

Flattening the Curve! It's Time for Social Distancing! Kelly Berg, S2C Practitioner



Unless you've been living under a rock the last few weeks (and let's be honest, some of us would prefer to be living under rocks right now!), you're aware that we are in the midst of a NOVEL (new and not resembling something formerly known or used) coronavirus outbreak. The virus was first identified in WUHAN CHINA, and it's new name is CORONAVIRUS 2019, abbreviated as COVID-19. In COVID-19, 'CO' stands for 'corona,' 'VI' for 'virus,' and 'D' for disease. Formerly, this disease was referred to as "2019 novel coronavirus" or "2019-nCoV". Dr. MICHAEL MINA, EPIDEMIOLOGY researcher at Harvard said "Most people, with proper medical attention, will do just fine."

What word means new and not resembling something formerly known? NOVEL

Where was the virus first identified? WUHAN CHINA

What does the CO stand for? CORONA

What does the VI stand for? VIRUS

What does the D stand for? DISEASE

What is one other thing COVID-19 has been referred to as? 2019 NOVEL CORONAVIRUS, 2019 NCOV

What did Michael Mina say about COVID-19? MOST PEOPLE WITH PROPER MEDICAL ATTENTION WILL DO JUST FINE

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While most people who get the virus will be just fine, it is important to note that what data we have does show that some people are at higher risk of getting very sick from this illness. This includes OLDER ADULTS (over the age of 60), and people who have serious CHRONIC medical conditions like HEART DISEASE, DIABETES, and LUNG DISEASE. And it's also important to note that if, and that "if" is looking like more of a "when", a COVID-19 OUTBREAK (when a large number of people suddenly get sick) happens in your community, it could last for a while. Public health officials have now recommended COMMUNITY ACTIONS to reduce people's risk of being exposed to COVID-19. These actions can slow the spread and reduce the impact of disease.

Some people are at a higher risk of getting very sick from COVID-19. Name one.

OLDER ADULTS, PEOPLE WITH SERIOUS CHRONIC MEDICAL CONDITIONS LIKE HEART DISEASE, DIABETES, LUNG DISEASE

How is an 'outbreak' defined? WHEN A LARGE NUMBER OF PEOPLE SUDDENLY GET SICK

OR What is it called when a large number of people suddenly get sick? OUTBREAK

What have public health officials recommended? COMMUNITY ACTIONS

Community actions will reduce people's ____ of being exposed to COVID-19. RISK

What is one of the benefits of community actions? REDUCE PEOPLE'S RISK OF BEING EXPOSED TO COVID-19, SLOW THE SPREAD, REDUCE THE IMPACT OF DISEASE

In your own words, why are community actions like this important during an outbreak?

Those who are reading and listening to updates about the outbreak of COVID-19 have probably heard the term "FLATTEN THE CURVE" frequently bandied about in recent days in particular. As the coronavirus continues to spread in the U.S., more and more businesses are sending employees off to work from home. Public schools are closing, universities are holding classes online, major events are getting canceled, and churches are shutting their doors. Even Disney World and Disneyland are closed! The disruption of daily life for many Americans is real and significant - but so are the potential life-saving benefits. We might be young and healthy, but chances are we all know someone who is at a higher risk.

What term is being "bandied" about lately? FLATTEN THE CURVE

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As coronavirus spreads, more and more businesses are sending employees off to work from where? HOME

What is one thing that is happening around us in order to flatten the curve in our community? BUSINESS ARE HAVING EMPLOYEES WORK FROM HOME, SCHOOLS ARE CLOSING, UNIVERSITIES ARE HOLDING CLASSES ONLINE, MAJOR EVENTS ARE GETTING CANCELLED, CHURCHES ARE SHUTTING THEIR DOORS, DISNEY WORLD AND DISNEYLAND ARE CLOSED

What is the negative side of these community actions? THE DISRUPTION IS REAL AND SIGNIFICANT

What is the positive side? THERE ARE POTENTIAL LIFE-SAVING BENEFITS

So Disneyland and Disney World are closed, but imagine you are in there and you can ride any ride you want, with NO LINE...where do you head first?

