

# **COVID-19: QUESTIONS & ANSWER SESSION-INTRODUCTION**

for Malayalee Cultural Association of Calgary (MCAC)

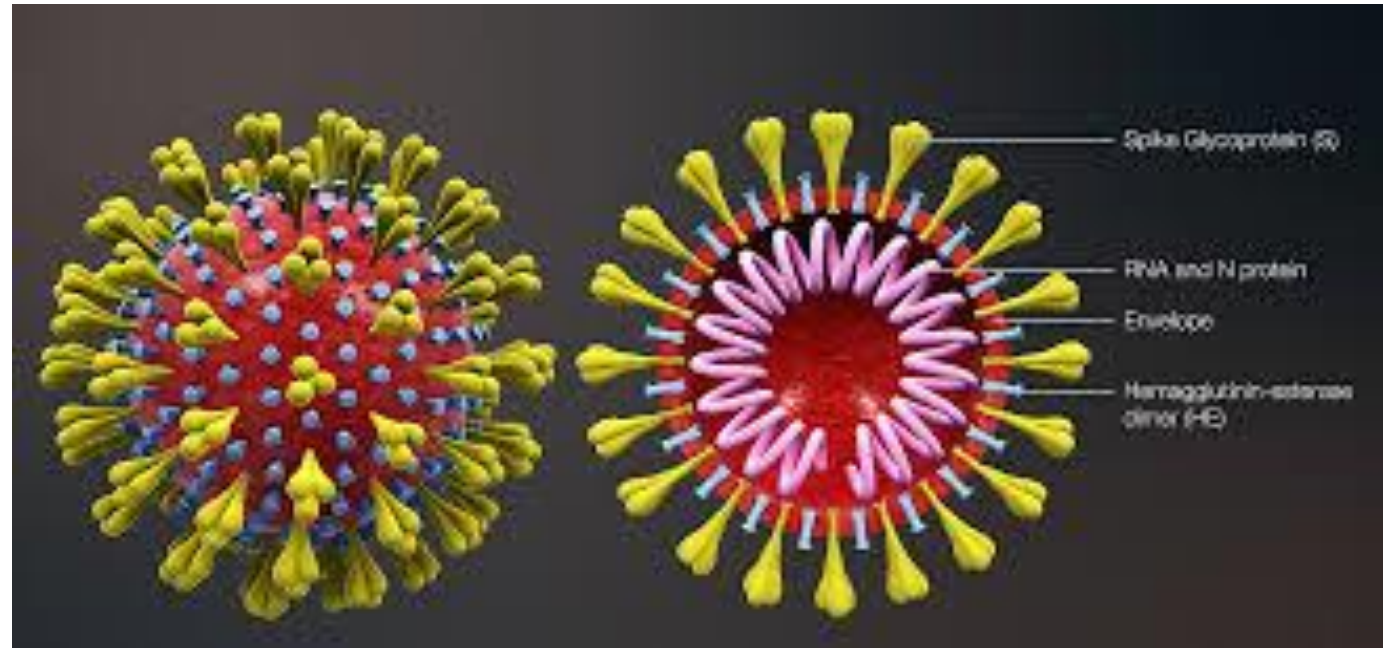
Saturday MAY 23 11 AM

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# What is the coronavirus?

- Coronavirus is a large family of viruses
- Causes respiratory illness in humans
- Animal coronavirus can infect humans
- SARS-CoV-2 is a new strain of the coronavirus that has not been previously identified in humans and is causing this COVID-19



# How is the coronavirus spread?



Respiratory droplet



Spread by coughing, sneezing or with direct contact with an infected person or with surfaces they have recently touched

