



Wellness Where You Are

ONLINE SERIES

Conquering COVID: Through the Holidays & Beyond
with Dr. Curtis Chan and Shireen Malekafzali
Thursday, December 17th, 4:30pm-5:30pm (PT)

WELCOME

BACHAC

- A 25-year grass roots community health organization
- Address health disparities in diverse communities across generations
- Through awareness, education, access to resources, advocacy
- In partnership/collaboration with a diverse groups
- Supporting a culture of Equity, Innovation and Inclusion

Session Purpose

- Support community with relevant information, resources & tools during this challenging time (12 sessions since May 2020)
- Address unique needs of the community during this pandemic
- Provide forum to address questions, hear perspectives
- Increase awareness, access to important information, tools, resources

Housekeeping

- Appreciate your patience and flexibility as BACHAC navigates the virtual world
- BACHAC's steps to protect privacy
- Everyone is on mute
- Write questions in the Chat
- Session is being recorded
- Recording and slides to be posted on BACHAC website

Meeting Agreements

- Be engaged
- Be curious and open
- Challenge ideas, not the person
- Seek to understand
- Stretch yourself
- Speak your truth, respect others' truths
- Help us....Help you



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County Health COVID-19 Overview

Shireen Malekafzali
Health Equity Officer
December 17, 2020



**SAN MATEO
COUNTY HEALTH**
All together better.

Agenda

- **Presentation**

- **Data:** State of COVID-19 & the County
- **County Health Response:** Data Analysis, Health Education and Outreach, Testing, Contact Tracing, Isolation/Quarantine Resources, Learn and Improve, Vaccine Distribution
- **Staying Safe:** Best ways to protect yourself

