

COVID 19



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*Imagine, Create, and
Secure a Stronger Peace...*



**NATIONAL DEFENSE
UNIVERSITY**
Washington, D.C.

Version 5

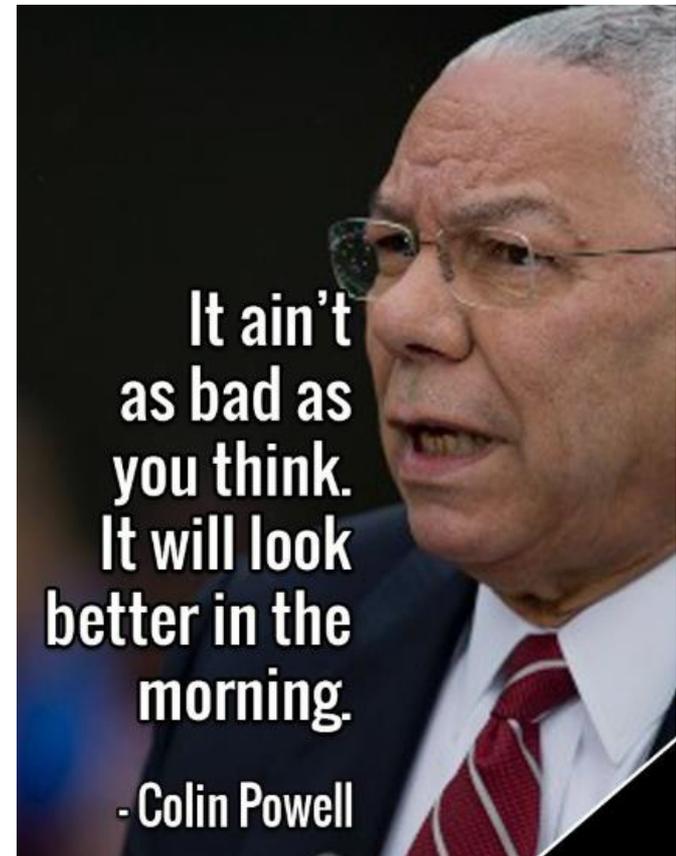
Goal and Learning Objectives



Goal: Increase COVID-19 health and safety awareness for NDU faculty, staff and fellows

Learning Objectives:

1. Explain the basics of SARS-CoV-2/COVID-19
2. Discuss measures individuals can take to remain safe during this epidemic
3. Explain NDU policy for COVID-19 prevention
4. Explain NDU response plan in the event of illness on campus
5. What you do if and when you get sick



Definitions



- **SARS-CoV-2** – Name of the Coronavirus that causes COVID-19
- **COVID-19** – Coronavirus Disease 2019
- **Incubation Period** – the time between being infected and the appearance of symptoms (anywhere from **2 to 14 days**, average **4 to 5 days**)
- **Infectious Period** – the time a person is able to transmit to others (**2 days** before symptoms start)
- **Isolation** – separates sick people with a contagious disease from people who are not sick (**10 days from start of symptoms, improving, 24 hours fever-free**)
- **Quarantine** – prevents transmission by separating yourself from others after a potential exposure (standard is **14 days** from notification of exposure)
- **Restriction of Movement (ROM)** – DoD term referring to the limits on activity for the purpose of ensuring health, safety, and welfare; includes quarantine and isolation
- **Confirmed Case** – suspected case (aka **Person Under Investigation**) with a newly lab-confirmed diagnostic evidence of SARS-CoV-2 virus infection
- **Close contact** – less than 6 feet for 10 minutes OR in a room for more than 1 hour

SARS-CoV-2 Facts



- SARS-CoV-2 is the virus that causes coronavirus disease 2019 (COVID-19)
 - SARS = Severe Acute Respiratory Distress Syndrome
 - Beta Coronavirus – Bat origin
 - Coronavirus family – usually implicated in upper respiratory infections
 - Spread easily person-to-person
- SARS-CoV-2 is spread mainly through **coughing, sneezing, singing, and to a lesser extent talking and breathing**
 - Droplet – respiratory secretions from coughing or sneezing landing on mucosal surfaces (nose, mouth, and eyes)
 - Contact – Touching something with SARS-CoV-2 virus on it then touching mouth, nose, or eyes
 - Other possible routes – fecal-oral transmission

