What you need to know about COVID-19 and the role of community health workers in the Latino community

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For more information: www.cdc.gov/COVID19
Objectives

▪ Provide an overview of COVID-19 that CHWs can apply when guiding COVID-19 prevention in the communities that they serve
▪ Discuss the evidence-based COVID-19 prevention recommendations on how individuals can help themselves, their families and communities in preventing or slowing the spread of COVID-19
▪ Share messages, tools and other resources in Spanish that health promoters may use to inform at-risk groups, including older adults and people with underlying conditions
▪ Discuss the experiences of CHWs and the changing roles they face in the COVID-19 pandemic
Coronavirus Background
Coronavirus (CoV) Background

- Large family of viruses that cause respiratory illness
  - Belongs to *Coronaviridae* family
- First isolated in the 1960s
- Named for the crown-like spikes on surface
  - 4 subgroupings (alpha, beta, gamma, delta)
- Some can spread between animals and people (zoonotic)
Seven Human Coronaviruses (HCoVs)

- **Common HCoVs:**
  - HCoV-229E (alpha)
  - HCoV-OC43 (alpha)
  - HCoV-NL63 (beta)
  - HCoV-HKU1 (beta)

- **Other HCoVs:**
  - SARS-CoV (beta)
  - MERS-CoV (beta)
  - SARS-CoV-2* (beta)

*Causes Coronavirus Disease (COVID-19)*

Produced by the National Institute of Allergy and Infectious Diseases (NIAID), this highly magnified, digitally colorized transmission electron microscopic (TEM) image, reveals ultrastructural details exhibited by a single, spherical shaped, **Middle East respiratory syndrome coronavirus (MERS-CoV)** virion.
Common HCoVs: Clinical Presentation & Diagnosis

- Usually cause mild to moderate upper-respiratory tract illnesses, like the common cold
  - May cause more severe disease like pneumonia or bronchitis
    - More common in infants, older adults, and people with underlying conditions that weaken the immune system
  - Symptoms may include:
    - Runny nose
    - Headache
    - Cough
    - Sore throat
    - Fever
    - General unwell feeling

- Diagnosis
  - Lab tests can be used to test respiratory specimens and serum (blood) for coronavirus infection in patients with more severe disease
Common HCoVs: How They Spread

- Most commonly spread from an infected person to others through:
  - Respiratory droplets by coughing, sneezing, or talking
  - Close personal contact, such as touching or shaking hands
  - Touching an object or surface that has the virus on it
- Commonly occurs in fall and winter, but can occur year-round
- Young children are most likely to get infected
- Most people will get infected at least once in their lifetime
Other Human Coronaviruses

SARS-CoV (Severe Acute Respiratory Syndrome Coronavirus)

MERS-CoV (Middle East Respiratory Syndrome Coronavirus)
SARS & MERS: History

First recognized
- 2002 (SARS) in China
- 2012 (MERS) in Saudi Arabia

Scope of outbreaks
- SARS: 8,000+ probable cases and 774 deaths (2002–03)
  - No known human cases since 2004
- MERS: 2,400+ lab-confirmed cases and 850+ deaths (as of 10/3/19)
  - 2 US cases in 2014 among healthcare professionals
SARS & MERS: Clinical Picture

Transmission between people
- Close person-to-person contact

Most common symptoms
- Fever and chills
- Body aches
- Cough
- Shortness of breath

Complications can include
- Pneumonia (SARS & MERS)
- Kidney failure (MERS)

Treatment
- No specific antiviral treatment licensed for SARS or MERS
- Individuals seek medical care to relieve symptoms

Prevention
- No vaccine available
- Everyday preventive actions to prevent the spread of respiratory viruses (e.g., hand hygiene)
Coronavirus Disease 2019 (COVID-19)
COVID-19: Emergence

- Identified in Wuhan, China in December 2019
- Caused by the virus SARS-CoV-2
- Early on, many patients were reported to have a link to a large seafood and live animal market
- Later patients did not have exposure to animal markets
  - Indicated person-to-person spread
- Travel-related exportation of cases reported
  - First US case reported: January 21, 2020
COVID-19: How It Spreads

