

Novel Coronavirus Faith Leaders Roundtable

Webinar March 18, 2020

Public Health – Seattle & King County

Candace Jackson

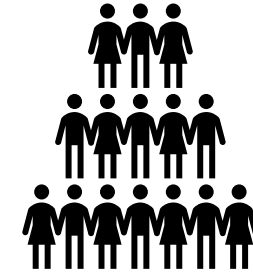
Debra Baker

Public Health
Seattle & King County



Who is most at risk of severe illness?

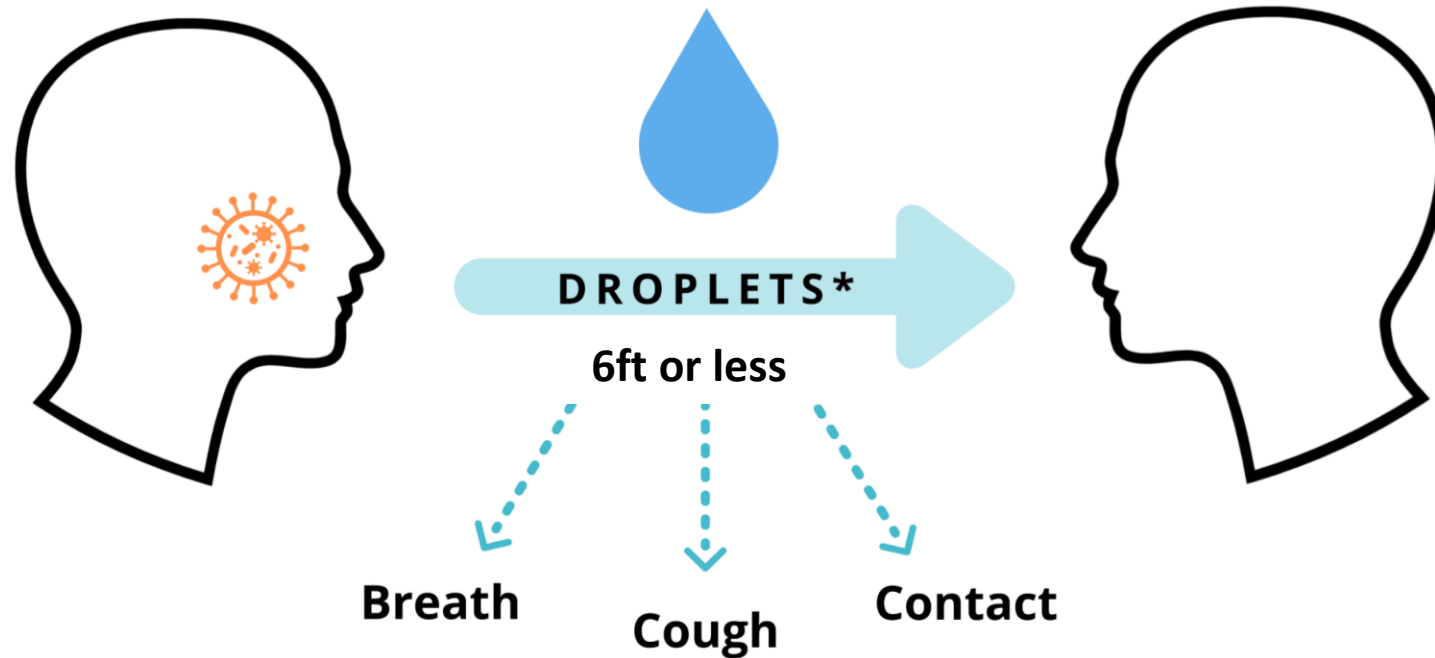
Most people have mild illness.



- Risk factors for severe illness may include:
 - Older age (60+) ... this includes healthy people
 - Underlying chronic medical conditions... managed or unmanaged
 - Weakened immune systems... cancer, organ transplants, skin conditions, immunosuppressive therapy
 - Pregnancy
- Children may have less severe illness, but can put others at risk

People at higher risk of severe illness should stay home and away from large groups of people as much as possible.

How does novel coronavirus spread?



** Droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.*

Virus can live on surfaces for several days

What are the symptoms?

