



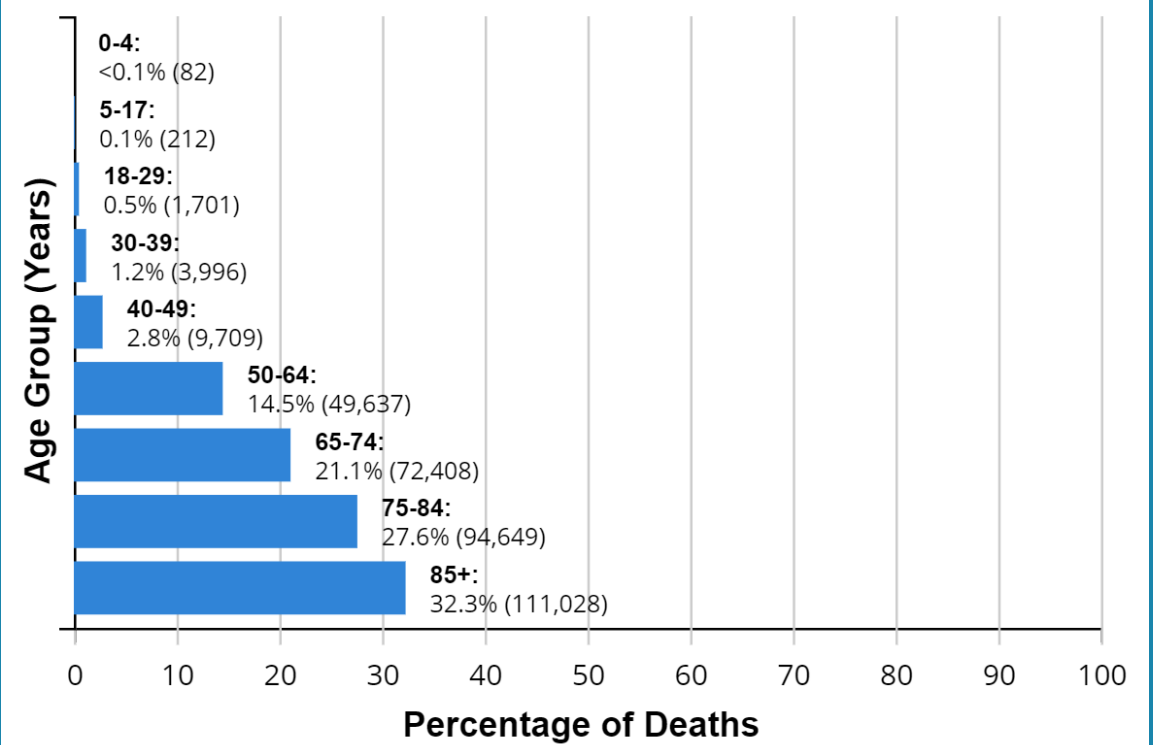
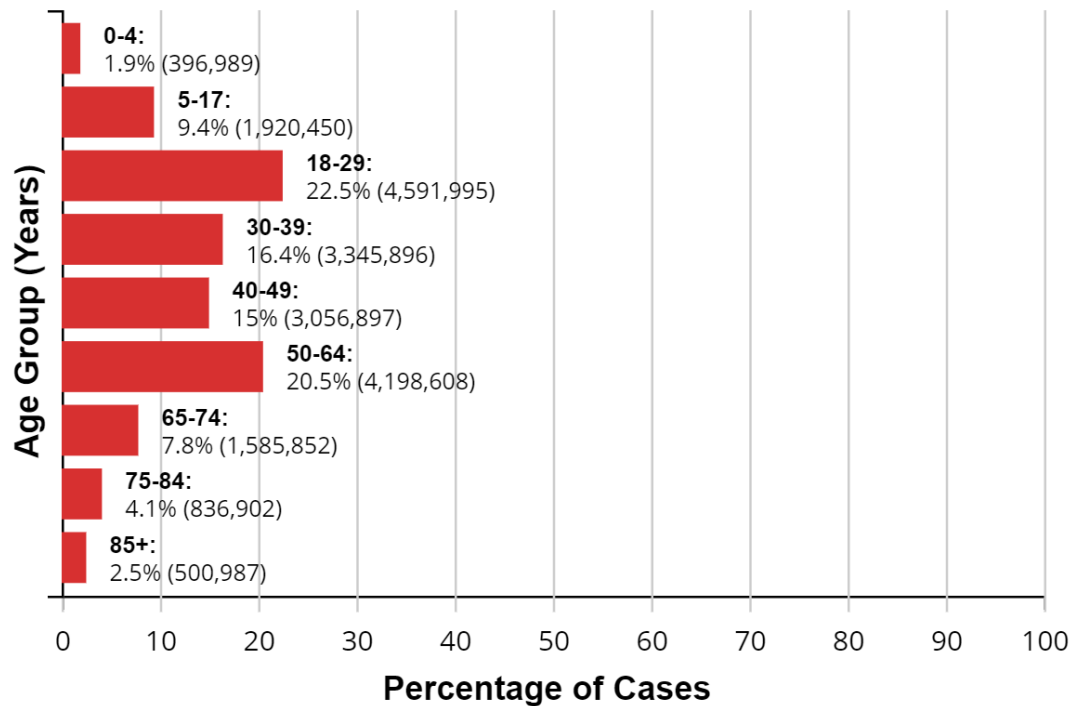
- **COVID-19 Update**
- **Targeted Audience: GPS Navigation for Caregivers Conference**
- **02/24/2020**

