

# WHAT'S *Happening!*™

Special COVID-19 Edition

Summer 2020

## Living in a World with COVID-19

As businesses reopen, everywhere you go and much of what you see in the news and on social media show people in masks, standing apart and washing hands. These actions are helping keep people in Northern Kentucky healthy and preventing the spread of COVID-19 as we return to work and go back out into our communities.

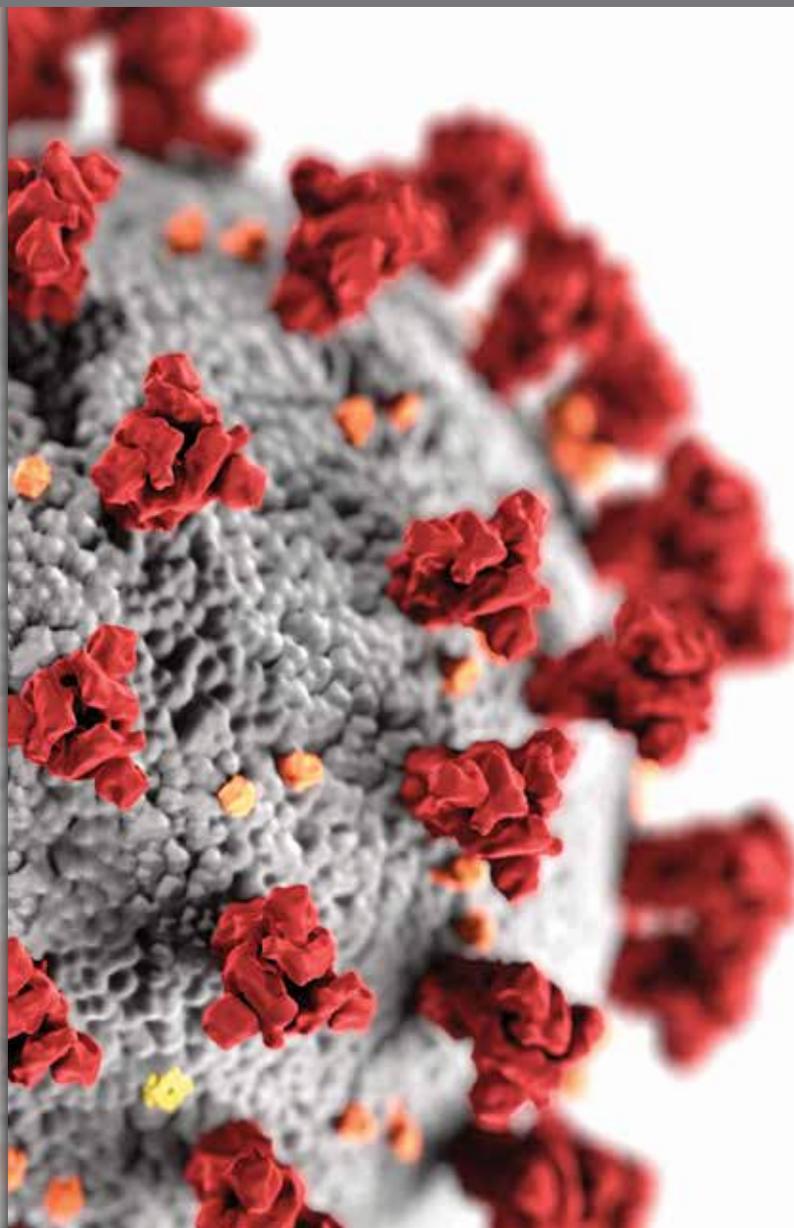
This special edition of *What's Happening* focuses on COVID-19, and serves as a handy reference that you should keep and refer to as needed over the coming months. Included in this edition are answers to common questions about COVID-19 — all in one place:

