

CORONAVIRUS

What you need to know

The COVID 19 pandemic is unfolding.
Information presented is updated as of **May 28, 2020**
ITPC will refresh content to keep pace with new guidance.

For our latest tools and resources, please visit <http://itpcglobal.org/covid-19>

Overview

- What is coronavirus?
- Who is at risk for COVID-19?
- Transmission - how does COVID-19 spread?
- Preventing COVID-19?
- What happens if you get COVID-19?
- People Living with HIV & COVID-19
- Tuberculosis (TB) and COVID-19
- Testing
- Treatment
- Takeaways and resources

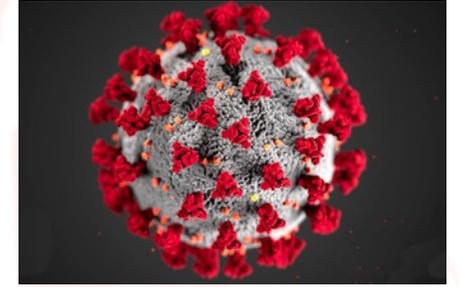


What is Coronavirus?



What is a Coronavirus?

Coronaviruses are a large family of viruses in animals and people, including some that cause the common cold and other respiratory infections.



- The name corona refers to a crown because these viruses have crown-like spikes on their surface.
- The illness caused by coronavirus is called COVID-19.
 - *On 7 January 2020, severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) was confirmed as the causative agent of coronavirus disease 2019 (COVID-19).*
- The term "COVID-19" is short way of saying "Coronavirus Disease 2019."
- COVID-19 is believed to have started in Wuhan, China, in late 2019.

What makes this a “novel” Coronavirus?

- Sometimes coronaviruses that infect animals evolve to make people sick. These are known as a **novel** or new coronavirus.
- Examples of previous coronaviruses include:
 - Middle East Respiratory Syndrome Coronavirus (MERS-CoV), first reported from Saudi Arabia in 2012
 - Severe Acute Respiratory Syndrome Coronavirus (SARS-CoV), first recognized in China in 2002.
- The 2019 novel coronavirus **came from animals into people** (called zoonotic transmission). It is now spreading directly from person-to-person in most countries throughout the world.

A Threat to Global Public Health

Since the coronavirus is new, people have no natural immunity to it. This has allowed it to spread across the world in just a few months.

- On 30 January 2020, the World Health Organization (WHO) declared coronavirus as a Public Health Emergency of International Concern
- On 11 March 2020, WHO declared COVID-19 as a global pandemic - meaning a worldwide epidemic that affects a large number of people.
- As of 26 May 2020, there are over 5.3 million cases of COVID-19

You can *track the pandemic* here:

https://covid19.who.int/?gclid=CjwKCAjw_LL2BRAkEiwAv2Y3SZpQQIm6inFXIUJwMeFBzLEsfbn1YhCPbXWjEIhJ871sD1La4bPhoCeGgQAvD_BwE

Who is at Risk for COVID-19?

- Everyone! ...which is why prevention is important!
 - Older adults (*age >60 and people with pre-existing conditions are at high risk for serious illness/death from COVID-19*)
- People in crowded conditions, including housing, prisons, and workspaces.
- People who have recently traveled to places where COVID-19 is common.
- People who have been in close contact with a person who has COVID-19.
- Healthcare workers who do not have access to protective masks, gloves and gowns; they are heroically putting themselves at risk to care for others.

Transmission of COVID-19

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How does Coronavirus Spread?

- Coronavirus is mainly airborne, and usually spread by direct, close contact between people.
- Coronavirus spreads when people inhale virus droplets that enter the air when an infected person coughs or sneezes.
 - Coronavirus droplets containing the virus also land on surfaces; people can become infected if they touch something something that has these droplets on it and then touch their eyes, nose or mouth.
- Coronavirus may also be spread by tiny airborne particles, called aerosols - which are much smaller than droplets.
 - Aerosols enter the air when people talk or exhale
 - They can travel further than droplets

How does Coronavirus Spread?

