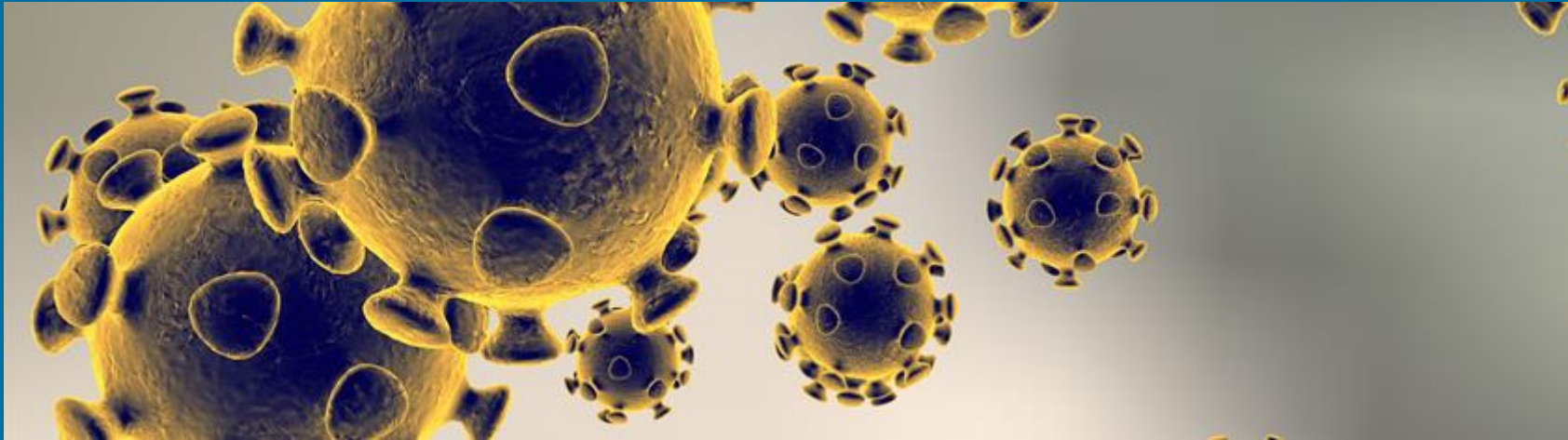


COVID-19 Update



Dr. Patricia Daly
Chief Medical Health Officer
March 4, 2020

What is COVID-19?

- A newly identified virus from the “coronavirus” family
- Originated in animals
- First human cases identified in Wuhan, China in late December 2019
- New virus identified (“sequenced”) January 7, 2020

What are the symptoms of COVID-19?

- Fever and dry cough are the most common symptoms
- Other symptoms: Headache, shortness of breath, diarrhea
- Symptoms are mild in most people
- Older people and those with other underlying health conditions, such as heart disease or lung disease, may get more serious illness

How is COVID-19 transmitted?

- Small droplets of fluid from the nose or mouth of someone who is sick
 - Spread by coughing or sneezing
 - Travel about 1 metre and land on surfaces, and survive for several hours
- Touching contaminated surfaces and then touching your eyes, nose or mouth can result in infection
- It is NOT spread by people without symptoms
- It is *less* easily transmitted than the flu
- Most transmission occurs in households