- COVID-19 — what it is, how it is spread, what the symptoms are, and how to protect yourself
- Social distancing — how far is far enough, avoiding crowds
- Cloth face masks — when to wear them, how to wear them, and when to wash them
- Cleaning and disinfecting — what surfaces, what cleaning product to use
- Testing for COVID-19 — kinds of tests, where to get tested
- What to do if you have COVID-19
- Children and COVID-19
- Caring for someone who has COVID-19 — how to prevent the spread to others in the home
- Seeking care for all your health care needs (not just COVID-19)
- Telehealth — availability, how it works
- Clinical trials — what they are, how they help to treat COVID-19

We cannot become complacent in our efforts. COVID-19 is projected to be with us for longer than any of us would like. Until there is a vaccine and effective treatment available, the best way to keep ourselves healthy and protect others at risk for serious complications is to stay the course — masking, social distancing, hand washing, staying home when sick, cleaning and disinfection. Let's work together as Northern Kentuckians to fight COVID-19 and become the healthiest region in the nation!

*Lynne Saddler, MD, MPH*

District Director of Health



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# COVID-19 Fact Sheet

## COVID-19 — What is it?

**COVID-19 is a new respiratory virus that has the potential to cause severe illness and pneumonia in some people.**

### How is it spread?

- By coming into close contact with a person who is infected. When an infected person coughs, sneezes or talks, the virus can be spread in droplets to nearby people and surfaces.
- Touching a surface or object that has the virus on it and then touching your mouth, nose or eyes.

### What is the risk?

There is currently NO vaccine available.

### What are the symptoms?

Symptoms of COVID-19 can be mild, or in some cases be severe enough to require hospitalization. Symptoms of this respiratory illness, which can show up 2-14 days after exposure, primarily include:

- Fever
- Cough
- Shortness of breath

### How is it prevented?

Similar to prevention of other respiratory illnesses, including the flu:

- Wash hands often
- Avoid touching eyes, nose or mouth with unwashed hands

- Avoid contact with sick people
- Stay home while you are sick and avoid others
- Cover mouth/nose with a tissue or sleeve when coughing or sneezing
- The CDC recommends wearing masks to stop the spread of COVID-19.

**For up-to-date COVID-19 activity in Northern Kentucky, please visit the Northern Kentucky Health Department's website at: <https://nkyhealth.org/individual-or-family/health-alerts/coronavirus/>**

**Still have questions or concerns about COVID-19? You may contact them at [nkywebmaster@nkyhealth.org](mailto:nkywebmaster@nkyhealth.org).**

WHILE SCIENTISTS WORK ON A VACCINE AND TREATMENTS, WE ALL MUST TAKE STEPS TO PROTECT OURSELVES AND OTHERS.



*COVID-19 spreads through close contact with others.*

# Helping Northern Kentucky Practice Social Distancing

## Social distancing practices

Although senior adults and those with chronic health conditions are at higher risk for complications of COVID-19, the CDC recommends the following social distancing practices for everyone.



- Stay home as much as possible.
- Work from home if possible.
- It's okay to be outside, away from others.
- When you go out in public, keep 6 feet away from others and wear a mask that covers your mouth and nose.
- Wash hands often. Avoid touching your face.
- Avoid crowds or any type of gathering.

## Know the symptoms of COVID-19 and take everyday precautions

### Symptoms

- Fever
- Cough
- Shortness of breath
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell

- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

### Precautions

- Wash your hands
- Don't touch your face
- Avoid sick people

*When you go out in public, keep 6 feet away from others and wear a mask that covers your mouth and nose.*



# Cloth Face Mask FAQs

## Why do you need to wear a face mask?

**In light of new data about how COVID-19 spreads, along with evidence of widespread COVID-19 illness in communities across the country, the CDC recommends that people wear a cloth face mask to cover their nose and mouth in the community setting. This is to protect people around you if you are infected, whether or not you have symptoms.**

### We don't typically wear cloth face masks for the flu. Why are we doing it for COVID-19?

There is still so much we don't know about COVID-19. For the flu, we have vaccines and approved treatments that can lessen its severity. While we are still learning about COVID-19, and working on the development of a treatment and vaccine, the use of a cloth face mask can prevent the spread of COVID-19, especially by people who are infected but do not have symptoms.

