



**May 13, 2020**



**Kathy Lofy, MD**

State Health Officer & Chief Science Officer

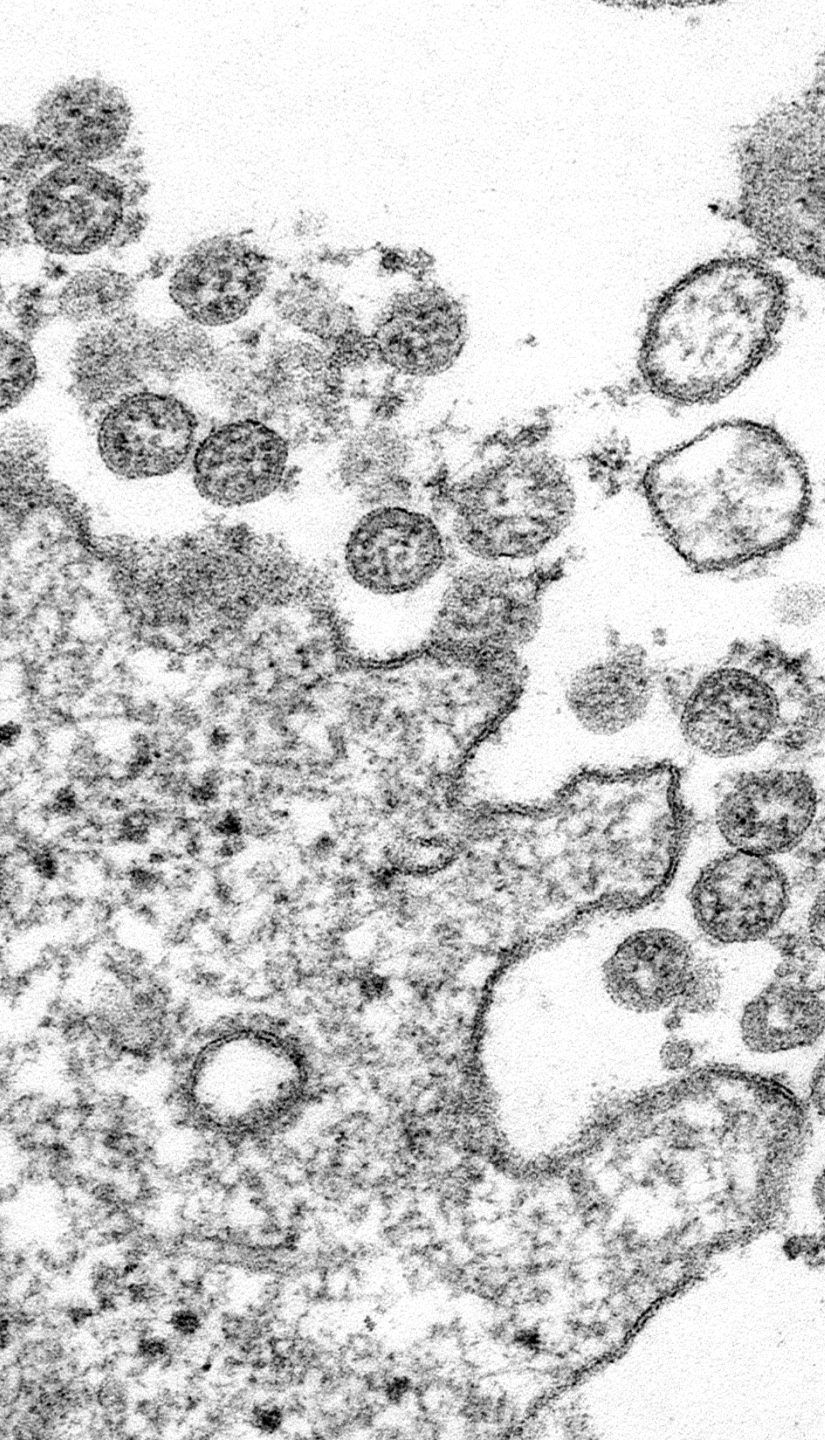
**Lacy Fehrenbach, MPH**

Assistant Secretary, Prevention & Community Health

# Overview

---

- Background on COVID-19 and Pandemics
- Current and Future Situation
- Preparing for Fall
- Question/Answer



# Background

Coronaviruses cause mild respiratory illnesses, such as the common cold

- Severe Acute Respiratory Syndrome (SARS)
- Middle East Respiratory Syndrome (MERS)

