

COVID-19 Update

Dr Mark Cunningham-Hill
Medical Director NEBGH

Monday November 2nd 2020

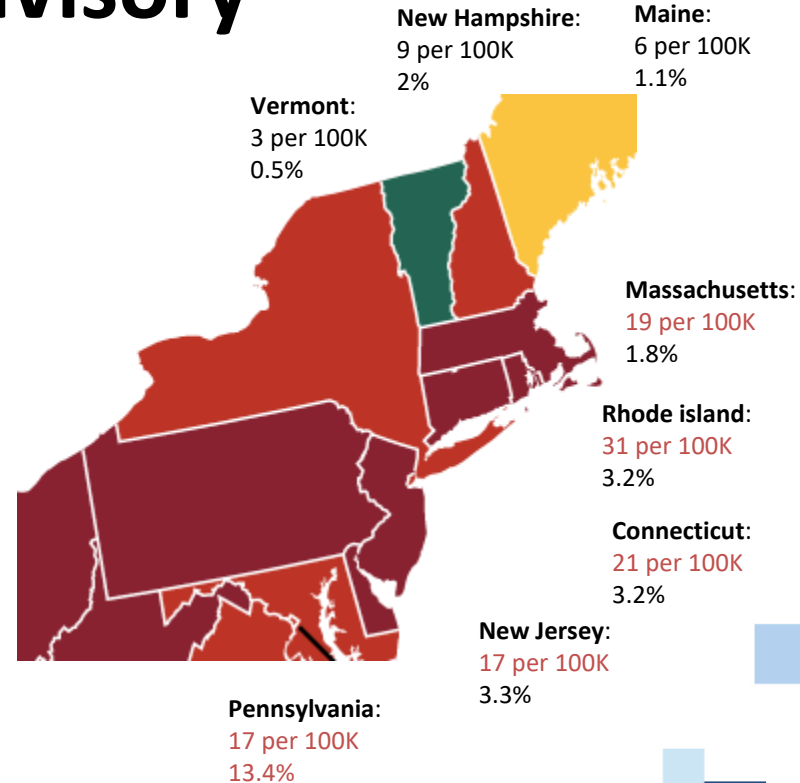


NYS -"Test Out" of Mandatory 14-Day Quarantine

- Travelers Must Get Tested Within Three Days Prior to Landing in New York, Quarantine for at Least Three Days Upon Arrival, and Get a Test on Day Four of Arrival
- If Travelers Receive a Negative Test On Day Four of Quarantine, They May Exit Quarantine When They Receive Negative Result
- States that are Contiguous with New York Continue to Be Exempted from Quarantine Protocol — Essential Workers Also Continue to be Exempted
- Travelers Who Were Only Out of State for Less Than 24 Hours Do Not Need to Quarantine but Must Get a Test on Day Four of Arrival Back in NY
- All Travelers Covered by The Advisory Must Continue to Fill Out Traveler Health Form Upon Arrival Into New York State

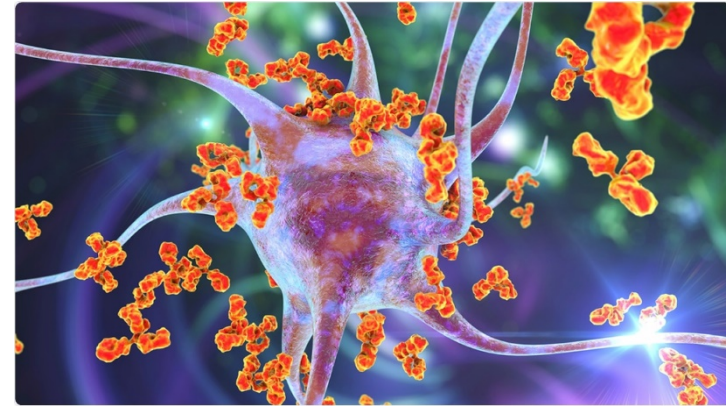
NYS Travel Advisory

- Individuals are subject to the travel advisory if they have visited states identified as having a seven-day rolling average of over 10% of all COVID-19 tests producing a positive result, or the number of positive cases exceeding 10 per 100,000 residents.
- New York State highly discourages, to the extent practical, non-essential travel between Connecticut, New Jersey, Massachusetts and Pennsylvania



Autoreactive Antibodies

- B immune cells make antibodies that recognize pieces of viral RNA from the virus and lock onto them
- Some B cells instead produce autoantibodies that hook onto DNA debris from dead human cells, mistaking them for intruders
- In some COVID-19 patients this has been found to occur causing autoimmune-like illnesses
- Some of the autoantibodies are associated with blood flow problems and may be linked to coagulation problems with COVID-19
- Occurs in some severely ill COVID-19 patients