### What is the proper way to wear a cloth face mask?

Cloth face masks should fit snugly but comfortably against the side of the face. They can be secured with ties or ear loops. They should consist of multiple layers of fabric, but allow for breathing without restriction. Finally, cloth face masks should be able to be laundered and machine dried without damage or change to shape.

### Who should NOT wear cloth face masks?

Cloth face masks should not be placed on children younger than two years of age, anyone who has trouble breathing, is unconscious, incapacitated, or is otherwise unable to remove the mask without assistance.

### When should you wear a cloth face mask?

A cloth face mask should be worn whenever people are in a community setting. These settings include grocery stores and pharmacies. Cloth face masks are especially important to wear in public in areas of widespread COVID-19 illness.

### Do I still need to stay six feet away from others if I am wearing a cloth face mask?

Yes. Wearing cloth face masks is an additional public health measure people should take to reduce the spread of COVID-19. The CDC still recommends that you stay at least six feet away from other people

(social distancing), wash your hands frequently, clean and disinfect often, cover coughs and sneezes, and stay home if you are sick. A cloth face mask is not intended to protect the wearer, but it may prevent the spread of virus from the wearer to others. This is especially important if someone is infected with COVID-19 but does not have symptoms.

### What if I can't find a mask to wear?

Cloth face masks can be made from household items or from common materials at low cost. For instructions on easy-to-make sewn and no-sew masks, visit <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

### Do I have to shave my beard to properly wear a cloth face mask?

No, you do not need to shave your beard to properly wear a cloth face mask. This only applies to N-95 masks, which are worn by health care providers. Beards can affect the seal on this type of mask.

### How often do I need to wash a cloth face mask?

Currently, there is no standard for how often you should wash your cloth face mask. They should be routinely washed depending on the frequency of use, at least as often as you change and wash your clothes. If possible, try to have two masks so you can switch them out on a regular basis.

### How should you wash a cloth face mask?

A washing machine should suffice in properly washing a cloth face mask.

### How does one safely remove a used cloth face mask?

Individuals should be careful not to touch their eyes, nose and mouth when removing their cloth face mask, and wash hands immediately after removing.



# How to Clean and Disinfect

## Clean and disinfect to reduce the spread of COVID-19

Frequently touched surfaces should be cleaned and disinfected often.

The following are examples of surfaces that should be cleaned and disinfected often to reduce the spread of COVID-19:

- All bathroom surfaces
- Door handles
- Phones
- Tables and chairs
- Keyboards
- Stair railings
- Light switches
- High chairs
- TV remotes
- All kitchen surfaces
- Walkers and wheelchairs

### What can you use to clean and disinfect surfaces in your home?

Use on frequently touched surfaces often, and allow to air dry.

If used on food contact surfaces, make sure to rinse with water afterwards.



1 & 2/3 CUPS  
UNSCENTED,  
REGULAR  
BLEACH

IN

1 GALLON  
COLD  
WATER



For more tips on cleaning, visit:

**CDC:** <https://bit.ly/2VwIU0v>

**EPA:** <https://bit.ly/380gd00>

We all have a role to play in reducing the spread of COVID-19 in Northern Kentucky. We must make new behaviors become habits.

## Travel Guidelines

The CDC provides guidelines for travel consideration including the risks associated with how you travel (air, bus, car, or RV), protecting yourself, and participating travel needs.

**Learn more:**

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html>

## Physical Activity

Staying physically active is one of the best ways to keep your mind and body healthy.

In many areas, people can visit parks, trails and open spaces as a way to relieve stress, get some fresh air and stay active. Visiting these facilities and areas can offer health benefits and while visiting it is important to practice social distancing and carefully consider the use of playgrounds and shared equipment and wash your hands after touching any shared equipment. Wearing of face masks is encouraged unless you are performing physical activity, or if doing so would pose a serious risk to health and safety.

# COVID-19 Testing FAQs

## Where can I get tested for COVID-19?

Anyone with symptoms associated with COVID-19 (including, but not limited to, fever, cough, difficulty breathing, chills, muscle pain, sore throat, new loss of taste or smell), and/or anyone who has had close contact with someone diagnosed with COVID-19, can call one of the locations below to inquire about COVID-19 testing.

