

The Local Impact of COVID 19 & Prevention



We are  AdvocateAuroraHealth

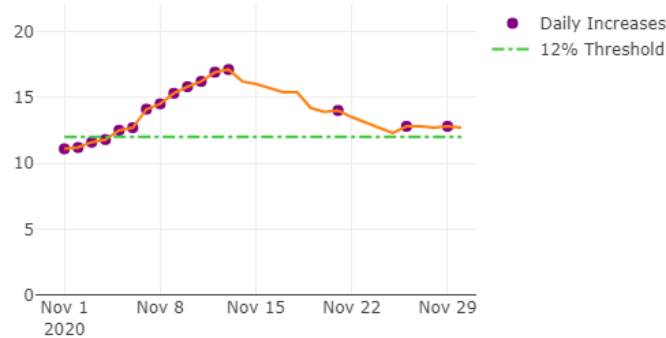
December 2020 | Rafael Malpica, Director, Community & Guest Relations

Advocate Good Shepherd Hospital

Region 9 Data (Lake and McHenry Counties)

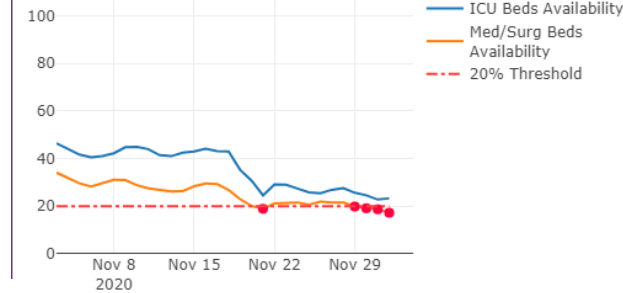
Test Positivity 7-Day Rolling Average

0 Consecutive Days under 12% threshold



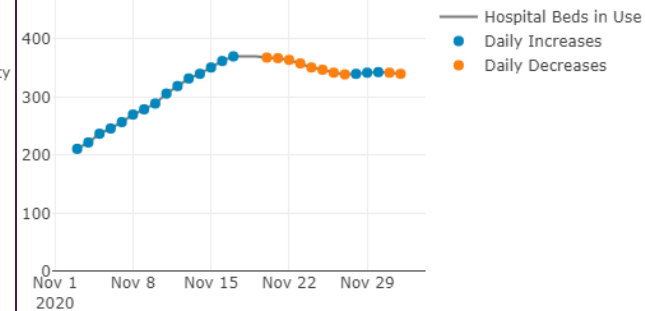
Hospital Bed Availability 3-Day Rolling Average

ICU Beds: 31 Consecutive Days Over 20% Threshold
 Med/Surg Beds: 3 Consecutive Days Under 20% Threshold



COVID-19 Patients in the Hospital 7-Day Rolling Average

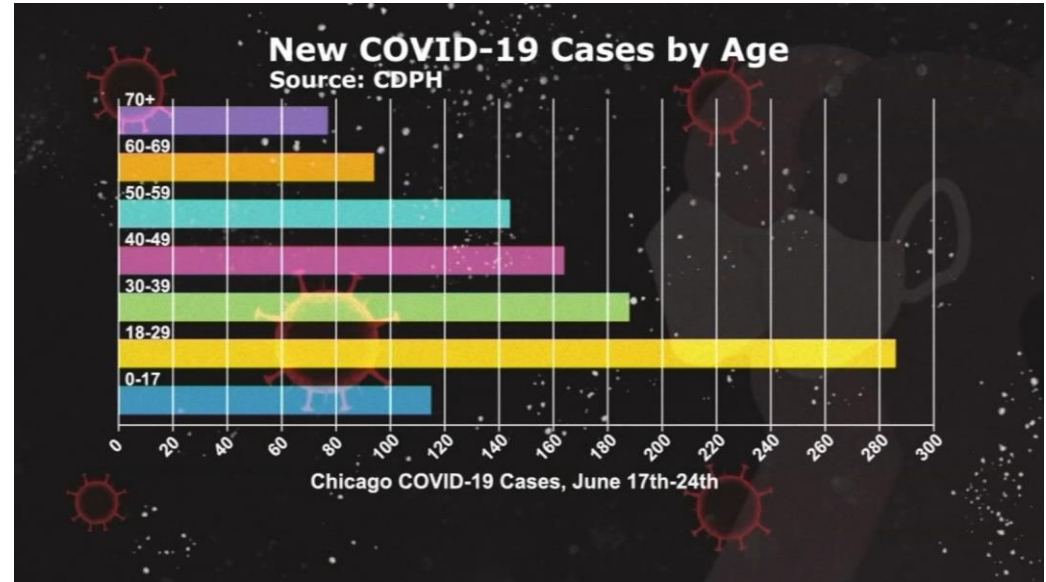
18 Days of COVID-19 Patient Increases



Age Group Cases: 20-29 year old continue to have the highest percentage of cases of Covid-19 in Region 9.

