Moving Forward with COVID-19

Data, best practices, vaccination facts, & preparedness

2021 TFA Annual Conference

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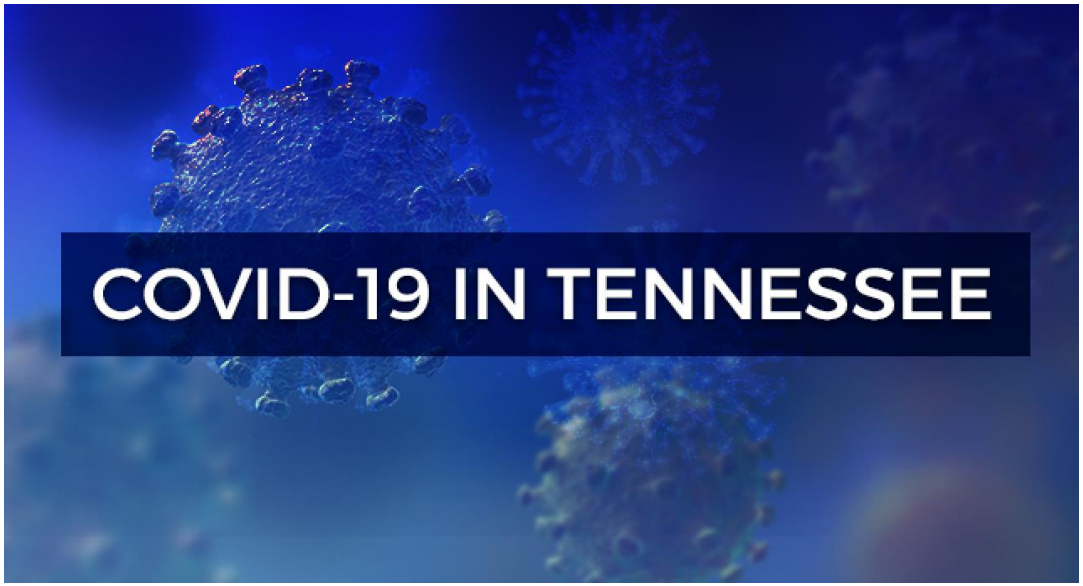
Workshop Outcomes

Presentation outcomes:

1. Knowledge and understanding of current COVID-19 situation
2. Healthy practices for work and play
3. Vaccination facts and statistics
4. Preparedness and resources



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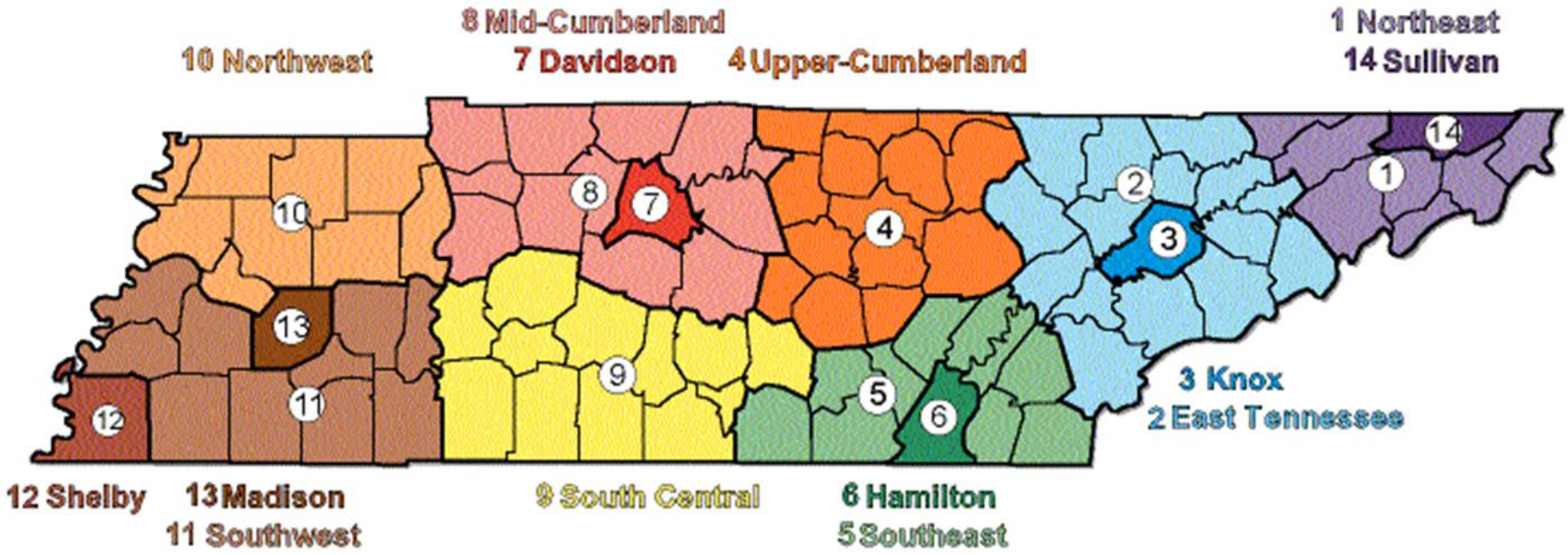
Introduction

