COVID-19 HEALTHCARE PROVIDER UPDATE

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NYC Department of Health and Mental Hygiene

April 17, 2020
• Our understanding of the novel coronavirus is evolving rapidly
• This presentation is based on our knowledge as of April 17, 2020, 12:30 PM
WHERE WE ARE

• There is still widespread community transmission of COVID-19 in New York City and around the world
• Almost seven weeks have passed since New York City reported its first confirmed COVID-19 case
• We are continuing to see high numbers of new diagnoses, including those who require hospitalization
• But we may have begun to flatten the curve – syndromic data shows improvement in emergency department visits and admissions
• We cannot let down our guard but rather must reinforce mitigation measures that are working
CUMULATIVE CASES AND DEATHS, WORLDWIDE

>2.1 million cases
>147,000 deaths

As of April 17, 2020, 10AM

https://www.arcgis.com/apps/opsdashboard/index.html#/bda7594740fd40299423467b48e9ecf6
Influenza-Like Illness and Pneumonia Emergency Department Visits per 100,000 Population (through April 15, 2020)

Visit rate 0-17
Visit rate 18-44
Visit rate 45-64
Visit rate 65-74
Visit rate 75+
Influenza-Like Illness and Pneumonia Emergency Department Admissions per 100,000 Population (through April 14, 2020)

Date: January 1, 2020 to April 14, 2020
CUMULATIVE CASES AND DEATHS, US

>673,000 cases
>30,800 deaths

April 17, 2020, 12:25PM

CURRENT STATUS OF OUTBREAK NYC

Apr. 16, 2020 2:30PM

- Laboratory Confirmed Cases 117,565
- Total hospitalized 30,903
- Deaths
  - Confirmed Cases 7,563
  - Probable Cases 3,914
TOTAL CASES of COVID-19 IN NYC BY PATIENT ZIP CODE

April 16, 2020
PERCENT OF PATIENTS TESTING POSITIVE FOR COVID-19 BY ZIP CODE

April 16, 2020
NYC COVID-19 CASES, HOSPITALIZATIONS, AND DEATHS OVER TIME

Mar 6-Apr 16, 2020
Deaths lag 1-2 weeks behind hospitalizations
This chart indicates spread of COVID-19 relative to each borough's population.

<table>
<thead>
<tr>
<th>Borough</th>
<th>Rate per 100,000 people</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Staten Island</td>
<td>1,761</td>
<td>8,822</td>
</tr>
<tr>
<td>The Bronx</td>
<td>1,741</td>
<td>25,638</td>
</tr>
<tr>
<td>Queens</td>
<td>1,445</td>
<td>36,220</td>
</tr>
<tr>
<td>Brooklyn</td>
<td>1,152</td>
<td>31,279</td>
</tr>
<tr>
<td>Manhattan</td>
<td>824</td>
<td>15,539</td>
</tr>
<tr>
<td>Citywide</td>
<td>117,565</td>
<td></td>
</tr>
</tbody>
</table>
NYC COVID-19 RATES BY SEX

April 15, 2020

Due to the small number of cases among transgender and gender-nonconforming people, data on those cases are not included at this time.
DEATH SURVEILLANCE

- Not all persons infected with SARS-CoV-2 are diagnosed by laboratory confirmation
- Routinely capture deaths for laboratory-confirmed COVID-19 cases
- To capture deaths for probable COVID-19 cases
  - Review of death certificates
  - Review excess mortality compared to expected mortality
NYC PROBABLE AND CONFIRMED COVID-19 DEATHS
Mar 2-Apr 14, 2020

Due to delays in reporting, recent data are incomplete
## Deaths by Underlying Conditions (as of April 15, 2020)

Underlying conditions can include lung disease, asthma, heart disease, a weakened immune system, obesity, diabetes, kidney disease, liver disease and cancer.

