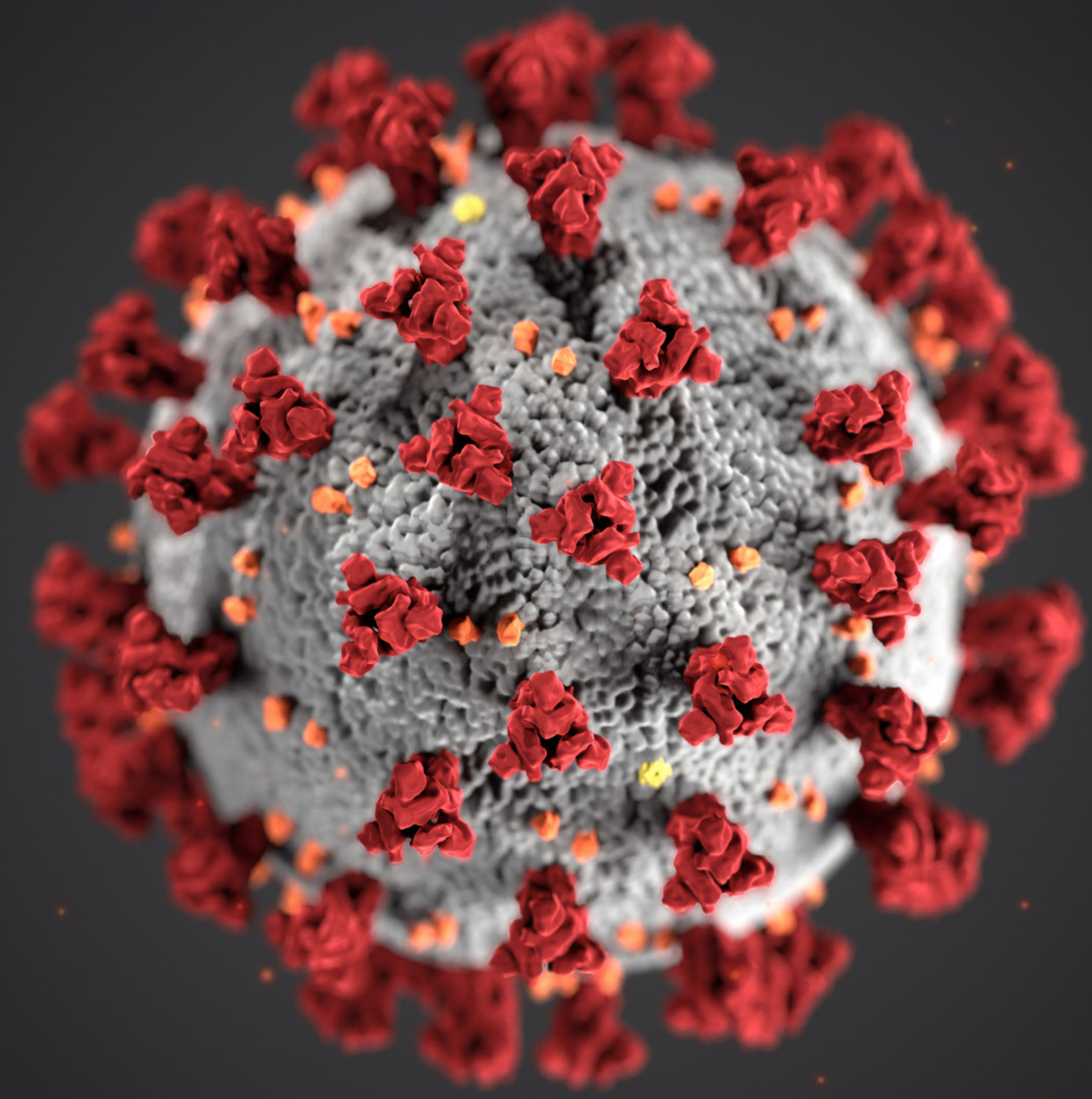


From: [Hashimoto, Sara H](#)
To: [Takenaka, Gavin K](#)
Subject: COVID 19 informational brief
Date: Friday, September 18, 2020 3:22:57 PM
Attachments: [COVID19-Training Course-v9.2.pdf](#)

You probably got this, but this is from National Guard.

Sara Hashimoto, Psy.D.
Mental Health Section Administrator (MHSA)
Dept of Public Safety/Health Care Division
Oahu Community Correctional Center
Main: (808) 832-1683; Direct: (808) 832-3765
Email: sara.h.hashimoto@hawaii.gov



COVID-19: Informational Brief

PRESENTED BY
TASK FORCE MEDICAL

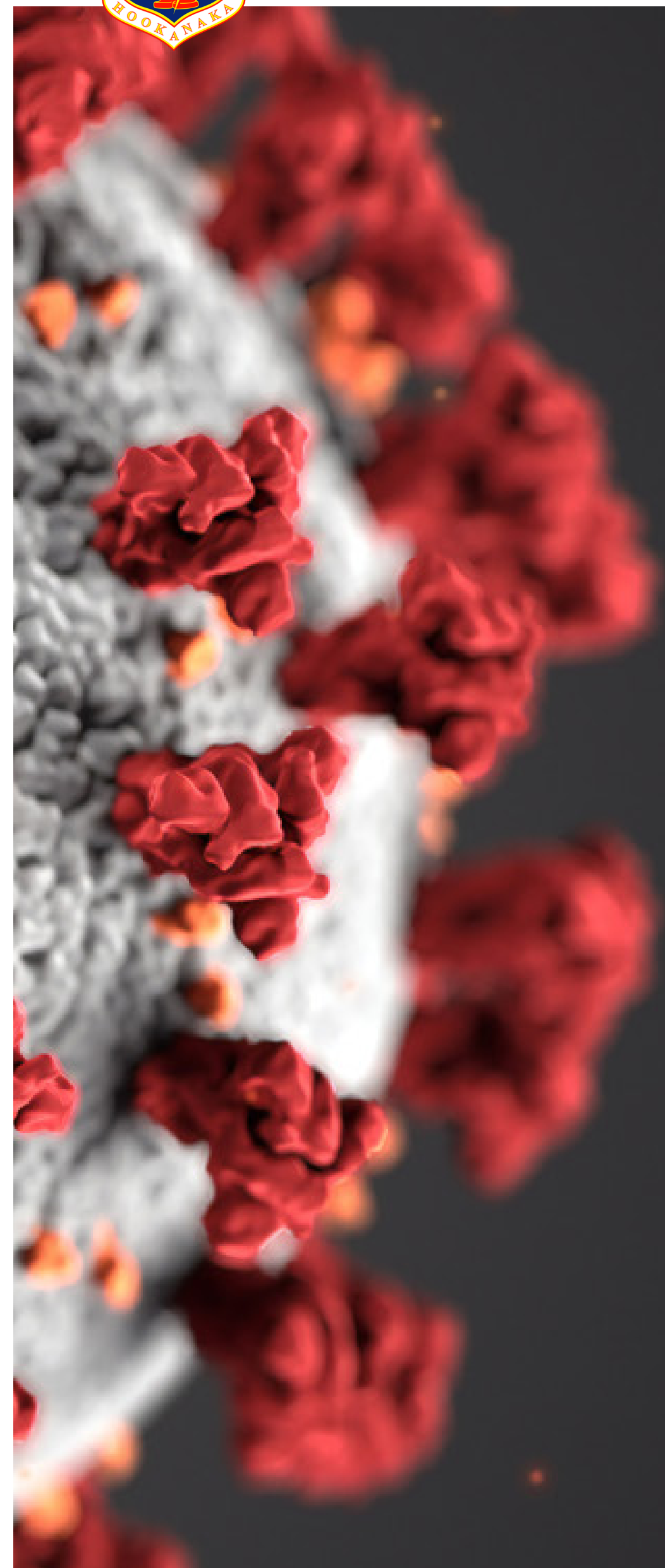


Table of Contents

Due to the changing needs and adjustments to COVID-19, the information in this document is subject to change without prior notification.