- **Discussion**

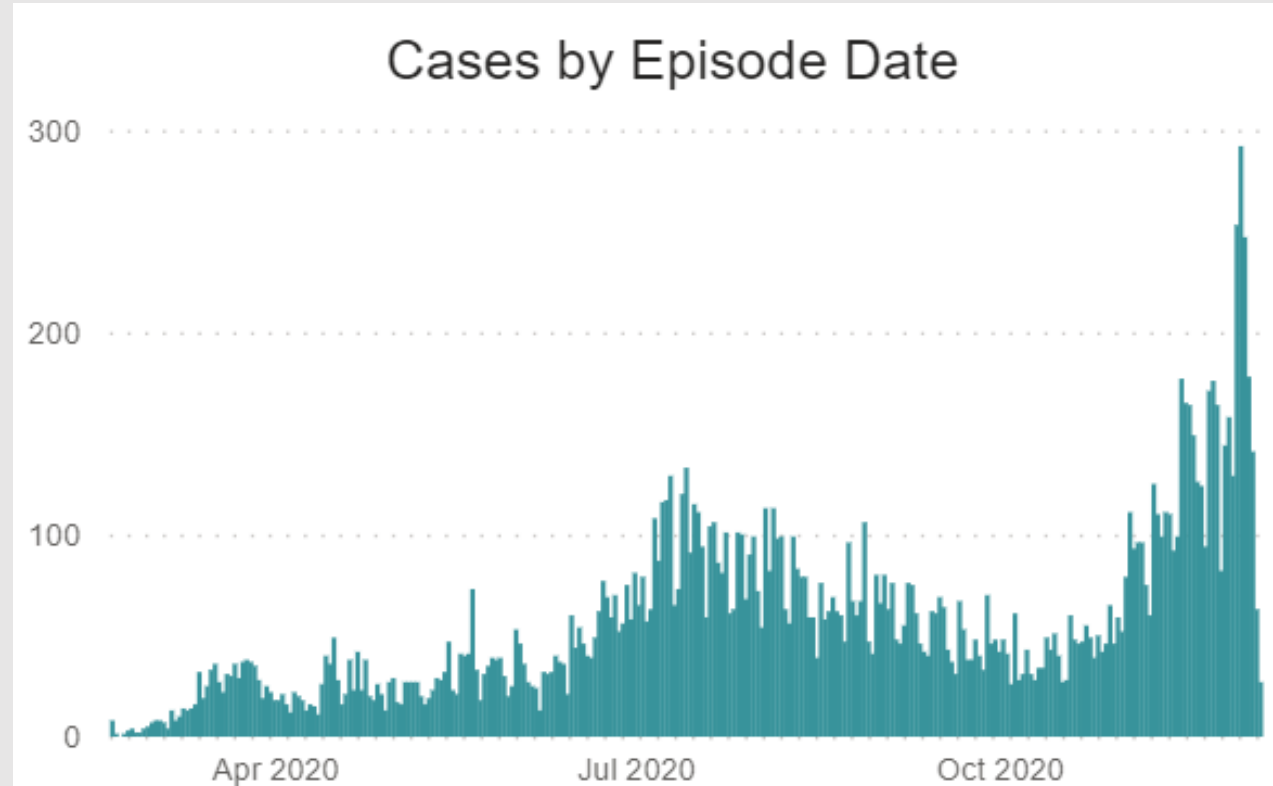
- Your questions
- Your experiences

data

Understanding the science and tracking the disease

COVID-19 Today

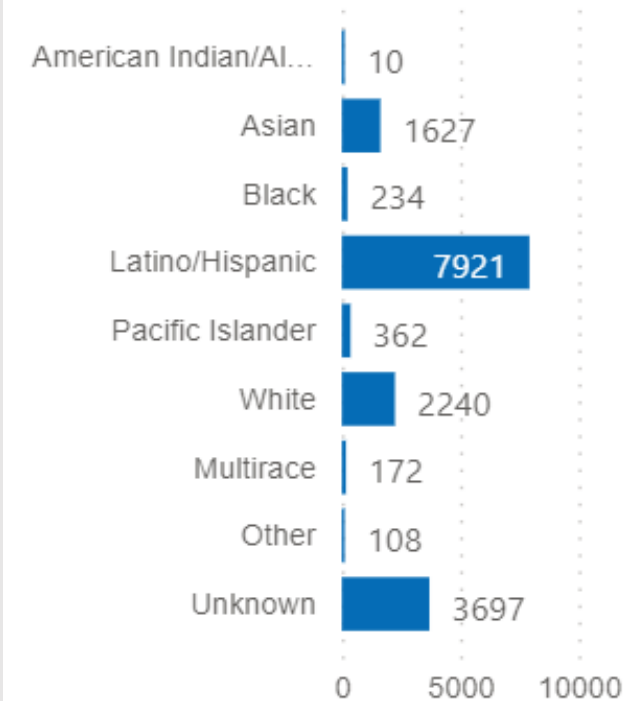
- **Cases:** 19,645 – and increasing
- **Deaths:** 183
- **R-eff:** 1.39 – infected people are transmitting to more than one other person – increasing spread
- **Age:** 20-40 year age range has highest cases
- **Recent Trends:**
 - Increases in cases of White and younger residents
 - Massive increase in daily case counts
- **Data Dashboard:**
 - <https://www.smchealth.org/data-dashboard/county-data-dashboard>
 - <https://www.smchealth.org/data-dashboard/cases-city>



Disproportionate Impacts

- Inequities exist in SMC affecting our low-income residents and communities of color
- Overcrowding, housing burden, median income, educational attainment, unemployment and more...
- Deep long-standing social/racial/economic factors are at the root of these inequities
- COVID-19 distribution shows significant disparities
- Latinx community represents 24% of population but bears 47% of the burden of COVID-19 cases

Cases by Race/Ethnicity

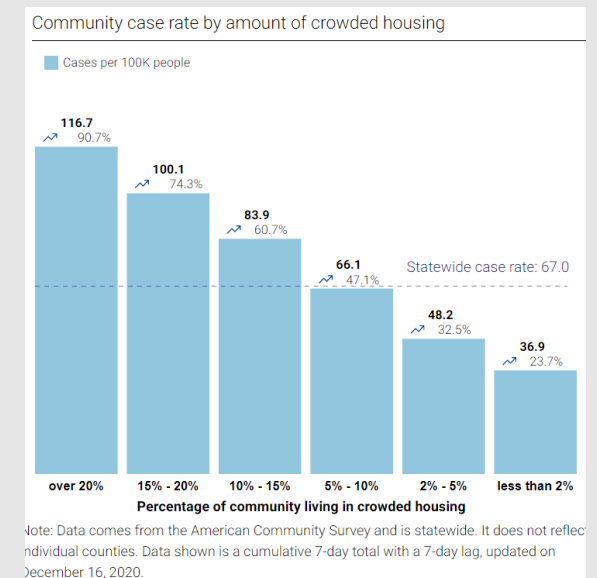
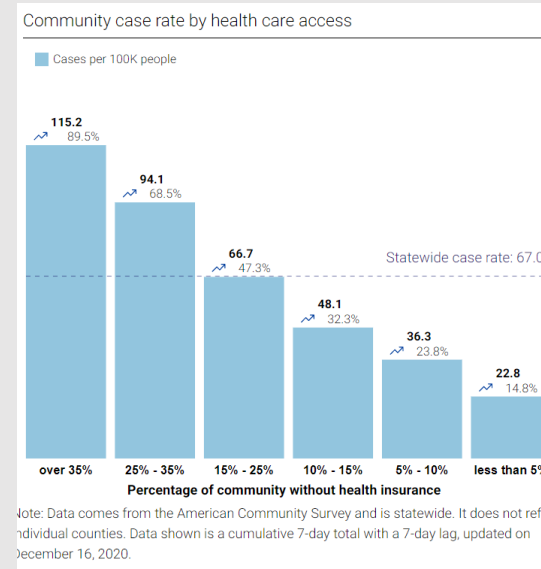
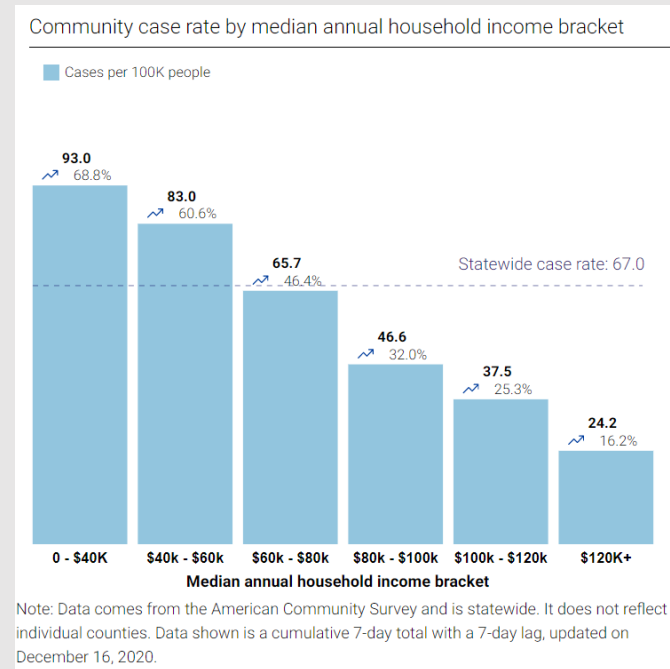


