

Senior Care Network
Virtual Tele-Noon Hour Program

**Updates on COVID-19
from the
Pasadena Public Health Department**

August 26, 2020





Public Health Department

- **Overview of COVID-19**
 - > Updates on things we have learned since the last talk: re-infection, persistent shedding, prolonged disease, symptomatic v. asymptomatic shedding/infection rates, those most at-risk
- **Updated Stats and Figures, special focus on seniors**
 - > Trends in infection: worksites, parties, travel
- **Future of Pandemic**
 - > Ensuring people celebrate holidays responsibly (e.g., do not congregate), protecting seniors from other groups who are seeing increases in cases
- **PPHD-specific activities**
 - > Case Investigation/Contact Tracer program, training, numbers and activities
 - > Investigations/Outreach to congregate settings
 - > Media Outreach campaigns
 - > Mental Health
 - > Vaccine Distribution Preparation: Medical Points-of-Dispensing (mPODs), Timing, Priority Groups (a/o now according to CDC)



Pasadena Public Health Department

Public Health Department

- Since 1892, the Pasadena Public Health Department has been responsible for helping protect, maintain and improve the health of the Pasadena community.
- In California, total of 61 health departments, one of 3 city health jurisdictions. Pasadena is a median-sized health jurisdiction.
- Fully accredited, full service.

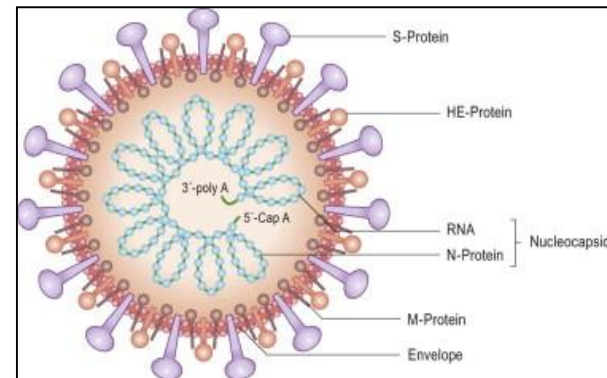
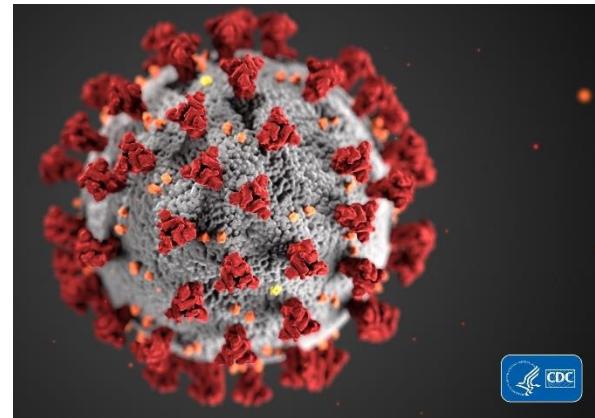




Background on COVID-19

Public Health Department

- What is a Coronavirus?
 - > A large family of viruses causing illness ranging from the common cold to more severe diseases.
 - > RNA virus that mutates easily.
 - > Named after crown-like spikes on surface.
 - > Coronaviruses are zoonotic in origin.
 - > Novel coronaviruses tend to spillover frequently because of cross-species infections and recombination.
 - High prevalence and geographic distribution
 - Large genetic diversity and frequent recombination of genomes
 - Increasing human-animal interface





Background on COVID-19

Public Health Department

- **Where do Coronaviruses come from?**

- > Coronaviruses are zoonotic in origin. The animal origin for COVID-19 still unknown.
- > Novel coronaviruses tend to spillover frequently because of cross-species infections and recombination.
 - High prevalence and geographic distribution
 - Large genetic diversity and frequent recombination of genomes
 - Increasing human-animal interface