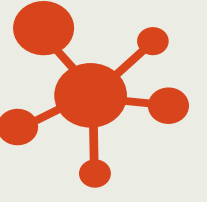
Last revised **08/22/2020**

- Introduction
- What is COVID-19?
- Chain of Infection
- Signs & Symptoms
- Proper Hand Hygiene
- Personal Protective Equipment (PPE)
- Cleaning & Disinfecting
- COVID-19 Mitigation in the Classroom

Introduction

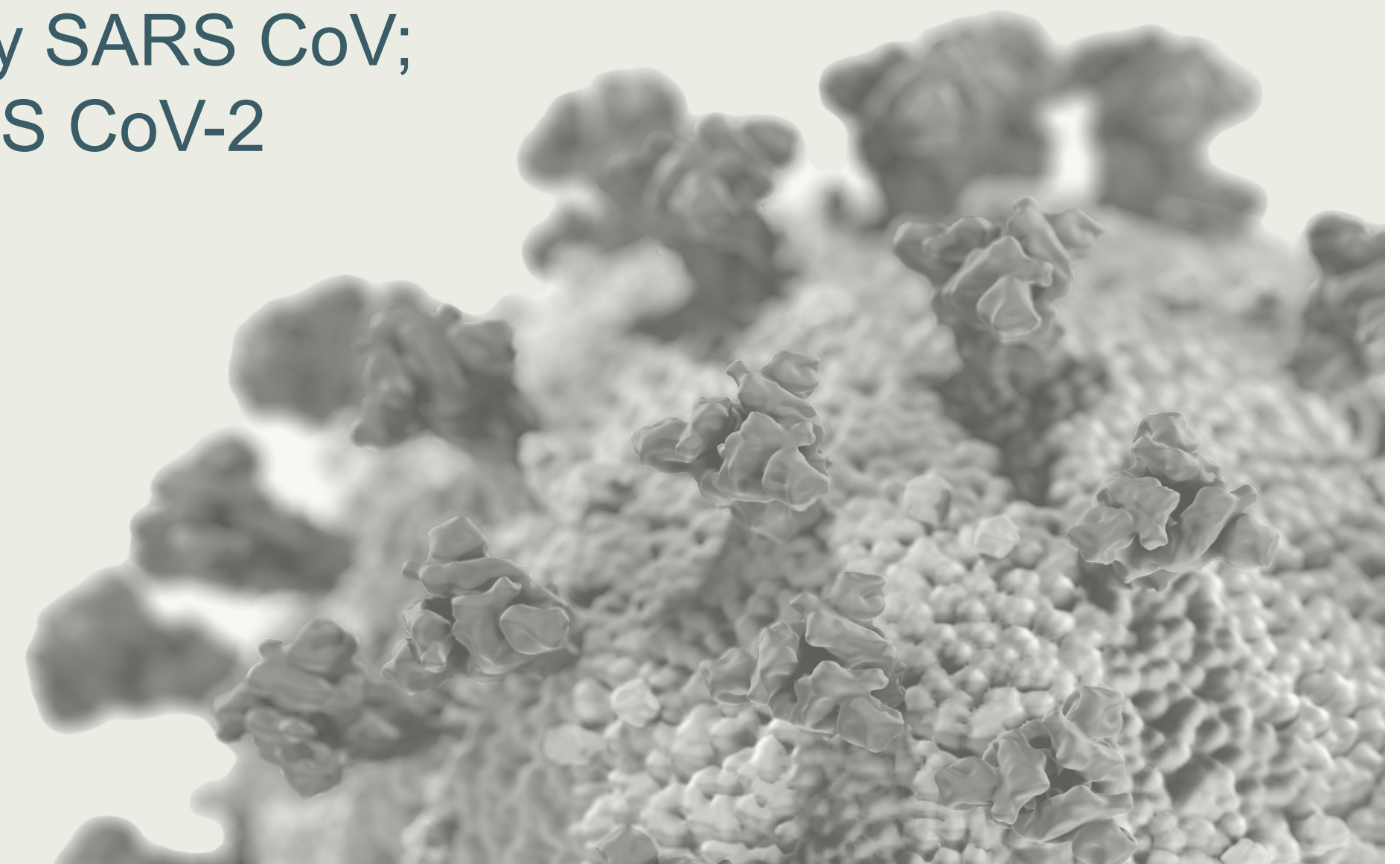
WHAT IS COVID-19?

- Type of coronavirus never seen before in humans
- Called coronavirus due to the spikey projections on their surface
- Diverse family of viruses, which includes those that cause SARS and COVID-19
- **CO** corona, **VI** virus, **D** disease, **2019**

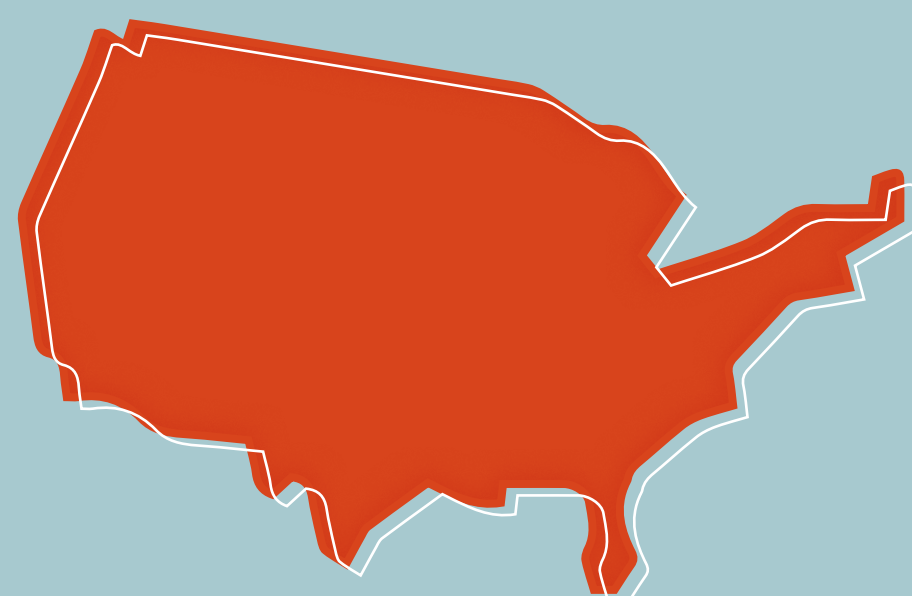


Is it the same as Severe Acute Respiratory Syndrome (SARS)?

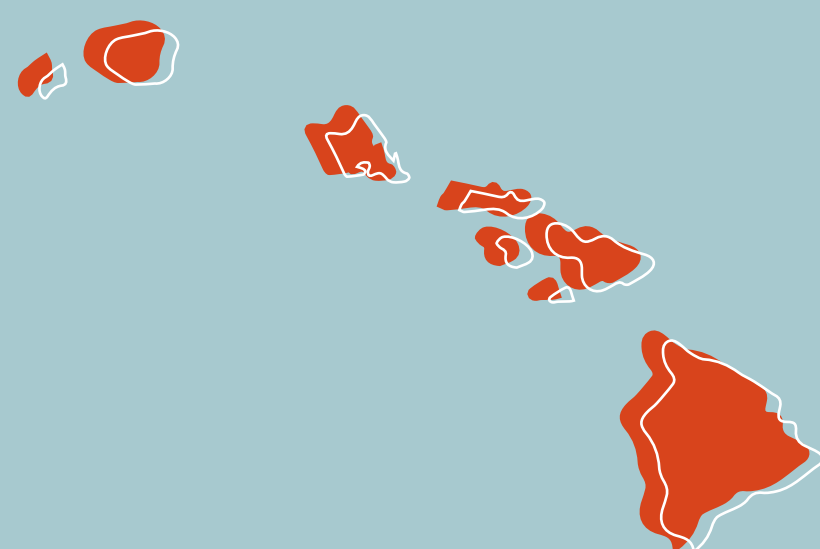
- Both SARS and COVID-19 are caused by coronaviruses
- SARS is caused by SARS CoV; COVID 19 by SARS CoV-2



as of August 22, 2020—



5,648,235 CASES
175,843 DEATHS
(3.1% death rate)



