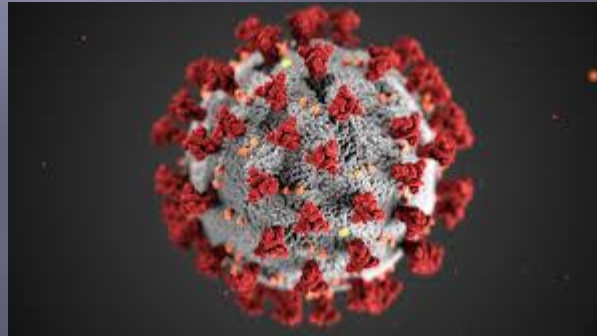


CORONAVIRUS (COVID-19) AND LIVING WITH HIV



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Harris County Ryan White Planning Council

Objectives

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

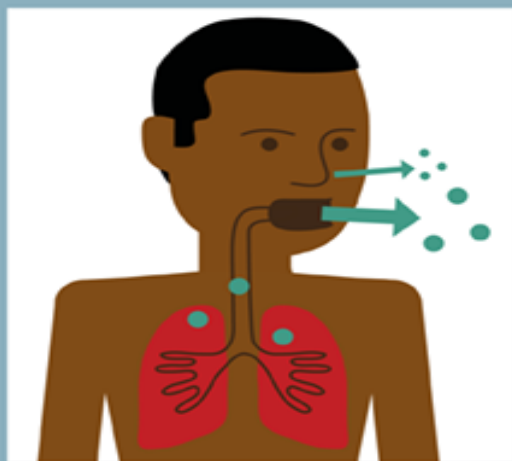


Coronavirus (Covid-19) and LIVING WITH HIV

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

1,522,434

Lab Confirmed COVID-19 Patients currently in Texas
Hospitals

2,518

Cases Reported

93,206

Fatalities

Estimated*

2,029

Patients Recovered

60,681

▣ **237 of 254** Counties Reporting
Cases

▣ **Harris County**

▣ **17,282**

▣ **Dallas County**

▣ **14,537**

▣ **Tarrant County**

▣ **7,498**

▣ **Travis County**

▣ **4,664**

▣ **Bexar County**

▣ **4,437**

▣ **Fort Bend County**

▣ **2,402**

▣ **El Paso County**

▣ **3,948**

▣ **Brazoria County**

▣ **1,795**

▣ **Denton County**

▣ **1,772**

*Data from 6.15.2020

Coronavirus (Covid-19) and LIVING WITH HIV

Confirmed cases: 7,941,791
Deaths: 434,796



- Harris County population: 4,885,616
- Harris/Houston confirmed cases: 17,707
- Combined deaths: 289

Race/Ethnicity of Houston's Covid-19 deaths (May 24,2020)

Asian 3%
Black 19%
Hispanic 30%
White 16%
Unknown: 30%

Gender of Confirmed Cases

Male 50.2%
Female 47.5%
Pending 2.3%



Cases: 2,079,592

Total deaths: 115,484

Updated: June 16, 2020

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 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?



Harris County
Public Health
Building a Healthy Community



HOUSTON HEALTH
DEPARTMENT

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

<https://houstonemergency.org/covid19>