

DEALING WITH THE FLU AND COVID-19 SECOND WAVE

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Cancer Assistance

- Nurse Navigator, single point of contact, continuity of care
- Directed by a medical advisory board of Canada's leading oncologists
- Delivered by experienced and accredited oncology nurses
- Reduces the physical and emotional impact of cancer
- Ensures medical best practices are followed
- Explains tests and treatment options
- Empowers patients, improves coping skills
- Provides education



HealthCareAssist

- A Canadian first
- Combines nurse navigation and Cleveland Clinic Canada's global network
- Continuity of care through diagnosis, treatment and ongoing care
- Individual case management
- Not just a 2nd opinion service
- Cleveland Clinic Canada doctors consult with the patient and local physician to ensure coordination of care



Seniors' Care Assistance

- Navigate sources of funding: government, insurance and private
- Navigate benefits: prescription drug coverage, home care, community care, assistive devices, home renovation grants
- Complete required forms for services, funding or rebates
- Access local community and volunteer organizations
- Connect employees with the right senior living options, arrange for tours, short term respite stays



Your Wellness Partner

- Mobile solution
- Navigation by mental health specialists
- Based on Cognitive Behavioral Therapy
- Weekly professional support and psychiatric assessment if needed
- 8 weekly lessons with strategies for anxiety, depression, stress management and planning for return to work

OUR PRESENCE



COVERAGE FOR **900,000+** CANADIANS



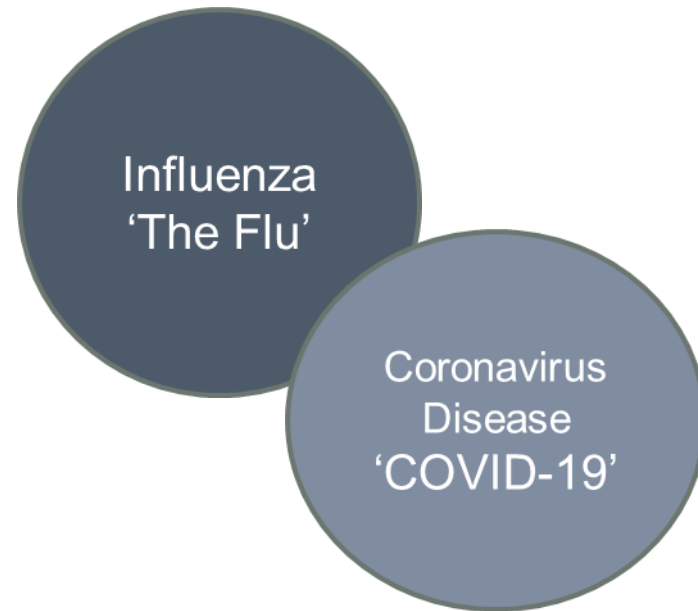
MEDICAL ADVISORY BOARD



Cleveland Clinic Canada

Learning Objectives

- Define Influenza and COVID-19
- What are the symptoms?
- When should one be concerned?
- Similarities and differences
- Ways to protect yourself and others
- What to do if sick
- Health and safety guidance
- Screening tools



Epidemic vs. pandemic

What is the flu?

- Influenza – commonly known as the flu
- Infectious disease caused by an Influenza **Virus**
- 2 main types - Influenza A and Influenza B (seasonal)
- Other types of flu – Swine Flu (H1N1) and Avian Flu (H7N9)
- Symptoms range from mild-severe
- Seasonal flu epidemics occur each year



What are the most common flu symptoms?

All forms of the flu can cause:

- Fever (temperature higher than 100°F or 37.8°C)
- Extreme tiredness
- Headache or body aches
- Cough
- Sore throat
- Runny nose

Flu symptoms can come on very suddenly.

Is the flu dangerous?

People at higher risk of getting very sick from the flu include:

- People 65 or older
- Young children (under 5 years old, and especially under 2 years old)
- Pregnant women
- People with certain other medical problems



Common cold or the flu?

