

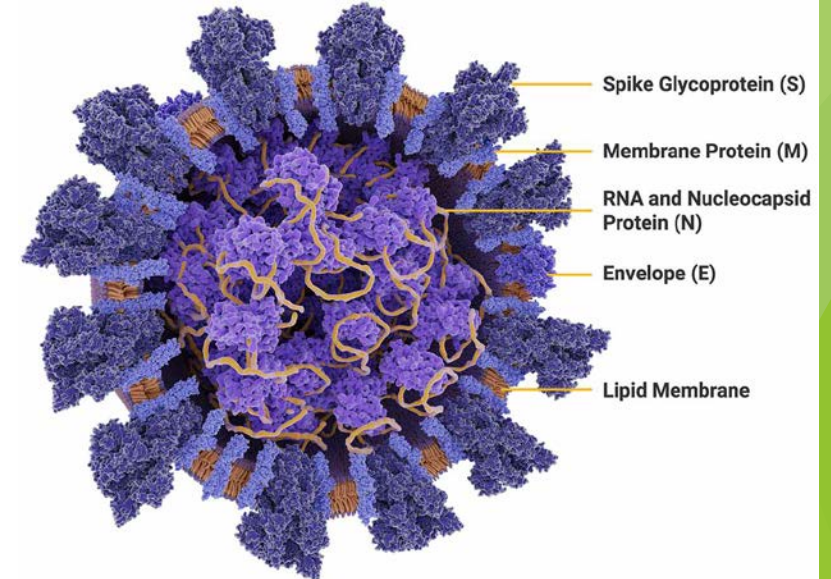
Chamber of Commerce

December 1st, 2020

Dr. Michelle Folsom Elder and Dr. Laurence Polsky

What is COVID-19?

- ▶ An illness spread by the SARS-coV-2 virus.
- ▶ New strain of a virus that has been around for years.
- ▶ Coronaviruses usually cause cold like illnesses.
- ▶ Up to 40% of COVID positive patients have ZERO SYMPTOMS.
- ▶ Most recover - some unfortunately have passed away.



COVID-19 symptoms

- ▶ Cough
- ▶ Shortness of breath
- ▶ Loss of taste/smell
- ▶ Fever
- ▶ Runny nose/congestion
- ▶ Headache
- ▶ Body aches
- ▶ Chills
- ▶ Nausea/vomiting
- ▶ Diarrhea
- ▶ Fatigue
- ▶ Sore throat

How is it spread?

