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COVID-19

Professor Patricia Delaney, PhD
Director of the Public Health Program
pdelaney@smcvt.edu



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WHAT IS PUBLIC HEALTH?

- **Three Ps – Prevention, Promotion and Population level health.**
- **Concern with people's access to health care, the quality of that care, disease prevention, and the sustainability of the health care system.**
- **System of interconnected local, state-level, national, and international agencies.**



WHAT IS COVID-19? WHY IS IT A PUBLIC HEALTH EMERGENCY?

- COVID 19 is a respiratory disease. Illness severity ranges from very mild (including some with no reported symptoms) to severe, including illness resulting in death.
- January 31, 2020 World Health Organization declared the outbreak a “public health emergency of international concern” and HHS Secretary Alex Azar declared a public health emergency (PHE) for the United States to aid the nation’s healthcare community in responding to COVID-19.
- March 11, 2020 World Health Organization declared that the outbreak had reached “pandemic” status.
- “Containment” is no longer possible – we are now in the “mitigation” phase.



WHAT ARE THE SYMPTOMS?

What are Symptoms?

- Fever
- Coughing
- Shortness of breath

How does it Spread?

- Person-to-person spread.
- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.
- Possibly from contact with contaminated surfaces or objects.
- Possibly from contact with other bodily secretions (e.g. urine, feces).

Sources: <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>



WHO IS MOST A RISK?

- **Older Adults**
- **Healthcare Professionals**
- **People who have serious chronic medical conditions like:**
 - Heart disease
 - Diabetes
 - Lung disease
 - Immuno-suppression

Sources: <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>



WHAT SHOULD VULNERABLE POPULATIONS BE DOING?

- Keep space between yourself and others. Do not shake hands.
- When you go out in public, keep away from others who are sick, limit close contact and wash your hands often.
- Avoid crowds as much as possible.
- Avoid cruise travel and non-essential air travel.
- Stock up on supplies (prescription medications; non-perishable food items).
- During a COVID-19 outbreak in your community, stay home as much as possible to further reduce your risk of being exposed.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>



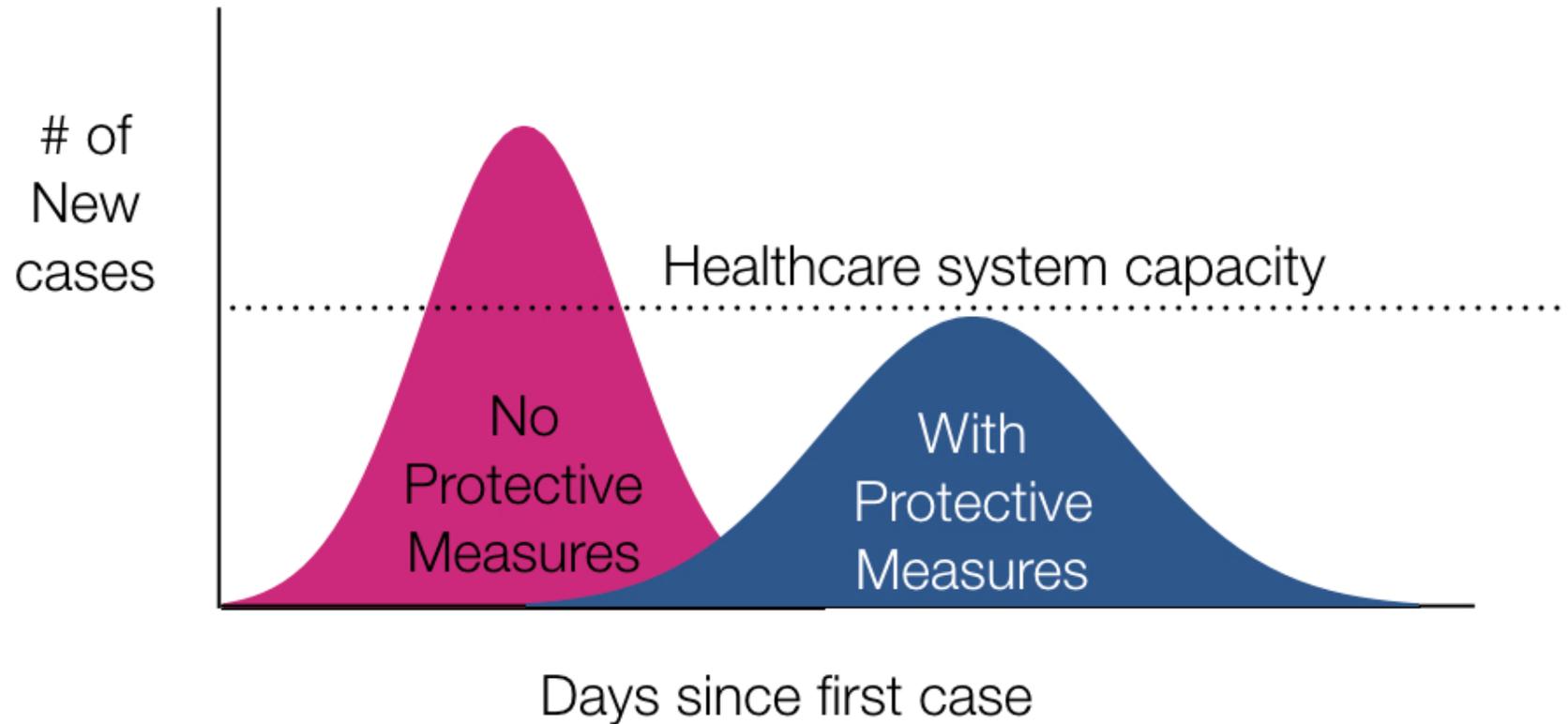
WHAT SHOULD YOUNGER, HEALTHIER PEOPLE BE DOING?

They have an important role:

- ✓ **TO SLOW THE SPREAD** of COVID-19, otherwise known as...”flattening the epidemic curve”.
- ✓ **TO EDUCATE** others about the importance of “social distancing” and to model best practices in Public Health.



#FLATTENINGTHECURVE



Source: Drew Harris; adapted from The Economist/CDC



HOW CAN WE SLOW THE SPREAD OF COVID-19?

- Wash hands frequently and thoroughly.
- Avoid shaking hands.
- Avoid touching your eyes, nose, and mouth.
- Avoid large gatherings of people **when possible** (social distancing).
- Monitor yourself for symptoms (fever, cough, sore throat).
- Consider whether travel is essential or prudent.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/about/share-facts.html>



TEXAS CORONAVIRUS PREVENTION

Wash your hands like you
just got done slicing
jalapeños for a batch of
nachos and you need to
take your contacts out.

(That's like 20 seconds of scrubbing, y'all.)





PROTECTING THOSE MOST VULNERABLE

- We all have loved ones who fall under the “at higher risk” category.
- By taking these preventive measures, you are helping to protect **THEM**.
- And you are playing your part in a larger public health system that needs you.





Stay Informed!

www.smcvt.edu/health-alerts

