

## Module 1

# Novel Coronavirus Disease: COVID-19: The Facts

Region of Peel – Public Health  
Last updated: June 2020

Hello Everyone.

We welcome you and thank you for attending the session.

Our objective today is to support you with the safe re-opening of your child care program for families and staff.

As you know, the Province has announced that child care centres can resume operations and has issued guidelines for the safe re-opening of child care. The Early Years and Child Care Services Division at the Region has been working closely with Peel Public Health to review these guidelines, and has developed mandatory health and safety protocols for all licensed child care providers and their staff. **[Introduce Regional Staff on the Call].**

Today's session will provide information on:

- COVID-19 and the local profile of the pandemic in Peel; and
- the mandatory **COVID-19 Enhanced Health and Safety Protocols**, which include the:
  - Active Daily Screening policy;
  - Outbreak management policy; and
  - Sanitation, infection prevention and control, and physical distancing requirements for the child care site

This information will support child care providers to mitigate the risk of COVID-19 within

your child care program.

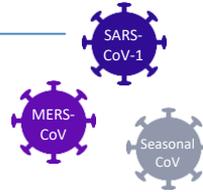
We have previously shared the slides for today's training modules with you. Our focus for the session will be to highlight key information and then open the floor to your questions.

We are going to get started with an overview of COVID-19 in Peel.

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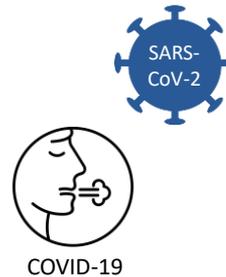
# What is COVID-19?

**Coronaviruses (CoV)** are a large family of viruses that cause illness ranging from the common cold to more severe diseases.



In December 2019, an outbreak of a **novel coronavirus**, not previously identified in humans, was reported in Wuhan, China.

The new virus was named **SARS-CoV-2** and the disease caused by this virus was named **coronavirus disease 2019**, or **COVID-19**.



So what is COVID-19?

**Coronaviruses (CoV)** are a large family of viruses that cause illness ranging from the common cold to more severe diseases. Other coronaviruses have included the SARS viruses, MERS-CoV and the regular seasonal coronaviruses that circulate each year.

At the end of December/beginning of January, we learned of the outbreak of a **novel coronavirus**, not previously identified in humans, in Wuhan, China.

The new virus was named **SARS-CoV-2** and the disease caused by this virus was named **coronavirus disease 2019**, or **COVID-19**.

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## How does COVID-19 spread?

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COVID-19, like other coronaviruses, are spread from person to person through **droplets** when someone coughs or sneezes and **close contact** with someone's infectious droplets.



### What about environmental transmission?

**In a lab experiment setting:** one study showed that the virus survived up to 72 hours on plastic/stainless steel, 24 hours on paper/cardboard **but** the amount of virus present decreased by >1,000-fold and they **did not** demonstrate that human infection could occur.

The main message → clean your hands often with soap and water or alcohol-based hand rub

Van Doremalen N. et al, 2020-Mar-17, New England Journal of Medicine, <https://www.nejm.org/doi/full/10.1056/NEJMc2004973>

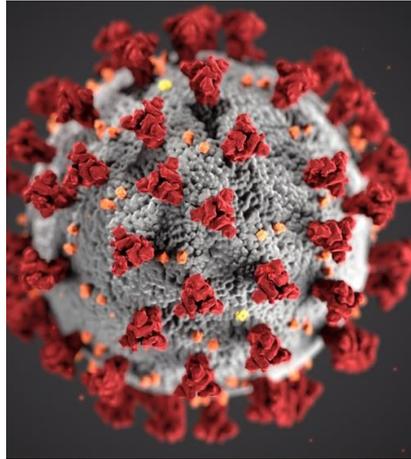
- COVID-19 is a respiratory disease transmitted by droplets during close unprotected contact with an infected individual when someone coughs and sneezes.
- Respiratory droplets are heavy and fall, so airborne spread has not been reported but is possible if certain medical procedures are done that generate aerosols.

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## What is known about the virus and infection?

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- **Incubation period:**
  - About 5 days (1 to 14 days)
- **Period of communicability/  
transmission:**
  - During the symptomatic state
  - Transmission possible before symptom onset
  - We don't know the full role of asymptomatic transmission



The incubation period (the time from infection to becoming ill) is approx. 5 days but could range up to 14 days.