It's all part of an effort to do what epidemiologists call flattening the curve of the PANDEMIC (prevalence of a disease over a whole country or the world). The idea is to increase SOCIAL DISTANCING in order to slow the spread of the virus, so that you don't get a huge spike in the number of people getting sick all at once. If that were to happen, there wouldn't be enough hospital beds or MECHANICAL VENTILATORS for everyone who needs them, and the U.S. hospital system would be overwhelmed. That's already happening in Italy. Dr. ANTHONY FAUCI has used the term quite a lot. He is DIRECTOR of the NATIONAL INSTITUTE OF ALLERGY AND INFECTIOUS DISEASES, and one of the most prominent officials in disseminating information to the public about how to combat COVID-19. Dr. Fauci says, "If you look at the curves of outbreaks, you know, they go up big peaks, and then they come down. What we need to do is flatten that down." he has said publicly. "That would have less people infected. That would, ultimately, have less deaths."

What word was used meaning prevalence of a disease over a whole country or the world? PANDEMIC

The idea is to increase _____ in order to slow the spread of the virus. SOCIAL DISTANCING

Ultimately, what is the idea behind this effort? WE DON'T GET A HUGE SPIKE IN THE NUMBER OF PEOPLE GETTING SICK ALL AT ONCE

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If we don't flatten the curve, what could we potentially be short of? MECHANICAL VENTILATORS, HOSPITAL BEDS

Who is Dr. Anthony Fauci? DIRECTOR OF THE NATIONAL INSTITUTE OF ALLERGY AND INFECTIOUS DISEASES, ONE OF THE MOST PROMINENT OFFICIALS IN DISSEMINATING INFORMATION TO THE PUBLIC ABOUT HOW TO COMBAT COVID-19

OR Who is the Director of the National Institute of Allergy and Infectious Diseases? DR ANOTHONY FAUCI

Fauci is referring to strategies aimed at extending the DURATION of COVID-19, so that public health services aren't overwhelmed by patients requiring critical aid. The strategy entails reducing large gatherings so that greater numbers of people aren't sickened. MarketWatch's JACOB PASSY reported that by flattening the curve through effective public health measures, the number of people simultaneously infected will be lower than if no measures were taken. "This ensures that the health-care system is not overburdened, though it can mean that the outbreak will be somewhat prolonged." The approach of seeking a flattened curve, then, is ultimately one centered on math that aims to prevent an explosion in cases. Estimates for the spread of COVID-19 nationwide project that there could be 1 million cases by next month and 4 million cases of the illness by mid-May, IF the disease isn't mitigated by strategies such as social distancing or stricter methods adopted in other countries, including QUARANTINING large numbers of the population, as was done in China's HUBEI PROVINCE, the epicenter of the global pandemic, or lockdown measures enacted by ITALY and SPAIN more recently.

Fauci is referring to strategies aimed at extending the _____ of COVID-19, so that public health services aren't overwhelmed. DURATION

According to the lesson, this strategy entails reducing _____ so that greater numbers of people aren't sickened. LARGE GATHERINGS

Jacob Passy reported that by flattening the curve through effective public health measures, what would happen? THE NUMBER OF PEOPLE SIMULTANEOUSLY INFECTED WILL BE LOWER THAN IF NO MEASURES WERE TAKEN.

The approach of seeking a flattened curve is ultimately one centered on _____. MATH

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What is a stricter measure that has been adopted elsewhere? QUARANTINING LARGE NUMBERS OF THE POPULATION IN CHINA, LOCKDOWN MEASURES IN SPAIN AND ITALY

Many people think that we haven't acted quickly enough, or done enough to slow the spread of COVID-19? What are your thoughts?

VAKT: Watch - Why Social Distancing is critical to curbing the coronavirus pandemic | Just the FAQs:

