

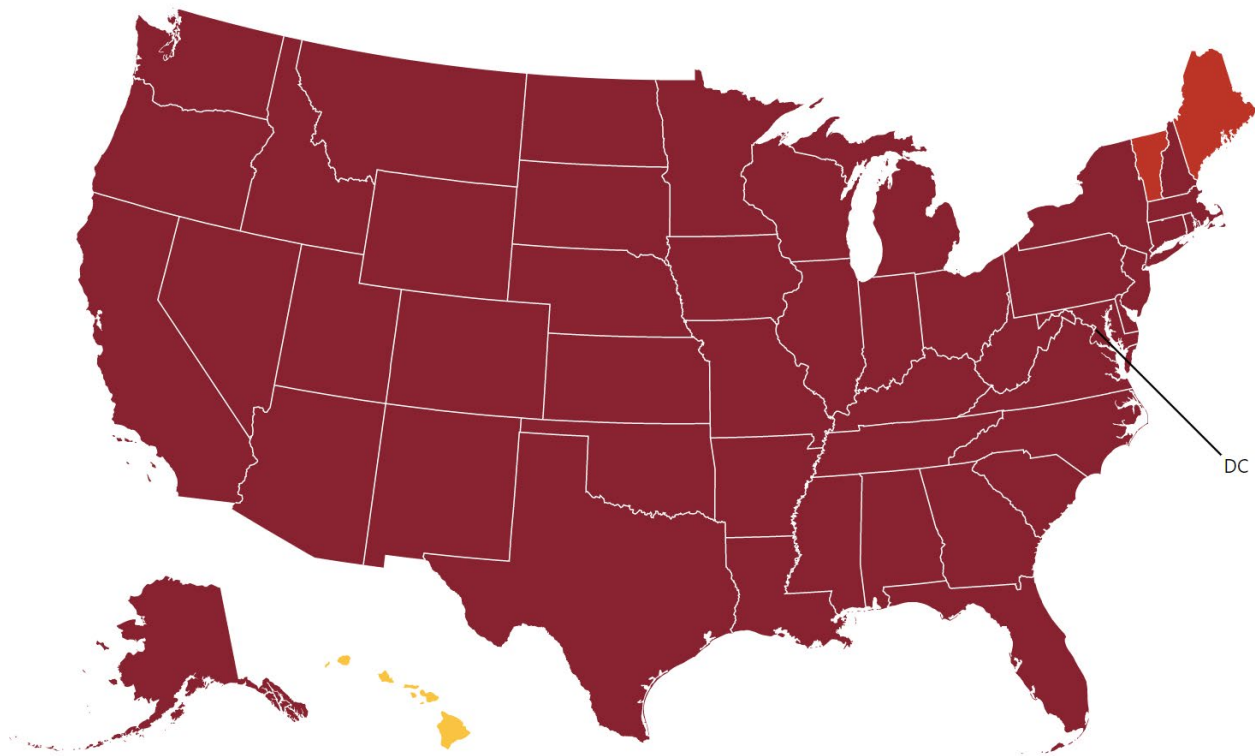


COVID-19 Update

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Monday November 30th 2020



Uncontrolled
Spread

Trending
Poorly

Caution
Warranted

Trending
Better

STATE	14-DAY TREND OF COVID+	% OF TEST TARGET	ICU OCCUPIED	BEDS OCCUPIED	CRITICAL STAFFING SHORTAGE	NEW CASES PER MILLION PER DAY	CONTACT TRACING POSSIBLE?	COVID+ RATE IS
Connecticut	6%	62	59%	74%	23	445	Difficult	4.90%
New Jersey	14%	40	65%	76%	15	454	Extremely Difficult	7.50%
New York	40%	91	59%	70%	8	320	Difficult	3.30%
Pennsylvania	43%	11	82%	73%	12	548	Unlikely	26.60%