### What are the types of COVID-19 testing?

Two types of tests are available for COVID-19 — viral tests and antibody tests:

- A viral test tells you if you are currently infected with COVID-19.
- An antibody test tells you if were previously infected with COVID-19.

An antibody test may not be able to show if you currently have COVID-19, as it can take 1-3 weeks after infection for your body to create antibodies. We do not know yet if having antibodies for COVID-19 can protect someone from getting infected with COVID-19 again, or how long that protection might last.

### What can I expect when I get a test for COVID-19?

Viral testing for COVID-19 typically involves inserting a 6-inch long swab (like a long Q-tip) into the cavity between the nose and mouth (nasopharyngeal swab) for 15 seconds and rotating the swab several times. The swabbing is repeated on the other side of the nose to make sure enough material is collected. The swab is then inserted into a container and sent to a lab for testing.

### What happens if I test positive for COVID-19?

If you are tested for COVID-19, you will need to stay at home and away from others until you receive your results. If you test positive for COVID-19, you will need to remain at home away from others and will be contacted by your local health department. The local health department will determine if individuals with whom you have had close contact have been exposed to COVID-19, should monitor for

symptoms, and stay at home. Check [www.kycovid19.ky.gov](https://www.kycovid19.ky.gov) for the latest guidance on when to end your home isolation.

### Who should be tested for COVID-19?

If you have had close contact with someone who has been diagnosed with or has tested positive for COVID-19, or you have symptoms associated with COVID-19 (including fever, cough, and difficulty breathing), contact your health care

provider who can provide further guidance and instructions.

### What does it mean if I test negative for COVID-19?

If you test negative for COVID-19 by a viral test, you probably were not infected at the time your sample was collected. However, that does not mean you will not get sick. The test result only means that you did not have COVID-19 at the time of testing.

## Testing locations in Northern Kentucky

- **Bluegrass Urgent Care Cold Spring**  
3699 Alexandria Pike #2  
Cold Spring, KY 41076  
859/431-7900
- **Bluegrass Urgent Care Crescent Springs**  
2327 Buttermilk Crossing  
Crescent Springs, KY 41017  
859/344-7900
- **Independence**  
2025 Declaration Dr.  
Independence, KY 41051  
859/ 371-7900
- **Bluegrass Urgent Care Walton**  
625 Chestnut Dr.  
Walton, KY 41094  
859/ 485-7900
- **CareFirst Urgent Care**  
7683 Mall Rd.  
Florence, KY 41042  
859/ 817-1320
- **The Christ Hospital Urgent Care Fort Wright**  
1955 Dixie Highway, Suite F  
Ft. Wright, KY 41011  
859/ 594-7993
- **Florence Urgent Care**  
8820 Bankers St.  
Florence, KY 41042  
859/ 647-9101
- **Greendale, Indiana**  
1640 Flossie Lane  
Greendale, IN 47025
- **HealthPoint Family Care Covington**  
1401 Madison Ave  
Covington, KY 41011  
859/ 655-6100
- **HealthPoint Family Care Florence**  
7607 Dixie Highway  
Florence, KY 41042  
859/ 655-6100
- **Highland Heights**  
2626 Alexandria Pike  
Highland Heights, KY 41076

**Call St. Elizabeth Physicians at 1-800-737-7900 for more information:**

- **St. Elizabeth Physicians Florence Urgent Care**  
8726 US Hwy. 42  
Florence, KY 41042
- **St. Elizabeth Physicians Crittenden Urgent Care**  
405 Violet Rd.  
Crittenden, KY 41030
- **St. Elizabeth Physicians Newport/Ft. Thomas Urgent Care**  
1400 N Grand Ave.  
Newport, KY 41071

*Note: Testing type (antibody or viral) varies by each location. Visit the website at <https://bit.ly/2T2Wrux> for more information.*

# What to Do if You Are Sick with COVID-19

**If you are sick with COVID-19 follow the steps below to help prevent the disease from spreading to people in your home and community.**

**Stay home except to get medical care:** You should restrict activities outside your home, except for getting medical care. Do not go to work, school or public areas. Avoid using public transportation, ride-sharing or taxis.