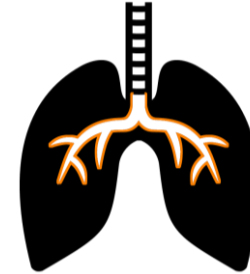
Fever



Cough

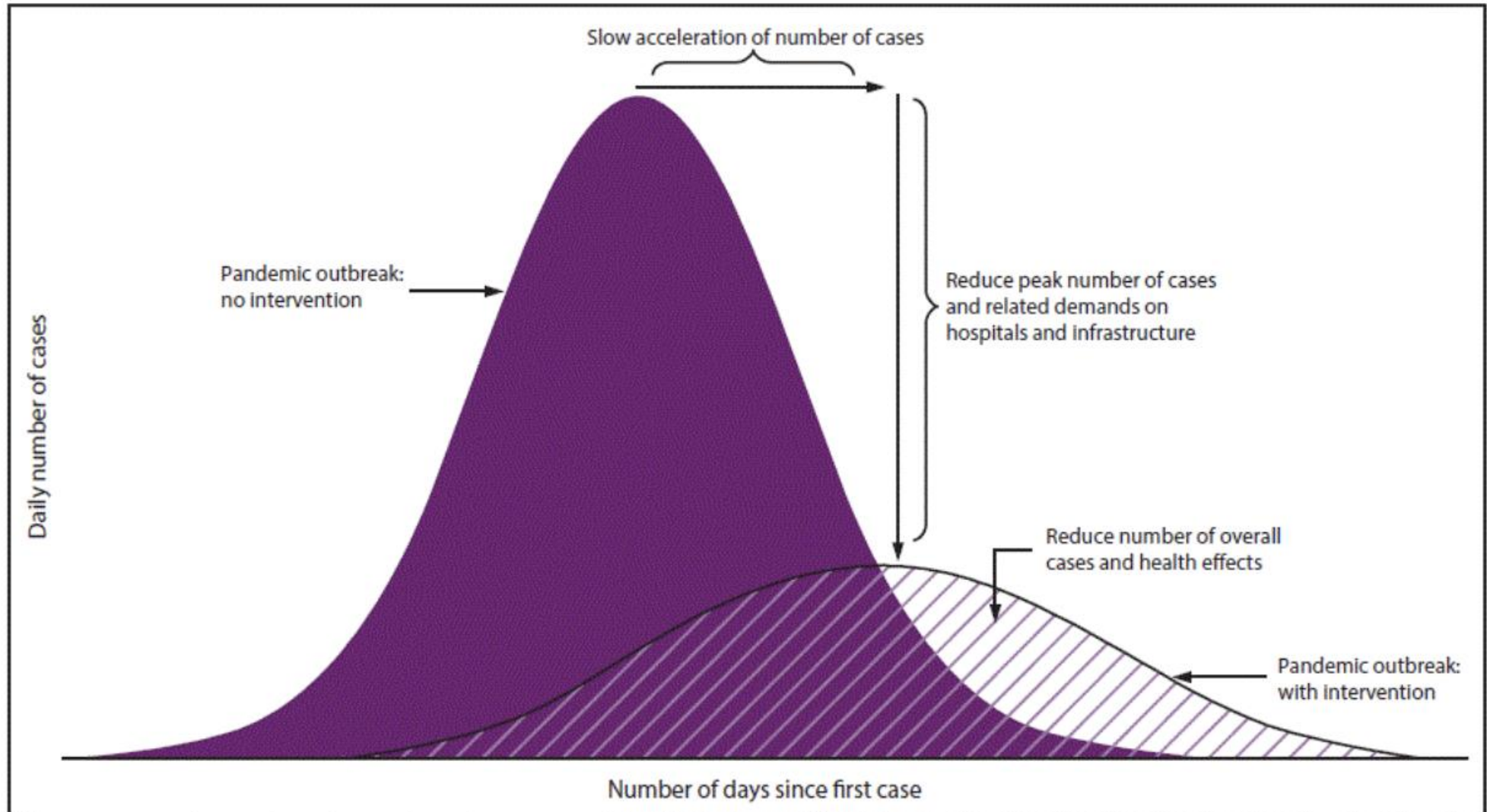


Difficulty breathing



People who have been diagnosed with novel coronavirus have reported symptoms that may appear in **as few as 2 days or as long as 14 days after last exposure to the virus.**