<https://www.youtube.com/watch?v=S88PRhScePI>

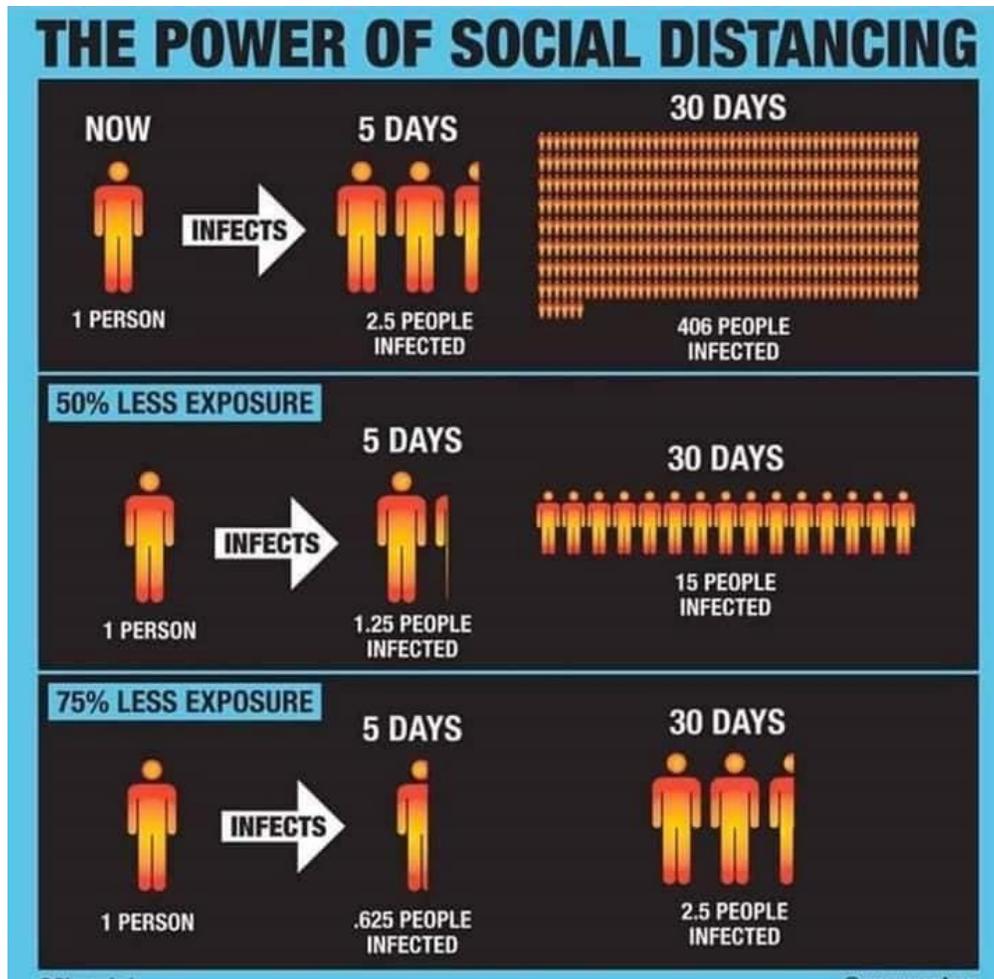
China's quarantines and other strict tactics have been credited with SUBSTANTIALLY lessening the outbreak. The President of China last week visited Wuhan and said that the country has turned the tide against the outbreak. That's fantastic news!!! DREW HARRIS, a health expert at Thomas Jefferson University, compared the concept of flattening the curve to a packed subway system. "If you think of [the] health-care system as a subway car, and it's rush hour, and everybody wants to get on the car at once, so they start piling up at the door. They pile up on the platform," he said. "There's just not enough room in the car to take care of everybody, to accommodate everybody." Harris said that reining in the infection surge "gives hospitals time to prepare and manage." That's particularly the case when vital resources are needed to treat patients, including ventilators, respirators and intensive-care units, absent a ready vaccine for the illness. It is important to remember that control measures may only delay cases, not prevent. However, this helps limit surge and again will give hospitals time to prepare and manage. Especially when, according to experts, a VACCINE remains a year away at best.

VAKT: The Power of Social Distancing graphic, illustrating how less exposure to people makes a HUGE difference!

