As of July 14, 2020, CARPHA Medical Microbiology Laboratory (CMML) has received **8,949 samples** from 16 CMS, 569 (6.4%) of which have tested positive since the start of the outbreak.

**TRENDING AT CARPHA**

*In times of COVID-19 - Let's Unite to Fight the Bite!*

In the midst of the pandemic, we must be mindful that other public health threats do still exist. A major focus of the Vector Borne Disease (VBD) Unit at CARPHA has been geared towards decreasing the regional burden of VBDs, particularly Mosquito Borne diseases (MBDs). Some of these diseases include: Dengue, Chikungunya and Zika, which are transmitted by the *Aedes aegypti* mosquito.

In 2020, CARPHA’s key MBD awareness slogan states, "*In times of COVID - Let's Unite to Fight the Bite!*", placing emphasis on taking preventative measures, reducing mosquito breeding sites and remaining healthy during this time.

For the VBD Unit’s vector control operational guidelines, click here. ☞
### Important Definitions

**Imported Cases**
- Exposed to COVID-19 abroad
- Developed symptoms in home country
- Tested positive for COVID-19

E.g. Husband returning from a conference abroad

**Local Spread/ Secondary Cases**
- No travel history
- Exposed to imported case
- Developed symptoms and tested positive for COVID-19
- Able to identify source of, or link to infection

E.g. Wife of the man who attended the conference abroad

**Community Spread**
- Persons in the community developed symptoms and tested positive
- No travel history or contact with an imported case or confirmed COVID-19 case
- Source of, or link to infection is unknown

### Transmission of COVID-19

1. Transfers from person to person via tiny droplets from the nose or mouth
2. Spreads when a person with COVID-19 coughs or sneezes
3. Also spreads via contact

- Touching surfaces, such as desks and door handles where the tiny droplets from an infected person have fallen

### Clinical Presentation

*Based on patients in the United States of America

**Most Common:**
- Fever (temperature > 37.5°C)
- Shortness of breath
- Fatigue
- Cough (both dry and productive)
- Muscle pain

**Atypical:**
- Older adults and persons with medical conditions may have delayed presentation of fever and respiratory symptoms.

- Diarrhoea and nausea may be experienced before developing fever and other symptoms.
- Loss of smell and an altered sense of taste have been reported.

### Illness Severity

**Mild to Moderate:**
Patients present with mild symptoms up to mild pneumonia.

**Severe:**
Patients have severe difficulty breathing, low oxygen levels and >50% lung involvement on imaging.

**Critical:**
Patients can have respiratory failure, shock and multi-organ system dysfunction.

Mild to Moderate (81%)
Severe (14%)
Critical (5%)
**PREVENTION OF DISEASE**

- **Wash your hands** often and carefully with soap and water or **clean with an alcohol-based hand rub** with 60-80% alcohol content (ethanol or isopropanol).
- If you have fever, cough and difficulty breathing, seek medical attention early and share previous travel history.
- **Cough or sneeze into your elbow or sleeve** if tissue is not available.
- **Keep at least 2 metres (6 feet)** away from persons that do not live in your household.
- **Use face masks** when applicable, e.g. when visiting the grocery or market.

**SOCIAL DISTANCING MEANS PHYSICAL DISTANCING IN PUBLIC SPACES**

- Limit face to face contact with persons outside of your household in order to stop or slow down the spread of COVID-19 in the community.
- Keep a distance of 6 feet or 2 metres from persons who do not live in your household.
- Remain physically and socially connected to family and loved ones that live in your household.
- Connect virtually with friends and loved ones outside of the household.

For more information of CARPHA’s activities and guidelines on COVID-19, please access Situation Report 70- July 15 2020 by clicking here.
REFERENCES


