



# COVID Updates: What Adults Should Know

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# Objectives

By the end of this webinar participants will be able to

- Demonstrate how to wear a mask properly
- Identify the different types of COVID-19 tests
- Describe the new COVID-19 isolation and quarantine timeframes
- Explain the meaning of being fully vaccinated against COVID-19

# New Masking Guidelines

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Communicable Disease Outreach Coordinator

# Masks

- ▶ When choosing a mask, look at how well it fits. Gaps can let air with respiratory droplets leak in and out around the edges of the mask. Gaps can be caused by choosing the wrong size or type of mask and when a mask is worn with facial hair.
- ▶ It is important to check that it fits snugly over your nose, mouth, and chin.
- ▶ Check for gaps by cupping your hands around the outside edges of the mask.
- ▶ Make sure no air is flowing from the area near your eyes or from the sides of the mask.
- ▶ If the mask has a good fit, you will feel warm air come through the front of the mask and may be able to see the mask material move in and out with each breath.

# Cloth Masks

## ▶ **Wear cloth masks with**

- ▶ A proper fit over your nose, mouth, and chin to prevent leaks
- ▶ Multiple layers of tightly woven, breathable fabric
- ▶ Nose wire
- ▶ Fabric that blocks light when held up to bright light source

## ▶ **Do NOT wear cloth masks with**

- ▶ Gaps around the sides of the face or nose
- ▶ Exhalation valves, vents, or other openings (see example)
- ▶ Single-layer fabric or those made of thin fabric that don't block light
- ▶ Wet or dirty material



# Procedure Masks

- ▶ Disposable **procedure** masks are widely available. They are sometimes referred to as surgical masks or medical procedure masks.
- ▶ **Wear procedure masks with**
  - ▶ A proper fit over your nose, mouth, and chin to prevent leaks
  - ▶ Multiple layers of non-woven material
  - ▶ A nose wire
- ▶ **Do NOT wear procedure masks with**
  - ▶ Gaps around the sides of the face or nose (see example)
  - ▶ Wet or dirty material



