How can we protect ourselves from COVID-19?

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COVID-19 is a serious threat to the public’s health, and a threat to each of us and the people we care about.

We all want to avoid getting COVID-19.

We all take risks every day.

What is the right balance between taking action to avoid COVID-19 and continuing to live your life?

- We all have to make our own calculation – risk tolerance
- We are all in this together – our decisions have consequences for others
- I do not have answers

Goal: Consider risks and protective actions
Factors Affecting Your Risk

- **Contact** - Likelihood you encounter someone with COVID-19
  - More people is more risk
  - Some people are at higher risk – Can you gauge this?
- **Distance**
  - Closer risk more risky – highest risk among household contact is between married persons
  - Most infections thought to be transmitted by droplets (typically travel <6 feet), but airborne transmission likely occurs at least occasionally
- **Duration** of exposure
- **Activity** – Coughing > Singing and Yelling > Speaking
- **Prevention**
  - Mask - Are you wearing one?
  - Are others wearing one?
Face Masks

- 2 Hairstylists in Missouri
- Worked while symptomatic, but they and all clients wore masks – (cloth and surgical)
- 139 clients – none developed symptoms
- 67 tested SARS-CoV-2 negative

Face Masks

- Decline in SARS-CoV-2 positivity among PCR tested HCWs following implementation of universal masking at Mass General
- Ecological study

Infographic

REDUCING RISK OF CORONAVIRUS TRANSMISSION

HARM REDUCTION TIPS:

- Masks
- Distance
- Clean Hands
- Fewer People
- Ventilation
- Stay Home If Sick

- Keep Interactions Brief
- Avoid Sharing Food, Drinks, Toys, or Sports Equipment

RISK OF TRANSMISSION

- At Home Alone or With Household Members
- Walk/Run/Bike Outdoors With Other People
- Group Gathering Outdoors
- Group Gathering Indoors

@JuliaLMarcus, @EpiEllie, + Jonah Saffran
Infographic

0. Walking or biking with immediate family
   - Video chats
   - Home exercise
   - Working from home

1. Curbside or takeout food
   - Doctor appointment
   - Playing tennis
   - Grocery delivery

2. Walking or biking with others
   - Getting gas
   - Camping
   - Playing golf

3. Driving through multiple states
   - House cleaner
   - Getting groceries
   - Hotels

4. Backyard barbeques
   - Outlet malls
   - Offices
   - Restaurant, outdoor seating

5. Indoor malls
   - Airplanes
   - Slumber parties/sleepovers
   - Zoos
   - Public restrooms

6. Schools
   - Restaurant, indoor seating
   - Hair salons/barber shops
   - Buses and public transit

7. Playing basketball
   - Public pools
   - Splash pads
   - Churches

8. Gyms
   - Amusement parks
   - Sports stadiums
   - Family reunions

9. Large music concerts
   - Bars
   - Buffets
   - Casinos

University of Nebraska
None of Us Can Completely Control Their Risk

- COVID-19 is very straightforward in terms of understanding social determinants of health (different than HIV)
  - Number of people in household
  - Workplace environment
  - Travel – public transportation
  - Neighborhood concentration of risk
- These factors all mitigate our ability to control risk