

Coronavirus Weekly Staff Digest | Webinar Agenda
June 26, 2020 (Week 16) | Next Meeting (July 9, 2020)

- I. Announcements
 - a. From the Governor's Office
 - June 23- Expansion of local authority on outdoor gatherings; enactment of emergency rules to increase safety at childcare centers
 - June 25- Executive order expanding hospital capacity; temporary pause of additional reopening phases
- II. Case Update [Monty]
 - a. 125,921 cases reported in Texas, across 242/254 counties; 1,836,037 tests; 2,249 deaths
 - b. For Texas case updates: [CASE DASHBOARD](#) from dshs.texas.gov/coronavirus
- III. DSHS Update [Monty, Miquela]
 - a. Questions can still go to coronavirus@dshs.texas.gov
 - b. [Minimum Recommended Health Protocols](#) have been updated
- IV. Agency Update [Angela, Blair]
- V. Evidence-Based Practice Update [Mark, Miquela]
 - a. [CDC UPDATE](#): Expands list of people at risk of severe COVID-19 illness
 - **Age**
 - Not simply '65 years or older' alone, but highlight that risk increases as you age (likely due to underlying conditions)
 - **Underlying Conditions = *Certain* Increased Risk**
 - [Chronic kidney disease](#)
 - [COPD \(chronic obstructive pulmonary disease\)](#)
 - [Immunocompromised state \(weakened immune system\) from organ transplant](#)
 - [Obesity \(body mass index \[BMI\] of 30 or higher\)](#)
 - [Serious heart condition: heart failure, coronary artery disease, cardiomyopathies](#)
 - [Sickle cell disease](#)
 - [Type 2 diabetes mellitus](#)
 - **Underlying Condition = *Possible* Increased Risk** (i.e., waiting on published data)
 - Asthma, high blood pressure (alone), liver disease, pregnancy, smoking, type 1 diabetes, cerebrovascular disease, etc. [[READ MORE](#)]
 - b. [MMWR](#): Characteristics of Women of Reproductive Age with Laboratory-Confirmed SARS-CoV-2 Infection by Pregnancy Status — United States, January 22–June 7, 2020
 - Finding suggest that, “among adolescents and women aged 15–44 years with COVID-19, pregnancy is associated with increased risk for ICU admission and receipt of mechanical ventilation, but it is not associated with increased risk for mortality.”
 - “Diabetes mellitus, chronic lung disease, and cardiovascular disease were reported more frequently among pregnant women than among nonpregnant women.”

c. Mental Health

- [4-H Youth Mental Health Survey](#)
 - 1500 youth between ages 13-9 surveyed from May 4-14, 2020.
 - 81% said mental health is a significant issue for young people in the U.S., and 64% believe that the experience of COVID-19 will have a lasting impact on their generation’s mental health; 55% of teens say they’ve experienced anxiety, 45% excessive stress, and 43% depression; 61% of teens said that COVID-19 pandemic has increased their feeling of loneliness.
- [The Coronavirus Disease 2019 \(COVID-19\) Outbreak and Mental Health: Current Risks and Recommended Actions](#) (JAMA, June 24, 2020)
 - Mass quarantine and social isolation lead to increased use of social media and other information-based websites, which in turn increases fear and stress.
 - Online platforms can be used to guide effective consumption of information, facilitate social support, continue mental health care delivery, and develop contact-based interventions.

VI. Role Update [Miquela, Mark]

a. Social distancing + handwashing + mask

- Mask recommendation according to CDC:
 - COVID-19 spreads mainly from person to person through respiratory droplets (larger size) produced when an infected person coughs, sneezes, or talks.
 - A cloth face covering may not protect the wearer, but it may keep the wearer from spreading the virus to others (onto their nose, mouth, eyes).
 - Wear cloth face coverings in public settings where other physical distancing measures (< 6 feet) are difficult to maintain
 - Cloth face coverings provide an extra layer to help prevent the respiratory droplets from traveling in the air and onto other people.
 - Cloth face coverings DO NOT replace physical distancing. There is no evidence that cloth face coverings prevent infection, so physical distancing is still required.
- [REVIEW](#): Transmission of COVID-19 virus by droplets and aerosols

Table 1

Detailed information of droplets and aerosols generated from human expiratory activities (Source: [Duguid, 1945](#)).

Activity	Number of droplets and aerosols generated (1–100 µm)	Presence of aerosols (1–2 µm)
Normal breathing (for 5 min)	None – few	Some
Single strong nasal expiration	Few – few hundred	Some
Counting loudly - talking	Few dozen – few hundred	Mostly
A single cough (mouth open)	None – few hundred	Some
A single cough (mouth initially closed)	Few hundred – many thousand	Mostly
Single sneeze	Few hundred thousand – few million	Mostly
	Few – few thousand	Some

- b. [CDC UPDATE](#): A *true exposure* is defined as:
Close contact (within 6 feet) of a CONFIRMED COVID-19 case for more than 15 minutes or direct contact with infectious secretions of a COVID-19 case without the use of proper PPE (Procedural Mask, N95 mask with face shield, PAPR, gown, gloves).

c. Risk stratification

- [CDC Comments on Venturing Out](#): “People at increased risk of severe illness from COVID-19, and those who live with them, should consider their level of risk before [deciding to go out](#) and ensure they are taking steps to [protect themselves](#). Consider avoiding activities where taking protective measures may be difficult, such as activities where social distancing can’t be maintained. Everyone should take steps to prevent getting and spreading COVID-19 to protect themselves, their communities, and people who are at increased risk of severe illness.”
- “In general, the more people you interact with, the more closely you interact with them, and the longer that interaction, the higher your risk of getting and spreading COVID-19.”

		Age-Related Risk		
		Low (< 50 years)	Medium (50-64 years)	High (≥ 65 years)
Health-Related Risk	High Has high-risk underlying illness or condition	D	D	F
	Medium No high-risk condition; controlled risk factors	B	C	D
	Low Healthy; no underlying condition or risk factors	A	B	C

VII. Trainings/Development [Miquela, Mark]

- a. County Health Rankings: Applying a Health Equity Lens to Inform COVID-19 Response
June 30, 3:00-4:00pm | [REGISTRATION](#)

VIII. DAR Updates/Medical Supply Delivery [Rachel Bauer]

IX. Resource Updates [Joyce]

- a. [CDC UPDATE](#): Considerations for Events and Gatherings
- b. Blood Drive Update
- c. Food Drive Update
- d. Operation Face Mask Update
- e. Mental Health Resources (see next page for flyer)
- [General](#) + [For AgriLife Employees](#)
 - [FCH Agent-only resource page](#)
 - Username: County | PW: Zip code

X. Q&A, Discussion

[Coronavirus.gov](#) | [CDC Coronavirus](#) | [Texas DSHS](#) | [Texas EDEN](#)

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Weekly Digest Zoom Recording at [texashelp.tamu.edu](#) [employee only site]
‘Coronavirus Communication and Resources for Employees’