And we have learned that people are able to spread the illness when symptomatic, although there is some knowledge that people could be infectious and very mild (pre-symptomatic).

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## What are the symptoms of COVID-19?

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Symptoms range from mild to severe pneumonia and death. The **most common** symptoms include:

- **Fever**
- **New or worsening cough**
- **Difficulty breathing**

### **Other symptoms include:**

- Sore throat or difficulty swallowing
- Nausea/vomiting, diarrhea or abdominal pain
- New hearing or taste disorder
- Nasal congestion or runny nose (excluding allergies)

**Common symptoms** in most cases include fever and dry cough.

Atypical symptoms/clinical pictures of COVID-19 should be considered, particularly in children, older persons, and people living with a developmental disability.

### **Atypical symptoms can include:**

- Unexplained fatigue/malaise/muscle aches
- Chills
- Headaches
- Conjunctivitis (pink eye)
- Croup (in children)
- Rash (in children)
- Lethargy, difficulty feeding in infants (if no other diagnosis)

Multisystem inflammatory vasculitis in children (very rare and requires clinical assessment but common symptoms include persistent fever, rash, gastrointestinal symptoms, abdominal pain, pink eye).

### **Atypical symptoms in older individuals include:**

- Delirium (acutely altered mental status and inattention)
- Unexplained or increased number of falls
- Sudden decrease in ability to perform self care activities (such as dressing, bathing)
- Worsening of chronic conditions

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# What is the severity of COVID-19 cases?

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## Severity

- **80% mild to moderate illness**
- 14% severe illness
- 6% critical illness

## Recovery Time

- Recovery (mild): 2 weeks
- Recovery (severe): 3-6 weeks



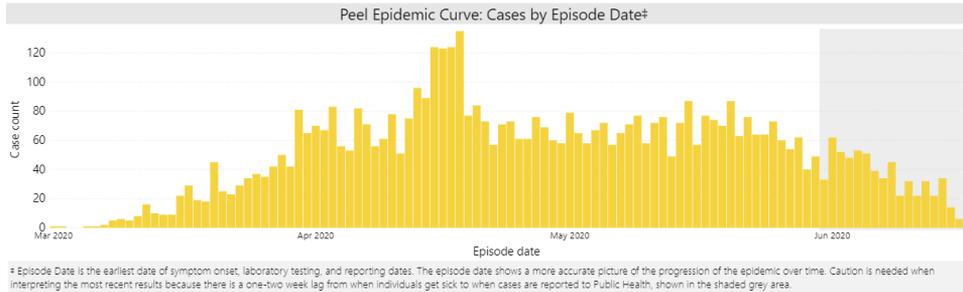
- Common symptoms in most cases are fever and dry cough
- Severity: 80% mild/moderate includes pneumonia, 14% severe, and 6% critical

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# COVID-19 In Peel Region



# Epidemic Curve for Peel Region



**We have seen a decline since the peak in mid April, but the number of new cases has plateaued**

This graph shows the number of new cases over time in Peel region by symptom onset (also known as an epidemic curve).

We have seen a decline in cases since mid April when it peaked. The number of new cases has plateaued/levelled off. Because this is by symptom onset date, the data at the end of this curve looks low but this will change as people who may have become ill on those days may have yet to be tested and results reported.

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# Profile of COVID-19 Cases

Data refreshed: 17-Jun-2020 12:04 PM

Data source: Ontario Ministry of Health, Integrated Public Health Information System (PHIS), 2020, Region of Peel - Public Health

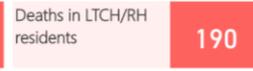
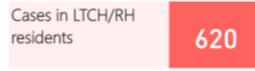
Profile of COVID-19 cases

Select city  
All

Select age group  
All



\*Includes LTCs (long-term care homes), RH (retirement homes) & hospitals



[View details of outbreaks in Peel](#)

Visit our website at:

<https://www.peelregion.ca/coronavirus/case-status/>

Give quick overview of COVID-19 cases: # of cases in Peel, median age, majority recovered, outbreaks, hospitalizations and deaths. Visit our website to view our dashboard for up to date information.

# Peel COVID-19 Cases by Age Group

As of June 4, 2020

## COVID-19 affects all age groups:

- 47% of cases are 35 to 64 years old
- 26% of cases are 18 to 34 years old
- 23% of cases are 65 years old or older
- 3% of cases are under 18 years old
- Majority of hospitalizations and deaths among cases 65 years of age and older

Source: Ontario Ministry of Health, integrated Public Health Information System (IPHS) database, extracted by Peel Public Health.

