

# COVID 101 Refresher

January 20, 2022



# Test Types

## Rapid Antigen Tests

- 13 different brands with FDA EUA authorization
- Easy to use, results in 10-15 minutes
- Good at detecting if someone is infectious to others
- Less sensitive than PCR tests, especially early in infection
- Requires a “front of the nose” nasal swab

## PCR Tests





- Require a laboratory
- Turn-around time for results is 1-4 days on average
- Most sensitive test for COVID but cannot distinguish between infectious and non-infectious COVID
- Some individuals may continue to test positive on PCR up to 90 days after initial COVID infection

## Antibody Tests

- Require a laboratory
- Use a blood sample
- Determine if someone has previously been infected with COVID and developed an immune response
- Some specific types may be used to determine immune response to vaccination

# Mask Types

**Wear a mask with the best fit, protection, and comfort for you.**

			
<b>N95 Respirator</b> NIOSH-approved	<b>KN95 Respirator</b>	<b>Disposable Mask</b> Sometimes referred to as "surgical masks" or "medical procedure masks"	<b>Cloth Mask</b> Non-medical, made of fabric
When worn correctly, respirators offer the highest level of protection and filter 95% of particles.	Filtration varies depending on standard.  When worn correctly, KN95s provide more protection than disposable masks.	Disposable masks offer more protection than cloth masks.	Layered finely woven cloth masks offer more protection.  Loosely woven cloth masks provide the least protection.



Masks and respirators should not be worn by children younger than 2 years old.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

# Vaccine Types

## mRNA Vaccines

- Two brands authorized in United States:
  - Pfizer-BioNTech (primary series is two doses given 21 or more days apart)
    - Recommended to get booster 5 months after completion of primary series (either Pfizer or Moderna)
    - Authorized for people ages 5 years and older
  - Moderna (primary series is two doses given 28 or more days apart)
    - Recommended to get booster 5 months after completion of primary series (either Pfizer or Moderna)
    - Authorized for people ages 18 years and older

## Viral Vector Vaccines

- One brand currently authorized in United States
  - J&J/Janssen – primary series is 1 dose
    - Recommended to get booster 2 months later, preference for mRNA booster
  - Authorized for ages 18 years and older
  - Not recommended unless mRNA is unavailable or unacceptable to the recipient

# Environmental Controls

## Improve Ventilation

- Open windows
- Use HVAC system with MERV-13 filters correctly installed
- Use portable air filters and maintain properly
- Use portable fans to move indoor air towards open window, pointing away from people
- Interactive tool: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/Improving-Ventilation-Home.html>

## Physically Distance and Limit Crowds

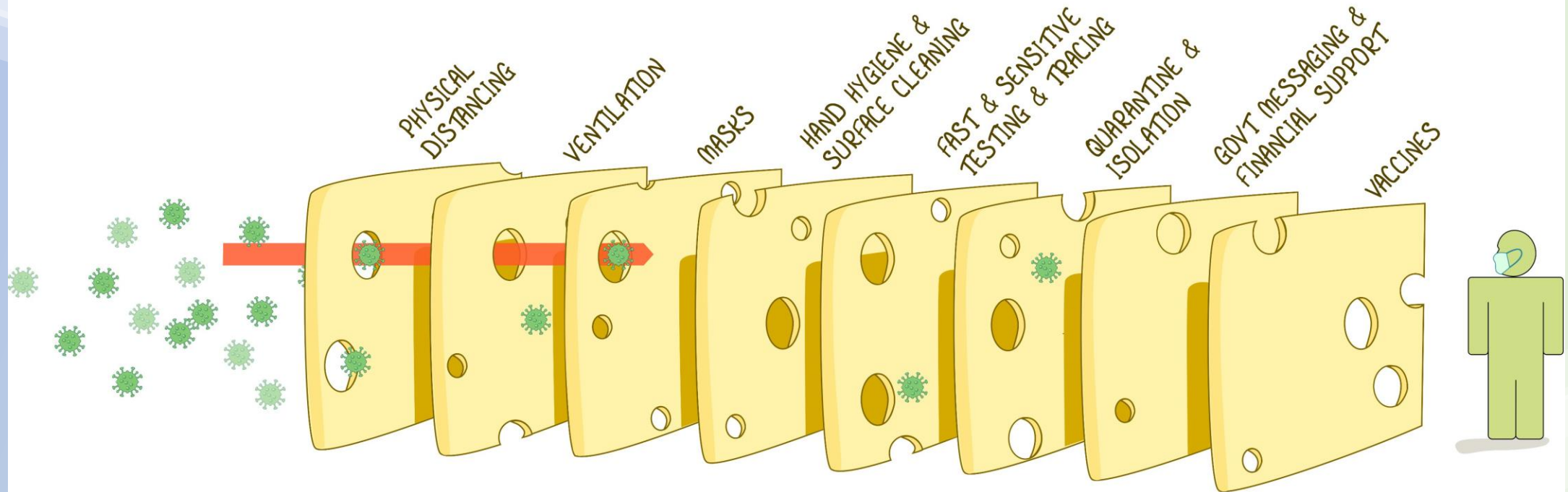
- Maintain 6 feet of distance between people, consider more distance when unmasked (such as for eating or sleeping)
- Reduce the number of people in a single space
- Try to move socializing outdoors

## Wear High-Quality, Well-fitting Masks

# Swiss Cheese Approach to Risk Reduction

## THE SWISS CHEESE RESPIRATORY VIRUS PANDEMIC DEFENCE

RECOGNISING THAT NO SINGLE INTERVENTION IS PERFECT AT PREVENTING SPREAD



EACH INTERVENTION (LAYER) HAS IMPERFECTIONS (HOLES).  
MULTIPLE LAYERS IMPROVE SUCCESS.