95 respirators beyond the manufacturer-designated shelf life](#). The CDC has also issued guidance to [prevent the spread of COVID-19 in long-term care facilities](#).

Resources

The Santa Barbara County Public Health Department is working closely with state and federal agencies to monitor the evolving COVID-19 situation and update guidance as needed. Additional information is available from the following sources:

1. Santa Barbara COVID-19 recorded hotline (805) 681-4373
2. [Centers for Disease Control and Prevention \(CDC\) Coronavirus Disease 2019](#)
3. [California Department of Public Health \(CDPH\) Coronavirus Disease 2019 \(COVID-19\)](#)

[Santa Barbara County Public Health Department Coronavirus Disease 2019 \(COVID-19\)](#)