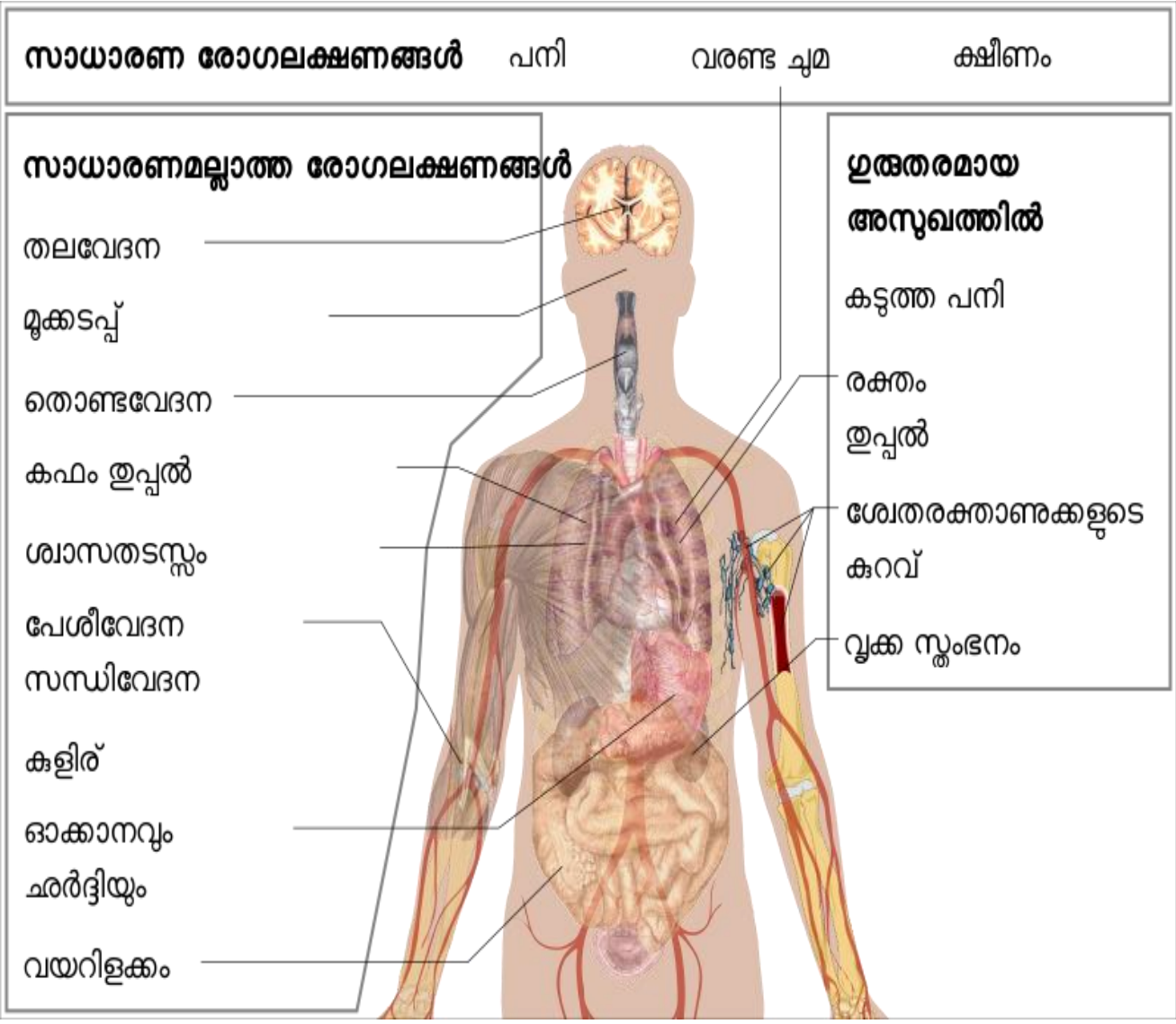


Not an airborne illness

# What are the common symptoms of covid19?

- Fever >90% (NEJM Feb 2020, 43% fever at presentation, 88% during the course of the disease)
- Dry cough 59%
- Fatigue 70%
- Dyspnea (can develop in 5-8 days)
- Myalgias 35%
- GI symptoms 3-10%





# Should I be tested for covid 19?

- [www.ahs.ca/covid](http://www.ahs.ca/covid)
- COVID self assessment tool

What should I do if I think I have covid symptoms?


