



KICKAPOO TRIBAL HEALTH CENTER

— M C L O U D , O K —

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BASIC COVID TRAINING



Introduction



Since the beginning of the COVID pandemic, the Native American population has suffered a large number of COVID cases that has surpassed other race groups per capita. Vaccines have been found to be the strongest weapon in the fight against the spread. In this presentation, we hope to answer questions that have lingered in the back of minds as well as encourage a change of minds due to lack of knowledge about the virus and vaccine.

Overview



- History of Coronavirus
- Definitions
- Variants
- Vaccines
- Conclusion
- FAQs

History

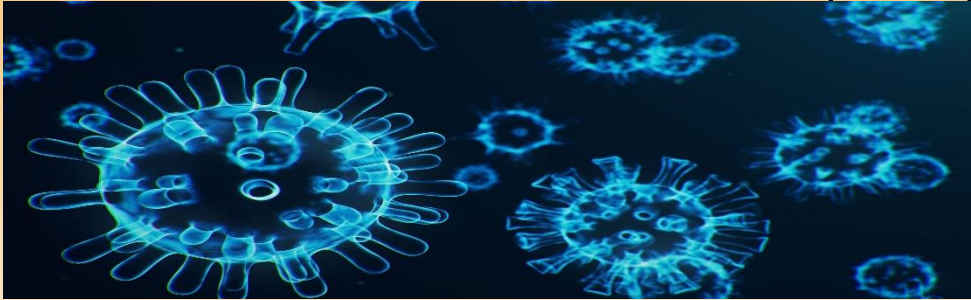


A new virus and disease outbreak in Wuhan, China detected in December 2019 gathered pace and spread across several other countries. The World Health Organization (WHO) declared the outbreak a pandemic in early March 2020, terming it as “global spread of a new disease”. But the term coronavirus is not new, you may have heard of the term during the outbreak of the Severe Acute Respiratory Syndrome (SARS) in 2003 or the Middle East Respiratory Syndrome (MERS) in 2012.¹



History (cont'd)

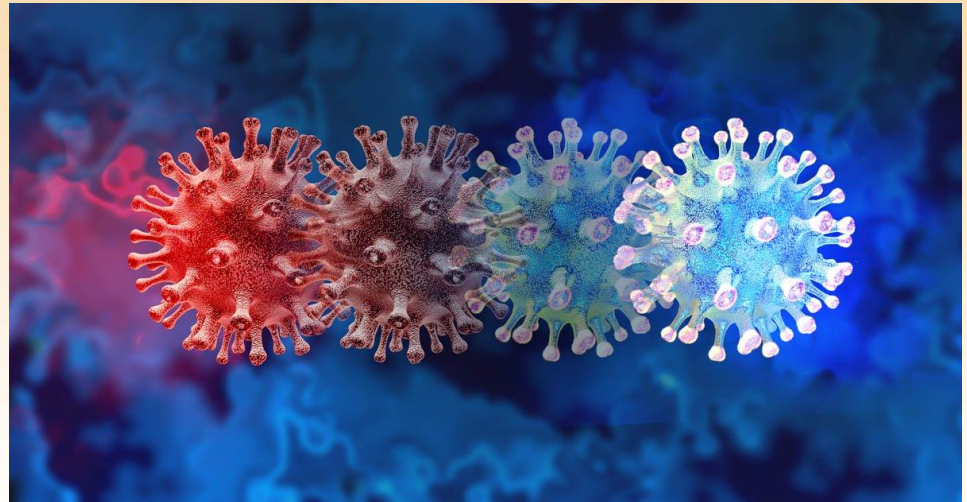
- Coronaviruses are not new to humans. It was first discovered in the 1960s when people with common cold were infected with the new virus.
- While there are several theories about how the virus originated, the first reported case of COVID-19 can be traced back to December 2019 in Wuhan district of Hubei in China, which has since then spread globally.



- COVID-19 also referred to as 2019-nCov and 2019 Novel Coronavirus. The WHO announced the official name of the disease as COVID-19, while the virus is called SARS-CoV-2. Just like how HIV is the name of the virus and AIDS is the disease, COVID-19 is the name of the disease and the virus name is SARS-CoV-2.

Variants

- Viruses constantly change through mutation, and new variants of a virus are expected to occur. Sometimes new variants emerge and disappear. Other times, new variants persist. Multiple variants of COVID-19 have emerged in the United States. At this point, the original variant that caused the initial COVID-19 cases in January 2020 is no longer circulating as newer variants have increased.