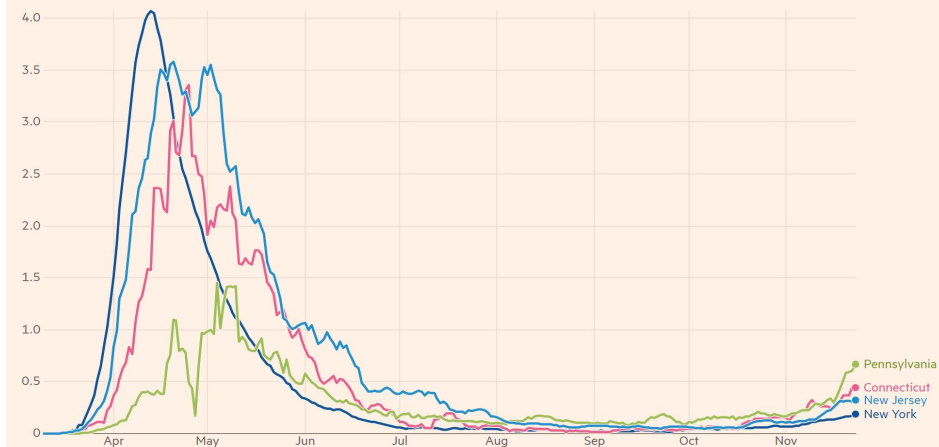
New confirmed cases of Covid-19 in New York, Connecticut, Pennsylvania and New Jersey

Seven-day rolling average of new cases (per 100k)



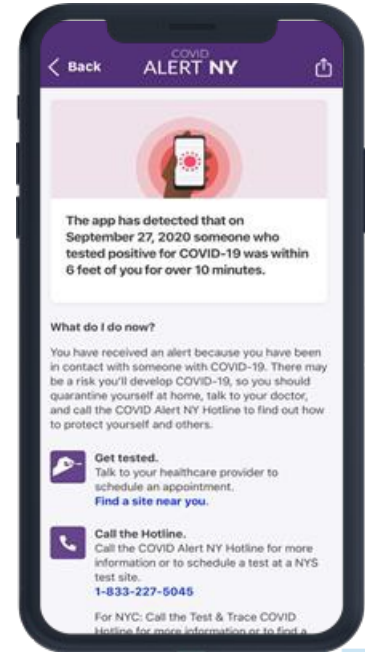
New deaths attributed to Covid-19 in New York, Connecticut, Pennsylvania and New Jersey

Seven-day rolling average of new deaths (per 100k)



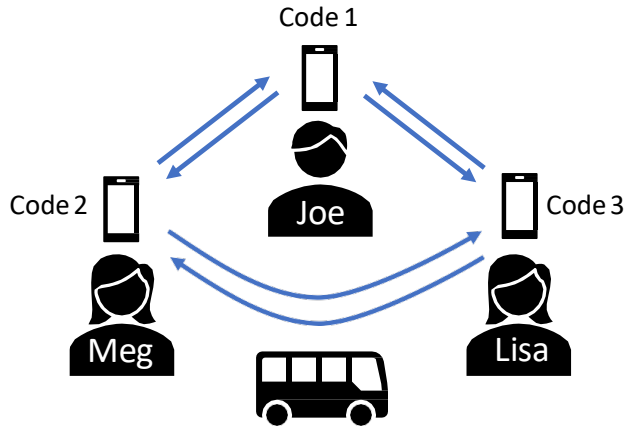
COVID Alert NY

- COVID Alert NY is a voluntary, anonymous “exposure notification” smartphone app
- The app keeps track of when people are close to another app-enabled smartphone using Bluetooth technology
- The app allows people to track symptoms and examine COVID-19 positive case and testing trends



COVID Alert NY Example

Joe, Meg, and Lisa are on a bus for a 30 minute ride, and all are within 6 feet of one another in the same row of seats. All three have the app installed.