Symptoms



Most common symptoms:

- Fever
- Cough
- Shortness of breath/difficulty breathing

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

Other symptoms may include:

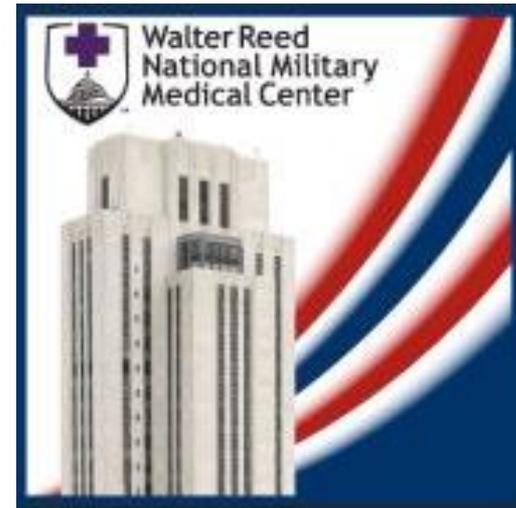
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headache
- Chills
- Fatigue
- Nausea or vomiting
- Diarrhea
- New loss of smell or taste

Severe Symptoms



Severe Symptoms:

- Difficulty breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to arouse or stay awake
- Bluish lips or face



Call 9-1-1 and seek medical assistance immediately

Risk Factors for Severe Disease



COVID-19 poses a **greater risk for severe illness** for people with underlying health conditions (as of 17 July):

- People of any age with certain underlying medical conditions are at increased risk
- **Cancer**
- **Chronic Kidney Disease**
- Lung disease (Chronic Obstructive Pulmonary Disease)
- Suppressed immune system from history of transplant
- **Obesity** (BMI over 30)
- Heart disease (heart failure, coronary artery disease, enlarged heart, **high blood pressure**)
- **Sickle Cell disease**
- Diabetes Mellitus (Type 2 Diabetes)

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html>

Daily Questions



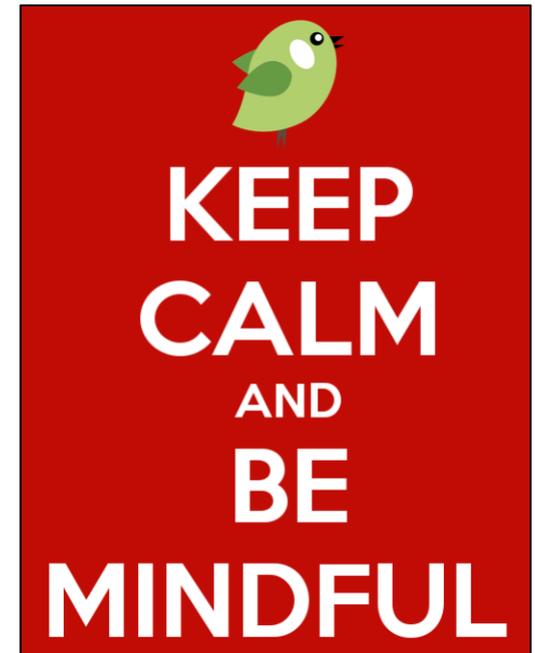
1. Do you have any symptoms?
 - **Most Common: fever, cough, shortness of breath**
 - Also: fatigue, body aches, headache, new loss of taste/smell, sore throat, congestion, runny nose, nausea, vomiting, diarrhea
2. Have you had close contact with a suspected or laboratory confirmed COVID-19 patient within the last 14 days?

If you think you have been exposed to or are having symptoms of COVID-19, call the Integrated Appointment Line at (855) 227-6331 or the Nurse Advice Line after hours at (800) TRICARE, Option 1

What can individuals do? Prevention!