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Quarantines and other strict tactics have been enacted in _____. CHINA
 China's quarantines and other strict tactics have been credited with _____
 lessening the outbreak. SUBSTANTIALLY

What did the President of China say last week after visiting Wuhan? THE
 COUNTRY HAS TURNED THE TIDE AGAINST THE OUTBREAK

Drew Harris compared the concept of flattening the curve to what? A PACKED
 SUBWAYS SYSTEM WITH EVERYONE TRYING TO GET ON AT ONCE

Reining in the infection surge gives hospitals what? TIME TO PREPARE AND
 MANAGE

It is important to remember that control measures may only _____ cases, not
 _____. DELAY, PREVENT

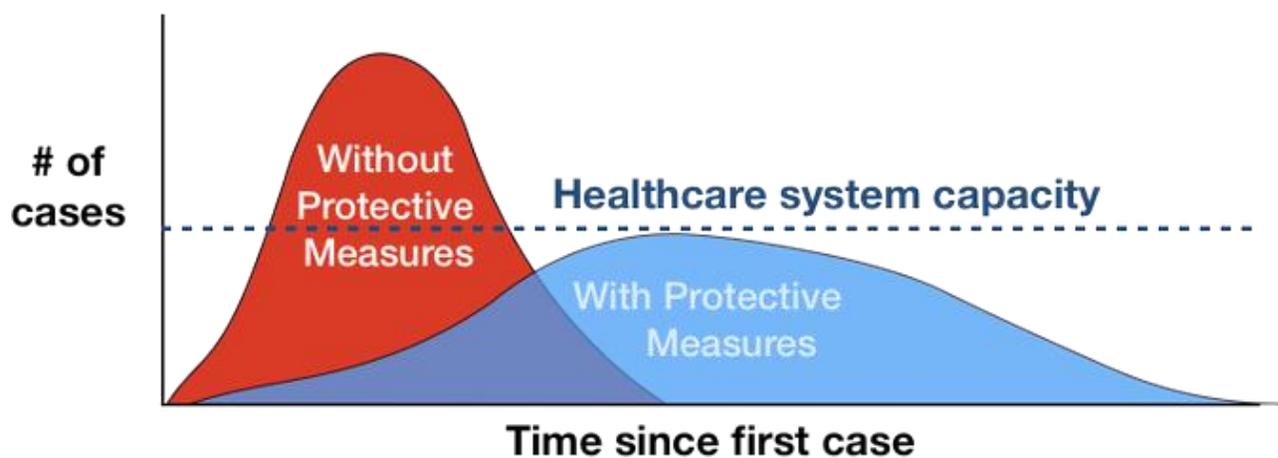
According to experts a _____ remains a year away. VACCINE

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Harris is the creator of a widely shared graphic visualizing just why it is so important to flatten the curve of a pandemic, including the current one seen below. The red curve represents a scenario in which the U.S. hospital system becomes inundated with coronavirus patients. However, Harris says, if we can delay the spread of the virus so that new cases aren't popping up all at once, but rather over the course of weeks or months, "then the system can adjust and accommodate all the people who are possibly going to get sick and possibly need hospital care." People would still get infected, he notes, but at a rate that the health care system could actually keep up with - a scenario represented by the more gently sloped blue curve on the graph.

VAKT: Harris' graphic showing why it is so important to flatten the curve.



Adapted from CDC / The Economist

What scenario does the red curve represent? THE US HOSPITAL SYSTEM BECOMES INUNDATED WITH CORONAVIRUS PATIENTS

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OR Which color curve represents the scenario where the US hospital system becomes inundated with coronavirus patients? RED

If we can delay the spread of the virus over weeks or months, the system can _____ and _____ all the people who are possibly going to get sick and possibly need health care. ADJUST, ACCOMMODATE

What scenario does the blue curve represent? PEOPLE GET INFECTED AT A RATE THAT THE US HEALTHCARE SYSTEM COULD KEEP UP WITH

OR Which color curve represents the scenario where people get infected at a rate that the US Healthcare system could keep up with? BLUE

These two curves have already played out in the U.S. in an earlier age — during the 1918 FLU PANDEMIC. Research shows that the faster authorities moved to implement social distancing measures designed to slow the transmission of disease, the more lives were saved. And the history of two U.S. cities — PHILADELPHIA and ST. LOUIS — illustrates just how big a difference those measures can make. In Philadelphia city officials ignored warnings from infectious disease experts that the flu was already circulating in their community. Instead, they moved forward with a massive parade that brought hundreds of thousands of people together. Within 72 hours, thousands of people around the Philadelphia region were critically ill, and it continued for months. Meanwhile, officials in St. Louis had a vastly different public health response. Within two days of the first reported cases, the city quickly moved to SOCIAL ISOLATION strategies. As a result, St. Louis suffered just one-eighth of the flu fatalities that Philadelphia saw, according to that 2007 research. But if St. Louis had waited another week or two to act, it might have suffered a fate similar to Philadelphia's! It's clear that early intervention was critical in the midst of the 1918 pandemic!