COVID 19 Infections across age groups

- During June–August 2020, COVID-19 incidence was highest in persons aged 20–29 years, who accounted for >20% of all confirmed cases.
- Younger adults likely contribute to community transmission of COVID-19.
- Strict adherence to community mitigation strategies and personal preventive behaviors by younger adults is needed to help reduce infection and subsequent transmission to persons at higher risk for severe illness.



[CDC - Changing Age Distribution of the COVID-19 Pandemic — United States, May–August 2020](#)

<https://abc7chicago.com/coronavirus-covid-19-illinois-coronavirs-cases/6272619/>

Lake County Case Overview

Lake County Confirmed Cases

37,376

Source: Lake County Health Department

Lake County Deaths

631

Source: Lake County Health Department

Lake County Tests Performed

478,142

Source: Illinois Department of Public Health

Lake County Recovery Rate (%)

96.7

*Recovered cases are defined as persons with initial positive specimen collection date greater than 42 days who have not expired. The Recovery rate is calculated as the recovered cases divided by the sum of recovered cases and total deceased cases.

Source: Lake County Health Department

McHenry County Case Overview

McHenry County Confirmed Cases

13,628

Source: McHenry County Department of Health

McHenry County Confirmed Deaths

158

Source: McHenry County Department of Health

McHenry County Recovery Rate (%)