- Be informed and prepared
- Maintain social distancing (**6 feet**)
- Wash your hands frequently
- Use alcohol-based hand sanitizer (**60% alcohol**)
- Avoid touching your eyes, nose, and mouth
- Stay at home when you are sick
- Cough or sneeze into a tissue or your elbow
- Clean frequently touched objects and surfaces, then use disinfectant
- Keep track of those you occasions where you are in close contact with people



Levels of Risk Mitigation



RISK	BASELINE	LOW	MEDIUM	HIGH	VERY HIGH
ENVIRONMENT	In your own home or on your own property	Outdoors, good air flow (open space, no physical barriers)	Outdoors, poor air flow (air flow blocked; near walls or other barriers)	Indoors, good ventilation	Indoors, poor ventilation
ACTIVITY	Outdoor activities on your own property with only those living with you	Outdoor activities, sedentary activities	Normal talking, sharing use of facilities, touching common surfaces	Normal talking, breathing, and contact of shared surfaces and items	Close talking, sneezing, heavy breathing (exertion), singing, coughing, etc.
SOCIAL DISTANCE	No exposure to infected individual	Greater than 6 feet			Less than 6 feet
EXPOSURE DURATION		Less than 15 minutes			Greater than 30 minutes
FACE COVERING		Good face covering, multi-layer weaved material, fits closely over nose and mouth, proper maintenance/cleaning		Low quality face covering, poor fit, poor maintenance/cleaning	No face covering

Handwashing



Follow Five Steps to Wash Your Hands the Right Way

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

Follow these five steps every time.

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

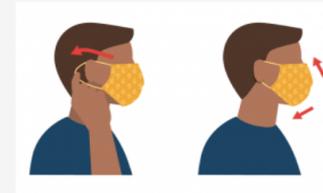
Face Masks



Your cloth face covering may protect them. Their cloth face covering may protect you.

Wear your Face Covering Correctly

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily



A Word of Praise



United States COVID-19 Cases and Deaths by State

Reported to the CDC since January 21, 2020

USA
3,819,139
TOTAL CASES
CDC | Updated: Jul 21 2020 12:15PM

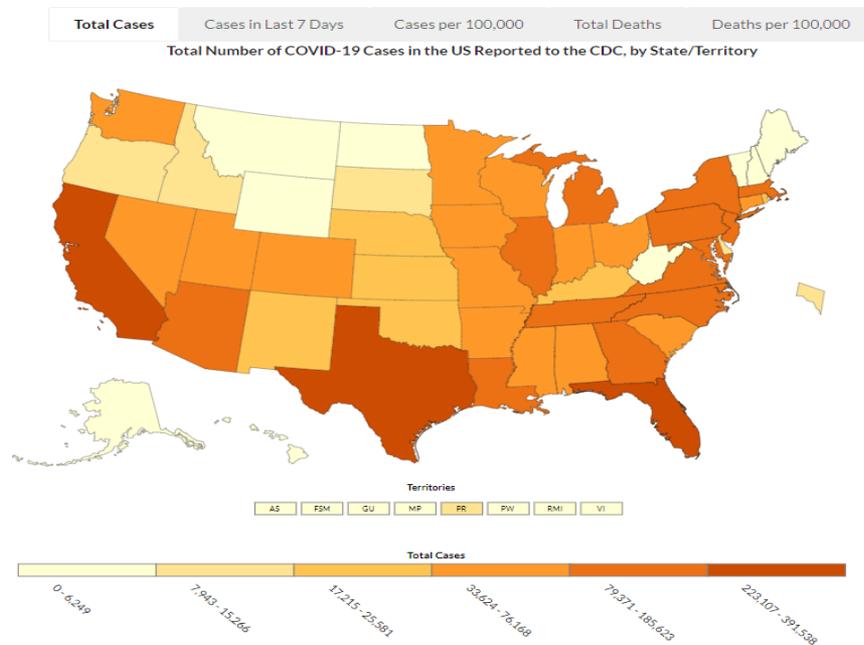
USA
140,630
TOTAL DEATHS
CDC | Updated: Jul 21 2020 12:15PM

USA
1,165.2
Cases per 100,000 People
CDC | Updated: Jul 21 2020 12:15PM

Total Cases by State/Territory

State/Territory	Total Cases	Confirmed	Probable
California	391,538	N/A	N/A
Florida	355,899	N/A	N/A
Texas	332,434	N/A	N/A
New York City*	223,107	218,478	4,629
New York*	185,623	N/A	N/A
New Jersey	176,963	N/A	N/A
Illinois	163,923	162,748	1,175
Georgia	145,575	N/A	N/A
Arizona	145,183	145,183	0
Massachusetts	113,789	107,056	6,733