COVID-19 is the name of the “novel coronavirus” disease

SARS-CoV-2 is the name of the virus that causes COVID-19

Emerged in China in December 2019

Arrived to U.S. in January 2020

Declared Global Pandemic March 2020

# What are the symptoms?

Cough

Shortness of breath or  
difficulty breathing

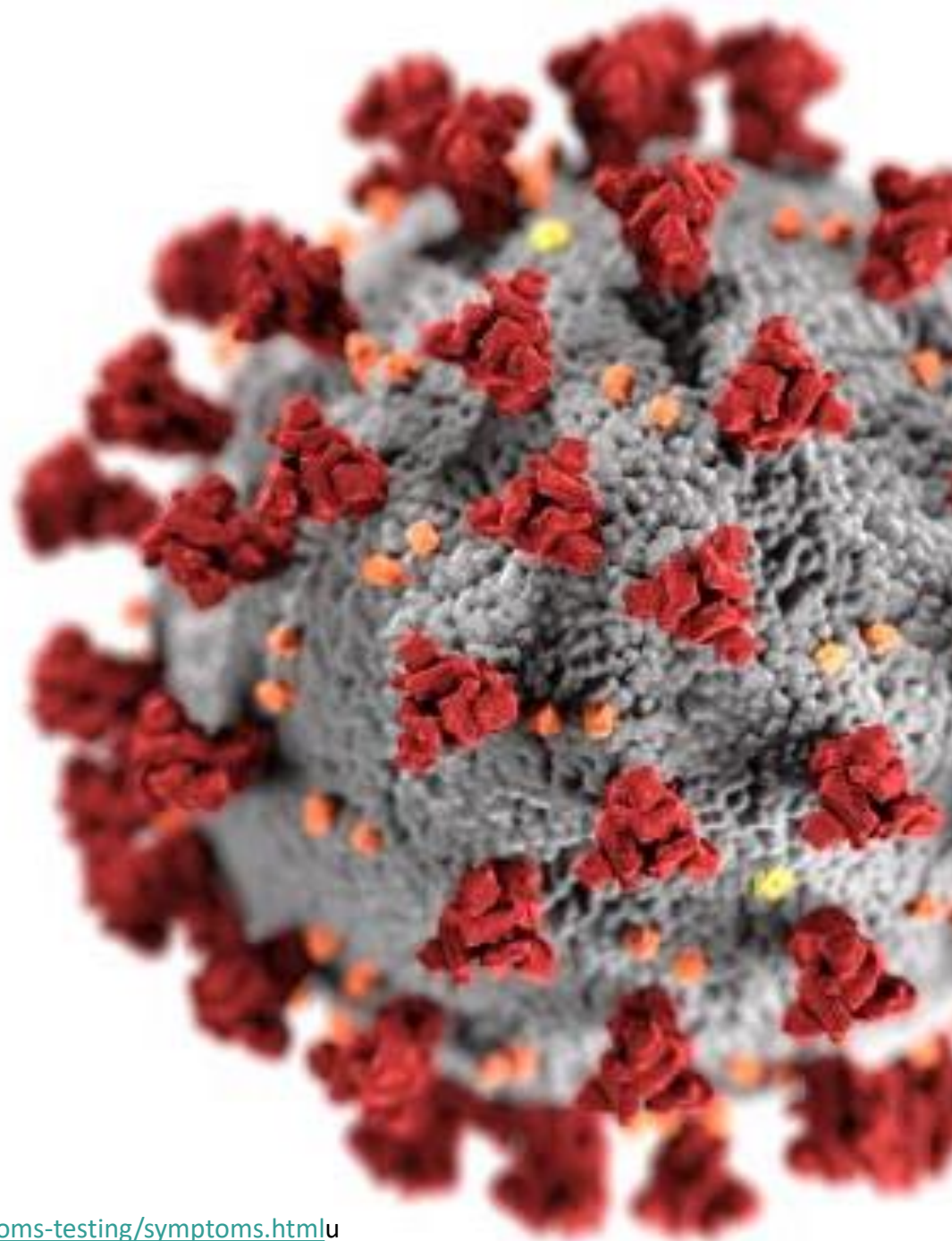
Fever

Chills

Muscle pain

Sore throat

New loss of taste or smell



# Risk Factors and Severity

---

- People with COVID-19 can have no symptoms or develop mild, severe, or fatal illness
- Risk Factors
  - Older age
  - Living in long term care facilities or other congregant settings
  - Underlying chronic medical conditions

