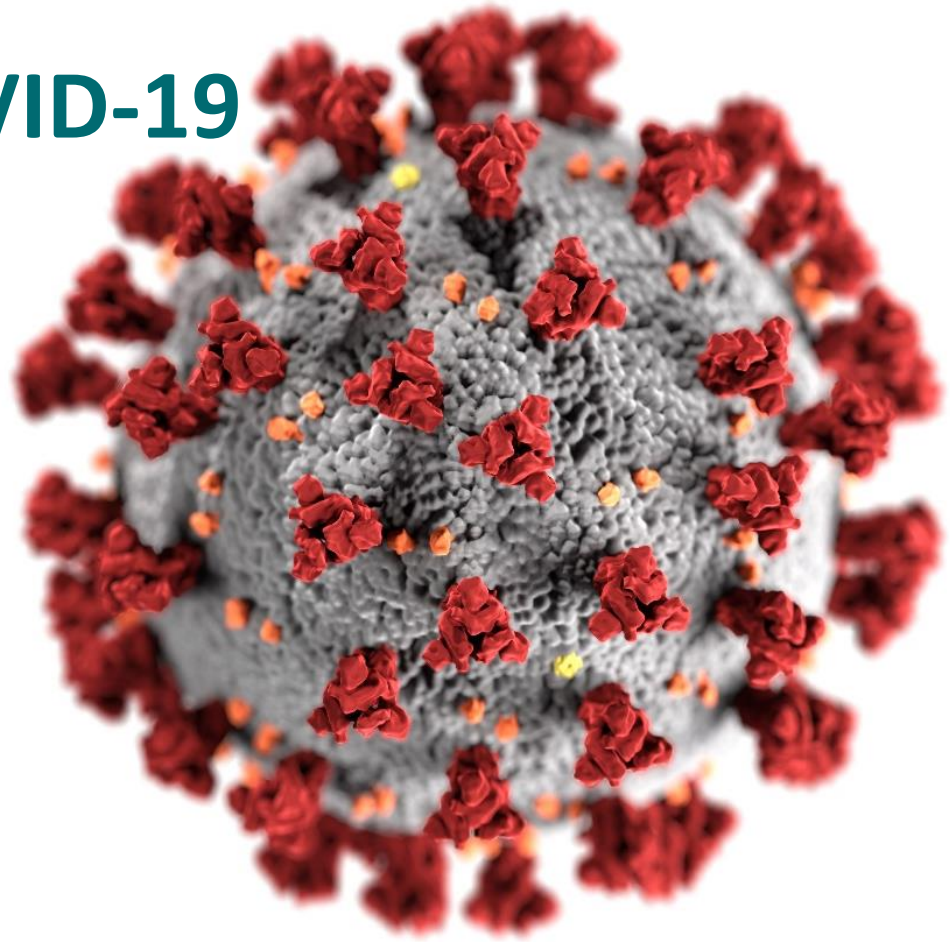
What you need to know about COVID-19 and the role of community health workers in the Latino community