- Self isolate
- Call 811, please do not go to ER / Physician's office without calling 811
- Call 911 if seriously ill

# How does COVID affect patients with chronic conditions like diabetes, asthma, heart disease?

- Access to care
- Medications
- Consequences of Social distancing
- Increased severity of COVID and complications from COVID



# How can a diabetes patient prepare during covid pandemic?

- Lists – doctors, medications
  - Medications (insulin) in case you need to stay home until better (atleast for 1-2 weeks)
  - Supplies – checking blood sugar, Insulin pens, needles, personal hygiene, insulin pump supplies, hand sanitiser, soap
  - Treatment of low blood sugar if on insulin / sulfonylureas – dex tabs, orange juice, glucagon
  - Ketone strips for type 1 diabetics
- 

What can a diabetic do to protect themselves during covid pandemic?

Keep blood sugars under good control (to prevent superimposed bacterial pneumonia)

Nutrition and adequate protein intake

Regular exercise

Up To Date vaccination including influenza

Check for ketones if type 1 diabetic and sick

What can a diabetic do to protect themselves during covid pandemic?

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If you are sick, meds that cause low blood sugars (insulin, Sulfonylurea, Repaglinide) need to be adjusted

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If not able to stay hydrated, need to stop metformin and SGLT2 inhibitor meds (Jardiance, Invokana, Forxiga) (Synjardy)

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If symptoms last > 24 hours, continue to be dehydrated, might need to adjust BP medications (including water pills) temporarily

# Ask your pharmacist to tell you:

- The medications I need to temporarily stop are:
- Diamicon
- Lasix

When I am dehydrated

- Stop Jardiance

My personalised medication list last reviewed on May 18, 2020:

\_\_\_\_\_  
\_\_\_\_\_

Why are  
diabetics at  
increased  
risk of covid?

Diabetes is an immunocompromised state

Type 1 / 2 diabetics with poorly controlled blood sugars and / or with additional medical conditions like heart disease / kidney disease are at increased risk for complications from COVID 19

Diabetics at increased risk of more severe disease and complications

Should I stop taking certain blood pressure medications because I've heard that these drugs may affect my risk of COVID-19 infection?

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BP control is an essential part of managing diabetes

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BP medications like ACEI (Coversyl) or ARBs (Avapro) recommended for diabetics to protect their kidneys and heart

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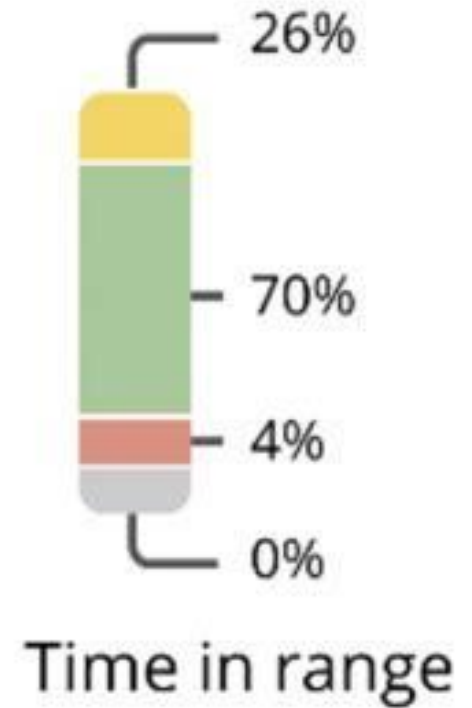
Currently no confirmed scientific link between these BP meds and COVID 19 infection or it's complications

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Please DO NOT stop or change your medications without discussing with your health care provider

Diabetes  
during  
COVID19 and  
beyond: Time  
in Range

**Time-in-range beats A1c  
because it is  
understandable and  
actionable.**



# COVID and heart disease

Inflammation of the heart, heart attack, heart failure, life threatening heart rhythm problems

