



# Coronavirus Covid-19

Update 14 – week 27

July 9, 2020

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Tender Care Pediatric Services

# Tender Care Actions over Past Week

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Minimize interaction – Social distancing, hand washing and masks are helping Colorado keep cases low- 215 cases /day on July 5th. Pandemic continues across South and Southwest with record numbers, slide 3.

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Testing is available in all counties. There is an informative social story to help children who need to be tested, slide 10. Slides 11 and 12 provide information on logistics of testing. Symptoms in English and Spanish on slides 7 and 8.

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Masks, social distancing and handwashing are central concepts to managing protection from virus. Tricks on keeping your glasses from fogging on slide 14. FDA has issued another warning about hand sanitizers containing methanol or wood alcohol on slide 17.

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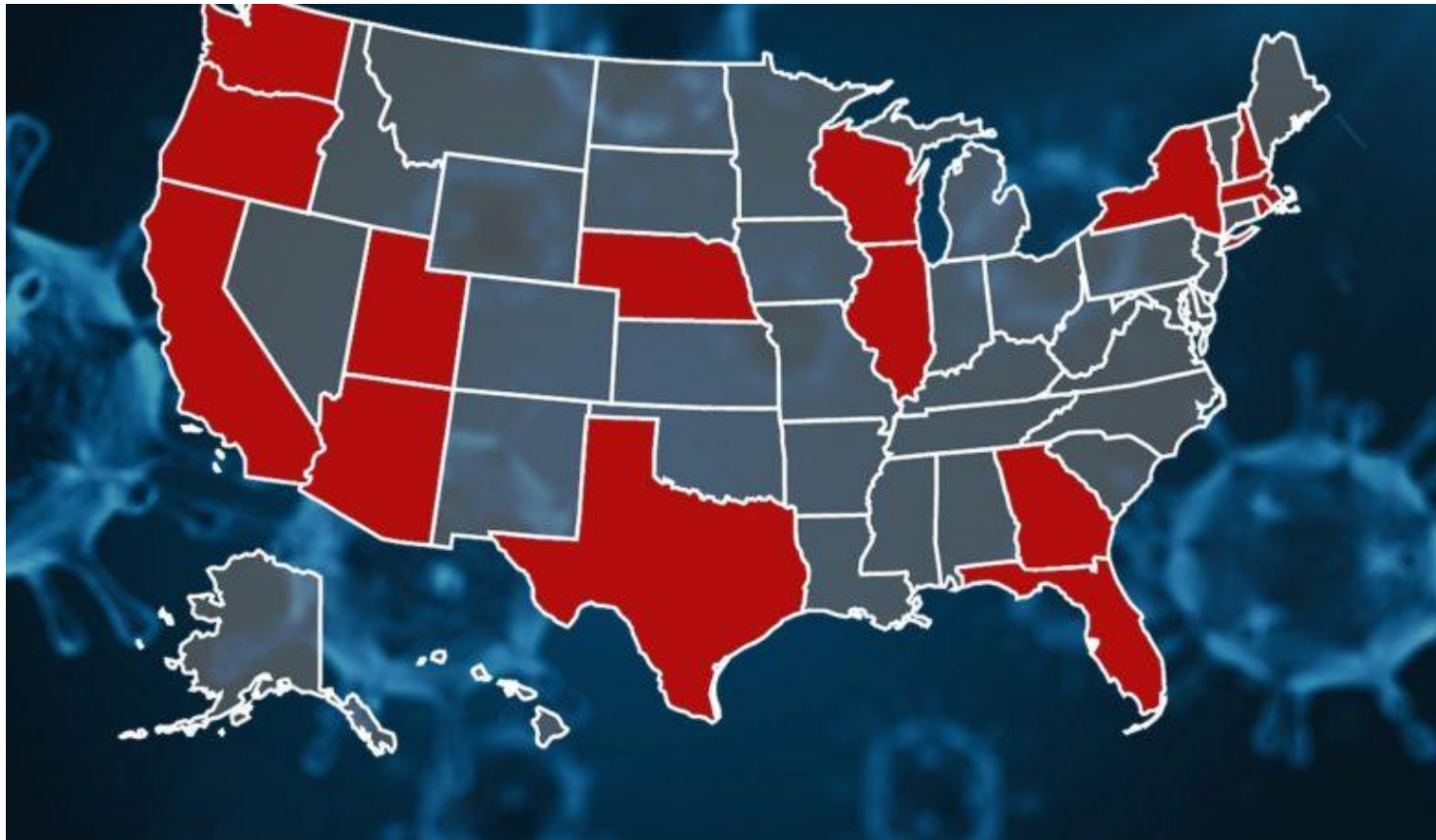
Risk assessment and notification – Temperature assessment in all homes. Consider purchasing eye protection that is comfortable for your own use. Risks and benefits of activities outside of home on slides 15 and 16.

