

COVID-19/ SARS-CoV-2 Pandemic

Anglican Togetherness Group

Mona, Jamaica

Sat, 12 Sep, 2020

Celia DC Christie

What is SARS-CoV-2/ COVID-19?

- There are 7 coronaviruses that affect humans
- Four cause the common cold, which is mild
- Three cause severe respiratory infections and pneumonia, which can lead to death
- The one that is most recently discovered is the
 - Novel coronavirus, **SARS-CoV-2**
 - Which causes the disease, **COVID-19**
 - It is causing epidemics now around the world

How is it transmitted?

- Persons who are asymptomatic, pre-symptomatic or symptomatic may spread/ transmit the infection to others
- It is spread in large droplets by coughing and sneezing
- The surfaces where these droplets land, remains infectious for about a week
- We then touch these surfaces with our hands and transfer the virus which infects us through our nose, mouth & eyes
 - An infected cough, or sneeze can also transfer the virus onto or into your nose, or mouth
 - Singing, talking, loud shouting can also increase transmission
- The virus then infects the lung and causes pneumonia
 - It also affects the heart, brain, intestines and other places

How does it present?

- Most persons have no symptoms
- Others may have an “influenza-like illness”
- Fever, cough, muscle soreness, shortness of breath
 - 80% of persons have mild disease
 - 15% have severe disease
 - 5% are critically ill and require admission to an ICU, because of severe lung disease with difficulty breathing and need to go on a ventilator

Frequency of Symptoms – Jamaica

Symptom	Total	Symptom	Total
Cough	143	Wheezing	8
Fever	115	Chest Pain	7
Headache	68	Nausea	6
Shortness of Breath	58	Tachypnoea/Abnl Breathing	6
Sore Throat	47	Chest Tightness	5
Weakness	32	Back Pain	4
Runny Nose	24	Post-nasal Drip	4
Anosmia (No Smell)	24	Abdominal Pain	4
Ageusia (No Taste)	23	Conjunctivitis	3
Muscle Pain	22	Malaise	3
Nasal congestion	14	Chills	3
Diarrhea	14	Haemoptysis	3
Vomiting	11	Sneezing	2
Joint Pain	11	Other	2
Loss of Appetite	9	Dizzy	1
Fatigue	8	Eye Pain	1

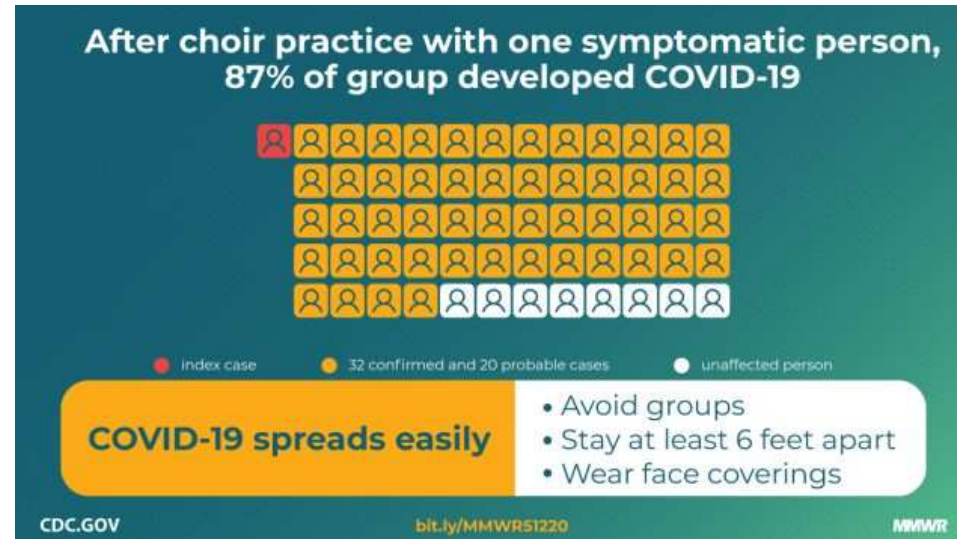
Source: Ministry of Health and Wellness, Jamaica, *Some may have more than one

Who is at risk?

