As of September 9, 2020, CARPHA Medical Microbiology Laboratory (CMML) have received 21,426 samples from 17 CMS, 2,145 (10.0%) of which have tested positive since the start of the outbreak.

Recent CARPHA Products

Regional COVID-19 Public Health Considerations for Reopening of Borders and Resuming Travel in the CARICOM Region

Guidance on Indoor Recreational Activities during the COVID-19 Pandemic and its associated infographic

Infographics on Interim Guidance: In-Home Repair and Field Services in the Caribbean during the COVID-19 Pandemic

Infographic - Prevention of COVID-19

COVID-19 Information and Resources

Media

Videos
CARPHA, as part of its mandate in leading the regional health response to COVID-19, has developed a suite of “Health Considerations” to successfully exit the COVID-19 lockdown, reopen borders and resume travel.

As of June 2020, CARICOM countries started a phased re-opening of their borders and businesses and as expected, have experienced an increase in imported COVID-19 cases. Re-opening and recovery require a careful balance between reducing restrictive measures and ensuring adequate measures are implemented to reduce importation and spread of new cases; and to ensure that capacity is ramped up to rapidly identify, test, isolate and trace contacts of new cases.

Click on the images to access the full document and infographic.
The Caribbean Public Health Agency has developed an educational and capacity building webinar series titled “CARPHA COVID-19 Health Rounds.” This series aims to provide technical guidance to support public health policy and clinical decision-making affecting: (i) Prevention, diagnosis, treatment, clinical trials, medical product use and safety in response to the pandemic (ii) Health guidelines for safe re-opening of hospitality and other sectors during the pandemic and (iii) Guidance for addressing other public health emergencies /threats in the Caribbean.

In collaboration with key regional partners, CARPHA will present webinars weekly until December 2020. This week’s webinar on September 10th was on "Management of Evacuation Shelters during the COVID-19 Pandemic."

The next webinar entitled, “Mosquito Borne Disease Management during the COVID- 19 Pandemic,” will take place on September 16th at 3:00 - 4:30 p.m. Attendants can include, but are not limited to, Vector Control Operators, Environmental Health Officers, Surveillance Officers, National Laboratory Staff and Health Promotion/Health Education Officers and Staff. Register here.
For the past twelve (12) years, the Caribbean region celebrated Caribbean Wellness Day (CWD) under the theme "Love that Body," with a focus on preventing and controlling Non-communicable Diseases (NCDs) throughout the life course.

For the next five years (2020-2024), the focus continues to be on the life course approach engaging the whole of society, under the new theme, "Power Through Collective Action." The COVID-19 Pandemic has continued to emphasise the importance of this approach and CARPHA’s work in the prevention of NCDs. This year’s sub theme, “Stronger Together 2020,” is also aligned with the Pan American Health Organization’s (PAHO) mental health awareness campaign.

The objectives for CWD 2020 are to: (i) Promote coping strategies aimed at reducing stress, especially during the COVID-19 pandemic (ii) Raise awareness about mental illness and mental health (iii) Address stigma and discrimination. In keeping with the challenges of COVID-19 pandemic, frontline and health care workers are among the priority groups to be addressed in this campaign.

Caribbean Wellness Day will be observed on Saturday, 12 September 2020.
COVID-19 Definitions

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

*E.g. Daughter returning from university 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

**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. Brother of the girl who returned from university abroad*
When a person coughs, sneezes, sings, talks — tiny droplets containing the disease float in the air...

**Spread of COVID-19**

- when the droplets from the air enter the body via nose, mouth or eyes... or when a person touches a surface that has droplets and then touches their mouth, nose or eyes.

- these droplets land on surfaces, such as desks and door handles.

Another person is infected
Symptoms of COVID-19

- Fever
- Cough (Both dry and productive)
- Shortness of breath
- Fatigue
- Muscle pain

**ATYPICAL**
Older adults and persons with medical conditions may have delayed presentation of fever and respiratory symptoms.
Severity of COVID-19

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 COVID-19

**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).

**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; physically connect with those in your households and virtually connect with others.**

**Use face masks** when applicable, e.g. when visiting the grocery or market.

If you have fever, cough and difficulty breathing, **seek medical attention early and share previous travel history.**

If you develop symptoms, **stay home.** Avoid public transport and public spaces. Seek medical care.

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

**Avoid crowds and gatherings; avoid touching, hugging and hand shaking.**
Home Isolation/Quarantine

Advice for persons with COVID-19 and those exposed to COVID-19

Stay in a different room from other people; sleep in a separate bed.

Have your own, separate dishes, cutlery, towels and bedding. Clean and wash them carefully and frequently.

Clean and sanitise high-touch surfaces, e.g. counters, doorknobs and hand railings frequently.

All persons in the household should wear face masks when around others.

Use a different bathroom from others, if available.

Follow preventative measures, even though you are at home.

Keep at least 6 feet (2 metres) from others, especially from those who are high risk for severe illness.

Contact the local health authorities if symptoms worsen or someone in your household becomes ill.

6 feet (2 m)
For more information on CARPHA’s recent activities and guidelines on COVID-19, please access Situation Report 92 - September 10 2020 by clicking here.

Stay updated with the Caribbean Public Health Agency. Follow us on our social media platforms!

@carpha1  @carpha1  @CARPHA1  @(CARPHA)  @CARPHACampus

Be sure to visit www.carpha.org for more information on COVID-19, including all technical guidance documents.
Please feel free to share these messages!

Instructions for Sharing:

- Go to the Communication materials on CARPHA's website
- Click on the infographic you want to share. You should now be able to see the PDF document of the infographic online on your phone.
- On the bottom pane, select the share button (looks like a box with an arrow pointing upwards).
- Select Whatsapp or whichever option you prefer.

Instructions for Printing:

- Download SitRep Infographic.
- Open on Adobe Reader.
- Click on File (on the bar at the top of the page).
- Select Print from the the drop down menu.
- When the Print page comes up, select Fit under the Page Handling and Sizing section.
- Then, click Print.