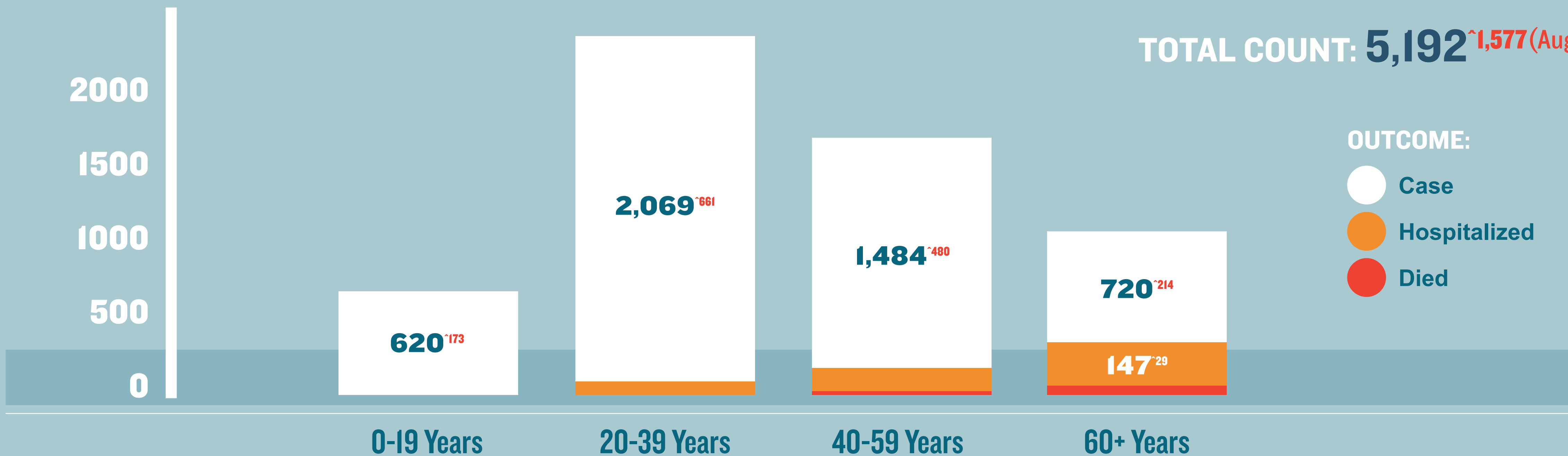
6,072 CASES
46 DEATHS
(0.7% death rate)

- Progress/possible effectiveness of vaccine/vaccine development unknown
- Reopening schools across the state
- Learn & follow guidelines for recommendations set forth by the Hawaii State Department of Health (DOH) and Centers for Disease Control & Prevention (CDC) to mitigate the spread of COVID-19

Age of COVID-19 Cases, Hospitalizations, and Deaths, Hawaii 2020

Includes all cases diagnosed in-state (excludes residents diagnosed out-of-state)
 Updated **Aug 17, 2020**

TOTAL COUNT: 5,192^{^1,577}(Aug 10)



OUTCOME:

- Case
- Hospitalized
- Died

AGE GROUP

Percent of Cases That Were Hospitalized or Died by Age Group

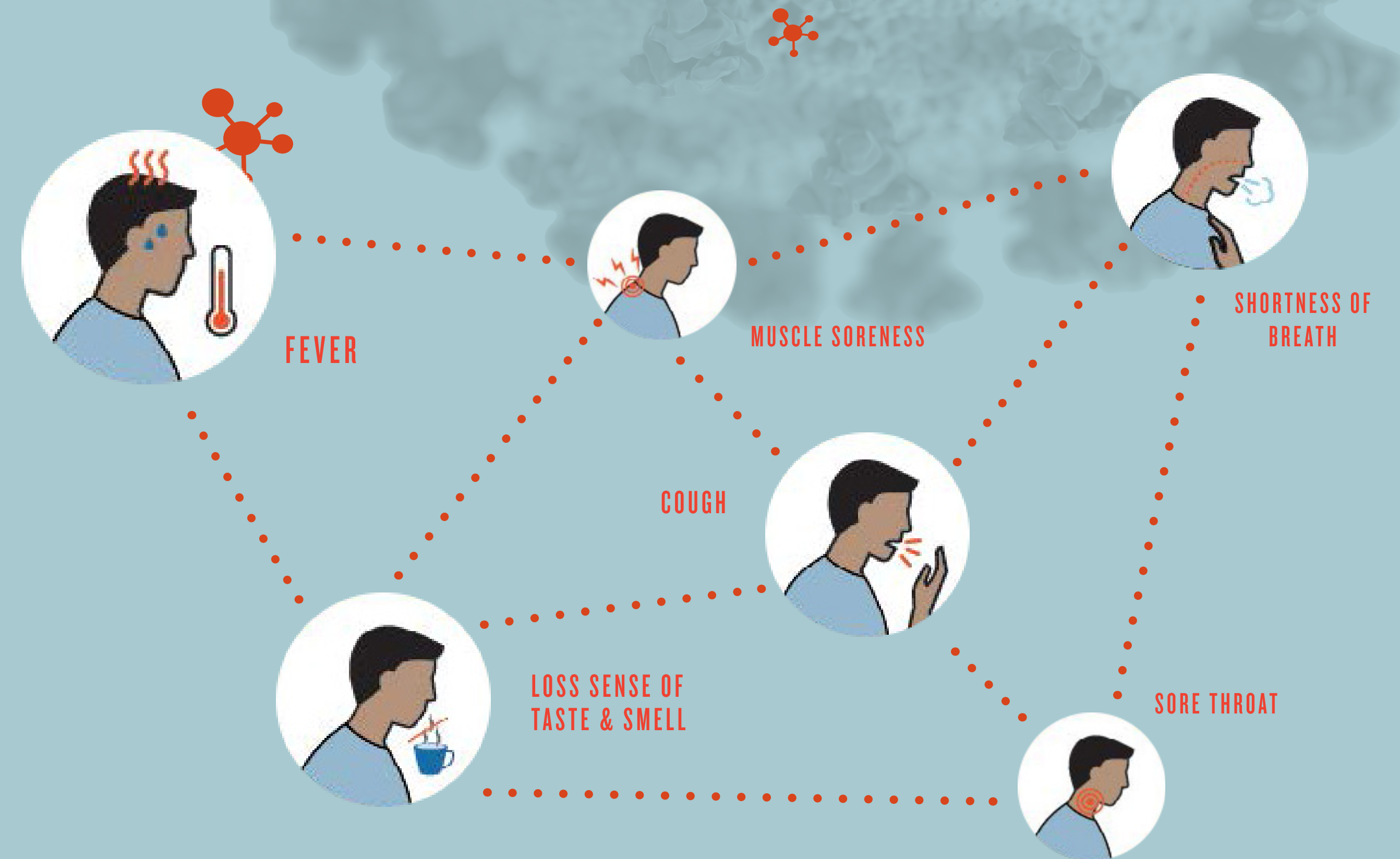






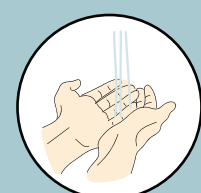
Signs & Symptoms

- ❑ Feverish or chills
- ❑ Cough
- ❑ Shortness of breath/difficulty breathing
- ❑ Fatigue
- ❑ Muscles or body aches
- ❑ Headache
- ❑ New loss of taste or smell
- ❑ Sore throat
- ❑ Congestion or runny nose
- ❑ Nausea or vomiting
- ❑ Diarrhea

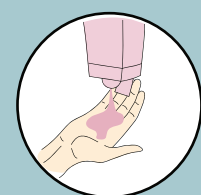


Proper Hand Hygiene

WASHING HANDS (PREFERRED)



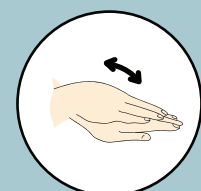
Wet your hands with clean, running water (warm or cold), and apply soap



Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.



