

### What is going on in our district?



As of 11/16/2020

Total number of Cases

- ▶ Branford: 565
- ▶ East Haven: 698
- ▶ North Branford: 205
- ▶ Total: 1468

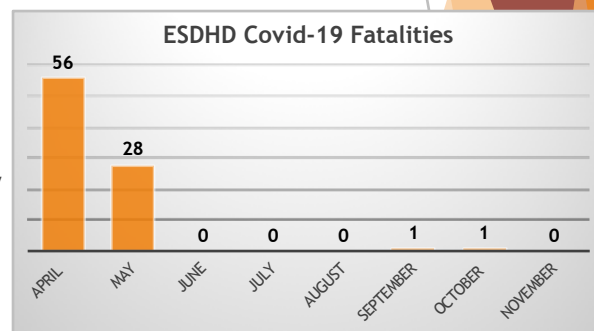
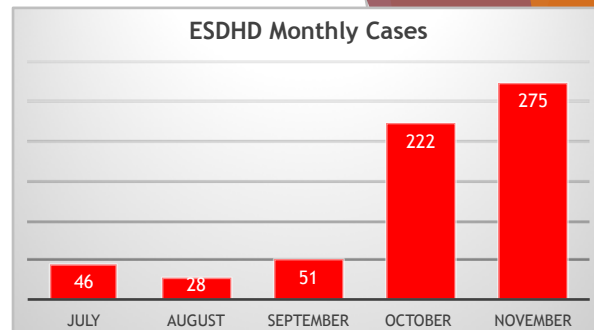
Total number of Deaths

- ▶ Branford: 41
- ▶ East Haven: 39
- ▶ North Branford: 4
- Total: 84

### Where are we now?

- ▶ April 566 cases/56 Fatalities
- ▶ May 165 cases / 28 Fatalities
- ▶ June 46 cases / 0 Fatalities
- ▶ July - 46 Cases / 0 Fatalities
- ▶ August 28 cases / 0 Fatalities
- ▶ September 45 cases / 1 Fatality
- ▶ October 222 cases/0 Fatalities
- ▶ November 275 cases / 1 Fatality

(through Nov. 16, 2020)



- ▶ 80 percent of known COVID-19 cases cause mild to moderate symptoms
- ▶ Most people develop symptoms 5-6 days after exposure
- ▶ (range is 1-14 days)

## Mild symptoms of COVID-19

Because this particular coronavirus is so new –we’re still learning about it and the symptoms it causes.

- ▶ However, when mild symptoms occur, they can mimic the common cold and include:
  - Low-grade fever (around 100 degrees Fahrenheit for adults)
  - Nasal congestion
  - Runny nose
  - Sore throat
  - Mild, dry cough
  - Mild body aches
- ▶ There have also been reports of people testing positive for the virus without having any symptoms.

## Other symptoms often reported

- ▶ Fatigue
- ▶ Headache
- ▶ New loss of taste or smell
- ▶ Sore throat
- ▶ Nausea or vomiting
- ▶ Diarrhea

## Moderate symptoms of COVID-19

- ▶ When COVID-19 symptoms progress from mild to moderate, you'll know because one or more of the following may occur:
  - Your fever will be above 100.4 F
  - You'll develop a more persistent cough
  - You'll experience temporary shortness of breath when you exert yourself - going up the stairs for instance
  - You'll feel like you need to stay in bed
- ▶ If this occurs, call your doctor promptly. The virus could be progressing into pneumonia. Explain how you feel in as much detail as you can, and they will help you decide if you should seek medical care.

## Severe symptoms of COVID-19

- ▶ Moderate symptoms can progress into severe symptoms suddenly, especially in people who are older or who have chronic medical conditions like heart disease, diabetes, cancer or chronic respiratory problems.
- ▶ There have even been reports of people with mild to moderate symptoms feeling better and then suddenly getting worse and requiring hospitalization.
- ▶ If you begin to show severe symptoms of COVID-19 - or what they call emergency warning signs - you should go to the emergency room or call 911 immediately.

### Emergency warning signs of the coronavirus include:

- ▶ Constant trouble breathing
- ▶ Persistent chest pain or pressure
- ▶ Confusion
- ▶ Trouble staying awake
- ▶ Blue lips or face

## What is the difference between Influenza (Flu) and COVID-19?

Because symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis. Flu and COVID-19 share many characteristics, but there are some key differences between the two.