98%

Source: McHenry County Department of Health

McHenry County Probable Cases

1,288

Source: McHenry County Department of Health

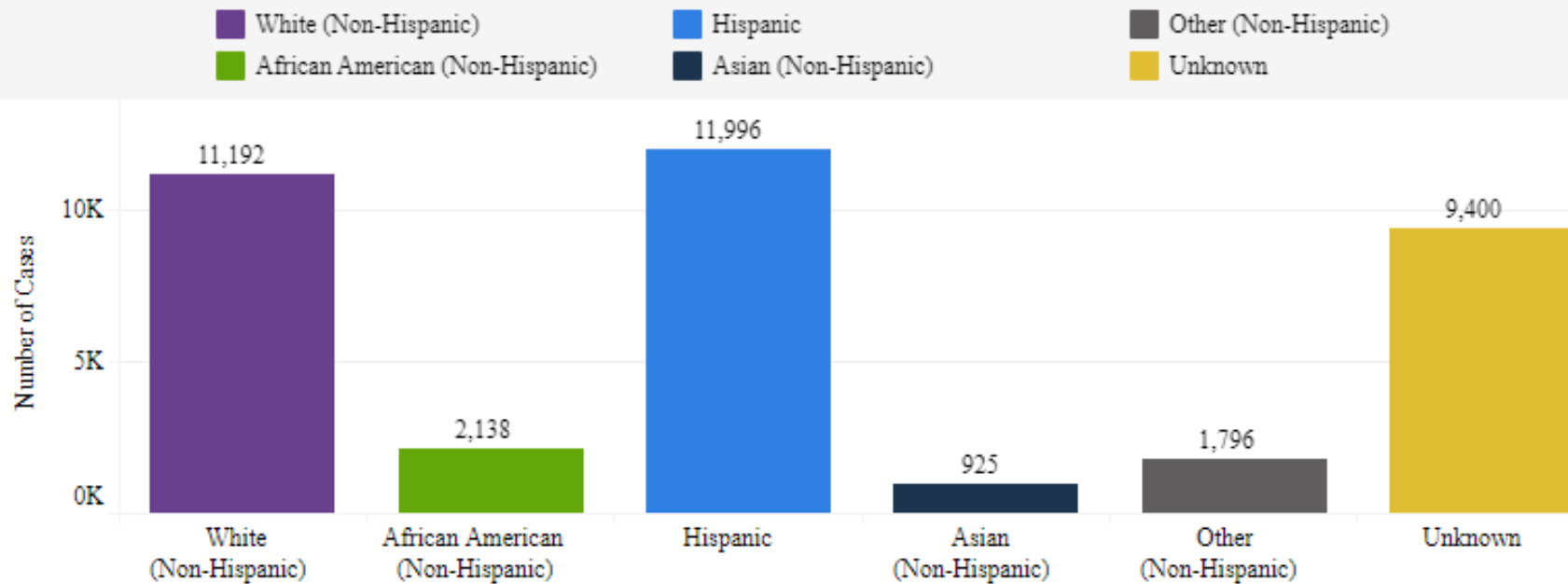
McHenry County Probable Deaths

6

Source: McHenry County Department of Health

Lake County COVID-19 Cases by Race/ Ethnicity

Total COVID-19 Cases by Race/Ethnicity in Lake County

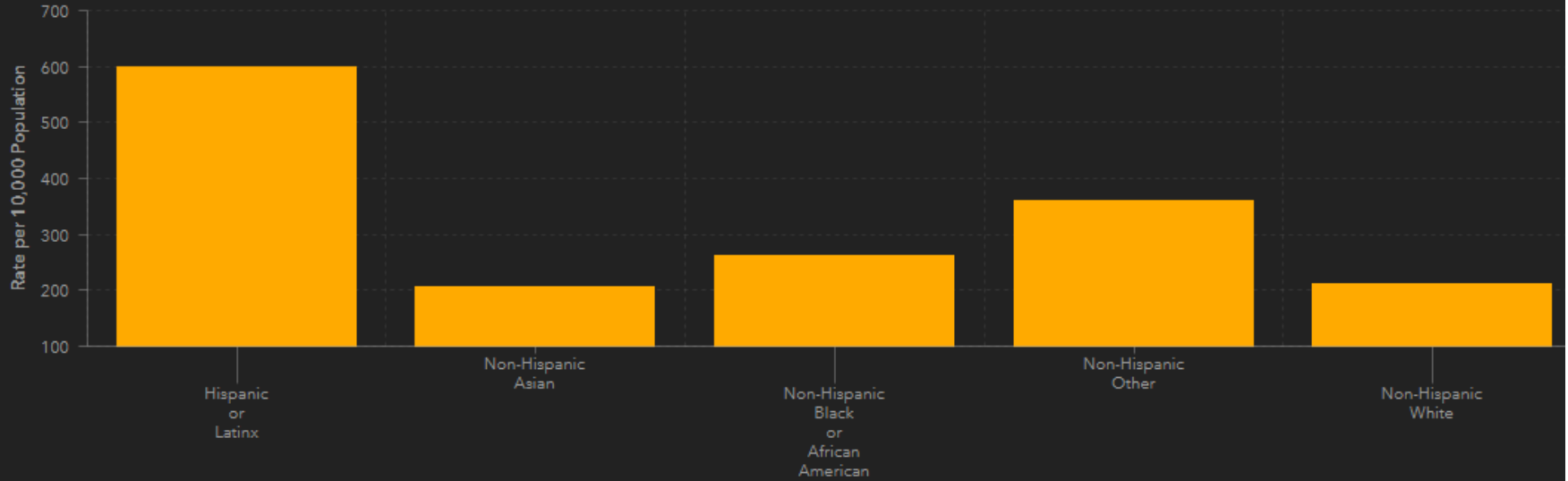


McHenry County COVID-19 Cases by Race/ Ethnicity

McHenry County Coronavirus Disease 2019 (COVID-19) Cases

*Data is provisional as of 12/03/2020 and subject to change.

Race/Ethnicity – Rate Per 10,000 Population



Multi
Generation
households

Essential
Workers

Fear/Access to
Health Care

Why?

Health Literacy

Service
Workers

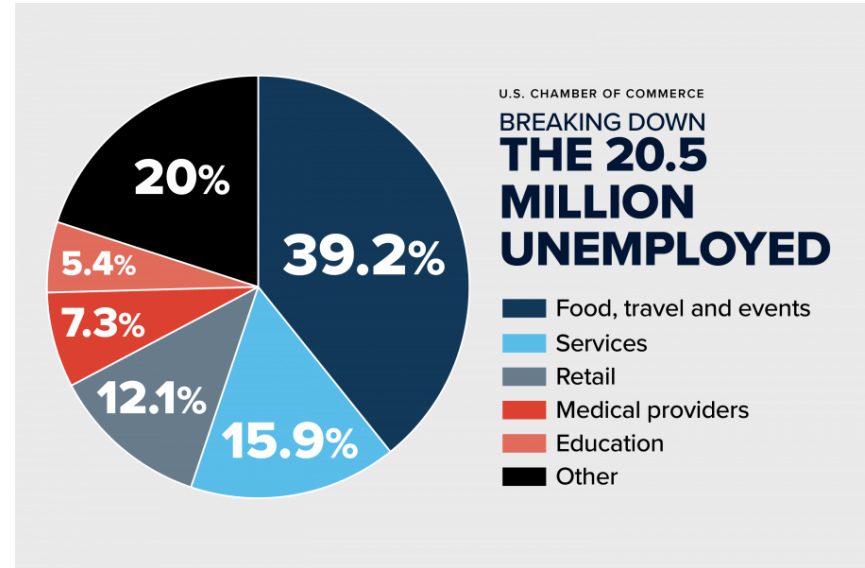
Limited Safety
Net

Unemployment Data

According to the Pew Research Center, unemployment percentage for Hispanics on April 2020 was 18.5%.