Unemployment Rate in SMC – 1992 to Oct 2020



Statewide numbers

- COVID-19 disproportionately impacts those with:
 - Lower incomes
 - Those earning under 40K have a case rate of 93 (per 100K people) versus a case rate of 24.2 for those earning over 120K
 - Living in crowded conditions
 - Less access to healthcare



County Health Covid-19 response

Providing support to slow the spread & support our communities

County Health emergency response



Data Collection, Analysis & Sharing



COVID-19 HEALTH CARE SERVICES LIVE HEALTHY FORMS & PERMITS FOR PROVIDERS



San Mateo County COVID-19 Hospital Data

Data up to and including December 14, 2020

These data are a snapshot of the capacity of all hospitals reporting data in San Mateo County. Because of the normal fluctuation in the number of patients seen and cared for in hospitals, it's not uncommon for these data to vary from day to day. Sometimes hospitals do not report daily updates; in those cases, we use data from the previous report data for non-reporting hospitals. The data contained here may also include patients who are the State's responsibility under the prison system and other programs, and may not necessarily reflect hospitalizations of San Mateo County residents.

Currently Hospitalized COVID-19 Patients	Confirmed 104	Suspect 1	105
Resource	In Use	Available	Total
Acute Care Beds	357	88	445
Acute Care Surge Beds	0	108	108
ICU Beds	61	12	73
ICU Surge Beds	0	88	88
Ventilators	21	86	107

Out of County Patients (Confirmed)	0
Percent Out of County Patients (Confirmed)	0%

Select time frame for case data: **Last 30 Days** Historical

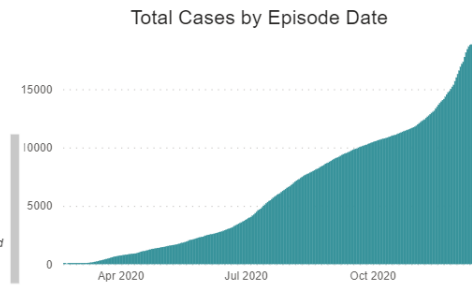
Total Cases **18,875**

R-eff **1.24**

Cases by Sex

Female	9541
Male	9317
Unknown	15

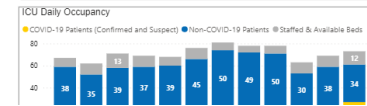
- R-eff is the average number of people an infected person will infect
 - Represents rate at which COVID-19 is spreading
 - Value less than 1 means decreasing spread
 - Value greater than 1 means increasing spread
 Source: CalCat ensemble for 12/5/2020, accessed on 12/9/2020



Total Deaths **183**

Deaths by Sex

Female	89
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CONFIRMED CASES ONLY

Notes: The 3-day average is calculated using the previous three days. Out of County means the patient was an emergency transfer from a state or out of county facility.

Hospitalized COVID-19 Patients (Confirmed cases only)

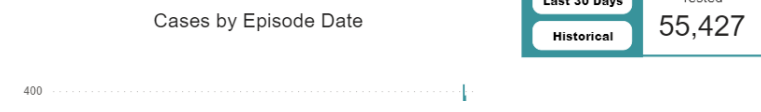
Acute Care	ICU	3-day Average
17	18	22
18	22	21
22	21	24
21	24	21
24	21	22
21	22	21
22	21	21
21	21	21
21	21	21

Cases by Age Group

< 9	1136
10-19	1912
20-29	3830
30-39	3659
40-49	2973
50-59	2463
60-69	1573
70-79	707
80-89	412
90+	207

Cases by Race/Ethnicity

American Indian/Al...	16
Asian	1853
Black	276
Latino/Hispanic	8911
Pacific Islander	407
White	2617
Multirace	223
Other	111
Unknown	4461



San Mateo County COVID-19 Lab Results Data
Data up to and including December 14, 2020

Choose time frame: **Last 30 Days** Historical

Total Residents Tested	Total Tests	Positive Results	Negative Results	Inconclusive Results	Positivity %	Average Days to Result
55,427	173,975	7,172	166,669	134	4.1%	1.6