The two curves have already played out in which earlier age? DURING THE 1918 FLU PANDEMIC

The city of _____ illustrates that a massive parade in the midst of a pandemic is NOT a good idea. PHILADELPHIA

Which city had a vastly different public health response? ST LOUIS

What did St. Louis quickly enact? SOCIAL ISOLATION STRATEGIES

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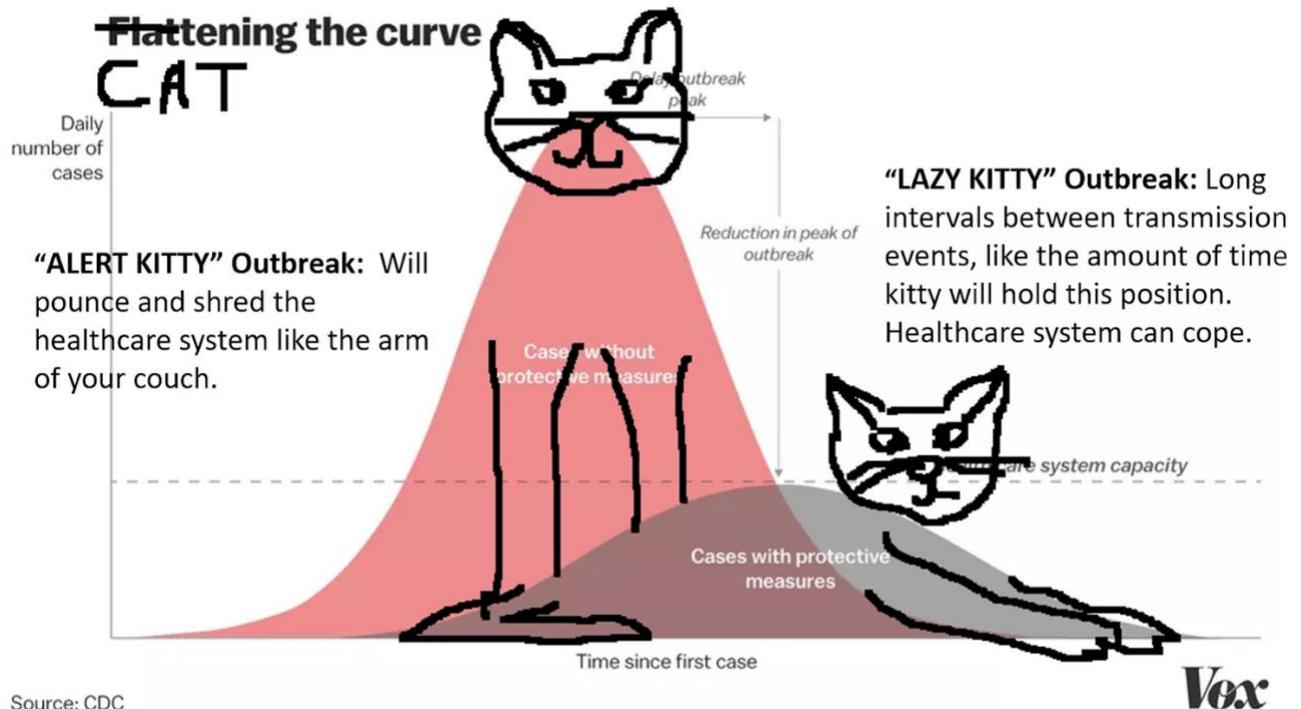
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What happened as a result of St. Louis' quick response? THEY HAD ONE EIGHTH OF THE FLU FATALITIES THAT PHILADELPHIA SAW

_____ was critical in the midst of the 1918 pandemic. EARLY INTERVENTION

VAKT: On a lighter note, how do we CATten the curve?



As for just how big the current coronavirus pandemic will be in America? "It is going to be totally dependent upon how we respond to it," Fauci told Congress earlier this week. "If we're complacent and don't do really aggressive CONTAINMENT and MITIGATION, the number could go way up." So this is where we are. Community actions and social distancing including shutdowns of schools, businesses, church services...really any activity groups of people come together.