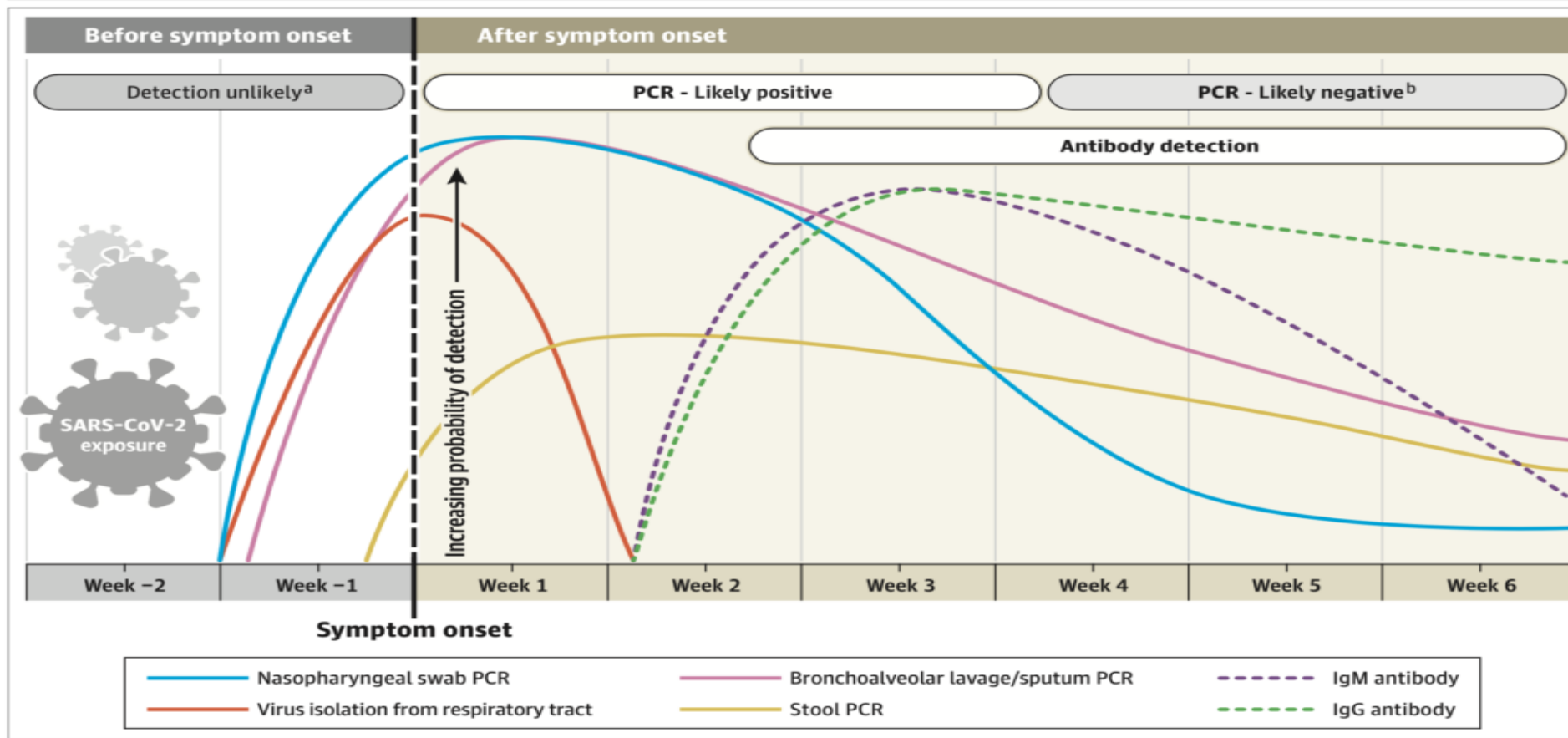
- ▶ Airborne/droplets and touch (direct or surface touch)
- ▶ Usually worst in situations where people are in tight enclosed spaces.
 - ▶ Spacing of distances of 6 feet or greater reduce risk.
 - ▶ Short duration interactions reduce risk.
- ▶ Even if people aren't together for longer durations, brief very close interactions (coughing or sneezing on somewhat, hugging and kissing, hand holding, sharing beverages, etc.) increase risk.

Testing options

- ▶ Rapid antigen tests
 - ▶ Fairly good in the 2 days prior to symptoms starting, and in early disease.
 - ▶ Not as reliable as a screening tool in people without symptoms
 - ▶ Less reliable later in disease
- ▶ PCR tests
 - ▶ Reliable for both routine testing and when people are ill
 - ▶ Take awhile to get back - anywhere from 2-7 days
 - ▶ Required for daycare when sick, required for school children when sick
 - ▶ May remain positive for months - we do not recommend retesting for 90 days

Timeline of infection

Figure. Estimated Variation Over Time in Diagnostic Tests for Detection of SARS-CoV-2 Infection Relative to Symptom Onset

