

COVID-19
HEALTHCARE
PROVIDER
UPDATE

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*Our understanding of COVID-19 is evolving rapidly.
This presentation is based on our knowledge as of November 19, 2020, 5 PM.*

CONTINUING MEDICAL EDUCATION

CME Accreditation Statement for Joint Providership
NYC Health + Hospitals is accredited by The Medical Society of the State of New York (MSSNY) to provide continuing medical education for physicians. This activity has been planned and implemented in accordance with the Accreditation Requirements and Policies of the MSSNY through the joint providership of NYC Health + Hospitals and the NYC Department of Health and Mental Hygiene. NYC Health + Hospitals designates this continuing medical education activity for a maximum of 1 *AMA PRA Category 1 Credit*[™]. Physicians should claim only credit commensurate with the extent of their participation in the activity.

Outline



WHERE WE ARE NOW



UPDATED GUIDANCE



MMWR: HOUSEHOLD TRANSMISSION OF SARS-COV-2



RECENT EPIDEMIOLOGY OF COVID-19 IN NYC



LONG-TERM SEQUELAE OF COVID-19

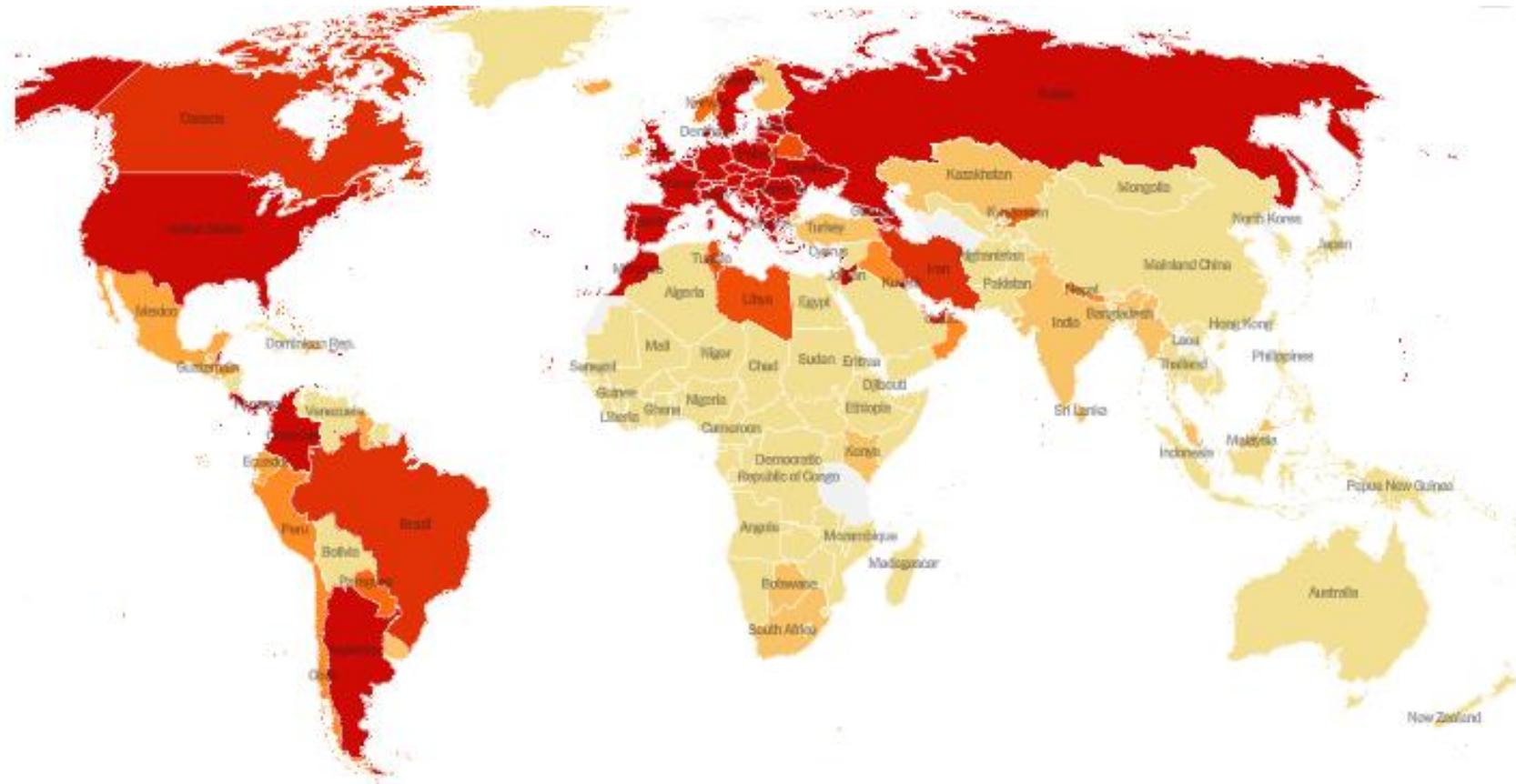


QUESTIONS AND DISCUSSION

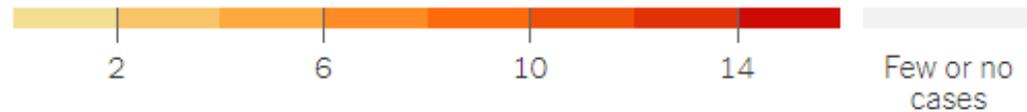
COVID-19 WORLDWIDE

Cumulative:
>56.6 million cases
>1.3 million deaths

11/19/20



Average daily cases per 100,000 people in the past week

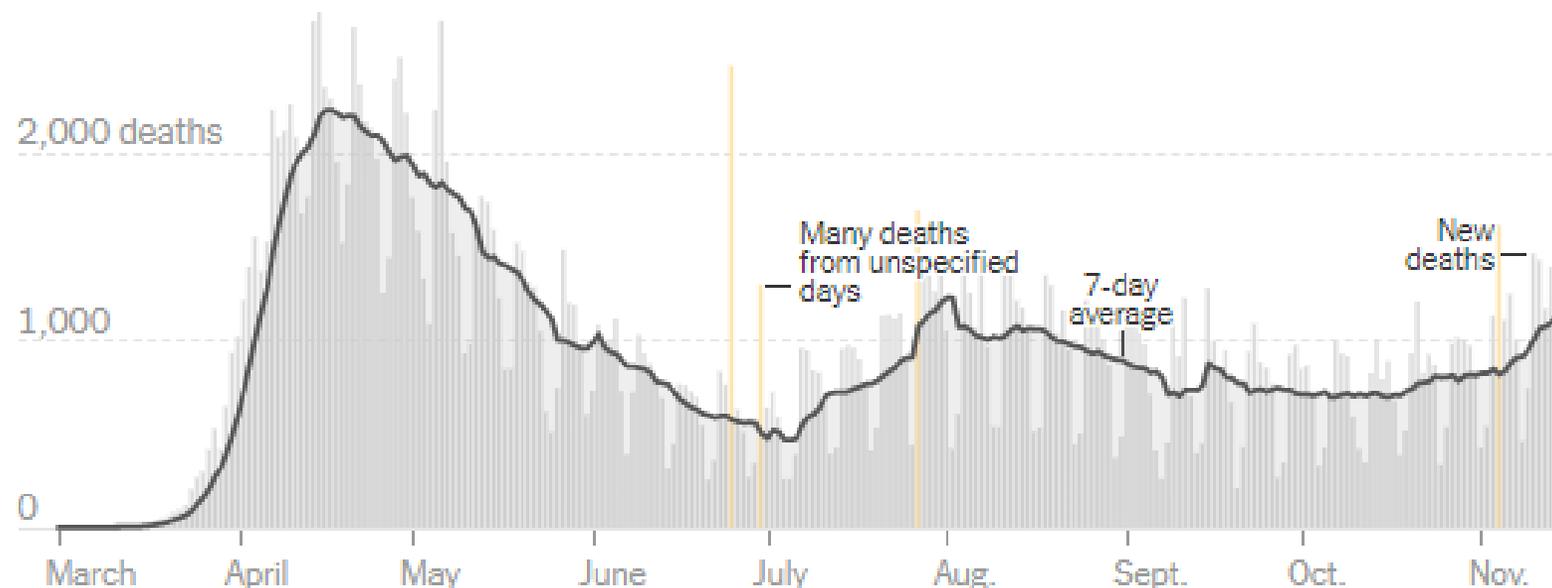
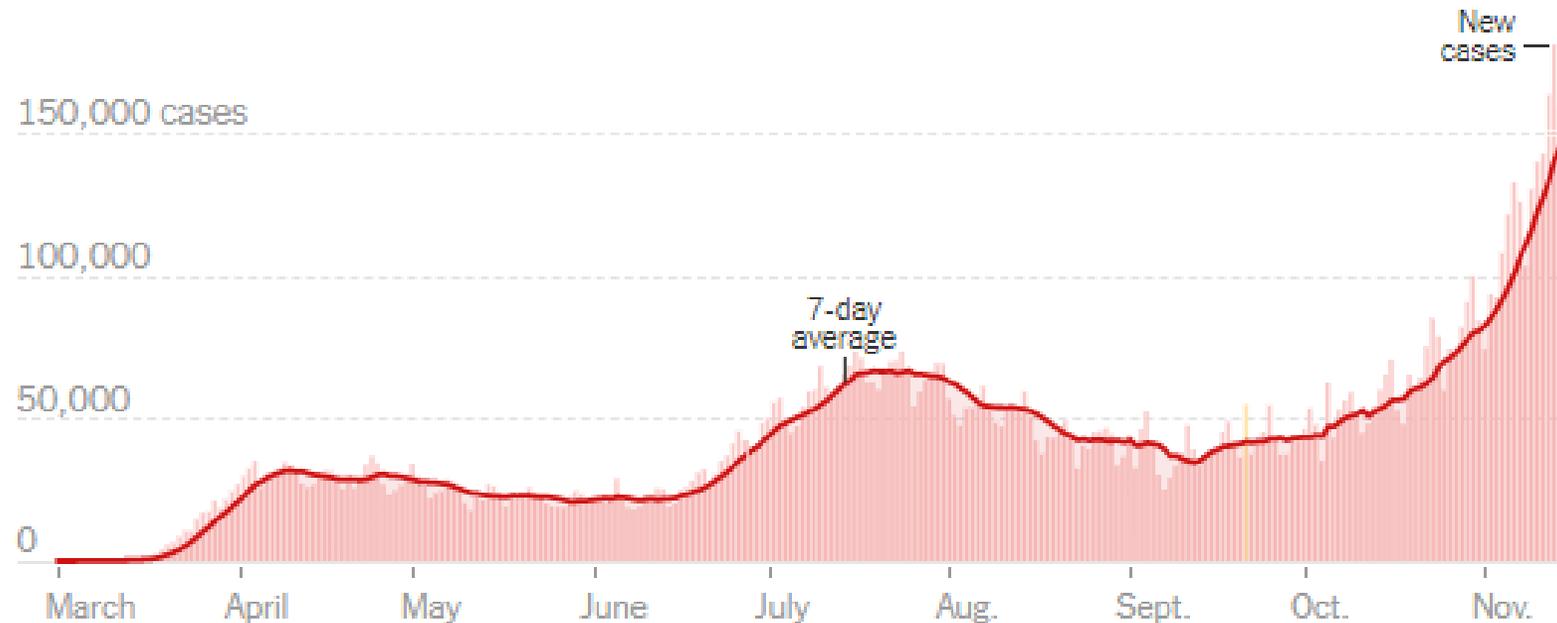


New York Times. Coronavirus map: tracking the global outbreak.
<https://www.nytimes.com/interactive/2020/world/coronavirus-maps.html>

COVID-19, U.S. NEW REPORTED CASES AND DEATHS BY DAY

Cumulative:
>11.8 million cases
>256 thousand deaths

11/19/20



New York Times. Coronavirus in the U.S.: new reported cases and deaths.
<https://www.nytimes.com/interactive/2020/us/coronavirus-us-cases.html>

VACCINE AND THERAPY UPDATES

- FDA granted EUA for use of monoclonal antibody therapy bamlanivimab in people aged ≥ 12 years at risk of severe COVID-19.
- Moderna and Pfizer vaccine trials report $>90\%$ efficacy.
- A WHO panel recommends against use of remdesivir in hospitalized Covid-19 patients, saying there is no evidence that the drug improves mortality