The following chart and additional resources can be found on The Government of Canada website

To learn more, visit Canada.ca/Flu

Cold	Flu
You may feel chills but fever is rare	Fever Can be prevented. Get your flu shot.
Cough, chest discomfort (mild but may last a while)	Cough, chest discomfort (dry cough can be severe)
Body aches & pains (mild)	Body aches & pains (can be severe)
Tiredness (you can still do your daily activities)	Bedridden (you may feel extremely exhausted)
Headache (mild)	Headache (can be severe)
Sore throat	Sore throat
Stuffy, runny nose, sneezing	Stuffy, runny nose
Complications can include...	
<ul style="list-style-type: none">•Lung infections•Throat infections•Ear infections•Sinus infections	<ul style="list-style-type: none">•Pneumonia•Pre-existing health conditions getting worse (such as asthma)•Hospitalization•Death

How can I protect myself from the flu?

FIGHT GERMS BY WASHING YOUR HANDS!

1 Wet your hands

2 Soap

3 Lather and scrub - 20 sec

4 Rinse - 10 sec

5 Turn off tap

6 Dry your hands

DONT FORGET TO WASH:

- between your fingers
- under your nails
- the tops of your hands

How can I protect myself from the flu?

Stay away from people you know are sick



Get the flu vaccine every year



What should I do if I get the flu?

Most people experience mild illness and get better on their own within 1 to 2 weeks:

1. Stay home
2. Rest
3. Drink plenty of fluids
4. Symptom relief (e.g. Tylenol)

When should I seek care?

- High risk group
- Very sick or worried about your illness

Coronavirus disease 2019 (COVID-19)

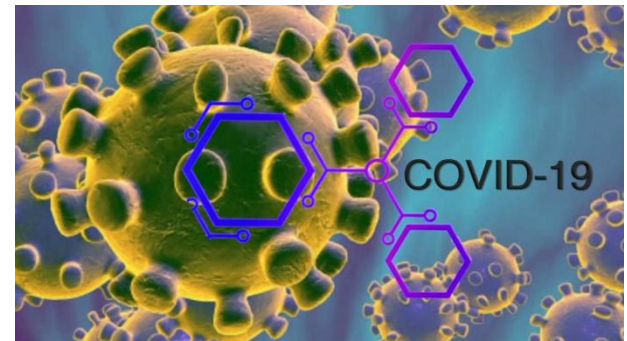
What is COVID-19?

- COVID-19 stands for "coronavirus disease 2019"
- Caused by a **virus** called SARS-CoV-2
- First appeared in late 2019
- Starts in upper airways – moves down respiratory tract (mouth, nose, throat, lungs)
- 6 coronavirus serotypes associated in humans

Coronavirus disease 2019 (COVID-19)

What it isn't:

- Not the flu – different virus
- Not the common cold – different virus
- Not a bacterial infection – it's a virus



How is COVID-19 spread?

- Person to person – droplet/contact (cough, sneeze, talking near to someone, hand shaking, hugging)
- Droplets can travel several feet in the air (indoor spaces- same air circulating - droplets might be able to spread more than a few feet away)
- Contact – direct and from contaminated surface (touch surface then touch mouth, nose or eyes)
- Airborne (uncommon) - droplets and particles, or aerosols can linger in the air for mins-hrs
- Person to animal (uncommon) but no evidence from pet to person
- Asymptomatic people can still spread the virus

What are the symptoms of COVID-19?

Symptoms include:

- Fever
- Cough
- Trouble breathing
- Feeling tired
- Shaking or chills
- Muscle aches
- Headache
- Sore throat
- Problems with sense of smell or taste
- Nausea
- Diarrhea
- Rash (uncommon)

Am I at risk for getting seriously ill?

Risk Factors – Age and health

- Older population = higher risk of complications
- Chronic kidney disease
- Diabetes
- Obesity (BMI >30)
- Lung disease (chronic obstructive pulmonary disease)
- Sickle cell
- HIV
- Weak immune system (e.g. asthma, cystic fibrosis, high blood pressure, some medications like chemo)
- Cancer

What is serious illness?