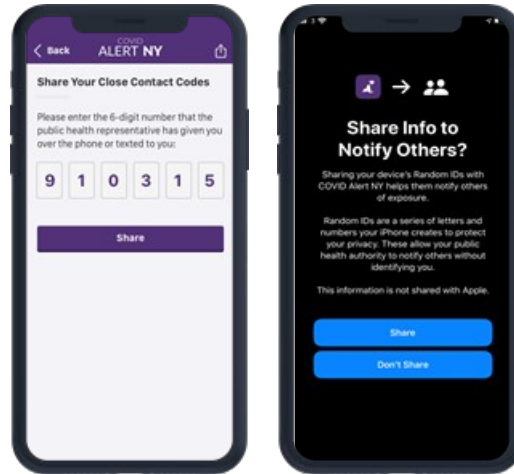


Joe's Phone: Logs Codes 2 & 3

Meg's Phone: Logs Codes 1 & 3

Lisa's Phone: Logs Codes 1 & 2

Three days later, Joe tests positive for COVID-19. He is contacted by his LHD and consents to sharing his close contact codes within the app (receives one-time PIN).



Code 1 is now flagged as "Positive"

Meg and Lisa's COVID Alert NY apps periodically check the server to see if the codes stored on their phone match any "Positive" codes.

Meg & Lisa both have Code 1 on their phone, and it matches the Positive Code 1 on the server.

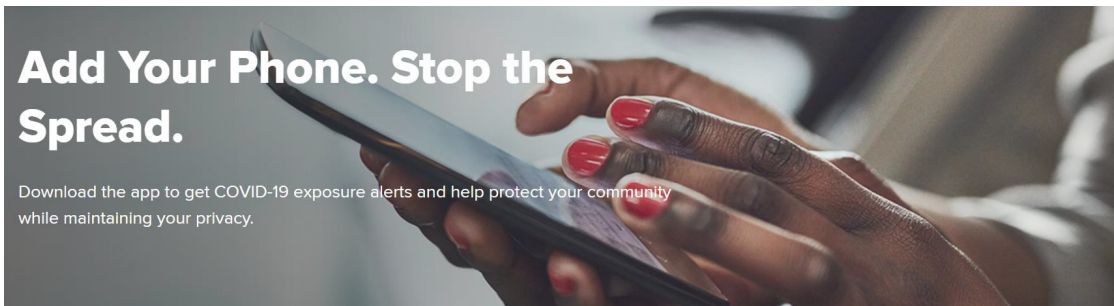


Meg & Lisa receive an Exposure Alert with instructions and next steps

Help Keep Your Employees and Others Safe

Download the App

The app was launched on 10/1/20, and has surpassed 1 MILLION downloads. New users added every day!