<https://www.who.int/news-room/feature-stories/detail/who-recommends-against-the-use-of-remdesivir-in-covid-19-patients>

UPDATED GUIDANCE

- CDC [scientific brief](#)¹ reports that masks, in addition to source control, protect the wearer from exposure to SARS-COV-2.
- Travelers to NYS can shorten 14-day quarantine by obtaining two tests, one within 3 days prior to arrival in NY and a second on day 4 of quarantine after arrival in NY. If both tests are negative, traveler may exit quarantine early.
- NYS requires reporting of all SARS-CoV-2 and influenza test results via the Electronic Clinical Laboratory Reporting System within [24 hours](#)² (changed from 3 hours).
- NYC close contact definition for non-healthcare settings updated to being within 6 feet of an infected person for a cumulative total of ≥ 10 minutes over a 24-hour period.

1. <https://www.cdc.gov/coronavirus/2019-ncov/more/masking-science-sars-cov2.html>

2. <https://www.governor.ny.gov/news/no-20272-continuing-temporary-suspension-and-modification-laws-relating-disaster-emergency>

PULSE OXIMETERS

- Health Department will facilitate distribution of pulse oximeters to hospitals and outpatient providers that serve populations disproportionately impacted by COVID-19
- Providers should provide pulse oximeters to high-risk patients (older age or with [comorbidities](#))
- Provide [instructions for use](#) and when to seek care
- Determine how to perform regular check-ins with patients
- Patients may enroll in NYC's free 14-day text message COVID-19 health monitoring program
- Develop a plan in case patients worsen
- For more information, visit <https://nyc.gov/assets/doh/downloads/pdf/covid/providers/covid-19-pulse-oximeters.pdf>

HOLIDAY GUIDANCE: BE FESTIVE, STAY SAFE!

Be Festive, Stay Safe! Tips for a Safer Holiday Season

Make a plan to celebrate the holiday season safely. Be festive while protecting your loved ones and preventing the spread of COVID-19: Do not travel (rediscover holidays at home!); do not host or attend a holiday party (go virtual instead!); and do not gather in groups and only celebrate with household members (less is more!). Here are some tips on how to celebrate.

No matter how you celebrate, always practice these four key actions:

Stay home: Celebrate at home, especially if you aren't feeling well, tested positive for COVID-19, have been in close contact with someone who has COVID-19, or were recently traveling.

Stay apart: Keep at least 6 feet from others. Do not attend holiday parties or other gatherings, especially indoors.

Wear a face covering: Protect those around you. You can have COVID-19 and not know it.

Keep your hands clean: Wash your hands often or use alcohol-based hand sanitizer. Avoid touching your face with unwashed hands and cover your coughs and sneezes.

Safer holiday activities

• **Host a virtual party.** Celebrate with friends and family at a video dinner party. Kiss 2020 good-bye at a virtual New Year's ball or with a Tik-Tok dance.

• **Deck the halls.** Put up decorations such as a tree, menorah, kinarah, wreath, or lights. Walk around your neighborhood and enjoy the decorated homes and shops. Stop for a hot chocolate or cider to stay warm.

• **Spread the holiday cheer.** Surprise your neighbor by dropping off some holiday cookies. Send snail-mail holiday cards to your co-workers or call a friend you haven't spoken to in a while. Invite someone who may be alone to join your virtual Thanksgiving or holiday dinner.

• **Go caroling outdoors.** Give the gift of music. Wear a face covering and stay 12 feet from others (the virus can spread more easily when singing, so it is important to stand farther apart).

• **Let it snow.** Make a snowperson, go sledding or snow shoeing or have a snowball fight.

• **Holiday shopping.** Don't let Black Friday turn into COVID Monday! Shop online to avoid crowds (and a showdown over the last toy on the shelf) or call for curbside pick up at your favorite local store. If you shop in person, wear a face covering, use hand sanitizer, and go during off hours.

• **Have a feast.** Have a turkey with all the trimmings. Eat some kugel, latkes, or sugar cookies, and have an eggnog – you've earned it!

• **Watch football and the Grinch.** Enjoy your TV traditions and do your best touchdown dance when your team scores.



