COVID-19 Pandemic Town Hall

City of Huntington Beach
Dr. Sarah Lopez, MD (Harbor-UCLA Medical Center)

January 6, 2021
WELCOME

Town Hall Discussion:
- What we know about COVID-19 today
- COVID-19’s impact on our health care system
- Vaccine facts and distribution
- Slowing the spread of COVID-19
New Town Hall Series

Please join the City of Huntington Beach and the Orange County Health Care Agency for a Town Hall series on the COVID-19 vaccines.

Every 1st and 3rd Wednesday of the month from January 20 through April 21.

Next meeting:
January 20 from 7:00-8:00p.m.
Zoom, Facebook and YouTube Livestreaming
TESTIMONIALS
HOW BAD IS IT REALLY?
RATES OF INFECTION

Tracking the coronavirus in Orange County

Updated Jan. 5 9:13 a.m. Pacific

170,579 confirmed cases
1,926 deaths
97,443 recoveries

None yet today
None yet today
None yet today

+8,990 yesterday
+25 yesterday
+5,764 yesterday

Orange County, Calif.

New cases are the highest they have ever been. The average number of new cases in Orange County was 3,971 yesterday, about the same as the day before. Since January, at least 1 in 19 people who live in Orange County have been infected, and at least 1 in 1,695 have died.

<table>
<thead>
<tr>
<th></th>
<th>ON DEC. 30</th>
<th>AVG. PER 100,000 IN LAST 7 DAYS</th>
<th>14-DAY CHANGE</th>
<th>TOTAL REPORTED</th>
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</thead>
<tbody>
<tr>
<td>Cases</td>
<td>4,514</td>
<td>125</td>
<td>+54%</td>
<td>164,990</td>
</tr>
<tr>
<td>Deaths</td>
<td>27</td>
<td>&lt;1</td>
<td>+9%</td>
<td>1,874</td>
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</tbody>
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A Patient’s Journey | COVID-19

Susceptible
Exposed (incubation 2-12 days)

Symptoms Begin
Symptomatic
Clinically Well (no symptoms)

Infectious (e.g., 10 to 30+ days)

Becomes contagious

Not Contagious

No longer infectious

Time

Goal of physical distancing, public use of cloth face coverings, quarantine, isolation and similar actions is to reduce the number of new susceptible people exposed during this time.
COVID-19 Symptoms
The Different COVID-19 Tests

**Diagnostic or PCR test**
- Used to test people who are showing symptoms
- Sample taken from nose or throat

**Antibody test**
- Used to identify people who were previously infected with COVID-19
- Blood is drawn for sample
SELF-QUARANTINE 101

WHO
- Anyone who has been exposed to someone with COVID-19
- Anyone who has been around groups of people without face coverings or physical distancing

WHAT
- Stay in your home or lodging
- Stay away from other people, even in your own household
- Limit time spent in communal areas (ie. kitchen, bathroom, living room)

HOW LONG
- Stay home for 10 days from the time of exposure, or after travel. Continue to monitor your health for 14 days.

WHY
- To avoid infecting others
- To help health care works do their job
- To slow the spread of COVID-19
COVID-19 Risk Index

Risk levels for exposure vary based on four main factors:

- **Enclosed space**
- **Duration of interaction**
- **Crowds** Density of people + challenges for social distancing
- **Forceful exhalation** Sneezing, yelling, singing, and coughing

**Low**
- Staying at home: Alone or with members of your household
- Walking outdoors: With or without pets
- Running or biking: Alone or with another person
- Picking up takeout food, coffee, or groceries from stores
- Outdoor picnic or porch dining: With non-household people and physical distancing
- Grocery shopping: With non-household people and physical distancing
- Retail shopping: Potential crowding and activity

**Low / Medium**
- Playing “distanced” sports outside: Ex. Tennis or golf
- Visiting hospital emergency department: Risks: indoor, potential clustering of people
- Dental appointment: Risks: indoor, close contact, potential clustering of people, high-touch surfaces
- Taking a taxi or a ride-sharing service
- Working in an office: Risk: indoor, high-touch surfaces, prolonged close contact, potential clustering of people
- Outdoor restaurant dining: Risks: indoor, close contact, potential clustering of people, high-touch surfaces, alcohol consumption, wearing & removal of masks
- Museum: Risks: indoor, close contact, potential clustering of people, high-touch surfaces, alcohol consumption, wearing & removal of masks during eating

**Medium / High**
- Exercising at a gym: Risks: indoor, close contact, potential clustering of people, high-touch surfaces, alcohol consumption, wearing & removal of masks
- Hair/nail salon and barbershops: Risks: indoor, close contact, difficult to wear a mask
- Medical office visit: Risks: indoor, close contact, potential clustering of people, high-touch surfaces
- Concert: Risks: indoor, close contact, potential clustering of people, high-touch surfaces, alcohol consumption, wearing & removal of masks
- Religious services: Risks: indoor, close contact, potential clustering of people, high-touch surfaces, alcohol consumption, wearing & removal of masks
- Indoor restaurant or coffee shop: Risks: indoor, close contact, potential clustering of people, high-touch surfaces, alcohol consumption, wearing & removal of masks while eating and drinking

**High**
- Bars and nightclubs: Risks: enclosed space, prolonged close contact, potential clustering of people, high respiratory risk, potential droplet infection
- Playing contact sports: Football, basketball, soccer, etc.
- Indoor party: Risks: enclosed space, prolonged close contact, potential clustering of people, high respiratory risk, potential droplet infection
- Public transportation: Subway or bus
- Air travel
- Religious services
- Movie theater or live theater
- Watching sports

REOPEN INTELLIGENTLY. REOPEN SAFELY.
HOW WE DEVELOP IMMUNITY: VACCINE BASICS

Source: https://www.nature.com/articles/d41586-020-01221-y
COVID mRNA VACCINE

Source: https://www.nature.com/articles/d41586-020-01221-y
GETTING VACCINATED

Side effects?
HERD IMMUNITY

Infection               Vaccines

What is ‘herd immunity’?

If only a few people are vaccinated ...

...then one person is infected...
the disease spreads very fast

But if lots of people are vaccinated ...

...then the disease can’t spread very far, so the whole community stays safe.
This is ‘herd immunity’

#CelebrateVaccines
www.immunology.org
Without a vaccine it would take us roughly 59 months from now to get herd immunity ~ so end of 2025. Through this amazing feat of science, we have a shortcut! Time to herd immunity with a Vaccine (from June):

25% of the population agrees to a vaccination → 30 months
50% of the population agrees to a vaccination → 10 months
65% of the population is vaccinated by June → YAY!

Do it for your community.
SO WHAT DO I DO NOW, BEFORE GETTING VACCINATED?
FACE COVERING
COVID TIPS

• If you are going to work or to buy groceries, **do not remove your face covering** when near others
• **Avoid eating or drinking with anyone not in your household**
• **Wash or sanitize your hands** every hour
• Take a break from shopping
• Don’t go to any gatherings with people outside your household
• Exercise by yourself or only with others from your household
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Questions?
Send an email media@surfcity-hb.org
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