

# Bulletin Covid-19

IN CIEGO DE ÁVILA



# Act  
Responsible  
February/  
2021  
Number 2

## Prevention actions on Covid-19 in the province Ciego de Ávila. **Start**

The new Coronavirus has among its main characteristics its high infectivity and virulence, which results in a global pandemic that is affecting 190 countries, and also creates a complex scenario in which different governments have had to adopt measures to protect their populations.

Since the beginning of the pandemic in March 2020, and to date, a significant number of patients confirmed with Covid-19 have been reported in the province of Ciego de Ávila, causing several epidemic outbreaks.

Among the actions carried out by the National Health System to cut the transmission of SARS-CoV-2 are the activities of clinical investigations to the population at risk and the search for patients with respiratory symptoms within the communities, as well as monitoring of Respiratory Water Infections (ARI) at the primary level of Health Care.

The surveillance of travelers is another of the actions that are implemented in Primary Health Care with the aim of preventing contagion, for this an exhaustive sanitary control is carried out with a real-time polymerase chain reaction test (RT-PCR) to people who come from abroad on two occasions: upon arrival in the country and on the fifth day of arrival, in order to rule out that they present the disease in its asymptomatic clinical form.

Finally, the control of outbreaks that are epidemiological field investigations allow confirming the occurrence of an outbreak, organizing the work to be carried out, the operational definition of cases, the active search for cases, as well as generating hypotheses and immediately establishing the specific control measures, which can later be evaluated, culminating in the preparation of a technical investigation report.

## Definition of case criteria about Covid-19:

### A. Close contact:

Refers to a person who has contact with a confirmed or suspected Covid-19 infection patient.

**B. Suspect case:** Patient with respiratory clinical manifestations with a history of being a traveler or having been in contact with people from areas of transmission of Covid-19 or from countries with transmission in the last 14 days, patient with respiratory symptoms, contact with confirmed cases and patients who died from severe ARF with no apparent cause.

### C. Confirmed case:

Patient who is positive in the virological study for Covid-19 with or without symptoms.

**D. Confirmed case requiring admission to intensive care:** A confirmed serious patient requiring admission to intensive care.

### Reference:

[Protocolo-version-5.pdf](#)  
[covid19cubadata.github.io](https://covid19cubadata.github.io)

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## In this publication:

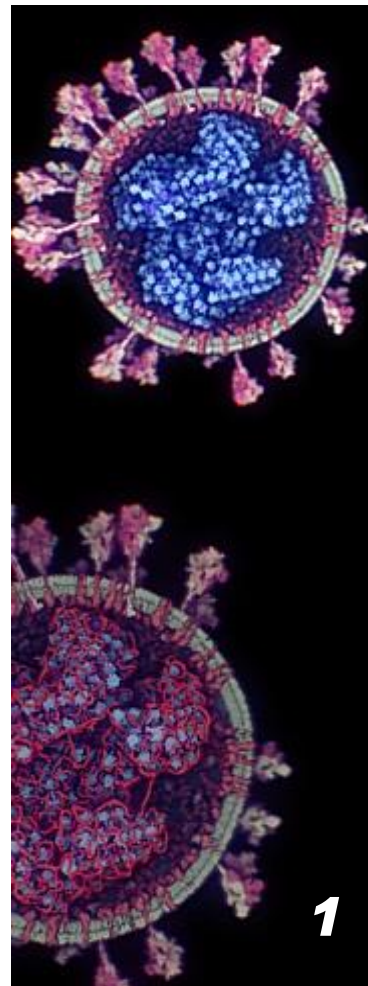
[Actions to prevent Covid-19 in Ciego de Ávila.](#)

[Important...](#)

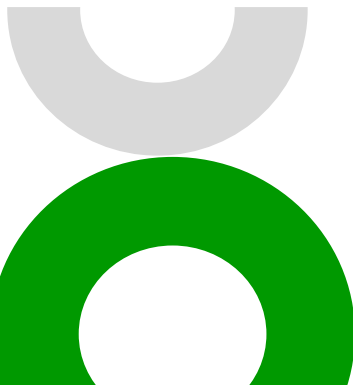
[Manual for the preventive activity of Covid-19 in the community.](#)

[Forecasts with mathematical models.](#)

[Campaign "PROPAGA VIDA".](#)



1



## Difference between Isolation and quarantine.

**Isolation** is a strategy used to separate sick people with a contagious disease from those who are healthy, movement is restricted to prevent spread. They can receive care in their homes, in hospitals, or in medical facilities.