- The coronavirus has been found in faeces (poop). Although experts are not sure if it could be spread this way, hygiene is important. Wash your hands thoroughly with soap and water, for at least 20 seconds, or use hand sanitizer after using the toilet.

How does Coronavirus Spread?

- Although sick people are most likely to transmit COVID-19, people who do not have any symptoms can also spread it.
- Up to half of all people with COVID-19 have mild or no symptoms; since they don't feel ill and access to testing is limited, they may not know that they are infected.
- People can transmit COVID-19 from 1 to 5 days before they have symptoms, and for up to 14 days after symptoms have ended.

Source: <http://i-base.info/htb/37338>

Preventing COVID-19

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How to Prevent COVID-19



- Wash your hands often—and thoroughly—with soap and water for at least 20 seconds.
 - *Do it when you enter your home, after using the toilet and after touching any object or surface used by many people. This is the most effective way to protect yourself.*
- You can also use hand sanitizer, if it contains at least 70% alcohol.
- Do not touch your face unless you have just washed your hands thoroughly!
- Wipe surfaces that are touched often (doorknobs, faucets, toilets, phones) with disinfectant at least once a day.

How to Prevent COVID-19

- Cover your mouth and nose when you are around sick people, or in public places with a mask or cloth.
- This protects you —and other people. Even though people do not always feel sick from COVID-19, they can still spread it.
- In some places, surgical and N-95 masks are urgently needed for healthcare workers. Wear a home-made mask, scarf or cloth to cover your mouth and nose.

How to Prevent COVID-19

- Stay away from hospitals and clinics unless you **MUST** be there.
- If you need to pick up ARVs or other medicines, call first to find the least busy time – and stay at least 2 meters away from other people in the waiting room.
- The better model is CAGS (Community ARV Groups) where one person can **SAFELY** collect and distribute ARVs to members.
- Try to get an extra supply of medicines for yourself and others in your community.

How to Prevent COVID-19

“Self-isolation is far more important than testing.”

— Francois Venter, Deputy Executive Director, Wits Institute for Sexual & Reproductive Health, HIV and Related Diseases

- It is very important for people who are sick to isolate themselves from others, to prevent COVID-19 from spreading.
- People who are not sick should avoid going out whenever possible.
- If you need to go out, wear a face mask or covering, especially when indoors - and stay more than 6 ft (2m) away from other people.
 - *Do not hug, kiss or shake hands with other people.*
 - *This is called ‘social distancing.’*

Source: World Health Organisation. Coronavirus disease (COVID-19) advice for the public. Taken from <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>. Accessed March 22, 2020.

Advice for Older Adults & People with Pre-existing Conditions

1. Plan and prepare for COVID-19 in your community - and your home.
2. Don't go out unless it's *necessary* (for medicines, food and emergencies).
 - *It is best to avoid contact with other people as much as possible.*
 - *If you go outside, wear a mask or scarf over your mouth and nose and stay at least 2m away from other people*
 - *Do not hug, kiss, or shake hands with anyone else.*
3. If someone in your home is sick, especially with symptoms of COVID-19, limit your contact with them as much as possible. Many people are becoming infected from other household members

Advice for Older Adults & People with Pre-existing Conditions

4. If you feel ill, call your healthcare provider/clinic before seeking care.
5. Clean and disinfect commonly touched surfaces in your home each day.
6. Avoid other people – but if you have visitors at home, cover your mouth and nose with a mask or cloth, and stay at least 2m (6 feet) apart.
 - *Exchange waves, nods or bow to greet them.*
 - *Ask everyone who enters your home to wash their hands right away and to cover their mouth and nose.*
 - Check reliable sources (such as World Health Organization) for updates.

How can COVID-19 be Prevented?

- If you are sick, isolate yourself from other people!



Cover your cough or sneeze with a flexed elbow or a tissue, then throw the tissue in the bin. Wash your hands more often!

Even if you are not sick, cover your mouth and nose with a mask, scarf or piece of cloth when you are around other people and in public.



What happens if you get COVID-19?

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What Happens to People who get COVID-19?

Experts are still learning about COVID-19.