Deaths, by age and presence of underlying conditions:

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Total Deaths</th>
<th>With Underlying Conditions</th>
<th>Without Underlying Conditions</th>
<th>Unknown</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-17</td>
<td>3</td>
<td>3</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>18-44</td>
<td>309</td>
<td>244</td>
<td>25</td>
<td>40</td>
</tr>
<tr>
<td>45-64</td>
<td>1,581</td>
<td>1,343</td>
<td>59</td>
<td>179</td>
</tr>
<tr>
<td>65-74</td>
<td>1,683</td>
<td>1,272</td>
<td>26</td>
<td>385</td>
</tr>
<tr>
<td>75+</td>
<td>3,263</td>
<td>2,289</td>
<td>27</td>
<td>947</td>
</tr>
</tbody>
</table>

*Due to ongoing investigations, the presence of underlying conditions has not been determined for all patients confirmed to have died from COVID-19.*
COVID-19 CASES, HOSPITALIZATIONS, AND DEATHS BY RACE/ETHNICITY

Age-adjusted rates of lab confirmed COVID-19 non-hospitalized cases, estimated non-fatal hospitalized cases, and patients known to have died per 100,000 by race/ethnicity group as of April 16, 2020.
REPORTING DEATHS

- Report all deaths occurring in NYC to eVital through your facility administrator
- Email: eVital@health.nyc.gov for facility permission
- Do not report deaths by phone
NYC Health Department cautions providers and clinical laboratories:
- **Unvalidated** SARS-CoV-2 serology test kits
- Many **falsely advertising** as “approved” may not be reliable
- >95 companies informed FDA of intent to distribute serology test kits for SARS-CoV-2 in U.S. marketplace
- Sensitivities, specificities, and predictive values of SARS-CoV-2 serology test kits not evaluated by any independent government agency, including FDA
WARNING ABOUT SEROLOGY ASSAYS FOR SARS-COV-2

• False positive and false negative test results occur often in test kits that have been evaluated
• No CDC guidelines for interpretation of serology tests
• Using a test inappropriately in point of care or moderate complexity laboratory setting may put your practice out of compliance and result in regulatory action
• Severe shortage of nasopharyngeal swabs and viral transport media (VTM) to diagnose COVID-19
• As supply continues to decline, real possibility hospitals will completely run out
• Providers should continue to test only hospitalized patients to preserve resources that are needed to diagnose and appropriately manage patients with more severe illness
• NYC Health Department actively working to mitigate current barriers to testing
FACEMASK POLICY FOR HEALTH CARE WORKERS

• Health care workers and staff who work while asymptomatic pose a risk to patients and each other.

• To reduce the potential risk of asymptomatic transmission to other staff and patients:
  • All health care facility staff should wear a facemask regardless of type of setting or service being provided.
  • Follow guidance from the health care facility regarding what type of facemask to wear.
• All New Yorkers must wear a face covering when in a public place if they cannot maintain physical distancing
  • Excludes children <2 and people unable to medically tolerate
  • Governor Executive Order No. 202.17, effective April 17, 2020 at 8PM
• *Face covering*: a well-secured paper or cloth (like a bandana or scarf) that covers one’s mouth and nose.
• Reduce the potential risk of asymptomatic transmission
• Critical to still stress physical distancing and good hygiene
USE OF REMDESIVIR FOR PATIENTS WITH SEVERE COVID-19

• There are still no proven medications for treatment of COVID-19
• Trials of a variety of different medications are underway
• A recent study of remdesivir used for hospitalized COVID-19 patients who had oxygen saturation of ≤94% while they were breathing ambient air or were receiving oxygen support showed a benefit in most patients (36 out of 53, or 68%)
  • There was no randomized control group and evaluation of efficacy is therefore limited*

Role of public health interventions in Wuhan

IMPACT OF PHYSICAL DISTANCING

- We currently have a limited set of preventive measures for COVID-19 and physical distancing is one of our main tools.
- Recent data from CDC show that efforts to promote physical distancing in NYC have likely been effective at reducing community mobility, and this in turn has likely reduced spread of the virus.*

New York City (five boroughs)

- Cumulative case count
- Case count: average 3-day percentage change
- Percentage leaving home

White House "15 day" plan; NY state school closures; NY state limits mass gatherings to <50; and NYC limits on bars and restaurants (take-out only)

NY state ban on all nonessential gatherings

NY state limits mass gatherings to <500

NY state of emergency declaration

NY state and NYC stay-at-home order

Legend:
- Feb 26-29
- Mar 1-5
- Mar 6-10
- Mar 11-15
- Mar 16-20
- Mar 21-25
- Mar 26-30
- Apr 1-5

