COVID-19 Update
Targeted Audience: GPS Navigation for Caregivers Conference
02/24/2020
• Objective
• COVID-19 Update
• Transmission and prevention
• What to do to stay safe during travel
• Vaccines
• Do we have immunity?
• Questions
- 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).

- Asthma 1.5x
- Hypertension 3x
- Obesity (BMI ≥ 30) 3x
- Diabetes 3x
- Chronic Kidney Disease 4x
- Severe Obesity (BMI ≥ 40) 4.5x
- 2 Conditions* 4.5x
- 3 or More Conditions* 5x

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

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).

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

C331596: A 08/06/2020
COVID-19 HOSPITALIZATION AND DEATH BY AGE

FACTORS THAT INCREASE COMMUNITY SPREAD AND INDIVIDUAL RISK

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

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Flu symptoms:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Fever or chills</td>
<td>• Fever or chills</td>
</tr>
<tr>
<td>• Cough</td>
<td>• Cough</td>
</tr>
<tr>
<td>• Shortness of breath or difficulty breathing</td>
<td>• Shortness of breath</td>
</tr>
<tr>
<td>• Muscle aches</td>
<td>• Runny/stuffy nose</td>
</tr>
<tr>
<td>• New loss of taste or smell</td>
<td>• Muscles or body aches</td>
</tr>
<tr>
<td>• Congestion</td>
<td>• Headaches</td>
</tr>
<tr>
<td>• Sore throat</td>
<td>• Fatigue</td>
</tr>
<tr>
<td>• Nausea or vomiting</td>
<td>• Vomiting or diarrhea</td>
</tr>
<tr>
<td>• Diarrhea</td>
<td></td>
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</tbody>
</table>
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

COVID-19 spreads easily
- Avoid groups
- Stay at least 6 feet apart
- Wear face coverings

index case
32 confirmed and 20 probable cases
unaffected person

CDC.GOV
bit.ly/MMWR51220
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.

CDC.GOV bit.ly/MMWR71420
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/
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 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?