



COVID-19 Information Presentation

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Information as of 9/20/2021

Background Information

What is COVID-19?

Coronaviruses are a group of viruses that can cause illness in people and animals. Some groups, including older adults and people who have certain underlying medical conditions, are at increased risk of severe illness.



SARS-CoV-2 is the name of the specific type of coronavirus that causes COVID-19. "SARS" stands for Severe Acute Respiratory Syndrome, the name of the group of symptoms that is seen in the most severe COVID-19 cases. "CoV" stands for coronavirus. This SARS-CoV-2 virus is related to the original SARS virus that emerged in China in 2002, hence the current number "2."



COVID-19 is an infectious respiratory disease, or a disease affecting the lungs, caused by a new coronavirus that first began in Wuhan Province, China.

Symptoms of COVID-19

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



Who is at risk for COVID-19?




Everyone is at risk if they are exposed to COVID-19. However, older adults and people with underlying medical conditions are at increased risk for severe COVID-19 illness.

It is especially important for people at increased risk of severe illness from COVID-19, and those who live with them, to protect themselves from getting COVID-19.

Stop the Spread @NCDHHS • #COVID19NC

Are You High Risk?

These people are at higher risk of getting very sick from COVID-19.
Take actions to reduce your risk of getting sick.

 Those in close household contact with person diagnosed with COVID-19	 People 65+ years old	 People with underlying health conditions (ie. heart/lung/kidney disease, diabetes, weakened immune system, etc.)
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Medical conditions linked to increased risk for severe COVID-19 illness...

- Chronic kidney disease
- COPD (chronic obstructive pulmonary disease)
- Immunocompromised state (weakened immune system) from solid organ transplant
- Obesity (body mass index [BMI] of 30 or higher)
- Serious heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
- Sickle cell disease
- Type 2 diabetes mellitus
- Asthma (moderate-to-severe)
- Cerebrovascular disease (affects blood vessels and blood supply to the brain)
- Cystic fibrosis
- Hypertension or high blood pressure
- Immunocompromised state (weakened immune system) from blood or bone marrow transplant, immune deficiencies, HIV, use of corticosteroids, or use of other immune weakening medicines
- Neurologic conditions, such as dementia
- Liver disease
- Pregnancy
- Pulmonary fibrosis (having damaged or scarred lung tissues)
- Smoking
- Thalassemia (a type of blood disorder)
- Type 1 diabetes mellitus

How Does COVID-19 Spread?

COVID-19 is spread primarily through respiratory droplets and spread is more likely when people are in close contact with one another.

Close contact: being within 6 feet of a person with COVID-19 for a cumulative total of 15 minutes or more over a 24-hour period or having exposure to the person's respiratory secretions while they were contagious.

In K-12 settings, a student who is within 3-6 feet of an infected student is not considered a close contact as long as both students are wearing masks the entire time and the school has other prevention strategies in place. This 3-6 foot exception does not apply to teachers, staff, or other adults in indoor K-12 settings.

How to Slow the Spread of COVID-19

Practice Social Distancing



Maintain good social distance (at least 6 feet) between yourself and others.

Do not gather in groups.

Stay out of crowded places and avoid mass gatherings. If you are in a crowded place or large gathering, make sure to wear a cloth face covering and try to keep some space between you and other people.

Limit close contact with others outside your household in both indoor and outdoor spaces.

Keep visits with family and friends short, stay six feet apart, and wear a cloth face covering.

Wash Your Hands Often

Wash your hands with soap and water for at least 20 seconds

Use an alcohol-based hand sanitizer that contains at least 60% alcohol, rubbing your hands together for at least 30 seconds until they are dry.

Clean your hands often, especially after going to the bathroom, before eating, and after coughing, sneezing or blowing your nose.

Avoid touching your eyes, nose, or mouth with unwashed hands.



Proper Mask Wearing

You could spread COVID-19 to others even if you do not feel sick. Wear a cloth face covering when you are in public places, such as the grocery store, where it may be difficult to keep at least 6 feet apart from others.

Proper face masks include ensuring that masks have two or more layers of washable, breathable fabric, completely cover your nose and mouth, and fit snugly against the sides of your face without gaps.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unable to remove the mask without help.