Lasry et al.
Lasry et al.
HEALTH IMPLICATIONS OF PHYSICAL DISTANCING

- Survey of adults in multiple cities in China during February 20-21, 2020
- Those who stopped working reported worse mental and physical health conditions and distress
- Data such as these emphasize the impact of COVID-19 even on those who may not have been infected by the virus

LOOSENING PHYSICAL DISTANCING

• NYC Health Department is closely monitoring key public health signs to determine when physical distancing restrictions can be loosened for people not at high risk for serious COVID-19 illness

• Indicators that are being followed include:
  • Hospital admissions
  • Critical care capacity
  • Positive test rates

• See COVID-19 Public Health Milestones for the latest indicator data: https://www1.nyc.gov/site/doh/covid/covid-19-goals.page
PERCENT OF NYC RESIDENTS WHO TEST POSITIVE

Testing at Public Health Laboratory

All NYC Testing

We want to be below this line for testing at Public Health Laboratory.

We want to be below this line for all NYC testing.
NYC Health Department: Behavioral Health Response During COVID-19

Myla Harrison, MD, MPH
Assistant Commissioner- Bureau of Mental Health
NYC Department of Health and Mental Hygiene

Allison Baxter, LCSW
Mental Health Communications Lead
NYC Department of Health and Mental Hygiene

April 17, 2020
NYC Health Department Mental Health Emergency Response Group

• Responsible for responding to the behavioral health needs of New Yorkers during the COVID-19 pandemic and anticipating and planning for behavioral health needs post-pandemic

• NYC Health Department:
  • Shares reliable information and resources
  • Collaborates with behavioral health partners across the city
  • Strengthens existing resources to be responsive to needs, such as NYC Well
  • Promotes coping and resiliency for all New Yorkers
Coping and Mental Wellness Messages

1. Normalize symptoms of stress, anxiety, and grief

2. Promote coping and resilience

3. Provide resources for additional support
1. Normalize symptoms of stress, anxiety, and grief

Stress can affect the way you think, feel and act. Most of the effects are normal reactions to distressing events and are generally short-lived.

- Physical effects: fatigue, exhaustion, headaches, rapid heartbeat or exacerbation of preexisting medical conditions
- Emotional effects: feelings of sadness, anxiety, anger, agitation, irritability
- Mental effects: confusion, forgetfulness, difficulty concentrating or making decisions
- Behavioral effects: experiencing uncharacteristic behaviors such as becoming restless or argumentative or short-tempered, or changes in eating and sleeping patterns
2. Promote coping & resilience

• Stay informed
• Limit screen time and exposure to media
• Stay connected
• Create and maintain daily routines
• Stay positive
• Focus on what you can control – be proactive
• Be thoughtful and sensitive
• NYC Well’s website offers wellbeing and emotional support applications (apps) that can help you cope: https://nycwell.cityofnewyork.us/en/app
Click here for a list of mental health apps that are FREE during the COVID-19 pandemic. Lots have content specific to coping with COVID-19.

TRouble coping?

We’re here to listen and help

with problems like stress, depression, anxiety, or drug and alcohol use. For you or someone you care for.

TEXT
Text “WELL” to 65173

CALL
Call 1-888-NYC-WELL

CHAT
Chat Now
COVID-19 Digital Mental Health Resources
FREE digital mental health resources* for the duration of the COVID-19 pandemic

Anxiety
- **Headspace (in App Library)**
  - New free meditation resources specific to COVID-19

- **Shine**
  - Resources for anxiety and overall mental health specific to COVID-19

- **Calm**
  - Mindfulness app that provides a free list of curated meditations specific to COVID-19 via video and audio

- **Coa**
  - Online therapist-led groups & workshops for anxiety, stress, and connection

- **All Mental Health**
  - App with coping and communication skills specific to COVID-19

Depression
- **Litesprite**
  - Clinically validated mental health video game

- **Sanvelo**
  - Clinically validated evidence-based mobile application based on cognitive behavioral therapy (plus content related to other conditions)

Sleep
- **Big Health's Sleepio**
  - Digital therapeutic for sleep, fully automated yet highly personalized digital sleep improvement program accessible via app and web