- ▶ COVID-19 seems to spread more easily than flu and causes more serious illnesses in some people.
- ▶ It can also take longer before people show symptoms and people can be contagious for longer.
- ▶ there is a vaccine to protect against flu. There is currently no vaccine to prevent COVID-19

## Those at greatest risk for COVID-19

Evidence suggests 2 vulnerable groups

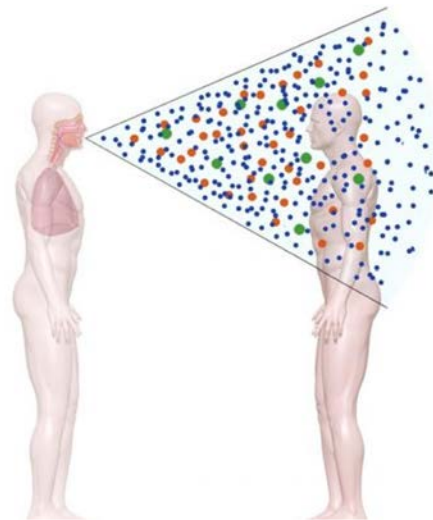
- ▶ Those over 60
- ▶ Those with underlying medical conditions such as:
  - Respiratory Disease
  - Diabetes
  - Obesity
  - Smoking
  - Diseases that affect your immune system (cancer, renal disease)



## How it spreads...

### Airborne Transmission

- ▶ When someone with COVID-19 coughs, sneezes, laughs, sings, they release droplets of infected fluid when they exhale



## Contact transmission:

- ▶ Most of the exhaled droplets fall on nearby surfaces and objects
- ▶ Infected persons touch surfaces and objects such as: desks, tables, or phones
- ▶ People can catch COVID-19 by touching contaminated surfaces or objects and then touching their eyes, nose or mouth
- ▶ The virus can live for days on surfaces



## Things you can do to keep yourself safe:

Stay home	Practice social distancing (6 feet or more)	Do not meet in large groups Private events no more than 10 people	Use technology: Video conference / Skype visit when possible	DO NOT go out if you are sick! Avoid sick people
Wash hands frequently (20 seconds soap and water)	Hand-sanitizers: rub your hands together until they dry (more than just a dab)	Avoid touching the "holes in your face"	Coughs/Sneezes Use the crook of your elbow (*contaminates clothes if you are	Disinfect commonly touched surfaces frequently – EPA approved cleansers
Take care of yourself: Be active, sleep well, eat healthy	Do what you can to control underlying health conditions	Don't shake hands	Follow postings in stores (mindful of workers)	<b>WEAR YOUR MASK</b> Required as of 4/20/20

## Face masks:

### DO choose masks that



Have two or more layers of washable, breathable fabric



Completely cover your nose and mouth



Fit snugly against the sides of your face and don't have gaps

### DO NOT choose masks that



Are made of fabric that makes it hard to breathe, for example, vinyl



Have exhalation valves or vents, which allow virus particles to escape



Are intended for healthcare workers, including N95 respirators or surgical masks

### How NOT to wear a mask



Around your neck



On your forehead



Under your nose



Only on your nose



On your chin



Dangling from one ear



On your arm

### Special Situations: Glasses



If you wear glasses, find a mask that fits closely over your nose or one that has a nose wire to limit fogging

### Gaiters & Face Shields



Wear a gaiter with two layers, or fold it to make two layers



Caution: Evaluation is ongoing but effectiveness is unknown at this time



## Who should get tested?

- ▶ People who have symptoms of COVID-19.
- ▶ People who have had **close contact** (within 6 feet for a total of 15 minutes or more) with someone with confirmed COVID-19.
- ▶ People who have been asked or referred to get testing by their healthcare provider, local or state health department.
- ▶ Not everyone needs to be tested. If you do get tested, **self-quarantine/isolate at home pending test results** and follow the advice of your health care provider or a public health professional.



## COVID-19 Testing

3 types of tests available – viral and antibody tests

**Viral tests** tell you if you are currently infected

- ▶ **PCR Test** – tests for the Virus RNA – typically nasal swab.
- ▶ **RAPID TEST** – detects protein fragments specific to the Coronavirus - 15 - 30 minutes results - recommended only for those with symptoms. typically nasal swab.

**Antibody tests** tell if you were previously infected – Blood test

- An antibody test may not show if you have a current infection
- Can take 1-3 weeks after infected to make antibodies
- Still not known if having antibodies will provide protection from getting infected again or how long that protection may last

Who should be tested?