Unemployment rate for the general US population on April 2020 was 14.4%


Since then numbers have dropped to 14.5% & 11.2% respectively



<https://www.uschamber.com/series/above-the-fold/analysis-breaking-down-the-unemployment-crisis-industry>

GSHP Hispanic COVID 19 Patients

- Influx of Hispanic patients to our hospital due to the disproportionate impact
- Note that these Language Services numbers tell us ONLY those Hispanics that prefer Spanish

				
Good Shepherd Daily Safety Huddle				
Date: 5/8/2020	Time: 0830	Location: Conference Call		
Leader: L. R.				
Days since last SSE:	Days since last patient fall:	Days since last team member injury:		
Today's Situational Awareness Issues				
Name Alerts: Allen C CVICU, M LBLD. Doe J ICU and M 2N. Hernandez L ICU and S 2CAR. Ramirez Suar J 2N and Ramirez A ICU. Smith M 2N and G 4N.				
Language Services: Spanish 2005, 2033, 2029, 2007, 2051, 2035, 2019, 3017, 335, ICU 4, 11, ICU 15, ICU09, ICU 17. Russian 256. Korean 271. 3031 Romanian. 4033, 4009 Polish.				
COVID-19 (Coronavirus):				
# of specimens collected in last 24 hours:	Total (-) results in last 24 hours:	Total (+) results in last 24 hours:	Current # of positive inpatients:	Current # of PUI inpatient:
35 (20 rapid). 9 pre-surgical.	40	4 (4 inpatient/ 0 outpatient)	29 confirmed positive, 8 Presumed positives. 37 Total positives.	14



What's Happening at Good Shepherd?

- Current COVID 19 hospitalization numbers have had higher peaks than during the initial wave
- Decreased transfers from other sites
- We know more about virus – length of stay has decreased
- Adequate levels of beds, ventilators, & PPE
- Currently no restrictions on elective procedures
- Open for testing procedures
- No Community COVID 19 testing at this time
- No Visitor Policy in place

Safety – Our Promise to you



Virtual check-in

Checking in with digital devices provides for seamless, low-contact arrivals.



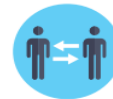
Screening

Everyone goes through a COVID-19 screening before entering our locations.



Masking

Anyone who enters our locations wears a mask. If you don't have one, we'll gladly provide it.



Social distancing

Our rearranged waiting areas and staggered appointment times reduce traffic and create safe spaces.



Enhanced cleaning

We've enhanced cleaning in all areas, including additional disinfectant for high-touch spaces.

COVID 19 Prevention

The Basics

✓ **Wear a Mask,
but make sure
you are doing
so properly**

HOW TO WEAR MASKS CORRECTLY
CÓMO USAR UNA MASCARILLA CORRECTAMENTE

DO THIS **HAGA ESTO**



Secure over nose and cover chin



Colóquela sobre la nariz y barbilla



Secure tight fit around nose and chin

Ajustela sobre la nariz y barbilla

Handle mask by straps | Agarre la mascarilla por las tiras

DON'T DO THIS **NO HAGA ESTO**



Don't wear below nose



No la use por debajo de la nariz



Don't have loose gaps

No la deje floja ni despegada

Don't wear below mouth | No la use por debajo de la boca

AdvocateAuroraHealth

The Basics





- ✓ **Stay home if you are sick**
- ✓ **Try to limit contact with other household members**
- ✓ **Pay attention the following symptoms:**
 - **Temperature: Fever $\geq 100.0^{\circ}\text{F}$ or $\geq 37.8^{\circ}\text{C}$.**
 - **Respiratory symptoms: New or worsening cough, shortness of breath, difficulty breathing or sore throat**
 - **GI symptoms: New onset of nausea, vomiting or diarrhea**
 - **Miscellaneous: New onset of chills, muscle or body aches pain, fatigue, headache, or loss of taste or smell, congestion or runny nose**
- ✓ **Many of these symptoms are shared with Influenza, so call your Doctor if experience one or more**

Clean Hands Count!

Every patient. Every time.

A few tips for proper hand hygiene

<p>When using alcohol-based hand rub, use enough to cover all surfaces of hands and fingers, including fingernails.</p> <ul style="list-style-type: none">• Rub hands together until dry.• Do not use paper towels to dry hands.	
<p>Wash hands with soap and water when hands feel or are visibly soiled, and during outbreaks of <i>C. difficile</i> and norovirus infections.</p> <ul style="list-style-type: none">• Using water without soap is <i>not</i> effective hand hygiene.	
<p>When entering a patient room with clean items (clean supplies, food trays, etc.)...</p> <ul style="list-style-type: none">• Immediately do hand hygiene after placing supplies down.	
<p>GLOVES ARE NOT A SUBSTITUTE FOR HAND HYGIENE.</p> <ul style="list-style-type: none">• Be sure hands are clean and dry before putting on gloves.• Hand hygiene must be done after removing gloves.	
<p>When leaving a patient room with soiled items, do hand hygiene immediately following disposal of items.</p> <ul style="list-style-type: none">• Glove(s) may be worn when carrying the soiled item to be disposed. Remove glove(s) immediately after disposal of item and do hand hygiene.	

The Basics

**Now more than ever,
Hand Hygiene is
Crucial!**

The Basics

Social distancing...



... there is a difference.