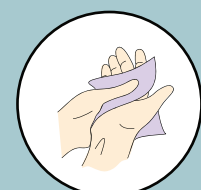
Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.



Rinse your hands well under clean, running water.



Dry your hands using a clean towel or air dry them.



Why 20 seconds? — CDC recommended minimum amount of time to be most effective

HAND SANITIZER (IF CAN'T WASH HANDS)

Apply a coin sized amount of product to the palm of one hand

Rub the gel over all the surfaces of your hands and fingers until your hands are dry.



- This should take around **20 seconds**
- Sanitizers can quickly reduce the number of germs on hands in many situations
- Sanitizers do not get rid of all types of germs
- Hand sanitizers may not be as effective when hands are visibly dirty or greasy

• FDA is advising consumers to be cautious when using certain Hand Sanitizers (*refer to FDA Recall list*).

» Hand sanitizers containing Methanol are not approved or advised for use.

Examples of FDA Recalled Hand Sanitizers:

- ◇ Blumen hand sanitizer
- ◇ Hello Kitty hand sanitizer
- ◇ Modesa hand sanitizer



Personal Protective Equipment

- Specialized clothing or equipment worn for protection and to prevent spread of germs
- Must be used with precautionary measures such as hand washing and physical distancing to be effective.
- Improper use of PPE can lead to self contamination



Are Masks Really Effective?



Cloth Mask

Reduces spread of respiratory droplets from wearer

0-7% of larger respiratory droplets



Surgical Mask

Protects other people from wearers droplets

60% of smaller inhaled particles



N95 Respirator

Filters extremely small particles from the air

95% of smaller inhaled particles



Why Wear a Face Mask?

The purpose of masks is to keep respiratory droplets from reaching others to aid source control

Droplets can land in the mouth or nose of people who are nearby or possibly be inhaled into the lungs.

*CENTERS FOR DISEASE CONTROL AND PREVENTION



How to Properly Wear a Face Mask



Remove mask properly

only handling it by the strings or loops. Try not to touch face when removing mask then immediately wash hands.

- Fit snugly against the face
- Secured with ties or ear loops
- Breathing without restriction
- If mouth and nose is not completely covered, the mask will **NOT** be effective
- Wash or sanitize hands after touching the mask
- Carry extra mask in case one gets soiled
- Wash mask daily

Face Shield

Protects:



FACE



NOSE



EYES



MOUTH

- Face Shields should cover your forehead, extend below chin and wrap around side of face
- Disposable face shields should be discarded after each use
- Re usable face shields should be cleaned and disinfected

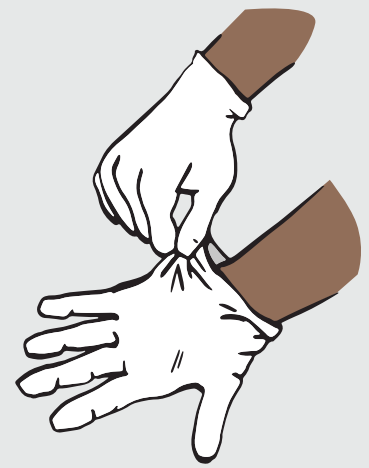
UTILIZING FACE SHIELDS

- Special needs students; where facemask is not appropriate
- Health aids handling students who are suspected of COVID-19 infection
- Direct contact with students or staff where medical care is required



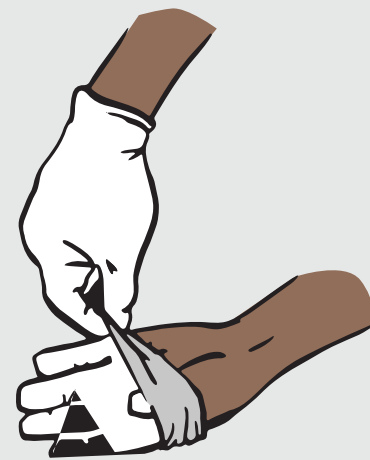
How to Remove Gloves

1



Grasp the outside of one glove at the wrist.
Do not touch your bare skin.

2



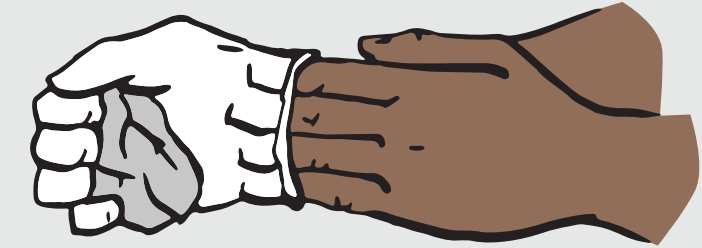
Peel the glove away from your body,
pulling it inside out.

3



Hold the glove you just removed in
your gloved hand.

4



Peel off the second glove by putting your fingers
inside the glove at the top of your wrist.

5



Turn the second glove inside out while pulling
it away from your body, leaving the first glove
inside the second.

6



Dispose of the gloves safely. Do not reuse the gloves.

7



Clean your hands immediately after removing gloves.