Out of County	All Confirmed COVID-19	Out of County %
0	104	0%
0	99	0%
0	102	0%
0	99	0%
1	97	1%
1	97	1%
1	97	1%
1	97	1%
1	97	1%
1	97	1%

San Mateo County COVID-19 Cases by City

17,176 confirmed cases

rate per 10,000 population

- > 676 - 1,371
- > 327 - 676
- > 151 - 327
- 55 - 151

Data not shown

Case data up to and including 12/10/20. Data will be updated weekly by Friday 9 am. Cases by city do not represent, in any way, a true representation of the actual burden of disease in the geographic area. Location data may be missing for some cases under investigation. As

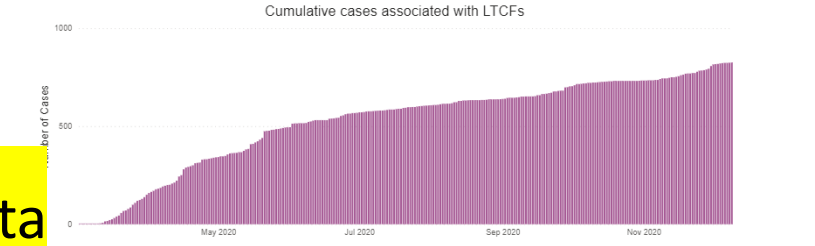
Atherton:	79 cases
Belmont:	276 cases
Brisbane:	59 cases
Broadmoor:	80 cases
Burlingame:	385 cases
Colma:	97 cases
Daly City:	2488 cases
East Palo Alto:	2004 cases
El Granada:	50 cases
Emerald Hills:	58 cases
Foster City:	292 cases
Half Moon Bay:	416 cases
Hillsborough:	115 cases
La Honda:	<10 cases
Ladera:	15 cases
Loma Mar:	<10 cases

Data are not shown for cities with less than 10 cases to protect privacy and confidentiality.

COVID-19 Long Term Care Facility Data

Data up to and including December 9, 2020

Total Cases	Deaths	Facility Type	Cases	Deaths	Number of Facilities
825	91	Board and care	28	4	7
		Independent or Assisted Living	375	51	26
		Skilled Nursing	422	36	13



<https://www.smchealth.org/coronavirus-health-data>

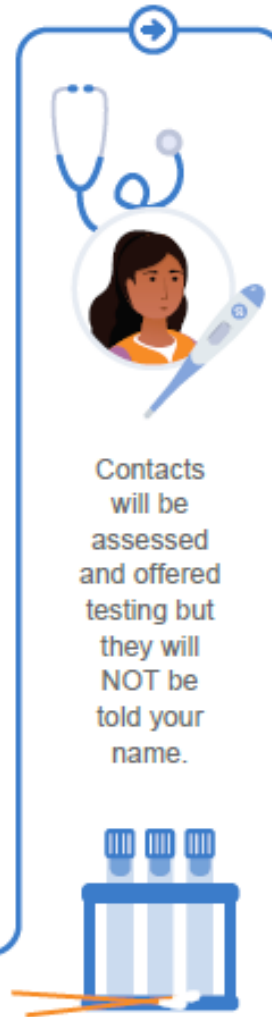
Contact Tracing & Isolation Resources



The Public Health Department and its community partners will contact people who test positive for COVID-19.



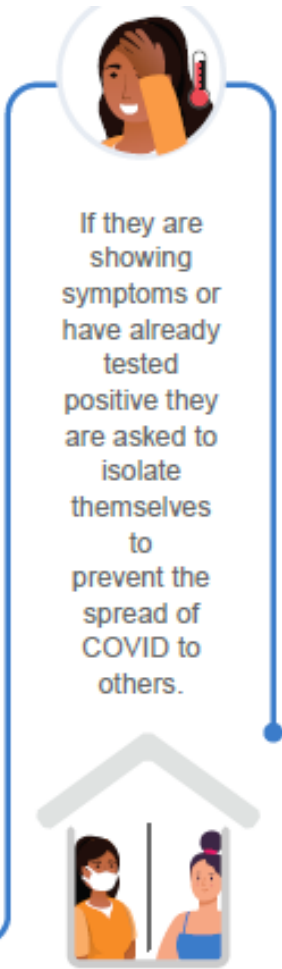
We "trace" or find others who have been in recent close contact with them.



Contacts will be assessed and offered testing but they will NOT be told your name.



Contacts are asked to quarantine themselves even if they are not showing symptoms.