Source: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html>

# How does the virus spread?

---

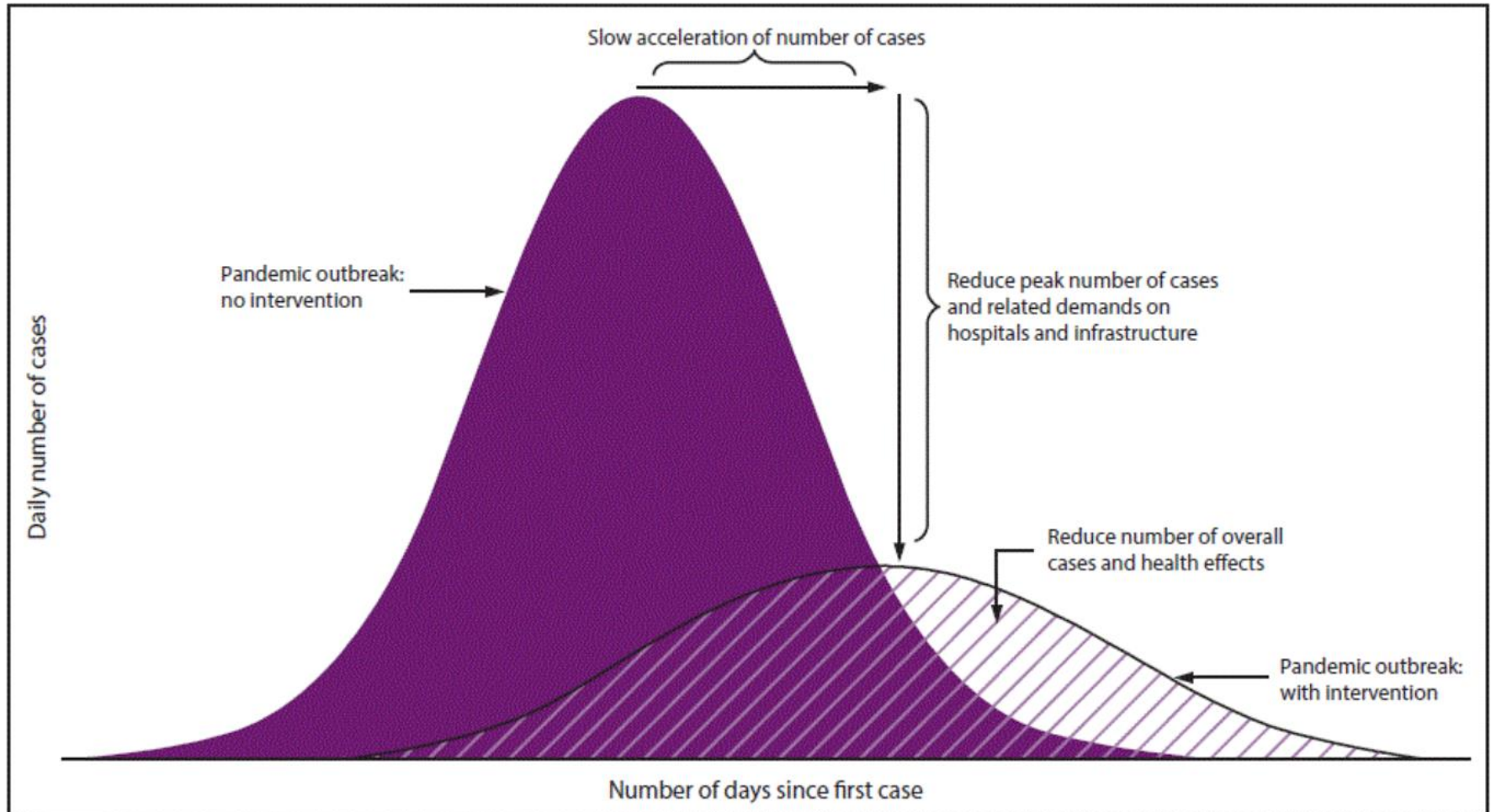
- Primarily spreads person-to-person via respiratory droplets from coughs or sneezes (like the flu)
- Possibly spread by touching an object or surface with the virus on it, then touching mouth, nose, or eyes
- Possibly spread through stool with the virus in it
- It takes approximately 2 to 14 days (median ~5 days) for an infected person to show symptoms
- People likely most infectious while they are most symptomatic (e.g., coughing and sneezing)
  - Spread from people without symptoms appears possible