COVID-19: Cleaning & Disinfecting

Guidelines for Proper Cleaning & Disinfecting
Frequently Touched Surfaces

Cleaning vs Disinfecting

Cleaning

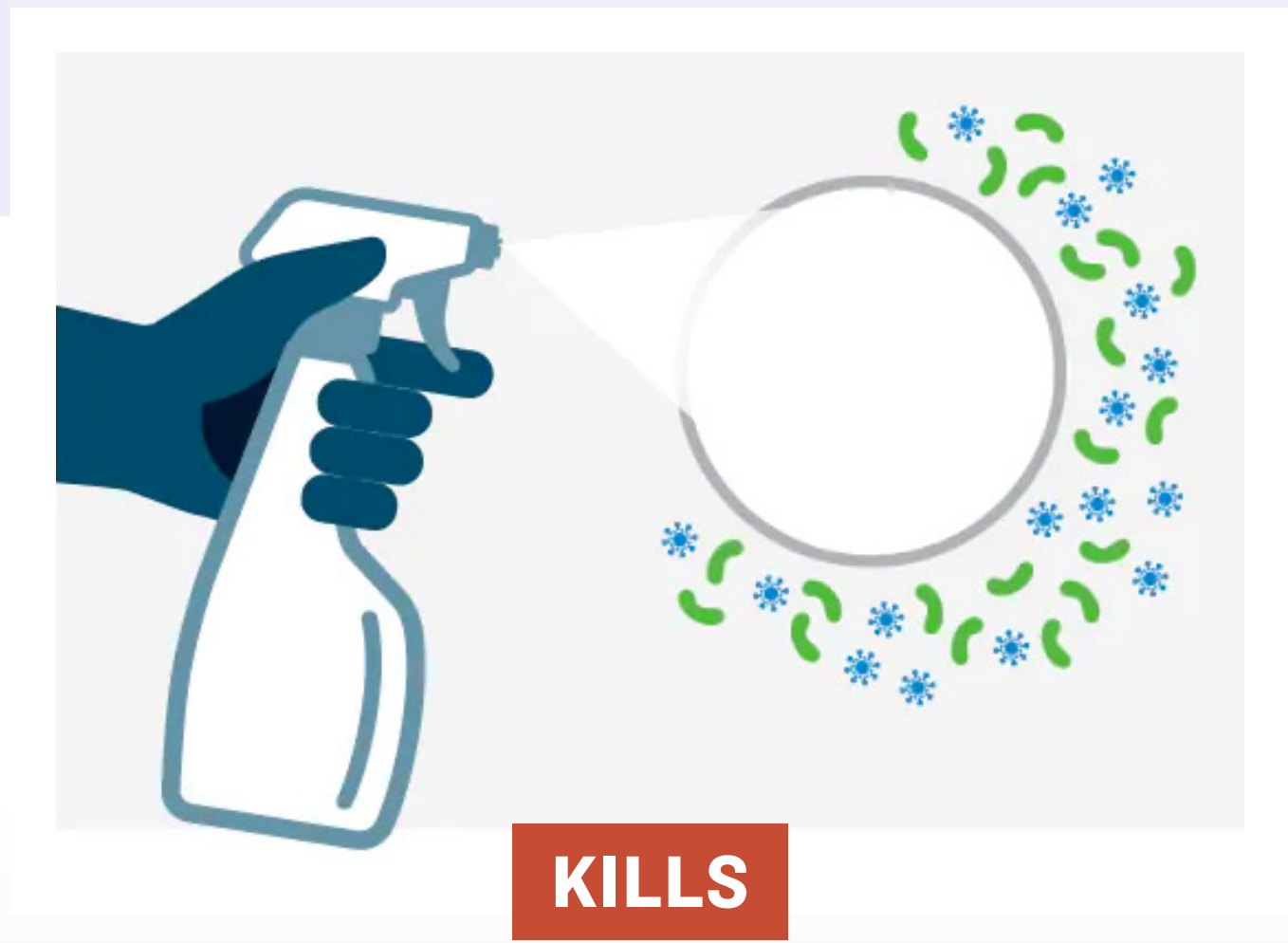


Germs, dirt, or contamination on surfaces

Good ✓

VS

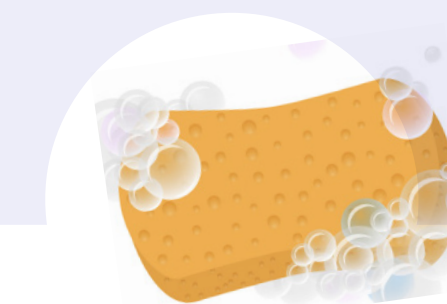
Disinfecting



Germs, viruses by using chemicals

Better ✓✓✓

6 Steps for Safe & Effective Disinfectant Use



1 Check
that your product is
EPA-approved

Visit EPA's website at:
[epa.gov/listn](https://www.epa.gov/listn)

2 Read
the directions

Follow product's directions.
Check "use sites" and
"surface types" to see where
you can use the product.

3 Ensure
adequate ventilation

Open windows or doors
for airflow.

4 Wear
gloves & wash
your hands

Discard disposable gloves
after each cleaning. Dedicate
a pair to disinfecting COVID-19
if using reusable gloves.
Wash hands after using
gloves.

5 Clean
the surface

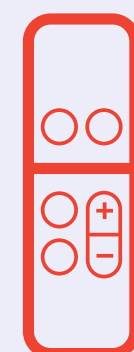
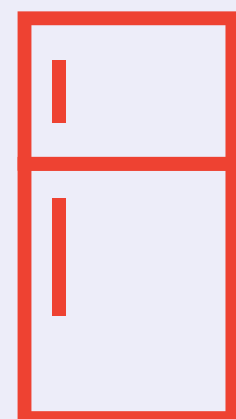
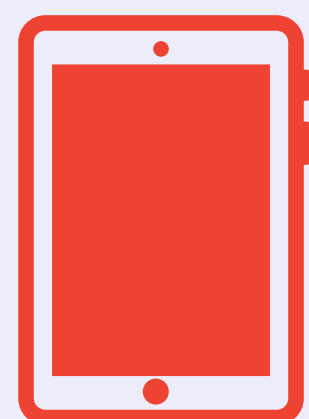
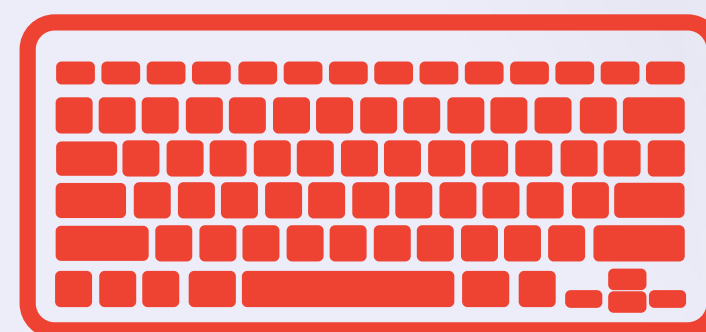
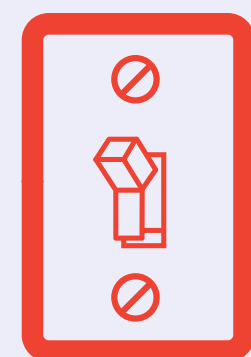
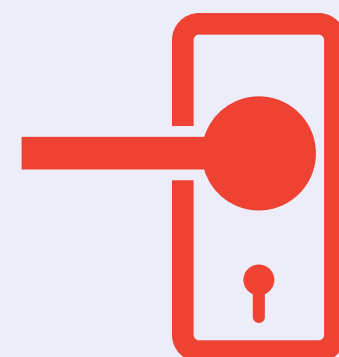
Wash the surface with soap
and water if directions
mention pre-cleaning or if
surface is visibly dirty.



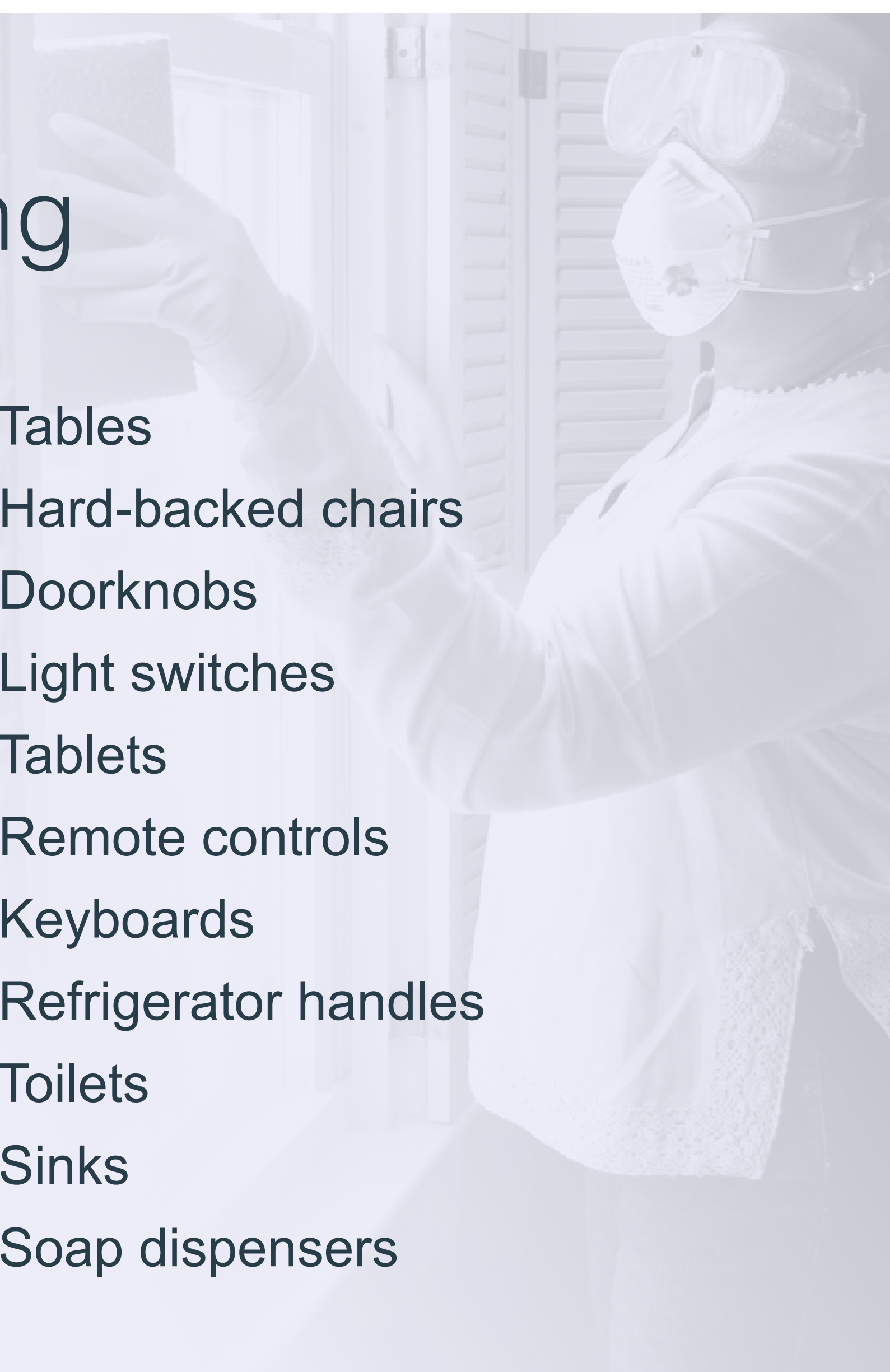
6 Follow the contact time

Find the contact time in the directions. Surface should remain
wet the whole time to ensure product is effective.