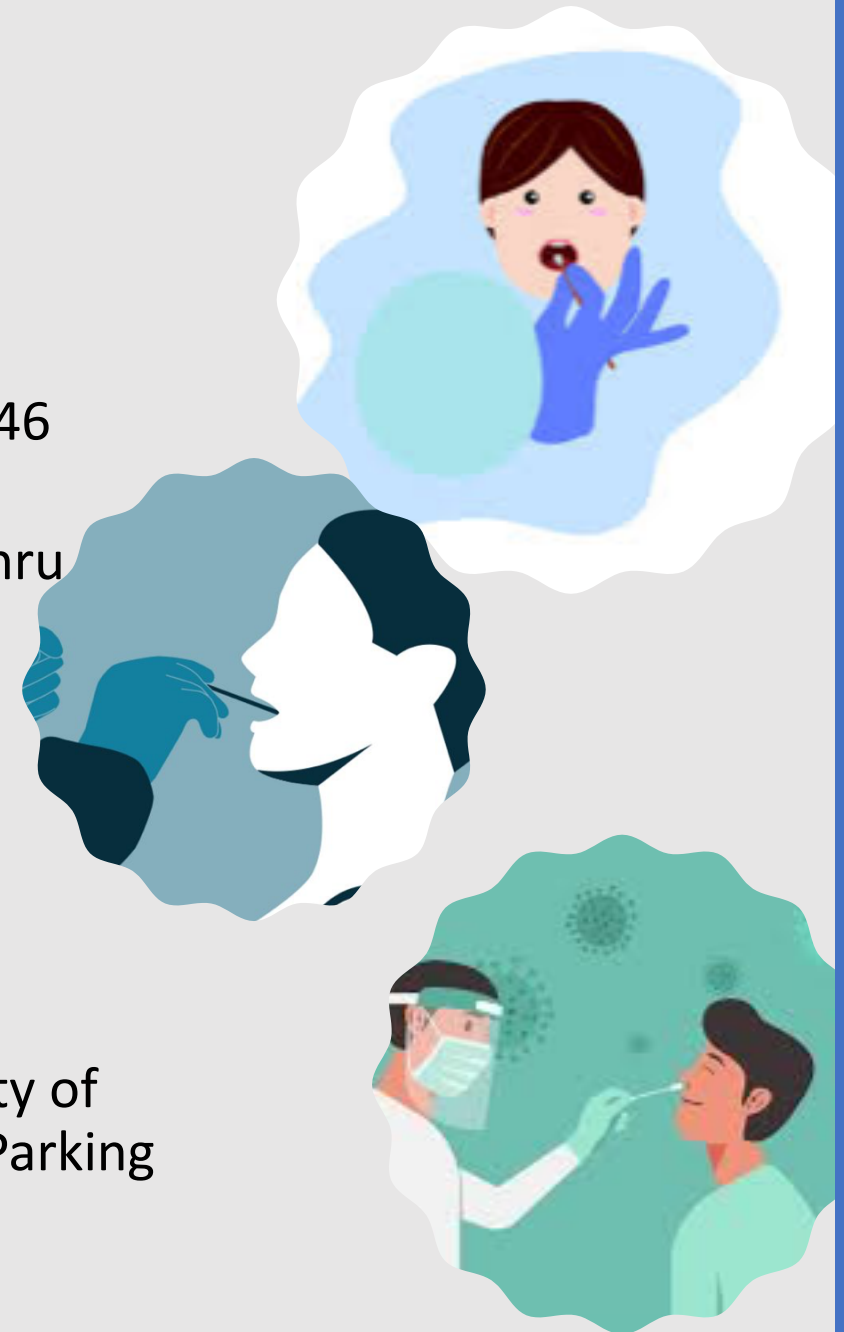


If they are showing symptoms or have already tested positive they are asked to isolate themselves to prevent the spread of COVID to others.