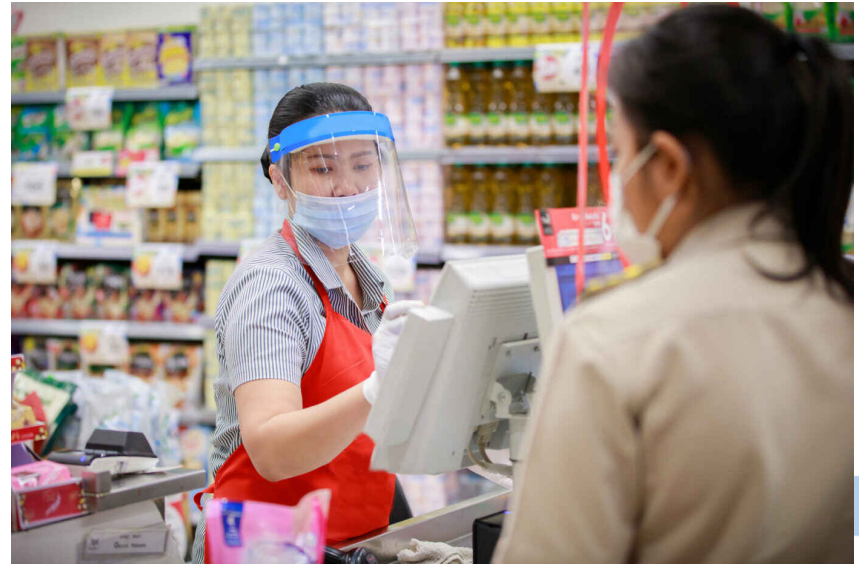




Recent COVID-19 Studies

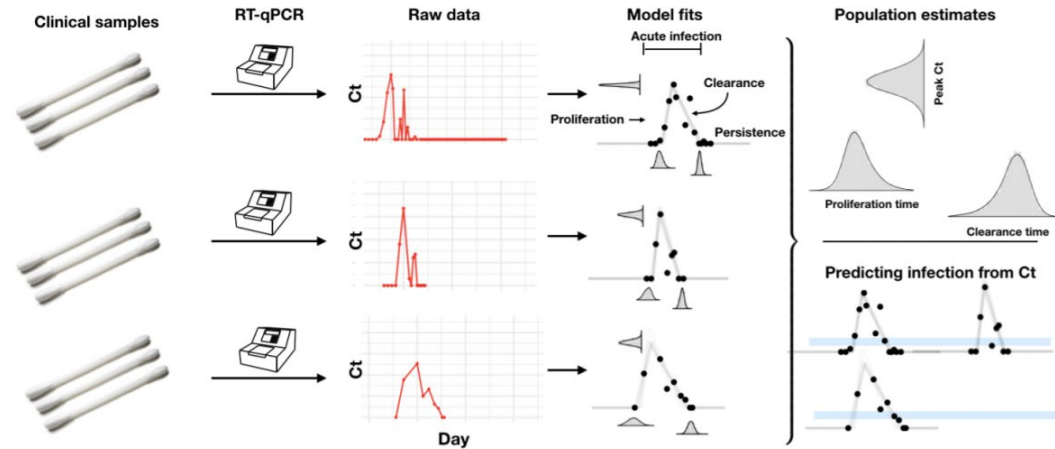
Grocery Store Workers

- 20% positive for COVID-19
- 76% asymptomatic
- 5x more positives in customer facing roles
- Reduced stress if they can socially distance
- Only 66% said they were able to practice social distancing consistently on the job
- 91%, wore a face mask at work and 77% wore masks outside of work
- 65 died in first 100 days (no data since)



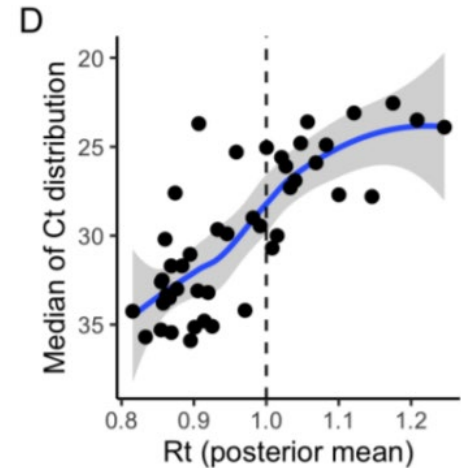
Basketball Players

- Frequent testing to maintain player 'Bubbles' has revealed useful data:
 - Viral levels peaked about three days after they tested positive
 - 2 tests given within two days can indicate whether a person's viral level is rising or falling