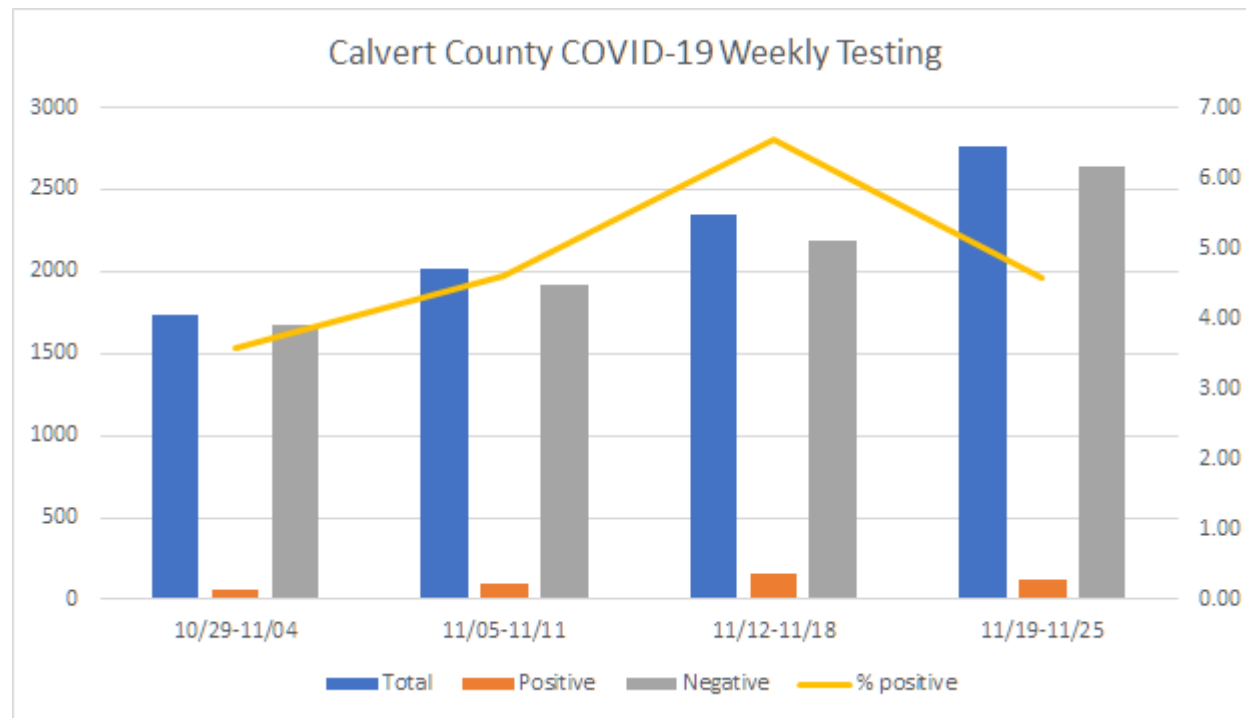


Estimated time intervals and rates of viral detection are based on data from several published reports. Because of variability in values among studies, estimated time intervals should be considered approximations and the probability of detection of SARS-CoV-2 infection is presented qualitatively. SARS-CoV-2 indicates severe acute respiratory syndrome coronavirus 2; PCR, polymerase chain reaction.

^a Detection only occurs if patients are followed up proactively from the time of exposure.

^b More likely to register a negative than a positive result by PCR of a nasopharyngeal swab.

Statistics and Numbers



Statistics and Numbers

Dates	Total	Positive	Negative	% positive
10/29-11/04	1739	62	1677	3.57
11/05-11/11	2014	93	1921	4.62
11/12-11/18	2343	153	2190	6.53
11/19-11/25	2762	126	2636	4.56

Statistics and Numbers

Region	Negative	Positive	Total	%positive	%of total positives
North	831	36	867	4.15%	29%
Central	1022	56	1078	5.19%	44%
South	783	34	817	4.16%	27%

Statistics and Numbers

Employment category	Count	% of total
Barber/Salon/Spa Services	3	3%
Childcare/Education	10	9%
Commercial Construction and Manufacturing	14	12%
Healthcare	21	18%
Hotels/Hospitality/Janitorial	0	0%
Other Non-public facing	30	26%
Other Public-Facing	12	10%
Police/Fire/Military	14	12%
Restaurant/Food Service	4	3%
Retail - Essential Worker - Includes Grocery/Pharmacy	5	4%
Retail- Other	4	3%
Transportation	0	0%
Grand Total	117	

Safety concerns in the workplace - COVID

► Physical Spaces

- How far apart do people sit/stand?
- Do employees have separate spaces? With doors? Open air w/ partitions?
- How good is the ventilation system? Are there additional filters in the space?
- Do they use a locker room/common storage area?
- Do they share breakrooms? Do they share mealtimes?

Safety Concerns in the Workplace - COVID

▶ Personal behaviors/business logistics

- ▶ Do they carpool to work?
- ▶ Do they consistently wear masks?
- ▶ Do they feel free to notify HR/staff re: illness?
- ▶ What is your leave policy?
 - ▶ Telework?
 - ▶ Only a set number of days off per year?
 - ▶ Can they take leave only for themselves?
 - ▶ FMLA vs. short term disability options?
- ▶ Do people have healthcare coverage? Do they have a doctor/provider?

Risk mitigation

- ▶ Space people out
 - ▶ 6 feet apart
- ▶ Close breakrooms/lunch areas/common spaces if possible
- ▶ Improve ventilation systems - HEPA filtration systems
- ▶ Cohort teams of employees -
 - ▶ alternating weeks
 - ▶ split weeks
- ▶ Allow teleworking if possible.
- ▶ Clean high touch surfaces frequently

Risk mitigation

- ▶ Encourage mask wearing
- ▶ Discourage carpooling and after hours socializing
- ▶ Consider doing daily checks for symptoms
 - ▶ Preferably before shifts, temperature checks aren't usually successful
- ▶ Discourage going to public events, traveling, bars.
- ▶ Consider testing/quarantining when employees return from travel.
- ▶ Encourage employees to establish care with providers.

What do I do if someone gets sick?