Variants and how they work



- If you think about a virus like a tree growing and branching out; each branch on the tree is slightly different than the others. By comparing the branches, scientists can label them according to the differences. These small differences, or variants, have been studied and identified since the beginning of the pandemic.
- Some variations allow the virus to spread more easily or make it resistant to treatments or vaccines. Those variants must be monitored more carefully.



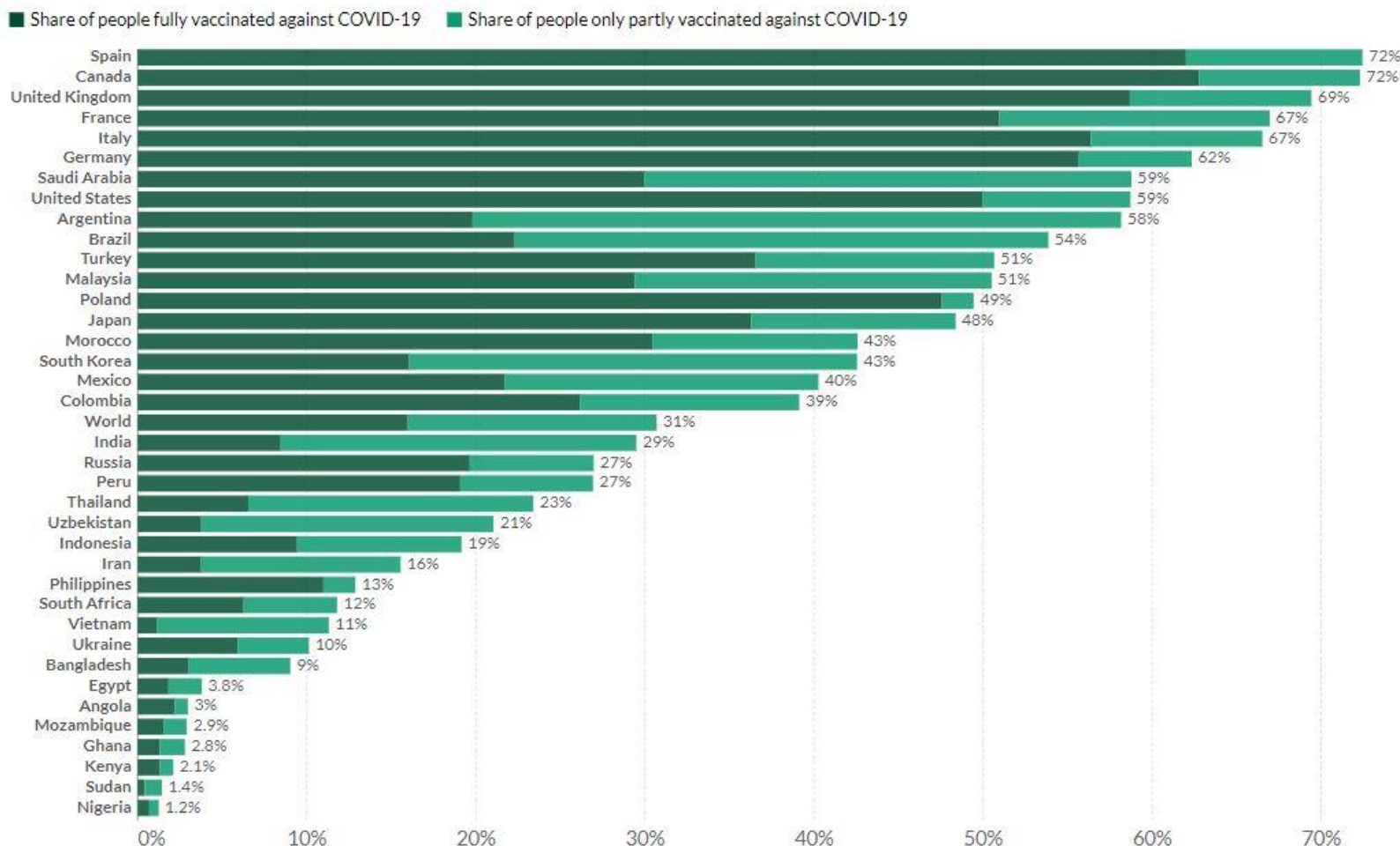
- Vaccines and how they change

- As the virus spreads, it has new opportunities to change and may become more difficult to stop. These changes can be monitored by comparing differences in physical traits (such as resistance to treatment) or changes in genetic code (mutations) from one variant to another.