Introduction

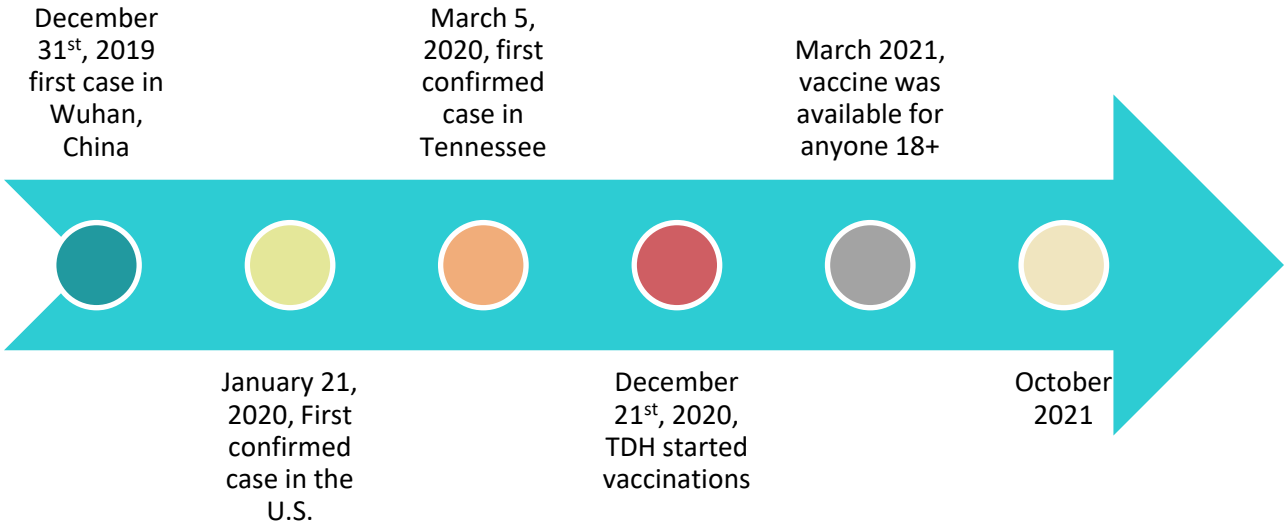
Tennessee Department of Health

13 Regions- 7 rural and 6 metro



COVID-19 timeline

2019-now



Current COVID-19 situation

- Globally, 240 Million Confirmed cases**
  4,890,424 deaths**

United States Data

- Over 44 Million Confirmed Cases in the U.S.*
- All deaths involving COVID-19 in the U.S.
  2020 (328,907)
  2021 (385,267)
  Total: **714,174***

- All deaths involving Pneumonia, Influenza, or COVID-19 in the U.S.
  2020 (564,869)
  2021 (435,465)
  Total: **1,000,334***

*Data collected on 10/14/2021
** Data collected on 10/18/2021

https://www.cdc.gov/nchs/nvss/vsrr/covid19/index.htm
https://covid19.who.int/

Current COVID-19 situation- TN

- Total Cases: 1.2 Million*
- Total Deaths: 15,829*
- 51 y/o and older account for 30% of cases
  - Account for ~93% of deaths

*Data collected on 10/18/2021

https://www.tn.gov/health/cedep/ncov/data.html

LTC Facilities in Tennessee

- As of October 18, 2021
  - 611 facilities in Tennessee that had 1 or more cases
  - 20,851 residents
  - 17,514 staff member
  - 2,778 deaths