CDC | Updated: Jul 21 2020 12:15PM



- Avoid handshaking and hugging
- Avoid non essential travel
- Avoid crowds especially in poorly ventilated areas
- Work from home
- Avoid unnecessary errands

References



- Johns Hopkins Coronavirus Resource Center: World and US Maps with Trends
 - <https://coronavirus.jhu.edu/data/state-timeline>
- Center for Systems Science and Engineering COVID-19 Dashboard
 - <https://www.arcgis.com/apps/opstdashboard/index.html#/bda7594740fd40299423467b48e9ecf6>
- Maryland Department of Health
 - <https://coronavirus.maryland.gov/>
- DC Government Response Page
 - <https://coronavirus.dc.gov/>
- Virginia Department of Health
 - <https://www.vdh.virginia.gov/coronavirus/>
- Veterans Administration COVID Coach resource—Behavioral Health Support
 - <https://mobile.va.gov/app/covid-coach>

For more information go to:
[WHS.mil/coronavirus](https://www.williamsbrothers.com/coronavirus)



Health Protection Conditions (HPCON)



0

ROUTINE

No Community Transmission

ALPHA

LIMITED

Community Transmission Beginning

BRAVO

MODERATE

Increased Community Transmission

CHARLIE

SUBSTANTIAL

Sustained Community Transmission

DELTA

SEVERE

Widespread Community Transmission

Joint Base Myer-Henderson Hall (JBM-HH)



- Currently in HPCON-Bravo as of 29 June 2020

BRAVO

MODERATE
Increased Community Transmission

- Practice social distancing. Avoid unnecessary contact with others, such as shaking hands and hugging
- Avoid unnecessary travel, especially to areas known to be experiencing active disease transmission
- Observe local guidance on movement restrictions and access requirements for military installations
- Comply with medical orders for self-isolation or quarantine

NDU Environment



- Staffing will be determined by FPCON and workstations may be staggered
- Group activities (>10 people) may be postponed; avoid congregating
- Face Mask (JBMHH policy 17 APR 2020) all public areas OR when 6 feet physical distance cannot be maintained
- Support services may be limited/response times increased
- NDU Café will be closed or have limited food choices (bring food and beverages from home); break rooms are closed during FPCON B/C
- Gyms have reduced capacity, the post gym is restricted to Active Duty only from 0800-1000 M-W-F, no towel service at this time
- Frequently clean surface areas and high-touch objects around desk, any common household disinfectant works
- Use hand sanitizer (60% alcohol content)

Risk Management for Incoming Personnel



- No Restriction of Movement (ROM) for CONUS-based students
- OCONUS students and all International Fellows will undergo a 14-day ROM
- All students and staff will answer a health-based questionnaire prior to arrival on campus
- No mass screenings/testing/temperature taking
- During the academic year: review the **2 Daily Questions** prior to arrival on campus; **if any are “YES”, contact your supervisor and notify the Health Fitness staff**

If you are concerned you have
COVID-19 notify Health Fitness Staff
at **(202) 685-2791/4751/4750**

NDU Directives



NDU Policy for Return to Campus AY 2020-2021 (para 8.b.). Personnel will:

1. Practice social distancing
2. Maintain 6 feet distance during all class and work activities
3. Wear masks when 6 feet distance cannot be maintained
4. Masks are mandatory indoors when outside of the office or seminar rooms
5. Report to your seminar leader when they come in contact with COVID-19, have COVID-19 symptoms, have received testing, or have tested positive
6. Not share food and drink; student mess and coffee stations are prohibited
7. Not congregate on campus, indoors or outdoors, in groups larger than 50 (or larger than 10 if in FPCON Charlie)
8. Follow protocols from NDU Operations Department for sanitizing rooms
9. Maintain a personal tracking system for a rolling 14 days of contacts when on campus

NDU Matrix



(Black - Taken from Pentagon Reservation Resilience Plan; Red - Added for consideration for NDU)

