Ask the Docs
Webinar on COVID-19

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12:00-1:00PM

New Jersey Chapter
INCORPORATED IN NEW JERSEY
American Academy of Pediatrics
NJPRAC
New Jersey Pediatric Residency
Advocacy Collaborative
Partnering with Our Communities
For the Health of All Kids
Disclaimer

New and updated information on COVID-19 is being published on a near constant basis

The best websites for up to date information include the CDC and WHO

NJPRAC Pediatric Experts

Shilpa Pai, MD, FAAP
Pediatrician

Christin Traba, MD, MPH, FAAP
Pediatric Hospitalist

Renuka Verma, MD, FAAP
Pediatric Infectious Disease Specialist

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General Questions about COVID-19
What is COVID-19?

- New (novel) coronavirus that has not been previously identified in humans.
- Not the same as the coronaviruses that commonly circulate among humans and cause mild illness, like the common cold.

Why is it called COVID-19?
- ‘CO’ stands for ‘corona,’
- ‘VI’ for ‘virus,’
- ‘D’ for disease.
What is COVID-19?

- Large family of viruses
- Some cause illness in people, and others only infect animals.
- Rarely, animal coronaviruses that infect animals have emerged to infect people and can spread between people, which is suspected for COVID-19.
- First detected in Wuhan City, Hubei Province, China and linked to a live animal market
Droplet vs. Airborne Transmission

**DROPLET**
- Droplet particles > 5-10 micrometers in size
- Close contact (within 1 m)
- Coughing/sneezing produce droplets
- Droplets then enter another person’s mouth, nose, eyes

**AIRBORNE**
- Microbes < 5 micrometers in diameter
- Remain in air for long periods of time
- Transmitted over distances > 1 meter

COVID-19 is spread via droplet NOT airborne transmission in most situations. COVID-19 may become airborne in specific conditions such as intubation, resuscitation (CPR), tracheostomy, etc.
How long does this virus last on various surfaces?

- Virus may last few hours to few days on surfaces
- **Clean and disinfect high-touch surfaces daily in household common areas**
  - e.g. tables, hard-backed chairs, doorknobs, light switches, remotes, handles, desks, toilets, sinks
- Isolate sick persons in a specific room if possible
- Reduce cleaning frequency to as-needed (e.g., soiled items and surfaces) to avoid unnecessary contact with the ill person.
- If a separate bathroom is not available, the bathroom should be cleaned and disinfected after each use by an ill person.
What surfaces in my home are most likely to carry the virus?
I'm changing and washing our sheets daily, is this necessary?

**CLEANING FOR COVID-19**

COVID-19 (novel coronavirus 2019) is a respiratory illness that primarily spreads through the air and through personal contact with surfaces and infected people. COVID-19 is an enveloped virus, meaning it is easily compromised by proper cleaning and sanitizing. It is unknown how long COVID-19 can survive on surfaces, but it is recommended to clean and sanitize high contact surfaces at home, school, and the workplace.

- **Bedsheets**: if no one is sick at home, do not need to wash daily

- **For clothing, towels, linens:**
  - Do not shake dirty laundry.
  - Wash per manufacturer’s instructions
  - Use warmest appropriate water setting
  - dry items completely
  - Dirty laundry from an ill person can be washed with others’
How do I differentiate between COVID-19, allergies and the flu?
COVID-19 Symptoms

- Range from mild to severe
- Overlap significantly with influenza.
- Symptoms appear 2-14 days after exposure

Common symptoms include:
- Fever, Cough, Shortness of breath

Other symptoms include:
- Headache, stomach upset (vomiting/diarrhea), muscle aches

COVID-19 Emergency Warning Signs

Emergency warning signs include*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face
Seasonal Allergies: Signs/symptoms

Most common:
- sneezing
- runny or stuffy nose
- watery and itchy eyes
- ear congestion
- Post-nasal drip

Less common:
- headache
- shortness of breath
- wheezing
- coughing
Am I only at risk of getting severely ill or dying if I have a compromised immune system?