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

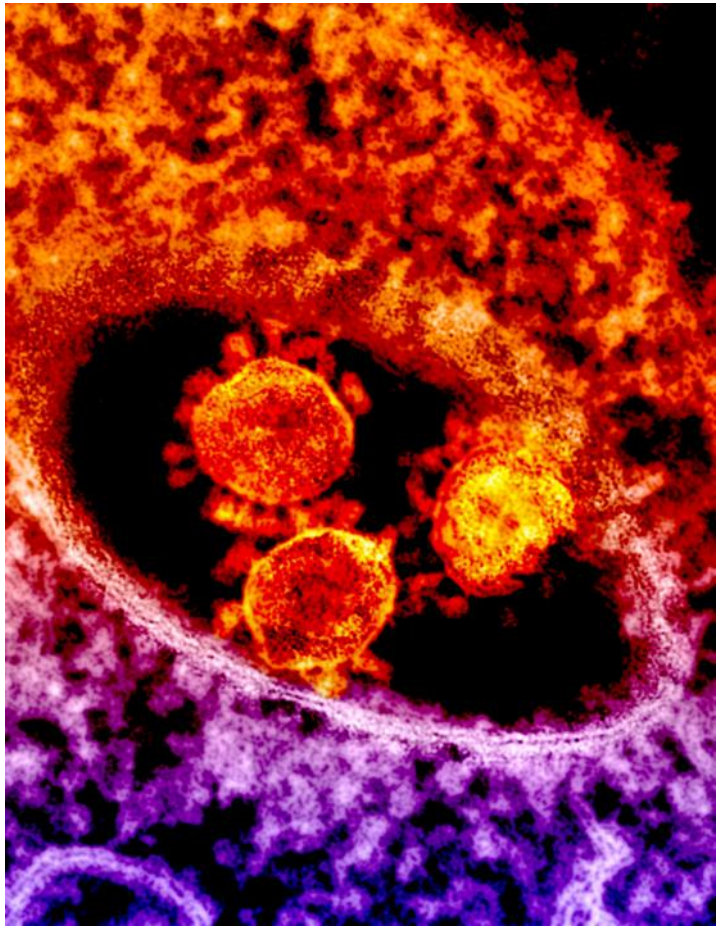
Objectives

- 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

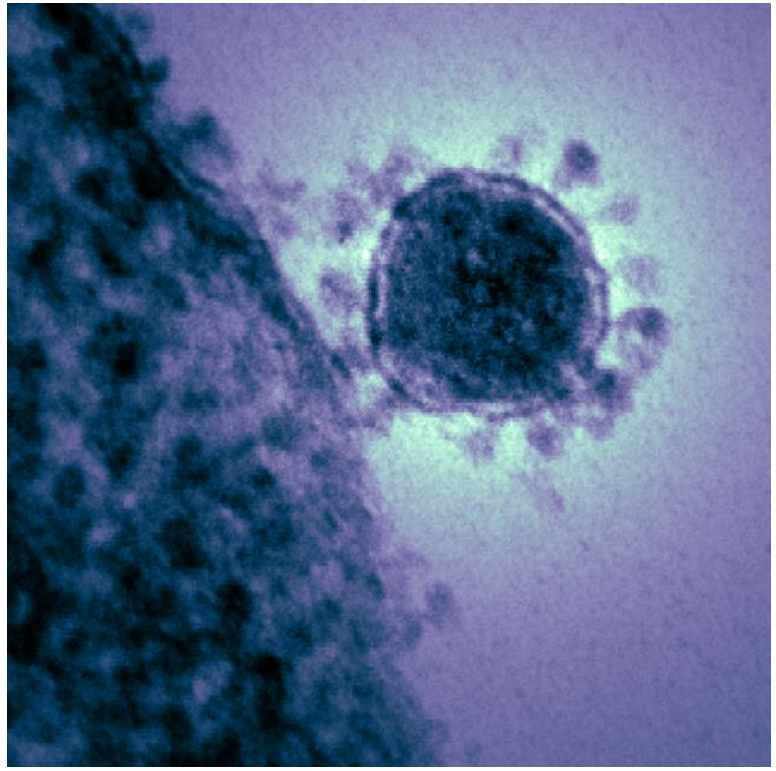
Coronavirus (CoV) Background

- 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)



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.

*Causes Coronavirus Disease (COVID-19)

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

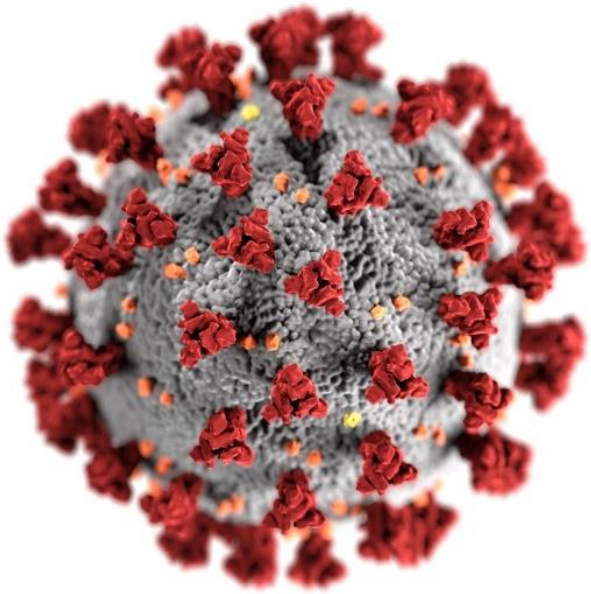
- No specific antiviral treatment licensed for SARS or MERS
- Individuals seek medical care to relieve symptoms