**Separate yourself from other people and animals in your home:** As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Do not handle pets or other animals while sick. Visit <https://www.cdc.gov/coronavirus/2019-ncov/faq.html#2019-nCoV-and-animals> for more information.

**Call ahead before visiting your doctor:** If you have a medical appointment, call the health care provider and tell them that you have or may have COVID-19. This will help the health care provider's office take steps to keep other people from getting infected or exposed.

**Wear a face mask:** You should wear a face mask when you are around other people (e.g., sharing a room or vehicle) or pets, and before you enter a health care provider's office. If you are not able to wear a face mask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a face mask if they enter your room.

**Cover your coughs and sneezes:** Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can. Immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used if hands are visibly dirty.

**Avoid sharing personal household items:** You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

**Clean your hands often:** Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used if hands are visibly dirty. Avoid touching your eyes, nose and mouth with unwashed hands.

**Clean all "high-touch" surfaces every day:** High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any

surfaces that may have blood, stool or bodily fluids on them. Use a household cleaning spray or wipe, according to the label instructions.

**Monitor your symptoms:** Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Before seeking care, call your health care provider and tell them that you have, or are being evaluated for, COVID-19. Put on a face mask before you enter the facility. These steps will help the health care provider's office keep other people in the office or waiting room from getting infected or exposed.

Ask your health care provider to call the local or state health department. Follow instructions provided by the local health department.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for, COVID-19. If possible, put on a face mask before emergency medical services arrive.

**Discontinuing home isolation:** Check [www.kycovid19.ky.gov](http://www.kycovid19.ky.gov) for the latest guidance on when to end your home isolation.

## FAQ

### What should I do if I am exposed to a person with COVID-19?

**ANSWER:** If you have been identified as a close contact to someone who is positive for COVID-19, you need to do the following:

- Stay at home, away from others.
- Do not travel or attend work, school, shopping centers, movie theaters, stadiums, church or any other event.
- Monitor for symptoms, including a temperature of 100.4 degrees.
- If you experience symptoms of COVID-19, isolate yourself and call your doctor immediately. Inform them of your potential exposure and your symptoms. If you are ill and feel you have an emergency, seek care immediately and inform dispatch and health care providers that you have had contact with a known COVID-19 case.

These actions must be taken for 14 days after your last exposure to the case or until the case has recovered if you live in the same household or have continuing exposure to the case. Check [www.kycovid19.ky.gov](http://www.kycovid19.ky.gov) for the latest guidance on when someone is considered recovered.

# Children and COVID-19 FAQs

## Can children become infected with COVID-19?

**Yes, while children tend to have mild illness and less serious complications, they can still become infected with COVID-19.**

### What are the symptoms of COVID-19 in children?

Symptoms of COVID-19 in children tend to include cold-like symptoms, such as fever, runny nose and cough. Vomiting and diarrhea have also been reported in children.

### How can COVID-19 in children be prevented?

Preventing COVID-19 infection in children is the same as preventing it in adults:

- Wash hands often.
- Cover coughs and sneezes.
- Avoid people who are sick.
- Clean and disinfect high-touch surfaces and objects daily (e.g. door knobs, light switches, remotes, kitchen and bathroom surfaces, etc.).
- Launder items, including washable plush toys, as needed. Follow the manufacturer's instructions. If possible, launder items using the warmest appropriate setting and dry items completely.
- In situations where it is difficult to maintain social distancing, children ages two years and older should wear a cloth mask.

### What should parents do if their child has symptoms associated with COVID-19?

Contact your health care provider, who can provide further instructions, which may include an in-office visit and testing. If your child is diagnosed with COVID-19, everyone in the household will need to stay home.