- The elderly, and those with underlying disease are most at risk, eg., diabetes, high blood pressure, lung diseases, weakened immune systems
- Persons who are in close contact are also at risk
 - HCW's, cruise ship, prisoners, religious organizations
- Persons with known contact to
 - those from countries where the epidemic is currently ongoing
 - or a known contact of an infected person are also at risk
 - Currently, many countries are observing cases of in-country transmission, without a link to a known infected person, **including Jamaica**

High SARS-CoV-2 Attack Rate After Exposure at a Choir Practice: Washington, March 2020

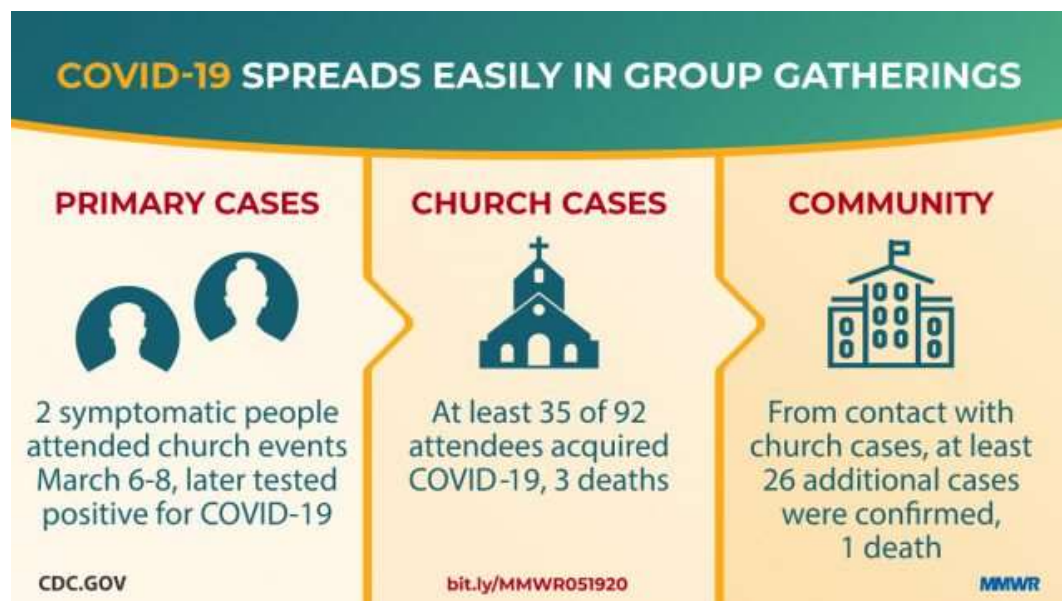
- After a 2.5-hour choir practice attended by 61 persons, including a symptomatic index patient
- 32 confirmed and 20 probable secondary COVID-19 cases occurred
 - **Attack rate = 53.3% to 86.7%**
- Three patients were hospitalized and two died.
- Transmission was likely facilitated during practice by
 - Close proximity (within 6 feet)
 - Augmented by the act of singing



Preventing “Superspreader Events”: Enhancing community awareness, encourage symptomatic persons and contacts of ill persons to isolate, or self-quarantine to prevent ongoing transmission.

High COVID-19 Attack Rate Among Attendees at Events at a Church — Arkansas, March 2020

- Among 92 attendees at a rural Arkansas church during March 6–11
- 35 (38%) developed laboratory-confirmed COVID-19, and three persons died.
- Highest attack rates were in persons aged 19–64 years (59%) and ≥65 years (50%).
- An additional 26 cases linked to the church occurred in the community, one death.



Implications: Faith-based organizations should work with local health officials to implement guidelines for modifying activities during the COVID-19 pandemic to prevent transmission of the virus to their members and their communities.