Recommendations for Routine Cleaning



- Tables
- Hard-backed chairs
- Doorknobs
- Light switches
- Tablets
- Remote controls
- Keyboards
- Refrigerator handles
- Toilets
- Sinks
- Soap dispensers



COVID-19 Viability on Various Surfaces

- **Paper** for up to **30 mins**
- **Tissue paper** for up to **30 mins**
- **Wood** for up to **a day**
- **Cloth** for up to **a day**
- **Glass** for up to **2 days**
- **Bank notes** for up to **2 days**
- **Stainless steel** for up to **4 days**
- **Plastic** for up to **4 days**
- **Inner layer of a mask** for up to **4 days**
- **Outer layer of a mask** for up to **7 days**



Recommendations Continued



Clean & Disinfect Daily

Clean & disinfect highly touched surfaces daily



Clean & Disinfect Timely

Staff should also clean between class changes

SHARED ROOM

- Clean & disinfect after each use

DEDICATED ROOM

- Reduce cleaning frequently to ***"as-needed"***

— Laundry Best Practices



DO NOT shake
dirty laundry



clean reusable items using
warmest water setting &
dry completely

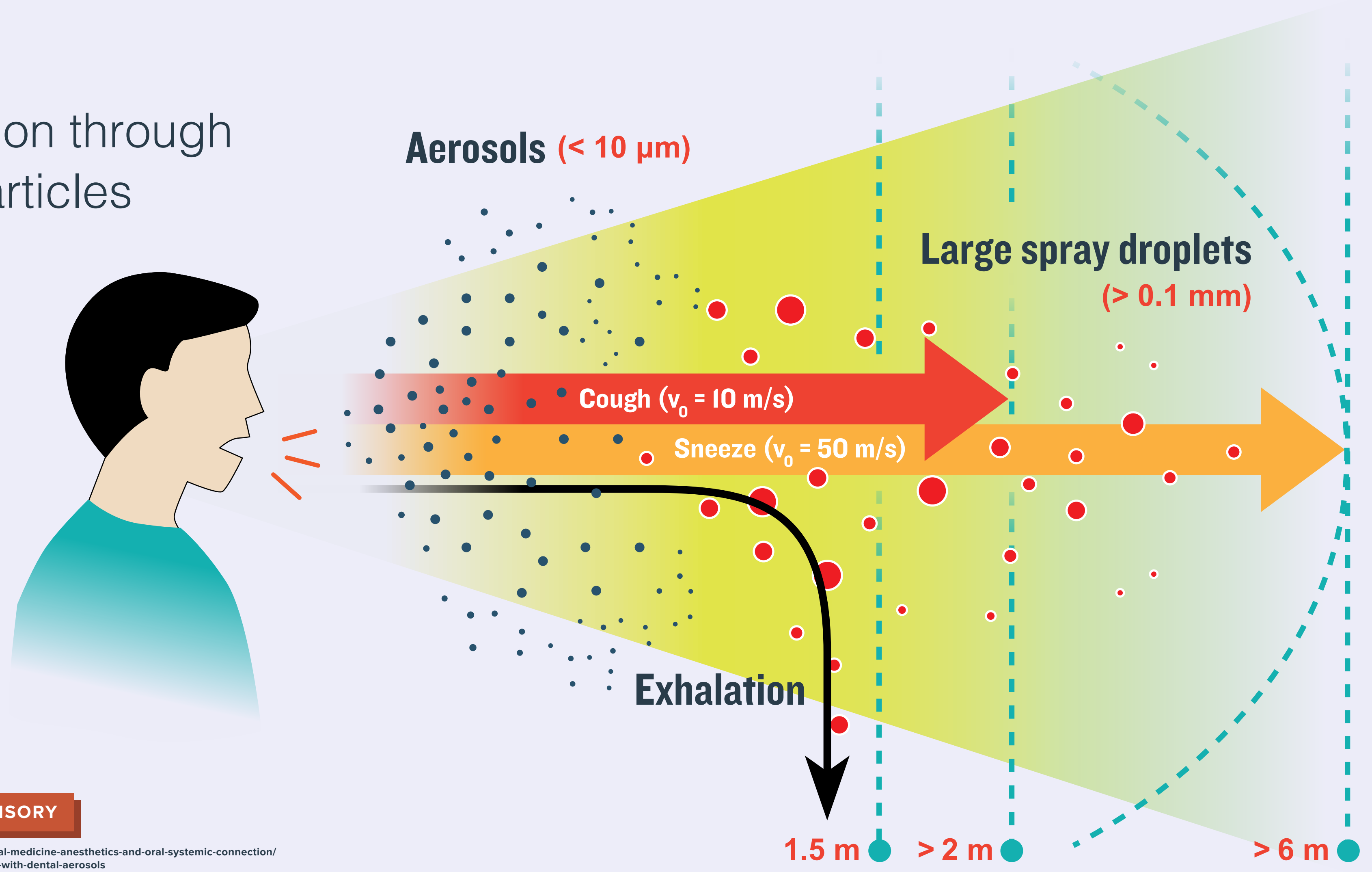


clean & disinfect
hampers. Place bag liner
(disposable or laundered)



wash hands
immediately after

COVID-19 Transmission through Aerosol Particles



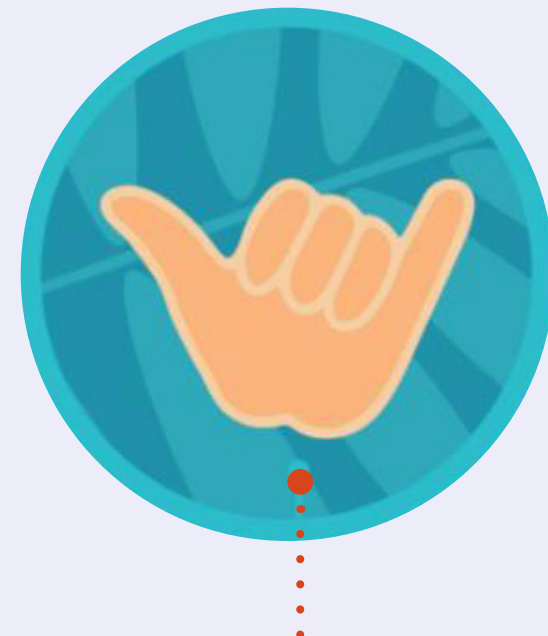
PERIO-IMPLANT ADVISORY

perioimplantadvisory.com/periodontics/oral-medicine-anesthetics-and-oral-systemic-connection/article/14173521/covid19-and-the-problem-with-dental-aerosols

Safe Practices, Safe Results



Wash your hands with soap & water



Shaka not handshake



Stay home when sick



PHYSICAL DISTANCING

Wear a face covering and physical distance more than 6 ft



*CLOSE CONTACT

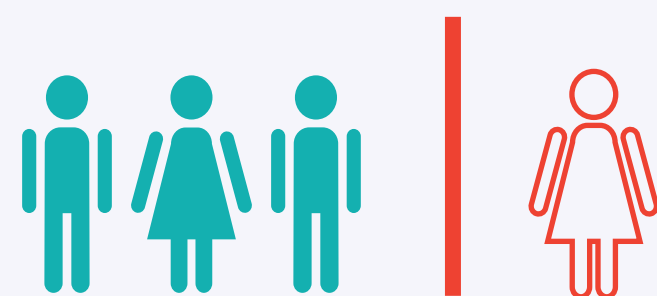
Any individual who was within **6 feet** of an infected person starting from **2 days** before illness onset or test result, for **at least 15 minutes** or directly in contact with the infected person's secretions (e.g. coughed on).

