

Apex CERT



COVID-19

The Calm Within the Storm



Housekeeping



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Symptoms

Symptom	% of patients with symptom
Fever	87.9
Dry cough	67.7
Fatigue	38.1
Sputum production	33.4
Loss of smell	15 to 30
Shortness of breath	18.6
Muscle or joint pain	14.8
Sore throat	13.9
Headache	13.6
Chills	11.4
Nausea or vomiting	5.0
Nasal congestion	4.8
Diarrhea	3.7 to 31
Hemoptysis (Coughing up blood)	0.9
Conjunctival congestion	0.8

Transmission



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COronaVirus Disease (COVID)-19

	Confirmed Cases	Fatalities
Wake County	134	0

Sources: [NC DHHS](#), [CDC](#), and [WHO](#)

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North Carolina	1,040	4

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COronaVirus Disease (COVID)-19

	Confirmed Cases	Fatalities
Wake County	134	0
North Carolina	1,040	4
United States	122,653	2,112

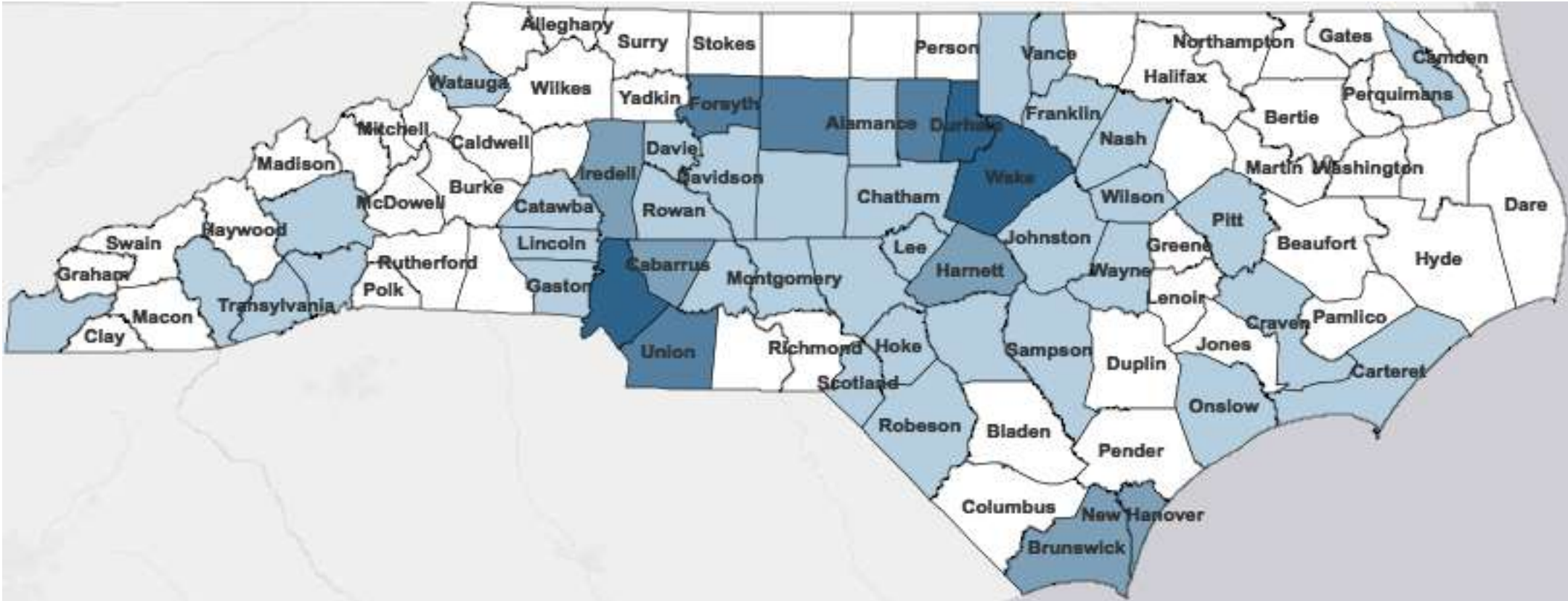
Sources: [NC DHHS](#), [CDC](#), and [WHO](#)