DO choose masks that



Have two or more layers of washable, breathable fabric



Completely cover your nose and mouth



Fit snugly against the sides of your face and don't have gaps

DO NOT choose masks that



Are made of fabric that makes it hard to breathe, for example, vinyl



Have exhalation valves or vents, which allow virus particles to escape



Are intended for healthcare workers, including N95 respirators or surgical masks

Prepare Your Household and Family



Create a household plan of action with your household members, relatives, and friends. Make plans concerning what to do about childcare needs, plans for care should you get sick, and how to adapt to cancellation of events.

Clean and disinfect frequently touched surfaces include phones, keyboards, toilets, faucets, sinks, tables, countertops, light switches, doorknobs, cabinet handles, etc. However, remember to use cleaning products safely.

HELP STOP COVID-19



**Get a
COVID-19
vaccine**



**Wash
your
hands
often**



**Cover your
mouth and
nose with
a mask**

**Avoid crowds and practice
social distancing**



Maintain distance



**Report Fraudulent COVID-19
Tests, Vaccines and Treatments**



**Donate
Blood
and
Plasma**

COVID-19 Variants

What is a Variant?

All viruses are unable to live on their own; they survive by infecting a new host that is able to be infected. After a new host is exposed to a virus, the virus infects the host's cells. Once inside the host cells, the virus hijacks the cell machinery to produce more copies of the virus. This process of making new copies of a virus within a host cell is called *viral replication*.

During replication, mistakes can be made that cause the new copies of the virus to not be exact copies of the "parent" virus. These mistakes are called *mutations*. Mutations happen all the time and usually don't result in big changes to the virus.

Sometimes new variants emerge through mutation and then disappear. Other times, new variants can emerge and start infecting people.

Variant Labeling System

On May 31, 2021, the World Health Organization (WHO) assigned simple, easy to say and remember labels for key variants of SARS-CoV-2, the virus that causes COVID-19, using letters of the Greek alphabet.

WHO will assign labels for those variants that are designated as Variants of Interest or Variants of Concern. These labels do not replace existing scientific names which convey important scientific information and will continue to be used in research.

In June 2021, WHO announced a new variant of interest called Lambda (C.37). The Lambda variant was first detected in Peru in December 2020.

In August 2021, WHO announced another new variant of interest called Mu (B.1.621). Mu was first detected in Columbia in January 2021.

As of this writing, CDC has not classified either Lambda or Mu as variants of interest or variants of concern for the U.S.

Variant of Interest

Variants of interest show some evidence that they might be of concern.

A variant of interest is a variant with specific genetic markers that have been associated with changes to receptor binding, reduced neutralization by antibodies generated against previous infection or vaccination, reduced efficacy of treatments, potential diagnostic impact, or predicted increase in transmissibility or disease severity.

There are currently four variants of interest in the United States that are being monitored. These are B.1.525 (Eta), B.1.526 (Iota), B.1.617.1 (Kappa), and B.1.617.3 (no WHO label).

Variant of Concern

Variants of concern show evidence of being concerning. These are being closely monitored and characterized by federal agencies.

A variant of concern is a variant for which there is evidence of an increase in transmissibility, more severe disease (increased hospitalizations or deaths), significant reduction in neutralization by antibodies generated during previous infection or vaccination, reduced effectiveness of treatments or vaccines, or diagnostic detection failures.

There are currently four variants of concern in the United States that are being closely monitored and characterized. These are B.1.1.7 (Alpha), B.1.351 (Beta), P.1 (Gamma), and B.1.617.2 (Delta).



