



What You Can Do as a Public Health Student During the COVID-19 Pandemic

- Presented by the Academia and Student Sections of the Illinois Public Health Association (IPHA)
 - Guest Speakers:
 - Dr. Samuel Pope, UI - Rockford
 - Beth Squires, MPH, MCHES, NIU

Learning Objectives

By the end of the webinar, attendees will be able to:

1. Describe the signs, symptoms, and methods of preventing COVID-19.
2. List the ways a public health student can act as a resource person to friends and family to prevent the spread of COVID-19.
3. Explain how the principles of adaptive leadership can be applied during a pandemic.



What Is COVID-19?

All information in this section of the presentation is from the Centers for Disease Control and Prevention's COVID-19 website:
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

- COVID-19 is a new coronavirus in humans. It is unrelated to coronaviruses that cause the common cold and circulate among the population.
- It originated in Wuhan, China and now is a pandemic across the globe.
- It was initially called the Wuhan Coronavirus, then 2019-nCoV.
- It is now COVID-19 taken from “CO” from corona, “VI” for virus, and “D” from disease. The number 19 is used as it began to be seen in 2019.



COVID-19 Signs and Symptoms

Anywhere from 2 – 14 days after exposure, you could experience:

- Fever
- Cough
- Shortness of breath
- Most will experience mild illness and can treat the symptoms with over-the-counter medication
- Use the CDC's Self-Checker to help assess your illness and whether or not to seek medical care:
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>



COVID-19 Signs and Symptoms

- If you or a family member experience the following emergency signs, seek medical attention immediately:
- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face
 - The above isn't exhaustive. Contact your primary care physician to be fully screened.



COVID-19 Transmission

- The virus is thought to spread mainly from person-to-person.
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.



COVID-19 Prevention

- Wash your hands! <https://youtu.be/d914EnpU4Fo>
- Avoid close contact. Practice social distancing of six feet when out in public.
- Stay home if you're sick.
- Cover coughs and sneezes.
- Clean and disinfect frequently touched surfaces daily.
- As of April 4, 2020, the CDC has begun recommending that all wear cloth face covers when out in public
 - Continue to check the CDC daily for the most up-to-date prevention recommendations:
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>



Public Health Education



As a Public Health Student, You Can

- Be a resource person on COVID-19.
- Communicate updates to family and friends.
- Advocate for proper following of prevention guidelines.
- Be a role model and follow the prevention recommendations.



Adaptive Leadership and Public Health

From the National Association of County and City Health Officials (NACCHO):