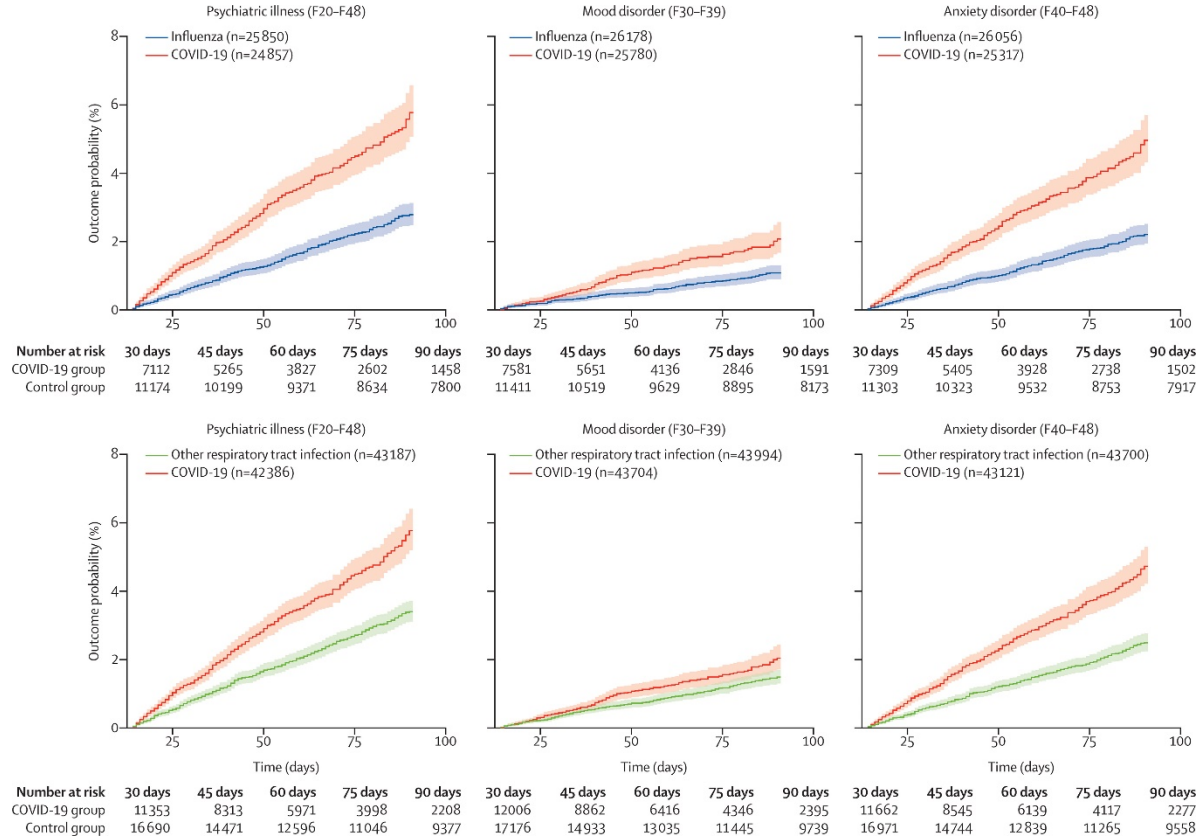
COVID Alert NY is a free download for iPhone and Android smartphones, available from the Apple App Store and Google Play Store.



<https://coronavirus.health.ny.gov/covid-alert-ny>

Mental Health & COVID

Kaplan-Meier curves for onset of first psychiatric diagnoses after COVID-19 diagnosis compared with influenza and other respiratory tract infections