Family Gatherings – Example Holiday Celebrations

Low Risk

- Having a small dinner with only people who live in your household
- Preparing traditional family recipes for family and neighbors, especially those at higher risk of severe illness from COVID-19, and delivering them in a way that doesn't involve contact with others
- Having a virtual dinner and sharing recipes with friends and family
- Shopping online rather than in person
- Watching sports events, parades, and movies from home



Family Gatherings – Example Holiday Celebrations

Moderate risk activities

- Having a small outdoor dinner with family and friends who live in your community
- Lower your risk by following CDC's recommendations on hosting gatherings or cook-outs.
- Visiting Christmas tree farms or outdoors light shows where people use hand sanitizer often, wearing masks is encouraged or enforced, and people are able to maintain social distancing
- Attending a small outdoor sports events with safety precautions in place

Higher risk activities

Avoid these higher risk activities to help prevent the spread of the virus that causes COVID-19:

- Going shopping in crowded stores
- Participating or being a spectator at a crowded race
- Attending crowded parades
- Using alcohol or drugs, which can cloud judgement and increase risky behaviors
- Attending large indoor gatherings with people from outside of your household

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html#thanksgiving>



<https://www.nytimes.com/2020/06/04/well/family/coronavirus-pandemic-hug-mask.html>

Are you or your loved ones at higher risk?

COVID-19 ASSOCIATED HOSPITALIZATION RELATED TO UNDERLYING MEDICAL CONDITIONS

FACTORS THAT INCREASE COMMUNITY SPREAD AND INDIVIDUAL RISK



CROWDED SITUATIONS



CLOSE / PHYSICAL CONTACT



ENCLOSED SPACE



DURATION OF EXPOSURE

RISK FOR HOSPITALIZATION IF YOU HAVE ANY OF THESE CONDITIONS AND GET COVID-19 COMPARED TO PEOPLE WITHOUT THE CONDITION(S).



Data has shown that racial and ethnic minority groups with the referenced conditions are at even higher risk for severe COVID-19 illness. Race and ethnicity are risk markers for other underlying conditions that impact health — including socioeconomic status, access to health care, and increased exposure to the virus due to occupation (e.g., frontline, essential, and critical infrastructure workers).

*Conditions include asthma, obesity, diabetes, chronic kidney disease, severe obesity, coronary artery disease, history of stroke and COPD.

ACTIONS TO REDUCE RISK OF COVID-19



WEARING A MASK



SOCIAL DISTANCING (6 FT GOAL)



HAND HYGIENE



CLEANING AND DISINFECTION



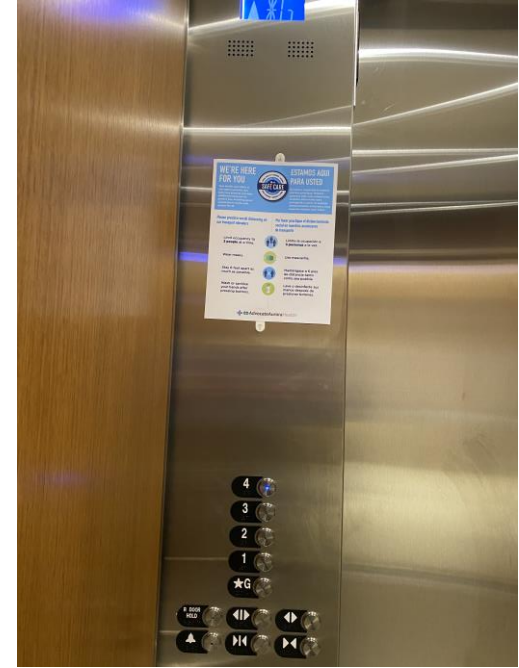
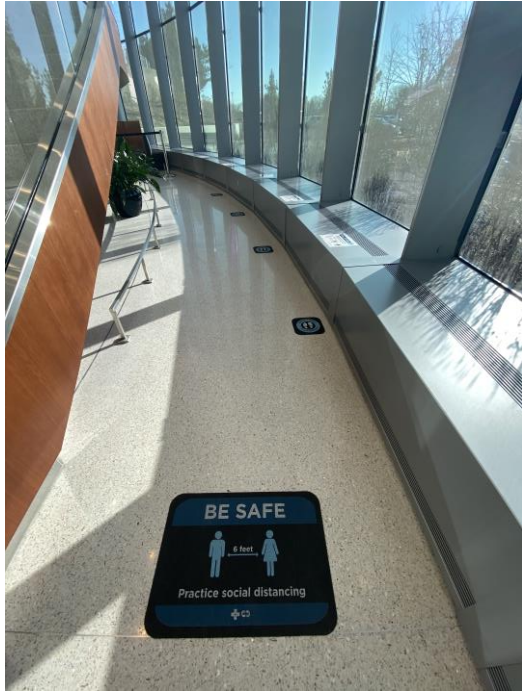
ALTHOUGH RISK GENERALLY INCREASES WITH AGE, ALL INDIVIDUALS SHOULD ROUTINELY TAKE ACTIONS TO REDUCE RISK OF INFECTION AND AVOID ACTIVITIES THAT INCREASE COMMUNITY SPREAD.

cdc.gov/coronavirus

Source: Ko JY, Danielson ML, Town M et al. 2020.