This disease affects all age groups.

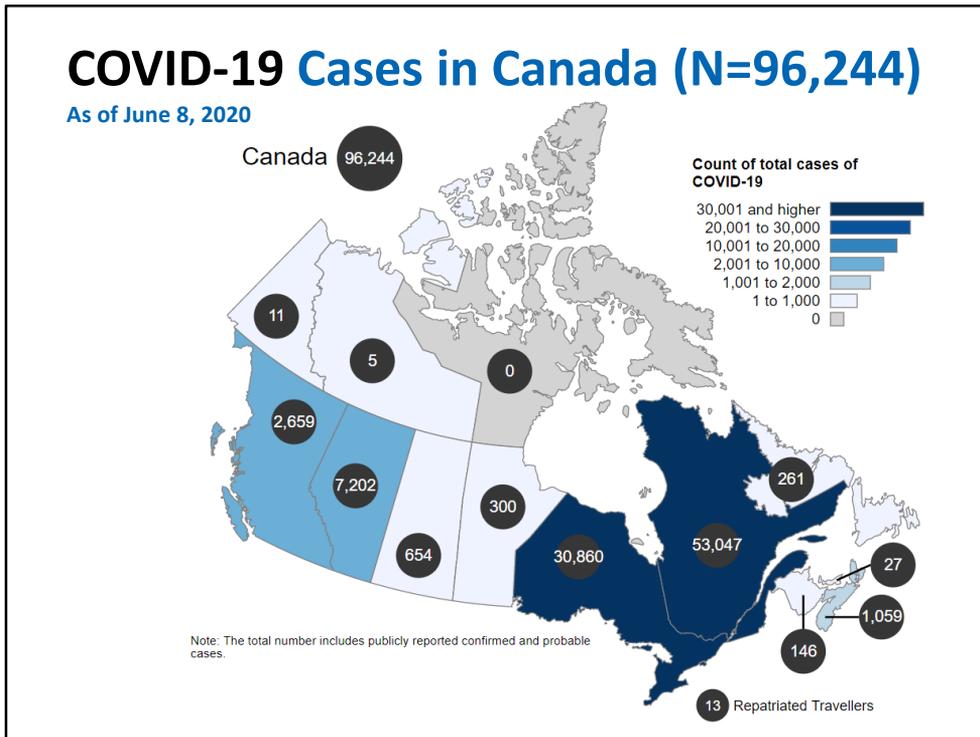
As you can see, a majority of cases are 35-64 years old. However, considering the population of Peel (more relatively younger than older residents), the rate of COVID-19 infection affecting the elderly is actually higher.

Most hospitalizations among cases 65 years of age and older (median age 71). About 38% of hospitalized cases have reported medical risk factors.

Most deaths among those 80 and older does represent many of the deaths that are occurring in long term care.

We do see that while these severe outcomes do increase with age, we are seeing hospital admissions among most age groups.

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This slide illustrates the distribution of cases by province and you can see that there has been a different story across the country.

In the map, the darker the blue colour, the more cases there have been.

Quebec started their outbreak earlier than ours – their spring break was a bit earlier and they saw increased cases among travelers.

BC and Ontario and others learned from this which is, in part, why the march break decisions were taken.

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## How are we doing with treatment or a vaccine?

*That 'Miracle Cure' You Saw?  
It Won't Stop the Coronavirus.*



There is **no known cure or vaccine** for COVID-19.

Several vaccines under development; but even if a vaccine is proven safe and effective, it **won't be available** for at least a year.

Currently, treatment for COVID-19 patients involves supportive care and **alleviating symptoms**. Most people with illness will recover on their own.

Study subjects who received Moderna's *COVID-19 vaccine* had positive early results.

PM announcement that a Vaccine trial - China candidate - Ad5-nCoV was developed in China, where human trials have already entered the second phase that the Canadian Center for Vaccinology at Dalhousie University in Halifax will be able to begin clinical trials of vaccine candidate.

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## How do I protect myself and others?

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There is no cure or vaccine for COVID-19. The best way to protect yourself and others is to prevent the transmission of the virus, by:



Washing your hands



Coughing or sneezing into your elbow or tissue



Staying home when you're sick (**even if you have mild symptoms**)



Distancing yourself from others

## How do I protect myself and others: Using cloth masks

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- Wear a non-medical (cloth) face mask **when physical distancing is not possible** over a prolonged period of time like essential workplaces, grocery stores, pharmacies, public transit.
- Especially in areas of higher community-based transmission.