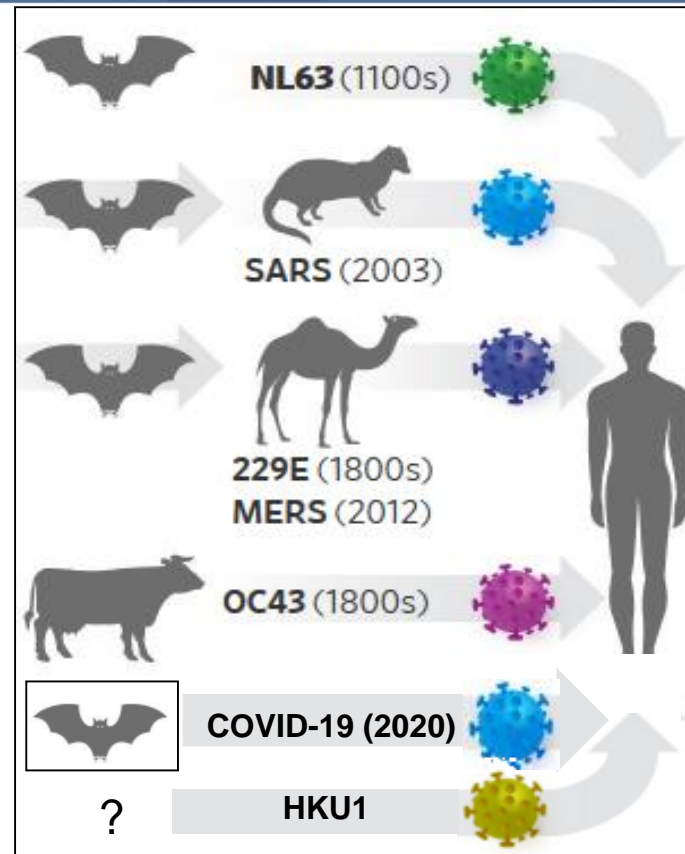


Image Source: Timothy Sheahan, University of North Carolina, Edited to update the zoonitic source of COVID-19.
<https://www.wsj.com/articles/what-we-know-about-the-wuhan-virus-11579716128>



Background on COVID-19

Public Health Department

- What is COVID-19?
 - > COVID-19 is a human coronavirus that is novel.
 - > Genetic analysis and naming shows that COVID-19 is caused by a new SARS Coronavirus (SARS-CoV 2)
 - > Symptoms can include:
 - Fever, nonproductive cough, dyspnea, myalgia, fatigue
 - Normal or decreased leukocyte counts
 - Radiographic evidence of pneumonia
 - Organ dysfunction in severe cases (shock, ARDS, acute cardiac and/or kidney damage)
 - Less commonly headache, dizziness, abdominal pain, diarrhea, nausea, and vomiting.
 - Multi-Inflammatory Syndrome in Children (MIS-C)



General Clinical Courses

Public Health Department

- During our investigations we have seen 4 general “types” of infection:
 - 1) Mild infection: general characterized by asymptomatic infection (up to 40% of cases), sometimes with other mild symptoms like headache, feeling tired.
 - 2) Serious “Flu-Like” illness: The majority of cases (~50%) experience flu-like illness, that may be longer than their typical previous influenza infections. This group also may experience pneumonia or chest involvement in their second week of infection.
 - 3) Severe “Flu-Like” illness: Less than 5% of cases who will develop chest involvement may go on to develop severe shortness of breath and/or pneumonia. This group is also the ones that tend to be hospitalized and require vents.
 - 4) The acute illness: Very small percentage will have no symptoms or very mild symptoms and die rather quickly (within hours after onset to a few days).