Slowing the Spread of Coronavirus



Steps to reduce risk of spread



Do not go to the emergency room



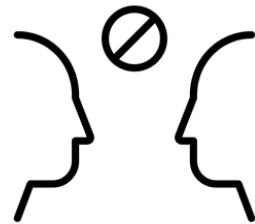
Practice excellent hygiene habits



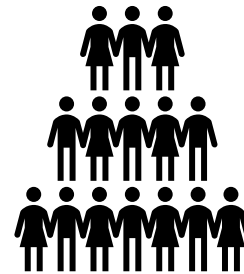
Clean frequently touched surfaces and objects



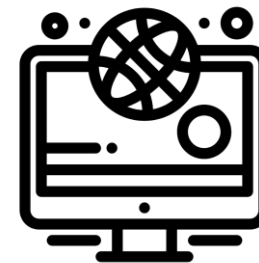
Stay home when you are sick



Avoid contact with people who are sick



Vulnerable groups avoid large gatherings



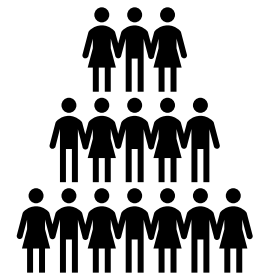
Stay informed

Public Health Orders - Gatherings

Under the Health Officer's order in King County:

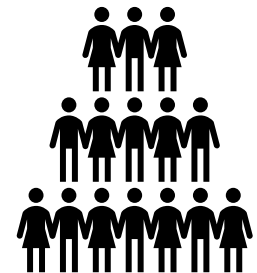
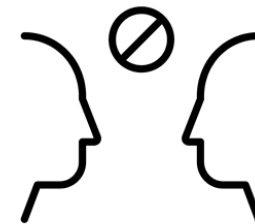
- Events with more than 50 attendees are prohibited.
- Public events with fewer than 50 attendees are prohibited, *unless event organizers can take these steps:*
 - Older and vulnerable individuals have been encouraged not to attend
 - Recommendations for social distancing and limiting close contact (6ft for 10 min) are met
 - Employees or volunteers leading an event are screened for symptoms each day
 - Proper hand washing, sanitation, and cleaning is readily available
 - Environmental cleaning guidelines are followed (e.g., clean and disinfect high touch surfaces daily or more frequently)

**Over 60? Have a chronic medical condition? Pregnant?
Avoid gatherings altogether and caring for other people's kids.**



Public Health Orders - Gatherings

- All bars, dance clubs, fitness and health clubs, movie theatres, night clubs, and other social and recreational establishments are **closed**.
- All restaurants and food service establishments are **drive-through, take-out and delivery services only**.
- Retail businesses and service operators such as grocery stores, drug stores, and other essential services remain open for now.



Public Health Orders - Gatherings

At this time, we are asking you to help us keep our community safe. Take the orders at their most conservative interpretation.

Now is not the time to look for loopholes.

Precautions for older adults and those with underlying health conditions

Health Officer Order: Older adults and individuals with underlying medical conditions that are at increased risk of serious COVID-19 are encouraged not to attend (**including employees**)

Suggestions to community/faith organizations:

- Encourage older adults (60+) and those with underlying health conditions not to attend.
- [CDC recommends](#) that at-risk individuals should stay at home, avoiding gatherings or other situations of potential exposures, including travel, **church attendance**, and **social events with 10 or more people**.
- Services/gatherings not dependent on people who are vulnerable individuals or adults 60+.
- Have extra leaders/volunteers prepared so that no leader feels pressured to attend or lead if they have any symptoms.

Supporting those more at risk who are not sick

How can faith leaders support older adults?

- While we are asking older adults over age 60 to avoid large gatherings such as church services, we also recognize that they may be in need of social and emotional support during these times. At this point in the outbreak, we do not **generally** recommend visiting elderly individuals in their homes, as this could expose the individual to disease. When possible, provide support over the phone, text, correspondence, or video calls. Check-in on older adults frequently to see how they're doing and if they need help, like dropping off food or groceries.
- However, we recognize that at certain critical moments, it may be necessary for clergy to visit someone. If that is the case, we recommend following the best public health practices such as making sure you don't have *any* symptoms of illness, avoiding touching (keep six feet away as much as possible), and washing hands prior to meeting them. Find other ways of greeting that don't involve handshaking or hugging.