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
- CDC is reporting confirmed COVID-19 cases in the US online at www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html

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

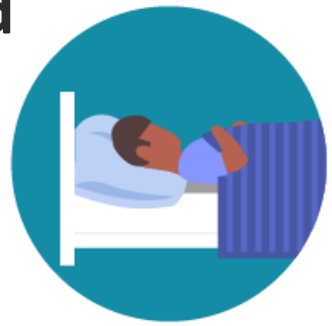
COVID-19: Symptoms & Complications

Symptoms may include

- Fever
- Cough
- Shortness of breath

Estimated incubation period

- 2 to 14 days



Wide range of illness severity has been reported

- Mild to severe illness
- Can result in death

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

For more see: https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html

How to Wash Your Hands the Right Way

- Wet
- Lather
- Scrub
- Rinse
- Dry

20 seconds

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

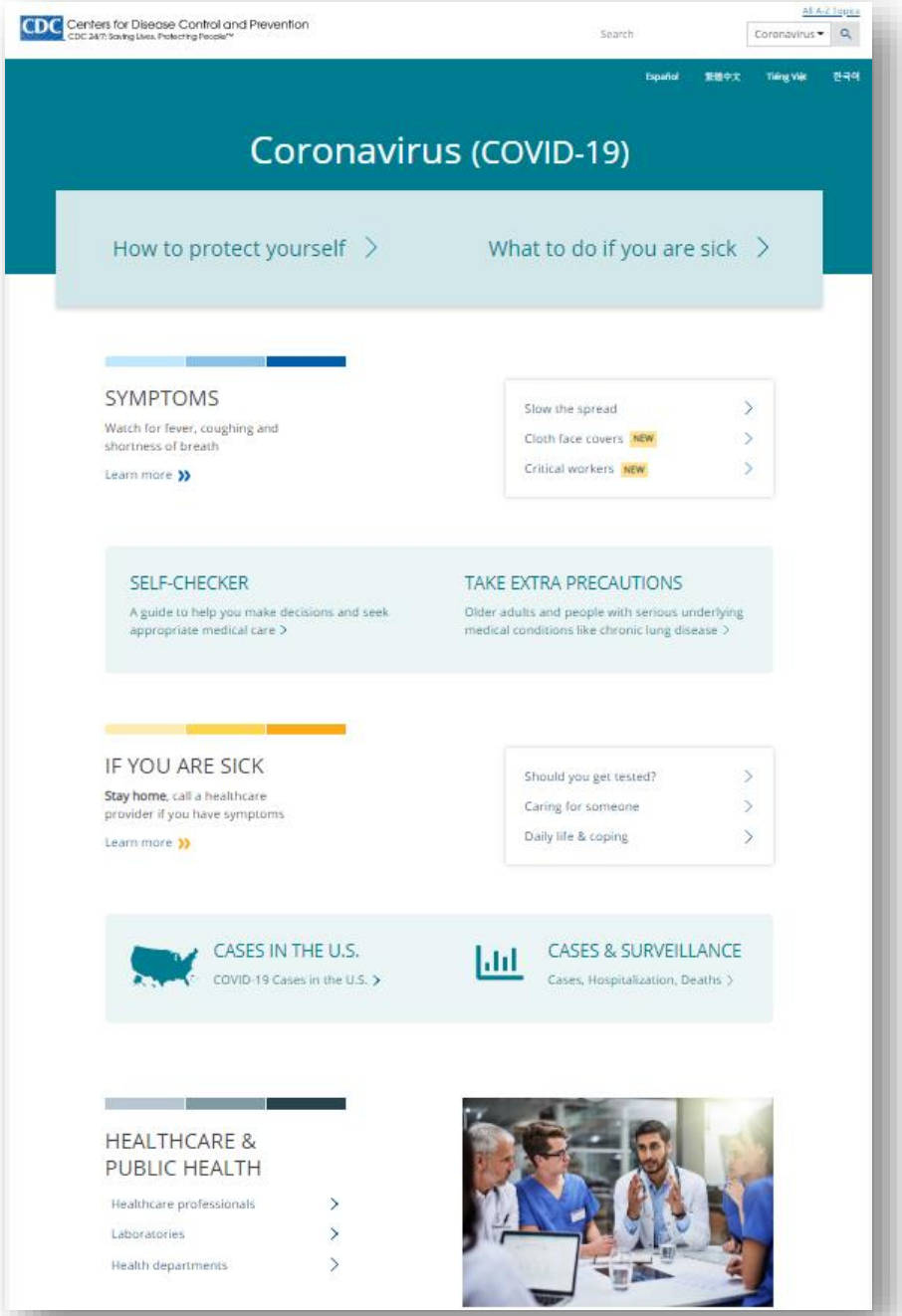
AND

  - 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
  https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html



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 **1-800-985-5990**
Text **TalkWithUs** to **66746**

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

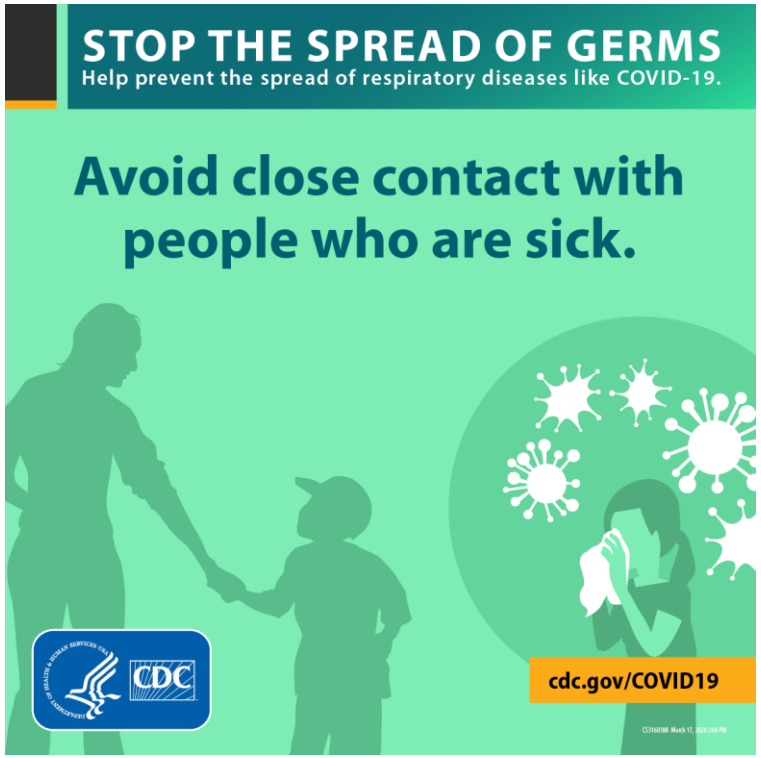
- Rinsing your nose prevents contagion
- Eating garlic protects against the virus
- Sesame oil kills COVID 19
- You have to spray the body with alcohol or chlorine

