



COVID-19 GUIDANCE

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What is a pandemic?

- From Pandemos: Pan = All, Demos = People
- Epidemic: A rise in the number of cases of disease in a geographic area above what is expected.
 - Examples: Ebola, Zika
- Pandemic: An epidemic that has spread over a large area.
 - Examples: COVID-19, Spanish Flu (H1N1) of 1918

What is COVID-19?



- Novel betacoronavirus, no prior human immunity
- Now known as SARS-CoV-2 (severe acute respiratory syndrome coronavirus 2)
- Bats are likely primary source
- Two types: type L and type S
- First identified in Wuhan, China in December 2019
- Incubation period (time from infection to symptom presentation) can be up to 14 days, but average is 4-5 days
- Currently 270,000+ cases world-wide with 11,000+ deaths
 - US: 18,000+ cases with 230+ deaths

How is it transmitted?



- Respiratory droplets
 - Respiratory droplets occur when an individual talks, coughs or sneezes
 - The droplets are either inhaled or enter the body through direct contact with mucous membranes (eyes, nose or mouth)
 - Droplets do not typically travel more than 6 feet
 - Droplets remain suspended in the air for 30 minutes to 3 hours, but can remain viable on surfaces for up to 3 days!
 - Air: ~30 minutes (but disperse quickly and unlikely to cause infection unless in close proximity to infected person)
 - Copper surfaces: ~4 hours
 - Cardboard: ~24 hours
 - Plastic or stainless steel: ~3 days





Common Symptoms

- Fever (99%)
 - >100.4 °F
 - Fatigue (70%)
 - Dry Cough (59%)
 - Decreased appetite (40%)
 - Muscle aches (35%)
 - Shortness of breath (31%)
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- Most people with COVID-19 will have MILD symptoms
 - Some people may not exhibit any symptoms.

Spectrum of Illness



- **Mild illness** (no or mild pneumonia): **81%**
- **Severe illness** (shortness of breath, low blood oxygen, >50% lung involvement): **14%**
- **Critical Disease** (respiratory failure, shock, multi-organ dysfunction): **5%**

- **Current case fatality rate (CFR) is 2.3%**
 - This number is expected to drop with increasing test availability.

- **Increased risk of severe/critical disease in those with advanced age (>65yo) or medical comorbidities** (cardiovascular disease, diabetes mellitus, chronic lung disease, high blood pressure, and cancer).

- **But severe disease can still occur in the young/healthy, 40% of hospitalized patients are ages 20-54!**

Prevention

- Wash your hands
 - Wash for at least 20 seconds.
 - Soap & water work great! Anti-viral or anti-bacterial soap not necessary
 - Alcohol hand sanitizer
- Cover your mouth when you cough or sneeze
 - Use a tissue if available
- Avoid touching your face
- Disinfect commonly touched surfaces
 - Use disinfecting wipes to wipe down frequently touched surfaces like door knobs, phones, hand rails
- Social distancing
 - Avoid group settings
 - STAY HOME if you are sick or immunocompromised
 - Avoid close contact with other people (>6 feet)



Why social distancing?



- Situation in Italy
 - Higher CFR due to large elderly population and overwhelmed healthcare system
- The US has a robust public health infrastructure and healthcare system, but hospitals are not designed for an influx of infectious disease. Despite the pandemic, normal illnesses and injuries are occurring that will require hospitalization (heart attacks, strokes, trauma, appendicitis etc.) If the spread of disease is not limited, available hospital beds, medical personnel and medical supplies can be easily overwhelmed leading to a breakdown in healthcare delivery.
- Because no vaccine or treatment is available, the best way to slow COVID-19's spread is to avoid contact with other people.

To test or not to test?



- COVID-19 testing is not currently available on CVN-75 (required to be shipped to CDC on ice within 24hrs), but is available stateside and should only be administered if the diagnosis is in question
- Confirmatory COVID-19 testing does NOT change clinical management and treatment remains mainly symptom driven



Should you see a doctor?

- On shore, if you have a fever, cough or trouble breathing and think you may have been exposed to COVID-19, you should **CALL** your clinic, the NMCP COVID-19 hotline or the Tricare Nurse Advice Line.
- You may have been exposed if in the last 14 days:
 - You were in close contact with a person who has the virus (<6 feet)
 - You lived in or traveled to an area where lots of people have the virus (China, Italy, Spain, Bahrain)
 - You went to an event where there were known cases of COVID-19
- The Tricare Nurse Advice Line is available 24/7 and can be reached at **1-800-874-2273, option 1**
- The NMCP COVID-19 Hotline is **757-953-6200**
- **Please call first to avoid exposing yourself or others!**

Treatment



- Treatment is supportive and targeted toward symptoms
 - Tylenol for fever control
 - Emerging evidence to avoid NSAIDs during treatment
 - Isolation at home until recovered
- Time to recovery for mild infections is about **two weeks**.
 - Isolation can be discontinued once a patient has been without a fever or respiratory symptoms for at least 72 hours (without medications) **and** at least seven days have passed since symptom onset.

What are we doing on board



- Increasing the frequency of cleaning frequently touched surfaces (ladder well handrails, hatch handles, door knobs)
- Screening embarking personnel
- Surveying the crew daily for viral illnesses
- Prepping response plans
- Crew education
- **THERE ARE CURRENTLY NO CASES OF COVID-19 ON BOARD.**

Key Points



- **There are no cases currently on board the HST**
- New virus, no prior immunity
- If infected, most will experience **MILD** symptoms.
- Wash your hands!
- Put water in your face, not your hands
- Practice social distancing. If you are sick, stay at home!
- There is no vaccine, treatment is mainly supportive and symptom driven

Resources



- **UpToDate**

- https://www.uptodate.com/contents/coronavirus-disease-2019-covid-19-the-basics?topicRef=126981&source=see_link

- **CDC**

- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

- **World Health Organization (WHO)**

- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>