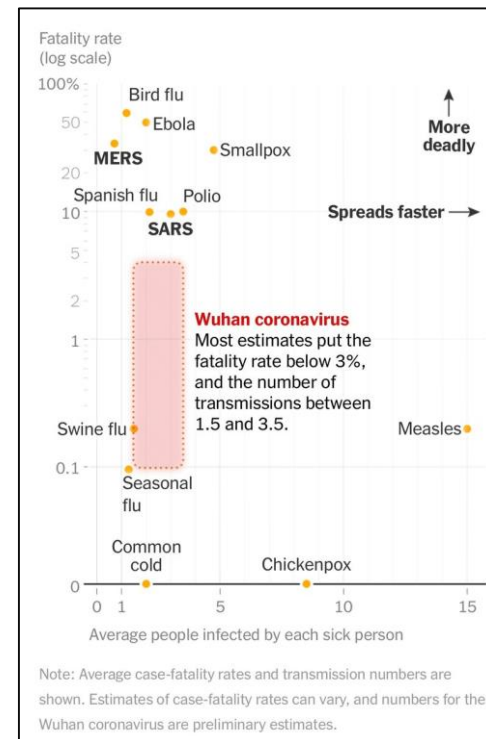


Local Response to COVID-19

Public Health Department

- FAQs

- > How contagious is COVID-19?
 - We measure how contagious a disease is using the R_0 (pronounced R naught), which is the observed measure of the average number of people a person infects while contagious. Coronavirus seems “moderately infectious”, similar to SARS.
 - COVID-19 is around 1.5 to 3.5, Flu 1.3, Measles is 15.
- > 25% are asymptomatic usually, and up to 50% in people with compromised immune systems. Around 40% in Pasadena skilled nursing facilities (SNFs)².



Source: 1. Coronavirus (COVID-19) information available here: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

2. Feaster M, Goh Y. High Proportion of Asymptomatic Sars-Cov-2 infections in 9 LTCFS in Pasadena. https://wwwnc.cdc.gov/eid/article/26/10/20-2694_article

Image Source: New York Times, <https://www.nytimes.com/interactive/2020/world/asia/china-coronavirus-contain.html>



Local Response to COVID-19

Public Health Department

- > Is there a treatment or vaccine?
 - One supportive treatment (Remdesivir) for the disease.
 - A vaccine is in development and we are being told to expect it late 2020 or early 2021.

- > Do people have lasting immunity?
 - We do not know. As of now, 3 documented re-infections, but CDC insists no re-infection within 3 months but that is still being investigated.

- > Can asymptomatic people still spread the disease^{1,2}?
 - Appears both shed similar amounts of virus and activities and symptoms can modify risk.

Source: 1) COVID-19 information available here: <https://www.cdc.gov/coronavirus/2019-ncov/>

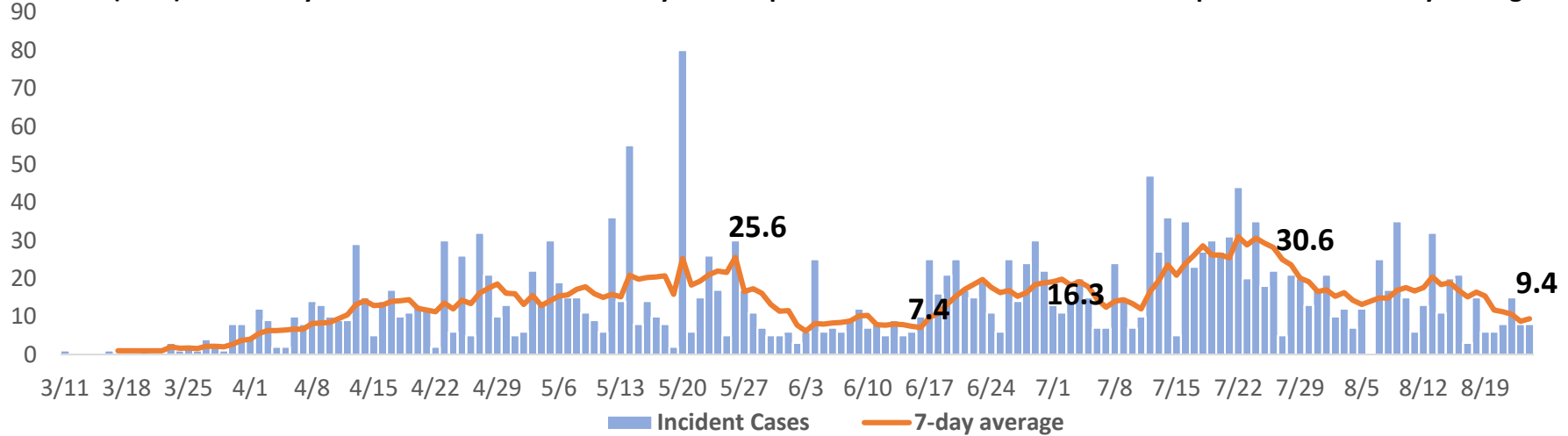
2) Lee S, Kim T, Lee E. Asymptomatic and Symptomatic Patients with Sars-COV-2 Infection in Community Treatment Center in Republic of S Korea.
<https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/2769235>