Bilingual Resources

Graphics

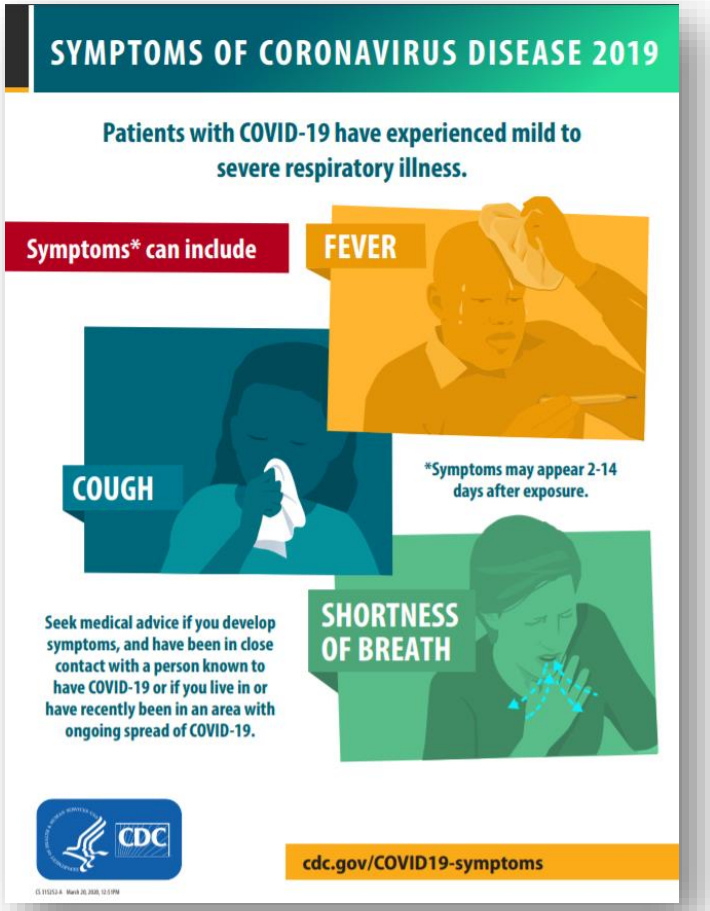
https://www.cdc.gov/coronavirus/2019-ncov/communication/social-media-toolkit.html

Graphics



https://www.cdc.gov/coronavirus/2019-ncov/communication/social-media-toolkit.html

Tip Sheets



https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html

Tip Sheets

SHARE FACTS ABOUT COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT 1 Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

FACT 2 For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

FACT 3 Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

FACT 4 There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

FACT 5 You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

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.

CDC

cdc.gov/COVID-19

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Avoid touching your eyes, nose, and mouth.

When in public, wear a cloth face covering over your nose and mouth.

Clean and disinfect frequently touched objects and surfaces.

Stay home when you are sick, except to get medical care.

Wash your hands often with soap and water for at least 20 seconds.

CDC

cdc.gov/coronavirus

https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html

Tip Sheets

Lo que necesita saber sobre la enfermedad del coronavirus 2019 (COVID-19)

¿Qué es la enfermedad del coronavirus 2019 (COVID-19)?

La enfermedad del coronavirus 2019 (COVID-19) es una afección respiratoria que se puede propagar de persona a persona. El virus que causa el COVID-19 es un nuevo coronavirus que se identificó por primera vez durante la investigación de un brote en Wuhan, China.

¿Pueden las personas en los EE. UU. contraer el COVID-19?

Sí. El COVID-19 se está propagando de persona a persona en partes de los Estados Unidos. El riesgo de infección con COVID-19 es mayor en las personas que son contactos cercanos de alguien que se sepa que tiene el COVID-19, por ejemplo, trabajadores del sector de la salud o miembros del hogar. Otras personas con un riesgo mayor de infección son las que viven o han estado recientemente en un área con propagación en curso del COVID-19.

¿Ha habido casos de COVID-19 en los EE. UU.?

Sí. El primer caso de COVID-19 en los Estados Unidos se notificó el 21 de enero del 2020. La cantidad actual de casos de COVID-19 en los Estados Unidos está disponible en la página web de los CDC en https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html.

¿Cómo se propaga el COVID-19?

Es probable que el virus que causa el COVID-19 haya surgido de una fuente animal, pero ahora se está propagando de persona a persona. Se cree que el virus se propaga principalmente entre las personas que están en contacto cercano unas con otras (dentro de 6 pies de distancia), a través de las gotitas respiratorias que se producen cuando una persona infectada tose o estornuda. También podría ser posible que una persona contraiga el COVID-19 al tocar una superficie u objeto que tenga el virus y luego se toque la boca, la nariz o posiblemente los ojos, aunque no se cree que esta sea la principal forma en que se propaga el virus. Infórmese sobre lo que se sabe acerca de la propagación de los coronavirus de reciente aparición en https://www.cdc.gov/coronavirus/2019-ncov/about/transmission-sp.html.

¿Cuáles son los síntomas del COVID-19?

Los pacientes con COVID-19 han tenido enfermedad respiratoria de leve a grave con los siguientes síntomas:

- fiebre
- tos
- dificultad para respirar

¿Cuáles son las complicaciones graves provocadas por este virus?