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The closures are a way to enforce social distancing, and best practice requires maintaining at least a six-foot distance between yourself and others. But maybe you feel healthy and you want to go to the gym, or to get a manicure? What do you, as a responsible, socially conscious human being, owe to your fellow men and women - particularly those who are sick, immunocompromised, and older?

How big will the current coronavirus pandemic be in America? IT IS GOING TO BE DEPENDENT ON HOW WE RESPOND TO IT

According to Fauci, If we're complacent and don't do really aggressive _____ and mitigation the number could go way up. CONTAINMENT

Closures are a way to increase social _____. DISTANCING

Do you think we have a responsibility to stay home to help your fellow human? Why or why not?

It can be difficult to consider and prioritize the welfare of strangers. What strategies could you use to make this easier?

Dr. CORIN DECHIRICO says "It's all about doing the right thing. If you're sick – and to avoid getting sick – stay home. Social responsibility right now during this extraordinary unprecedented time is critical," He is the chief medical officer at Healthcare Network in Naples. "We have to really just take a few steps back. We may need to alter our life in some way – and it's really just so we can do all we can to mitigate what's happening."

MITIGATION means not being in large crowds if you don't have to be, which is why so many sports events, schools and other places of large gatherings are closing or being canceled. MEDICAL ETHICIST KATHERINE DRABIAK with the University of South Florida said it's up to us to come together to do what's best for our community. She says "Think of this as your civic duty – to protect everybody else. Because what we don't want to happen is for actions to become where they're not voluntary," she said. "If we all listen to the recommendations listed by the CDC, we'll be able to eradicate this thing or at least slow it down some so we can get ahead of it."

Who says it's "all about doing the right thing? DR CORIN DECHERICO
Social responsibility during this extraordinary time is _____. CRITICAL

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According to the lesson what does mitigation mean? NOT BEING IN LARGE CROWDS IF YOU DON'T HAVE TO BE

What is Katherine Drabiak's profession? MEDICAL ETHICIST

What does Katherine say we should think of this as? OUR CIVIC DUTY TO PROTECT EVERYONE ELSE

If you have to go out, how can it be done in the safest way possible, to protect yourself as well as others? In order to even begin to approach the ethics of social distancing it helps to have a firm grip on how the virus is spreading. Covid-19 is not airborne, it is transmitted through droplets. For example being coughed on, or touching something that someone coughed on, for example, and then touching your face and allowing that pathogen to get into your system through your eyes, nose, or mouth.

- Wash your hands often for at least 20 seconds.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects.
- Stay home when you are sick.
- Contact a health worker if you have symptoms; fever and a dry cough are most common.
- **DON'T** touch your face.
- **DON'T** travel if you have a fever and cough.
- **DON'T** wear a face mask if you are well.

In order to even begin to approach the ethics of social distancing, it helps to have a firm grip on how the virus is what? SPREADING

Covid-19 is NOT ____, it is transmitted through droplets. AIRBORNE

Give an example of how the virus can be transmitted through droplets. YOU CAN BE COUGHED ON AND TOUCH YOUR FACE, ALLOWING PATHOGENS TO GET INTO YOUR SYSTEM; YOU CAN TOUCH SOMETHING THAT HAS BEEN COUGHED ON...

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What is one thing we need to do to keep ourselves and others as healthy as possible? WASH HAND OFTEN FOR 20 SECONDS, COVER COUGH, SNEEZE WITH A TISSUE, CLEAN AND DISINFECT FREQUENTLY TOUCHED OBJECTS, STAY HOME WHEN SICK, CONTACT A HEALTH WORKER IF YOU HAVE SYMPTOMS, DON'T TOUCH YOUR FACE, DON'T TRAVEL IF SICK, DON'T WEAR A FACE MASK IF YOU ARE WELL

Cover your cough or sneeze with a what? TISSUE

Don't touch your ____ . FACE

Don't travel if you have a ____ and ____ . FEVER, COUGH

You should not wear a ____ if you are well. FACE MASK

Between the relentless news alerts, social media memes, and gossipy texts, it's easy to feel overwhelmed, anxious, and scared. We need SELF-CARE more than ever, and It's important during these times to hold fast to any sense of NORMALCY that you can, but we need to find prudent ways to do so. Need to exercise but want to avoid the gym? Walk, jog, or bike outdoors - the more ventilated an area, the lower the risk of transmission. Grocery shopping will need to happen, but instead of going at noon on a Saturday when the place is sure to be packed, try going really early on a weekday morning, and if it's possible, order online!