COVID-19 Incidence

Public Health Department

Incident (New) Laboratory-Confirmed COVID-19 Cases by Date Reported to Pasadena Public Health Department with 7 Day Rolling Average



Summary

- At the end of July, there were around 23 cases reported per day. Pasadena now averages 9 per day.
- Increases in July were a result of exposure during the Memorial Day, and Fourth of July holidays.
- Major risks have included household contact to a COVID case, attending regions with high levels of cases (Arizona, Texas), worksite exposures, and attending large social gatherings.

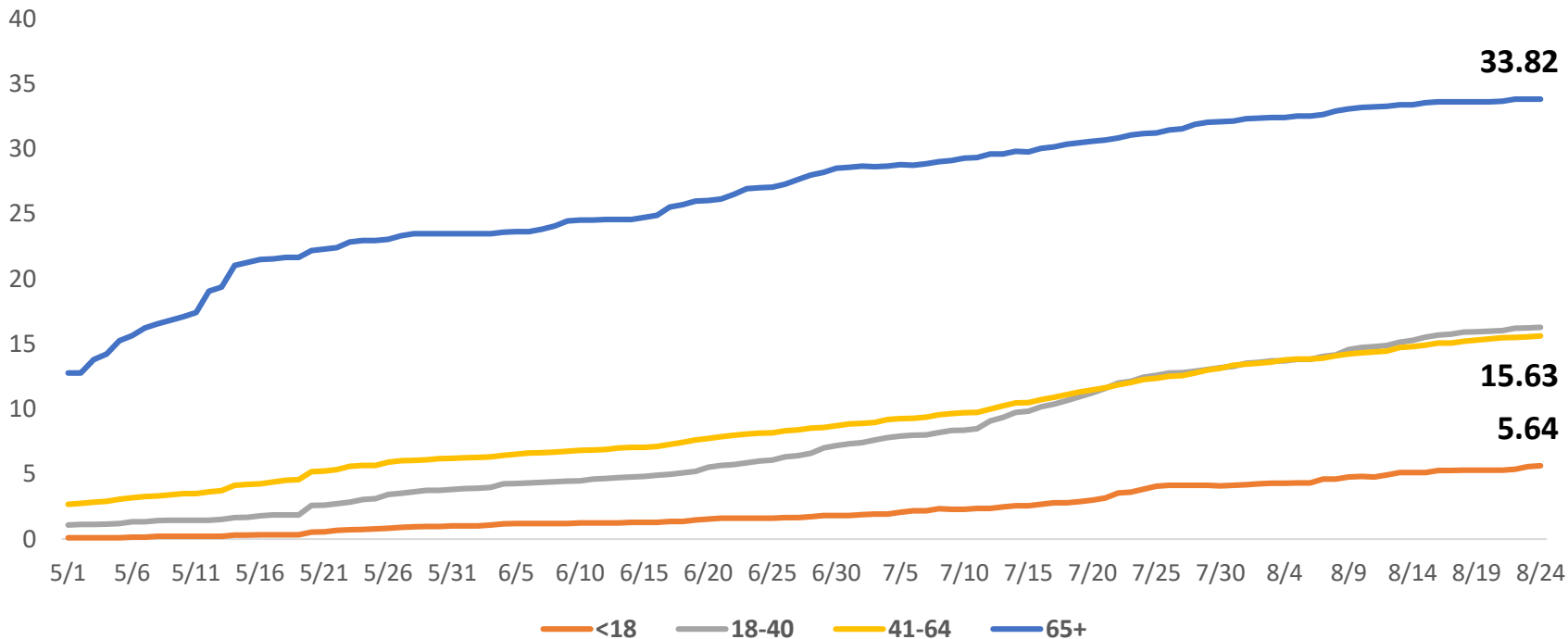
Source: Pasadena Public Health Department, August 26, 2020.