### How can you keep the rest of your family safe if your child has COVID-19?

- Keep your child home.
- Keep other people and pets away from your child as much as possible.
- Try to have only one person care for the sick child so others are not exposed.
- If the child is over two years of age and not having difficulty breathing, have the child wear a mask when the caregiver is in the room with them. If this is not possible, the caregiver should wear a mask.
- If possible, have the child use a separate bathroom. If this is not possible, wipe down the bathroom often.
- Clean and disinfect high-touch surfaces and objects daily.
- Wash hands often.

### How is COVID-19 treated?

Doctors and researchers are working on medicines and a vaccine for COVID-19. Most people with the illness, including children, get better with rest, fluids and fever-reducing medicine. Some people with more severe symptoms need treatment in the hospital.

### What is multisystem inflammatory syndrome in children (MIS-C)?

Multisystem inflammatory syndrome in children (MIS-C) is a rare, but

serious complication associated with COVID-19 in children. It is a condition where different body parts become inflamed. Symptoms can include rash; bloodshot eyes; red, swollen hands; red, cracked lips; stomach issues; and joint pain. If your child has a persistent fever, is overly tired, or is not eating or drinking, contact your health care provider immediately.

**It is important to remember that most children exposed to COVID-19 have no illness or very mild illness.**



# Recommendations for High Risk Populations

## People of any age with certain underlying medical conditions are at higher risk for getting very sick from COVID-19

### If you are at higher risk for getting very sick from COVID-19, you should:

- Avoid crowds. Do not fly or take cruises.
- Limit close contact with others, and be sure to stay away from people who are sick.
- Wear masks, unless they are a health or safety hazard.
- Wash hands often with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that has at least 60% alcohol.
- Avoid touching your mouth, nose and eyes.
- Avoid “high touch” surfaces in public places, like elevator buttons, door handles, and handrails. Use a tissue or sleeve to cover your hand or finger to touch something.

### Limiting contact helps prevent the spread of disease

We have learned from past outbreaks of disease that limiting contact among people helps to slow the spread of the virus, and helps to save lives. Being around other people makes you more likely to get sick or to make others sick. Until there

### Conditions that put a person at increased risk for severe illness from COVID-19:

- Chronic kidney disease
- COPD (chronic obstructive pulmonary disease)
- Immunocompromised state (weakened immune system) from solid organ transplant
- Obesity (body mass index [BMI] of 30 or higher)
- Serious heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
- Sickle cell disease
- Type 2 diabetes mellitus
- Children who are medically complex, who have neurologic, genetic, metabolic conditions, or who have congenital heart disease are at higher risk for severe illness from COVID-19 than other children.

**Other conditions may also increase your risk. For more information, go to [www.cdc.gov/coronavirus/2019-ncov/index.html](http://www.cdc.gov/coronavirus/2019-ncov/index.html).**

is a vaccine for COVID-19, limiting contact among people is our main tool to contain the disease and prevent others from getting it.

### What to do if you get sick:

- Monitor for potential COVID-19 symptoms, such as fever, cough and difficulty breathing.
- Call your health care provider and let them know about your

symptoms. Also, let them know if you may have been exposed to COVID-19.

- Get medical attention immediately if you or your loved one experience any of the following:
  - Difficulty breathing
  - Persistent pain or pressure in the chest
  - New confusion or extreme fatigue
  - Bluish lips or face



### For more information:

- Kentucky's COVID-19 Hotline: 1-800-722-5725 or [www.kycovid19.ky.gov](http://www.kycovid19.ky.gov)
- Northern Kentucky Health Department: <https://nkyhealth.org/individual-or-family/health-alerts/coronavirus/>
- Centers for Disease Control and Prevention (CDC): <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

# Caring for Someone with COVID-19 at Home

## Recovery at home

**Most people who get sick with COVID-19 have only mild to moderate symptoms and can recover at home.**

### Care at home

If you are caring for someone at home, monitor for emergency signs, prevent the spread of germs and treat symptoms.

### Monitor the person for worsening symptoms. Know the emergency warning signs.

- Have their health care provider's contact information on hand.
- If they are getting sicker, call their health care provider. For medical emergencies, call 911 and notify the dispatch personnel that they have, or are suspected to have, COVID-19.

