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.
Why do we need NPIs?

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.

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

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