COVID-19 Trends by Age Group

Public Health Department

Confirmed COVID-19 Case Rates (per 1,000 population), by Age Groups from May 1-August 24



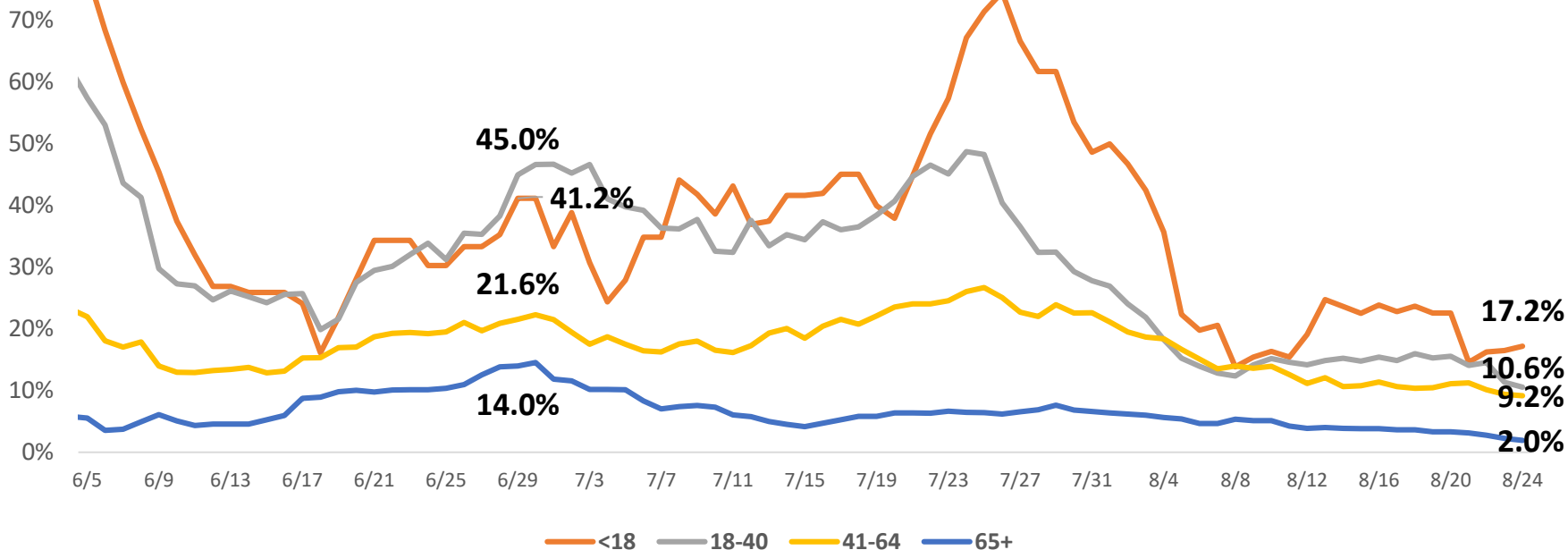
Source: Pasadena Public Health Department, August 26, 2020.