### Provide symptom treatment.

- Make sure the sick person drinks a lot of fluids to stay hydrated and rests at home.

- Over-the-counter medicines may help with symptoms.
- For most people, symptoms last a few days and get better after one to two weeks.

### Prevent the spread of germs when caring for someone who is sick.

- Have the person stay in one room, away from other people, including yourself, as much as possible.
- If possible, have them use a separate bathroom.
- Avoid sharing personal household items, like dishes, towels and bedding.
- If face masks are available, have them wear a face mask when they are around people, including you.
- If the sick person can't wear a face mask, you should wear one while in the same room with them, if face masks are available.

- If the sick person needs to be around others (within the home, in a vehicle or at the doctor's office), they should wear a face mask.
- Wash your hands often with soap and water for at least 20 seconds, especially after interacting with the sick person. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose and mouth.
- Every day, clean all surfaces that are touched often, like counters, tabletops and door knobs. Use household cleaning sprays or wipes according to the label instructions.
- Wash laundry thoroughly. If laundry is soiled, wear disposable gloves and keep the soiled items

away from your body. Wash your hands immediately after removing gloves.

- Avoid having any unnecessary visitors.
- For additional questions about their care, contact their health care provider or state or local health department.

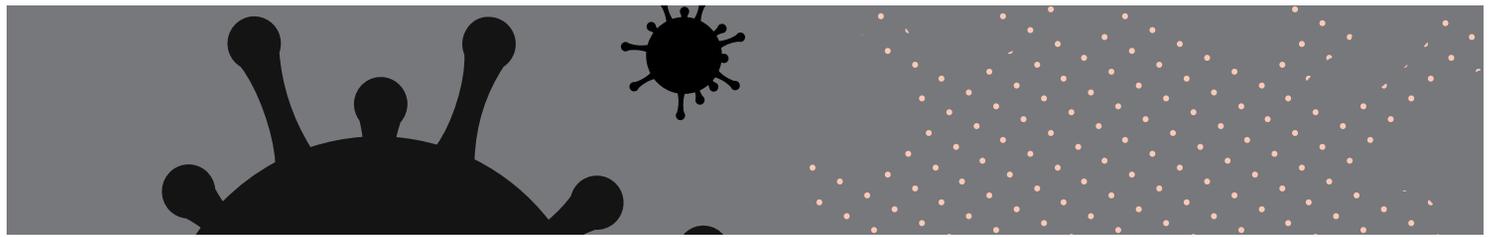
### When to end home isolation

People with COVID-19 who have stayed home should consult [www.kycovid19.ky.gov](http://www.kycovid19.ky.gov) and their healthcare provider for guidance on when they can discontinue home isolation.

**People who develop emergency warning signs for COVID-19 should get medical attention immediately. Emergency warning signs include:\***

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to wake or stay awake
- Bluish lips or face

*\*This list is not comprehensive. Please consult your medical provider for any other symptoms that are severe or concerning.*



## St. Elizabeth selected first site in new clinical trial

St. Elizabeth was selected as the first site of the FDA-approved Phase-2 COVID-19 clinical trial studying the drug PUL-042 of Pulmotect, Inc., in partnership with CTI Clinical Trial and Consulting Services (CTI), a global full-service contract research organization. The clinical trial will study the safety and efficacy of PUL-042, Pulmotect's inhalation solution, for the prevention of disease progression in patients with early COVID-19 disease. U.S. Food & Drug Administration (FDA) approval occurred in May and the trial is active and will be conducted at up to 10 clinical sites throughout the country, starting with St. Elizabeth in Northern Kentucky, the first hospital site in the world to be able to start dosing patients.



**Chaitanya Mandapakala, MD**

“The drug PUL-042 boosts the innate immunity in the lungs and potentially prevents further lung damage when used early in the COVID-19 disease,” says Chaitanya Mandapakala, MD,



*The clinical trial will study the safety and efficacy of a inhalation solution for the prevention of disease progression in patients with early COVID-19 disease.*

pulmonologist and principal investigator, for the Pulmotect clinical trial at St. Elizabeth. “If this clinical trial is successful it can help heal the disease faster, decrease length of hospital stay and improve outcomes without needing to get on a ventilator, which is exciting.”