- Investigations are ongoing to better understand spread
- Largely based on what is known from other coronaviruses
  - Presumed to occur primarily through close person-to-person contact through respiratory droplets produced when infected person coughs, sneezes, or talks
  - Possibly by touching a surface or object that has the virus on it and then touching the mouth, nose, or eyes
COVID-19: Symptoms & Complications

Symptoms may include
- Fever
- Cough
- Shortness of breath

Wide range of illness severity has been reported
- Mild to severe illness
- Can result in death

Estimated incubation period
- 2 to 14 days

Complications may include
- Pneumonia
- Respiratory failure
- Multisystem organ failure
How You Can Prevent COVID-19
Everyday actions to prevent respiratory illnesses

- Avoid exposure to the virus
- Wear cloth face covering if leaving the house
- Don’t touch your eyes, nose, or mouth
- Cover your mouth when coughing or sneezing with a tissue and discard it after use
- Avoid contact with people who are sick
- Stay home if you are sick
Everyday actions to prevent respiratory illnesses

- **Cover your cough or sneeze** with a tissue, then throw it away
- **Wash your hands** often with soap and water for at least 20 seconds
  - Use an alcohol-based hand sanitizer with at least 60% alcohol if soap and water are not readily available
- **Clean and disinfect** frequently touched objects and surfaces

How to Wash Your Hands the Right Way

- Wet
- Lather
- Scrub  
  
  20 seconds
- Rinse
- Dry

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CDC

Moje sus manos

Utilice Jabón

Frótense Bien las Manos

Seque Bien con Papel o Toalla Limpia.

Enjuague

Lave Cada Espacio de sus Dedos
Clean and Disinfect

- Wear disposable gloves to clean and disinfect
- **Routinely clean and disinfect high-touch surfaces**
  - High touch surfaces include:
    - Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.
- **Clean:**
  - Clean visibly dirty surfaces using soap and water.
- **Disinfect:**
  - Use **EPA-registered household disinfectants**
  - Follow the instructions on the label to ensure safe and effective use of the product
What is Social Distancing?

- Keeping space between yourself and other people outside of your home
- Helps control the spread
- To practice social distancing:
  - Stay at least 6 feet (2 meters) from other people when outside home
  - Do not gather in groups
  - Avoid crowded places, mass gatherings
  - Do not hug, kiss or shake hands
- Avoid close contact with people who have symptoms
Cloth Face Coverings

- CDC recommends wearing cloth face coverings outside the home to help prevent the spread of COVID-19
- Do not place cloth face coverings on children under age 2 or anyone who has trouble breathing or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance
- A washing machine can be used to wash a face covering routinely
- Continue to take other preventive actions:
  - Remain at least 6 feet apart from other individuals
  - Wash hands often
  - Clean high-touch surfaces in your home often
  - Stay home when sick
- The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responder
Who is at Higher Risk?

- Based on what we know now, those at high-risk for severe illness from COVID-19 are:
  - People 65 years and older
  - People who live in a nursing home or long-term care facility
  - People of all ages with underlying medical conditions, particularly if not well controlled, including:
    - People with chronic lung disease or moderate to severe asthma
    - People with serious heart conditions
Who is at Higher Risk? (cont.)

- **People who are immunocompromised**
  - Cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS
  - Prolonged use of corticosteroids and other immune weakening medications
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease
COVID-19: Treatment

Treatment

- No specific antiviral treatment licensed for COVID-19
- Supportive care to
  - Relieve symptoms
  - Manage pneumonia and respiratory failure
COVID-19: Treatment

- Seek medical care if you
  - Feel sick with fever, cough, or difficulty breathing

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.
COVID-19: What You Can Do

Stay Informed

▪ COVID-19 most recent information
  www.cdc.gov/COVID19

▪ CDC travel advisories
  wwwnc.cdc.gov/travel/notices

▪ Stress and coping
Role of community health workers and COVID-19
Who is a community health worker?