# Treatment and Vaccine

---

- Treatment
  - Limited treatment currently available
    - No FDA approved medications
    - Remdesivir available through emergency use authorization for most severe cases
  - Anti-viral medications under investigation
- Vaccines are under development
  - Multiple vaccines under development
  - Trials underway for limited number
  - Unknown when available
  - Phased implementation expected

# Goals of Community Mitigation for Pandemic Influenza



Source: CDC. MMWR 2017;66(1):1–34. (<https://www.cdc.gov/mmwr/volumes/66/rr/rr6601a1.htm>)



# Community Mitigation Planning (Non-pharmaceutical Interventions)

---

## ● Personal

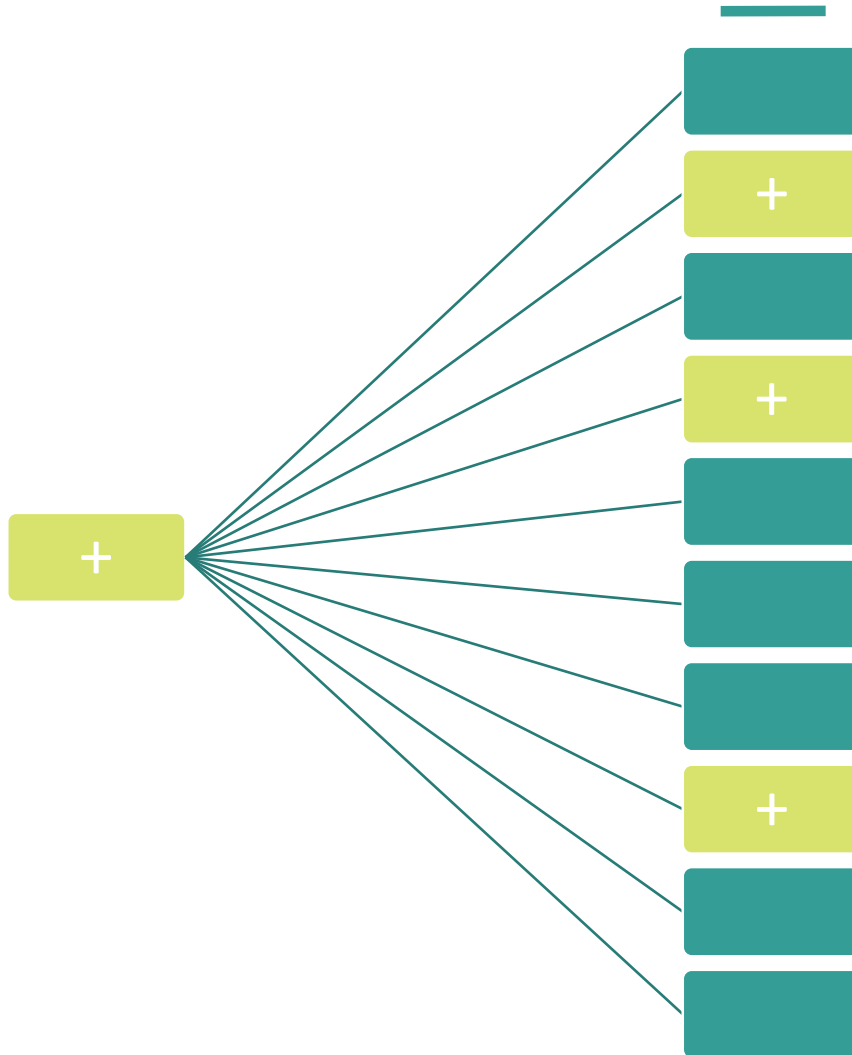
- Hand hygiene, respiratory etiquette, face coverings
- Home isolation of ill people
- Home quarantine of well, potentially exposed people

## ● Social/Physical distancing

- Social distancing in schools and workplaces
- School closures and dismissals
- Postponing or cancelling gatherings
- Stay Home Orders

