Our understanding of COVID-19 is evolving rapidly.
This presentation is based on our knowledge as of June 11, 2020, 5 PM.
OUTLINE

WHERE WE ARE NOW

SURVEILLANCE AND EPIDEMIOLOGY UPDATE

CLINICAL UPDATE: OBESITY AND COVID-19

HOTELING RESOURCES FOR PATIENTS AND CONTACTS

QUESTIONS AND DISCUSSION
WHERE WE ARE NOW

• More than 7.2 million cases and 410,000 deaths due to COVID-19 have been confirmed worldwide
• New daily case count records are being set
• World Health Organization warns nations that have seen improvement not to let their guard down
• Large-scale protests against racism and police violence are occurring across the United States (U.S.)
• 100 days after its first recognized case, New York City (NYC) began initial stages of re-opening
• Prevention measures must be maintained as we gauge the impact of these changes
CUMULATIVE CASES AND DEATHS REPORTED TO WORLD HEALTH ORGANIZATION

6/11/20

>7,273,000 cases
>413,000 deaths

CHANGE IN THE NUMBER OF NEW CASES WORLDWIDE IN THE LAST TWO WEEKS

6/11/20

*New York Times*. Coronavirus Map: Tracking the Global Outbreak
CUMULATIVE CASES AND DEATHS, U.S.
6/11/20

>2,000,000 cases
(~28% of confirmed global cases)

>113,000 deaths
(~27% of reported global deaths)

CHANGE IN NUMBER OF NEW CASES IN THE U.S. IN THE PAST TWO WEEKS

6/11/20

EPIDEMIOLOGY OF COVID-19 IN NYC

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Co-Lead, Epi Data Unit, COVID-19 Response
NYC Department of Health and Mental Hygiene
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Critical Care Planning Lead
NYC Department of Health and Mental Hygiene

CLINICAL UPDATE:
OBESITY AND COVID-19
OBESITY AND COVID-19: YOUNG PATIENTS

“It was very obvious and noticeable, even in those few first days... what stood out among the group of younger patients was their [BMI.]”

- Retrospective analysis of 3,615 COVID-19 patients who presented to the ED, stratified by body mass index (BMI) and age
- Likelihood of admission to hospital and admission to ICU were increased in young patients with BMI ≥ 30

Underlying conditions among adults hospitalized with COVID-19


Source: MMWR. 2020 Apr 8;69(early release):1-7
OBESITY AND COVID-19: SEVERITY OF ILLNESS

• Obesity is the second most common comorbidity of hospitalized COVID-19 patients in NYC series\textsuperscript{1,2}
  • \(\approx 35\%\) of all\textbf{ hospitalized} COVID-19 patients have body mass index (BMI) \(\geq 30\)
  • \(\approx 40\%\) of all\textbf{ ventilated} COVID-19 patients have BMI \(\geq 30\)

• Palaiodimos et al. found a statistically significant \textbf{increase in mortality} in patients with BMI \(\geq 35\)\textsuperscript{3}
  • Retrospective cohort study of 200 patients followed for 3 weeks
  • 24\% mortality of total cohort

POSSIBLE MECHANISMS OF OBESITY IN SEVERE COVID-19

• Obesity is an independent risk factor for severe disease in other pandemic respiratory viruses, like H1N1\(^1,2\)

• Possible mechanisms:
  • Obese adipose tissue effect on immunity
  • Hypercoagulability
  • Respiratory dysfunction
  • Comorbidities


POSSIBLE MECHANISMS: OBESITY, IMMUNITY AND HYPER-COAGULABILITY

- Obesity impacts both innate and adaptive immunity
- “Obese” adipocytes may act as a reservoir for virus
- Obesity increases propensity for thrombosis

POSSIBLE MECHANISMS:
RESPIRATORY DYSFUNCTION, COMORBIDITIES, AND METABOLIC RISK

Respiratory dysfunction
- Impaired respiratory mechanisms
- Increased airway resistance
- Impaired gas exchange
- Low lung volume
- Low muscle strength