Get Better

- **Objective**
- **COVID-19 Update**
- **Transmission and prevention**
- **What to do to stay safe during travel**
- **Vaccines**
- **Do we have immunity?**
- **Questions**

CDC COVID-19 Epidemiology

- US Total cases: >27.4 million
- US Total deaths: >480,000
- Increasing mortality based on age group
- Texas cases in last 7 days: >17,000



Why are elderly more likely to have severe disease?

- **Thought that comorbidities and weaker immune systems as we age are more likely to develop cytokine storms which results in life threatening respiratory failure.**
- **Advancing age can result in decline of clearance of viral particles from airway**

COVID-19 ASSOCIATED HOSPITALIZATION RELATED TO UNDERLYING MEDICAL CONDITIONS

FACTORS THAT INCREASE COMMUNITY SPREAD AND INDIVIDUAL RISK



CROWDED SITUATIONS



CLOSE / PHYSICAL CONTACT

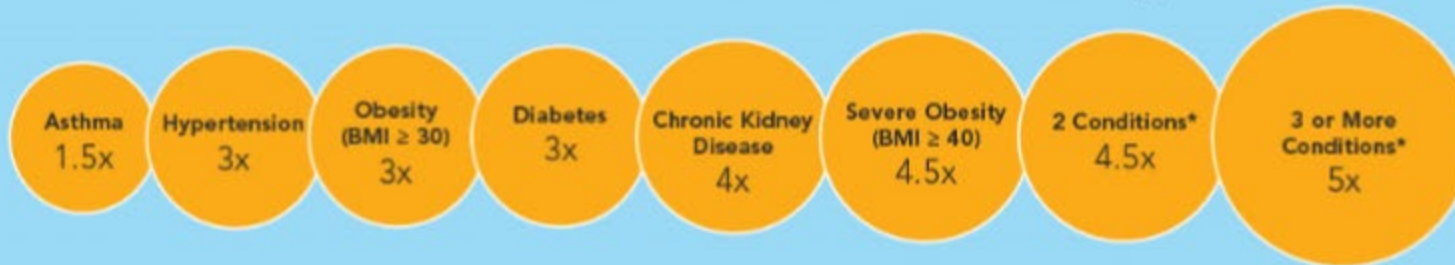


ENCLOSED SPACE



DURATION OF EXPOSURE

RISK FOR HOSPITALIZATION IF YOU HAVE ANY OF THESE CONDITIONS AND GET COVID-19 COMPARED TO PEOPLE WITHOUT THE CONDITION(S).



Data has shown that racial and ethnic minority groups with the referenced conditions are at even higher risk for severe COVID-19 illness. Race and ethnicity are risk markers for other underlying conditions that impact health — including socioeconomic status, access to health care, and increased exposure to the virus due to occupation (e.g., frontline, essential, and critical infrastructure workers).

*Conditions include asthma, obesity, diabetes, chronic kidney disease, severe obesity, coronary artery disease, history of stroke and COPD.