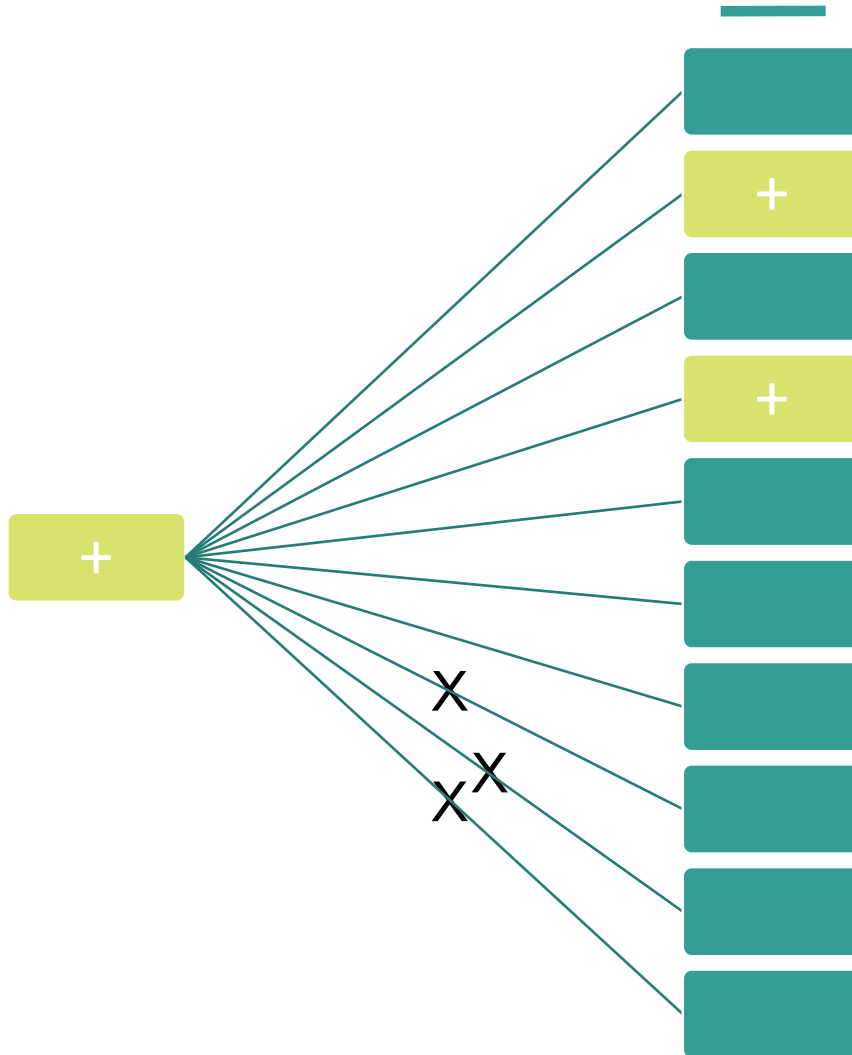
Environmental measures (e.g., routine cleaning of frequently touched surfaces)