Religious Services

Attending indoor services can be risky since it often involves many people in a confined space. If you participate in religious services:

• **Go virtual or outside.** Join online services or worship outdoors.

• **Be prepared.** Bring and use hand sanitizer and make sure everyone over age 2 wears a face covering at all times.

• **Spread out.** Sit only with members of your household and keep at least 6 feet apart from others. Remember to stay 12 feet apart if there will be singing.

• **Bring your own (BYO).** Bring your own books of worship and ceremonial objects. Never drink from the same cup as others.



Travel

You should not travel this year. Traveling puts you, your family, and your community at risk. Returning travelers can be a source of community outbreaks. But if you cannot avoid travel over the holidays:

• **Stay local.** This is the perfect year to enjoy the best city and state in the country.

• **Travel safely.** Keep distance from others, bring and use hand sanitizer, and make sure everyone over age 2 wears a face covering. See the Health Department's [Commuting Safely guidance](#) for more traveling rules of the road.

• **Get a room.** Stay at a hotel rather than at someone's home. If you have out-of-town guests, suggest they do the same.

• **Don't drink and drive.** It's a good move to sleep in your own home, but do not drink and drive to get there. Designate a driver. And if you are the driver and you've had too much to drink, walk, take the subway or call a car service.

• **Get tested and quarantine after travel.** If you travel to most other states or another country, you will need to quarantine when you return home. See [New York State's travel quarantine requirements](#) for more information.



Activities you definitely should not do:

• **Mistletoe:** Unless it's with your live-in partner, keep kissing to a minimum this year.

• **Use your neighbor's blow up snowperson for a dart board.** I know, it's tempting.

• **Have a snowball fight with a pitcher from the Yankees.** Snow is not soft at 95 miles per hour.

If you are overwhelmed, anxious or depressed, contact NYC Well, a free and confidential mental health support service available 24/7.

Call 888-NYCWELL (888-692-9355), text "WELL" to 65173, or visit nyc.gov/nycwell.

- Available in multiple languages at nyc.gov/health/safeholidays
- Discourages gatherings and traveling (except for household gatherings) but provides tips on how to do so safely
- Provides idea for safe holiday activities

TRAVELING DURING COVID-19: DON'T DO IT



**DO NOT TRAVEL THIS HOLIDAY SEASON.
BE PREPARED TO QUARANTINE IF YOU DO.**

WHAT YOU NEED TO KNOW ABOUT TRAVELING DURING COVID-19

There is widespread transmission of COVID-19 across the United States (U.S.) and in many other countries. Traveling right now puts you, your family and your community at risk of getting sick and spreading the virus to others. If you must travel, plan ahead, take precautions and be prepared to quarantine when you return.

New York State (NYS) has strict quarantine requirements for visitors and returning New Yorkers. These requirements help us reduce the spread of COVID-19. People returning from areas with a large number of COVID-19 cases are more likely to have been exposed to the virus and get COVID-19 themselves. Quarantine is particularly important for reducing the spread of COVID-19 since it is possible to have COVID-19 and not know it. People without symptoms can spread the virus.

When on the road or at home, always practice these four key COVID-19 prevention actions:

- **Stay home:** Stay home if you aren't feeling well, tested positive for COVID-19 or have been in close contact with someone who has COVID-19.
- **Stay apart:** Keep at least 6 feet from others.
- **Wear a face covering:** Protect those around you by wearing a face covering at all times outside your own home. Face coverings are required in New York State on all public transportation (including car services) and by air, train and bus carriers.
- **Keep your hands clean:** Wash your hands often and carry alcohol-based hand sanitizer to use while traveling. Avoid touching your face with unwashed hands and cover your coughs and sneezes.

