



Flattening the Curve:
Degrees of Separation

COVID-19
Preparing
Yourself and
Your Family

▶
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What is Covid-19?

<https://www.cdc.gov/coronavirus/2019-nCoV/summary.html>

<https://www.cdc.gov/coronavirus/types.html>

www.worldometers.info/coronavirus/

[https://www.journalofhospitalinfection.com/article/S0195-6701\(20\)30046-3/fulltext](https://www.journalofhospitalinfection.com/article/S0195-6701(20)30046-3/fulltext)

(in case you are wondering if that animal testing paper you read makes any sense – we share many similarities with mice, rats, pigs, apes... The list goes on.)

- COVID-19 is an abbreviation for the “SARS-CoV-2” virus, which is also nicknamed “Coronavirus Disease 2019”
- Coronaviruses (MERS, SARS, COVID-19) evolved from bats to humans
- This contagion is classified as ‘community spread’
- Research suggests that COVID-19 can live on a surface an average of 9 days

Degrees of separation exercise

- Note: This is a tool for personal use to demonstrate how these diseases spread and how to do a risk analysis. Please reach out if you need assistance or have questions.
- **How it works:**
- Write out your routine in one column
- Estimate how many people may contact a surface you touch during that step in your day
- Evaluate the frequency of this disease in your area
- Evaluate your personal and home's age and comorbid factors
- Evaluate direct contact's age and comorbidity
- Decide what is mandatory, optional, and not necessary
- - The CDC has a published risk assessment chart that can be used for guidance as well:
<https://www.cdc.gov/coronavirus/2019-ncov/php/risk-assessment.html>

Example exercise

- ▶ (30-year-old, healthy, some reported cases in area)