CS319360-A 08/08/2020

Look For Visual Cues of Protocols



Eat Healthy & get some sleep



“Eating healthy day-to-day provides your body with the nutrients it needs to function at its best and put yourself in the best position to deal with a viral infection. While healthy eating doesn’t turn your immune system into a Navy Seal team of virus fighters, it’s still very helpful to eat healthy, especially right now during the pandemic.”

Heather Klug, registered dietitian at the Karen Yontz Center at Aurora St. Luke’s Medical Center, Milwaukee

Seasonal Flu & COVID 19

Can I have flu and COVID-19 at the same time?

- Yes. It is possible have flu, as well as other respiratory illnesses, and COVID-19 at the same time. Health experts are still studying how common this can be.
- Some of the symptoms of flu and COVID-19 are [similar](#), making it hard to tell the difference between them based on symptoms alone. Diagnostic [testing](#) can help determine if you are sick with flu or COVID-19.

Is there a test that can detect both flu and COVID-19?

- Yes. CDC has developed a test that will check for A and B type seasonal flu viruses and SARS CoV-2, the virus that causes COVID-19. This test will be used by U.S. public health laboratories. Testing for these viruses at the same time will give public health officials important information about how flu and COVID-19 are spreading along with prevention steps that could be taken. In addition this will save time and testing materials & possibly return test results faster.
- The Food and Drug Administration (FDA) has given CDC an [Emergency Use Authorization](#) for this new test. Initial test kits were sent to public health laboratories in early August 2020. CDC will continue to manufacture and distribute these kits.

<https://www.cdc.gov/flu/season/faq-flu-season-2020-2021.htm>

Seasonal Flu & COVID 19

How long symptoms appear after exposure and infection

Similarities:

For both COVID-19 and flu, 1 or more days can pass between a person becoming infected and when he or she starts to experience illness symptoms.

Differences:

If a person has COVID-19, it could take them longer to develop symptoms than if they had flu.

Flu

Typically, a person develops symptoms anywhere from **1 to 4 days after infection**.

[Flu Symptoms](#)

COVID-19

Typically, a person develops symptoms **5 days after being infected**, but symptoms can appear **as early as 2 days after infection** or **as late as 14 days after infection**, and the time range can vary.



Seasonal Flu & COVID 19

How long someone can spread the virus

Similarities:

For both COVID-19 and flu, it's possible to spread the virus for at least 1 day before experiencing any symptoms.

Differences:

If a person has COVID-19, they may be contagious for a longer period of time than if they had flu.

Flu

Most people with flu are contagious for about 1 day before they show symptoms.

Older children and adults with flu appear to be most contagious during the initial 3-4 days of their illness but many remain contagious for about 7 days.

Infants and people with weakened immune systems can be contagious for even longer.

[How Flu Spreads](#)

COVID-19

How long someone can spread the virus that causes COVID-19 is still under investigation.

It's possible for people to spread the virus for about 2 days before experiencing signs or symptoms and remain contagious for at least 10 days after signs or symptoms first appeared. If someone is asymptomatic or their symptoms go away, it's possible to remain contagious for at least 10 days after testing positive for COVID-19.



<https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>

Don't forget about prevention

- Annual Check up
- Keep up with screenings like:
 - Colonoscopy
 - Infectious Disease check (STI such as syphilis, chlamydia, and HIV)
 - Mammogram
 - Pap Smear
- Dental Exam
 - Go to the dentist once or twice every year for an exam and cleaning
- Immunizations
 - **Get your Flu Shot!**
 - Keep up with other immunizations recommended for your age group



ADVOCATE AURORA HEALTH COMMUNITY UPDATE
MCHENRY COUNTY AND BARRINGTON AREA: COVID-19
TESTING LOCATIONS

Updated: December 3rd, 2020

For Illinois, visit: www.dph.illinois.gov/testing
For McHenry County, visit: <https://www.mchenrycountyil.gov/county-government/departments-a-i/health-department>

IDPH Testing Locations:

Arlington Heights (Free)

Arlington Racetrack
2000 W Euclid Ave Arlington Heights
8:00am – 4:00pm
Walk Up Testing Available
While Daily Supplies Last

Non-IDPH Testing Locations:

Northwestern Medicine Lake Forest Hospital

4201 Medical Centre Dr, McHenry, IL 60050
9:00am-8:00pm | Daily

Northwestern Medicine Huntley

10400 Halligus Rd, Huntley, IL 60142
8:00am-4:00pm | Daily
Web: www.nm.org/

Greater Elgin Family Care Center

3901 Mercy Dr McHenry, IL 60050
8:00am-5:00pm | Daily
*COVID-19 testing is available by appointment only
Web: GEFCC.ORG

Epic Urgent and Family Care

770 E Dundee Rd, Palatine, IL 60074 8:00am-7:00pm | Daily
Web: epichealthsystems.com

Things To Know:

Per the Lake County Health Department:

- **Community-based testing** sites are available to anyone to get tested, regardless of symptoms or other criteria.
- **Walk-Ups**
The Waukegan Community Based Testing Site (CBTS) is now accepting walk-ups. Walkers should enter off of Genesee Street and follow the line marked by orange cones.
- **Drive-Thru**
If arriving by car, anyone who will be tested must be seated at a functioning window. Once you get in line at the CBTS, you will not be permitted to exit your car.
- Due to the demand for this service, there could be **significant wait times**
- While this is a free service, you will be asked to show **photo identification**.