**Quarantine** is used to separate and restrict the movement of people who may have been exposed to a contagious disease, but have no symptoms to see if they get sick.

# Manual for the preventive activity of covid-19 in the community. [Back to top](#)

#ActResponsible

## Important:

We hope that this manual constitutes a useful tool to improve the prevention of risks and adverse effects linked to the Covid-19 processes.

## Objective:

Expose the essential preventive measures to avoid and reduce the risks of infection with Covid-19 in the communities of Ciego de Ávila.

## Forms of spread:

- 1- By proximity to a sick person: When the sick person coughs or sneezes, their secretions are expelled in the form of small drops (droplets) through the nose or mouth.
- 2- By direct contact with secretions.
- 3- By contact with objects that contain infectious secretions.

**The face masks are for personal use and you should avoid touching it while using it.**

In the community, it is likely that there is an undetected group of asymptomatic cases, since the increase in the number of infections cannot be explained only by confirmed COVID-19 cases or by travel to areas with already declared outbreaks. Most people with mild infections would not be sick enough to seek medical help and would likely bypass detection methods such as body temperature checks.

As a consequence, it could transmit to other people. The coronavirus responsible for Covid-19 is transmitted from person to person through respiratory secretions (small droplets) that generate coughing or sneezing. But the virus can also be deposited on the surfaces of household goods and living spaces, where it can survive for a time. The evidence available so far indicates that Covid-19 is a highly contagious disease between people.

Given the potential survival of the virus on inhabited surfaces and spaces, it is convenient to establish cleaning and disinfection guidelines both in homes and in public spaces.



## Individual preventive strategies. [Back to top](#)

**1. Hand hygiene.** Hand hygiene is one of the best practices to avoid acquiring infectious diseases or transmitting them to the people with whom you live. With hand washing, you also avoid acquiring microorganisms from the objects that surround you or from the animals with which you have contact.

**2. Cleaning and disinfection of homes.** The procedure and disinfection of the dwellings must be carried out on a daily basis with the use of disinfectant substances based on 0.1% sodium hypochlorite regardless of the construction characteristics and according to the risk conditions to which the cohabitants are exposed of acquiring the disease by SARS CoV 2.

**3. Cleaning and disinfection of household goods and personal objects.** Cleaning household goods and surfaces with biocide agents effectively and quickly inactivates the agent that produces COVID-19; therefore, it is convenient to establish guidelines for cleaning and disinfection of homes.

For the disinfection of personal objects in which the use of sodium hypochlorite is not allowed, hydroalcoholic substances or with 70% alcohol can be used:

- Glasses.
- Fixed telephones.
- Mobile (avoid sharing).
- Computer keyboards and mouse.
- Remote controls.
- Bags and Keys.

### 4. Disinfection of clothes and dishes.

It is also necessary to carry out an adequate washing of the clothes in a general way, for this we warn you that after using them they must be placed in an airtight container and **should not be shaken before being washed due to the probability of contamination with the causative germ.** When washing clothes, it should be done with plenty of water and with usual soaps or detergents and expose it to the sun for total drying. Reusable dishes and cutlery can preferably be washed with hot soapy water.

### 5. Maintain good ventilation

Therefore, it is necessary to ventilate all the rooms of your house daily, also in winter.

### 6. Household waste.

### 7. Personal hygiene.

### 8. Use of the face mask for protection.

**9. Social distancing and quarantine.** Social distancing, or also called "physical distancing," means keeping a space between you and other people outside your home. • Stay at least 6 feet (2 meters) away from other people.

- Do not gather in groups.
- Stay away from crowded places and avoid massive congregations.

### 10. Stay away but connected.

It is very important to continue to communicate with friends and family who do not live in your home. Call on the phone, use video chats or connect through social media whenever possible. Each person reacts differently to stressful situations and having to socially distance yourself from a loved one can be difficult.

