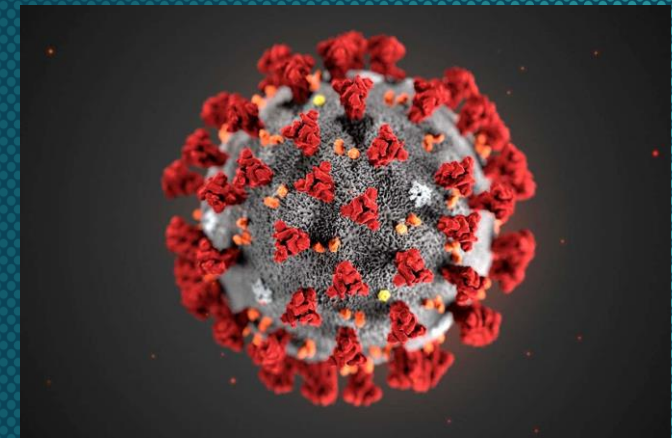


How can we protect ourselves from COVID-19?

I-TECH Videoconference July 27, 2020

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I-TECH

International Training and Education Center for Health

Background

- 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

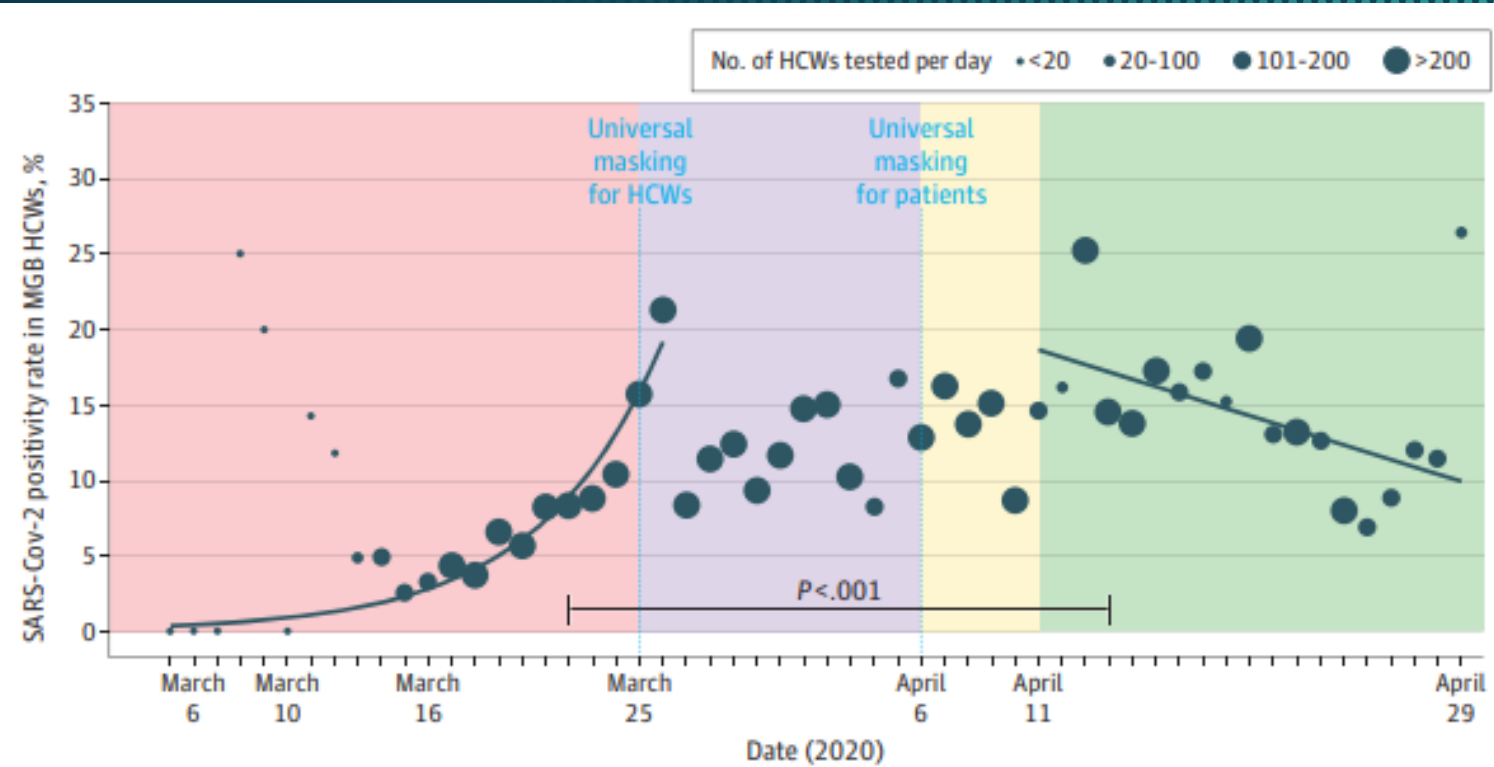
- 2 Hairstylists in Missouri
- Worked while symptomatic, but they and all clients wore masks – (cloth and surgical)
- 139 clients – none developed symptoms
- 67 tested SARS-CoV-2 negative