Algunos pacientes presentan neumonía en ambos pulmones, insuficiencia de múltiples órganos y algunos han muerto.

¿Qué puedo hacer para ayudar a protegerme?

Las personas se pueden proteger de las enfermedades respiratorias tomando medidas preventivas cotidianas.

- Evite el contacto cercano con personas enfermas.
- Evite tocarse los ojos, la nariz y la boca con las manos sin lavar.
- Lávese frecuentemente las manos con agua y jabón por al menos 20 segundos. Use un desinfectante de manos que contenga al menos un 60 % de alcohol si no hay agua y jabón disponibles.

Si está enfermo, para prevenir la propagación de la enfermedad respiratoria a los demás, debería hacer lo siguiente:

- Quedarse en casa si está enfermo.
- Cubrirse la nariz y la boca con un pañuelo desechable al toser o estornudar y luego botarlo a la basura.
- Limpiar y desinfectar los objetos y las superficies que se tocan frecuentemente.

¿Qué debo hacer si he regresado recientemente de un viaje a un área con propagación en curso del COVID-19?

Si ha llegado de viaje proveniente de un área afectada, podrían indicarle que no salga de casa por hasta 2 semanas. Si presenta síntomas durante ese periodo (fiebre, tos, dificultad para respirar), consulte a un médico. Llame al consultorio de su proveedor de atención médica antes de ir y dígales sobre su viaje y sus síntomas. Ellos le darán instrucciones sobre cómo conseguir atención médica sin exponer a los demás a su enfermedad. Mientras esté enfermo, evite el contacto con otras personas, no salga y postergue cualquier viaje para reducir la posibilidad de propagar la enfermedad a los demás.

¿Hay alguna vacuna?

En la actualidad no existe una vacuna que proteja contra el COVID-19. La mejor manera de prevenir infecciones es tomar medidas preventivas cotidianas, como evitar el contacto cercano con personas enfermas y lavarse las manos con frecuencia.

¿Existe un tratamiento?

No hay un tratamiento antiviral específico para el COVID-19. Las personas con el COVID-19 pueden buscar atención médica para ayudar a aliviar los síntomas.

CDC

cdc.gov/COVID19-es

CS 314937-J 08/13/2020 08/20/2020

Qué hacer si contrae la enfermedad del coronavirus 2019 (COVID-19)

Si usted está enfermo con COVID-19 o sospecha que está infectado por el virus que causa el COVID-19, tome las medidas mencionadas a continuación para ayudar a prevenir que la enfermedad se propague a personas en su casa y en la comunidad.

Quédese en casa, excepto para conseguir atención médica

Debe restringir las actividades fuera de su casa, excepto para conseguir atención médica. No vaya al trabajo, la escuela o a áreas públicas. Evite usar el servicio de transporte público, vehículos compartidos o taxis.

Manténgase alejado de otras personas y de los animales en su casa

Personas: en la medida de lo posible, permanezca en una habitación específica y lejos de las demás personas que estén en su casa. Además, debería usar un baño aparte, de ser posible.

Animales: mientras esté enfermo, no manipule ni toque mascotas ni otros animales. Consulte El COVID-19 y los animales para obtener más información.

Llame antes de ir al médico

Si tiene una cita médica, llame al proveedor de atención médica y dígale que tiene o que podría tener COVID-19. Esto ayudará a que en el consultorio del proveedor de atención médica se tomen medidas para evitar que otras personas se infecten o expongan.

Use una mascarilla

Usted debería usar una mascarilla cuando esté cerca de otras personas (p. ej., compartiendo una habitación o un vehículo) o de mascotas y antes de entrar al consultorio de un proveedor de atención médica. Si no puede usar una mascarilla (por ejemplo, porque le causa dificultad para respirar), las personas que vivan con usted no deberían permanecer con usted en la misma habitación, o deberían ponerse una mascarilla si entran a su habitación.

Cúbrase la nariz y la boca al toser y estornudar

Cúbrase la nariz y la boca con un pañuelo desechable al toser o estornudar. Bote los pañuelos desechables usados en un bote de basura con una bolsa de plástico adentro; lávese inmediatamente las manos con agua y jabón por al menos 20 segundos o limpieselas con un desinfectante de manos que contenga al menos 60 % de alcohol, cubra todas las superficies de las manos y fróteselas hasta que sienta que se secaron. Si tiene las manos visiblemente sucias, es preferible usar agua y jabón.