High-risk for severe illness from COVID-19:
- 65 years and older
- Living in a nursing home
- Chronic lung disease or moderate to severe asthma
- Serious heart conditions
- Immunocompromised
  - Cancer treatment
  - Bone marrow/organ transplant recipients
  - Poorly controlled HIV or AIDS
  - Prolonged steroid use

Additional Risks:
- Severe obesity
- Diabetes
- Renal failure
- Liver disease

Unknown:
- Pregnant women
  - To date data on COVID-19 has not shown increased risk

Is COVID-19 making young children sick? How severe is the virus for them?

- Adults make up most of the known cases to date
- Similar symptoms in children and adults
- Children have MILD symptoms
  - Fever, runny nose, cough, vomiting, diarrhea
  - Unknown yet if some children are higher risk for severe illness
    - underlying medical conditions
    - special healthcare needs.

What research is being done worldwide to combat this virus?

Global research on coronavirus disease (COVID-19)
Is it okay for me to donate blood?

- Donating blood is safe!
- Make an appointment if possible.
- Centers can call donor’s phone when ready for donor to come in

Contacts:
- AABB: [www.aabb.org](http://www.aabb.org)
- America’s Blood Centers: [www.americasblood.org](http://www.americasblood.org)
- American Red Cross: [www.redcrossblood.org](http://www.redcrossblood.org)
- Blood Centers of America: [www.bca.coop](http://www.bca.coop)

COVID-19 Prevention Strategies
Who should avoid exposure to COVID-19?
How can I stay healthy and protect myself and my family from the virus?

- Best way to stay healthy → avoid being exposed!
- Spread mainly person-to-person
  - Close contact (within ~ 6 feet)
  - Respiratory droplets (cough/sneeze) land in mouths/noses of people nearby
- Stay home if you are sick
- Cover your mouth and nose with a tissue when you cough/sneeze or use inside of elbow.

What is Social Distancing?

- Creating physical distance between people who don’t live together
  
- Community level:
  - closing schools/workplaces
  - canceling events like concerts

- Individuals
  - keeping six feet of distance between you and others while in public
  - avoiding physical contact with people who do not share your home.

- Everyone should limit close contact (indoors and outdoors) to family members only
  - NO dinner parties, NO play dates, NO birthday parties with a few friends
If I am in close contact with someone and <6 feet away, can I get the virus?

- Spreads between people in close contact with one another (<6 feet)
  - Infected person coughs or sneezes → releases respiratory droplets
  - Droplets land in mouths/noses of nearby people →
  - Droplets inhaled into the lungs

- Can someone spread the virus without being sick?
  - People most contagious when they are most symptomatic (the sickest)
  - Some spread possible before people show symptoms
  - Spread from contact with contaminated surfaces or objects →
  - Touch their own mouth, nose, or possibly their eyes
How many times should I be washing my hands each day? How long should I wash my hands for?

- Wash hands often
  - At least 20 seconds (soap and water)
    - Sing a fun song while you are washing your hands with your children
    - “Happy Birthday” Song twice
  - Hand sanitizer (at least 60% alcohol)
- Avoid touching your eyes, nose, mouth

CLEAN HANDS ARE SAFER HANDS
FOLLOW THESE 4 STEPS TO MAKE SURE YOUR HANDS ARE SAFE.

WET
Use warm or cold running water.

LATHER & SCRUB
Get the backs of your hands, between fingers and under nails.
(Scrub long enough to hum “Happy Birthday” twice)

RINSE
Use clean water, warm or cold.

DRY
Use a clean towel or air dry.

*Information taken from the CDC: https://www.cdc.gov/handwashing/when-how-handwashing.html
Are there any medications I should stay away from during this time?