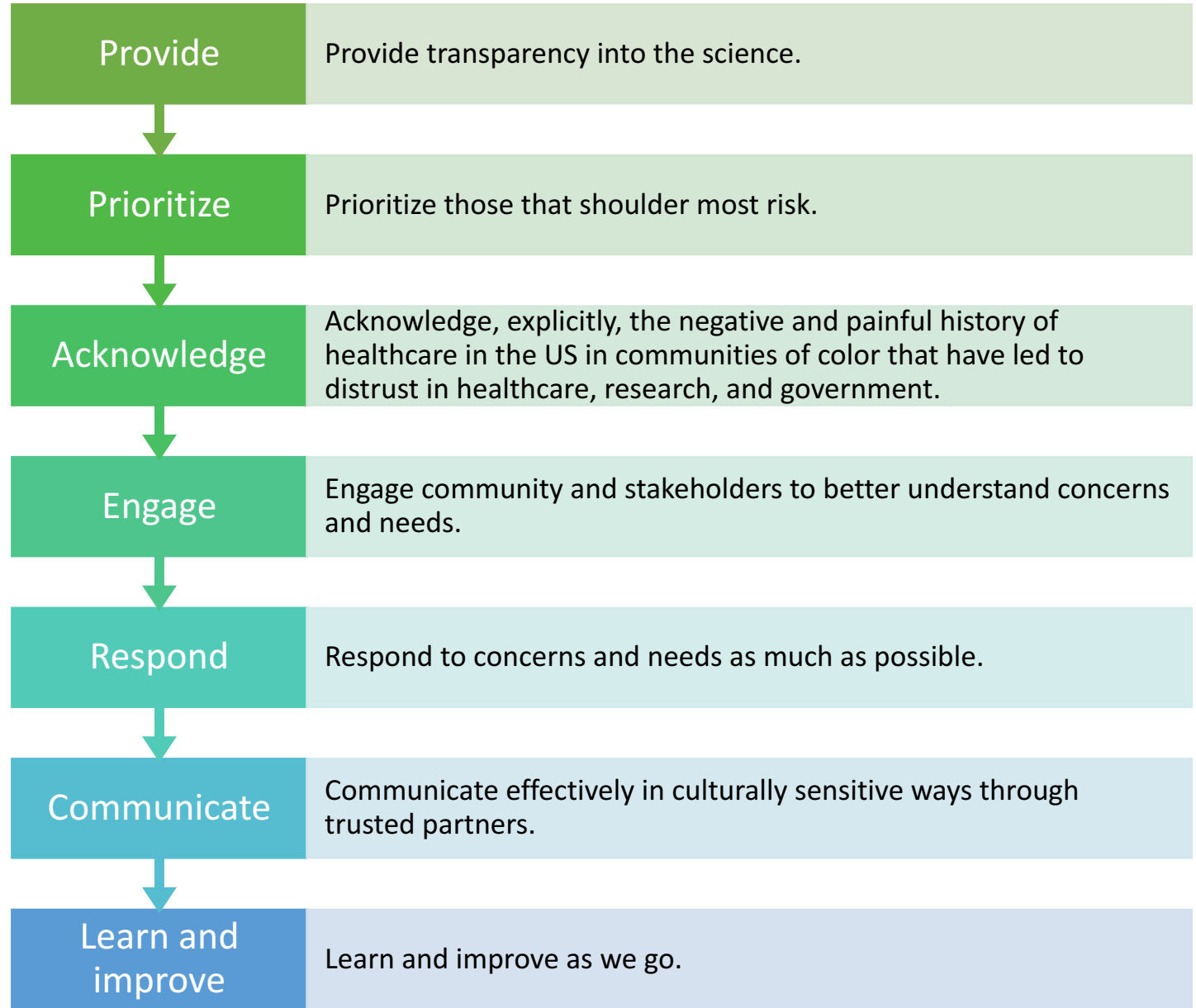


SMC Testing

- **Large Testing Venues**
 - Event Center – Tues through Saturday 1pm-8pm (1346 Saratoga Drive, San Mateo)
 - Jefferson Union High School District Offices – Tues thru Saturday 10am-4pm
(699 Serramonte Blvd, Daly City)
- **Mobile Testing Van** – Rotating weekly schedule 5-days/week 10am-4pm (www.Curative.com – 888-702-9042)
- **Adult testing** available in EPA, HMB, NFO, San Bruno, SSF (<https://www.projectbaseline.com/> - 888-634-1123)
- **Community Testing Events** – www.Curative.com
 - Jefferson High School, St. Jame AME Zion Church, City of HMB, La Honda Pescadero High School, NFO Mural Parking Lot, City of EPA, Belle Haven Action
- **For more information:** <https://www.smcgov.org/testing>



SMC Vaccine Approach



Staying Safe

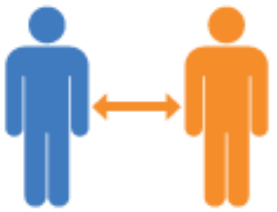
How to protect yourself & loved ones

The Basics



WEARING A FACE COVERING

STANDING AT LEAST SIX FEET APART



AVOIDING GATHERINGS OF PEOPLE

WASHING YOUR HANDS



RESPONDING TO CALLS OR TEXTS FROM CONTACT TRACERS

GETTING TESTED



Why are community leaders essential now to stopping COVID-19 transmission in social gatherings and households?

1. Science still learning more about novel virus

- a. Scientific Brief: SARS-CoV-2 and Potential Airborne Transmission. October 5, 2020
- b. Scientific Brief: Community Use of Cloth Masks to Control the Spread of SARS-CoV-2. November 12, 2020

2. Many other viruses don't spread airborne, and not without symptoms.

3. People are isolating and quarantining too late, often waiting for test results.

4. Limited effectiveness of Health "Orders" and Governmental Mandates

5. Community leaders are:

- a. knowledgeable about community needs
- b. able to lead social norms and behaviors

4 steps for leaders to educate their community?

- Review next 8 slides that explain 2 science concepts & 3 strategies.
- Engage community members with slide-show discussion, by video.
- Add pictograms and instruction sheets to newsletters, emails, social media.
- Learn what community members are suggesting as improvements.

Community INterventions

December 2020

- **A**lways wear your mask, especially when talking
- **I**nsulate your household and any small, stable “Social Support Bubble” from the virus
- **M**ask – Isolate – Quarantine – Test. Immediately for any symptoms, or after an exposure.