Evite compartir artículos del hogar de uso personal

No debe compartir platos, vasos, tazas, cubiertos, toallas o ropa de cama con otras personas o mascotas que estén en su casa. Después de usar estos artículos, se los debe lavar bien con agua y jabón.

Límpiese las manos con frecuencia

Lávese frecuentemente las manos con agua y jabón por al menos 20 segundos. Si no hay agua y jabón disponibles, límpieselas con un desinfectante de manos que contenga al menos un 60 % de alcohol, cubra todas las superficies de las manos y fróteselas hasta que sienta que se secaron. Si tiene las manos visiblemente sucias, es preferible usar agua y jabón. Evite tocarse los ojos, la nariz y la boca con las manos sin lavar.

Limpie todos los días todas las superficies de contacto frecuente

Las superficies de contacto frecuente incluyen los mesones, las mesas, las manijas de las puertas, las llaves y grifos del baño, los inodoros, los teléfonos, los teclados, las tabletas y las mesas de cama. Limpie también todas las superficies que puedan tener sangre, heces o líquidos corporales. Use un limpiador de uso doméstico, ya sea un rociador o una toallita, según las instrucciones de la etiqueta. Las etiquetas contienen instrucciones para el uso seguro y eficaz de los productos de limpieza, incluidas las precauciones que debería tomar cuando aplique el producto, como usar guantes y asegurarse de tener buena ventilación mientras lo esté usando.

Vigile sus síntomas

Busque atención médica rápidamente si su enfermedad empeora (p. ej., si tiene dificultad para respirar). Antes de hacerlo, llame a su proveedor de atención médica y dígale que tiene COVID-19, o que está siendo evaluado para determinar si lo tiene. Póngase una mascarilla antes de entrar al consultorio. Estas medidas ayudarán a que en el consultorio del proveedor de atención médica se pueda evitar la infección o exposición de las otras personas que estén en el consultorio o la sala de espera.

Pídale a su proveedor de atención médica que llame al departamento de salud local o estatal. Las personas que estén bajo monitoreo activo o automonitoreo facilitado deben seguir las indicaciones provistas por los profesionales de salud ocupacional o de su departamento de salud local, según corresponda.

Si tiene una emergencia médica o necesita llamar al 911, avísele al personal del centro de llamadas que tiene COVID-19 o lo están evaluando para determinarlo. De ser posible, póngase una mascarilla antes de que llegue el servicio médico de emergencias.

Interrupción del aislamiento en la casa

Los pacientes con COVID-19 confirmado deben permanecer bajo precauciones de aislamiento en la casa hasta que el riesgo de transmisión secundaria a otras personas se considere bajo. La decisión de interrumpir las precauciones de aislamiento en la casa debe tomarse según cada caso en particular, en consulta con proveedores de atención médica y departamentos de salud estatales y locales.