Heart muscle injury in COVID-19 is associated with higher mortality

Heart conditions, high BP, DM common in seriously ill with COVID 19

Chest pain or heart attack symptoms – go to emergency / call 911

Continue heart failure medications, statins

Adjust dose if sick – contact health care provider



# How does COVID affect patients with asthma or COPD?

- Continue usual medications including inhaled steroid or puffers regularly
- Worsen underlying asthma / COPD, increased risk of pneumonia, increased hospitalisation
- Inflammatory damage and scarring in the lungs
- How do I know if I am having an asthma exacerbation versus COVID? Fever, persistent cough
- Smoking - more likely to contract infection
- Regular exercise

# COVID and underlying lung disease patients

- Continue inhalers including steroid inhalers
- If you are having an acute crisis of your lung disease and your action plan includes Prednisone, take it
- Vaccination important for lung disease patients as they are at higher risk for pneumonia (prevents co-infection or superinfection with bacterial pneumonia)

# Cancer and COVID 19

# COVID 19 and blood clots

- Prevalence of COVID 19 related stroke 2.8-5.7%
- Call 911 if new onset of limb weakness, numbness, persistent headache
- Delirium, confusion
- Increased risk of coagulopathy (clotting), blood vessel lining injury, heart muscle injury
- Acute limb ischemia (reduced blood supply to the limbs), venous thromboembolism (clots)

# Is taking Aleeve / Advil safe / does it increase risk for COVID 19?

- In patients on NSAIDs chronically as outpatient for conditions like Rheumatoid arthritis, continue at lowest effective dose for shortest duration
- Hospitalised patient – hold NSAIDs especially with known kidney injury
- Use acetaminophen as first line antipyretic for COVID 19 patients
- Cautious use recommended, evolving data
- 4 ongoing clinical trials

## Q&A:

- Atypical manifestations of COVID 19
- Obesity independent risk factor for COVID
- Contact tracing
- COVID in kids
- Diabetes support line: 1-844-227-5461 M-F 8 am to 4 pm
- When can I go back to work?
- Hydroxychloroquine and azithromycin: is there any evidence?
- Where are we at with vaccination?

How can I  
protect myself  
and my family  
from COVID  
19?

Stay home

Social / physical distancing

Hand washing

Avoid touching your face with unwashed hands

Clean & disinfect surfaces that are touched frequently

# Should I be wearing mask in public places / while grocery shopping?



- “My mask protects you and your mask protects me”  
Mask4all campaign
- Wearing a non-medical mask like a home-made cloth mask has not been shown to protect the person wearing it
- Wearing a non-medical mask may be helpful in protecting others around you
- Face mask cover the nose & mouth, prevent respiratory droplets from contaminating other people or surfaces
- Wearing a mask may prevent you from touching your nose or mouth



# How should I wear a mask?



Well fitted



Can become contaminated on the outside, don't touch the mask or adjust it



Wash hands before putting it on and taking it off



Cloth masks may trap virus once damp, therefore to be worn only for short time



Carry plastic bags to collect used non medical masks to bring them home safely before they can be washed

## Comparing different masks

### N95 respirators

- Filters at least 95% of airborne particles if fitted and worn properly
- Medical grade masks are preferred
- Non-medical grade N95 masks OK during outbreak if medical alternatives unavailable



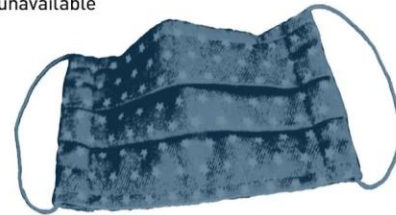
### Surgical masks

- Normally worn in operating room to protect patients and medical staff against large droplets
- Looser fit, less protection than N95
- Doesn't protect against small airborne particles