- **Pneumonia**
- Acute Respiratory Failure
- Acute Respiratory Distress Syndrome (ARDS)
- Acute Liver Injury
- Acute Cardiac Injury
- Secondary Infection
- Acute Kidney Injury
- **Septic Shock**

COVID-19 or the flu?

Differences:

- Onset of symptoms (2-14 days COVID-19 vs. 1-4 days flu)
- More contagious (10 days COVID-19 vs. 1 day flu)
- COVID-19 more superspreading
- Complications more severe with COVID-19 (e.g. pneumonia and higher mortality rates)
- Anti-viral for flu (e.g. Tamiflu ®)
- COVID-19 treatment still emerging (guidelines evolving)
- Flu vaccine
- COVID-19 vaccine – in development

How can I protect myself from COVID-19?

To help protect yourself and others:

- Practice physical / social distancing
- Wear a face mask
- Wash your hands
- Avoid touching your face
- Avoid unnecessary travel
- Avoid known sick contacts
- Stay home if not feeling well



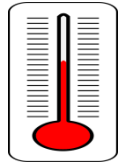
What should I do if I have COVID-19 symptoms?



Stay home except to get medical care



Separate yourself from other people



Monitor your symptoms



Call ahead before visiting your health care provider



Wear a mask over your nose and mouth

What should I do if I have COVID-19 symptoms?



Cover your cough and sneezes



Clean your hands often



Avoid sharing personal household items



Clean all “high-touch” surface areas everyday



Get tested (rules vary from province to province)

Health and Safety Guidance

Strategies for consideration:

- Monitor provincial and local public health communications about COVID-19
- Encourage and support ill workers to report symptoms, stay home, and seek appropriate care
- Consider conducting daily in-person or virtual health checks (e.g. symptom and/or temperature screening) before employees enter the facility
- Create a shared space to foster open discussions

Health and Safety Guidance

- Strengthen communication strategies with employees to assist in managing concerns
- Ensure risk mitigation principles and measures are implemented and encouraged – use a layered approach (e.g. physical distancing, frequent surface cleaning, increase ventilation)
- Remind workers of available support services
- Utilize technology to promote physical distancing (e.g. teleconferences and virtual meetings)
- Consider policies that encourage flexible sick leave and alternative work schedules

Screening tools

- Coronavirus Self-Checker (CDC)
- COVID Alert mobile app (phone alert if you have been exposed to COVID-19 and let others know if you test positive, without sharing any personal information)
- MOH COVID-19 self assessment
- Health Canada COVID-19 self assessment tool

Screening questionnaire sample

1. Are you experiencing any of the following:

- Severe difficulty breathing (e.g. struggling to breathe or speaking in single words)
- Severe chest pain
- Having a very hard time waking up
- Feeling confused
- Losing consciousness

2. Are you experiencing any of the following:

- Shortness of breath at rest
- Inability to lie down because of difficulty breathing
- Chronic health conditions that you are having difficulty managing because of difficulty breathing

Screening questionnaire sample

3. Are you experiencing any of the following:

- Fever (defined as greater than 38 degrees Celsius)
- Cough
- Sneezing
- Sore Throat
- Difficulty breathing

4. Have you travelled to any countries outside Canada (including the United States) within the last 14 days? Travel includes passing through an airport.

5. Did you **provide care** or have **close contact** with a person with COVID-19 (probable **or** confirmed) while they were ill?

Screening interpretation

If you respond **NO** to all questions, proceed to work as usual.

If you respond **YES** to any of the questions, remain at home and contact your Manager directly, to report your health status.

References

- Centers for Disease Control and Prevention (CDC)
- Government of Canada
- Public Health Ontario (PHO)
- UpToDate®
- Workplace Safety and Prevention Services®
- World Health Organization (WHO)