



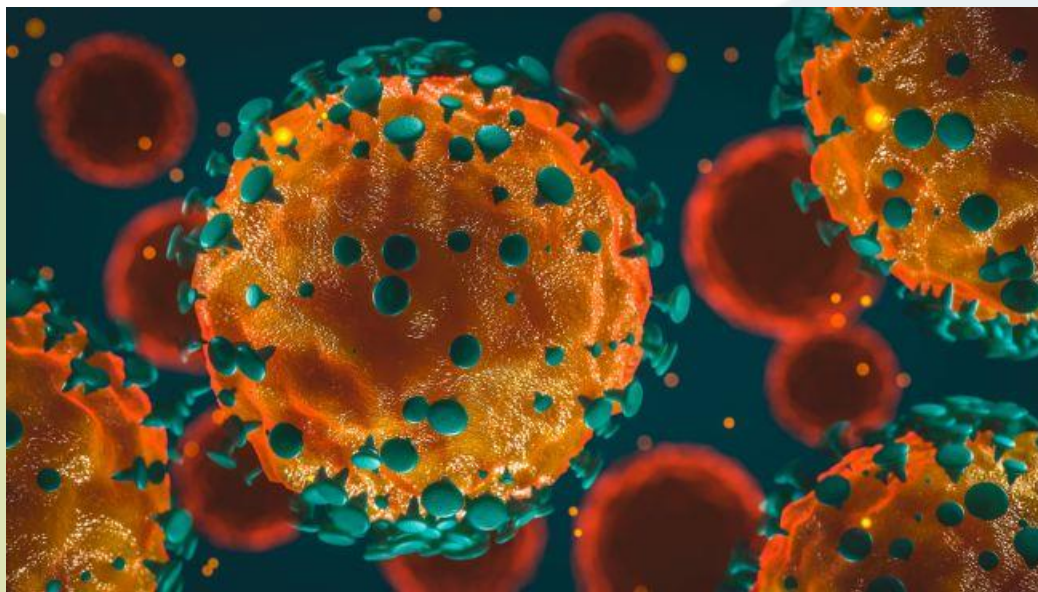
Appalachian Regional Healthcare

CHAPLAINCY SERVICES

Director Sam Stacy

***ARH Chaplaincy Services-
Connecting Patients and Staff
with the God of Grace, Mercy
and Peace.***

Coronavirus COVID-19



Coronavirus COVID-19

What is Coronavirus?

Coronaviruses are a large family of viruses that cause illness ranging from the common cold to more severe diseases like pneumonia, MERS and SARS

COMMON SYMPTOMS

- Fever
- After 2 to 7 days develop a dry cough
- Mild breathing difficulties at the outset
- Gastrointestinal issues
- Diarrhea
- General body aches

SEVERE SYMPTOMS

- High Fever (100.4°F or higher)
- Pneumonia
- Kidney failure
- Death

TRANSMISSION

Coughs or sneezes from infected person or touching contaminated objects

Click Here to Visit Our Coronavirus Website

* Source: Centers for Disease Control and Prevention/ USA Today

EXPRESS

Coronavirus COVID-19

- Researchers first isolated a coronavirus in 1937. They found a coronavirus responsible for an infectious bronchitis virus in birds that had the ability to devastate poultry stocks.
- Scientists first found evidence of human coronaviruses (HCoV) in the 1960s in the noses of people with the common cold. Two human coronaviruses are responsible for a large proportion of common colds: OC43 and 229E.
- The name “coronavirus” comes from the crown-like projections on their surfaces. “Corona” in Latin means “halo” or “crown.”

Where did Coronavirus come from?



Where did Coronavirus come from?

- Several coronaviruses utilize animals as their primary hosts and have evolved to infect humans, too. Precursors to both SARS and MERS coronaviruses appear in bats. The SARS virus jumped from bats to civets (small, nocturnal mammals) on its way into people, while MERS infected camels before spreading to humans. Evidence suggests that the novel coronavirus also jumped from bats to humans after passing through an intermediate carrier, although scientists have not yet identified the infectious middleman creature.

How is it spread?

Coronaviruses can be transmitted between humans through respiratory droplets that infected people expel when they breathe, cough or sneeze. A typical surgical mask cannot block out the viral particles contained in these droplets, but simple measures — such as washing your hands, disinfecting frequently touched surfaces and objects, and avoiding touching your face, eyes and mouth — can greatly lower your risk of infection.

Symptoms of Coronavirus

- In humans, coronaviruses typically cause a respiratory infection with mild to severe flu-like symptoms, but the exact symptoms vary depending on the type of coronavirus.
- The four common human coronaviruses can cause people to develop a runny nose, headache, cough, sore throat and fever, according to the CDC. In a subset of individuals, including those with cardiopulmonary disease or a weakened immune system, the viral infection can progress to a more severe lower-respiratory infection such as pneumonia or bronchitis.