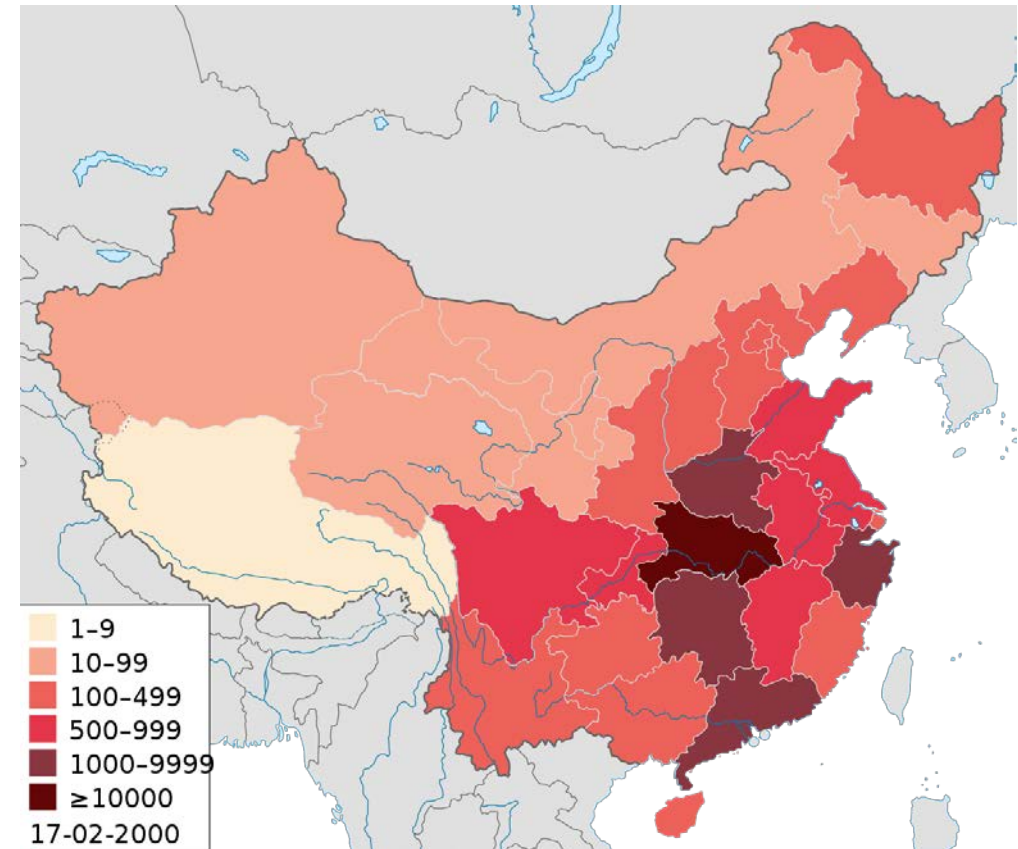
What is the treatment for COVID-19 infection?

- Almost all infections resolve on their own
- No specific drugs yet for treatment (research trials underway)
- No vaccine yet (more than 20 are under development)
- Treatment is supportive care

How has COVID-19 spread?

China:

- Began in Wuhan end of Dec. 2019
- Spread to all 31 provinces by end of Jan. 2020
- Now resolving
- 80,422 cases (March 4, 2020)
- Overall “attack rate”: 0.006% of the population (6/100,000 people)
- Most spread occurred in households: 3-10% of household contacts infected



COVID-19 in other countries

- Cases reported from 76 countries (March 4, 2020): 12,668 cases
- Outbreaks: South Korea, Iran, Northern Italy
- Other countries: Small number of imported cases, some local transmission
- Canada: 34 cases (March 4)
 - BC: 13 cases (4 have fully recovered)
 - New severe case reported today in VGH Intensive Care Unit; all others recovering at home
- No evidence of community transmission anywhere in Canada

How serious is COVID-19 infection?

- >80% of people have mild or moderate disease
- Case-fatality rate (globally): 3.4%
- Low (<1.0%) for young adults; no deaths reported in young children
- Higher in the elderly and those with other chronic health conditions; nearly 15% over age 80 years

$$\text{Case fatality rate} = \frac{\text{Deaths}}{\text{All cases}} \quad \frac{3,110 \text{ deaths}}{90,893 \text{ cases}} \times 100 = 3.4\%$$

Travel

- Check the Health Canada website for travel advisories
- Current advisories (March 4, 2020):
 - Avoid **all travel** to Hubei Province, China
 - Avoid **non-essential travel** to China, Iran, Northern Italy, some regions of South Korea
 - Travellers returning from **Hubei Province, China and Iran** are asked to self-isolate at home for 14 days after leaving; call public health if symptoms start
 - Travellers from other countries with cases do not need to self-isolate but should stay home if symptoms develop, and call public health

Canada

- No evidence of community transmission anywhere in Canada
- No need to cancel “mass gatherings” or celebrations
- It’s safe to go to school, work and to houses of worship
- It’s safe to receive care in hospitals and clinics

Are we prepared if cases increase?

- Planning underway; BC has an excellent public health system
- COVID-19 testing is available to all physicians – more than 1,000 patients have already been tested
 - Testing available in family doctor offices, Urgent Care Clinics
- Long term care facilities have protocols in place to monitor for respiratory illnesses and manage any respiratory outbreaks, and will be supported
- Hospitals are prepared to manage any serious cases

How can COVID-19 be prevented? Start now!

- Stay home if you are sick
- Cover your cough
- Don't touch your eyes, nose and mouth
- Wash your hands!



Where can I get further information?

- The BC Nurse Line (811) is available 24 hours a day, 7 days a week
- Vancouver Coastal Health: www.vch.ca
- BC Centre for Disease Control: www.bccdc.ca
- Canadian Travel Advisories: www.travel.gc.ca
- World Health Organization: www.who.int