### Homemade masks

- Health Canada says they may not be effective in blocking virus particles
- Toronto's Michael Garron Hospital is calling for visitors and discharged patients to use homemade fabric masks when physical distance not possible and manufactured masks unavailable
- Two-ply, pleated design (dark-coloured polyester outside, light-coloured 100% cotton inside, an elastic recommended)
- More info: [Canada.ca/covid-19](https://Canada.ca/covid-19)

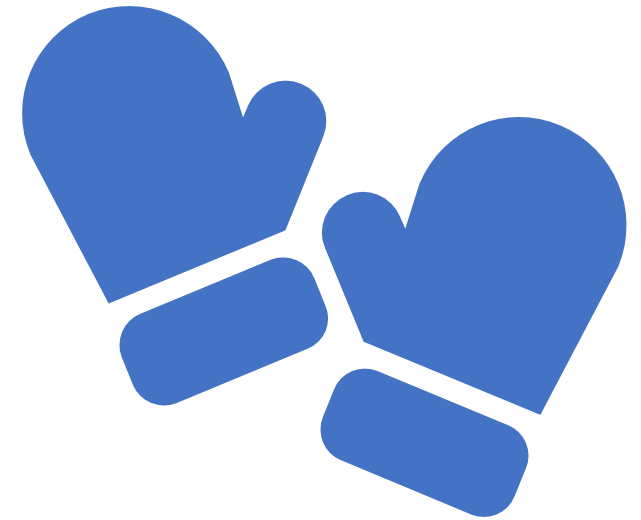


# Should I wear a glove when I go grocery shopping?

- Gloves do not need to be worn by public while grocery shopping
- Create a “false sense of security”
- If not used and worn properly, gloves create another medium for the virus to live on
- Not a substitute for proper hand hygiene

# How do I use gloves properly?

- Hand wash with soap and water for 20s before and after wearing gloves
- Gloves should be changed when they are soiled or torn
- Change gloves if you touch your face, cough or sneeze
- Disposable gloves should be thrown off
- Reusable gloves must be disinfected and cleaned after every use



Who is being  
tested for  
COVID 19?

Anyone with symptoms of covid 19

Asymptomatic close contacts of covid patients

Asymptomatic workers and residents at outbreak sites

Asymptomatic Calgary zone residents who work outside the home

How long  
can  
coronavirus  
stay on  
surfaces?

Varies with surface type,  
temperature and moisture

Upto 24 hours on  
cardboard

Upto 2-3 days on plastic  
and stainless steel

# How do I grocery shop safely?

Stay at least 1-meter distance from others

Avoid touching your face

Sanitise handles of shopping trolleys or baskets before shopping

Wash hands once home thoroughly

No confirmed covid 19 transmitted through food or food packaging

Can you  
have a false  
negative  
PCR?

Negative results do  
not preclude covid  
infection


Negative results  
should be combined  
with clinical  
observations,  
patient history and  
epidemiological  
information






# How often should you wash your clothes?

- If no one in your family has tested positive for coronavirus or exhibiting symptoms, wash your clothes like you regularly do
- Machine wash your clothes that you have used for shopping if you have been out in the public and people around you have not been adhering to social distancing
- Virus can remain active for 2-3 days on plastic
- 24 hours on cardboard
- 4 hours on copper
- Zippers, buttons can be made of these items – bring virus home



How can you contract  
the coronavirus disease  
by touching a surface?

- By touching the contaminated surface and then touching your eyes, nose or mouth
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How do  
you  
diagnose  
covid 19?

Reverse transcriptase  
PCR – to diagnose  
acute infection

High sensitivity and  
specificity

# What do I do after being tested + for covid19?

- Legally required to Self isolate for atleast 10 days from when your symptoms started or after your symptoms have resolved (whichever is longer)
- Stay home
- Avoid close contact with household members
- For health care workers – self isolate for 14 days or after symptoms have resolved (whichever is longer)

What do I do if I am coronavirus test neg but exposed to a confirmed covid case?

Self isolate for 14 days and watch for new symptoms

What if I develop cough, fever during this 14 day period?