- Discussion about NSAIDs (Ibuprofen, Motrin, Advil, etc.)
  - No clear evidence to avoid NSAIDs (Ibuprofen, Advil, etc.)
  - Some are recommending to use acetaminophen (Tylenol) for fever, pain, etc.

What should I do if I have traveled recently?

- COVID-19 is now widespread through most communities in NJ/NY
- Self-monitor for symptoms
- Do NOT recommend travel
Do I need a mask or gloves? What about my children? Where can I buy these items?

- Mask only recommended if sick for adults/children

- No need for gloves at home
  - However, if you do use them, they CANNOT be used over and over again.
  - Best to instead wash hands frequently and/or use hand sanitizer

- Practice frequent handwashing/hand sanitizer

Are there any supplements that will help to boost my, or my children's, immune system?

- General vitamin supplements
- Some are recommending Vitamin D and Vitamin C
COVID-19 Symptoms
If I am undocumented, how will I be cared for in the event I present with symptoms?

ALL individuals have the right to receive urgent/emergent care at any emergency room regardless of immigration status.
Are telehealth services available instead of in-person pediatric visits in the event my children get sick with a fever or other symptoms?

- Many offices offering telehealth services now
- If telehealth not available (video, etc.), many are screening via phone to decide if patient needs to be seen in person
Can I have COVID-19 and not have any symptoms?

- Some will be asymptomatic with mild to no symptoms.
What items should I keep in my home in case I develop symptoms?

- Stay informed
  - CDC has great resources

- Stay in touch
  - Create an emergency contact list

- Prepare for possible illness
  - If possible, have a room designated where sick individuals can be separated from others.

- Clean and disinfect frequently touched objects and surfaces

- Cleaning products
  - Use EPA-registered disinfectants
    - [https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2](https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2)

- Supportive care:
  - Tylenol
  - Fluids
Testing for COVID-19
Will my family need to pay to be tested for COVID-19? What if I don't have health insurance?

- For anyone who is staying home, has had no exposure, and has no symptoms there, you **DO NOT NEED** to get out and get tested.

- If you are sick and have symptoms of fever, difficulty breathing, cough, then you must go to the hospital

- Currently, it is in the best interest of everyone’s health that any and every sick patient get treated

- No sick patient will be turned away from the hospital – regardless of insurance status
Can undocumented families get tested? What happens if the results are positive?

- Anyone and everyone with true symptoms and history of exposure can be tested.
- If the test is positive and you are feeling sick, then you should go to the hospital and seek care.
- If you are positive and have no symptoms then stay at home and take good care of yourself, while distancing with other family members.
Can undocumented families get tested?  
What happens if the results are positive?

- **U.S. Citizen and Immigration Services (USCIS) Public Charge web page:**

  - “USCIS encourages all those, including aliens, with symptoms that resemble Coronavirus Disease 2019 (Covid-19) (fever, cough, shortness of breath) to seek necessary medical treatment or preventive services. Such treatment or preventive service will not negatively affect any alien as part of a future Public Charge analysis.”

- **Families First Coronavirus Response Act (FFCRA) passed on March 18 provides coverage for Covid-19 testing for uninsured through National Disaster Medical System reimbursements.**
Is there specific criteria I need to meet to be eligible for COVID-19 testing?

- Travel to areas with widespread ongoing transmission (pink on map)
- Exposure to a known patient
- Symptoms such as fever, sore throat, and worsening cough

[Map image with risk level assessment]

What if I haven't had direct contact with someone who has the virus, but I have been out in public and now have symptoms? Can I get tested?

- If you have symptoms:
  - Call your doctor or health center
  - Get an appointment
  - You will be brought in with a proper mask
  - Health care provider will also be using protective equipment.

- If you are severely sick then you must go to the nearest hospital.
How do I get tested? Where can I get tested?

- Hospitals testing based on criteria
- Community health centers are currently not testing
- Without known exposure and illness symptoms, stay home and stay safe with good hand hygiene
- Some NJ testing sites:
  - PNC Bank Arts Center
  - NJ MVC Kilmer Inspection Center
  - covid19.nj.gov website:
  - Using same criteria as hospitals for testing
If I need to get tested for COVID-19, is it painful?
How do they test for the virus?