COVID-19 in Virginia: Variants of Concern

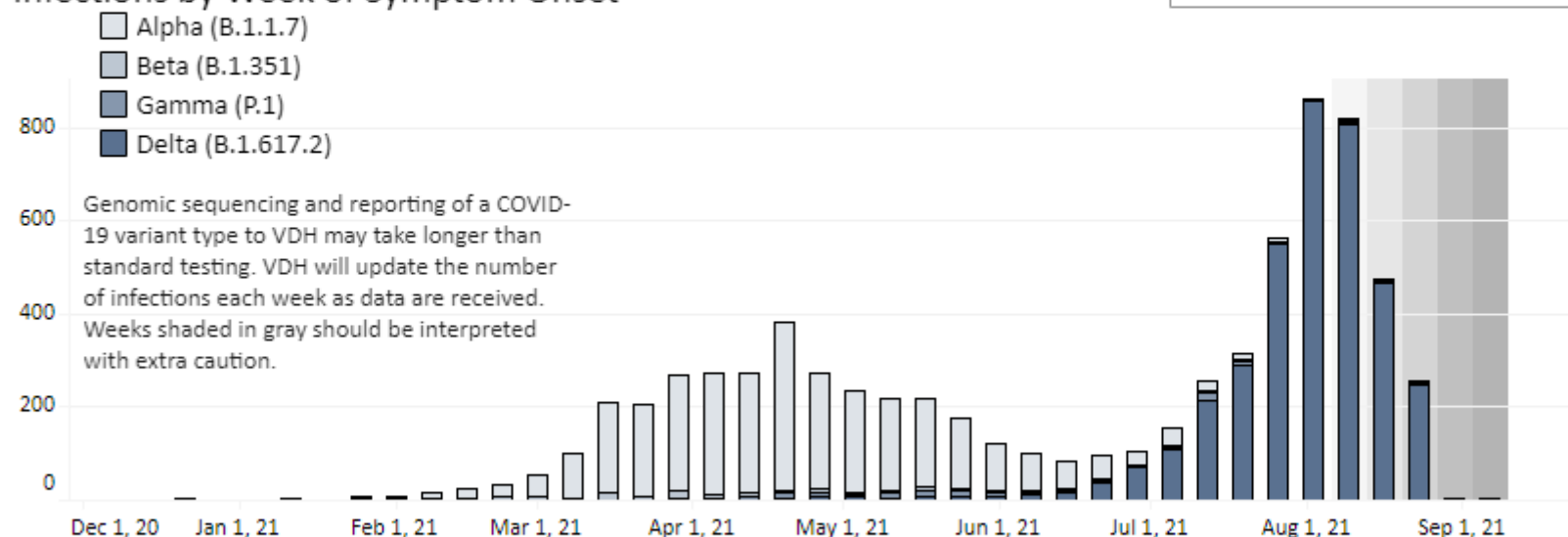


Dashboard Updated: 9/10/2021, Updated Weekly on Friday

Select Region

(All)

Infections by Week of Symptom Onset



Region	Alpha (B.1.1.7)	Beta (B.1.351)	Gamma (P.1)	Delta (B.1.617.2)
Virginia	3,158 (43.7%)	128 (1.8%)	176 (2.4%)	3,772 (52.1%)

COVID-19 Data & Trends



COVID-19 in Virginia: Summary



Dashboard Updated: 9/16/2021
Data entered by 5:00 PM the prior day.

Cases, Hospitalizations and Deaths

Total Cases*
822,985

(New Cases: 4,181)^

Confirmed+
619,377

Probable+
203,608

Total
Hospitalizations**

35,337

Confirmed+
33,389

Probable+
1,948

Total
Deaths

12,207

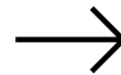
Confirmed+
10,310

Probable+
1,897



This data is the summary count of Virginia's COVID-19 cases, hospitalizations, and deaths as of 9/16/2021.