Supporting those more at risk who are not sick

Check on these friends and family even more!

- They should not watch other people's children
- Call them, video chat with them often
- Drop off groceries and supplies so they don't have to be in the public
- If someone is under self- quarantine or isolation... you cannot visit them.



Social distancing to prevent prolonged close contact

Health Officer Order: Social distancing recommendations must be met (i.e., limit contact of people within 6 feet from each other for 10 minutes or longer)

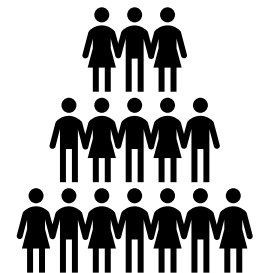
Suggestions to community/faith organizations:

- How close will people be and for how long? Organize space and flow to avoid close contact.
- Encourage greetings that don't involve close contact (no handshakes, hugs, or kisses) – verbal greetings
- Minimize activities that require close contact for more than a very brief duration, e.g., prayer next to each other, reading from a religious text together, sharing communion, passing a collection plate, etc.

Examples of Following Social Distancing

Here are some things faith leaders are doing:

- Suspending collective prayers until the health order is lifted
- Using online streaming and other webinar formats to connect
- Using tech platforms to continue collecting tithes and other donations
- Phone and video calls to support members
- Reminding people that this it is an act of love to be separate from large groups right now



Health screening for event organizers including employees and volunteers at event

Health Officer Order: Employees must be screened for coronavirus symptoms each day and excluded if symptomatic.

Suggestions to community/faith organizations:

- In advance, discourage attendance for any person who has symptoms (fever, cough and shortness of breath).
- Make a plan to screen employees or volunteers just prior to participating in the event.
- Throughout event, require anyone who has the symptoms to leave.

What do we mean by screening?

Have a process for people check their own temperature (maybe at home) and affirm they have no symptoms.

Track this over time.

| Date | | | | | | |
|---|--|--|--|--|--|--|
| AM or PM | AM | PM | AM | PM | AM | PM |
| Temperature | | | | | | |
| Felt feverish | Y N | Y N | Y N | Y N | Y N | Y N |
| Cough | Y N | Y N | Y N | Y N | Y N | Y N |
| Sore Throat | Y N | Y N | Y N | Y N | Y N | Y N |
| Difficulty breathing or shortness of breath | Y N | Y N | Y N | Y N | Y N | Y N |
| Muscle aches/headache | Y N | Y N | Y N | Y N | Y N | Y N |
| Abdominal discomfort | Y N | Y N | Y N | Y N | Y N | Y N |
| Vomiting | Y N | Y N | Y N | Y N | Y N | Y N |
| Diarrhea | Y N | Y N | Y N | Y N | Y N | Y N |
| Malaise/fatigue | Y N | Y N | Y N | Y N | Y N | Y N |
| How feeling relative to prior day? B=Better, S=Same, W=Worse | <input type="checkbox"/> B <input type="checkbox"/> S <input type="checkbox"/> W | <input type="checkbox"/> B <input type="checkbox"/> S <input type="checkbox"/> W | <input type="checkbox"/> B <input type="checkbox"/> S <input type="checkbox"/> W | <input type="checkbox"/> B <input type="checkbox"/> S <input type="checkbox"/> W | <input type="checkbox"/> B <input type="checkbox"/> S <input type="checkbox"/> W | <input type="checkbox"/> B <input type="checkbox"/> S <input type="checkbox"/> W |
| Meds taken for symptoms | Y N | Y N | Y N | Y N | Y N | Y N |

Enable strict adherence to hygiene and sanitation protocols at all events

Health Officer Order: Proper hand hygiene and sanitation must be readily available to all attendees and employees.

Suggestions to community/faith organizations:

- Provide easy access to soap and water and/or hand sanitizer
- Actively request participants to abide by CDC recommendations
 - Wash their hands often
 - If soap and water is not available, use hand sanitizer with at least 60% alcohol
 - Avoid touching your eyes, nose and mouth with unwashed hands.