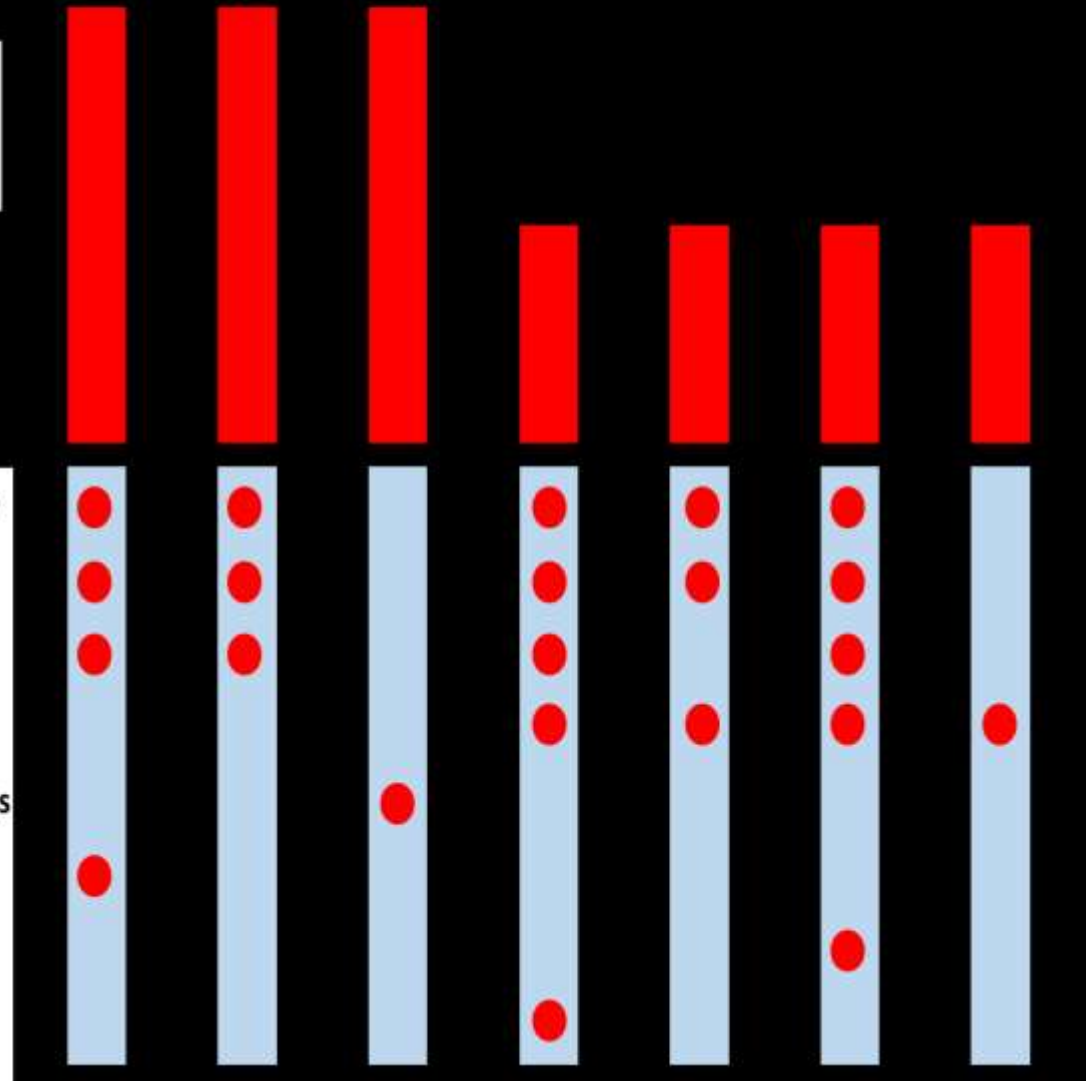
Co-morbidities in Jamaica (842 cases)