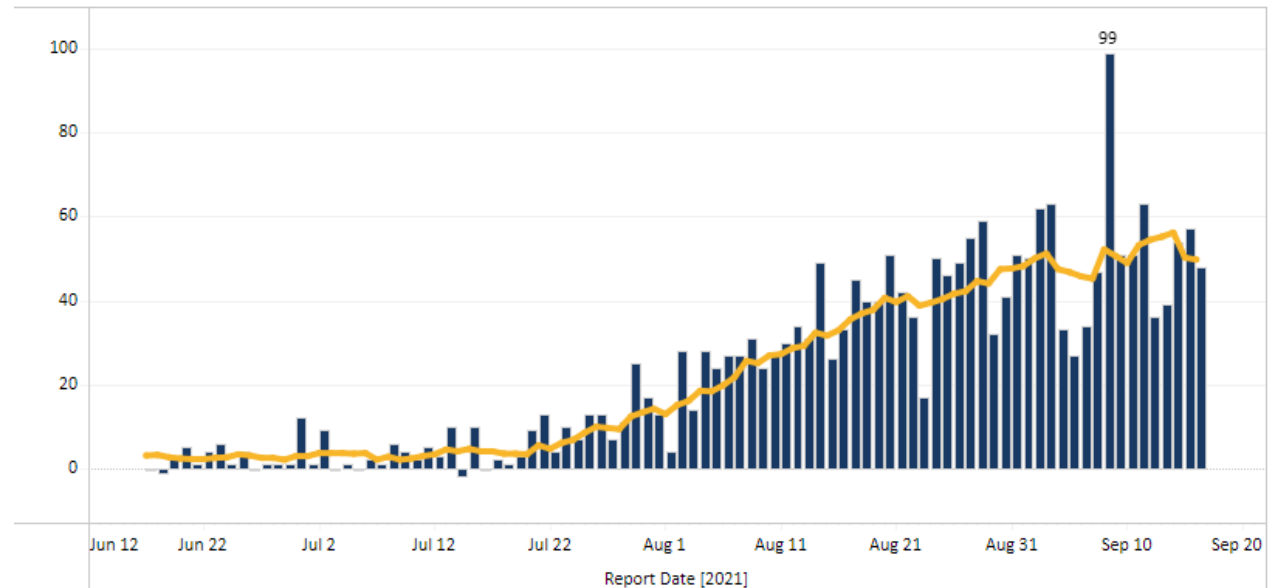
This graph depicts the daily case trend in Portsmouth over the past 90 days. As the graph shows, we are seeing an uptick in cases. This chart is current as of 9/16/2021.



Report Date Daily Cases Counts for past 90 Days
Portsmouth

Select Date Range (Affects Bar Chart)