This clinical trial represents the latest example of St. Elizabeth Health-care's strategic partnership with CTI. Both organizations look forward to rapidly expanding this relationship to include other diseases, including oncology, immunology, and nephrology, given the high-quality facilities, as well as the dedicated medical and research teams at St. Elizabeth, which is located close to CTI's headquarters. They hope to bring more local attention to clinical trials and the importance of research.

“The COVID-19 pandemic demands an unprecedented response from the pharmaceutical and biotechnology communities, requiring innovation, collaboration, and prioritization of speed without the cost of safety,” said Tim Schroeder, Founder and CEO of CTI. “We are proud to have the opportunity to collaborate on such a response with the St. Elizabeth team and to work together to develop an effective treatment solution for those hardest hit by COVID-19. The leadership from CEO, Garren Colvin, and his executive team has been outstanding in every aspect. They are the first site to begin screening on this trial because of their ability to quickly execute contracts, develop a site budget, receive IRB approval, and be trained faster than any other site in the U.S.”

## Virtual Video Visits

Virtual Video Visits are currently available with primary care providers and some specialists. Call your doctor's office to confirm availability.

A Virtual Video Visit allows you to speak to your doctor using live audio and video through a mobile phone, or tablet, via MyChart. To schedule a Video Visit, simply call your doctor's office, then log on to MyChart to start the visit at the designated time. Video Visits are billed to insurance as a normal office visit. Please remember that Video Visits are designed for new or current patients of St. Elizabeth Physicians age two years and older. Learn how to complete a Virtual Video Visit by going to our web site at [stelizabethphysicians.com/our-services/virtual-health](http://stelizabethphysicians.com/our-services/virtual-health).



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## Open, safe and right here

As our community continues to “reopen” in a phased and careful approach, it is important to understand and feel confident that one of the safest places in the community is in a healthcare setting. At St. Elizabeth Healthcare and St. Elizabeth Physicians, we were ready and prepared when COVID-19 came into our community and we are just as prepared to keep aspects of our care open in the safest way possible as COVID-19 remains in our community. These include several safety measures which will remain in effect for the months ahead.

- **Masks will remain commonplace:** In light of data regarding how COVID-19 spreads and what we have positively experienced at St. Elizabeth, we know that masking makes a tremendous difference in the spread of this virus. We will continue to require everyone in our care sites to wear a face covering.
- **Sanitation and sterilization:** Given the nature of this virus, sanitation and sterilization remain a top priority. We will continue to maintain the additional state-of-the-art sanitizing stations in all of our buildings.



In the hospital setting, multiple times each day, we deep clean patient rooms, including floors and ceilings. At least twice per shift, teams apply safe, CDC-approved germicide to common areas such as lobbies, restrooms and elevators. In primary care and specialty physician offices, exam rooms are cleaned with sanitizing wipes after every patient. Waiting rooms and check-in stations are cleaned every three hours or more frequent as needed.

- **Video visits:** We offer access to video visits with 100% of our pri-

mary care physicians and most of our specialists. Video visits are a safe way for patients to get access to care they need.

There are a limited number of in-person appointments per day to minimize risk and to comply with social distancing. Patients are taken to an exam room directly after screening (no waiting rooms). All patients are temperature screened prior to appointments. Patients are asked to bring and wear a mask the entire time while in the office. Cloth or other homemade masks are

acceptable. Patients with respiratory symptoms are given a surgical mask. Prior to an appointment, instructions are provided by primary care or specialty office staff regarding check-in procedure. Only the patient will be allowed in the office, no family members except for children or patients who require a caretaker.

Additional information may be obtained at [stelizabeth.com/openandsafe](http://stelizabeth.com/openandsafe). The page contains quick links to important information and features items such as a frequently asked questions page.