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Home care nursing families Private Duty Nursing (PDN) homes- Cases on hold. School districts have not established Fall schedule. Parents continue to restrict staff to 'TCPS' only, not employed at medical centers.

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Dynamic workforce – Performance reviews are being done virtually and in person. CPR class is coming up Tue 7/28/2020 9:00 AM - 11:00 AM. Email Bailey Cardinal if you need to renew your CPR card.



# United States

- Week 27 - July 5th. There were **45,283** new confirmed cases. The current 7-day rolling average of **47,041** new cases/day **grew 75.9%** in 14 days.
- A record of 55,274 cases /day reported July 7th across United States.-CoV-2 virus is highly infectious, especially in densely populated communities where people don't practice social distancing and refuse to wear masks.

High risk states as of 07/05/2020

- Arizona 3194 new cases/day
- California 6840 new cases/day
- Texas 6281 new cases/day
- Florida 9284 new cases/day

# Colorado

Summary ( plus indicates changes in last week)

5,741 PEOPLE HOSPITALIZED (+150)

362,145 PEOPLE TESTED (+4,394)

1,696 DEATHS AMONG CASES (+5)

1,542 DEATHS DUE TO COVID (0)

371 OUTBREAKS (+4)

GOV. JARED POLIS SIGNED AN EXECUTIVE  
ORDER THAT EXTENDS THE DISASTER  
EMERGENCY DECLARATION FOR COVID-19 FOR  
30 DAYS BEYOND THE JULY 6 TH.



# Larimer County

- June 29 and July 2  
– highest days  
with 15 cases
- July 7 – 6 cases
- 1 in 11 persons  
testing positive

**Risk Score: Medium**



Risk Index

Low

Medium

High



**Weld County**

Making  
improvements

- June 30 – 21 cases
- July 7 – 8 cases

# SYMPTOMS?



## COVID-19 SYMPTOMS MAY INCLUDE:



- Fever • Chills • Fatigue • Shortness of breath or difficulty breathing • Cough • Muscle or body aches
- Headache • New loss of taste or smell • Nausea or vomiting • Sore throat • Congestion or runny nose • Diarrhea

Please consult your medical provider for any other symptoms that are severe or concerning.

### MILD SYMPTOMS

Manageable symptoms. Isolate yourself.

### WORSENING SYMPTOMS

Continue to isolate yourself. Consider telehealth or nurseline.

### SEVERE SYMPTOMS

- Trouble breathing
- Persistent chest pain or pressure
- Confusion
- Inability to wake or stay awake
- Bluish lips or face

**CALL 911 TELL DISPATCHER YOUR SYMPTOMS**

# SÍNTOMAS



## LOS SÍNTOMAS DE COVID-19 PUEDEN INCLUIR:



- Fiebre • Escalofríos • Fatiga • Falta de aire o dificultad para respirar • Tos • Dolor muscular o corporal
- Dolor de cabeza • Pérdida reciente del sentido del olfato o gusto • Náuseas o vómitos • Dolor de garganta
- Congestión o goteo nasal • Diarrea

Consulte a su médico si presenta otros síntomas que sean graves o preocupantes.

### SÍNTOMAS LEVES

Síntomas controlables. Aíslese.

### SÍNTOMAS QUE EMPEORAN

Siga aislándose. Considere usar telemedicina o línea de enfermería.

### SÍNTOMAS GRAVES

- Dificultad para respirar
- Presión o dolor persistente en el pecho
- Confusión
- Incapacidad para despertarse o mantenerse despierto
- Labios o cara azulados

**LLAME AL 911** DÍGALE SUS SÍNTOMAS AL OPERADOR

# Avoid the Three C's

Be aware of different levels of risk in different settings.



There are certain places where COVID-19 spreads more easily:



## Crowded places

*with many people nearby*



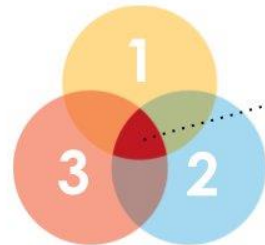
## Close-contact settings

*Especially where people have close-range conversations*



## Confined and enclosed spaces

*with poor ventilation*



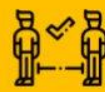
The risk is higher in places where these factors overlap.