**High Priority:**

- \* Hospitalized with symptoms
- \* Direct healthcare workers, workers in congregate living, and first responders with symptoms
- \* Residents in long term care facilities, those living in congregate settings (LTC, prisons, shelters) with symptoms

**Priority:**

- \* People with symptoms – especially those with risk factors
- \* Fever greater than or equal to 100.4
- \* Contacts of those who tested positive
- \* There should be no cost for the test

Getting tested:



- ▶ DO NOT show up anywhere thinking you will be tested
- ▶ There are specific testing sites
- ▶ All patients seeking to be tested are required to pre-register online
- ▶ You will need to talk to a health care professional about your symptoms

Options:

- Yale NH Hospital
- CVS
- Fair Haven Community Clinic
- Stony Creek Medical Center
- Docs Urgent Care

## People who test positive:

Isolate yourself - if you live with others take care not to put them at risk of exposure

Do not invite anyone into your home

Stay away from other family members / do not share your bathroom

Do not leave your home unless your situation is urgent

If you MUST leave your home, wear a mask and be quick, stay away from others

People are communicable up to 48 hours before symptoms appear

People who have been exposed should follow guidelines as well....

## What if I have been exposed to someone with COVID-19?

Quarantine yourself for each exposure

Wait 14 days to see if you have symptoms

Do not have anyone into your home


Stay away from other family members / do not share your bathroom

Do not leave your home unless there is no one available to run errands for you

If you MUST leave your home, wear a mask and be quick

If you live with someone who is infected, they should remain isolated in their own area until recovered

If others in the home test positive, you will need to re-start your quarantine



## When can those who have been infected go back to work?

CDC Criteria for discontinuation of isolation:

- ▶ At least 10 days have passed since symptoms first appeared; and
- ▶ At least 24 hours have passed since resolution of fever without the use of fever-reducing medications **and**
- ▶ Improvement in respiratory symptoms (e.g., cough, shortness of breath)

## COVID-19 Vaccine

- ▶ Currently none
- ▶ Many vaccine candidates are in development
- ▶ Limited doses may be available as early as winter 2020 - 2021
- ▶ Initial vaccination efforts will target those in the critical workforce and those at highest risk developing complications
- ▶ Initial doses may be authorized for use under an "Emergency Use"
- ▶ Likely: 2 doses separated by  $\geq 28$  days, may be needed for immunity
- ▶ Recommendations on target groups will likely change throughout the response
- ▶ Public demand for vaccination will likely be high, especially when there is limited supply and if there is severe disease in the community
- ▶ Seasonal influenza vaccination will be particularly important for all persons to limit influenza as another respiratory illness

## COVID-19 affects health in different ways

- ▶ Social,
- ▶ Nutrition,
- ▶ Physical,
- ▶ Mental
- ▶ Spiritual
- ▶ Environmental



## Social

- ▶ Stay home as much as possible
- ▶ Virtual visits
  - ▶ Call, email, write, video chat with friends/family
- ▶ Community/Faith-based involvement
  - ▶ Online book clubs, religious services, lunch meetings
  - ▶ Volunteer opportunities



## When You Need to Go Out

- ▶ Telehealth
  - ▶ Call Dr./video chat
- ▶ What happens when you go to a Dr.'s office
  - ▶ Be sure to know what the office expects..
    - ▶ Masks
    - ▶ Social Distance
    - ▶ Expect the wait to be longer



## Nutrition

- ▶ Try new things
- ▶ Eat a balanced diet
  - ▶ Fruits, vegetables, protein, healthy fats (nuts, oils, And avocado)
- ▶ Drink plenty of water
  - ▶ 8 glasses a day
- ▶ Alternatives to grocery shopping
  - ▶ Delivery services, from friends/family



## Food for the Body/Food for the Soul

- ▶ When everything else in our lives feels so out of control, we can control what we buy at the grocery store. Keep your mind and body in balance with a well-prepared grocery list.
- ▶ We all have cravings for certain foods for various reasons. For some, it can be feeling low or anxious, but for others it can be eating a food that provided comfort during difficult times in the past. Watch the reasons for your cravings.
- ▶ It isn't just the foods we eat that are nutritious. Other areas of your life provide nourishment like our relationships, creativity, physical activity and others.

## Create a well-crafted grocery list

- ▶ Essential items:
- ▶ Vegetables, fruits, whole grains, nuts and seeds, and especially condiments and spices
- ▶ Healthy daytime snacking food ideas:
  - ▶ Crunchy: apples, veggies with hummus, plain popcorn
  - ▶ Sweet: organic yogurt with fruit, dried fruit, smoothies
  - ▶ Creamy: avocados, rice or chia seed pudding, soups
  - ▶ Salty: olives, pickles, kale or seaweed chips



## 8 factors that can be related to strong food cravings

- ▶ **Food Mood Connection** Your current mood state and emotions often trigger cravings -> Try a soothing activity first instead of eating, like listening to music
- ▶ **Hydrate.** Lack of water can send a signal that you are hungry. Be sure you are drinking enough water.
- ▶ **Balance.** Are you eating certain 'types' of food more often than others? Balance what you eat to calm down cravings.
- ▶ **Tame your inner child.** We crave foods from childhood because they are comforting. For example, if you crave boxed Macaroni and Cheese you might consider satisfying that craving with a healthier version (e.g. homemade?) of that Mac and Cheese and adding vegetables to the dish.