# How NPIs Slow the Spread



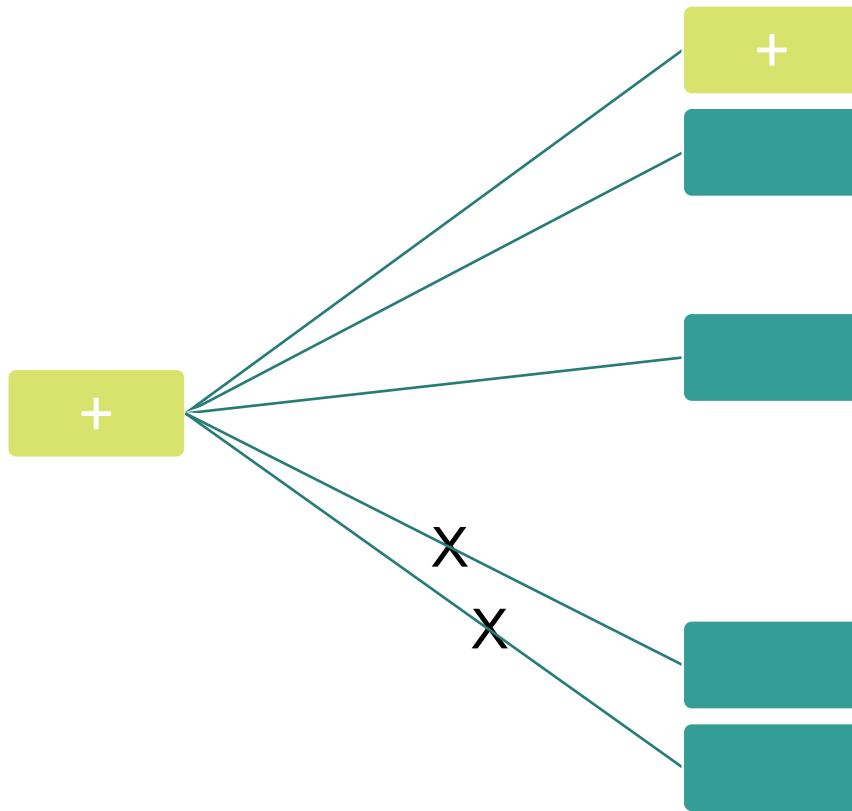
Reproductive rate  
 $R_0 = 3$

# How NPIs Slow the Spread



Reduce the likelihood we pass virus to those near us

# How NPIs Slow the Spread



Reduce the likelihood we pass virus to those near us

Reduce the number of people near us

Reproductive rate  
 $R_0 = 1$

WHERE WE ARE TODAY



DOH DATA DASHBOARD

<https://www.doh.wa.gov/Emergencies/NovelCoronavirusOutbreak2020COVID19/DataDashboard>

# WHAT THE FUTURE HOLDS



# NOW

## WASHINGTON'S PHASED APPROACH

Modifying Physical Distancing Measures as we Reopen the State



**Phase 1**



**Phase 2**



**Phase 3**



**Phase 4**

**High-Risk Populations\***

Continue to Stay Home, Stay Healthy

Continue to Stay Home, Stay Healthy

Continue to Stay Home, Stay Healthy

Resume public interactions, with physical distancing

**Recreation**

Some outdoor recreation (hunting, fishing, golf, boating, hiking)

Outdoor recreation involving 5 or fewer people outside your household (camping, beaches, etc.)

- Outdoor group rec. sports activities (50 or fewer people)
- Recreational facilities at <50% capacity (gyms, public pools, etc.)
- Professional sports without audience participation (horseracing, baseball, etc.)

Resume all recreational activity

**Gatherings (social, spiritual)**

- None
- Drive-in spiritual service with one household per vehicle

Gather with no more than 5 people outside your household per week

Allow gatherings with no more than 50 people

Allow gatherings with >50 people

**Travel**

Essential travel and limited non-essential travel for Phase I permissible activities

Essential travel and limited non-essential travel for Phase I & II permissible activities

Resume non-essential travel

Continue non-essential travel

**Business/ Employers**

- Essential businesses open
- Existing construction that meets agreed upon criteria
- Landscaping
- Auto/RV/boat/ORV sales
- Retail (curb-side pick-up orders only)
- Car washes
- Pet services

- Remaining manufacturing
- Additional construction phases
- In-home/domestic services (nannies, housecleaning, etc.)
- Retail (in-store purchases allowed with restrictions)
- Real estate
- Professional services/office-based businesses (telework remains strongly encouraged)
- Hair and nail salons/barbers
- Pet grooming
- Restaurants/taverns <50% capacity table size no larger than 5 (no bar-area seating)

- Restaurants/taverns <75% capacity/ table size no larger than 10
- Bar areas in restaurant/taverns at <25% capacity
- Movie theaters at <50% capacity
- Customer-facing government services (telework remains strongly encouraged)
- Libraries
- Museums
- All other business activities not yet listed except for nightclubs and events with greater than 50 people

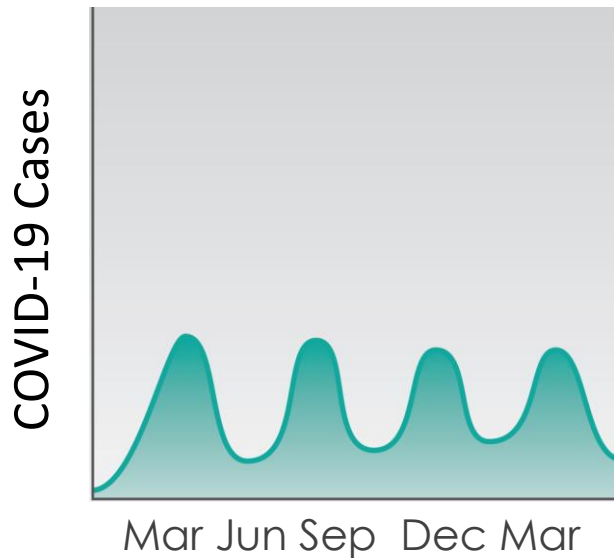
- Nightclubs
- Concert venues
- Large sporting events
- Resume unrestricted staffing of worksites, but continue to practice physical distancing and good hygiene

\* High-risk populations are currently defined by CDC as: persons 65 years of age and older; people of all ages with underlying medical conditions (particularly not well controlled), including people with chronic lung disease or moderate to severe asthma, people who have serious heart conditions, people who are immunocompromised, people with severe obesity, people with diabetes, people with chronic kidney disease undergoing dialysis, and people with liver disease; people who live in a nursing home or long-term care facility.