HPCON/DMV Phase	Workforce	<i>Classes</i>	Telework	Vulnerable Populations	Cloth Face Coverings	Social Distancing
Delta	Essential personnel only	<i>Virtual</i>	Goal - maximum	Stay at home	100%	6 feet No gatherings
Charlie Plus Phase 0	No more than 20% in spaces	<i>Virtual</i>	80% goal	Stay at home	100%	6 feet No gatherings
Charlie Phase 1	No more than 40% in spaces	<i>Hybrid Patial in person, partial virtual Health guidelines</i>	60% goal	Stay at home	100%	6 feet <10 people
Bravo Phase 2	No more than 80% in spaces (Return no more than 20% every 2 weeks)	<i>Hybrid Partial in person, partial virtual Health guidelines</i>	20% goal	Stay at home	100%	6 feet <50 people
Alpha Phase 3	Normal activity	<i>In person</i>	No specified target Consider vulnerable populations	May return w/ Continue mitigation	On hand	Encourage Physical Distancing
Resilience	Normal activity	<i>In person</i>	No specified target Case-by-case basis	Awareness	Adequate supply	Awareness

Daily Questions—Revisited



1. Do you have any symptoms?
 - **Most Common: fever, cough, shortness of breath**
 - Also: fatigue, body aches, headache, new loss of taste/smell, sore throat, congestion, runny nose, nausea, vomiting, diarrhea
2. Have you had close contact with a suspected or laboratory confirmed COVID-19 patient within the last 14 days?

**Stay home if you are feeling under the weather
Contact your supervisor**

Symptoms while at Work?



- **Don a mask**, keep track of who you interact with for contact tracing
- If you drove to NDU, return to your car and call the Health Fitness Staff
- If you commuted using mass transit, call the Health Fitness Staff and you will be directed to an isolation room, avoid interacting with people
- Triage will be performed **over the phone** and further instructions will be given by the Health Fitness Staff at that time

Health Fitness Directorate: (202) 685-2791/4751/4750

Symptoms while at Home?



- Don a mask, **isolate** at home; most people with mild illness can recover at home
- Call your Primary Care Provider and inquire as to whether you should get tested and where to go
 - Rader Clinic, JBMHH, has drive through testing M-F until 1530 (**5 day** turnaround)
- Stay away from others, even family members or roommates, who are not showing symptoms
- Wash your hands, stay hydrated, treat symptoms, stay calm & get rest

Integrated Appointment Center: (855) 227-6331, Option 1
After Hours Nurse Advice Line: (800) TRICARE, Option 1
Tricare Online Patient Portal: Secure Messaging
Call 9-1-1 for severe symptoms

What is someone else at home is sick?



- Stay home when someone else at home gets sick, except to get medical care
- Use a separate room and bathroom for sick household members (if possible).
- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol
- Provide your sick household member with clean disposable facemasks to wear at home, if available, to help prevent spreading COVID-19 to others
- Clean the sick room and bathroom, as needed, to avoid unnecessary contact with the sick person
- If someone in your home is placed in isolation, you **MUST** quarantine for 14 days
- Monitor and track symptoms in non-ill household members twice a day

<https://faq.coronavirus.gov/>

Scenarios



- My spouse's sibling tested positive for COVID-19 and we had dinner 4 days ago at his home, what should I do...
- My child's school has closed down for deep cleaning after a student tested positive, what should I do...
- I've got a runny nose but no fever, what should I do...
- I want to get tested, what should I do...
- I went to get tested, and I am waiting for the results, what should I do...
- Yesterday I got back from California where I attended a meeting, what should I do...

JBMHH Rader Clinic Drive-up Testing: M-F 0730-1530
Symptomatic Active Duty only (DOD Civilians with Command approval)
While waiting for results, you will isolate until test returns (5 days)

NDU Health and Fitness Team



- Provide clinical advice to students, faculty, & staff
- Provide contact tracing services for the university
- Conduct on-site investigations
- Coordinate COVID-19 testing at Rader Clinic

If you have questions or concerns, call the Health
Fitness Directorate:

**Marshall Hall Office room 210
or (202) 685-2791/4751/4750**



For more information go to:
WHS.mil/coronavirus





What are your questions?