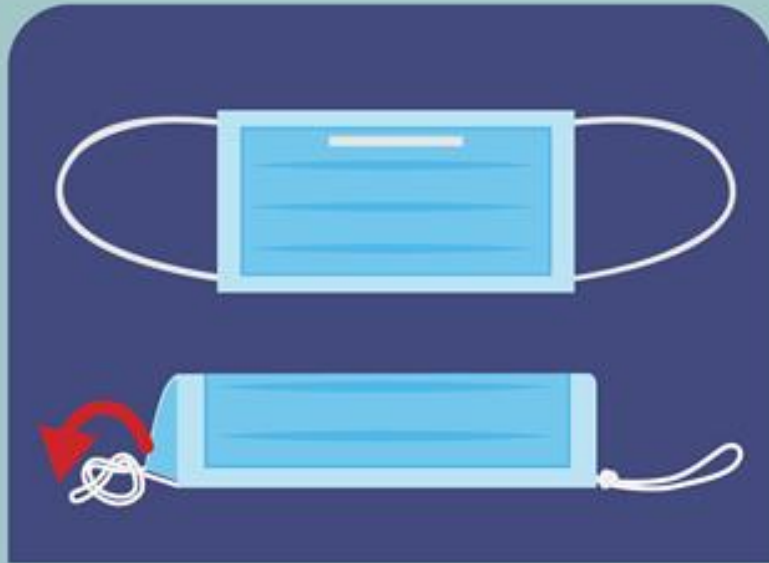


# Ways to have better fit and extra protection with cloth and disposable masks

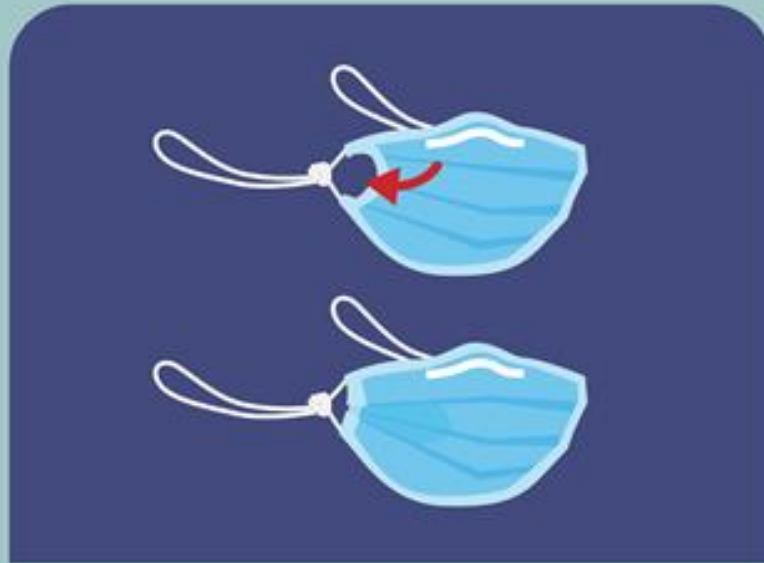
- ▶ Wear two masks (disposable mask underneath **AND** cloth mask on top)
- ▶ Combine either a cloth mask or disposable mask with a fitter or brace
- ▶ Knot and tuck ear loops of a 3-ply mask where they join the edge of the mask
  - ▶ For disposable procedure masks, fold and tuck the unneeded material under the edges. (For instructions, see the following <https://youtu.be/GzTAZDsNBe0> external icon)



# Additional Mask Tips



**Knot the ear loops**



**Fold and tuck in  
unnneeded material**



**Check for close fit**



# What Prevention Steps Should You Take Based on Your COVID-19 Community Level?

Low	Medium	High
<ul style="list-style-type: none"><li>• Stay <u>up to date</u> with COVID-19 vaccines</li><li>• <u>Get tested</u> if you have symptoms</li></ul>	<ul style="list-style-type: none"><li>• If you are <u>at high risk for severe illness</u>, talk to your healthcare provider about whether you need to wear a mask and take other precautions</li><li>• Stay <u>up to date</u> with COVID-19 vaccines</li><li>• <u>Get tested</u> if you have symptoms</li></ul>	<ul style="list-style-type: none"><li>• Wear a <u>mask</u> indoors in public</li><li>• Stay <u>up to date</u> with COVID-19 vaccines</li><li>• <u>Get tested</u> if you have symptoms</li><li>• Additional precautions may be needed for people <u>at high risk for severe illness</u></li></ul>

People may choose to mask at any time. People with symptoms, a positive test, or exposure to someone with COVID-19 should wear a mask.

COVID-19 Community Levels – Use the Highest Level that Applies to Your Community

New COVID-19 Cases Per 100,000 people in the past 7 days	Indicators	Low	Medium	High
Fewer than 200	New COVID-19 admissions per 100,000 population (7-day total)	<10.0	10.0-19.9	≥20.0
	Percent of staffed inpatient beds occupied by COVID-19 patients (7-day average)	<10.0%	10.0-14.9%	≥15.0%
200 or more	New COVID-19 admissions per 100,000 population (7-day total)	NA	<10.0	≥10.0
	Percent of staffed inpatient beds occupied by COVID-19 patients (7-day average)	NA	<10.0%	≥10.0%

The COVID-19 community level is determined by the higher of the new admissions and inpatient beds metrics, based on the current level of new cases per 100,000 population in the past 7 days

# Different Types of Testing

Amy Lewis, MPH, MCHES  
Health Educator

# Rapid Test

- ▶ Viral test
- ▶ Infection at time of test
- ▶ Results:
  - ▶ Performed in minutes
  - ▶ May be less reliable for people without symptoms
- ▶ Follow-up test may be required