COronaVirus Disease (COVID)-19

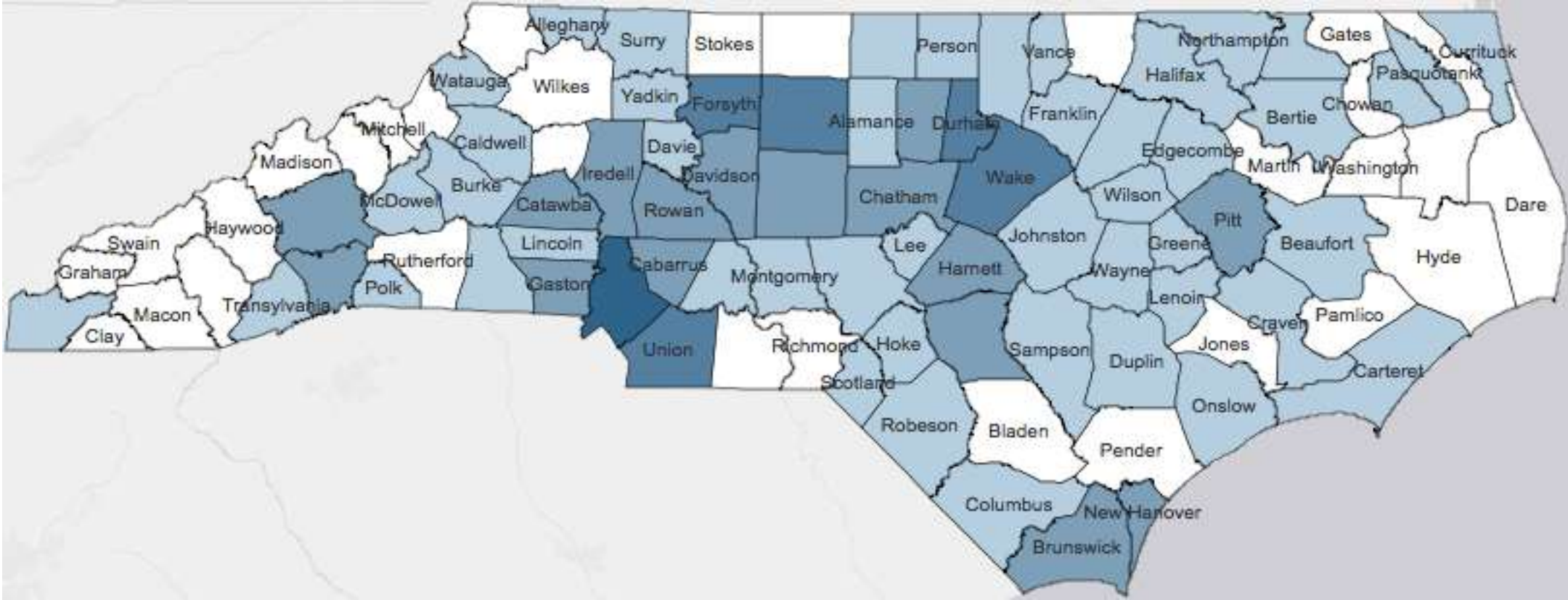
	Confirmed Cases	Fatalities
Wake County	134	0
North Carolina	1,040	4
United States	122,653	2,112
Worldwide	634,835	29,957

Sources: [NC DHHS](#), [CDC](#), and [WHO](#)

North Carolina Cases – March 25, 2020



North Carolina Cases – March 29, 2020



Precautions

- Social Distancing (>6 feet apart)
- Body hygiene
- Home/workplace hygiene
 - Disinfect heavily-used areas
 - Wash clothes