Definition by the American Public Health Association:

- A trusted member of and/or has a close understanding of the community served
- Serves as a liaison/intermediary between health/social services and the community
- Facilitates access to services
- Improves the quality and cultural competence of service delivery
- Increases individual and community capacity by increasing health awareness
Community health worker capacities and COVID

- Must have been trained by health personnel
- Must be authorized and recognized by the health team
- Must be prepared to inform, guide, educate peers to conduct health promotion and disease prevention
The role of a community health worker

▪ Promoting every day preventive actions as the main strategy to prevent COVID 19
▪ Provide information to break down myths and rumors
▪ Identify populations at risk
▪ Refer clients to additional services
The role of a community health worker

- Be the ear that listens to others during their lonely time of social estrangement
- Help organize food delivery or utility assistance
- Advocate with landlords
- Explain changing rules and facilitate enrollment for social benefits and resources in the community
- Promote preventive health behavior to curb contagion
- Reinforce public health messages about COVID-19

Call the Disaster Distress Helpline

For English speakers: Call or text 1-800-985-5990

For Spanish speakers: Call 1-800-985-5990 and press "2" Text Hablanos to 66746

Source: The Penn Center for Community Health Workers
CHW: Community Experts
Community Health Workers

They can be part of the frontline workforce to respond immediately to the COVID-19 pandemic
Factors that promote the effectiveness of the CHWs in the community

- Community health work is easier for a local person than for someone who comes from the outside because people know and trust them.
- The CHW speaks in the same terms of the community, knows the customs and issues.
- On many occasions CHWs have the same social and cultural background
- They dress and behave the same and speak the same local language
- They know the myths and beliefs of the community
Safety practices for CHWs conducting home visits/community services

What is a home visit?

- A set of social and health activities that are provided at home to persons
- Care that allows CHWs to:
  - Detect, value, support and control health problems of the individual and the family
  - Enhance autonomy
  - Improve people’s quality of life
- Set of specific tasks, making it a means of liaison between the family and the health system.
Safety practices for CHWs conducting home visits/community services

- During these COVID-19 times, the CHW must establish priority criteria for making home visits:
  - Families with adults over 60 years old
  - People who live alone or without families
  - People who can't travel to the health center
  - Families with ill or handicapped patients
  - People recently discharged from the hospital
  - People taking vital medications
Safety practices for CHWs conducting home visits/community services

Set goals for your visit:

- Will you coordinate care for people who cannot go to health centers?
- How much information, education, and support will you provide to the patient and family?
- Will you facilitate primary, secondary and tertiary prevention?
- Will you suggest when to go an emergency room?
- Is this an unnecessary visit?
- Will you help coordinate between the provision of health and social services?
Safety practices for CHWs conducting home visits/community services

- Develop a culture of safety
- Ask if a family members have experienced cough, fever or shortness of breath
- Ask if family members have traveled recently to international destinations or U.S. hot spots (CA, NY, LA, WA) or other states with high number of people with COVID-19

Follow universal precautions:
  - Handwashing before and after visits or using hand sanitizer (60% or more alcohol)
  - Do not eat or drink during visit
- Avoid touching surfaces, carry disposable tissues
- Wear gloves and cloth face covering
- Keep your distance from others (about 6 feet or 2 meters)
- Don't take unnecessary risks
Myths and legends

- Rinsing your nose prevents contagion
- Eating garlic protects against the virus
- Sesame oil kills COVID 19
- You have to spray the body with alcohol or chlorine
Graphics

Graphics

Tip Sheets

Tip Sheets

Tip Sheets

Posters

https://www.cdc.gov/handwashing/esp/posters.html
Videos

https://www.cdc.gov/cdctv/healthyliving/hygiene/what-you-need-know-about-handwashing.html

https://www.cdc.gov/cdctv/spanish/healthyliving/lavado-de-manos.html
For more information, contact CDC
1-800-CDC-INFO (232-4636)

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The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.