# PCR Test

- ▶ Gold standard
- ▶ Viral molecular laboratory test
- ▶ Polymerase Chain Reaction
- ▶ Results:
  - ▶ Usually in 1-3 days
  - ▶ Reliable for people with and without symptoms
- ▶ No follow-up test required



# Home Test

- ▶ FDA authorized
- ▶ Collect your own sample
- ▶ Available online at <https://www.covidtests.gov/> or local retailers
- ▶ [Self-Testing videos](#)

# Antibody Tests

- ▶ Had a past infection
- ▶ Does NOT determine:
  - ▶ If you have immunity
  - ▶ Whether you need a booster
  - ▶ Whether you need to quarantine
- ▶ Blood test

# New Isolation & Quarantine Timeframes

Megan Avallone, MS, RN  
Health Officer

## If You Test Positive for COVID-19 (Isolate)

Everyone, regardless of vaccination status.

- Stay home for 5 days.
- If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.
- Continue to wear a mask around others for 5 additional days.

*If you have a fever, continue to stay home until your fever resolves.*

## If You Were Exposed to Someone with COVID-19 (Quarantine)

**If you:**

Have been boosted

**OR**

Completed the primary series of Pfizer or Moderna vaccine within the last 6 months

**OR**

Completed the primary series of J&J vaccine within the last 2 months

- Wear a mask around others for 10 days.
- Test on day 5, if possible.

*If you develop symptoms get a test and stay home.*

**If you:**

Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted

**OR**

Completed the primary series of J&J over 2 months ago and are not boosted

**OR**

Are unvaccinated

- Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.
- If you can't quarantine you must wear a mask for 10 days.
- Test on day 5 if possible.

*If you develop symptoms get a test and stay home*

# Adult Immunization Schedule

Ellen Shelley, DNP, MSN, NE-BC, CPHQ, CCM  
Vulnerable Populations Coordinator





3 vaccines  
currently  
available:

Pfizer – 2 dose series

Moderna – 2 dose  
series

Janssen – 1 dose  
series

# Primary Series Fully Vaccinated Means:



You have received the full series of vaccination (one dose or two doses depending on the vaccine) and 14 days have passed since you received the full vaccine series.

# 3<sup>rd</sup> Dose VS Booster Dose

## 3<sup>rd</sup> dose



- ▶ For those who are unable to mount an adequate immune response after receiving the full series.

\* 4 weeks after primary series

## Booster dose

- ▶ When the immune response to the primary series is likely to have waned over time.



# Interval Between Primary Series and Booster



## Pfizer or Moderna

- ▶ Booster dose should be 5 months after completing the primary series

## Janssen

- ▶ Booster dose should be 2 months after receiving the primary vaccine.

Vaccine	Number of doses in primary series	Interval between 1 <sup>st</sup> & 2 <sup>nd</sup> dose	Interval between Primary and Booster dose
Pfizer	2	3- 8 weeks	5 months
Moderna	2	4 - 8weeks	5 months
Janssen	1	NA	2 months

# For Immunocompromised Persons

- ▶ Primary series
- ▶ 3<sup>rd</sup> dose – 4 weeks later
- ▶ Booster dose: 3 months after receiving 3<sup>rd</sup> dose



Vaccine	Number of Doses in primary series	Interval between 1st dose & 2 <sup>nd</sup> dose (primary series)	Interval between Primary series & 3 <sup>rd</sup> dose	Interval between 3 <sup>rd</sup> dose & Booster dose
Pfizer	2	3 weeks	4 weeks	3 months
Moderna	2	4 weeks	4 weeks	3 months
Janssen	2	4 weeks mRNA	NA	At least 2 months

Update:  
3<sup>rd</sup> Doses of  
COVID-19 Vaccines





# Additional Vaccination Guidance

- ▶ If you have had COVID
- ▶ If you have received medication for COVID
- ▶ If you have been exposed to a person who tested positive for COVID



Q & A