What is one thing that can make us feel overwhelmed, anxious or scared?

RELENTLESS NEWS ALERTS, SOCIAL MEDIA MEMES, GOSSIPY TEXTS

It's easy to feel overwhelmed and scared, so what do we need more than ever?

SELF-CARE

It's important to hold fast to any sense of what, during these times? NORMALCY

The more _____ an area, the lower the risk of transmission. VENTILATED

What is one suggestion in regards to grocery shopping? TRY GOING EARLY ON A WEEKDAY MORNING, IF POSSIBLE ORDER ONLINE

What is something that YOU need in order to self-care?

What's another suggestion YOU have for holding on to a sense of normalcy?

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One thing that parents are concerned about is finding ways to keep their kids engaged in learning activities, and engaged in general, as many of them will be working from home themselves. “What do we do with the kids?”, they are asking? Social media always has an answer...

VAKT: The following graphic has been circulating on social media with a daily schedule for

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families.

COVID-19 DAILY SCHEDULE

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnatiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A - wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

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Let's come up with our own schedule together! Add something that you would enjoy doing while stuck at home!

Before 9AM?

9AM - 10AM?

10AM - 11AM?

11AM - 12PM?

12PM - 1PM, we can leave that lunch!

1PM - 2:30PM

2:30PM - 4PM?

4PM - 5PM?

5PM - 6PM, let's leave this one dinner.

6PM - 8PM?

When is bedtime?

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VAKT: Parody Quarantine Schedule

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QUARANTINE SCHEDULE

8 AM	Wake Up (kids)	Be quiet mommy is sleeping
8 - 10 AM	Feral Time	The kids act out Lord of the Flies while I sleep
10 AM	Wake up (me)	Those five episodes of Homeland weren't gonna watch themselves
10 - 11 AM	Screens	Keep your chargers near
11 AM - 12 PM	Fight Over Video Games	Kids who say they're bad at math monitor siblings' Xbox turns with nuclear precision
12 - 2 PM	Screens	We've become one with the borg
2 - 3 PM	Fight Over Toys	Turns out a baby doll head is a lethal weapon
3 - 4 PM	Read COVID19 Conspiracy Theories	I knew the Illuminati were up to something
4 - 5 PM	Raid Pantry	Forgot to serve lunch
5 - 7 PM	Drink	Gin and juice box because the store was out of mixers
7-8 PM	Dinner	Cheetos with a side of cheese puffs. Ranch dressing.
8 - 11 PM	Screens	Bulk order extra chargers from Amazon
11 PM	Binge Watch Shows	Hope kids went to bed

This fine content brought to you by @JenniferFulwiler

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Let's make up our own parody schedule!

Do you want to do a "Speller's Quarantine Schedule" or just a "Funny in General" schedule?

Okay! Come up with your schedule!

Before 9AM?

9AM - 10AM?

10AM - 11AM?

11AM - 12PM?

12PM - 1PM?

1PM - 2:30PM?

2:30PM - 4PM?

4PM - 5PM?

5PM - 6PM?

6PM - 8PM?

8PM Bedtime for?

9PM Bedtime for?

Creative Writing:

How are you feeling about a period of social distancing? What would make that easier for you?

Resources:

<https://www.npr.org/sections/health-shots/2020/03/13/815502262/flattening-a-pandemics-curve-why-staying-home-now-can-save-lives>

<https://www.marketwatch.com/story/what-is-flattening-the-curve-and-how-does-it-relate-to-the-coronavirus-pandemic-2020-03-15>

<https://www.vox.com/2020/3/15/21179296/coronavirus-covid-19-social-distancing-bored-pandemic-quarantine-ethics>

<https://www.winknews.com/2020/03/13/preventing-spread-of-coronavirus-a-matter-of-social-responsibility/>

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