<https://www.youtube.com/watch?v=fA-dSo2qg6Y>



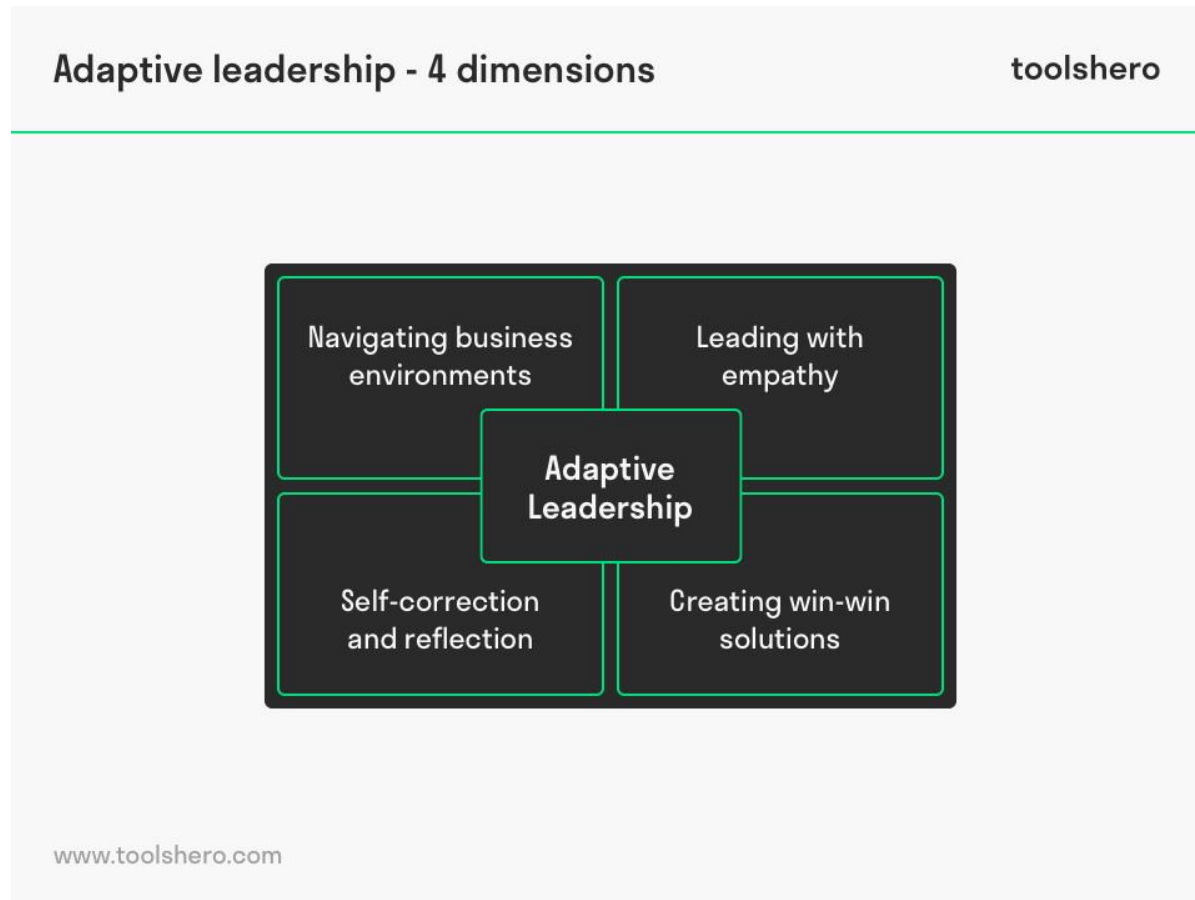
Adaptive Leadership Definition

Adaptive Leadership is “a practical leadership framework that helps individuals and organizations to adapt to changing environments and effectively respond to recurring problems. Research by Ron Heifetz and Marty Linsky at Harvard University formed the basis for Adaptive Leadership.”

<https://www.toolshero.com/leadership/adaptive-leadership/>

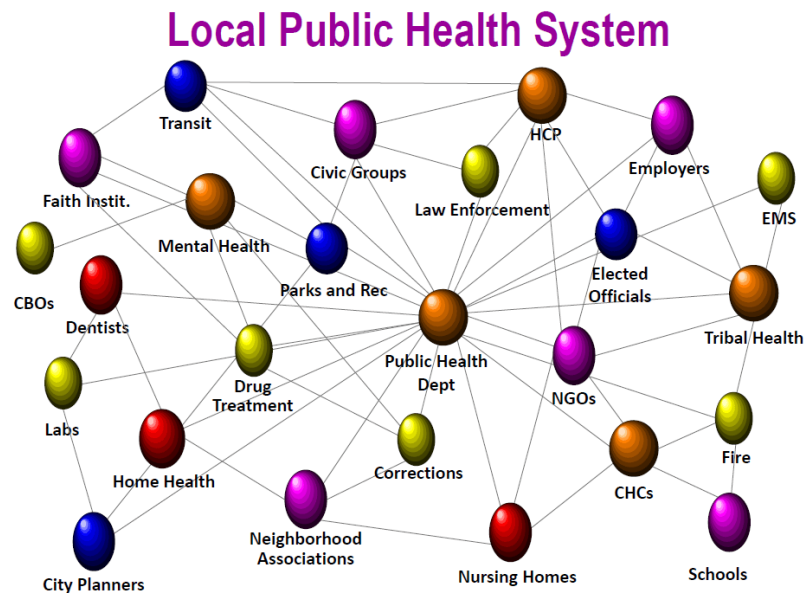


Adaptive Leadership Domains



Adaptive Leadership Domains, Public Health, and COVID-19

- *Navigating Business Environments:*
 - Collaborate with the organizations that make up the local public health system and encourage them to develop new ways to solve problems.



Adaptive Leadership Domains, Public Health, and COVID-19

- Leading With Empathy
 - <https://www.merriam-webster.com/dictionary/empathy>
- Learning Through Self-Correction and Reflection
 - This is also known as formative evaluation:
https://www.acf.hhs.gov/sites/default/files/cb/formative_evaluation_toolkit.pdf
- Create Win-Win Solutions