- Most people with COVID-19 begin to feel ill 1 to 14 days after becoming infected.
- Many people begin to feel sick within 5-6 days of becoming infected.
- Most people have mild symptoms (80%).
- Some people never feel ill or have very mild symptoms.
- COVID-19 can become a serious, even deadly illness in some people.
 - *Especially among people > age 60 and people with underlying conditions (such as heart - cardiovascular, lung, liver or kidney disease, diabetes and hypertension).*

Source: <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

What Happens to People who get COVID-19?

- Symptoms include any or all of these:

- *shortness of breath*
- *sore throat*
- *fever ($\geq 38^{\circ}\text{C}$)*
- *chills (and shaking)*
- *muscle aches*
- *skin rash*
- *red and irritated eyes*
- *diarrhea*
- *headache*
- *loss of sense of smell and taste*
- *confusion, stroke, seizures (less common)*
- *'COVID toe' – painful red rash on toes, heels and soles of the feet, usually in children, teens and young adults*

Source: <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>; <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>; <https://www.nytimes.com/2020/05/01/health/coronavirus-covid-toe.htm>; <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

COVID-19 and MIS-C in Children and Teens

- Generally, COVID-19 is mild in children and adolescents.
- There have been reports of a rare, serious illness, called Multisystem Inflammatory Syndrome (MIS-C) among children and adolescents – most of them had COVID-19 or were around other people who had COVID-19.
- MIS-C can cause inflammation of the heart, lungs, kidneys, brain, skin, eyes and gastrointestinal organs. MIS-C can be severe- even deadly- but it can be treated and most children who get medical care survive it.
- Experts are still learning about MIS-C.

Source: Centers for Disease Control and Prevention. What We Know About MIS-C.
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children/mis-c.html>

Symptoms of MIS-C

Children with MIS-C may have some of these symptoms:

- Fever
- Abdominal pain
- Vomiting
- Diarrhea
- Neck pain
- Rash
- Bloodshot eyes
- Feeling extra tired

Seek emergency care for children who are having:

- Trouble breathing
- Pain or pressure in the chest that does not go away
- New signs of confusion
- Difficulty waking up or staying awake
- Bluish color in lips or face
- Severe abdominal pain

Source: Centers for Disease Control and Prevention. What We Know About MIS-C.
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children/mis-c.html>

People Living With HIV & COVID-19

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People Living with HIV and COVID-19

- Currently, there is no evidence that people living with HIV who are taking antiretroviral therapy (ART) are at higher risk for becoming infected with COVID-19.
- There is no evidence that people living with HIV who are taking ART are at higher risk for severe illness from COVID-19
 - However, people with a high viral load and/or a CD4 cell count below 200 cells/mm³ – especially people with a CD4 cell count of <50 cells/mm³ - and/or a recent opportunistic infection are more vulnerable to COVID-19.

Source: <https://www.who.int/news-room/q-a-detail/q-a-on-covid-19-hiv-and-antiretrovirals> Accessed April 7, 2020

People Living with HIV and COVID-19

- People living with HIV who are not taking antiretroviral therapy (ART) are at higher risk for COVID-19 because their immune systems may be weaker.
 - It is important for people to be tested for HIV, and for people living with HIV to be taking antiretroviral therapy each day.
 - People who are taking ART should try to get at least 30 days worth of their medicines, and where possible get 3- to 6-month supply.
 - People living with HIV should be provided with vaccines to protect them against the flu and pneumonia.

Source: <https://www.who.int/news-room/q-a-detail/q-a-on-covid-19-hiv-and-antiretrovirals>. Accessed March 20, 2020.

Tuberculosis (TB) & COVID-19

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COVID-19 & Tuberculosis (TB)

- HIV increases the risk of tuberculosis (TB), a bacterial infection which often affects the lungs.
- Antiretroviral therapy (ART) reduces this risk.
- It is important for people living with HIV to have uninterrupted access to treatment, and to take it each day
- It is important for people who are living with, and at risk for HIV to get tested for TB, and for people with TB to be tested for HIV

COVID-19 & Tuberculosis (TB)

- Although it can be cured, TB is the leading killer of people living with HIV/AIDS. In 2018 it killed 251,000 people living with HIV.
- Like TB, COVID-19 causes lung damage.
- Scientists do not know how COVID-19 will affect people with TB, although they worry about people with latent TB infection (who do not feel ill and do not have symptoms) developing active TB infection, and that people with TB are likely to have a higher risk of illness and death from COVID-19 coinfection.