Comorbidity	#	Comorbidity	#
Cardiovascular, high BP	41	Chronic smoking	2
Diabetes	32	Hyperplasia	2
Asthma	27	HIV/ Immune disorder	1
Chronic neurologic impairment/ disease	7	Chronic liver disease	1
Obesity	7	Sickle cell disease	1
Cancer	5	Endometriosis	1
Chronic kidney disease	4	Gastro-esophageal reflux disease (GERD)	1
High Cholesterol	3	Hyperthyroidism	1
Chronic Lung Disease/	2	Bronchitis	1
Blood disorder	2	Psychiatric disorder	1

Combinations of Comorbidities/Risk Factors for Poor Outcomes of COVID-19 among Confirmed Cases that are Deceased, as at 7th June 2020

598 Confirmed Cases

10 Deaths



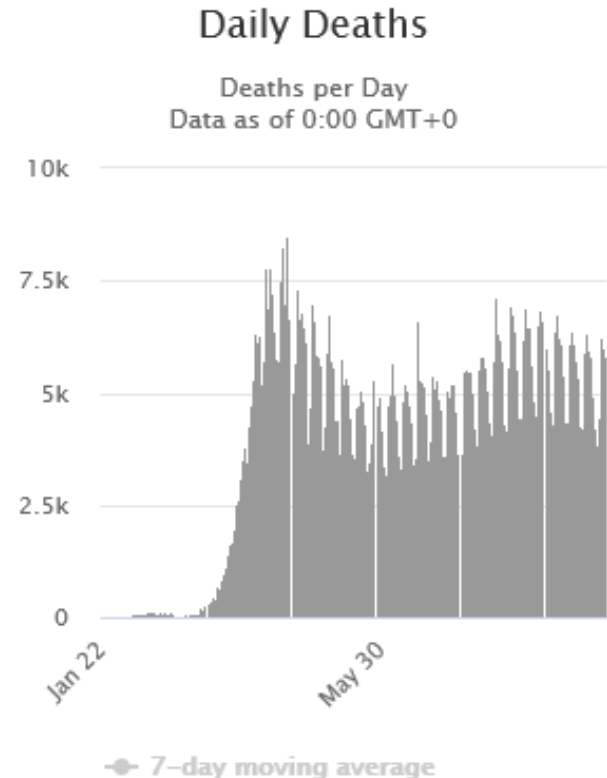
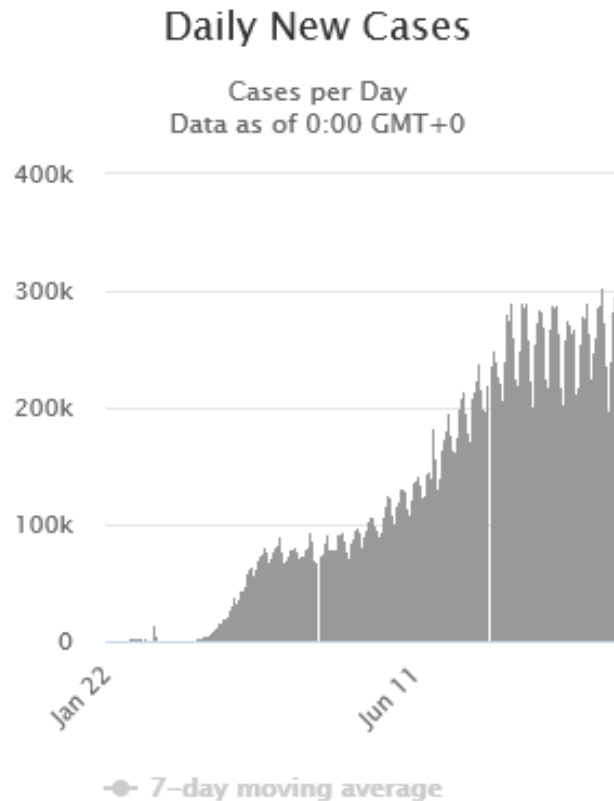
Source: Ministry of Health and Wellness, Jamaica

Who is affected and where are they?