What You Need to Know About NYS Travel Quarantine

Returning travelers and visitors arriving from the following places must fill out the [NYS Travel Health Form](#) (click the link or scan the QR code to access) and quarantine upon arrival:

- Another U.S. state **except** Connecticut, Massachusetts, New Jersey, Pennsylvania or Vermont
- A country or territory with a [Centers for Disease Control and Prevention Level 2 or 3 health alert](#)



The NYC Health Department may change recommendations as the situation evolves. 11.13.20

ive in NYS. However, testing may shorten quarantine. You receive two negative COVID-19 tests, as follows: to New York, and

that use saliva or nose or throat swab), and not be near you, visit [here](#). Many sites offer no-cost testing. **Living their day 4 diagnostic test and while waiting, do not get tested must quarantine for 14 days.**

hours, you do not need to get tested before arrival or need to fill out the NYS Travel Health Form and get

you are staying; do not go in public. As best as possible, and wear a face covering when in the same room with others. Do not be delivered, or other arrangements made so that you can only leave home for essential medical care, including

time, you may be eligible to quarantine at an NYC Health Center (68-4319) or visit [here](#) for more information.

Quarantine?

enforced by NYS. If so, you must take the following steps: before arriving.

1k.

Monitor for COVID-19 symptoms, wear a face covering and practice social distancing.

in group settings.

ct requirements. For example, school staff and child care workers may have an exception to be able to return to work. Consult with your employer about any policies that may apply to you and about sick leave policies.

What are the NYS travel quarantine requirements?

Whoever violates a quarantine order may be subject to a civil penalty for failing to complete the NYS Travel Health Form prior to arrival. A fine and the person may be ordered to quarantine.

For more information about travel quarantine.

- Available in multiple languages at nyc.gov/health/covidtravel
- Discourages traveling
- Provides a summary of NYS travel quarantine requirements

**MMWR:
Transmission of SARS-COV-2 Infections
in Households – Tennessee and
Wisconsin, April-September**

STUDY DESIGN

- Objective was to better understand household transmission including transmission from children
- Study conducted in Nashville, TN and Marshfield, WI
- Index patients defined as first in household to have COVID-19 symptoms and positive RT-PCR test and who lived with at least one other household member
- After recruitment, index patients (n=101) and household members (n=192) kept a diary of symptoms and obtained self-collected nasal swab or nasal swab and saliva samples daily for 14 days

STUDY RESULTS

- Out of 192 contacts, 101 had positive COVID-19 test upon follow up (53% secondary infection rate)
- Among 14 households in which the index patient was aged <18 years
 - Secondary infection rate from index patients aged <12 years was 53%
 - Secondary infection rate from index patients aged 12–17 years was 38%
- 75% of secondary infections were identified within 5 days of the index patient's illness onset

IMPLICATIONS FOR PRACTICE

- Household transmission occurs often and early after onset of illness
- Persons should self-isolate (whichever situation is first)
 - at the onset of COVID-like symptoms
 - at the time of testing as a result of a high-risk exposure
 - at time of a positive test result
- All household members, including index case, should wear face coverings in shared spaces in the household

EPIDEMIOLOGY
OF COVID-19
IN NYC

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Understanding
and Managing
Long Term
Sequelae of
COVID-19

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Long Term Sequelae of COVID-19

- Patients are past acute infection stage but experience long term symptoms (few weeks to months)
- Symptoms may be subjective, anatomically diverse, unpredictable, or difficult to diagnose

Risk Factors

- Older age and the presence of three or more chronic medical conditions were associated with persistent symptoms.
- According to a national survey, fewer Black people (compared to White and Latino people) reported returning to usual health 14-21 days after COVID 19 positive test result.
- Persistent symptoms occur in people who had mild or severe COVID-19 disease.

Myalgic Encephalomyelitis /Chronic Fatigue Syndrome

- **Presentation:** exhaustion, post-exertional malaise, lethargy and difficulties with memory and concentration, “COVID fog”
- **Management Strategies:**
 - Focus care on alleviating symptoms
 - Consider referral to rehabilitation physicians or specialists in ME/CFS.
 - Rule out alternate causes. Consider referral to a neurologist to rule out previously undiagnosed chronic disease or autoimmune neurologic disorders.