TWO SCIENCE FACTS: (Football coaches and singers may not know)

- **Most transmissions (~65%) are from people without symptoms**
- **Airborne droplets increase by talking, shouting, and singing**



**Always wear your mask,
especially when talking**



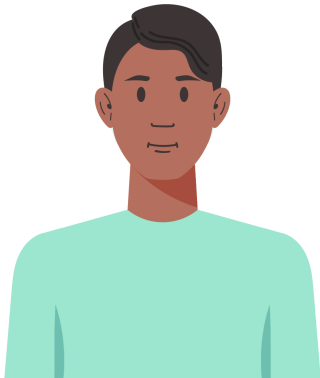
COVID-19 INCUBATION TIMELINE

COVID-19 has up to a 14 day incubation period

John Exposed 22 People Before Having Symptoms

DAY 0

John was **exposed** to COVID-19



DAY 7

John became symptomatic, then tested **positive**



DAY 6

Thinking he didn't have COVID-19, John went to work and to a family gathering. He had no symptoms but was contagious and now **exposed 22 people**

CONTAGIOUS
(2 days before
symptoms start)



Insulate your "household & support" bubble from the virus

SUPPORT BUBBLES

Are close support networks between single adult households and another household of any size. This means you can have close contact with that household as if they are your own household.

BUT YOU MUST NOT CHANGE WHO IS IN YOUR SUPPORT BUBBLE



- Limit size of bubble to only 1-2 families.
- Ensure that household and bubble members are “mutually exclusive”. Don’t gather with other bubbles or individuals.
- Always mask and minimize any external (social or work-related) close contact.
- Notify other social-support bubble members if anyone has symptoms and get tested.

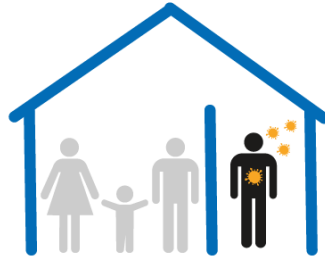
Concerned about symptoms or exposure?

IMMEDIATELY:
Mask - Isolate - Quarantine - Test



MASK

The person experiencing symptoms and **EVERYONE** in the household needs to wear a mask



ISOLATE

in a different room with windows open



QUARANTINE

for household members and close contacts should be considered



TEST

the person with symptoms immediately, and any contacts developing symptoms



Most transmissions (~65%) are from someone WITHOUT symptoms or BEFORE developing symptoms



Prevent Household Transmission of COVID-19

If you have any of the following:

- a. **Symptoms** of COVID-19
- b. **Had close-contact** with suspected or confirmed COVID-19 case
- c. **Test taken** for COVID-19, awaiting results
- d. **Diagnosis** of COVID-19

IMMEDIATELY:

Call your medical provider. Read CDC Info: www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick

Mask

Isolate

Stay in a separate room and avoid common areas.

Self-Quarantine

All household members & close contacts should quarantine.

Science Facts:

- a. Most (70%) transmission of COVID-19 are from people without symptoms.
- b. Incubation Period: After exposure, symptoms typically develop in 2-7 days (up to 10-14 days).
- c. People with COVID-19 are most infectious 2 days before and 5 days after symptoms first appear.

Test

A viral test only tells if you are infected now. If you test negative and start to feel sick, you may need to get tested again.



Every household member (over 2 years old) should wear a mask, even at home.

1. Stay home, in a separate room if Also, use separate bathroom and avoid common areas as much as possible, until:
 - >10 days since symptoms first appeared AND
 - >24 hours since the last fever (without fever-medications) AND
 - symptoms have improved.
2. Tell your “close contacts”.
 - “Close Contacts” is anyone who was within 6 feet of an infected person for a total of 15 minutes or more.
 - An infected person can spread COVID-19 starting 2 days before the person has any symptoms or tests positive for COVID-19.
 - Notify your employer.
3. Your “close contacts” should quarantine:
 - If possible, stay in a separate room for at least 10 days after their last exposure (14 days is safer).

Additional Instructions for Isolation or Quarantine:

- Wash your hands well and often.
 - Open windows to increase ventilation
 - Stay home. Do not go to work, school, public areas.
 - Do not allow visitors into your home.
 - If your symptoms are severe or concerning, call your medical provider or 911.
1. Considerations for who should get tested.
 - People who have symptoms of COVID-19.
 - People who are “close contacts”
 - People who have taken part in activities that put them at higher risk for COVID-19 because they cannot socially distance as needed, such as travel, attending large social or mass gatherings, or being in crowded indoor settings
 2. To get tested, contact your medical provider or schedule with a community test site. www.smchealth.org/covid-19-testing
 3. Utilize the MIST strategies in this document.

Instructions for preventing transmission within households

- Prepare for someone becoming positive in the future
- Consider how to best isolate and quarantine individuals in a home.
- Use immediately if concerned about symptoms or exposure to COVID-19. Don't wait for positive tests.

10 things you can do to manage your COVID-19 symptoms at home

Accessible Version: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

If you have possible or confirmed COVID-19:

1. **Stay home** from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



3. **Get rest and stay hydrated.**



4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



6. **Cover your cough and sneezes** with a tissue or use the inside of your elbow.