- Test is simple and similar to strep throat test.
- A swab is taken from your nose and put in a small container of liquid.
- Based on the technique, it could take anywhere from 1 hour to 3 days for the result.
Testing Positive for COVID-19
If someone in my household tests positive, should I get tested?
Self-Quarantine vs Self-Isolation?

**SELF-QUARANTINE**

- shelter in place
- avoid going to stores or interacting with the public
- Stay away from household members, as much as possible
- sleep in separate space from family members

**Who should do this?**

- Anyone who does not have symptoms, but who had close contact with someone who later became infected
- Living with someone who is in self-isolation

**SELF-ISOLATION**

- confined to a separate room + no or minimal contact with household members (including pets)
- Use separate bathroom if possible or sanitize shared bathroom
- pick up food trays left at door

**Who should do this?**

- confirmed case of Covid-19
- person waiting for test results
- person with obvious symptoms, still waiting to be tested
Why 14 Days?

- 14 days = incubation period
- Johns Hopkins study:
- 97% of people who develop symptoms of COVID19 infection will do so within 11.5 days of exposure
Where have people in New Jersey tested positive for COVID-19? Have children been testing positive for COVID-19? Have any children died from this virus?

- In New Jersey, patients are being treated in hospitals.
- If feeling better or have no symptoms → sent home.
- Quarantine.
- Positive COVID-19 in babies and young children doing well.
- Reported death among children is a rare event seen in children with immunocompromised status.
If I tested positive for COVID-19, will I have to get tested again to find out if I still have it? If not, how will I know it's gone?

- In asymptomatic patient retesting is no going to be done due to resource limitation.
- If you remain asymptomatic for 14 days after being positive, it is likely that you are not going to become symptomatic.
If I tested positive for COVID-19 and my symptoms are getting worse, how do I know when I should go to the hospital?

- Persistent fever
- Persistent and worsening cough
- Trouble breathing
- Bluish lips or face
- Tightness and pain in the chest
- Other symptoms include:
  - Diarrhea
  - Abdominal discomfort
After recovering from COVID-19, can I...

SPREAD TO OTHERS?
- may still have some virus shedding but you have developed immunity
- shedding from a well person is less likely.

RETURN TO WORK?
- If no symptoms
- dependent on your employer.
Can the virus be transferred to an unborn child or through breast milk?

- There is no clear information.
- After birth, babies can get infected, however not symptomatic. (3 babies at MMC)
Supporting Myself, My Family & My Community
What is community spread?

What are your top recommendations to avoid community spread?

**Community spread:**

- people infected with the virus in an area
- including some who are not sure how/where they became infected
CAN I GO OUTDOORS? YES!!

- Children keep at least 6 feet of distance from other children

- Choose parks, open fields, hiking trails

- Avoid playgrounds:
  - More crowded
  - Contaminated surfaces

- Sports:
  - Ball/equipment touched by someone else → increased risk for disease spread

- SAFE: running, walking, and biking +/- household member

- Safe to drive

- Wash your hands as soon as you get home
How can I best protect myself when grocery shopping?

- Go during off-peak hours (less crowded)
- Wipe down handles on shopping cart
- Try not to touch your face while shopping
- Wash your hands before and after going
- Maintain a distance of at least 6 feet from others
- After you unpack food at home, wash your hands again
Can I order take-out or delivery? Is this safe?  
If so, what precautions should I take?

Main risk from ordering food – get virus from infected delivery person if they sneeze or cough on you (virus spreads mostly by person-to-person contact)

Less likely to get virus from touching contaminated packing

No risk of contacting virus by eating it in cooked food

Small risk by touching raw food that virus was and then touching your face

Ordering is generally safer than going to grocery store or restaurant (less contact with people)
How to protect seniors +/- high risk individuals while grocery shopping?