Sleep Disorders

- **Presentation:** hypersomnia, insomnia, and misuse of sleep medication
 - Could be related to anxiety, depression, reduced exposure to sunlight, and disruptions to normal daily routines
- **Management Strategies:**
 - Screen for and treat anxiety, depression, suicidal thoughts
 - Counsel patients to practice [good sleep hygiene](#) (e.g., avoid alcohol/caffeine, screens before bed)

Dyspnea

- **Presentation:** prolonged cough and labored breathing
 - **Related to Lung Disease:** Exact cause unknown but COVID-19 can cause long-standing fibrotic interstitial lung disease, particularly in patients who are older or have prior co-morbidities or a history of smoking.
 - **Related to Heart Disease:** 20% to 30% of patients hospitalized with COVID-19 will develop cardiac involvement, and those with prior cardiovascular disease may be at greatest risk for longer-term cardiac problems. Even among asymptomatic patients, there is evidence of ongoing heart disease, including myocarditis and pericarditis.

Dyspnea

- **Management Strategies:**
 - Evaluate patient's respiratory status at each visit.
 - Instruct patients with access to a home pulse oximeter to measure and report their oxygen saturation.
 - Inform patients with trouble breathing about warning signs: worsening dyspnea and falling oxygen saturation levels.
 - Discuss the patient's access to support if an emergency arises.
 - Consider early referral to pulmonary rehabilitation.

Joint and Muscle Pain

- **Presentation:** muscle and body aches, sometimes including a “sharp” or “burning” pain in the lower back, neck, joints, and extremities
- **Management Strategies:**
 - Analgesics to reduce pain

Mental Health and Well-being

- **Presentation:**
 - COVID-19 neurological complications may manifest as psychiatric symptoms, including confusion, stroke, encephalopathy, and cognitive impairment.
 - Psychological sequelae including depression, anxiety, and post-traumatic stress disorder are common, and can worsen pre-existing mental health symptoms.
- **Management Strategies:**
 - Assess psychopathology of COVID-19 survivors.
 - Discuss adaptive coping mechanisms, social support, and mental health services.
 - Ask about suicidal thoughts and intent. Call 911 if you believe someone is at immediate risk of hurting themselves or others.
 - Refer patients to trained mental health professionals including remote 24/7 emotional support available through [NYC Well](#).

General Considerations

- Understand that physiologic complaints of COVID-19 long-haulers are real, not “merely” psychological.
- Rule out other possible etiologies of symptoms, such as flu, asthma exacerbation, etc.
- Continue to manage the patient’s chronic co-morbidities.
- Coordinate care with specialists when appropriate.
- Inform COVID-19 patients that prolonged symptoms are common and that it may take weeks or months for lingering symptoms to dissipate.
- Let patients know that unless they have severe COVID-19 or are immunocompromised they are unlikely to be contagious more than 10 days after symptom onset, even if symptoms persist.
- Emphasize the importance of well-being, social support, mindfulness, and self-care.

Loss of Work

- Encourage patients who have lost their job or remain absent from work due to COVID-19 sequelae to file for workers' compensation or disability.

POST-COVID CARE RESOURCES

Patient and caregiver guide to managing COVID-19 patients at home. J Int Soc Phys Rehabil Med. 2020

- <https://www.jisprm.org/text.asp?2020/3/2/53/282570>

Management of Post-acute COVID-19 in Primary Care. BMJ. 2020

- <https://www.bmj.com/content/370/bmj.m3026>

British National Health Service: Patient guide to post-COVID care

- <https://www.hackneycitizen.co.uk/wp-content/uploads/Post-COVID-19-information-pack-5.pdf>

Columbia University Medical Center: Post-COVID Patient Rehabilitation Guide (English and Spanish)