Clean and disinfect setting for the event

Health Officer Order: Environmental cleaning guidelines from the US Centers for Disease Control and Prevention are followed (e.g., clean and disinfect high touch surfaces daily or more frequently)

Suggestions to community/faith organizations:

- Ensure a clean and sanitary environment for the event. Have employees or volunteers ready to disinfect frequently-touched surfaces such as doorknobs, tables, desks, and handrails.
- Clean surfaces that people touch frequently (such as doorknobs, tables, light switches, and handrails) after each gathering, event or service.
- [CDC](#) provides detailed environmental and disinfection recommendations.

Who should seek medical evaluation?



- If you have symptoms like fever, cough, or difficulty breathing, call your healthcare provider. **Do not go to the emergency room.**
- If you do not have a provider, call a Public Health Clinic: <https://www.kingcounty.gov/depts/health/locations.aspx>
- If you are having a medical emergency, call 9-1-1.
- If you are in King County and believe you were exposed to a confirmed case of COVID-19, contact:

**King County Novel Coronavirus Call Center: 206-477-3977
(language line available)**

Resources



City, County, State Resources (many categories of support):

<http://www.seattle.gov/mayor/covid-19>

WA State Business and Worker Resources:

<https://www.governor.wa.gov/issues/issues/covid-19-resources/covid-19-resources-businesses-and-workers>

WA Employment Security Dept Resources:

<https://esd.wa.gov/newsroom/covid-19>

To request or offer help (supplies or people), email: DONATIONS@KingCounty.gov

What can you do if you see stigma or bias?

**VIRUSES
DON'T
DISCRIMINATE**

AND NEITHER SHOULD WE

**Stigma will NOT fight coronavirus.
Sharing accurate information will.**

Learn more: kingcounty.gov/ncov

Public Health
Seattle & King County

Image (C) Sara Andreasson for MosaicScience.com/WelCome Trust

VIRUSES DON'T DISCRIMINATE, AND NEITHER SHOULD WE

CORONAVIRUS AND STIGMA

Coronavirus doesn't recognize race, nationality, or ethnicity.
2019 novel coronavirus started in Wuhan, China. That's just geography. Having Chinese ancestry— or any other ancestry -- does not make a person more vulnerable to this illness.

Wearing a mask does not mean a person is ill.
People wear masks for a variety of reasons, including to avoid pollen and air pollution and for cultural and social reasons. We should not judge someone for wearing a mask or assume they are sick.

You can interrupt stigma. Start by sharing accurate information.
Avoid spreading misinformation. Stay informed through reputable, trusted sources:

- Centers for Disease Control and Prevention
- Washington State Department of Health
- Public Health - Seattle & King County

Speak up if you hear, see, or read misinformation or harassing comments.
Gently correct the false information, and remind the speaker: prejudiced language and actions make us all less safe. If a serious harassment occurs, consider reporting it. Find resources here: kingcounty.gov/ncov/anti-stigma

Show compassion and support for those most closely impacted.
In schools and workplaces, create learning opportunities for students and staff that dispel racist and misinformed ideas. Listen to, acknowledge and, with permission, share the stories of people experiencing stigma, along with a message that bigotry is not acceptable in your community.

[Kingcounty.gov/ncov/anti-stigma](https://kingcounty.gov/ncov/anti-stigma)

Public Health
Seattle & King County

Find these resources and more at: <https://bit.ly/2Vm455V>

How to stay informed

Information is changing frequently

- Check and subscribe to Public Health's website www.kingcounty.gov/COVID
 - Common questions by audience, downloadable fact sheets in multiple languages
 - Call center information (King County & WA State Dept of Health)
 - When and how to seek medical evaluation and advice
- Subscribe to the blog www.publichealthinsider.com
 - Provides further context, rationale, and guidance
- Translated Public Health and state helpline info: welcoming.seattle.gov/covid-19/

King County Novel Coronavirus Call Center: 206-477-3977 (language line available)

How to stay informed, continued

- Follow us on social media @KCPubHealth
- Facebook
- Join a community partners phone call: Mondays, 4:00 – 4:45
 - 206-263-8114 Code: 560794
 - Updates plus Q & A

QUESTIONS?

Public Health – Seattle & King County

- Candace Jackson – Candace.Jackson@kingcounty.gov
- Debra Baker – Debra.Baker@kingcounty.gov

For more information visit: [**kingcounty.gov/covid**](https://kingcounty.gov/covid)