## Covid-19 forecast in Ciego de Ávila. [Back to top](#)

The modification in the behavior of the mathematical prognosis is determined by the fulfillment of the individual measures of prevention of contagion and the reduction of transmission within the community.

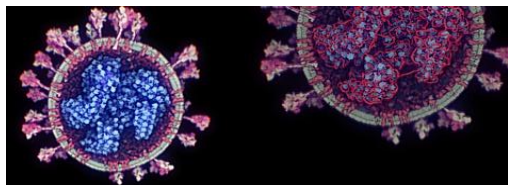
For the elaboration of a mathematical model of prognosis of infectious diseases, variables such as: total patients confirmed with the disease, total active patients with the disease, total recovered patients and total people who died from this cause are taken into account.

Having information and knowledge, in a timely manner, influences the effectiveness of the analysis in decision-making, moments in which the problem faced is unknown and which also presents a high complexity, imposes the search for tools that allow anticipate in an predicted way the behavior of the different variables.

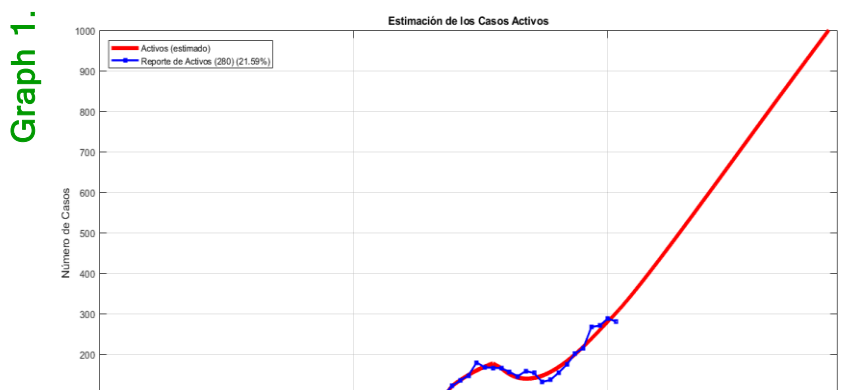
**Mathematical models** appear as tools that help in decision making.

## Estimation and active cases: Third regrowth. [Back to top](#)

In mid-January 2021, positive cases of Covid-19 began to rise, causing a third epidemic outbreak in the province.



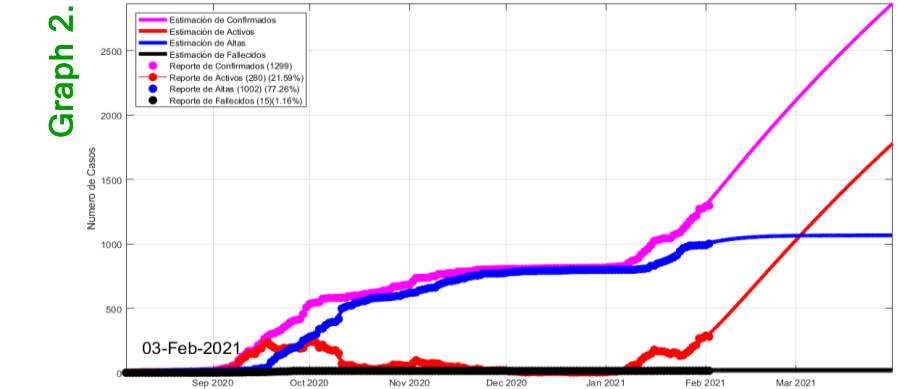
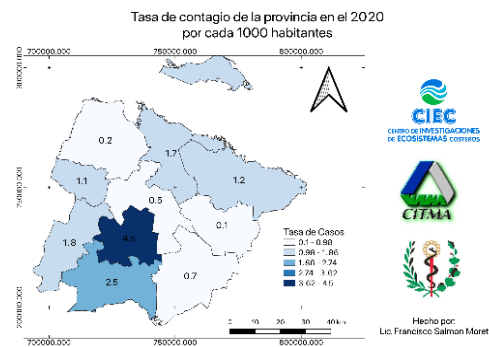
Graphs 1 and 2 show the estimation and real behavior of the disease, among which a high coincidence is observed.