Comorbidities
- Cardiovascular disease
- Diabetes mellitus
- Kidney disease

Metabolic risk
- Hypertension
- Prediabetes
- Insulin resistance
- Dyslipidaemia

Obesity

Severe course of COVID-19

POSSIBLE MECHANISMS: RESPIRATORY DYSFUNCTION AND COMORBIDITY

• Respiratory dysfunction and comorbidities may impact the course of COVID-19

• What about the “obesity paradox”?
  • Obesity is a risk factor for non-COVID acute respiratory distress syndrome (ARDS)
  • Obese patients with non-COVID ARDS have better outcomes


IMPACT OF COVID-19 ON OBESITY

• Pietrobelli et al. reported on a longitudinal study of 41 obese schoolchildren under quarantine in Verona. After quarantine:
  • More sugary drinks and potato chips
  • Less physical activity, more sleep
• Stress, immunity, and obesity

GUIDANCE ON OBESITY AND COVID-19

- **People with severe obesity (BMI ≥ 40) are at risk of severe COVID-19 infection**¹
  - Cautiously observe patients with less severe obesity (BMI ≥ 30)²
- Cardiopulmonary fitness may have a beneficial impact in COVID-19³
  - Promote physical activity while physically distancing⁴
- Balanced nutrition⁴
- Regular physician “contact”
  - Combat stigma⁴
  - Use of telemedicine⁴
- Stress management⁴

How to Access Hotels for COVID-19 Cases & Contacts

How to support your patients and social service clients to access all components of testing, tracing, and getting the support they need to separate safely

June 12, 2020

Aaron J. Miller, MD, MPA
Community Partner Liaison, Test & Trace Corps
Assistant Vice President, Office of Ambulatory Care, NYC Health + Hospitals
Today’s Webinar

- Objective: To inform healthcare and social service providers on the details of the Test & Trace Corps programs so that you can educate and support your clients to access all of these services.

- Outline for today:
  - Overview of the City’s Test and Trace Corps
  - Take Care at Hotels
    - Services
    - Maintaining continuity of care
    - Issues unique to youth
    - Referral process
Andrew Wallach, MD
>20,000 tests per day
>150 testing sites

Neil Vora, MD
1,700 tracers
Tracer *screens*: Hotel, Food, Meds

Informs on: mental health and family violence

Amanda Johnson, MD, MBA
Hotels
Nicole Jordan Martin, MPA

Resource navigators to separate safely at home
Housing Recovery Office
Katherine Piwnica-Worms, MD, MHS
Jeni Clapp, MPA

Your COVID (+) clients will be contacted by these tracers
STEP 3. TAKE CARE
Wrap-Around Services “At Home” Strategy

- Goal: Keep New Yorkers isolating at home safe
- H+H is partnering with the Mayor’s Office of Housing Recovery Operations (HRO) to lead resource navigator operations
- HRO will contract with community-based organizations (CBOs) to hire 200 – 300 resource navigators and supervisors
- Resource navigators will help New Yorkers meet a range of needs (e.g. food, mental health resources) by connecting to City and local resources
How are cases/contacts referred to a resource navigator?

- Tracers ask cases/contacts if they would like to be referred to a resource navigator for help with resources (e.g. food, medical care, accessing medicine)
- The resource navigator calls them back within 24 hours to offer assistance
- Resource navigators walk through a short script and are able to field questions or requests
**Resources Available at Launch 6/1/2020**

Navigators focus on priorities, like food, medical services, medicine and safety.

An expanded and comprehensive list of resources by category is used as a resource guide to meet requests.

<table>
<thead>
<tr>
<th>General Resource Lists</th>
<th>Children/Parents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medical/Healthcare</td>
<td>Work/Finance</td>
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<tr>
<td>Insurance</td>
<td>Housing/ Homelessness</td>
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<td>Pets</td>
<td>Legal</td>
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<td>Social Services (General)</td>
<td>Utilities</td>
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<td>Resources for Women</td>
<td>Transportation</td>
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<td>Other Food Resources</td>
<td>Funeral/Burial</td>
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<tr>
<td>Delivery &amp; Other Mutual Aid</td>
<td>Immigrant Resources</td>
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<tr>
<td>Substance Abuse</td>
<td>Free Technology</td>
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<tr>
<td>Masks</td>
<td>Civic Engagement</td>
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<tr>
<td>Seniors</td>
<td>Free Exercise</td>
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</tbody>
</table>
**Community Partner Resources**