COVID-19 & Tuberculosis (TB)

- COVID-19 is likely to have a bad impact on already inadequate TB services, making it harder for people to get tested and treated.
- Those being tested for COVID-19 should be tested for TB—especially if they are living with HIV or are from areas where TB is common.
- Governments should use the same urgency for TB and COVID-19 testing for people who have fever and a cough.
- It is important to avoid lack of access to, or stockouts of TB medicines during lockdowns and all other measures taken during the pandemic.

Testing



About COVID-19 Testing

- There are different types of tests for COVID-19
 - **PCR**, or viral load testing (that looks at viral genetic material) can tell a person if they are currently infected with COVID-19.
 - These tests are usually very accurate, but they may not work as well for people with a low viral load, or when samples are not collected or stored properly.
 - **Antigen testing** (that looks at viral protein material) can tell a person if they are currently infected with COVID-19.
 - A negative does not always rule out COVID-19
 - **Antibody testing** (looks at antibodies produced by an individual in response to viral infection) can tell a person if they have already had COVID-19, by checking for immune response to the virus.
- Current versions of these tests need to be optimized as they are not as accurate as they need to be; and false positive results may be likely.
- It's important to note that nobody is sure whether people who test positive for antibodies to COVID-19 are immune to it.
- If your viral load test result is negative, you can be still at risk for COVID-19. It is important to keep as safe as possible.

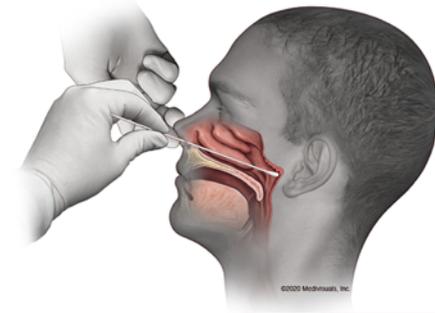
Should You Be Tested?

- Access to viral load testing for COVID-19 is limited – and it depends on the policy in your country
 - Ideally, everyone should be tested, but it is simply not feasible right now.
- Generally, COVID-19 viral load testing recommended if you have symptoms (fever, coughing, difficulty breathing)
- If you have symptoms, follow the policy in your country before going to seek medical treatment. Call your local health authority or go to a testing site.
- If your viral load test result is negative, you can be still at risk for COVID-19. It is important to keep as safe as possible.

Source: Testing, testing, 123: Unpacking the confusion around SA's Covid-19 testing. Taken from <https://www.dailymaverick.co.za/article/2020-03-19-testing-testing-123-unpacking-the-confusion-around-sas-covid-19-testing>. Accessed on March 22, 2019.

What happens when you get a COVID-19 Viral Load Test

- COVID-19 viral load testing should be done in an empty, well-ventilated room or outdoors to lower the risk to people getting tested and to healthcare workers.
- A trained healthcare worker will use a swab to take a sample from the back of the nose and throat). The sample is then sent to a lab for testing. The test can be uncomfortable, but it is not painful.
- The time it takes to get results varies depending on context (private/public, location, country, burden on health sector etc.)



Treatment



How is COVID-19 Treated?

- Many antiviral treatments are being studied for COVID-19.
 - So far, one intravenous medicine, remdesivir, has results in people who were seriously ill: although it did not improve survival, it shortened the time that they spent in the hospital.
- Current treatment is for **symptoms**, not the virus itself (e.g. pain medicines, oxygen for people with shortness of breath, treatment for fever, and plenty of fluids to avoid dehydration).
- Antibiotics do not treat viral infections. However, antibiotics may be required if a secondary bacterial infection develops.

Source: Beigel JH, Tomashek KM, Dodd LE, et al; for the ACTT-1 Study Group Members Remdesivir for the Treatment of Covid-19 — Preliminary Report. NEJM May 22, 2020. DOI: 10.1056/NEJMoa2007764.