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Face Masks

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



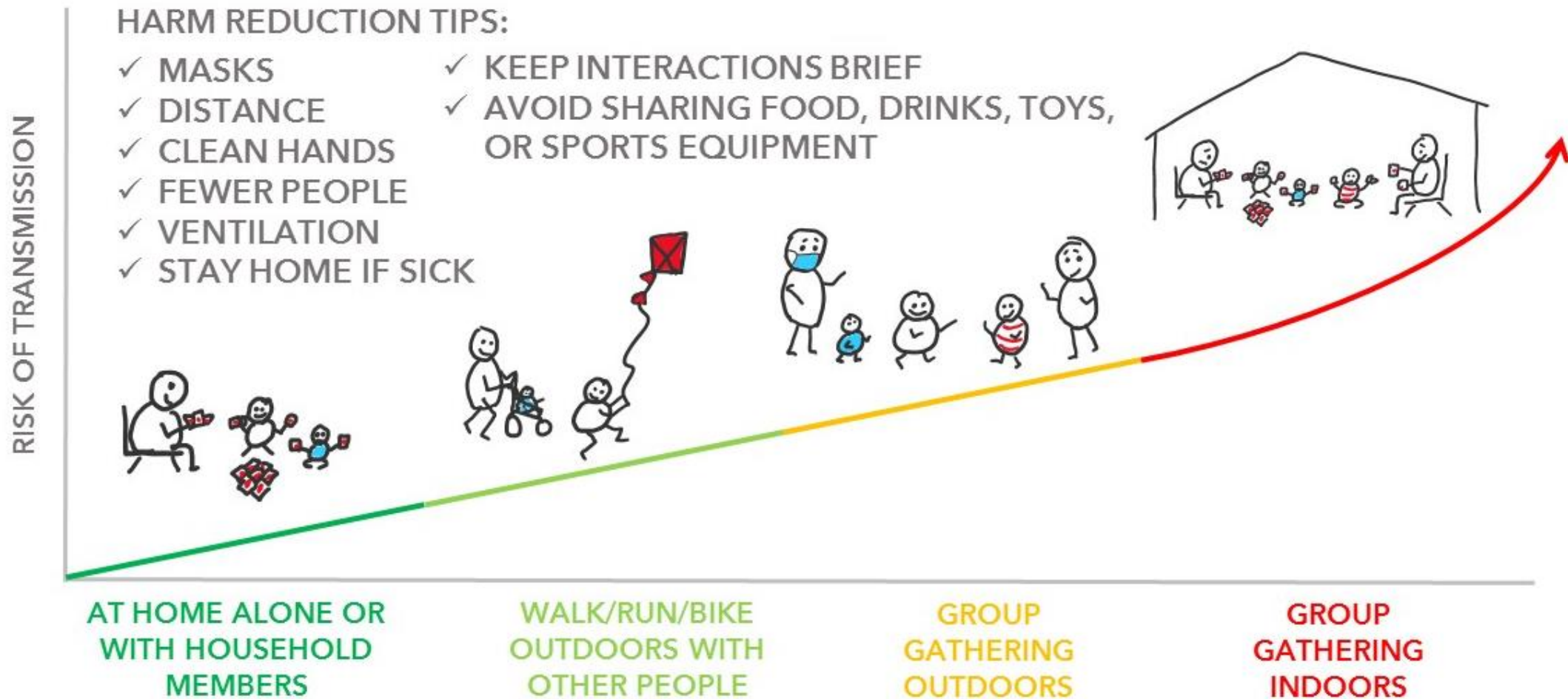
Interventions in Massachusetts

Interventions at MGB

- March 10: Massachusetts declares state of emergency
- March 16: Massachusetts closes schools
- March 17: Massachusetts reduces public transportation
- March 24: Massachusetts issues stay-at-home orders for nonessential workers
- March 12: MGB restricts visitors
- March 14: MGB restricts elective procedures
- March 16: MGB restricts all business travel and limits on-site working
- March 25: MGB universal masking of HCWs
- April 6: MGB universal masking of patients

Infographic

REDUCING RISK OF CORONAVIRUS TRANSMISSION



Infographic



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