ACTIONS TO REDUCE RISK OF COVID-19



WEARING A MASK



SOCIAL DISTANCING (6 FT GOAL)



HAND HYGIENE



CLEANING AND DISINFECTION



ALTHOUGH RISK GENERALLY INCREASES WITH AGE, ALL INDIVIDUALS SHOULD ROUTINELY TAKE ACTIONS TO REDUCE RISK OF INFECTION AND AVOID ACTIVITIES THAT INCREASE COMMUNITY SPREAD.

cdc.gov/coronavirus

Source: Ko JY, Danielson ML, Town M et al. 2020.

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COVID-19 HOSPITALIZATION AND DEATH BY AGE

FACTORS THAT INCREASE COMMUNITY SPREAD AND INDIVIDUAL RISK



CROWDED SITUATIONS



CLOSE / PHYSICAL CONTACT



ENCLOSED SPACE



DURATION OF EXPOSURE

Rate ratios compared to 18-29 year olds	0-4 years	5-17 years	18-29 years	30-39 years	40-49 years	50-64 years	65-74 years	75-84 years	85+ years
HOSPITALIZATION¹	4x lower	9x lower	Comparison Group	2x higher	3x higher	4x higher	5x higher	8x higher	13x higher
DEATH²	9x lower	16x lower	Comparison Group	4x higher	10x higher	30x higher	90x higher	220x higher	630x higher

ACTIONS TO REDUCE RISK OF COVID-19



WEARING A MASK



SOCIAL DISTANCING (6 FT GOAL)



HAND HYGIENE



CLEANING AND DISINFECTION



¹ Data source: COVID-NET (<https://www.cdc.gov/coronavirus/2019-ncov/covid-data/covidview/index.html>, accessed 08/06/20). Numbers are unadjusted rate ratios.

² Data source: NCHS Provisional Death Counts (<https://www.cdc.gov/nchs/nvss/vsrr/COVID19/index.htm>, accessed 08/06/20). Numbers are unadjusted rate ratios.

cdc.gov/coronavirus

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Symptoms

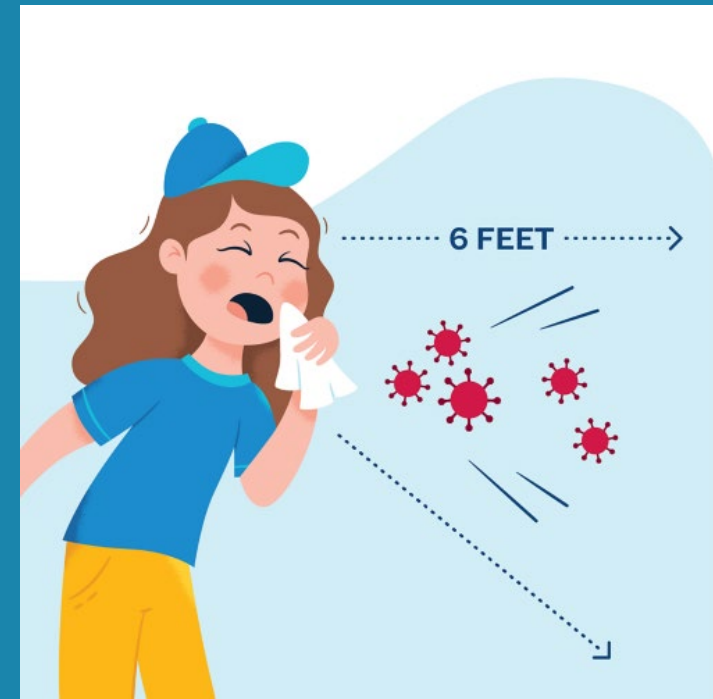
- Fever or chills
- Cough
- Shortness of breath
or difficulty breathing
- Muscle aches
- New loss of taste or smell
- Congestion
- Sore throat
- Nausea or vomiting
- Diarrhea

Flu symptoms:

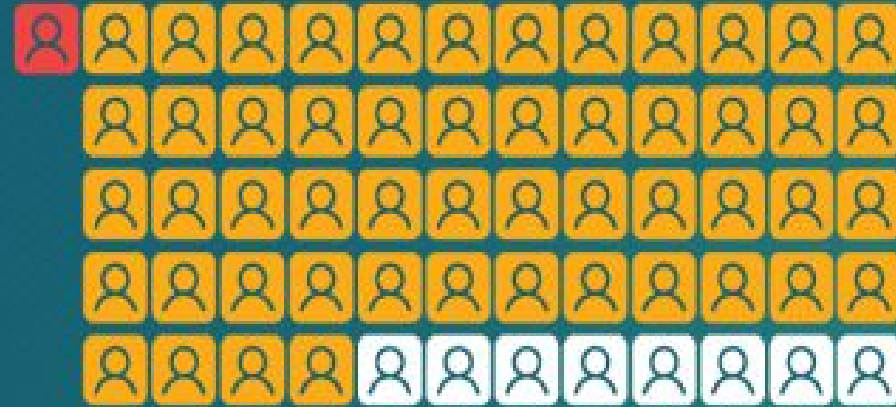
- Fever or chills
 - Cough
- Shortness of breath
 - Runny/stuffy nose
- Muscles or body aches
 - Headaches
 - Fatigue
- Vomiting or diarrhea