**Even as restrictions are lifted, consider where you are going and #StaySafe by avoiding the Three C's.**

## WHAT SHOULD YOU DO?



Avoid crowded places and limit time in enclosed spaces



Maintain at least 1m distance from others



When possible, open windows and doors for ventilation



Keep hands clean and cover coughs and sneezes



Always wear a mask when you go outside your home

**If you are unwell, stay home unless to seek urgent medical care.**



## Autism Social Stories

- <https://www.covid19.autism-society.org/?fbclid=IwAR0cvcYr7tctQEJ781gw7E39PFHabbohvcGOgxBOkf6aMj3E5b0AhSF9llk>

## 1-1 Nasal swab method



**Measure the distance from the nostril to the root of the ear and mark it with your finger.**



## COVID PUBLIC TESTING

Salud is offering free public testing to anyone in the community; no appointment needed.

.....  
**Testing available from 8-11am** (weather permitting)



**Aurora-**  
**562 Sable Blvd. Ste 100**

Open: Mondays & Tuesdays



**Fort Lupton-**  
**1115 2nd St.**

Open: Tuesdays & Thursdays



**Brighton-**  
**1860 Egbert St.**

Open: Tuesdays, Thursdays & Fridays



**Frederick-**  
**5995 Iris Pkwy.**

Open: Tuesdays & Fridays



**Commerce City-**  
**6255 Quebec Pkwy.**

Open: Mondays, Thursdays & Fridays



**Longmont-**  
**220 E. Rogers Rd.**

Open: Mondays - Fridays



**Estes Park-**  
**1950 Redtail Hawk Dr.**

Open: Tuesdays & Thursdays



**Sterling-**  
**1410 S. 7th Ave**













Open: Tuesdays & Thursdays



**Fort Collins-**  
**1830 Laporte Ave.**

Open: Tuesdays & Thursdays

**#StopTheSpread**

Chance of transmission	Asymptomatic COVID-19 Carrier	Uninfected Person
VERY HIGH		
HIGH		
MEDIUM		
LOW		
VERY LOW	 <span>6 feet</span> 	
VIRTUALLY NONE		



GOVERNOR JARED POLIS

#DoingMyPartCO

# Stop your glasses from fogging up



- If you wear glasses, you know that the combination of glasses + face coverings leads to foggy, obstructed vision. Apparently, there's a simple way to fix this problem – and all it requires is a little soap and water! After washing your hands for 20 seconds, wet your lenses and gently lather them with soap. Rinse, dry with a clean towel, and you're ready to go. We tried it and could tell a difference! For instructions and pictures, check out [this article](https://www.cnn.com/2020/05/05/health/how-to-de-fog-glasses-wearing-mask-wellness-trnd/index.html).
- <https://www.cnn.com/2020/05/05/health/how-to-de-fog-glasses-wearing-mask-wellness-trnd/index.html>

# RISKS AND BENEFITS



## CONSIDERATIONS FOR SOCIAL ACTIVITIES DURING COVID-19



### FOR ALL ACTIVITIES

- Stay home when you are sick or if you think you have been exposed.
- Wear a mask when feasible.
- Keep at least 6 feet between yourself and non-household members.
- Clean your hands frequently.



PARTIES  
REC. SPORTS  
RECEPTIONS

Some activities can run the entire risk spectrum.  
More people in a smaller space equals a higher risk.

# COVID-19

CORONAVIRUS DISEASE

## BE INFORMED:

### Know Your Risk During COVID-19

On a scale of 1 to 10, how risky is...

Ranked by physicians from the TMA COVID-19 Task Force and the TMA Committee on Infectious Diseases.

Please assume that participants in these activities are following currently recommended safety protocols when possible.



# FDA Updates on Hand Sanitizers with Methanol

- Methanol, or wood alcohol, is a substance that can be toxic when absorbed through the skin or ingested and can be life-threatening when ingested.
- See list <https://www.fda.gov/drugs/drug-safety-and-availability/fda-updates-hand-sanitizers-methanol>





**WEARAMASK**

**COLORADO**

# References

- Colorado <https://covid19.colorado.gov/covid-19-data>
- Larimer County <https://www.larimer.org/health/communicable-disease/coronavirus-covid-19>
- Weld County <https://www.weldgov.com/cms/One.aspx?portalId=169&pageId=96836>
- FDA Warning <https://www.fda.gov/drugs/drug-safety-and-availability/fda-updates-hand-sanitizers-methanol>
- Fogging glasses <https://www.cnn.com/2020/05/05/health/how-to-de-fog-glasses-wearing-mask-wellness-trnd/index.html>
- United States <https://covidusa.net/>
- <https://coronavirus.jhu.edu/>