



# Health Resources: Coronavirus (COVID-19)

April 23, 2020



## Guidelines Terminology...

### COVID-19 Symptoms

Fever/Chills/Shaking/Cough/  
Shortness of Breath/Difficulty  
Breathing/ loss of taste or smell

### Tests for COVID-19

PCR Test: Looks for active infection with the SARS-CoV-2 virus. Uses a nose swab or saliva specimen for test.

Serology Test: Uses blood test to look for antibodies against the SARS-CoV-2 virus to determine if there has been an infection in the past. A person may have had symptoms or was asymptomatic. Antibody testing may determine that a person has an immunity to the virus.

### COVID-19 Test Sites in Texas

- Contact Your Physician for referral to a laboratory
- Texas Department of Health & Human Services - **Test Site List:** <https://dshs.texas.gov/coronavirus/testing.aspx>

## Guidelines: Opening Up America Again

04/16/2020: The President and *White House Coronavirus Task Force* have unveiled “Guidelines for Opening Up America Again”, a three-phased approach based on the advice of public health experts. These steps will help state and local officials when reopening their economies, getting people back to work and continuing to protect American lives. The “Guidelines” give responsibility for implementation to the Governors.

### Basic Structure of the Guidelines

**I. State Plan with Phased-in “Opening”:** Attention to use of up-to-date data, minimizing the risk of a resurgence of COVID-19 cases, protection of “Vulnerable Individuals”

**II. State Criteria to Meet:** The data on COVID-19 levels/cases reported must be met before current rules for social distancing are reduced or eliminated. Three areas must be met:

**Symptoms:** Reduction of influenza-like illnesses AND covid-like symptom cases reported for a 14-day period

**Cases:** Downward trend of documented cases OR downward trajectory of positive COVID-19 tests as a percent of total tests for a 14-day period

**Hospitals:** Treat all patients without crisis care AND have a robust COVID-19 testing program in place for at-risk healthcare workers, including antibody testing

**III. State Preparation:** Testing & Contact Tracing / Healthcare System Readiness / Protecting and Advising Citizens / Plan for the Three (3) Phases of Opening the Economy, Back to Work, and Protecting Lives *Continued >*

## Entities Covered in “Guidelines for Opening America Again”:

**Individuals:** Adults/Children

### Vulnerable Individuals:

- People 65 years and older
- People living in a nursing home or long-term care facility
- People of all ages with underlying medical conditions, particularly if not well-controlled including: Lung Disease/Asthma/Heart disease/Immunocompromised: cancer treatment, smoking, bone marrow or organ transplants, immune deficiencies, HIV or AIDS/Severe obesity/Diabetes
- /Chronic kidney disease/dialysis/Liver disease

**Employers:** Paid workers, students & volunteers

### Specific Types of Employers / Activities

- Schools / Organized Youth Activities / Gyms / Hair Salon
- Elective surgery / Visitors to hospitals and senior living facilities
- Large Venues (dining, bars, movie theaters, sporting venues, places of worship)

Guidelines:

<https://www.whitehouse.gov/openingamerica/>

Source: The White House

**Guideline Implementation in 3 Phases:** The states “Open Up” in three phases under the Basic Structure outlined above. The three “Phases” of opening up have specific “guidelines” for Individuals, Employers, and Specific Types of Employers and Activities.

**Before the state begins to “Open”:** The state must have a “Plan”, have the structure and preparations in place, the COVID-19 data must show a reduction in symptoms and positive tests, and, hospitals must have virus and antibody testing for healthcare workers. The states roll out opening segments of the economy and reduce or eliminate rules the Executive Orders and Guidelines issued by the, Governors, County Judges and Mayors relative to the COVID-19.

Guidelines: <https://www.whitehouse.gov/openingamerica/>

Source: The White House

## Contact Tracing: Cornerstone of Public Health

*Contact tracing* is the process in public health of identification of persons who may have come into contact with an infected person ("contacts") and subsequent collection of further information about these contacts. By tracing the contacts of infected individuals, testing them for infection, treating the infected and tracing their contacts in turn, public health aims to reduce infections in the population. Source: CDC

## The Bottom Line... Public Health Advocacy

*The key to meeting the criteria for “Opening Up”, reducing deaths and “flattening the curve” of new cases is to advance viral/antibody testing, contact tracing, treatments, vaccines, and, to coordinate supply chains. Currently COVID-19 testing and contact tracing are non-existent or not available. The Administration and Congress must approve massive funding of federal, state and local public health systems to protect American lives and the economy.*

**Email Congress:** [contactsenators.com](mailto:contactsenators.com) / [house.gov](http://house.gov)

**Protect Yourself - Stay Home - Social Distance  
Wash Hands - Wear Face Mask**