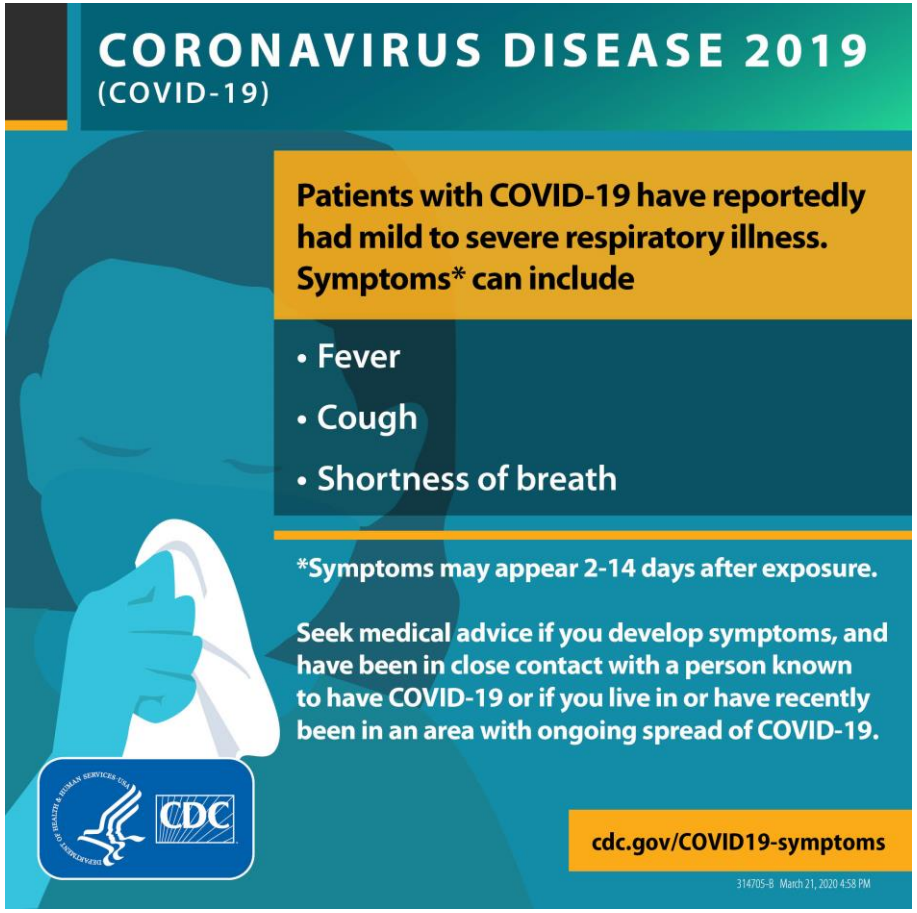
CDC

www.cdc.gov/COVID19-es

CS 314937-J 03/19/2020

https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html

Infographics



https://www.cdc.gov/coronavirus/2019-ncov/downloads/infographic-prevention-Spanish.zip

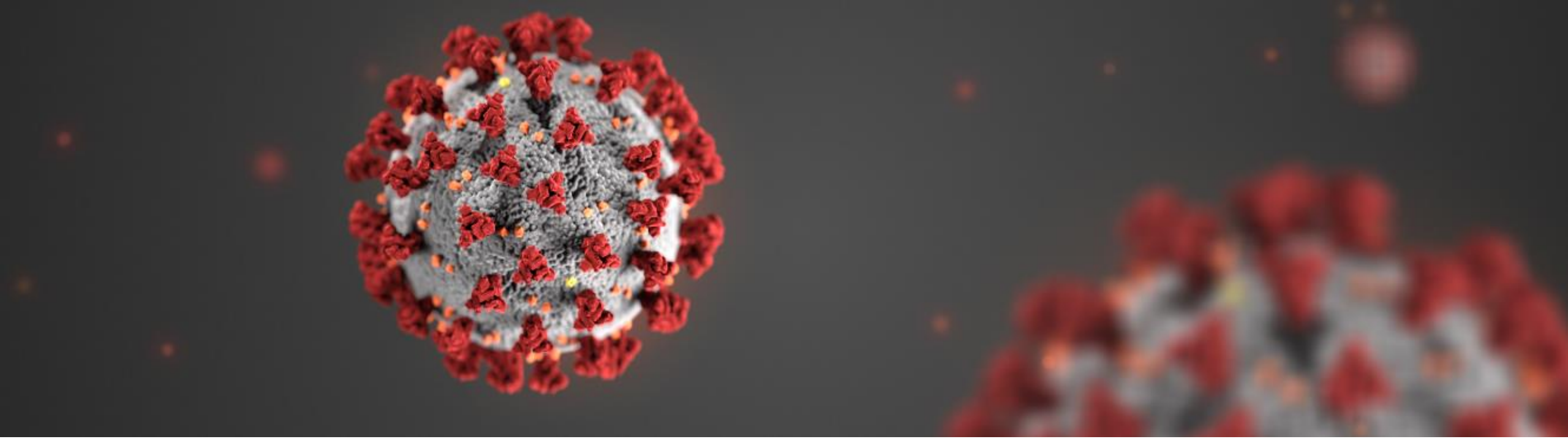
Posters

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)
TTY: 1-888-232-6348 www.cdc.gov

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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.