COVID-19 Mitigation in the Classroom

- **Practice proper physical distancing** by maintaining six-feet apart to the extent possible.
- **Establish clear policies for student entry and dismissal** that ensure physical distance between individuals.
- **Install physical barriers** (e.g., shower curtain or flexible partitions) in areas where it is difficult for individuals to remain at least six feet apart.
- **Minimize the sharing of items** that are difficult to clean or disinfect.
 - e.g., assistive devices, reading material, specialized equipment.
- If food is offered at any event, **have pre-packaged boxes or bags** for each attendee, no potluck or family style meals
 - » Avoid sharing of foods and utensils



When a Student Becomes Sick



Isolate the sick student

Isolate the sick student from those who are well, in a **supervised** area with good **ventilation**



Call the student's parent/legal guardian

The School Health Assistant (SHA) will call the student's parent/legal guardian to pick up the student



Designate a waiting area for a sick student

DO NOT have the student wait at the main office or any high traffic area

RECOMMENDATIONS BASED ON HAWAII DEPARTMENT OF EDUCATION FY 2020-2021



If a student is experiencing symptoms of respiratory illness or influenza, he/she should isolate & remain home until directed by clinician to return to school



Recommendation for Potential Illness

INCUBATION PERIOD

Typically, a person develops symptoms 5 days after being infected, but symptoms can appear as early as 2 days after infection or as late as 14 days after infection, and the time range can vary.

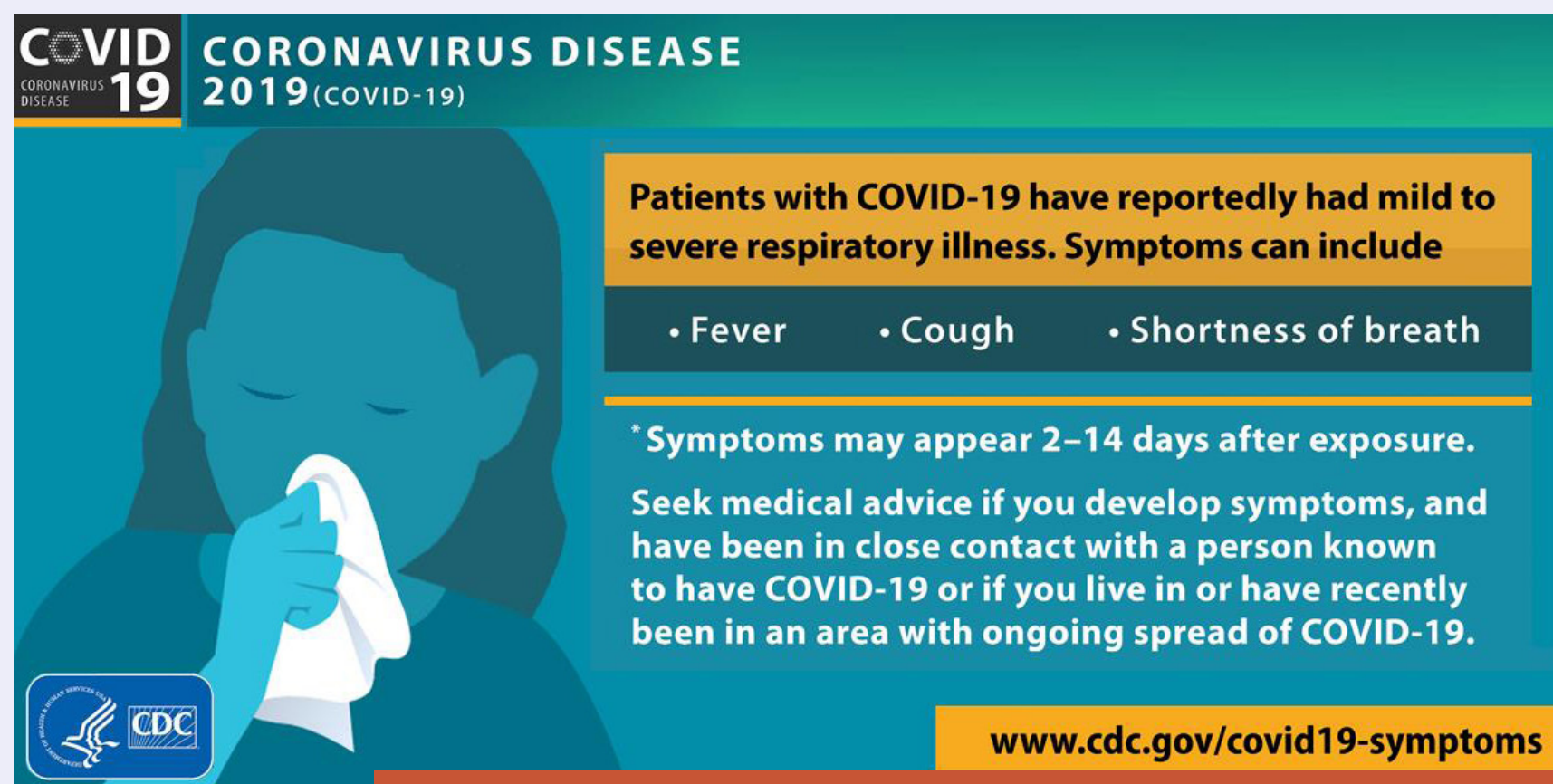
TESTING

✓ If you test positive:

- Stay home and isolate yourself from others in a different room
- Remain isolated
- Keep in contact with your PCP

✗ If you test negative:

- Means you probably were not infected at the time your sample was collected.
- This does not mean you will not get sick. The test result only means that you did not have COVID-19 at the time of testing.
- You may test negative if the sample was collected early in your infection and test positive later during your illness.
- This means you could still spread the virus. If you develop symptoms later, you might need another test to determine if you are infected with the virus that causes COVID-19.
- Remain isolated & self monitor



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How to Calculate Quarantine & Isolation Period

Cases

Symptomatic

Must be isolated for a minimum of **10 days after illness onset** and can be released after **fever-free** for at least **24 hours without fever-reducing medication and feeling well, whichever is longer**. Lingerin cough should not prevent a case from being released from isolation.



Asymptomatic

Asymptomatic or unclear illness onset date.



How to Calculate Quarantine & Isolation Period

Contacts

If close contacts have no further contact with COVID-19 person..

If close contacts have no further contact with COVID-19 person, OR if household contacts can avoid close contact with separate bedroom, close contacts must be quarantined for 14 days **regardless of negative COVID-19 test result.**



If close contacts continue to have contact with person with COVID-19..

If close contacts continue to have contact with person with COVID-19, e.g. live with and/or care for the infected person. Close contacts must be quarantined for 14 days **regardless of negative COVID-19 test result** after the case is released from isolation because exposure is considered ongoing within the house.





Questions?