- ▶ Employees will get sick!
- ▶ Sick employees should be tested.
 - ▶ If people have symptoms, it should be ASSUMED they have COVID-19, until the test comes back.
- ▶ If their doctor sends a test off to the lab, that person needs to stay home while the test is pending - since they are having symptoms it's best not to have them at work regardless.
 - ▶ Even if they don't have COVID, they could spread other illnesses in the workplace.

What if I have an employee who tests positive for COVID-19?

- ▶ Positive employees will need to isolate at home for 10 days from the ONSET OF THEIR SYMPTOMS/POSITIVE TEST DATE.
 - ▶ They do NOT require a negative test for return to work.
- ▶ The health department calls cases – we have LOCAL contact tracers working 7 days a week.
 - ▶ Your employees should be encouraged to talk with our team.
 - ▶ We can give definitive dates for return to work (with notes if needed).
 - ▶ We can provide employees with resources they may need during their illness.

What if I have an employee who tests positive for COVID-19?

- ▶ To reduce spread of disease in your workplaces, contact the health department when you determine a staff member has tested positive for COVID-19.
 - ▶ 410-535-5400, ext 334.

How does contact tracing work?

- ▶ If an employee tests positive, we will need a list of those who were in close contact with them.
 - ▶ We look back 48 hours from the time the person started to have symptoms or the date of the test (if someone is positive but without symptoms).
 - ▶ Please keep accurate lists of employees - including up to date phone numbers, email addresses, DOBs and full names.
 - ▶ Close contact is defined as 15 minutes spent within 6 foot of someone else.
 - ▶ It is most helpful when the positive person can be included in decision making about their close contacts.
 - ▶ You do not need permission from employees regarding release of information about close contacts to the health department.
 - ▶ Do not disclose the case's information without their consent to others in the workplace.

How does contact tracing work?

- ▶ “What happens if my employee was around someone who tested positive?”
 - ▶ The employee needs to quarantine at home.
 - ▶ The virus can incubate for up to 14 days before causing symptoms.
- ▶ When should my employees who are “close contacts” get tested for COVID-19?
 - ▶ If the close contacts get symptoms, they should be tested.
 - ▶ If they remain without symptoms, they should remain in quarantine and not get testing.
 - ▶ Caveats?

How does contact tracing work?

- ▶ “My employee lives with someone who was exposed to a positive person, what should I do now?”
 - ▶ Your employee is a “contact to a contact”
 - ▶ There is nothing formal recommended
 - ▶ Some people prefer to have their employees stay at home during the contact’s 14-day quarantine
 - ▶ Do not require your employee to get a test, unless their household member becomes sick or tests positive
 - ▶ If their household member is sick, they should remain home regardless until the person’s test is back

Local health resources

- ▶ CIMG
 - ▶ Three locations: Dunkirk, PF and Solomons
 - ▶ 410-535-2005
- ▶ CHMG
 - ▶ Three locations: Twin Beaches, PF and Solomons
 - ▶ 410-414-2778
- ▶ Dunkirk Family Practice - 410-286-3865
- ▶ CalArundel Family Medicine - 443.964.5159
- ▶ Dr. Jani - (410) 535-5555

Local health resources

- ▶ ChoiceOne Urgent Care – Dunkirk (410) 650-4346, PF and Solomons (410) 394-2800
 - ▶ PF is only doing testing right now – Rapid testing; Must ask for the PCR send out test
 - ▶ Schedule online or call the Solomon's location
 - ▶ Dunkirk and Solomons are seeing patients – will be able to do in office Rapid and PCR send out swabs
- ▶ Search tool for people to determine where to get tested –
 - ▶ [Coronavirus - Maryland Department of Health - Symptoms Testing](#)

Health Department Resources

- ▶ CCHD's COVID website
 - ▶ Resources tab
 - ▶ Business guidelines option
- ▶ Call us - 410-535-5400, ext 334
 - ▶ Ask for Dr. Folsom Elder or one of the DSR nurses to help troubleshoot any issues
- ▶ Email us - michelle.folsom-elder@maryland.gov

Q&A



Special scenarios

- ▶ If a person has a child/family member they care for, and the child/family member tests positive then the parent will need to quarantine for 24 days
 - ▶ 10 for the sick child/family member THEN 14 for the contact's quarantine
- ▶ If a person is ill and their child/family member is the close contact to them, the person may need to quarantine for 24 days
 - ▶ 10 days for the sick parent THEN 14 days for the child (who will not be able to attend daycare/school during that time) or family member
- ▶ In either situation, if the close contact starts to have symptoms, we encourage testing, as it may shorten the 24 days