CDC Daily Key Points
Coronavirus Disease 2019 ("COVID-19") Outbreak
March 12, 2020 as of 9:30pm

Updated text is shown in colored text.

SNAPSHOT

- CDC has reported:
  - 1,215 confirmed and presumptive positive cases of COVID-19
  - 36 COVID-19 related deaths
  - 42 states and the District of Columbia

MAIN KEY POINTS

- The global outbreak of respiratory illness caused by a new coronavirus that emerged from China has reached pandemic proportions, according to the World Health Organization.
- The United States is in the early phase of the outbreak.
- Public health efforts at this time are focused concurrently on containing spread of this virus and mitigating the impact of this virus.
- There is no vaccine to protect against COVID-19 and no medications approved to treat it.
- Nonpharmaceutical interventions are actions, apart from getting vaccinated and taking medicine, that people and communities can take to help slow the spread of respiratory illnesses like COVID-19 and reduce the impact of that outbreak.
- School closures are one of a number of nonpharmaceutical interventions.
- On March 12, CDC posted "Considerations for school closures" which provides information about the appropriate timing of school closures.
- More cases of COVID-19 are expected in the United States in the coming days, including more instances of community spread.
- As the outbreak continues, at some point, widespread transmission of the virus that causes COVID-19 in the United States is expected occur.
- Many people will get sick, but based on what is known about this virus, most people will not develop serious illness.
- Based on data out of China, where this virus first emerged, older adults and persons of all ages who have serious long-term health problems seem to be at higher risk for more serious COVID-19 illness.
  - It's important that people who are at higher risk of serious COVID-19 illness take special precautions to reduce their risk of getting sick and that the people around them take action to help protect those who are most vulnerable.
  - CDC has guidance for what people at higher risk should do at this time.
- All communities can take measures to reduce the spread of COVID-19. Everyone has a role to play in getting ready and staying healthy.

SITUATION UPDATE

- 1,215 reported cases of COVID-19 have been detected in Arizona, Arkansas, California, Colorado, Connecticut, Delaware, Florida, Georgia, Hawaii, Illinois, Indiana, Iowa, Kansas, Kentucky, Louisiana, Maryland, Massachusetts, Michigan, Minnesota, Missouri, Montana, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, New York (and New York City), North

Carolina, Ohio, Oklahoma, Oregon, Pennsylvania, Rhode Island, South Carolina, South Dakota, Tennessee, Texas, Utah, Vermont, Virginia, Washington, and Wisconsin.
    - 102 of these cases occurred through close contact with another case.
    - 125 cases occurred in persons who had traveled to international areas with sustained (ongoing) transmission and among their close contacts.
    - 988 cases are still being investigated to determine the source of exposure.
- CDC has developed a map of the U.S. that shows affected states and how many COVID-19 cases they have reported.
- Because states are reporting their results directly and publicly, sometimes in near real-time, CDC case counts may be different from what states, local authorities, or media are reporting.
    - In the event of a discrepancy between case counts reported by state or local public health officials versus CDC-reported numbers, the numbers reported by states should be considered the most up to date.
- As of the evening of March 11, 81 state and local public health labs in 50 states and the District of Columbia have verified they are successfully using COVID-19 diagnostic tests.
- CDC has developed a map showing which states and territories have one or more laboratories that have successfully verified and are currently using COVID-19 diagnostic tests.
    - This list is provided by the Association of Public Health Laboratories (APHL).
    - The same page includes information on the number of COVID-19 specimens tested.
- As of the evening of March 11, 2020, CDC and local and state public health laboratories had tested a total of 13,624 specimens.
- CDC is reviewing and updating travel notices almost on a daily basis.
- U.S. citizens, residents, and their immediate family members who have been in China or Iran within in the past 14 days can enter the United States, but they are subject to health monitoring and possible quarantine for up to 14 days.
- On March 11, President Trump issued a proclamation that foreign nationals who have been in one or more of 26 European countries within the past 14 days cannot enter the United States for a period of 30 days.
- On March 11, CDC issued a:
    - Level 3 Travel Health Notice recommending travelers avoid all nonessential travel to most of Europe.
    - Global Level 2 Travel Health Notice recommending older adults and those who have chronic medical conditions consider postponing nonessential travel.
- On March 8, CDC recommended travelers, particularly those with underlying health issues, defer all cruise ship travel worldwide.