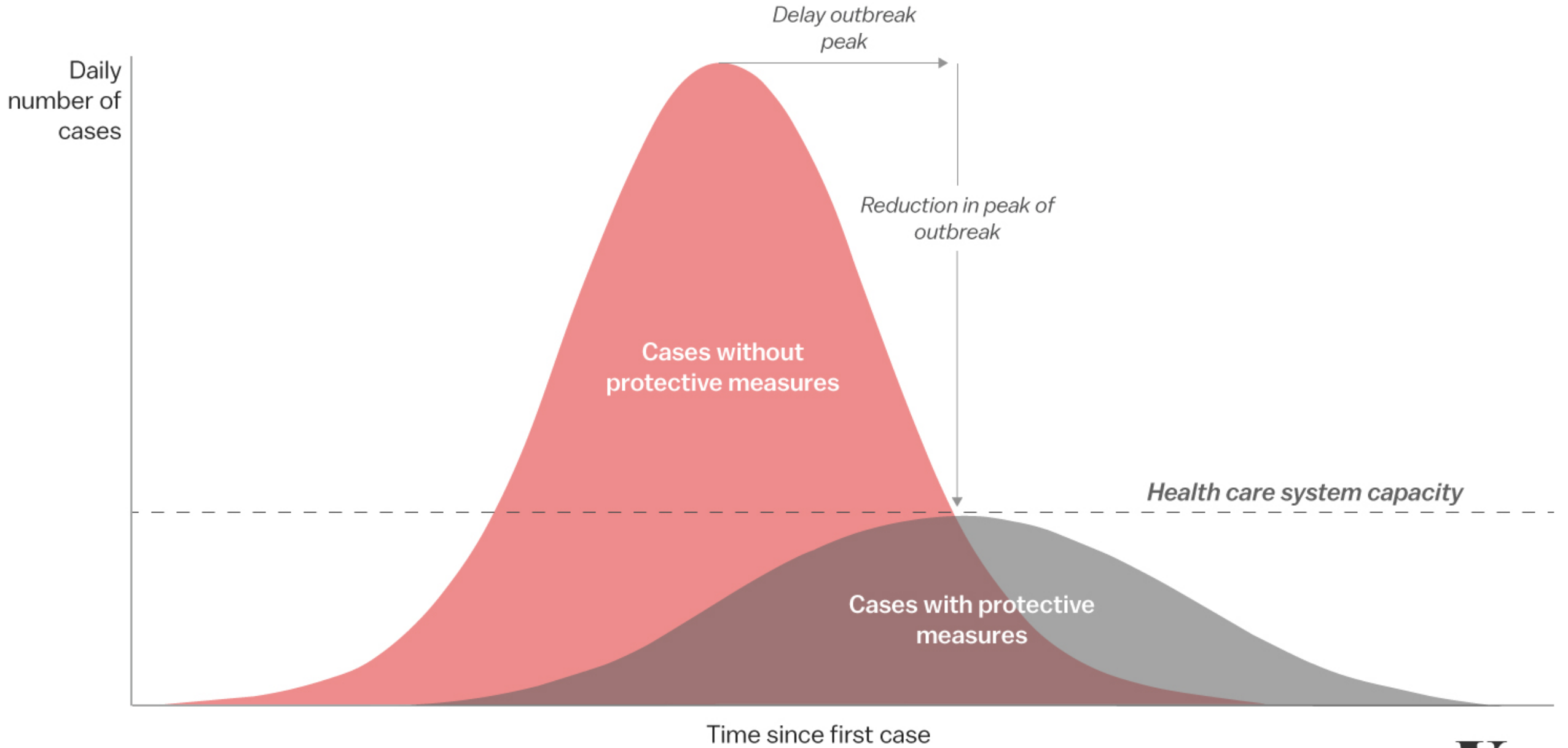
Routine Item	People Who Share surfaces	Mandatory/Optional/Not Necessary
Go to work by subway	Thousands	Mandatory BUT can take bike, walk, or take car to decrease number of contacts
Work in office	50 (work in cubicle but need to take elevator, use restrooms, and break rooms)	Mandatory BUT can talk to HR about potentially working from home or getting more cleaning supplies for around the office. Can take stairs instead of elevator, can bring lunch and coffee to avoid break room
Go to happy hour with colleagues	~100	Not Necessary – suspend this activity
Go to Gym	~150	Optional – Continue with extra precautions. Exercise is good for the immune system and mental health
Visit parent in nursing home	~100	Not Necessary – Given personal activity in public, risk to elder population and likelihood of comorbidity DO NOT go to nursing home. Call parent and/or ask nursing staff if there is an ability to video conference instead.

COVID-19 v. Influenza

- Similarities:
- - Same countermeasures: Practice good hygiene and social distancing.

COVID-19	Influenza
5-6 days between successive cases	3 days between successive cases (spreads faster)
Virus shedding 24-48 hours prior to symptoms (harder to detect if sick and spreading disease)	Virus transmission in first 3-5 days of illness, possibly pre-symptomatic transmission
Preliminary data suggests children are infected from adults	Children are key factors in the spread
Most severe for the elderly and those with underlying medical conditions/those who are immunocompromised	Most severe for children, pregnant women, elderly, and people with underlying chronic medical conditions/those who are immunocompromised
Vaccines in development	Vaccines and antivirals available (Please get your flu shot if you haven't already)

Flattening the curve





If you must go outside or interact with the public

- Leave shoes at the door or outside, if possible
- Wash your hands immediately when you walk in
- Wipe down your phone and doorknob immediately when you walk in
- Wipe down any items you must have outside as well as inside (medical supplies, for example)
- Do your best to clean your kids' stuff as often as possible
- Do not allow playdates or visitors over if possible
- Don't forget to wash your hands before handing makeup and/or contact lenses.
- Be sure to disinfect your glasses regularly too!

Thank you!



- Please feel free to email Samantha.Lushtak@AbsoluteEHS.com with questions
- Please check my webpage for website links, downloadable documents, and worksheets.
www.AbsoluteEHS.com/covid-19/
- Please consider supporting my small business by donating to support public services such as this one.
 - PayPal on the website
 - Venmo @Samantha-Lushtak

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