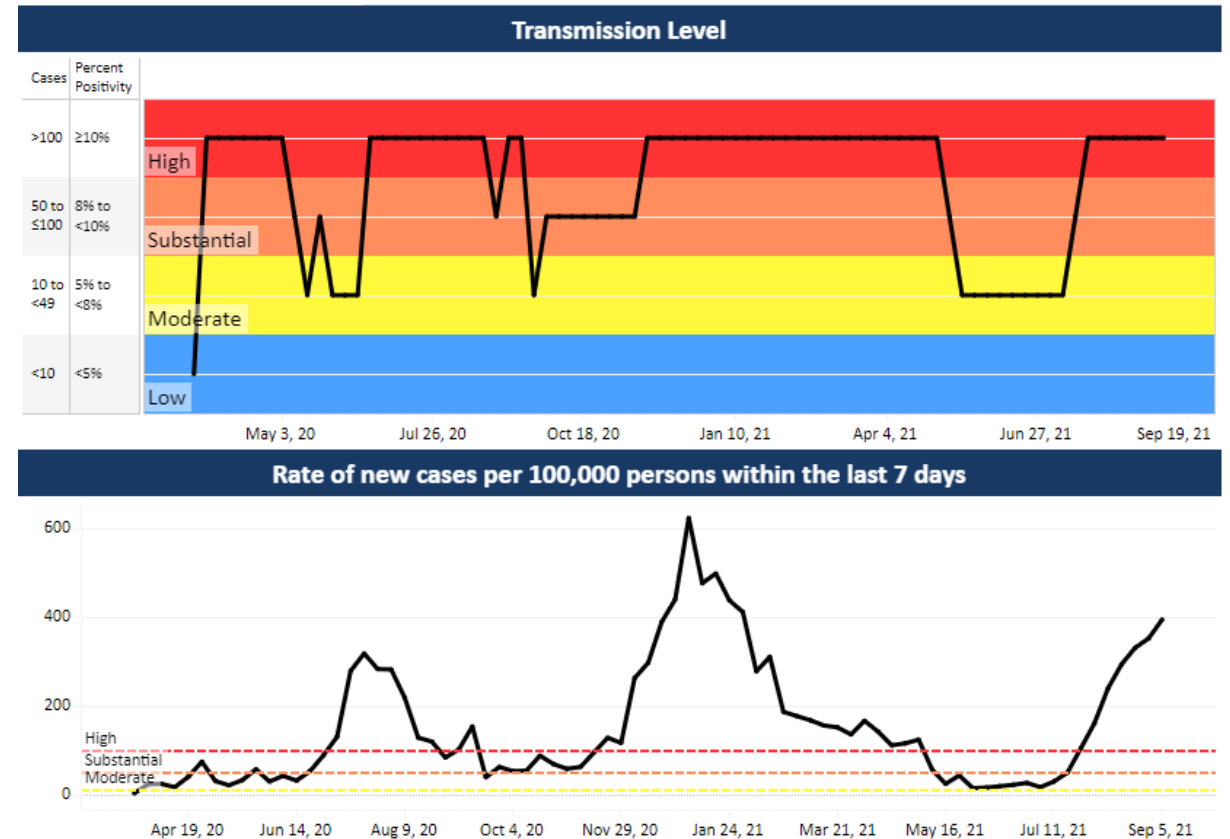
Past 90 Days



As of 9/14/2021, Portsmouth's percent positivity is **21.5%**.

What is the “percent positive” and why does it matter? The percent positive is exactly what it sounds like: the percentage of all coronavirus tests performed that are actually positive, or: **(positive tests)/(total tests) x 100%**

The higher the percent positive is, the more concerning it is. As a rule of thumb, however, the threshold for the percent positive being “too high” is 5%.



COVID-19 Vaccines

Vaccine Data



COVID-19 in Virginia: Vaccine Summary



Dashboard Updated: 9/16/2021

COVID-19 Vaccinations in Virginia

Total Doses Administered - 10,226,850

People Vaccinated with at Least One Dose*	% of the Population Vaccinated with at Least One Dose	People Fully Vaccinated^	% of the Population Fully Vaccinated
5,607,958	65.7%	4,972,727	58.3%
<small>% of the Adult (18+) Population Vaccinated with at Least One Dose 78.0%</small>		<small>% of the Adult (18+) Population Fully Vaccinated 69.4%</small>	

Portsmouth:

Vaccine doses administered: 80,299

People with at least one dose: 44,282

People fully vaccinated: 37,857

Percent of the population fully vaccinated: 40.1%

Why Should You Get the Vaccine?

The first time a person is infected with the COVID virus, it can take several days or weeks for their body to make and use all of the germ-fighting tools needed to get over the illness. After the illness, a person's immune system remembers how to fight off and protect against COVID. Getting the COVID vaccine gives your body those germ-fighting instructions without having to go through the illness itself.

COVID-19 vaccines are safe!

- They were developed using science that has been around for decades
- Also, these vaccines are not experimental – they went through all the required stages of clinical trials
- All 3 vaccines received and continue to undergo the most intensive safety monitoring in U.S. history

COVID-19 vaccines are effective!

- They keep you from getting and spreading the virus and also help keep you from getting seriously ill even if you do get infected
- Getting vaccinated yourself protects people around you, particularly those who are at an increased risk for severe illness from COVID

What happens when you get the COVID-19 vaccine



- The vaccine **PROTECTS YOU** from COVID-19 or helps make the illness less severe
- Most side effects are **MILD AND GO AWAY** in a couple of days
- Side effects are a sign your body's immune system is building up **PROTECTION AGAINST COVID-19**



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Which COVID-19 vaccines are available in Virginia?

	Pfizer-BioNTech [Español]	Moderna [Español]	Johnson & Johnson (Janssen) [Español]
Available for ages	12+	18+	18+
How many shots are needed?	Two shots, 21 days apart	Two shots, 28 days apart	One shot
When will I be fully vaccinated?	14 days after your second shot	14 days after your second shot	14 days after your second shot
Is a third dose recommended?	Yes, for some individuals who have a weak immune system	Yes, for some individuals who have a weak immune system	Not at this time
Authorization status	FDA Approved	Emergency Use Authorization	Emergency Use Authorization