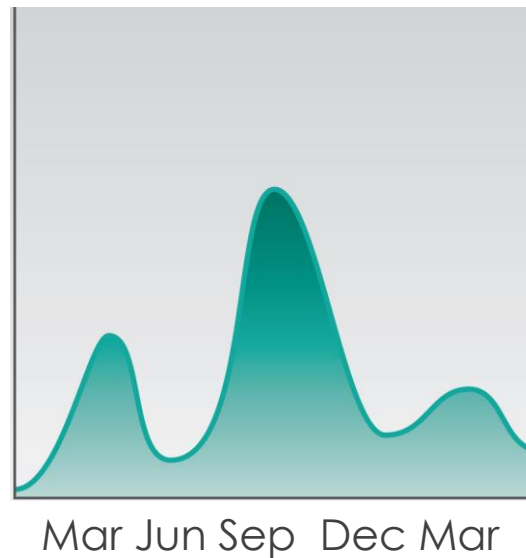
# Three Possible Scenarios

---

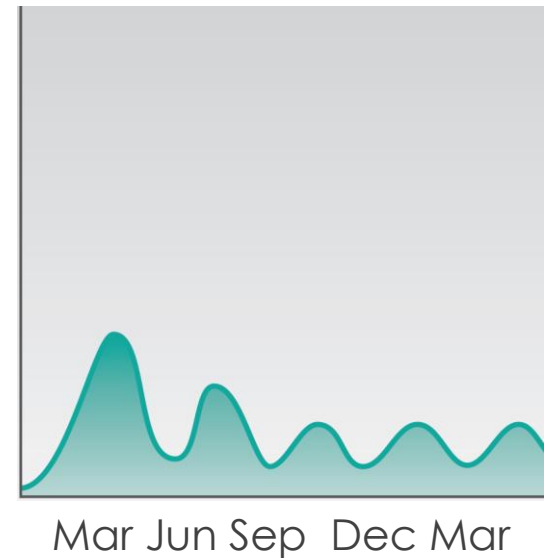
## Peaks and Valleys



## Fall Peak



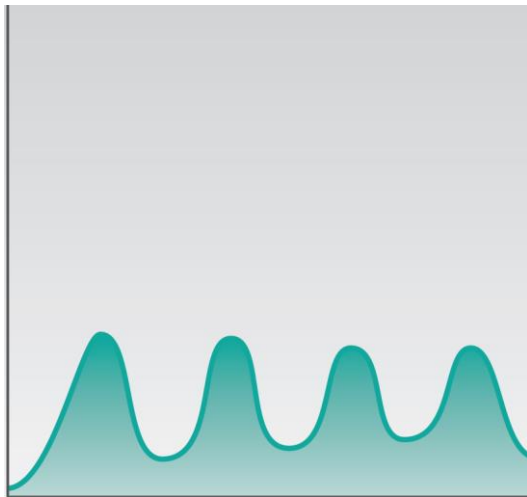
## Slow Burn





# Three Possible Scenarios

Peaks and Valleys



Mar Jun Sep Dec Mar

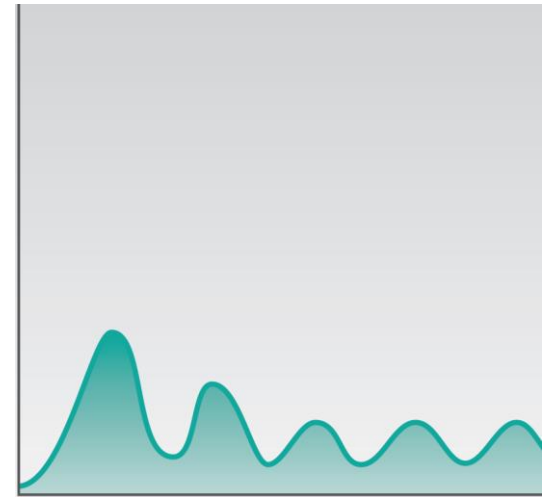


All Pe



Mar Jun Sep Dec Mar

Slow Burn



Mar Jun Sep Dec Mar

NOW

FALL?

FALL?