CONSIDERATIONS FOR SCHOOL CLOSURES

- There is a role for school closures in response to school-based cases of COVID-19:
    - For decontamination and contact tracing (few days of closure)
    - In response to significant absenteeism of staff and students (short to medium length, i.e., 2–4 weeks of closure)
    - As part of a larger community mitigation strategy for jurisdictions with substantial community spread (medium to long length, i.e., 4–8 weeks or more of closure)
- Available modeling data indicate that short- to medium-length closures early in the outbreak will not impact the spread of COVID-19 or health care measures (e.g., hospitalizations). There

may be some impact of much longer closures (8 or more weeks) further into the outbreak when there is more community spread.
- The same model shows other mitigation efforts (e.g., handwashing, home isolation) have more impact on both spread of disease and health care measures.
- In other countries, places that closed schools (e.g., Hong Kong) have not had more success in reducing spread than those that did not (e.g., Singapore).
- In places where school closures are necessary, the anticipated academic and economic impacts and unintended impacts on disease outcomes must be planned for and mitigated. All of the following must be addressed:
    - Provision of academic support (e.g., tele-ed)
    - Alternatives for school-based meals and other services (e.g., behavioral and mental health services) for economically and physically vulnerable children
    - Support for families for whom telework and paid sick leave is not available
    - Continued protection for high risk individuals
- Special consideration must be given for healthcare workers so that school closures do not impact their ability to work.

PANDEMIC INFORMATION

- Pandemics happen when a disease emerges to infect people easily and spreads from person to person in an efficient and sustained way globally.
- This is the first pandemic known to be caused by the emergence of a new coronavirus.
- In the past century, there have been four pandemics caused by the emergence of novel influenza viruses.
    - Pandemic guidance developed in anticipation of an influenza pandemic is being repurposed and adapted for a COVID-19 pandemic.
- The federal government has been working closely with state, local, tribal, and territorial partners, as well as public health partners, to prepare for and respond to this public health threat for months.
- CDC has been implementing its pandemic preparedness and response plans, working on multiple fronts, including providing specific guidance on measures to prepare communities to respond to local spread of the virus that causes COVID-19.
- Pandemics of respiratory disease follow a certain progression outlined in a "Pandemic Intervals Framework."
    - Pandemics begin with an investigation phase, followed by recognition, initiation, and acceleration phases.
    - The peak of illnesses occurs at the end of the acceleration phase, which is followed by a deceleration phase, during which there is a decrease in illnesses.
- Different countries can be in different phases of the pandemic at any point in time and different parts of the same country can also be in different phases of a pandemic.
- Nationally, the United States is currently in the initiation phase, but states where community spread is occurring are in the acceleration phase.
- The duration and severity of each phase can vary depending on the characteristics of the virus and the public health response.
- Public health partners are encouraged to review their pandemic preparedness plans at this time.

PEOPLE AT HIGHER RISK OF EXPOSURE/INFECTION

- The immediate risk of being exposed to this virus is still low for most Americans, but as the outbreak expands, that risk will increase. Cases of COVID-19 and instances of community spread are being reported in a growing number of states.
- Right now, people are at higher risk of exposure/infection include:
    - People in communities where ongoing community spread of the virus that causes COVID-19 has been reported are at elevated risk of exposure, with level of risk dependent on the location.
    - Healthcare workers caring for patients with COVID-19 are at elevated risk of exposure.
    - Close contacts of persons with COVID-19 also are at elevated risk of exposure.
    - Travelers returning from affected international locations where community spread is occurring also are at elevated risk of exposure, with level of risk dependent on where they traveled.