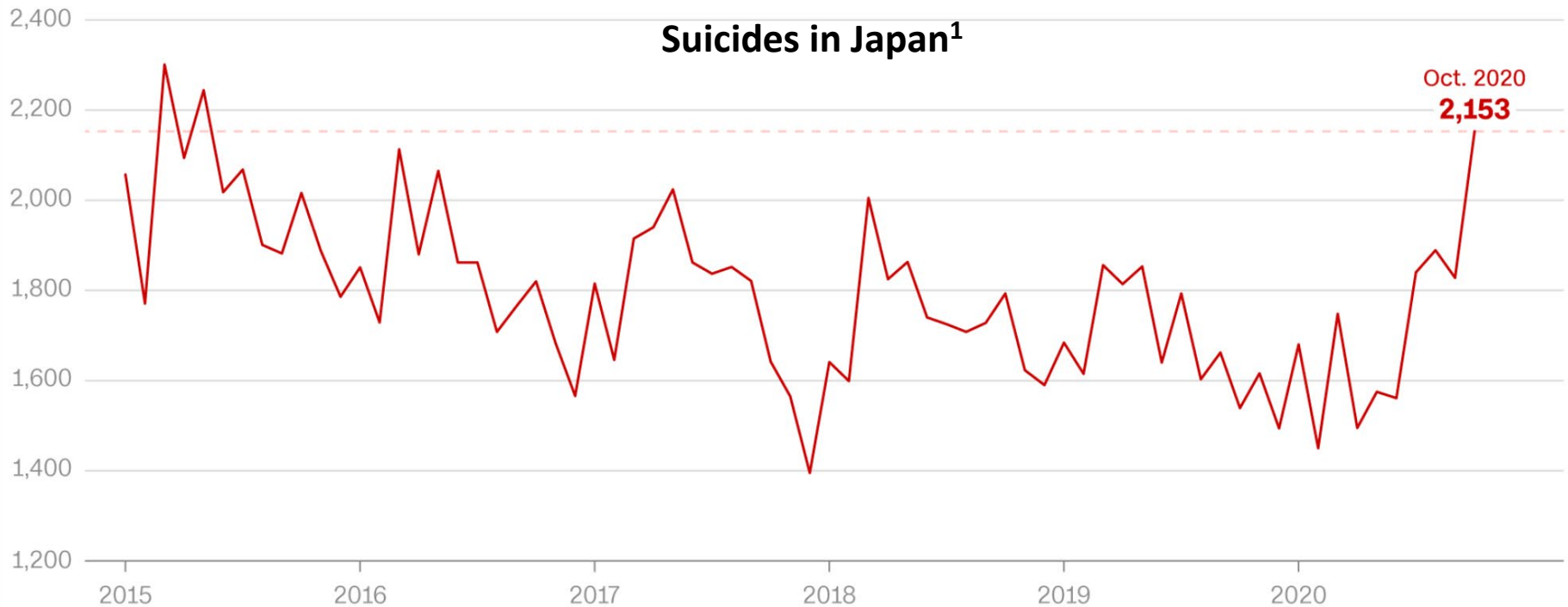


[https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366\(20\)30462-4/fulltext](https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366(20)30462-4/fulltext)



Mental Health & COVID

- Symptoms of anxiety 6.33% to 50.9%
- Depression 14.6% to 48.3%
- Post-traumatic stress disorder 7% to 53.8%
- Psychological distress 34.43% to 38%
- Stress 8.1% to 81.9%
- Risk factors include:
 - female gender, younger age group (≤ 40 years), presence of chronic/psychiatric illnesses, unemployment, student status, and frequent exposure to social media/news concerning COVID-19



Japan 18.5 suicides per 100,000 – USA 15.3 suicides per 100,000²

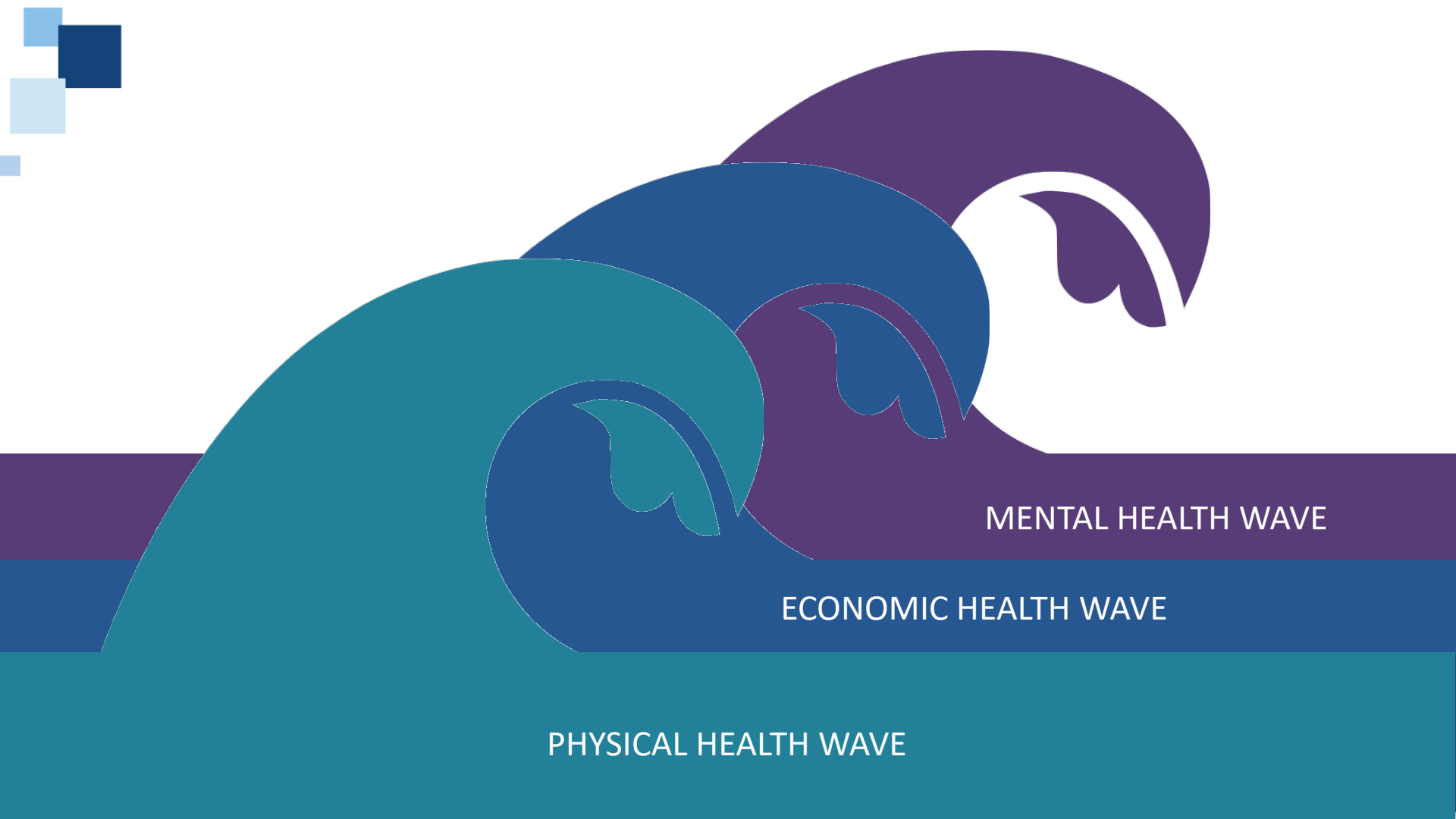
1. <https://www.npa.go.jp/safetylife/seianki/jisatsu/R02/202010sokuhouti.pdf>
2. <https://apps.who.int/iris/bitstream/handle/10665/332070/9789240005105-eng.pdf>