Updated: December 3rd, 2020 | Community Health Department

Community COVID 19 Testing

Mchenry County & Barrington Area

ADVOCATE AURORA HEALTH COMMUNITY UPDATE
MCHENRY COUNTY AND BARRINGTON AREA : COVID-19
TESTING LOCATIONS

Updated: December 3rd, 2020

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For McHenry County, visit: <https://www.mchenrycountyil.gov/county-government/departments-a-i/health-department>

Mobile Testing:

Harper College –
1200 W Algonquin Rd, Palatine, IL 60067
Parking Lots 2 and 3 (main entrance on the corner of Algonquin & Roselle Roads)
Date: December 7 (Monday), 2020
Hours: 8 am. to 4 pm. (anyone in line at 4pm will be tested)

CVS Testing Locations:

9 am – 6pm | Mon-Sun
No Cost with Insurance
Web: www.cvs.com

Crystal Lake
177 W. Virginia Street, Crystal Lake, IL 60014

Crystal Lake
1305 Randall RD, Crystal Lake, IL 60014

Cary
25 Northwest Highway, Cary, IL 60013

Lake in the Hills
4511 Algonquin Road, Lake In The Hills, IL 60156

McHenry
3900 W Elm Street, McHenry, IL 60050

Palatine
200 West Northwest Highway, Palatine, IL 60067

Rolling Meadows
2045 Plum Grove RD, Rolling Meadows, IL 60008



Updated: December 3rd, 2020 | Community Health Department

Community COVID 19 Testing –Lake County

ADVOCATE AURORA HEALTH COMMUNITY UPDATE LAKE COUNTY: COVID-19 TESTING LOCATIONS

Updated: December 1st, 2020

For Illinois, visit: www.dph.illinois.gov/testing
For Lake County, visit www.lakecountyil.gov/COVID-19-Testing

IDPH Testing Locations:

Waukegan (Free)
102 W. Water Street
8:00am – 4:00pm
Walk Up Testing Available
While Daily Supplies Last

Non-IDPH Testing Locations:

Northwestern Medicine Lake Forest Hospital
1000 North Westmoreland Rd, Lake Forest, IL 60045
9:00am-8:00pm | Daily

Northwestern Medicine Immediate Care Vernon Hills
870 North Milwaukee Avenue, First Floor, Vernon Hills
8:00am-4:00pm | Daily
Web: www.nm.org/

Affordable Labs Inc.
850 N Milwaukee, Suite 208, Vernon Hills, IL 60061
7:00am-5:00pm | Daily
Web: www.AffordableLabsInc.com

NorthShore Immediate Care - Lake Bluff
71 Waukegan Rd., Lake Bluff, IL 60044
9:00am-7:00pm | Mon-Fri
8:00am-5:00pm | Sat-Sun
Web: www.northshore.org/immediatecare

Rosalind Franklin University Health Clinics
3471 Green Bay Rd, North Chicago, IL 60064
10:00am-2:00pm | Tuesday & Friday
Web: www.rfuclinics.com/covidupdates/

Lake County Health Department/Community Health Center (Free)
2215 14th Street, North Chicago, IL 60064
8:00am-4:00pm | Mon-Sat
*COVID-19 testing is available by appointment for symptomatic Community Health Center patients.
Web: www.lakecountyil.gov/COVID-19-Testing

Updated: December 1st, 2020 | Community Health Department



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- Due to the demand for this service, there could be **significant wait times**
- While this is a free service, you will be asked to show **photo identification**.

ADVOCATE AURORA HEALTH COMMUNITY UPDATE LAKE COUNTY: COVID-19 TESTING LOCATIONS

Updated: December 1st, 2020

For Illinois, visit: www.dph.illinois.gov/testing
For Lake County, visit www.lakecountyil.gov/COVID-19-Testing

Non-IDPH Testing Locations:

Vista Health System – Waukegan
1324 N. Sheridan Rd, Waukegan, IL 60085
24 hours | Daily
Web: www.vistahealth.com

Erie HealthReach Waukegan Health Center
2323 Grand Ave., Waukegan, IL
Hours Vary | Appointment Required
Web: www.eriefamilyhealth.org