Case Rates by Age Group

Public Health Department

2-week percent change in Case Counts by Age Group, June 5-August 24



The most significant increases of COVID-19 cases have been among people ages 0-40 years. Specifically, the 2-week percent change in cases among children under 18 years was an increase in 17.2%.

Source: Pasadena Public Health Department, August 26, 2020.



Public Health Actions

Public Health Department

Pasadena Public Health Department has implemented:

- > Case Investigation/Contact Tracer program with training
- > Outreach to congregate settings
- > Media Outreach campaigns to specific at-risk populations
- > Mental Health campaigns to sensitive populations
- > Vaccine Distribution Preparation: medical Point-of-Dispensing (mPODs), Timing, Priority Groups



Case Investigation/Contact Tracing

Public Health Department

What is Case Investigation/Contact Tracing?

- > Case Investigation is contacting a person who has been diagnosed with COVID-19 to provide specific instructions on:
 - Isolation Procedures
 - When to seek additional medical care
 - Eliciting information about risk factors
 - Identifying contacts who may have been exposed

- > Contact Tracing is the process of identifying people who may have been exposed to an infectious disease sufficiently to possibly become ill. For COVID-19 that is generally considered to be 15 minutes within 6 feet. For contact tracing:
 - We issue instructions on quarantining
 - Ensure you have services
 - Know what to do if you become symptomatic

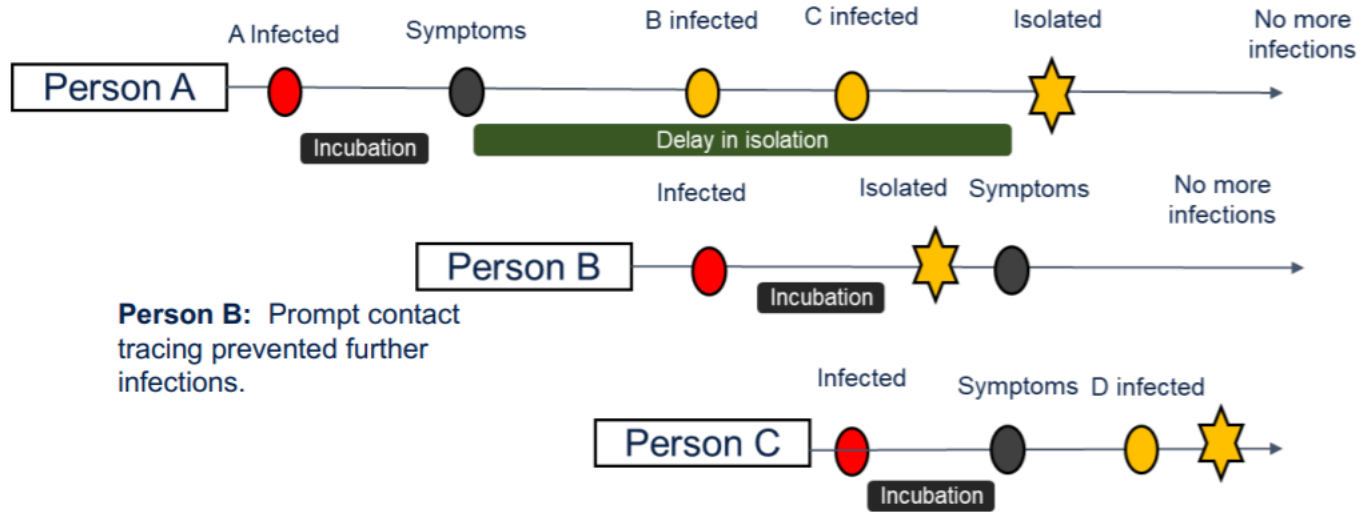
For more information,
you can watch the
[YouTube Video](#)



<https://www.youtube.com/watch?v=wttlNYvVin0>



How Does Contact Tracing Reduce Transmission?