**“My mask protects you, your mask protects me”**

The messaging has shifted now that we know more about this specific coronavirus.

Because of the possibility of transmission when presymptomatic and with very very mild symptoms, public health officials, including Dr. Loh are saying that when physical distancing is not possible, it is recommended that a cloth mask be worn in order to prevent transmission from the wearer where possible.

The Region of Peel has offered posters and other information to support mask wearing. The link to these posters are on the Region’s Website, and included in the “Additional Resources” section of this training module.

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## The Public Health Tools

There is currently no standard treatment or vaccine for COVID-19. Treatment is supportive to alleviate symptoms.

**Public Health tools to reduce transmission are:**



Border restrictions and enhanced screening



Aggressive case finding and contact management



Social distancing (population-level)



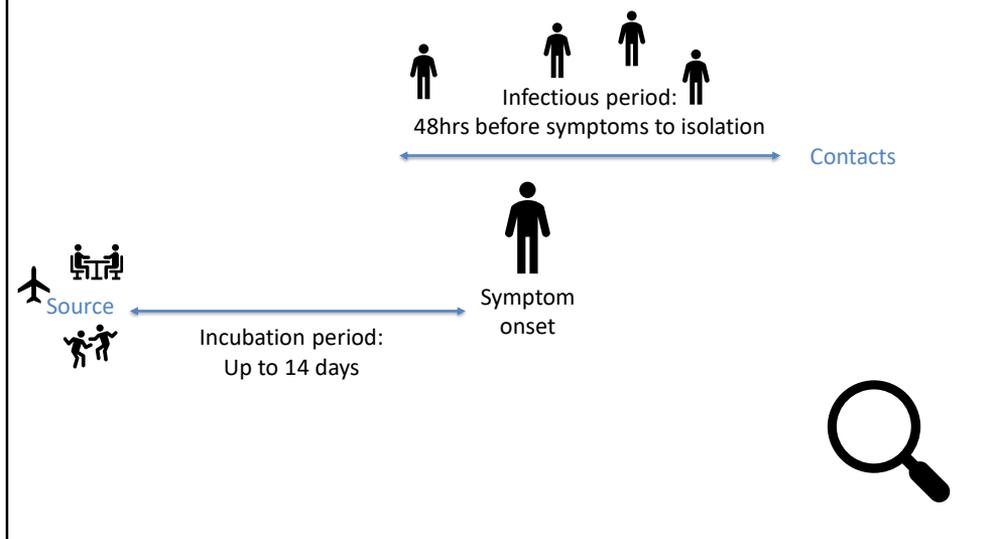
Infection prevention and control (hand hygiene, respiratory etiquette, staying home when sick)

In the absence of a vaccine or treatment, the ability for any country to control their epidemic was in traditional public health tools – travel restrictions and screening, case detection and contact management, physical distancing and things like hand washing and making sure people stay home when sick.

These are the tools we use.

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# Case Management and Contact Tracing



With so much public interest in Case Management and Contact Tracing, I thought I'd take a moment to explain what that actually entails.

For every case (positive lab test notification) that is reported to us, the assigned case manager is looking at two things:

- 1) Where did they get it from?
- 2) Who might they have given it to?

From the time of exposure to symptom onset, this period of time, the incubation period can be up to 14 days (but typically it's 5). We are asking questions about where the case has been – travelling, a party, what days did they work and where – to understand where they acquired the infection and to identify settings that are at higher risk.

The second thing we look at is who might they have come into contact with when infectious. That period of time we now know can be 48hrs before symptom onset to the time that the person isolates themselves.

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## Key Messages to Date

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- Measures like physical distancing, isolating cases and quarantining contacts **are effective**.
- The results we have seen are due to the efforts of Peel residents, however, we need to continue.
- These measures may need to continue to some degree to:
  - flatten the curve overall (avoid burden on the health system and ensure everyone who needs to be hospitalized gets care)
  - delay the peak (to buy time for effective treatment or development of a vaccine)

# Additional Resources

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## Child Development Resource Connection Peel (CDRCP)

- [E-Learning Opportunities](#)



## Public Health Ontario

- [Tip Sheets](#)



## Region of Peel

- [Masks and Face Coverings](#)
- [Resource Posters](#)
- [Translated Resources](#)

# Questions?



**Contact Information:**

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