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Wake County Stay-at-Home Order

What's not allowed:

- Started Friday, March 27 @ 1700
- No gatherings of any size
- Non-essential businesses must close
- Public transportation should be used only if necessary



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Wake County Stay-at-Home Order

What is allowed:

- Shopping for food, take-out orders, and drive-thru
- Operating businesses that provide critical services (hospitals, banks, etc)
- Caring for a family member or pet in another household
- Providing childcare for parents whose jobs are considered essential
- Utilizing plumbers, electricians, and others who help maintain the safety and sanitation of residences
- Visiting a local park, greenway, preserve (but maintain social distance!)

And really...



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CERT's Role During a Pandemic



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CERT's Role in a Pandemic – What We Don't Do

- Put ourselves directly in harm's way
- Engage in risky behavior
- Use our CERT credentials to our advantage



CERT's Role in a Pandemic – What We Can Do!



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CERT's Role in a Pandemic – What We Can Do!



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CERT's Role in a Pandemic – What We Can Do!



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CERT's Role in a Pandemic – What We Can Do!



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Know Three Things

- **Your Home**
 - Utilities
 - Where to seek shelter
 - **Sheltering in place**
- **Your Neighborhood**
 - **Who are my neighbors, and what is their contact info?**
 - What hazards could we commonly face?
 - What roads can I take if I have to evacuate?
- **Your Town**
 - Where are the first responders?
 - **Where are the hospitals and urgent care facilities?**
 - **How do I get the right information in an emergency?**



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Answering the Call



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Answering the Call



- Emergencies don't come sequentially
- We may not get called for the pandemic, but...
- We could get called for something else DURING the pandemic



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Answering the Call...

1. Apex Fire Department initiates the call
2. You and your family come first
3. If you show any signs or believe you may have been exposed, **stay home!**
 1. Report back with your condition
 2. Monitor for 14 days
4. Acknowledge the call, follow instructions



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En Route...



1. Assembly point will be identified when mobilized
2. Keep your Apex CERT ID badge with you
3. Bring your CERT bag (particularly your PPE)
4. Follow local law enforcement instructions
 1. Identify yourself as a CERT member
 2. Report any issues back to us



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While on Duty

1. Maintain social distancing
2. Have PPE ready
3. Be polite to the public, but...
4. Answer questions with minimal information
 1. “We’re just here to help Apex Fire Department”
5. Avoid talking to media



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Handling Patients



- Assess patients for COVID-19 symptoms from 6+ feet away
- Properly wear your PPE before approaching patient
 - Nitrile gloves
 - N95 mask
 - Protective goggles (eyeglasses/sunglasses/contacts do not count)
- Minimize contact with patient until facemask is on the patient
 - This is for source control
- Avoid touching your face

Handling Patients (Cont'd...)

- Report suspected cases prior to other agencies' arrival (EMS, police, etc.)
- Keep family members separated as much as possible
- Document care after cleaned up
 - Document level of contact between your team and the patient

What to Ask Patients?

1. Have you traveled outside of the country in the last 14 days?
2. Have you had any fever in the last few days or 2 weeks?
3. Have you had any lower respiratory issues or pain? Trouble breathing (not from pollen or head congestion)?
4. Have you had any contact or possible contact with anybody with the known virus?
5. Have you had any flu like symptoms over the last few weeks?

Between Patients



- Change gloves frequently
- If you can't change gloves, sanitize them using bleach
- Before entering transportation/CERT gathering area
 - Remove PPE
 - Practice hand hygiene
- Dispose of used PPE properly



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Meanwhile, Back at the Base...

- Keep it clean!
- Don't wear PPE from the field in the base
- Wipe down commonly-used surfaces
 - Tables, chairs, doorknobs, etc.
 - Radios, electronic equipment need special care
- Wash hands frequently



Questions?



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