Person B: Prompt contact tracing prevented further infections.

Person C: Delay in quarantining meant additional infections.



Case Investigation/Contact Tracing

Public Health Department

What Do Contact Tracers (CTs) Do?

Communicate With Contacts to:

- Notify them of exposure
- Provide disease and transmission information
- Collect information about living arrangements and daily activities

Inquire About Medical Status for:

- Signs and symptoms
- Underlying medical conditions
- Referrals for testing

Provides Recommendations About

- Protocols to maintain their health and the health of others
- Following quarantine instructions
- Monitoring potential COVID-19 symptoms
- Referrals to other services



Case Investigation/Contact Tracing

Public Health Department

- Case investigators talk to persons with COVID (index case):
 - > Determines when they became contagious
 - > Elicits names and contact information of persons they were in close contact WHILE CONTAGIOUS (or thought to be contagious)
 - Household members or intimate partners
 - Anyone they may have coughed/sneezed on or kissed/shared utensils with
 - Close contact for more than 10 minutes within 6 feet
 - Large gatherings (church, parties) - Visits to congregate settings (long-term care or skilled nursing facilities, corrections, homeless shelters)
 - Other close contact settings



What Questions Do Contact Tracers Ask During an Interview?



Date of birth



Preferred language



Living situation
(# of persons living together)



Occupation
(especially if they are a health care provider or essential worker)



Medical conditions



Other exposures



Case Investigation/Contact Tracing

Public Health Department



PROTECT YOURSELF FROM CONTACT TRACING SCAMS.

Your local health
department will NOT ask
for your:

- Social Security Number
- Immigration status
- Financial information



californiaconnected.ca.gov

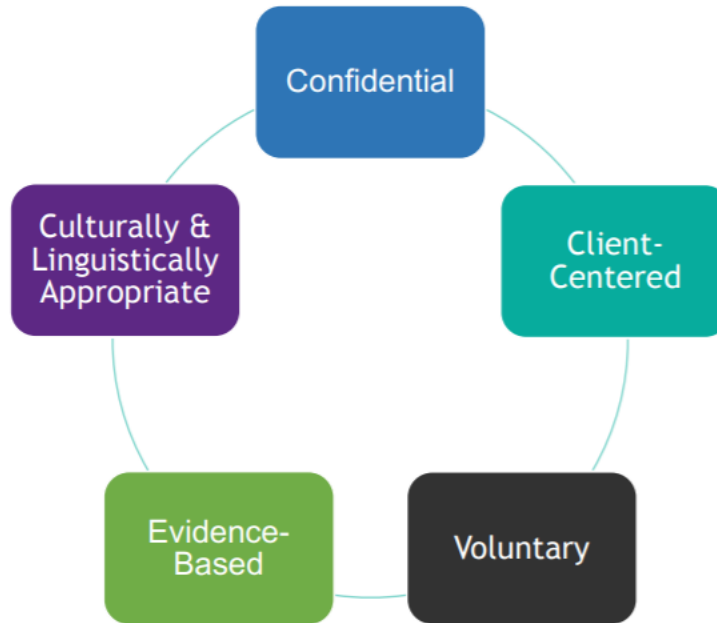
**Don't be fooled by
scammers!**

We do not ask for financial
information. It is ok to ask to
confirm the person's identity.

Call [626-744-6089](tel:626-744-6089), our
general disease line.



