

COMMUNITY MITIGATION

DON'T BE SCARED, JUST BE PREPARED



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District
www.c-uphd.org

NPIs

**nonpharmaceutical
interventions**

INDIVIDUAL NPI:

should be practiced by all people at all times, but are particularly important during a pandemic. They are called “everyday preventive actions” and include

- staying home when sick
- covering coughs and sneezes
- frequent handwashing
- routine cleaning of frequently touched surfaces and objects.

COMMUNITY NPI:

may be added during pandemics to help reduce social contacts between people in schools, workplaces, and other community settings

- dismissing schools temporarily
- providing telework options
- postponing large gatherings



What is Community Mitigation?

Community mitigation aims to **slow the spread of disease in communities** through the use of nonpharmaceutical interventions (NPIs). In the absence of medications or vaccines, community mitigation measures are the **first line of defense against highly transmissible infectious diseases.**

They can be used from the earliest stages of pandemic, including the initial months when the most effective countermeasure – a vaccine against the new pandemic virus – may not yet be available.

Communities, individuals, and families, employers, schools and other organizations will be asked to plan for the use of these interventions to help limit the spread of a pandemic, prevent disease and death, lessen the impact on the economy, and keep society functioning.

Guidance on the proper implementation of NPIs was developed by the CDC and Dept of Health & Human Services to help local government & public health officials determine when NPIs are appropriate to implement.

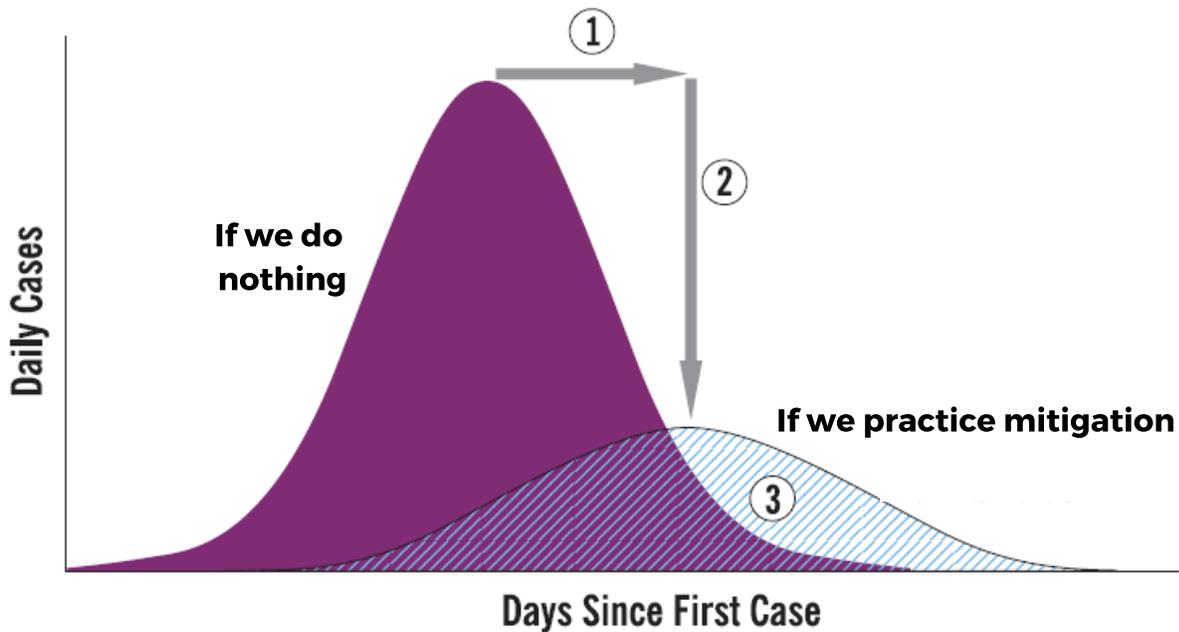
Why do we need NPIs? ➡

In practice, this means reducing the burdens on the medical and public health infrastructure by decreasing demand for medical services.

If too many people are sick at the same time, our healthcare system will be overwhelmed. We want **SLOW** the spread of COVID-19.

Goals of Community Mitigation

- ① Delay outbreak peak
- ② Decompress peak burden on hospitals / infrastructure
- ③ Diminish overall cases and health impacts



Most people who get sick with COVID-19 can just stay at home for a week or two, take care of themselves, and then they get better. People who get sick can do all the same things they do to take care of themselves as with cold or flu: rest, drink plenty of liquids to stay hydrated, use over-the-counter medicines if needed.

Some people who get sick will need to be hospitalized. Roughly 10% of those individuals will need critical care. Most of the people who are sick enough to stay in the hospital get better.



217-239-7877



coronavirus@c-uphd.org



www.c-uphd.org