- **Magellan's Restore**
  - Digital cognitive behavioral therapy for sleep

Peer Support
- **Supportiv**
  - Peer chat support and resource list

- **Nod**
  - Resource for students to socially connect and reduce loneliness during COVID-19

Recovery
- **Tempest**
  - Online recovery support meetings for women and gender non-conforming individuals who are sober or interested in sobriety

*Note: These resources are valid for the duration of the COVID-19 pandemic.
3. Provide resources for additional support

• **NYC Well**
  • Confidential 24/7 helpline staffed by trained counselors
  • Provide brief counseling and referrals to care in over 200 languages.
  • Call [888-NYC-WELL](tel:888-692-9355) (888-692-9355), Text “WELL” to 65173, or Chat at [nyc.gov/nycwell](http://nyc.gov/nycwell)

• **NYS COVID-19 Emotional Support Helpline**
  • Phone line is staffed with specially trained volunteer professionals who are there to listen, support and refer if needed
  • Tel: 844-863-9314, 8 am-10 pm, 7 days a week.
NYC Well Total Weekly Engaged (Answered) Contacts in the Past 6 Weeks
(includes all calls, texts, and chats)

2019 Average: 5,070

- March 8, 2020: 3,925
- March 15, 2020: 4,493
- March 22, 2020: 4,788
- March 29, 2020: 6,363
- April 5, 2020: 5,857
- April 12, 2020: 5,630
NYC Health Department COVID-19 Coping and Emotional Well-Being Webpage

• Guidance documents responsive to and anticipatory of community needs
• Plain-language, accessible information, updated regularly
• Content and priorities informed by:
  • NYC Health Department expertise
  • Provider requests and feedback
  • Community requests, questions, feedback
  • Press requests and articles
  • Disaster/outbreak response best practices
  • NYC epidemiology
Find the latest guidance from the NYC Health Department

Resources for New Yorkers
Find support for food, employment, health insurance, housing, and more

Resources for businesses and non-profits
Find assistance for businesses and organizations

Ways to help
Donate, volunteer, or partner to support the City’s response to COVID-19

Self-report symptoms and self-isolation status
Health and emotional well-being

Get information and resources to help protect yourself and others from COVID-19.

View the latest data on COVID-19 in NYC.

Connect with a counselor.

Find support for domestic violence survivors.

Get tips and information about coping and emotional well-being.
• Documents currently available:
  • Coping With Stress During Infectious Disease Outbreaks
  • Is It Anxiety, a Panic Attack or COVID-19?
  • Grief and Loss During the COVID-19 Outbreak
  • Staying Connected With Friends and Family
  • Managing Grief Over the Death of a Loved One During the COVID-19 Outbreak
  • COVID-19: Information for People Who Use Drugs*

• Curated list of resources from national organizations and government agencies:
  • General resources
  • Children, families, educators
  • Community leaders
  • Responders & healthcare workers

https://www1.nyc.gov/site/doh/covid/covid-19-mental-health.page
Promoting Behavioral Health Resources

Social media

• Behavioral health content posted ~2x/day on various social media platforms
• Call to action: Coping and Emotional Well-being page or NYC Well depending on content
• Highlights new virtual resources:
  • NYC Well website offers well-being and emotional support apps and list of virtual behavioral health services free for duration of COVID-19 outbreak
  • NYC Health + Hospitals Virtual Buprenorphine Clinic
Promoting Behavioral Health Resources

**Media campaign**
- Created in collaboration with the First Lady of NYC
- Coping with stress brought on by COVID-19 and physical distancing
- Normalizes symptoms - stress reduction strategies - information on how to contact NYC-WELL for emotional support and resources
- Citywide distribution
New Yorkers: Stay Home and Stay Connected
Guidance for Providers

• Dear Colleague: Recognizing and Addressing Behavioral Health Issues During the COVID-19 Pandemic
• Taking Care of Your Emotional Well-being: Tips for Healthcare Workers During COVID-19
• Grief and Loss in the Workplace During COVID-19
Planning for Ongoing Behavioral Health Impact

• Promoting mental wellness and healthy coping to encourage resiliency

• Past disasters tell us there will be ongoing negative behavioral health effect for some New Yorkers

• Anticipate increased need for behavioral health screenings, support, and treatment for some time to come
Source: Victor Tseng, @victorsting Twitter
QUESTIONS?