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a mask.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



C315K2A 07/01/2020

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Questions

EXPERIENCES



Thank You

Shireen Malekafzali

Smalekafzali @ smcgov.org

Health Education & Outreach

- 39 Community Outreach Partners
- Videos
- Handouts
- Facebook Lives
- Web Forums
- Presentations
- School Liaison
- Social Media Daily Posts
- Billboards
- Radio
- Media
- More

LET'S WORK TOGETHER
TO KEEP OUR

TAU NGAUE FAKATAHA KE MALU'I HO TAU NGA'AAHI KOMIUNITI

'E kei hoko atu pe 'a e ngaue Vahenga San Mateo ki hono holoki 'a e fakamafola 'o e COVID-19, ka 'oku kei fiema'u ke tau ngaue ki hono malu'i e mo'ui 'a e kakai.

Tauhi koe, pea mo ho 'ofa'anga, pea mo ho komiuniti ke malu 'aki:



KOFU HO MATA 'AKI HA ME'A AOFI

TAUHI VAMAMA'O KE FUTE ONO PE TOE LAHI HAKE



AKATAHA'ANGA KAKAI

O NIMA



EA MO HA POPOAKI TEXT MEI HALANGA



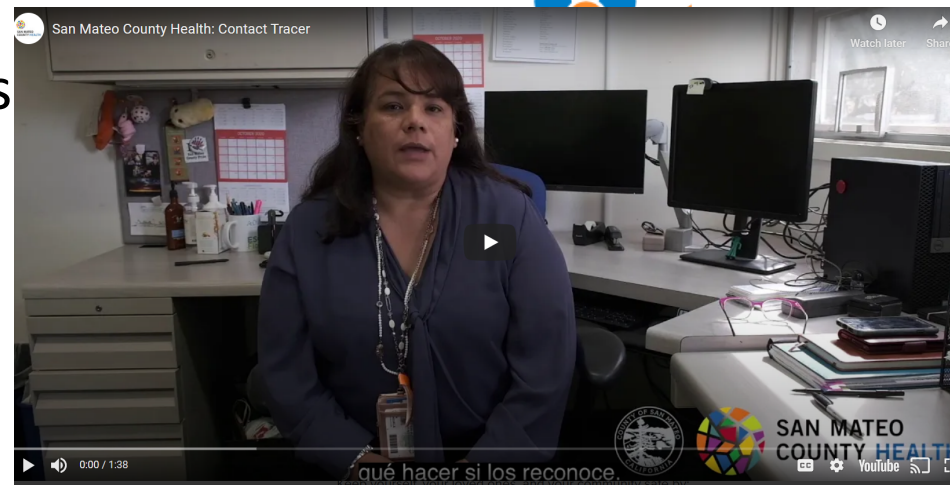
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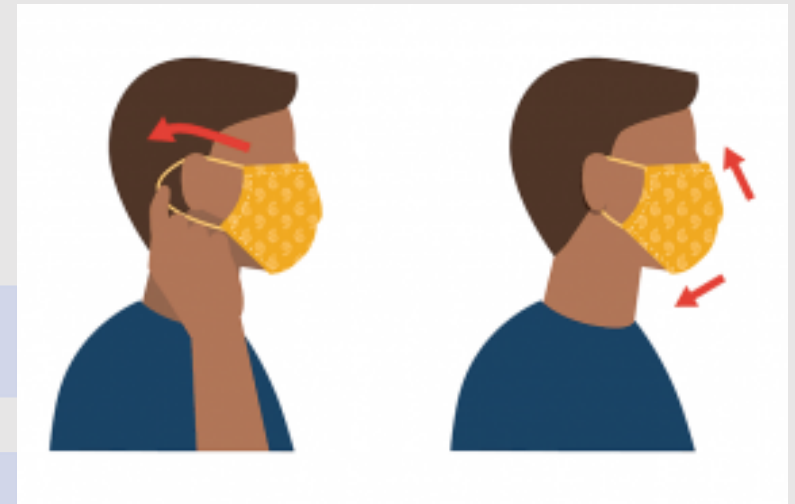
for more information
id-19-resources



ki ha fehu'i pea mo ha toe fiema'u ha fakamatala
[mo.smcgov.org/covid-19-resources](https://www.smcgov.org/covid-19-resources)

Masks - Face coverings

Wear	Wear in public and anywhere others outside of your household are – ages 2 and above
Fit Carefully	Fit snugly but comfortable against the side of the face
Not Single Layer	Include multiple layers of fabric
Secure	Secure with ties or ear loops
Wash	Laundry and Machine Dry without damage or change to shape
Remove Carefully	Do not touch eyes, nose, and mouth when removing a face covering Wash Hands immediately after removing mask





BAY AREA
Community Health
Advisory Council

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Q & A

THANK YOU!
Shireen & Dr. Chan,
BACHAC On-line Strategy &
COVID Ed Outreach Team

**Please complete the survey
when you receive it.
Your feedback MATTERS!**



Holidays at Home



Go on a holiday lights walking or driving tour in your neighborhood



Have a holiday movie marathon at home



Ask a loved one for a special family holiday recipe to make at home this year



Host a virtual holiday sing-a-long

We can stay connected while being apart



Wellness Where You Are: Online Series



BAY AREA
Community Health
Advisory Council

THANK YOU!
To learn more about BACHAC
www.bachac.org
More Info/Resources
www.smcgov.org/coronavirus