A Different Kind of Coming Out: Staying Safe After Social Distancing

with Dr. Betty Carlisle
**COVID-19** is a *novel* coronavirus that has not been previously identified.

Other coronaviruses in humans can cause mild upper-respiratory tract illnesses, like the common cold.
COVID-19 spreads through respiratory droplets.

Community Spread means people have been infected with the virus in an area, including some who are not sure how or where they became infected.
Spread is more likely when people are in close contact (within 6 feet).

What 6 feet looks like:
- 2 golden retrievers
- Average width of sedan
- Refrigerator height
- Full size bed length
Watch video:

https://www.youtube.com/watch?v=kGQEuuv9R6E
As we learn more about COVID-19, we see that the basic precautions are still the best

- If you are sick, stay home
- Staying home even when your well is safer
- Wash hands often
- Stay 6 feet away from others
- Clean and disinfect surfaces
- Cover your mouth with a mask when out
- Cough and sneeze into the inside of your elbow
Question: If you’ve had COVID-19 are you immune?

That is not yet clear. You may be immune for a time, but we don’t know how long.

Question: are the tests reliable?

Early on, some of the tests used may have been unreliable because there was no data to verify them. Now reliability is checked and reported on.
Questions about tests:

Two kinds of tests: Antibody and Viral

- Viral tests: tells you if you have a current infection
- Antibody test: tells if you have had a previous infection

How long does it take for results and do you have to quarantine after getting tested?
Question: How contagious is COVID-19?
The plan to re-open New York is based on 7 metrics identified by the CDC:

Regions must meet 7 metrics in order to reopen:

1. 14-day decline in hospitalizations OR under 15 new hospitalizations (3-day avg)
2. 14-day decline in hospitalized deaths OR under 5 new (3-day avg)
3. New hospitalizations — under 2 per 100k residents (3-day rolling avg)
4. Share of total beds available (threshold of 30%)
5. Share of ICU beds available (threshold of 30%)
6. 30 per 1k residents tested monthly (7-day average of new tests per day)
7. 30 contact tracers per 100K residents or to meet current infection rate.
Phased re-opening of businesses in New York

**Phase 1**
- Construction
- Manufacturing and wholesale supply chain
- Retail – curbside pickup
- Agriculture, Forestry, and Fishing

**Phase 2**
- Professional Services
- Finance and Insurance
- Retail
- Administrative Support
- Real Estate/Rental Leasing

**Phase 3**
- Restaurants/Food Services
- Hotels/Accommodations

**Phase 4**
- Arts/Entertainment/Recreation
- Education
Question: How can we stay safe as businesses re-open?

• Retail
• Office buildings
• Medical offices
• Outdoor v. Indoor
Question: What kinds of programs can SAGE Offer?

- Outdoor if 6 feet away from others is safer
- 6 or less people spaced a part in the center
- Mix of remote access and in-person
Question: What can we expect in the future?

- Not “business as usual” for a long time
- Older adults are a high-risk group, especially those with other health challenges
- Until we have a vaccine, proven treatments, our social life will be somewhat limited
- If you do get sick, you may recover with treatment
Remember: Social Distancing has saved many lives.

Questions?
Syracuse.com article on local testing:
How to get a coronavirus test in Syracuse: Locations, hours, cost, what to bring


Google it, Use the link I’ll share in the chat box
Contact Kim at kdill@sageupstate.org