## General forecast for the province: Ciego de Ávila. [Back to top](#)

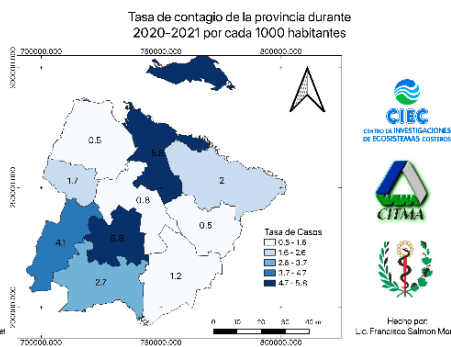
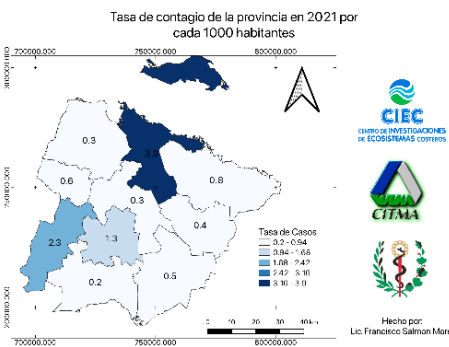
When making a geographical distribution of the confirmed cases in the province Ciego de Ávila, it can be seen in Image 1 that from the beginning of the pandemic to the end of 2020, the municipalities with the highest incidence rate were Ciego de Ávila and Venezuela, from January 2021, the municipality with the highest rate is Morón followed by Majagua (Image 2). When distributing the cases throughout the course of the pandemic Covid-19, the municipalities that accumulate the highest contagion rate are: Morón and Ciego de Ávila, followed by Majagua and Venezuela. (Image 3))

**Image 1.** Rate of contagion with Covid-19 from March to December 2020.



**Image 2.** Rate of contagion with Covid-19 from January and February 2021.

**Image 3.** Rate of contagion with Covid-19 from March 2020 to February 2021.



# Campaign "PROPAGA VIDA" [Back to top](#)



Visual identifier of the campaign: **PROPAGA vida**

The purposes of public good advertising do not differ from the purposes of commercial advertising in terms of the operational traffic generated by the strategy:

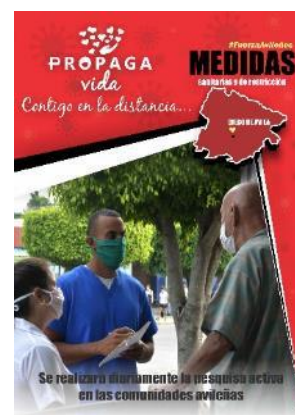
- **Inform:** the benefits that a change or modification of a behavior or habit entails.
- **Persuade:** provide a new perspective on change, social stability, quality of life, future.
- **Remember:** the importance of the active participation of each of the members of society in the process of change. The effectiveness of a public good communication strategy will be in the mobilizing nature and the spontaneous recall by the target audience of these messages.

### General objective:

Intensify the necessary information to accompany the demands of the population to face the consequences of the pandemic in various aspects of social life, including hygienic-sanitary measures and the economic sphere.

### Specific objectives :

- Promote the measures adopted and approved by the country's leadership and the Provincial Defense Council.
- Influence behavioral changes in the population by guiding good practices and contributing to their emotional stability.
- Signify and enhance the work of health professionals and workers, as well as personnel on the front line of the confrontation.
- Make visible the leadership work of the Party and the Government, which guarantee sustainability in the territory.
- Integrate the actions of the communication media of the territory, in order to guarantee accurate and updated information, through the different platforms.



## Use of means guided towards different audiences. [Back to top](#)



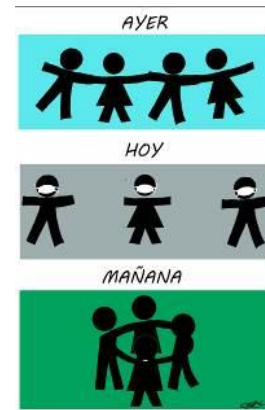
**Formal**  
Radio Surco  
TVA  
Gráfica

**Informal**  
Redes  
Fotografía  
Caricaturas

**Institucional**  
PCC- Gobierno  
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Entidades



## Confluence and diversity of means. [Back to top](#)



Design and conformation: Information and Social Communication  
Provincial Government of People's Power