Contact Tracing Principles





Case Investigation/Contact Tracing

Public Health Department

People who are in isolation or under quarantine need “wraparound services”

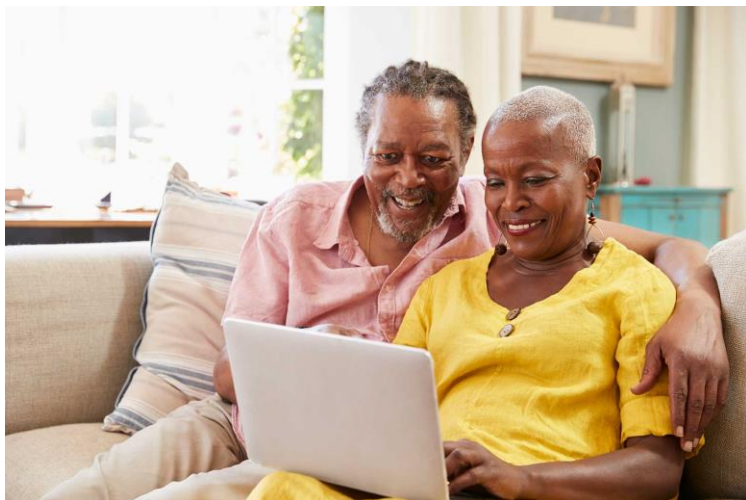
- Wraparound services are based on a “whatever it takes model”
- What do they need to do what we are asking them to do?
 - A place to be safe
 - Food to eat
 - Medicines, cleaning supplies, diapers
 - Other services such access to mental health, substance abuse prevention, etc.





Mental Health

Public Health Department



Here are some ideas to help with feeling worried or lonely:

- Keep regular routines and schedules as much as possible or help create new ones in a new environment, including regular exercising, cleaning, daily chores, singing, painting or other activities. Keep in regular contact with loved ones (e.g. via telephone, e-mail, social media or video conference).
- Learn simple daily physical exercises to perform at home, in quarantine or isolation so you can maintain mobility and reduce boredom.
- If you have an underlying health condition, make sure to have access to any medications that you are currently using. Activate your social contacts to provide you with assistance, if needed.



Mental Health

Public Health Department



Hotlines you can call if you are feeling lonely or need help:

• **[Friendship Line](#)** for 24/7 help if you are 60 years or older, or an adult living with disabilities: Call **[1-888-670-1360](tel:1-888-670-1360)**

• **[California Aging and Adult Information Line](#)** for help finding local assistance: Call **[1-800-510-2020](tel:1-800-510-2020)**

• **[Golden Talk](#)** is a 24hr Senior Chat line to help with feeling lonely: Call **[888 60-GOLDEN](tel:888-60-GOLDEN)**/**[888 604-6533](tel:888-604-6533)**

• **[Los Angeles County Workforce Development Aging & Community Services](#)** to report Elder Abuse and mistreatment, please call **[1-877-477-3646](tel:1-877-477-3646)**



Vaccine Dispensing

Public Health Department

- Planning for vaccine dispensing has been ongoing for decades, and is practiced every year by our local health department.
- In 2009-2010, we delivered over 12k H1N1 vaccines to the community.
- As of August, the CDC is initiating plans for local health departments to adopt as vaccines become available.





Are you a senior living alone and wondering how to get tested for COVID-19?

Public Health Department

- All Pasadena seniors who are experiencing symptoms associated with COVID-19 or who believe they may have been exposed to the virus should first call their Primary Care Provider to get a COVID-19 test.
- If you do not have a Primary Care Provider, please call 211.
- There are also at-home test kits available if you cannot leave your home or cannot access a community test site. [Pixel by LabCorp](#) offers this service with no upfront costs, they directly bill your insurance.
- It is important for you to be linked with ongoing medical care, not just for COVID-19 testing. The best option is the at-home test that is coordinated with your Primary Care Provider to limit your interaction with others outside your home and your risk of exposure.



Public Health Department

- For information about community testing centers, when to seek emergency care, when to isolate and self-quarantine, as well as the types of tests available please visit the
 - > Pasadena Public Health Department's website at <https://www.cityofpasadena.net/public-health/covid-19-testing-centers/>
 - > LA County testing sites are available at <https://covid19.lacounty.gov/testing/>



Public Health Department

If you have questions,
you can contact us at 626-744-6000.