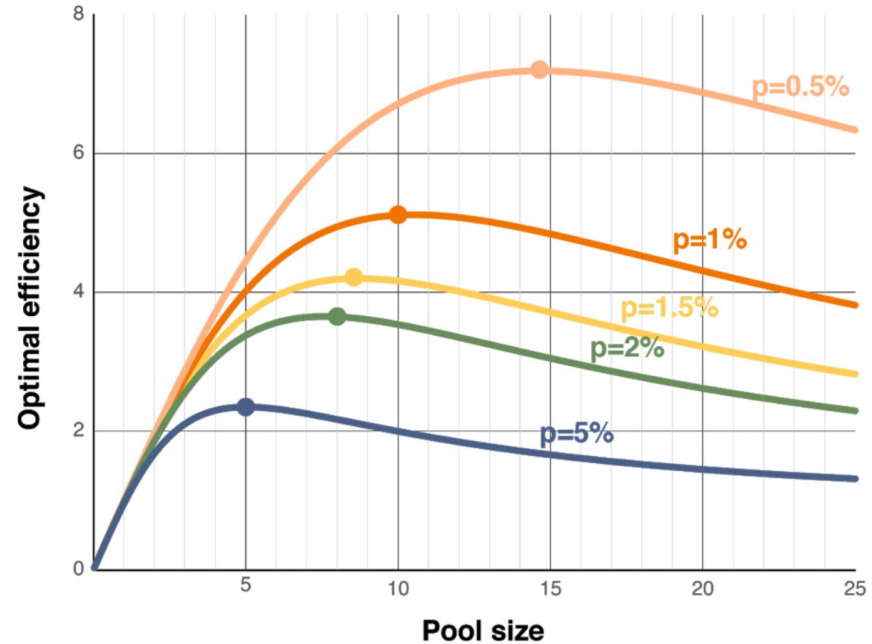
The coronavirus test results that predict an outbreak's course

- Viral loads of a population correlate with the rate of viral spread in that population
- Early in an epidemic, the average infected person has been recently exposed to the virus and therefore has a high viral load
- Later in the epidemic, the average infected person has had the virus for longer and has a low viral load.



A maths-based strategy streamlines COVID testing

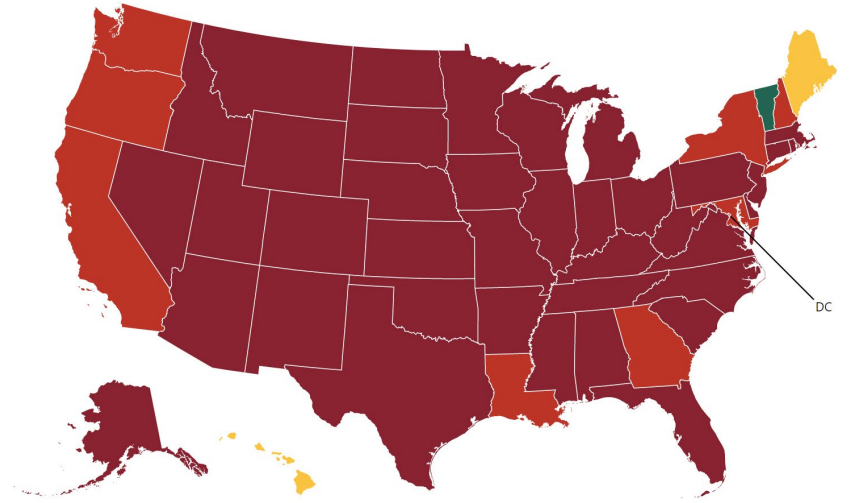
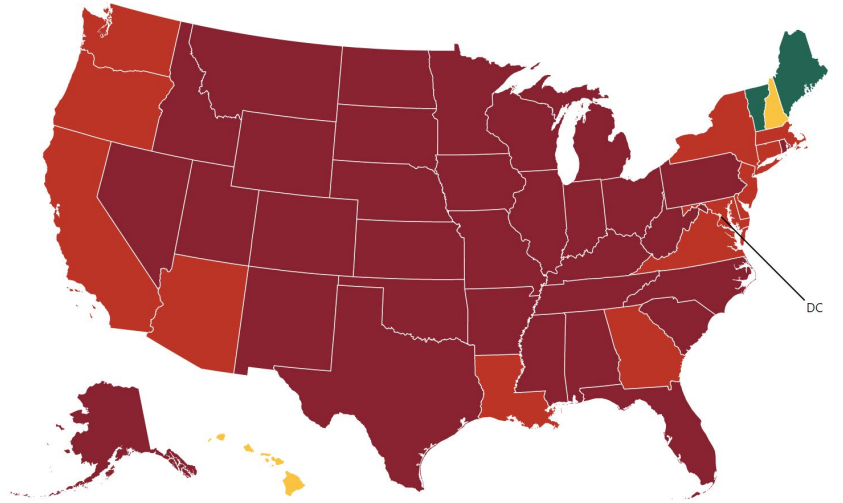
- Study found that pooling is an effective way of optimizing testing strategies
- Prevalence in the community impacts optimal pooling size
- 75% less testing