	Pfizer-BioNTech	Moderna	Johnson & Johnson (Janssen)
How it works	Delivers genetic material (mRNA) that tells the body how to produce the coronavirus spike protein. The immune system reacts to the spike protein and builds a defense against it.	Delivers genetic material (mRNA) that tells the body how to produce the coronavirus spike protein. The immune system reacts to the spike protein and builds a defense against it.	Uses a harmless virus to teach your body how to make the coronavirus spike protein. Your immune system then reacts to the protein and builds a defense against it.
How many shots are needed?	Two shots , ideally 21 days apart	Two shots , ideally 28 days apart	One shot
When will I be considered fully vaccinated?	14 days after your second shot	14 days after your second shot	14 days after you get the shot
Common side effects after vaccine	Injection site reactions: pain, swelling, redness General side effects: tiredness, headache, muscle pain, chills, fever, nausea, joint pain, swollen lymph nodes	Injection site reactions: pain, swelling, redness General side effects: tiredness, headache, muscle pain, chills, fever, nausea, joint pain, swollen lymph nodes	Injection site reactions: pain, swelling, redness General side effects: tiredness, headache, muscle pain, nausea, fever
What should I do if I feel sick after I get my shots?	Put a clean, cool, wet cloth on your arm where you got your shot to help with pain. Use or exercise your arm. If you have a fever, drink lots of fluids, dress lightly and rest. If you are still in pain after 24 hours, talk to your doctor about taking Tylenol or other medicine you can buy without a prescription. Sign up for v-safe , where you can use your smartphone to tell CDC about any side effects after getting a COVID-19 vaccine. In most cases, discomfort from fever or arm pain or swelling where you got the shot will not last more than a few days after a COVID-19 vaccine shot. Contact your doctor or healthcare provider if the redness or tenderness where you got the shot increases after 24 hours or if your side effects are worrying you or do not seem to be going away after a few days.		
What are rare complications?	Public health agencies are investigating these rare reports. Possible complications with getting the Pfizer-BioNTech or Moderna vaccines include heart inflammation called myocarditis and pericarditis. For the Johnson & Johnson vaccine, possible complications include blood clots with low platelets and a nervous system disorder called Guillain-Barré syndrome. If you have questions about these conditions, talk with your healthcare provider or call 877-VAX-IN-VA (877-829-4682). For additional information, please visit Safety of COVID-19 Vaccines (cdc.gov/coronavirus/2019-ncov/vaccines/safety/safety-of-vaccines.html) .		

Which Vaccine Should You Get?

Three COVID-19 vaccines are currently available. They include the Pfizer-BioNtech, Moderna, and the Johnson & Johnson vaccines. Each brand of vaccine is slightly different, but they are all safe and work well. You should get the brand that is first available to you.

All 3 COVID-19 vaccine brands:

- Can be used in the **United States**
- Were tested in trials with at least 30,000 participants each and included people from various races, ethnicities, age groups, and genders **to ensure safety**
- Are **proven to protect against serious illness, hospitalization, and death from COVID-19**

The supply of all 3 of these vaccines is limited in some areas.
The **best vaccine** to get is **the first one that is available to you.**

Addressing Some Rumors

Vaccine Breakthrough Cases

As of 9/4/2021, **4,894,225 Virginias** have been fully vaccinated against COVID-19. Of these people...

- **0.4%** has developed COVID-19
- **0.017%** have been hospitalized
- **0.0038%** have died

Herd Immunity

Herd immunity happens when most of the people in a community are immune to an infectious disease.

People can become immune either by having the disease or by **getting vaccinated**.

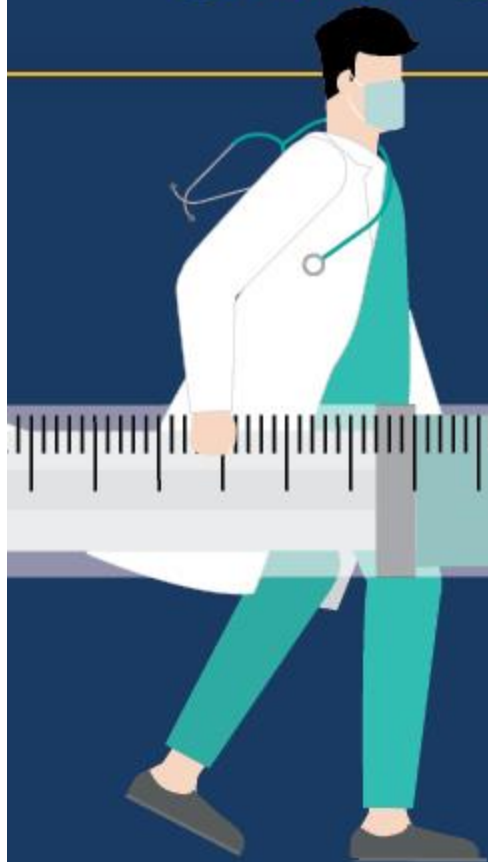
For a disease like COVID-19, herd immunity makes it harder for the virus to find someone to make sick. Vaccinating a lot of people is the best way to get this immunity. It will protect people who can't get the vaccine, such as people who are too young, have weak immune systems, or have an allergy to the vaccine.