- Go during reserved hours
- Shop online:
  - outside pick up service
  - delivery to your door
If I am not exhibiting any symptoms, but I have been out in public, can I be around other people like my grandparents?

- Stay away from nursing homes, retirement or long-term care facilities
- Older adults should avoid contact with children
  - minimize risk of child without symptoms passing on disease to their grandparents
- How to help the elderly?
  - virtual visits – set up Facetime calls
  - care packages for elderly relatives
  - Offer to do their grocery shopping
How long do you think social distancing will last?
How long will it take for the virus to disappear?

- Physical distancing only thing that currently works
- Vaccine?
- Herd Immunity?
Should I go to work if there is an outbreak in my community?

- Stay home if you can
- Talk to your employer to discuss:
  - working from home
  - taking leave if you or someone in your household gets sick with CoVID19 symptoms
Will warm weather stop the outbreak of COVID-19?

Dr. Anthony S. Fauci, the director of the National Institute of Allergy and Infectious Diseases (March 24, 2020):

- seasonal cycle to the pandemic is possible
- could ease in parts of North America and Europe during the summer months
- although it could then come roaring back in the fall.
Will in school be canceled for the rest of the year?
In what ways can FSCs or parents provide socialization opportunities during COVID-19?

- Keep routines – even social ones…be creative!
- VIRTUAL PLAY DATE:
  - Zoom, FaceTime, WhatsApp, Caribu and Marco Polo
  - attempt a simple game – charades, Pictionary
- VIRTUAL GAME NIGHT:
  - Pogo allow your kids to play some of their favorite board games (Monopoly and Yahtzee)
  - Pokemon Go lets kids to interact with friends and even track their activity in the game.
Neighborhood Scavenger Hunts

- Neighborhood game of "I Spy," = The Quarantine Rainbow Connection
- Google map of participating homes
- Groups of neighbors put rainbows in their windows
- Find windows with rainbows and wave to neighbors/friends from safe distance
- Connect with neighbors
- Connect with children
- Fresh air and exercise
What resources for teletherapy are available for children with mental health needs?

American Counseling Association:
- Take Care of Your Emotional Health

American Psychological Association
- Ways to View Coverage of the Coronavirus

Anxiety and Depression Association of America
- Coronavirus Anxiety: Expert Tips and Resources

Center for Disease Control
- Stress & Coping
- Taking Care of Your Emotional Health:

SAMSHA (Substance Abuse and Mental Health Administration)
- Tips for Social Distancing, Quarantine, and Isolation: Taking Care of Your Mental Health

https://www.nj211.org/mental-health-resources
How can I explain the virus to my children?

Positive Parenting Tips During CoVID-19
COVID-19 Resources for Families

- [https://singlestop.org/covid19/](https://singlestop.org/covid19/)
  - Assistance to eligible individuals, families, businesses in response to COVID-19
- NJ-specific Factsheet with resources
- Screening tool for benefits (food, housing, medical, etc.)
- Search tool for local resources
- NJ211 live assistance regarding COVID-19 info:
  - General information/resources for basic needs, dial 211
  - To speak with a health care professional, call 1-800-962-1253
- Text "NJCOVID" to 898-211 to receive texts regarding updates and alerts as it relates to COVID-19
COVID-19 Resources for Families

- SPAN Advocacy Network weekly 30-minute “Family Talk” chats
- SNAP and WIC programs *adapted* eligibility/application criteria:
  - [https://hungerfreenj.org/coronavirus/](https://hungerfreenj.org/coronavirus/)
- COVID-19 updates, testing locations, resources:
- Early Childhood Development Action Network COVID-19 resources:
  - [https://mailchi.mp/ecdan/covid19](https://mailchi.mp/ecdan/covid19)
  - Communicating with children about COVID-19
  - Play and fun
  - Homeschooling
  - Helping children cope with stress
Questions?

THANK YOU!