Transmission

- Spread primarily through respiratory droplets
- Some cases we suspect it could be potentially airborne: Crowded poorly ventilated places where loud talking, yelling, or singing occurs.



After choir practice with one symptomatic person, 87% of group developed COVID-19



● Index case

● 32 confirmed and 20 probable cases

● unaffected person

COVID-19 spreads easily

- Avoid groups
- Stay at least 6 feet apart
- Wear face coverings

How to protect yourself:

- **Wash your hands**
- **Avoid close contact (Social distancing)**
- **Wear a mask**
- **Clean and disinfect frequently touched surfaces**
- **Monitor your health daily**



Two hair stylists with **COVID-19**
spent at least 15 minutes with 139 clients

EVERYONE WORE FACE COVERINGS  **NO CLIENTS ARE KNOWN TO BE INFECTED***



WEAR CLOTH FACE COVERINGS CONSISTENTLY AND CORRECTLY TO SLOW THE SPREAD OF COVID-19

*No clients reported symptoms; all 67 customers tested had negative tests

Stay safe during travel:

- Before you travel, consider:
- Destination
- Who you will be exposed to
- Are you at increased risk from COVID 19
- Does your destination have restrictions?

Vaccines

- **Pfizer/Biontech**
- **Moderna**
- **Johnson & Johnson**
 - Pending EUA approval
- **Others not available in US: Novavax, AstraZeneca**

Importance of Vaccines

- Preventing severe disease, hospitalizations, and death
- Achieve herd immunity more quickly
- Decrease transmission
- **STOPPING** the pandemic

Where can you find detailed information on vaccine delivery?

- Texas Dept Human Health and Services
- <https://www.dshs.texas.gov/coronavirus/immunize/vaccine/>



COVID-19 vaccinations

How to sign up

A free online MyBSWHealth account is the easiest way for all Texans to be notified of available vaccine appointments at Baylor Scott & White Health.

Current Baylor Scott & White patients

- You will be contacted through your **MyBSWHealth** account as you become eligible and our supply allows.
- Make sure your MyBSWHealth account information is updated (visit [MyBSWHealth.com](https://www.MyBSWHealth.com) or the app).

Not a Baylor Scott & White patient?

Set up a free MyBSWHealth account:

- 1 Text **BETTER** to **88408**, visit **MyBSWHealth.com**, download from the app store or use this QR code. Call **844.BSW.VACC** for help.
- 2 Follow the directions and enter all information to create an account. Click “No” when asked about an “activation code.”
- 3 We will contact you through your MyBSWHealth account (which should send you an email) to schedule a vaccine appointment as you become eligible and our supply allows.



If you have received both doses of vaccine, can you spend time with others who are fully vaccinated (without masks)?

- **We are still learning about asymptomatic transmission**
- **Until we have reached herd immunity we need to continue wearing masks, washing hands, and social distancing**

Immunity?

- Lasting immunity is still being determined
- Appears to be waning detectable antibody levels within a few months post infection
- People with severe infections have higher antibody levels and may last longer (more research needed)
- Re-infection can occur
- With current data, suspect immunity may last 3-6 months
- Still to be determined: how long immunity from various vaccines will last

Variants: What to know

- **Viruses constantly mutate, so variants are expected**
- **Known variants; UK, South Africa., Brazil, California**
- **Some variants may be more infectious, and therefore can spread more quickly**
- **So far studies suggest antibodies developed from currently approved vaccines are able to recognize these variants**
- **Reinfections and coinfections may be more likely with variants**
- **Still being determined if some variants cause more severe disease**

Are the vaccines effective against the variants?

- **So far data suggests mRNA vaccines are effective against most known variants, but do lose some efficacy against the South African variant**
- **Boosters are currently being developed for current vaccines**



Questions?