Raden Wellness
200 Green Bay Road, 2nd Floor, Highwood, IL 60040
8:00am – 5:00pm | Mon-Fri
Web: www.radenwellness.com

NorthShore Immediate Care – Gurnee
7900 Rollins Rd., Gurnee, IL 60031
8:00am – 4:00pm | Mon/Thur/Fri-Sun
Web: www.northshore.org/immediatecare

Vista Health System – Lindenhurst
1050 Red Oak Ln, Lindenhurst, IL 60046
24 hours | Daily
Web: www.vistahealth.com

PromptMed Urgent Care
420 East Illinois Rte 173, Ste.101, Antioch, IL 60002
Web: www.promptmedurgentcare.net/

Mobile Testing: **FREE**

College of Lake County
Saturday, 12/5 & Monday 12/14 @ 8 a.m. – 4 p.m.
19351 West Washington Street, Grayslake

Grant Community High school, South Lot
Sunday, 12/6, 8 a.m. – 4 p.m.
285 Grand Avenue, Fox Lake

Web: www.content.govdelivery.com
*Testing is free & open to all regardless of symptoms

Updated: December 1st, 2020 | Community Health Department



CVS Testing Locations:

9 am – 6pm | Mon-Sun
No Cost with Insurance
Web: www.cvs.com

Zion
4580 RT. 173, Zion, IL 60099

Mundelein
1101 West Maple, Mundelein, IL 60060

Waukegan
3001 West Washington Street,
Waukegan, IL 60085

Village of Third Lake
34344 North US Highway 45, Village of
Third Lake, IL 60030

Lindenhurst
2020 East Grand Avenue, Lindenhurst,
IL 60046

Round Lake
229 West Route 134, Round Lake, IL
60073

Highland Park
2000 Skokie Valley Road, Highland
Park, IL 60035

Crystal Lake
1539 Clavey Road, Highland Park, IL
60035

COVID 19 Vaccine – FAQ

Insights from Dr. Robert Citronberg, Advocate Aurora Health Executive Medical Director of Infectious Disease and Prevention



Where will the vaccine come from?

- There are several clinical trials in progress for COVID-19 vaccines including ones from AstraZeneca, Janssen, Moderna, Novavax, and Pfizer. The Pfizer vaccine is likely the first that will be authorized for FDA emergency use in the United States (especially in IL). Moderna's is likely to quickly follow.

How will it work?

- The Pfizer and Moderna vaccines, which will likely be the first two released, both require two shots, 3-4 weeks apart depending on which vaccine is given. Both doses are necessary to be fully immunized.

COVID 19 Vaccine – FAQ

Insights from Dr. Robert Citronberg, Advocate Aurora Health Executive Medical Director of Infectious Disease and Prevention

Is it safe?

- “I think it’s encouraging that none of the companies so far have reported any serious side effects. Every vaccine has side effects. In fact, minor side effects like low grade fever, chills or muscle aches means that your immune system is responding to the vaccine, which is exactly what you want. We haven’t seen all the safety data yet but we will likely get more details when the vaccine is approved for use.”

Who will get the shot first?

- Health care workers and residents of long-term care facilities. It will take several months with distribution. By next spring, we might even have 4, 5, or 6 different vaccines to choose from. It probably won’t be until May or June of 2021 when everyone in this country who wants a vaccine will be able to get one.

COVID 19 Vaccine – FAQ

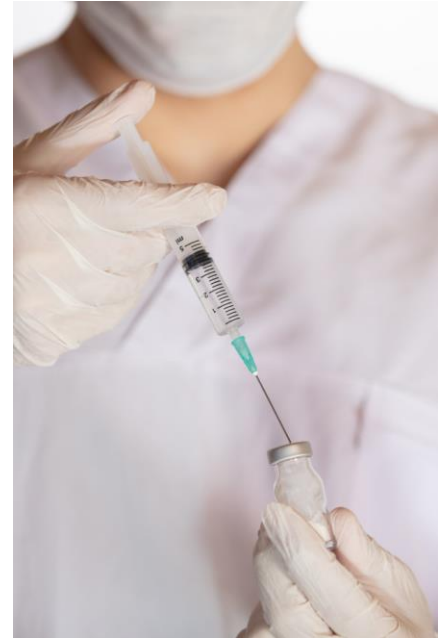
Insights from Dr. Robert Citronberg, Advocate Aurora Health Executive Medical Director of Infectious Disease and Prevention

What can you do if you can't get a vaccine right away?

- It's important to continue to do what science shows works in reducing the spread of COVID-19: social distance, avoid large gatherings, wash your hands, and wear a mask. Even if you do receive a vaccine, we strongly recommend you continue all of these safety measures.

When will things return to "normal"?

- "We generally look at the number of about 70% for herd immunity, which is a combination of people who have had the disease and also to get the vaccine. Hopefully by about next summer we'll achieve herd immunity. I think the second half of next year looks very promising for starting to be able to relax some of the restrictions that we have in place right now and for life to begin looking like normal again."



Questions?