- <https://www.cumc.columbia.edu/rehab/our-approach-post-covid-challenges>

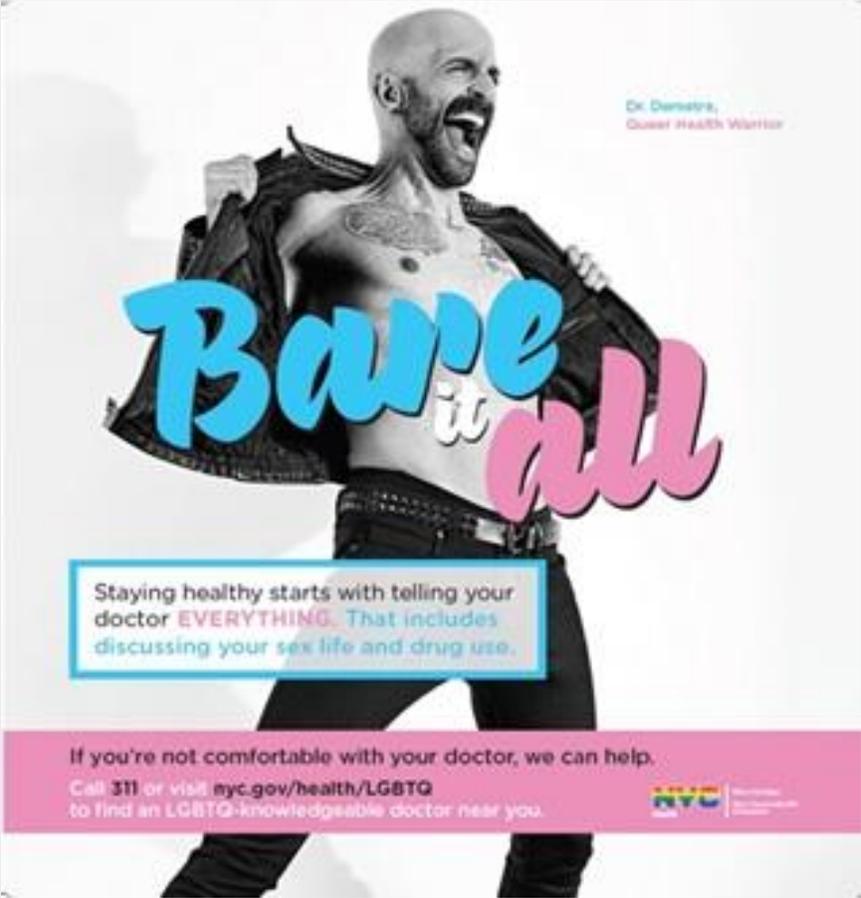
COVID-19 survivor support organizations

- Body Politic COVID-19 Support Group: <https://www.wearebodypolitic.com/covid19>
- Survivor Corps: <https://www.survivorcorps.com/external icon>

NYC Health Department Post-COVID clinics

- <https://www1.nyc.gov/assets/doh/downloads/pdf/covid/covid-19-care-clinics.pdf>

Farewells:
Dr. Demetre
Daskalaskis



Thank you for your years of service to NYC – you will be missed!

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RETRIEVING CME CREDITS

- Log onto the CPE website - <http://cme.nychhc.org>
- Look for the login section (on the right side)
- Create a profile if you have not logged in before
- Enter your username (email address) and password. Click on the **Go** button.
- The Welcome Screen will appear. Click on the **Go** button.
- The next screen will display three tabs. “**My Programs**”, “**CPE Tracker**” and “**My Account Info.**”
- Click the tab “**CPE Tracker**”
- On the same row look to your right. Locate the ‘**Select Year**’ section. Click on the **down arrow and select the year** to view. Certificates will be listed by program name.
- View credits or print certificates by clicking on the certificate located under the **view/print** column.
- Note: It may take up to 8 weeks for H+H to process credits

ADDITIONAL RESOURCES ON COVID-19

NYC Health Department

- Provider page: <https://www1.nyc.gov/site/doh/covid/covid-19-providers.page>
- Data page: <https://www1.nyc.gov/site/doh/covid/covid-19-data.page>
- Next provider webinar: Friday, Nov. 20, 1 p.m. (sign up on provider page)
- Dear Colleague COVID-19 newsletters (sign up for *City Health Information* subscription at: [nyc.gov/health/register](https://www1.nyc.gov/site/doh/covid/covid-19-providers.page))
- NYC Health Alert Network (sign up at <https://www1.nyc.gov/site/doh/providers/resources/health-alert-network.page>)
- Provider Access Line: **866-692-3641**
- Neighborhood resource snapshots: <https://www1.nyc.gov/site/doh/covid/covid-19-communities.page>

NYC COVID-19 Citywide Information Portal

- Includes information on >150 testing sites in NYC: [NYC.gov/covidtest](https://www1.nyc.gov/site/doh/covid/covid-19-main.page)

Learn more below about zone restrictions

- <https://www1.nyc.gov/site/doh/covid/covid-19-main.page>

Other sources

- CDC: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>