- WHO “highest level” for risk of transmission a “global pandemic” was announced March 11
- Countries with the largest epidemics are
 - **USA** - 6,639,344 cases and 197,472 deaths
 - **India** - 4,688,470 cases and 77,768 deaths
 - **Brazil** - 4,283,978 cases and 130,474 deaths
 - The risk to the general public is increasing
 - Jamaica and all countries have been preparing !!!

Cases and Deaths around the world

Today, Sep 12, 2020



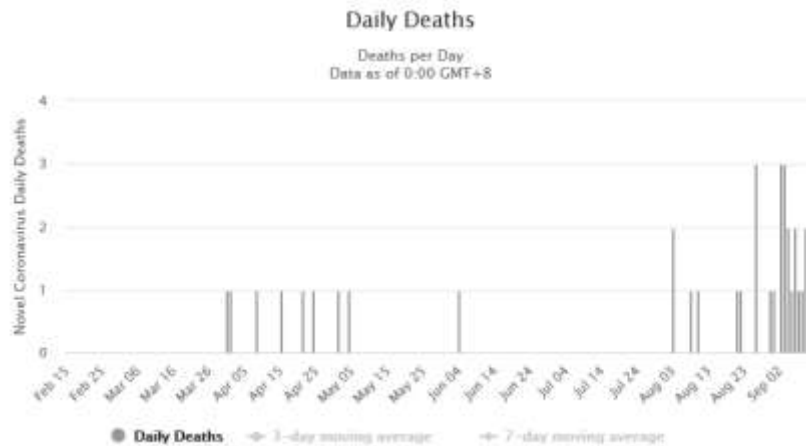
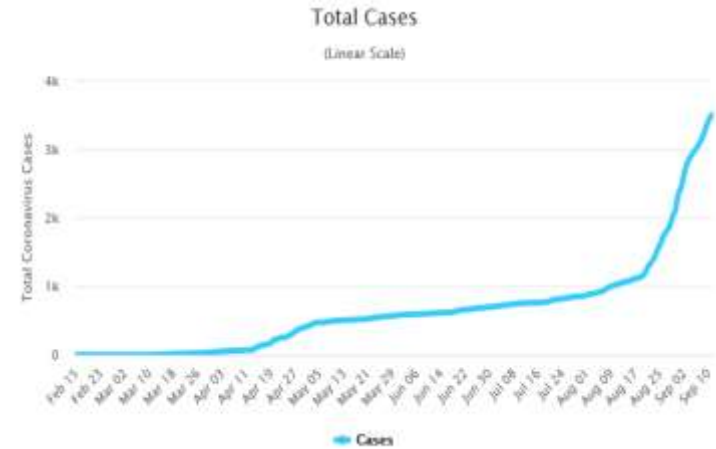
Cases – 28,724,187

Deaths - 920,836

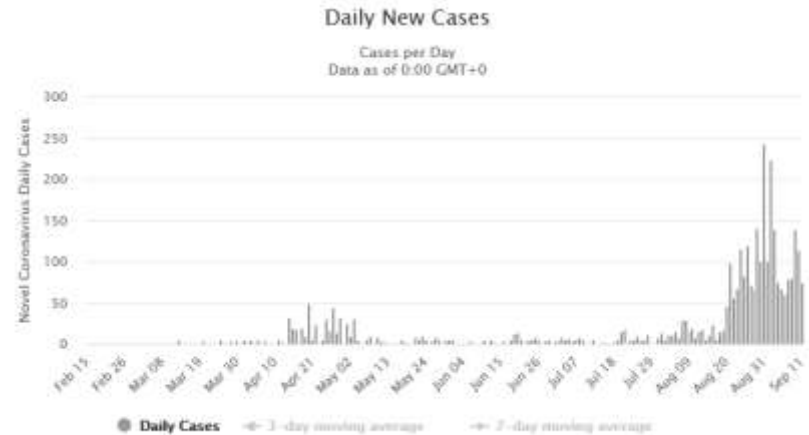
It is estimated that up to 70% of the world's population will eventually be infected