*Each Resource Navigator Community Partner brings their own community resources to this effort. These are available for the specific Community Partner but may also be shared across the Program.*

<table>
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<tr>
<th>COMMUNITY PARTNER RESOURCES – SHARED</th>
<th>COMMUNITY PARTNER RESOURCES</th>
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<tbody>
<tr>
<td>Identify resources provided by Community Partners that can be shared across the Program.</td>
<td>BronxWorks Consortium for Worker Education SoBro NMIC Urban Upbound Bedford Stuyvesant Restoration Corporation Make the Road NY</td>
</tr>
</tbody>
</table>
Hotel Program

- **Goals of COVID-19 Hotel Program:**
  - Reduce the spread of COVID-19 within living spaces, and in doing so, reduce community spread

- **Intervention:**
  - Free hotel rooms for people who need to isolate from household members due to COVID-19 but cannot do so where they live
    - Persons who have COVID-19, COVID symptoms, or are living with someone who has COVID-19.
Guests will receive

- Social worker will conduct a psychosocial assessment and will coordinate with referring agency
- Three meals per day delivered to room, local phone, and Wi-Fi
- Children can be accommodated with parents
- Regular wellness checks
- Access to video televisits with psychiatry, if needed
- 24-hour nursing services for any emergencies or questions
- Pharmacy services for any regular (chronic medication care medications), which can be delivered to the room
- Free transportation to and from hotel if needed
- Continuity of care – close coordination with you
Guests should bring

- Photo identification, if any
- 14-day supply of medications including any over the counter vitamins, supplements, or medicines recommended by provider or preferred by patient (e.g., Tylenol, fiber, nicotine replacement patches/lozenges/gum, etc.), and including Medication Assisted Treatment.
  - Hotel can not provide Tylenol, etc. but guest can have meds delivered
- No alcohol or recreational drugs
- Any items necessary for their stay:
  - Clothes, shoes, toothbrush/toothpaste, eye glasses/contacts
  - Dentures, hearing aids, prostheses as required, DME such as walker or wheelchair as needed
  - Personal electronic devices like cellphone/laptop/chargers and books/magazines/journals for entertainment
  - Small amount of cash or debit/credit for use of on-site vending machines
  - If recently hospitalized, discharge paperwork and/or medication list
## Maintaining Continuity of Care

- Referring agency is expected to continue providing whatever care - follow-up phone calls, or televisits or in-person visits - as if the client were in their setting
- If client has home care, coordinate with us to transfer that care to hotel.
- Guests will receive clinical supportive services while in the hotel, but they are instructed to call their primary care provider for follow-up.
- Referring agency is welcome to do a visit for their client who is at hotel, but agency would need to bring PPE and proof of malpractice/indemnity.
- Guests receive guidance to call 911 if they have a medical emergency. On-site staff are constantly on each floor in the hallway and can help triage whether 911 is needed.
H+H Hotel Experience

Key points for youth and anyone who may struggle with isolation

- Youth under age 18 can only be admitted to the hotel if a legal guardian also comes to stay with them.
- The client need to be comfortable staying in the same room 24/7 – they can not leave their room.
- The client need to be comfortable with frequent wellness checks
- If someone self-discharges from the hotel (leaves before expected date), we do not call police. We do not let the person come back into the hotel, but they can be rereferred via the initial pathway and can be considered.
Duration of Hotel Stay

Guests with possible or confirmed COVID-19 who are in the hotel to isolate are ready to check out when all the following are true:

▪ At least 10 days after symptom onset; AND
▪ Absence of fever for at least 3 days without antipyretics (if ever febrile); AND
▪ Overall illness has improved.