How to Protect Your Mental Health during the Coronavirus Outbreak

8 –steps recommended by NAMI

1. Maintain a routine
2. Take Reasonable Precautions, But Don't Go Overboard
3. Find Ways To “Get Going”
4. Try Not To Fixate On Sleep
5. Stick To Consistent Mealtimes
6. Follow Your Regular Mental Health Treatment Plan
7. Practice Mindfulness And Acceptance Techniques
8. Be Kind To Yourself

Lynne S. Gots, PhD https://nami.org/Blogs/NAMI-Blog/March-2020/How-to-Protect-Your-Mental-Health-during-the-Coronavirus-Outbreak?gclid=EAlalQobChMI7-n-rJSo7QIVuAilCR0uFA-REAYASAAEgKNcPD_BwE



MENTAL HEALTH WAVE

ECONOMIC HEALTH WAVE

PHYSICAL HEALTH WAVE





Shorter Quarantine Times?

- The CDC may be shortening quarantine for contacts to 7 to 10 days plus a negative test¹
- CDC new international travel guidelines²:
 - Get tested 3-5 days after travel AND stay home for 7 days after travel (or no test and 14 days quarantine)
- UK - Two-week quarantine period for international arrivals is to be cut to 5+ days Dec 15th ³

1. <https://www.nbcnews.com/health/health-news/cdc-shorten-length-quarantine-those-exposed-covid-19-n1248865>
2. <https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html>
3. <https://www.theguardian.com/world/2020/nov/24/test-to-release-cut-england-travel-quarantine-five-days>

SARS-CoV-2 in Italy in 2019

- Italy's first COVID-19 patient was detected on Feb. 21 - BUT:
 - 11.6% of 959 volunteers in a lung cancer screening trial between September 2019 and March 2020 had developed coronavirus antibodies well before February
 - Higher than usual number of cases of severe pneumonia and flu in Lombardy in Q4 2019





Questions