## Monitor your cravings

- ▶ **Season's.** Sometimes we crave seasonal foods. . Explore what foods you enjoy eating during the different seasons.
- ▶ **Body knows best.** If your body is lacking in certain nutrients it may produce odd cravings. For example, salt cravings might reflect a mineral level deficit in the body. Listen to your body it might be telling you something.
- ▶ **Are you eating enough?** Low blood sugar might result in mood swings and this can perpetuate less than optimal choices.
- ▶ **Most importantly: Listen to your body**





## Physical Health

- ▶ Increase movement/physical activity
- ▶ Practicing balance exercises
- ▶ Follow the appropriate prevention guidelines
  - ▶ Wash hands frequently, wear a mask when outside, maintaining 6 ft social distance



## Exercise

- ▶ Stretching and static exercises are important also.
- ▶ Using your own body weight for strengthening
- ▶ Make it a daily habit
- ▶ Using household items



## Sleep

- ▶ Ways to fall asleep/stay asleep:
  - ▶ TV off 1 hour before bed
  - ▶ Dark, quiet, cool room
  - ▶ Bedroom for sleep only, no work
  - ▶ Consistent schedule
  - ▶ Exercise during daytime
  - ▶ Drink liquid up to 2 hours before bed
  
- ▶ 6-8 hours a night
  - ▶ More if you're sick



## Mental Health

- ▶ At-home projects (gardening, puzzles, reading a book, organizing spaces) gives you a sense of accomplishment
- ▶ Try new things
- ▶ Know where to get help:
  - ▶ 2-1-1
  - ▶ Reach Out New Haven: (203) 287-2460

## Limit media exposure to a couple times a day

- ▶ Listen to your own doctor about the medical facts.
- ▶ Beware of taking in every news story as a resource. The best information will come from world, domestic and local health officials.
- ▶ Keep to the sources that know what is happening, **not what may be.**



## Learn a new skill

- ▶ Do you knit, learn to knit a new project.
- ▶ Do you want to learn to speak mandarin? Go to an online course.
- ▶ Do you want to learn a craft or history or philosophy or astrophysics? There are many online classes or books from your libraries to learn something new.
- ▶ Set a goal to hike every trail in your town or in your county or in your state. Your town's land trust will have maps.
- ▶ Start writing everyday about who you are, your past, or a fiction story out of your own imagination.



### Be Mindful of Others

- ▶ It all boils down to common sense and thinking of yourself as well as others
- ▶ Check in on people and assure them that there is help for those who need it.

### Be Kind to All:

- Not everyone believes the same thing, but we can at least respect their point of view

### Plan for the Future

- Make plans for the future: Maybe a post pandemic family reunion
- Maybe celebrate - **ALL DAY** - all the birthdays and holidays that have had to be celebrated separately

## Laughter is the Best medicine



## Why Seniors adapt so well

Multiple studies have found older participants in the study reported the highest percentages of coping “very well” with covid-19.

- ▶ Accept inevitable changes that occur over time
- ▶ Develop appreciation for the good that remains in their lives.
- ▶ Fewer work-family conflicts than those with younger children
- ▶ Perspective is that difficult times will pass eventually, and that there is experience to draw upon to help remain resilient during hardship and challenges
- ▶ Quarantining has made people experience what many older adults go through every day, spending significant time at home without a set schedule providing structure to days and a certain tempo
- ▶ Many older people there and elsewhere already have mastered the timeless ideal “ACCEPTING WITH GRACE.”

## FINAL REMINDERS

- ▶ GET YOUR SLEEP: keeping a sleep schedule that fits your lifestyle. keeping a sleep schedule that fits your lifestyle.
- ▶ GET OUTSIDE: Fresh air can awaken the senses, and the exercise you get from even a 10-minute walk can do wonders for your heart and mind.
- ▶ EAT WELL: Sugary, high-fat holiday foods are not doing your body any favors and will certainly wreak havoc on your digestive system. Go for leafy greens, berries and lean meats during this season
- ▶ FIND QUIET TIME
- ▶ BE GRATEFUL



## Prevention Guidelines

When you do need to go out:

- ▶ Wear a mask
- ▶ Social distance 6 feet
- ▶ Avoid touching face
- ▶ Wash hands (30 seconds)
- ▶ Cough/sneeze into elbow
- ▶ Walk on the other side of street from other when walking outside

## QUESTIONS?

- ▶ Call the East Shore District Health Department at 203-481-4233
- ▶ Call 2-1-1
- ▶ Call the Stanley T. Williams Senior Center