SARS-CoV-2/ COVID-19 in Jamaica

- 1st case: Mar 10
- Sept 12, 2020
 - Cases: 3,511
 - Deaths: 40
 - Recovered: 1,019



Daily Deaths – Mar 10 to Sep 12, 2020



Cases: Mar 10 to Sep 12

“Community Transmission” of SARS-CoV-2 Declared in Jamaica

- Community transmission of Covid-19 formally declared in Jamaica, Sep 4, by MoHW and PAHO (consultation Sep 2, 2020)
- Sars-CoV-2 transmission can no longer be easily traced from one member of the population to the other, island-wide
- “Inflection point” since August 8, 2020
- Expect steep rise in no. of reported cases, next 6 to 8 weeks
- Also being experienced in Caribbean – Trinidad, Bahamas
- Implement Infection Control Measures
 - Increase curfew restrictions, 7:00 p.m. to 5:00 a.m., island-wide
 - An increase in the stay at home orders for the elderly
 - Re-emphasis on work from orders for the private and public sector
 - Further restrictions on public gatherings

Preventing Covid-19

How can I prevent COVID-19?



Wash your hands regularly or use an alcohol-based hand sanitizer.



Avoid touching your face, especially your eyes, nose and mouth.



Stay at least 1 metre away from people especially if they're unwell.



Cough or sneeze into a tissue, then throw away the tissue and wash your hands.



If you don't have a tissue use the inside of your elbow to cover your mouth.



Stay at home and call your health worker if you're unwell.

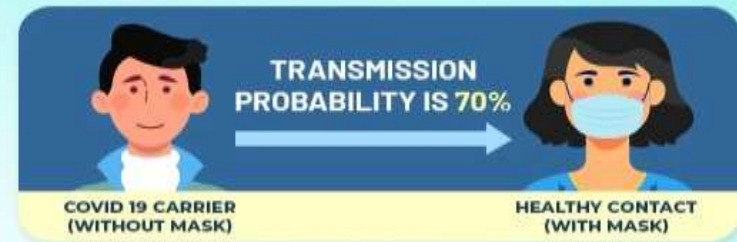
Others ...

- Refrain from hand-shaking, hugging during the peace
- Suspension of the use of the “Common Cup”
- Choirs restricted; Communion of one kind; No intinction
- Ensure soap and sanitizers are available throughout
- Limit numbers in church, physical distancing, markers in the church, no gathering after church
- Temperature checks on entering the church
- Suspension of funerals
- Burials only, with less than 15 persons including priest, undertakes, grave diggers, etc
- Less than 15 persons in funeral processions, also

How can we prevent it?

- Influenza vaccine, pneumococcal vaccine
 - To reduce the community burden of respiratory illness
- Protect yourself by
 - Wear a mask, face covering over your nose and mouth in public spaces, or even at home, if someone is visiting

IMPORTANCE OF FACEMASK IN PREVENTING COVID-19 TRANSMISSION



Now that “community transmission” declared

- Pay attention to public service and “church” Covid prevention guidelines
- Telecommuting, home-working, home-schooling, on-line, phone calls
- “Social” distancing, stay away from crowds, avoid large gatherings (> 10)
- How to care for children, with schools are closed, who will watch them?
- Who will take care of our home, or church family?
- Medications ... stock up now, medicines for pain, colds and flu, vitamins
- Foods like to eat handy, stock-up on non-perishables, so don't have to go out and interact with others, touch surfaces, order-in home deliveries
- No vaccine, or antiviral treatment immediately available (in Jamaica)
 - Remdesivir (very expensive), dexamethazone (for ICU patients)
 - Patient directed: Zinc, Vitamin C, Vitamin D3, Turmeric, ginger, fresh green juices
- Most important, most at risk persons for novel coronavirus infection and for serious outcomes are the elderly, those with chronic diseases, heart, lung disease, should pay special attention to the guidance
 - Meantime, let's practice good health habits, such as, hand washing, social distancing and staying at home, if at all possible
 - **Finally, we are Christians ... let's continue to pray and repeat Psalm 91**