Guests who are in the hotel to quarantine (due to contact with persons with possible or confirmed COVID) are ready to check out when:

▪ It has been up to 14 days, or
▪ If their home circumstances change such that they can return home and self-isolate

H+H Hotel Referral Process

- Two ways to refer clients to H+H hotels
  - 1. Your staff can send an encrypted email directly to Community Care:
     CommCareCP@nychhc.org
     - Include client name, DOB, telephone, your telephone.
     - If the patient has medical issues that need attention during the hotel stay, please make sure you have obtained written consent to share the information, but you do not need to forward that to us.
  - 2. Anyone, including the public, can call: 844-NYC-4NYC (844-692-4692)
     Say you need a hotel because you have COVID or were exposed to COVID, and you will speak with a nurse who will begin screening process and pass on to Community Care.
Two ways to refer clients to H+H hotels

After you email or call, the Community Care nurse will directly contact the client (within approximately 1 hour of your referral email) and will screen to decide whether client will qualify for hotel or for another level of care.

H+H Contact Center directly supports client for transportation. Transportation will occur within 1-2 hours after client qualifies and confirms they will be ready to go to the hotel.
Prompts to encourage your patients to access T2

- **Testing**
  - “You should get tested – even if you feel fine - it’s important to know if you have the infection or not and it’s a really thoughtful way to keep your family safe and healthy.”

- **Trace**
  - “If you test positive for COVID-19, you’ll get a call from our clinic and a Contact Tracer. Please answer your calls, even if you don’t recognize the number, and check your voicemail. Your Contact Tracer will help you figure out a plan to stay inside and safely separated from other people – in your home or a free hotel room – to help protect them from getting COVID-19. And they don’t share this information with police.”
Prompts to encourage your patients to access T2

▪ Hotels – for a Case or a Contact (does not need to have been tested)
  ▪ “It’s so tough to wash every door handle, counter top, and sink every time you use it. You should go stay in a hotel for 2 weeks – that’s a great way to help keep your family safe.
  ▪ The hotel rooms are really nice, you get 3 free meals a day, A/C, free wifi and cable tv. I will help make sure we transfer all your homecare services to the hotel.
  ▪ If you need your kids to be able to stay with you at the hotel, they can come stay there, too.
  ▪ And if you want a social worker to help you get services – they have one there who can help.”
Summary: We need all New Yorkers to know about

- **FREE COVID-19 Testing**: All New Yorkers can, and **should**, get tested.
- **Contact Tracers**: New Yorkers who test positive for COVID-19 may **receive a call**.
- **FREE Resources**: The city is offering **FREE** resources as well as a care plan to help New Yorkers who test positive safely separate.
How you can help

There are many ways you can help out!

▪ Sharing content on social media.
▪ Engaging your constituents in a Test & Trace Corps town hall.
▪ Sharing palm cards.
▪ Please let us know if/how you can participate by heading to this form [https://forms.gle/rXgQxXYjd7rnfiuR9](https://forms.gle/rXgQxXYjd7rnfiuR9).
Sample Tweets - see graphics here

- All New Yorkers should get a FREE #COVID19 test, whether or not they have symptoms or are at increased risk. Tests are FREE, quick and easy. Find a testing site near your home: nyc.gov/covidtest
  - Click here to tweet above statement

- If you get a phone call with 212 area code as the Caller ID, please pick up! It could be a contact tracer from the @NYCHHealthSystem #NYCTestandTrace Corps ready to help you and your loved one stay safe from #COVID19. Learn more: testandtrace.nyc
  - Click here to twee above statement
New NYC Health Department Resources: Protesting Safely

Protesting Safely

If you are planning to participate in public protests, follow these tips to reduce the risk of spreading COVID-19:

- Wear a face covering
- Wear eye protection to prevent injury
- Stay hydrated
- Use hand sanitizer
- Do not yell; use signs and noise makers instead
- Stick to a small group
- Keep 6 feet from other groups

How to Protest Safely During the COVID-19 Pandemic (PDF, June 8)
Other Languages: Español

https://www1.nyc.gov/site/doh/covid/covid-19-main.page
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
• Weekly webinars: Fridays, 2 PM (sign up on provider page)
• Dear Colleague COVID-19 newsletters (sign up for City Health Information subscription at: nyc.gov/health/register)
• 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

Other sources:
QUESTIONS?