How is COVID-19 Treated?

- Currently, there are NO approved medicines to treat, cure or prevent COVID-19; supportive care is used (for fever, pain, to help breathing and prevent or stop strokes and other complications).
- Should you take ibuprofen if you have COVID-19?
 - *There's a lot of speculation and very little data on this.*
 - *For now, until we know more, if you have a headache or fever and think you are at risk for COVID-19, use paracetamol/acetaminophen, not anti-inflammatory drugs such as ibuprofen or cortisone.*
- Although several different vaccines to prevent COVID-19 are under study, vaccine development can take years - therefore prevention is so important!

Takeaways and Resources

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Key Takeaways

- Cover your mouth and nose with a mask, scarf or cloth when you are in public places and/or around other people
 - If you are sick, stay away from other people; if you are healthy avoid sick people
- Wash your hands with soap and clean water for at least 20 seconds regularly. If the absence of soap and water, 70% alcohol-based gel sanitizers should be used.
- Places to think about sanitizing include your:
 - *Car* – steering wheel, keys, door handles, gear box, handbrakes etc.
 - *Home* – remotes, door handles, light switches, frequently used surfaces, cellphones, faucet handles, fridge doors etc.
 - *Office* – keyboard, phones, screen buttons, all phones, door handles, tea kettle nobs, light switches etc.

Key Takeaways

- Establish a plan for clinical care if isolated/quarantined.
 - Plan WHERE in your house quarantine would happen and HOW it will work with your house-mates. Explain to children how it would work if needed. Do a dry run of what you can do and cannot do.
 - Tele-medicine options (Who can you call for clinical help? Hotlines, doctors, nurses etc.)
 - Top-up on data for calls and internet (as needed)
 - Find your local physician online portals and hotlines
 - Don't wait to be sick to have a plan!
- Maintain a social network, but remotely. Although you may be distanced physically, stay connected to your network.
 - Social contact helps us stay informed and updated and helps us stay mentally healthy.

Key Takeaways

- Try to keep at least a one-month supply of chronic meds at your home. Where possible get the maximum your prescription/doctor will allow. We are advocating at a national level for multi-month scripting for HIV medicines up to 6 months.
- Do not go the clinic unless it is necessary.
- Smoking harms your lungs. Try to cut down or quit smoking.
- It is essential to practice physical distancing before – and after – the government mandates it.

Where possible, provide support to people who may be more vulnerable:

- People who may be in situations of domestic violence
- Incarcerated people
- Migrants
- People who live in shelters or other group settings
- People who share homes with – or are older and/or have pre-existing conditions that put them at high risk for COVID-19
- People who do have no access to housing or water
- People who live alone
- Homeless people

Where possible, provide support to people in these situations:

- People who may be unable to work remotely and lost their income due to the impact of government restrictions.
- People facing stigma related to coronavirus disease, including people of Asian descent, healthcare workers and people who have recovered from COVID-19.
- People affected by drug shortages (chronic meds, ARVs etc.).
- People who rely on harm reduction services such as needle syringe and opioid substitution treatment programs, which may be affected by government bans on gathering in public, curfews, etc.

Resources

- World Health Organization (WHO) - COVID-19
 - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- World Health Organization (WHO) - Questions and Answers on COVID-19
 - <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>
- WHO Q&A on COVID-19, HIV and Antiretrovirals
 - <https://www.who.int/news-room/q-a-detail/q-a-on-covid-19-hiv-and-antiretrovirals>
- WHO COVID-19 advice for the public: Myth busters
 - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>
- How and Why to Wash your Hands Properly
 - <https://www.youtube.com/watch?v=-LKVUarhtvE>
- How to Make a Face Mask Without Sewing
 - <https://www.theguardian.com/us-news/2020/apr/06/how-to-make-no-sew-face-mask-coronavirus>



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The COVID 19 pandemic is unfolding.
Information presented is updated as of **May 28, 2020**.
ITPC will refresh content to keep pace with new guidance.

For our latest tools and resources, please visit <http://itpcglobal.org/covid-19>