The more people who get a COVID-19 vaccine, the better it will be for everyone!

Do I need a flu shot and a COVID-19 vaccine



- Yes, it's important to get **BOTH** a **flu shot** and a **COVID-19 vaccine**
- A flu shot can **prevent you from getting sick** from the flu and needing medical care
- A COVID-19 vaccine **protects you** from COVID-19 and can help stop the spread of this virus



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How to get your vaccine?



Everyone in Virginia Age 12 or Older Is Eligible for the COVID-19 Vaccine Now!

Pre-Registration is No Longer Required

Here's How to Get Your 1st, 2nd, or 3rd Dose:



Online

Search by Location



By phone

(877) VAX-IN-VA
(877) 829-4682

How we can help:

The call center can help you find available vaccination clinics near you, answer questions about vaccination and other COVID-19 topics, and more.

Available five days per week

The call center is available Monday through Friday, from 8 a.m. to 6 p.m.

Help in your language

Assistance is available in English, Spanish, and more than 100 additional languages.

By website: Visit <https://vaccinate.virginia.gov/> to search and make appointment

By phone: Call (877) 829-4682 to have a call center representative walk you through the appointment process. Available in English, Spanish, and more than 100 additional languages

I just got the COVID-19 vaccine, now what



- Continue to **wear a mask**, stay at least **6 feet apart**, **avoid crowds**, **wash your hands**
- Plan to get a second dose; current COVID-19 vaccines **require 2 doses** to protect you
- **Report vaccine side effects** by using the free, secure smartphone tool from CDC at **vsafe.cdc.gov**
- Call a **healthcare provider** if concerned about side effects



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V-Safe

V-safe is a smartphone-based tool that uses text messaging and web surveys to provide personalized health check-ins after you receive a COVID-19 vaccine. Through v-safe, you can quickly tell CDC if you have any side effects after getting the COVID-19 vaccine. Depending on your answers, someone from CDC may call to check on you and get more information. V-safe will also remind you to get your second COVID-19 vaccine dose if you need one.



**Get vaccinated.
Get your smartphone.
Get started with v-safe.**

Use your smartphone to tell CDC about any side effects after getting the COVID-19 vaccine. You'll also get reminders if you need a second vaccine dose.

When you get your COVID-19 vaccination, ask your healthcare provider about getting started with **v-safe**

Learn more about **v-safe**
www.cdc.gov/vsafe

 12/01/20

The graphic features a hand holding a smartphone displaying the v-safe app interface. Above the phone are three icons: a bandage, a smartphone, and a thumbs up. The text is arranged in a clean, modern layout with a mix of bold and regular fonts. The CDC logo and date are at the bottom left.

Conclusion

COVID-19 has had a tremendous impact on everyone's lives since March 2020 in a way the world could have never imagined or predicted. Now that vaccines are readily available to the public, there is hope that we can beat this virus. It is important to continue to follow guidelines set by the CDC and local governments, as we all must do our part in this fight against COVID. At the end of the day, we want everyone to protect themselves, their loved ones, and those in their community.

Stay safe everyone!

Contact Information

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thank
you

References and Further Reading

<https://www.vdh.virginia.gov/covid-19-faq/>

<https://www.fda.gov/consumers/consumer-updates/help-stop-spread-coronavirus-and-protect-your-family>

<https://www.vdh.virginia.gov/coronavirus/covid-19-data-insights/variants-of-concern/>

<https://www.vdh.virginia.gov/covid-19-vaccine/patient-education/>

<https://www.vdh.virginia.gov/coronavirus/covid-19-in-virginia/>

<https://www.vdh.virginia.gov/coronavirus/>

<https://covid19.who.int/>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/vaccine-benefits.html>