Vaccines stats across the globe

Share of people vaccinated against COVID-19, Aug 11, 2021

Our World in Data



Source: Official data collated by Our World in Data. This data is only available for countries which report the breakdown of doses administered by first and second doses in absolute numbers.

CC BY

▶ Dec 27, 2020

○ Aug 11, 2021

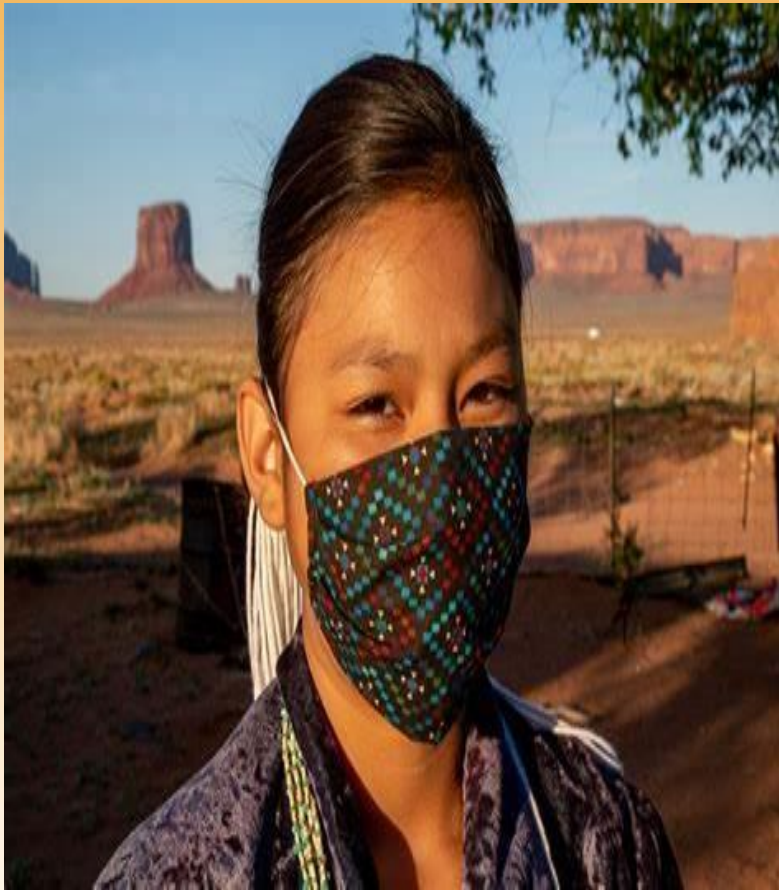
What can you do to protect your community⁴ (provided by the CDC)

- Get Vaccinated
- Authorized COVID-19 vaccines can help protect you from COVID-19.
- Wear a mask
- If you are not fully vaccinated and aged 2 or older, you should wear a mask in indoor public places.
 - In areas with high numbers of COVID-19 cases, consider wearing a mask in crowded outdoor settings and for activities with close contact with others who are not fully vaccinated.



- What can you do to protect your community⁴ (provided by the CDC)

People who have a condition or are taking medications that weaken their immune system may NOT be protected even if they are fully vaccinated. They should continue to take all precautions recommended for unvaccinated people, including wearing a well-fitted mask, until advised otherwise by their healthcare provider.




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- What can you do to protect your community⁴ (provided by the CDC)


- Stay 6 feet away from others
- **Inside your home:** Avoid close contact with people who are sick.
 - If possible, maintain 6 feet between the person who is sick and other household members.
- **Outside your home:** Put 6 feet of distance between yourself and people who don't live in your household.
 - Remember that some people without symptoms may be able to spread virus.

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- What can you do to protect your community⁴ (provided by the CDC)

- **Keeping distance from others is especially important for people who are at higher risk of getting very sick.**
- Avoid crowds and poorly ventilated spaces
- Avoid indoor spaces that do not offer fresh air from the outdoors as much as possible.
- If indoors, bring in fresh air by opening windows and doors, if possible.

