COVID-19

HOW IS COVID-19 DIFFERENT FROM THE FLU?

COVID-19 is different from the families of viruses that cause the common cold or seasonal influenza.

- It is more harmful and contagious than the common cold or seasonal influenza.
- Infected individuals may not show symptoms for up to a week.
- Mortality rate is at least 10x that of seasonal influenza.
- 1 in 6 people with COVID-19 infection require hospitalization.
- There is not yet a vaccine.
- There is no known treatment.

WHAT CAN WE EXPECT IN OUR REGION?

- Spread of the virus over next few months with peak expected in late May.
- Ramp up of testing, which will reveal more cases.
- Healthcare providers will be in high demand.

"If 1 in 100 Wisconsin people require hospitalization due to COVID-19 in a short period of time, the need for hospital beds will exceed capacity of our state's hospitals by a factor of 15. It is everyone's responsibility to take action now to mitigate the spread of COVID-19."

- John R. Raymond, Sr., MD, President/CEO, Medical College of Wisconsin

WHY ACT NOW?

SLOW THE SPREAD

- Reduce or eliminate situations in which large groups of people (10 or more) congregate.
- Use social distancing principles when people are in the same room - 6’ distance is recommended.
- Wash hands frequently, scrub fingers and nails.
- Remain calm and help others to reduce stress and anxiety.

ACKNOWLEDGE THE RISKS

- Increased risk of spreading to older adults and those with underlying or chronic health conditions like heart disease, lung disease.
- Compromising one’s mental health and well-being due to worry and anxiety of contracting virus, not having access to resources, loss of wages, not being near loved ones, isolation, or loss of control.

Sources: CDC, WHO, WI DHS

Download here: mcw.edu/covid-19

March 17, 2020
COVID-19

**SIGNS AND SYMPTOMS***

- Fever
- Cough
- Shortness of breath

*These symptoms may appear 2-14 days after exposure. They can progress quickly to pneumonia.

**WHAT TO DO?**

What to do if you have been exposed and/or have symptoms.

- **Do** call your healthcare provider for advice.
- **Do not** visit primary care, urgent care or the emergency room for your symptoms unless instructed by your healthcare provider.

**TIPS FOR WELL-BEING**

Maintaining empathy, connection, and calmness reminds us that we are all in this together, even when we are more isolated than usual.

- Show kindness to others when they are feeling stressed
- Connect with friends and family virtually
- Manage your information intake - go to reliable sources and limit news consumption
- Increase your positive emotions - gratitude exercises, reach out to others
- Practice mindfulness or other relaxation strategies
- Get exercise - outdoors if possible
- Maintain a reasonable sleep schedule
- Strive for healthy nutrition

**PRECAUTIONS**

- Clean hands often with soap and water or alcohol-based hand sanitizer
- Reduce contact with large groups of people
- Maintain 6 foot distance in social places
- Alternate greetings - no handshakes or hugs
- Disinfect frequently touched surfaces
- Limit food sharing
- Limit travel methods where many people share a small space (train, air, bus)

**WHERE TO GET MORE INFORMATION?**

- WI Dept of Health Services: dhs.wisconsin.gov/disease/coronavirus.htm

Sources: CDC, WHO, WI DHS

Download here: mcw.edu/covid-19

March 17, 2020
COVID-19 Business Continuity Considerations

What Might Business Leaders Consider?

Protect your people
- Encourage and practice social distancing starting immediately
- Inform and emphasize about respiratory, hand and face hygiene with constant reminders
- Enable work from home options
- Minimize face-to-face meetings and convenings
- Restrict non-essential travel
- Encourage wellness, empathy and compassion
- Provide safe alternative child-care options
- Identify support options for part-time or low-wage earners
- Identify and make special accommodations for high risk groups

Protect your environment
- Restrict employees or visitors with symptoms of or exposures to COVID-19
- Screen at physical entry portals to your business
- Restrict on-site work to those essential for business functions
- Sanitize public high-touch surfaces such as door handles, elevator buttons, keypads, keyboards, breakrooms, copier, etc.

Protect business continuity
- Secure your supply chain
- Preserve your core business functions using social distancing
- Protect your cash flow and key products
- Consider impact on your business and employees at time intervals – 4 weeks, 8 weeks, 3+ months
- Protect your C-suite leaders

Develop contingency plans based on WHO and CDC guidance
- who.int/emergencies/diseases/novel-coronavirus-2019/technical-guidance/guidance-for-schools-workplaces-institutions

Communicate clearly and frequently to your stakeholders

Pull together, collaborate, share best practices

Sources: CDC, WHO, WI DHS

March 17, 2020