PEOPLE AT HIGHER RISK OF SERIOUS COVID-19 ILLNESS

- Early information out of China, where COVID-19 first started, shows that some people are at higher risk of getting very sick from this illness. This includes:
    - Older adults, with risk increasing by age
    - People who have serious chronic medical conditions like
        - Heart disease
        - Diabetes
        - Lung disease

WHAT YOU CAN DO

- Everyone can do their part to help respond to this emerging public health threat:
    - Individuals and communities should familiarize themselves with recommendations to protect themselves and their community from getting and spreading respiratory illnesses like COVID-19.
    - Older people and people with severe chronic conditions should take special precautions because they are at higher risk of developing serious COVID-19 illness.
    - If you are a healthcare provider, use your judgement to determine if a patient has signs and symptoms compatible with COVID-19 and whether the patient should be tested. Factors to consider, in addition to clinical symptoms, may include:
        - Does the patient have recent travel from an affected area?
        - Has the patient been in close contact with someone with COVID-19 or patients with pneumonia of unknown cause?
        - Does the patient reside in an area where there has been community spread of COVID-19?
    - If you are a healthcare provider or a public health responder caring for a COVID-19 patient, please take care of yourself and follow recommended infection control procedures.
    - If you are a close contact of someone with COVID-19 and develop symptoms of COVID-19, call your healthcare provider and tell them about your symptoms and your exposure. They will decide whether you need to be tested. Keep in mind that there is no treatment for COVID-19 and people who are mildly ill are able to isolate at home.

- If you are a resident in a community where there is ongoing spread of COVID-19 and you develop COVID-19 symptoms, call your healthcare provider and tell them about your symptoms. They will decide whether you need to be tested. Keep in mind that there is no treatment for COVID-19 and people who are mildly ill are able to isolate at home.
- For people who are ill with COVID-19, but are not sick enough to be hospitalized, please follow CDC guidance on how to reduce the risk of spreading your illness to others. People who are mildly ill with COVID-19 are able to isolate at home during their illness.
- If you have been in China or another affected area or have been exposed to someone sick with COVID-19 in the last 14 days, you will face some limitations on your movement and activity. Please follow instructions during this time. Your cooperation is integral to the ongoing public health response to try to slow spread of this virus.

CDC ACTIONS

- The federal government is working closely with state, local, tribal, and territorial partners, as well as public health partners, to respond to this public health threat.
- The public health response is multi-layered, with the goal of detecting and minimizing introductions of this virus in the United States to reduce the spread and the impact of this virus.
- CDC is operationalizing all of its pandemic preparedness and response plans, working on multiple fronts to meet these goals, including specific measures to prepare communities to respond to local transmission of the virus that causes COVID-19.
- CDC is aggressively responding to the global outbreak of COVID-19 and preparing for the potential of community spread in more parts of the United States.
- CDC's Action for Preparing Communities for Potential Spread of COVID-19 include:
    - Preparing first responders, healthcare providers, and health systems
    - Reinforcing state, territorial, and local public health readiness
    - Supporting communities, businesses, and schools

COMMUNITY BASED INTERVENTIONS (AKA COMMUNITY MITIGATION)

- Americans should be prepared for the possibility of a COVID-19 outbreak in their community. Everyone has a role to play.
- Currently, a vaccine is not available for COVID-19. Until a vaccine is developed, community-based interventions, such as school dismissals, event cancellations, social distancing, and plans to work remotely, can help slow the spread of coronavirus.
- Your local public health department and community partners have been preparing for an event like COVID-19 and have plans in place. Now is a good time for businesses, community and faith-based organizations, schools, and health-care systems to reexamine their preparedness plans to make sure they are ready.
- Strong community partnerships between local health departments, the health care sector, faith-based organizations, and other community partners are vital for this response, and will be necessary to prepare for and coordinate if an outbreak occurs.
    - Community-based interventions can be grouped in three categories:
        - Personal protective measures (e.g., voluntary home isolation of ill persons, voluntary home quarantine of exposed household members, covering

nose/mouth when coughing or sneezing, hand hygiene, using face masks in community settings when ill)
        - Community measures aimed at increasing social distancing (e.g., school dismissals, social distancing in workplaces, postponing or cancelling mass gatherings)
        - Environmental measures (e.g., routine cleaning of frequently touched surfaces)
- CDC has recommendations to protect yourself and your community from getting and spreading respiratory illnesses like COVID-19.

For more information please visit the Coronavirus Disease 2019 Outbreak Page at: www.cdc.gov/COVID19.