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- What can you do to protect your community⁴ (provided by the CDC)

- Wash your hands often
- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

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- What can you do to protect your community⁴ (provided by the CDC)

- It's especially important to wash:
 - Before eating or preparing food
 - Before touching your face
 - After using the restroom
 - After leaving a public place
 - After blowing your nose, coughing, or sneezing
 - After handling your mask
 - After changing a diaper
 - After caring for someone sick
 - After touching animals or pets

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- What can you do to protect your community⁴ (provided by the CDC)

- **Be alert for symptoms.** Watch for fever, cough, shortness of breath, or other symptoms of **COVID-19**.
 - Especially important if you are running essential errands, going into the office or workplace, and in settings where it may be difficult to keep a physical distance of 6 feet.
- **Take your temperature** if symptoms develop.
 - Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.
- Follow CDC guidance if symptoms develop.

FAQs



Please review OSHA's answers to the most frequently asked questions regarding COVID-19

at

<https://www.osha.gov/coronavirus/faqs>



Definitions² (provided by Yale Medicine)

- **Pandemic**

An epidemic that has spread over several countries or continents, impacting many people. Pandemics typically happen when a new virus spreads easily among people who—because the virus is new to them—have little or no pre-existing immunity to it. COVID-19, which was declared a pandemic by the WHO in early March, is the first pandemic known to be caused by the emergence of a new coronavirus.

- **Outbreak**

This shares the same definition as epidemic, with one exception—an outbreak usually refers to a more limited geographic area. COVID-19 started as an outbreak in Wuhan, the capital city of the Hubei province in China at the end of December 2019, when the Chinese government confirmed that it was treating dozens of cases of pneumonia of unknown cause.

The CDC recognizes [six stages to a pandemic](#)—it starts with an investigation phase, followed by recognition, initiation, and acceleration phases, which is when it peaks. Then, comes a deceleration phase, when the rate of infection decreases. Finally, there is a preparation phase, where the pandemic has abated, and public health officials monitor virus activity and prepare for possible additional waves of infection. Different countries—and various sections of the same country—can be in different phases of the pandemic at the same time. The U.S. is currently in the acceleration phase.

- **Cluster**

A collection of cases occurring in the same place at the same time. In the U.S. in February and March, early clusters of COVID-19 developed in California, New York, and Washington state.



Definitions (cont'd)

- **Community spread**

Circulation of a disease among people in a certain area with no clear explanation of how they were infected—they did not travel to an affected area and had no close link to another confirmed case. This is sometimes referred to as community transmission. In late February, a woman in California became the first patient confirmed in the U.S. who could not confirm how she got COVID-19.

- **Transmission**

Although scientists are still learning about COVID-19 as more data becomes available, the virus is thought to be spread mainly from person-to-person contact, as well as when a person touches a surface or object that has the virus on it and then touches the mouth, nose, or possibly eyes. What follows are some key words used in news outlets to discuss transmission of COVID-19.)

- **Incubation period**

The time between when a person is infected by a virus and when he or she notices symptoms of the disease. Estimates of the incubation period for COVID-19 range from 2-14 days, but doctors and researchers may adjust that as more data becomes available.

- **Breakthrough Case**

A *breakthrough case* may sometimes be called a *breakthrough infection*, though that term is also used in a more specific way (typically among medical professionals) to refer to an instance of a vaccinated person becoming infected regardless of whether they actually get sick (in this sense, a *breakthrough infection* is considered milder than a *breakthrough case*).³ (*Transmission from vaccinated people is very rare*)

Definitions (cont'd)



- **Droplet transmission**

A form of direct transmission, this is a spray containing large, short-range aerosols (tiny particles suspended in air) produced by sneezing, coughing, or talking. Droplet transmission occurs—in general and for COVID-19—when a person is in close contact with someone who has respiratory symptoms. “Although now there is the understanding that we may all spray droplets when we talk or breathe,” says Dr. Meyer. “You don’t necessarily have to cough or sneeze, it’s just that the coughing and sneezing propel the droplets further.”

- **Asymptomatic**

When a patient is a carrier of an illness but does not show symptoms. People are thought to be most contagious for COVID-19 when they are most symptomatic, according to the CDC, although researchers are still investigating how its spread might be possible at other times, including during the incubation period (called “pre-symptomatic transmission”) and even after symptoms have resolved.

- **Super-spreader**

One person who, for unknown reasons, can infect an unusually large number of people. Infectious disease specialists say it is common for super-spreaders to play a large role in the transmission of viruses. In what's known as the 80/20 rule, 20% of infected patients may drive 80% of transmissions.

Resources

1. <https://www.acko.com/health-insurance/difference-between-covid-19-sars-and-mers/>
2. <https://www.yalemedicine.org/news/covid-19-glossary>
3. <https://www.dictionary.com/e/tech-science/breakthrough-case/>
4. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>