Fur-farm animals can spread the coronavirus



COVID-19 Across America



Uncontrolled
Spread

Trending
Poorly

Caution
Warranted

Trending
Better

1 week ago

Uncontrolled
Spread

Trending
Poorly

Caution
Warranted

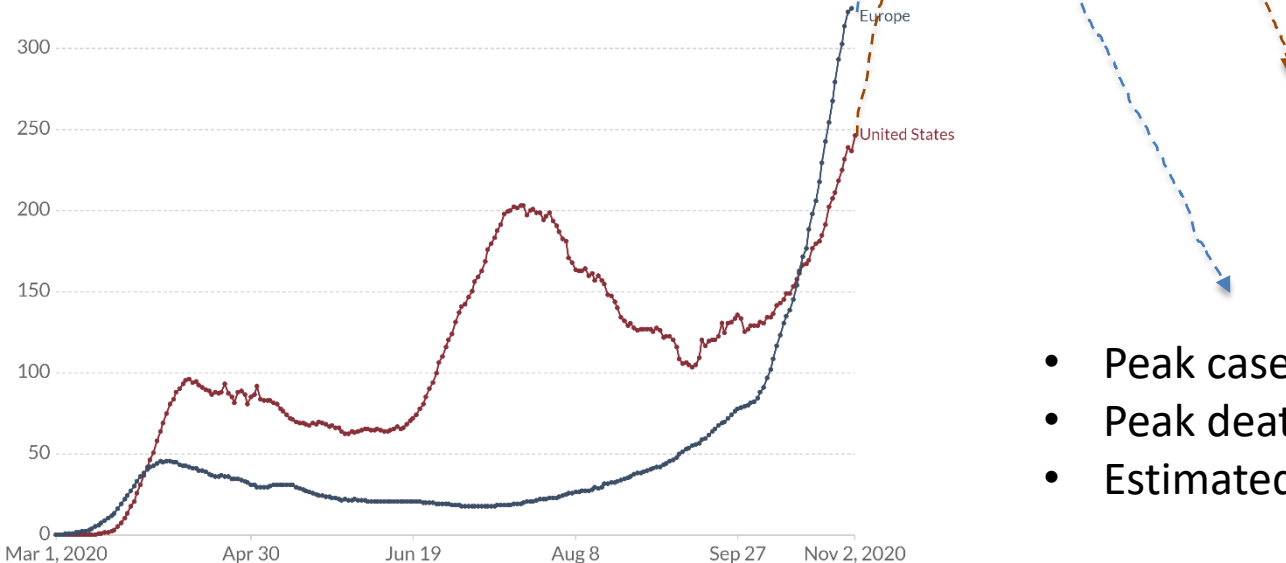
Trending
Better

Today

Prediction

Daily new confirmed COVID-19 cases per million people

Shown is the rolling 7-day average. The number of confirmed cases is lower than the number of actual cases; the main reason for that is limited testing.



- Peak cases November December
- Peak deaths January
- Estimated deaths 400K by Feb 1

Source: European CDC – Situation Update Worldwide – Last updated 2 November, 10:06 (London time)

CC BY

Safe Voting

- Wear a mask
- Keep your distance
- May need to queue outdoors so wrap up warm
- Hand sanitizer
- Look at what is on the ballot beforehand so you know what you will vote – reduces time inside voting
- Follow these steps and safer than a quick trip to the grocery store!



A COVID Thanksgiving

Increasing number of COVID-19 cases are being traced to family gatherings

- Dr Mark's tips for a safe Thanksgiving
 - Consider a virtual or drive-by Thanksgiving
 - Keep it to a small group of family or friends you have seen regularly
 - Avoid having high-risk family members attend – both those at risk from the disease and those of increased exposure risk
 - Have everyone quarantine for 14 days prior to attending
 - Have everyone tested within 3 days of Thanksgiving
 - Keep as socially distance as possible
 - No handshakes, hugs and kisses
 - Hand sanitizer at the door
 - Open windows
 - Consider a portable HEPA filtration unit
 - Don't eat turkey!



Annual Membership Meeting

**Regularly scheduled Monday COVID-19
Updates will resume November 16th**

A CORONAVIRUS DISCUSSION

*with Master Virus Hunter
Dr. W. Ian Lipkin*

November 9, 2020

1:00 - 2:00 PM

Don't forget to register!





Questions