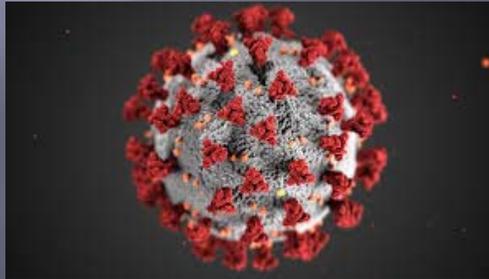


# CORONAVIRUS (COVID-19) AND LIVING WITH HIV



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# Objectives

- ▣ Covid-19 Facts
  - What is it?
  - Symptoms and Treatments
  - Transmission and prevention
  
- ▣ HIV and Covid-19

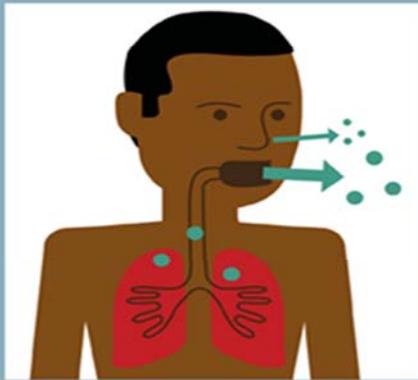


# Coronavirus (Covid-19) and LIVING WITH HIV

## What is COVID-19 and how is it passed on?

**COVID-19** is a new illness that affects your lungs and airways.

It's caused by a virus that's spread in droplets from the mouth and nose when you cough or breathe out.



You can get the virus by:

1.

Touching contaminated surfaces and then touching your face.



2.

Having close contact with someone with COVID-19 and breathing in droplets exhaled by them.





TEXAS  
Health and Human  
Services

Texas Department of State  
Health Services

## Texas Case Counts

# COVID-19

CORONAVIRUS DISEASE 2019

### Total Tests

**427,210**

### Lab Confirmed COVID-19 Patients currently in Texas

#### Hospitals

**1,888**

#### Cases Reported

**33,369**

#### Fatalities

#### Estimated\*

**906**

### Patients Recovered

**16,791**

### ▣ 216 of 254 Counties Reporting Cases

#### ▣ Harris County

▣ 6,967

#### ▣ Dallas County

▣ 4,370

#### ▣ Tarrant County

▣ 2,624

#### ▣ Travis County

▣ 1,816

#### ▣ Bexar County

▣ 1,652

#### ▣ Fort Bend County

▣ 1,187

#### ▣ El Paso County

▣ 1,029

#### ▣ Potter County

▣ 876

#### ▣ Denton County

▣ 806

\*Data from 5.5.2020

Completed Case Investigations  
**11,447**

Received By DSHS

#### Race/Ethnicity of Confirmed Cases

Asian 3.9%  
Black 15.6%  
Hispanic 37.4%  
Other 0.7%  
Unknown 14.4%  
White 28.1%

#### Gender of Confirmed Cases

Male 50.2%  
Female 47.5%  
Pending 2.3%

- ▣ Harris County population: 4,885,616
- ▣ Daily New Cases **1,037 (5/5/2020)**
- ▣ Cases: 6,967



<b>Cases:</b>	<b>171,723</b>
<b>Hospitalized*:</b>	<b>43,383</b>
Confirmed deaths:	13,724
Probable deaths:	5,383
Updated:	May 5, at 1 p.m.

- ▣ Cases, Hospitalizations and Deaths
- ▣ Regarding the data on deaths provided below:
- ▣ Confirmed deaths: People who had a positive COVID-19 laboratory test.
- ▣ Probable deaths: People who did not have a positive COVID-19 laboratory test, but their death certificate lists as the cause of death "COVID-19" or an equivalent.

# Coronavirus (Covid-19) and LIVING WITH HIV

What are the common symptoms of COVID-19?



A dry and continuous cough.



Fever, where your chest or back feels hot.



Tiredness.



Other flu-like symptoms (sore throat, aches, runny nose).



If you have difficulty breathing or chest pain call for urgent medical care.



Remember, not everyone who has coronavirus gets symptoms. Follow your government's advice to stop the spread of the virus.

# Coronavirus (Covid-19) and LIVING WITH HIV

How can I prevent COVID-19?



Wash your hands regularly or use an alcohol-based hand sanitizer.



Avoid touching your face, especially your eyes, nose and mouth.



Stay at least 1 metre away from people especially if they're unwell.



Cough or sneeze into a tissue, then throw away the tissue and wash your hands.



If you don't have a tissue use the inside of your elbow to cover your mouth.



Stay at home and call your health worker if you're unwell.

# Coronavirus (Covid-19) and LIVING WITH HIV

What should I do if I have COVID-19 symptoms?



Stay at home and call your local health service. **Don't** visit a clinic.



Ask your friends or neighbours to leave supplies outside your house.



Avoid close contact with others. Try to stay **at least** one metre away.



If you live with someone more vulnerable try to arrange for them to stay elsewhere.



Mild symptoms can be managed with resting, drinking liquids and paracetamol.



If your symptoms don't improve after **7 days** or if you have difficulty breathing call your local health service.

# Coronavirus (Covid-19) and LIVING WITH HIV

## Preparing for COVID-19 if you're living with HIV

### TAKE ACTION TO AVOID COVID-19



Follow the general prevention advice.

### CONTINUE YOUR TREATMENT



Take your **ART** to keep your immune system healthy.

### STOCK UP ON ART



Have a **30-DAY** supply of your ART, ideally 3 months.

### CHECK YOU'RE UP TO DATE...



...with your immunisations.

### HAVE A PLAN IN PLACE...



...for if you feel unwell and need to stay at home.

### LOOK AFTER YOURSELF



Eat well, exercise and look after your mental health.

## Social Isolation VS Social Distancing



# What is social isolation?

- ▣ The absence of social interactions, contacts, and relationships with family and friends, with neighbors on an individual level, and with - “society at large” on a broader level.

Robert L. Berg, *The Second Fifty Years*

# What are the effects of social isolation?

- ❑ Can rise one's health risks as much as smoking 15 cigarettes/day or misusing/abusing alcohol
- ❑ Increased risk of early death
- ❑ Decreased immunity
- ❑ Increased inflammation

# What to do to combat isolation

- ▣ Create a schedule and maintain a routine
- ▣ Eat healthy (plan meals)
- ▣ Exercise
- ▣ Get outdoors
- ▣ Get plenty of rest
- ▣ Stay connected through phone or video calls
- ▣ Foster or adopt an animal
- ▣ Take up a new hobby
- ▣ Look for humor
- ▣ Stay positive



# Questions?



<https://publichealth.harriscountytexas.gov/Resources/2019-Novel-Coronavirus>

<https://houstonemergency.org/covid19>