Self isolate for another 10 days from the onset of new symptoms

## Self-isolation guide:



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



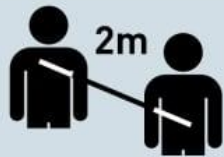
Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer



Avoid sharing household items like dishes, drinking glasses, eating utensils



Clean and disinfect frequently touched objects and surfaces



If in room with others, avoid contact, keep distance of at least 2 metres, wear a mask

# How do I prepare for mandatory isolation?

1. [Canada.ca](#)

2. [Coronavirus disease \(COVID-19\)](#)

3. [Awareness resources](#)

- **Supplies to have at home when in quarantine (self-isolation)**
- [Non-medical mask or face covering](#) (i.e., [constructed](#) to completely cover the nose and mouth without gaping, and secured to the head by ties or ear loops)
- Disposable paper towels
- Thermometer
- Running water
- Hand soap
- Alcohol-based sanitizer containing at least 60% alcohol
- Dish soap
- Regular laundry soap
- Regular household cleaning products
- Hard-surface disinfectant that has a Drug Identification Number (DIN), or if not available, concentrated (5%) liquid bleach and a separate container for dilution
- Appropriate cleaning products for high-touch electronics

# How to clean commonly used surfaces?

- At least once daily, clean and disinfect surfaces that you touch often, like toilets, bedside tables, doorknobs, phones and television remotes.
- To disinfect, use only [approved hard-surface disinfectants](#) that have a Drug Identification Number (DIN). A DIN is an 8-digit number given by Health Canada that confirms the disinfectant product is approved and safe for use in Canada.
- for household disinfection, a diluted bleach solution can be prepared in accordance with the instructions on the label, or in a ratio of 5 millilitres (mL) of bleach per 250 mL of water OR 20 mL of bleach per litre of water. This ratio is based on bleach containing 5% sodium hypochlorite, to give a 0.1% sodium hypochlorite solution. Follow instructions for [proper handling of household \(chlorine\) bleach](#).
- If they can withstand the use of liquids for disinfection, high-touch electronic devices (e.g., keyboards, touch screens) may be disinfected with 70% alcohol at least daily.
- Do not share personal items with others, such as toothbrushes, towels, bed linen, non-medical masks or face coverings, utensils or electronic devices.



## Recovered coronavirus patients are testing positive again. Can you get reinfected?

By [Paula Hancocks](#), [Yoonjung Seo](#) and [Julia Hollingsworth](#), CNN

Updated 1:48 AM ET, Sat April 18, 2020

# Can you get coronavirus again after being infected once?

- Detectable antibodies (IgG & IgM) develop within days to weeks of symptom onset
- Viral burden peaks early in the illness, declines as antibodies develop, antibody titres rise over the subsequent 2-3 weeks
- Persistent detection of viral RNA many days to weeks after COVID19 does not represent meaningful clinical or public health risk
- Persistence of neutralising antibodies detected upto 40 days from symptom onset
- To date, no reinfection with SARS Cov2 have been confirmed

*COVID-19:BEYONDTOMORROW COVID-19 and PostinfectionImmunity Limited  
Evidence, Many Remaining Questions JAMA May 2020*

# What outdoor activities can I safely do?

- Walks, bike rides
- Visiting parks
- Activities in lakes, parks, trails, open fields, playgrounds
- Golf courses have re-opened

# What outdoor activities are not recommended? (even with social distancing)

- Communal meals like barbeques, picnics, drinks with friends or neighbors

## • Pandemic response

Strongest public health guidelines were in place to flatten the curve.

Prior to May 14

## • STAGE 1: Starting May 14

Some reopening of businesses and services, while protecting Albertans.

## **We are here**

## • STAGE 2

Further reopening of businesses with continued protections in place. Relaxing some public gathering restrictions.

Timing TBD

## • STAGE 3

Opening all workplaces and relaxing public gathering restrictions.

Timing TBD



THANK YOU VERY MUCH