Diagnosis & Treatment

Doctors can test their patients for coronavirus infections by analyzing respiratory specimens and serum isolated from their blood, according to the CDC. The CDC has developed an equivalent diagnostic test for the novel coronavirus, but its accuracy and specificity for the virus are still being verified. Once confirmed, diagnostic kits will be distributed to health care facilities in the U.S. and abroad, according to a CDC news conference in January 2020.

Diagnosis & Treatment

If you test positive and are an older adult or someone who is at high risk of getting very sick from COVID-19, treatment may be available. Contact a healthcare provider right away after a positive test to determine if you are eligible, even if your symptoms are mild right now. Don't delay: Treatment must be started within the first few days to be effective.

Diagnosis & Treatment

Treatments used for COVID-19 should be prescribed by your healthcare provider. People have been [seriously harmed and even died](#) after taking products not approved for use to treat or prevent COVID-19, even products approved or prescribed for other uses. Talk to your healthcare provider about what option may be best for you.

Diagnosis & Treatment

There is no cure, so treatments include self-care and over-the-counter (OTC) medication. People can take several steps, including:

- resting and avoiding overexertion
- drinking enough water
- avoiding smoking and smoky areas
- taking acetaminophen, ibuprofen, or naproxen for pain and fever
- using a clean humidifier or cool mist vaporizer
- A doctor can diagnose the virus responsible by taking a sample of respiratory fluids, such as mucus from the nose, or blood.

Diagnosis & Treatment

COVID-19 vaccines available in the United States are effective at protecting people from getting seriously ill, being hospitalized, and even dying—especially people who are boosted. As with vaccines for other diseases, you are protected best when you stay up to date. CDC recommends that everyone ages 5 years and older get their primary series of COVID-19 vaccine, and everyone ages 12 years and older also receive a booster.

How to prevent Coronavirus?



Five Steps to Wash Your Hands!

Follow these five steps every time.

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

Social Distancing

- **Social distancing** is a term applied to certain actions that are taken by Public Health officials to stop or slow down the spread of a highly contagious disease.
- Social distancing measures include limiting large groups of people coming together, closing buildings and canceling events.
- **The single most important thing you can do to avoid the virus is reduce your face to face contact with people.**
- One of the earliest references to social distancing dates to the seventh century BC in the Book of Leviticus, 13:46: "And the leper in whom the plague is...he shall dwell alone; [outside] the camp shall his habitation be."

More Ways of Prevention!

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.
 - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.

Visitation Policy

- Restrict visitors from entering the room of known or suspected COVID-19 patients. Use alternative mechanisms for patient and visitor interactions as defined by facility. ARH will consider expectations based on end-of-life situations or when a visitor or when a visitor is essential for the patient's emotional well-being and care.
- Visitors to patients with known or suspected COVID-19 or should be scheduled and controlled to allow for: Screening visitors for symptoms of acute respiratory illness before the entering the healthcare facility.

Visitation Policy

- ARH will evaluate risk to the health of visitor (e.g. visitor might have underlying illness putting them at higher risk for COVID-19) and ability to comply with precautions.
- ARH will provide instructions, before visitors enter patient's rooms, on hand hygiene, limiting surfaces touched, and use of PPE according the current contact isolation policy while in patient room.
- Maintain a log book of staff, providers and visitors who enter patient's rooms.
- Visitors should not be present during aerosol-generating procedures.

Visitation Policy

- Visitors instructed to limit their movement within the facility to known patient room and entrance and exit.
- All visitors should follow respiratory hygiene and cough etiquette precautions while in the hospital.
- To prevent the spread of flu, ARH will implement the following measures during seasonal influenza.
- Visiting hours will be from 8am- 8pm. Specialty units (oncology, critical care, women's and children) will have defined visiting hours. • Limit visitors for patients in isolation to persons necessary for patients' emotional well-being and care.

Visitation Policy

- No visitors under the age of 12.
- No visitors with any symptoms of flu-like symptoms or acute respiratory symptoms.
- Only 2 visitors will be permitted in a patient's room at a time.
- Instruct visitors on use of hand hygiene and use of PPE. Visitors may be given masks or other protective clothing for use when visiting.
- Visitors should not be present during aerosol-generating procedures..

Visitation Policy

- Additional rules may be in place in special care units (women's, children, critical care, ED and oncology).
- Compassionate visitation exceptions may be made on a case by case basis.
- Visitors should be instructed to limit their movement within the facility.

Question???