# WASHINGTON'S PHASED APPROACH

Modifying Physical Distancing Measures as we Reopen the State



Phase 1



Phase 2



Phase 3



Phase 4

**High-Risk Populations\***

Continue to Stay Home, Stay Healthy

Continue to Stay Home, Stay Healthy

Continue to Stay Home, Stay Healthy

Resume public interactions, with physical distancing

**Recreation**

Some outdoor recreation (hunting, fishing, golf, boating, hiking)

Outdoor recreation involving 5 or fewer people outside your household (camping, beaches, etc.)

- Outdoor group rec. sports activities (50 or fewer people)
- Recreational facilities at <50% capacity (gyms, public pools, etc.)
- Professional sports without audience participation (horseracing, baseball, etc.)

Resume all recreational activity

**Gatherings (social, spiritual)**

- None
- Drive-in spiritual service with one household per vehicle

Gather with no more than 5 people outside your household per week

Allow gatherings with no more than 50 people

Allow gatherings with >50 people

**Travel**

Essential travel and limited non-essential travel for Phase I permissible activities

Essential travel and limited non-essential travel for Phase I & II permissible activities

Resume non-essential travel

Continue non-essential travel

**Business/Employers**

- Essential businesses open
- Existing construction that meets agreed upon criteria
- Landscaping
- Auto/RV/boat/ORV sales
- Retail (curb-side pick-up orders only)
- Car washes
- Pet services

- Remaining manufacturing
- Additional construction phases
- In-home/domestic services (nannies, housecleaning, etc.)
- Retail (in-store purchases allowed with restrictions)
- Real estate
- Professional services/office-based businesses (telework remains strongly encouraged)
- Hair and nail salons/barbers
- Pet grooming
- Restaurants/taverns <50% capacity table size no larger than 5 (no bar-area seating)

- Restaurants/taverns <75% capacity/ table size no larger than 10
- Bar areas in restaurant/taverns at <25% capacity
- Movie theaters at <50% capacity
- Customer-facing government services (telework remains strongly encouraged)
- Libraries
- Museums
- All other business activities not yet listed except for nightclubs and events with greater than 50 people

- Nightclubs
- Concert venues
- Large sporting events
- Resume unrestricted staffing of worksites, but continue to practice physical distancing and good hygiene

\* High-risk populations are currently defined by CDC as: persons 65 years of age and older; people of all ages with underlying medical conditions (particularly not well controlled), including people with chronic lung disease or moderate to severe asthma, people who have serious heart conditions, people who are immunocompromised, people with severe obesity, people with diabetes, people with chronic kidney disease undergoing dialysis, and people with liver disease; people who live in a nursing home or long-term care facility.

# PLANNING FOR SCHOOL



# Expectations throughout Safe Start

---

- Stay home when sick
- Frequent hand washing
- Avoid touching face
- Cough/sneeze etiquette
- Maintain 6+ feet of distance between people
- Wear cloth face coverings
- Provide adequate supplies for good hand hygiene
- Increased cleaning and disinfection, especially frequently touched surfaces

# Roles

---



## **Department of Health**

Issues guidance for safety, health, and well being of the public based on available science.



## **Labor & Industries**

Issues requirements or recommendations for employee safety.

L&I Info on COVID

<https://www.lni.wa.gov/safety-health/safety-topics/topics/coronavirus>

# Personal Protective Equipment (PPE)

---

- Scarce resource and difficult to procure across the state, nationally, and internationally
- Healthcare system still operating in conservation mode
  
- Guidelines
  - Symptom screening
  - School nurse
  - Most faculty and staff
  - Most students

# Goals

---

- Promote health of students and staff—COVID and more broadly
- Ensure students have access to learning
- Equity
- Good guidelines that are flexible enough for multiple districts and schools
  - Infrastructure
  - Workforce
  - Student needs and families' capacities

# Safety Plans Needed

---

- Hand and face hygiene
- Cloth face covering
- Physical distancing
- Intensified cleaning
- Reduced sharing of items
- Health and safety training for staff



# Monitoring Plans

---

- Symptom screening and monitoring
- Supporting students and staff in staying home if sick
- How to handle students or staff who become sick onsite
- Flexible leave and absence policies
- Closure policies
- Communication with local public health, staff, families
  - Ongoing
  - When there are cases, exposures, changes in community spread



Washington State Department of Health is committed to providing customers with forms and publications in appropriate alternate formats. Requests can be made by calling 800-525-0127 or by email at [civil.rights@doh.wa.gov](mailto:civil.rights@doh.wa.gov). TTY users dial 711.