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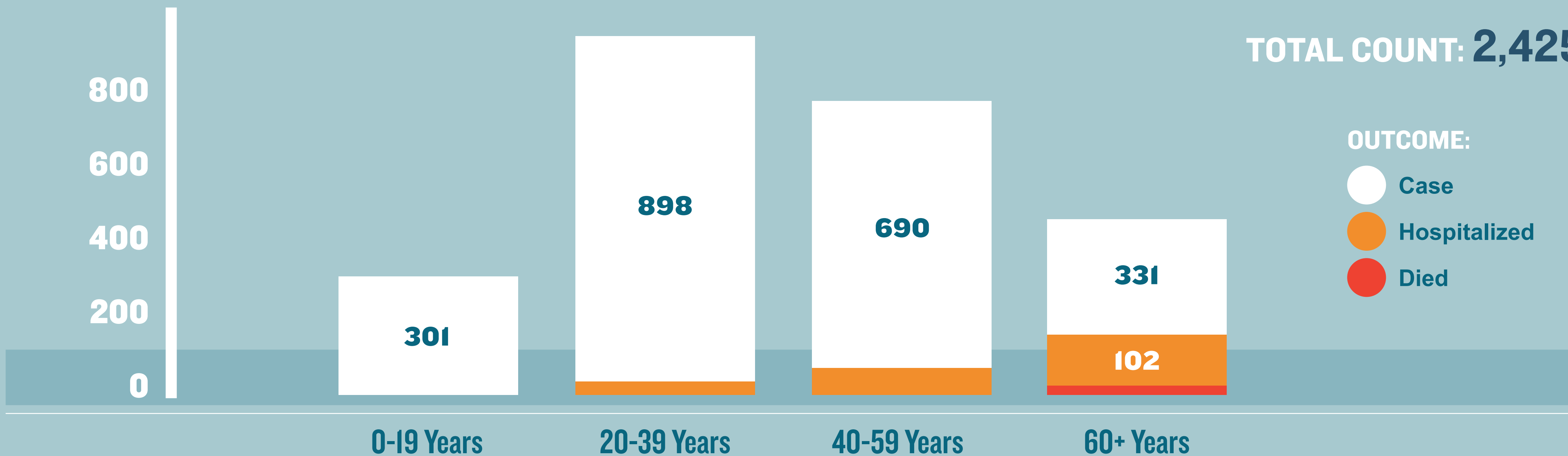
TASK FORCE MEDICAL



Age of COVID-19 Cases, Hospitalizations, and Deaths, Hawaii 2020

Includes all cases diagnosed in-state (excludes residents diagnosed out-of-state)
 Updated **Aug 3, 2020**

TOTAL COUNT: 2,425



AGE GROUP

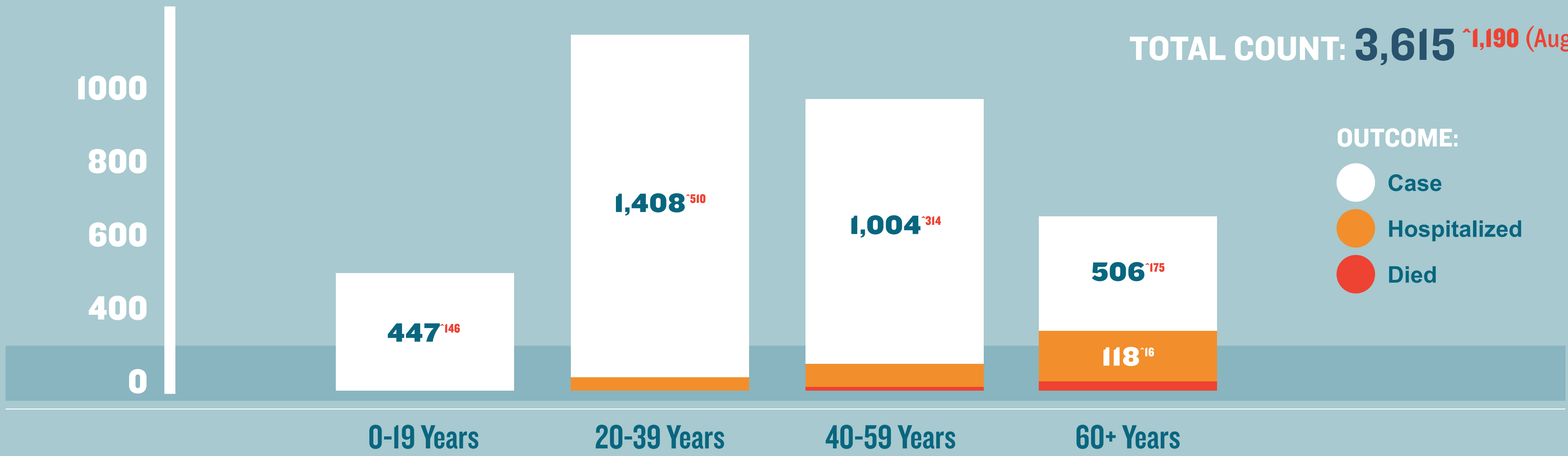
Percent of Cases That Were Hospitalized or Died by Age Group



Age of COVID-19 Cases, Hospitalizations, and Deaths, Hawaii 2020

Includes all cases diagnosed in-state (excludes residents diagnosed out-of-state)
Updated **Aug 10, 2020**

TOTAL COUNT: 3,615 ^{^1,190 (Aug 3)}

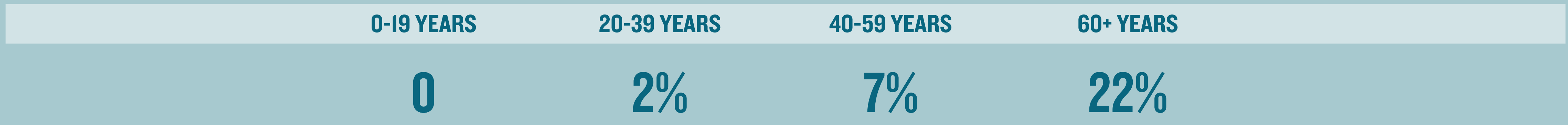


OUTCOME:

- Case
- Hospitalized
- Died

AGE GROUP

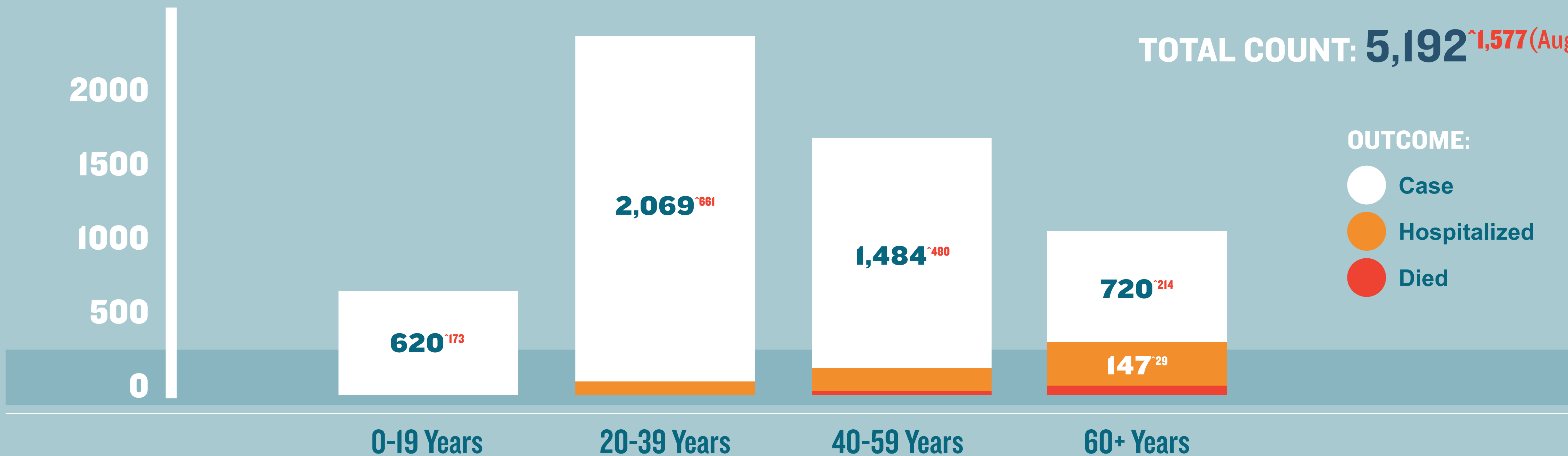
Percent of Cases That Were Hospitalized or Died by Age Group



Age of COVID-19 Cases, Hospitalizations, and Deaths, Hawaii 2020

Includes all cases diagnosed in-state (excludes residents diagnosed out-of-state)
Updated **Aug 17, 2020**

TOTAL COUNT: 5,192^{^1,577}(Aug 10)



OUTCOME:

- Case
- Hospitalized
- Died

AGE GROUP

Percent of Cases That Were Hospitalized or Died by Age Group