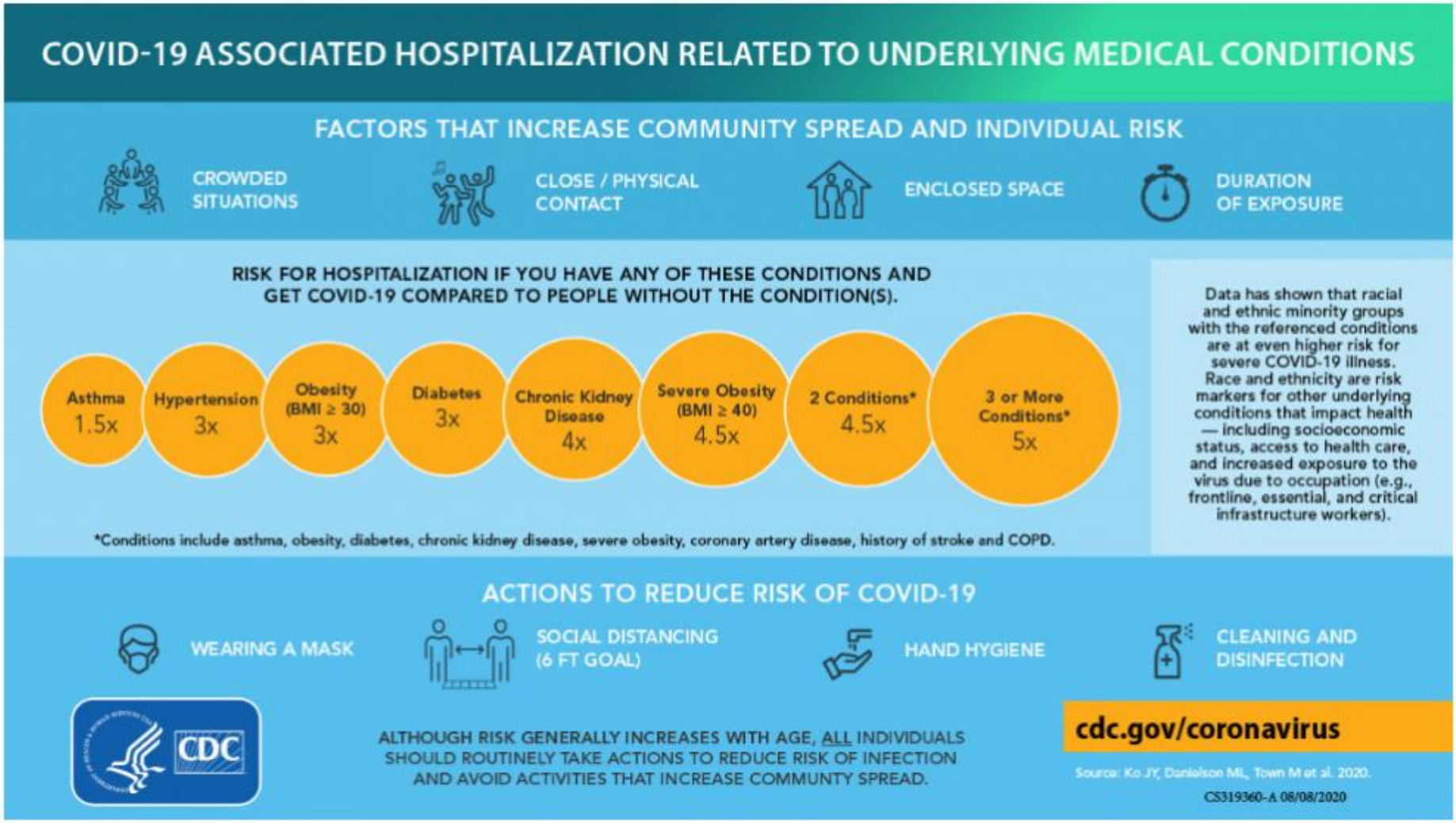
https://www.tn.gov/health/cedep/ncov/data/clusters-in-long-term-care-facilities.html

Risk for Severe COVID-19

- Among adults, the risk for severe illness from COVID-19 increases with age, with older adults at highest risk.
- People of any age with certain underlying medical conditions are also at increased risk for severe illness from SARS-CoV-2 infection.
  - Cancer
  - Chronic Kidney disease
  - COPD
  - Dementia
  - Heart Conditions

https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html

Risk for Severe COVID-19



https://www.cdc.gov/aging/covid19-guidance.html

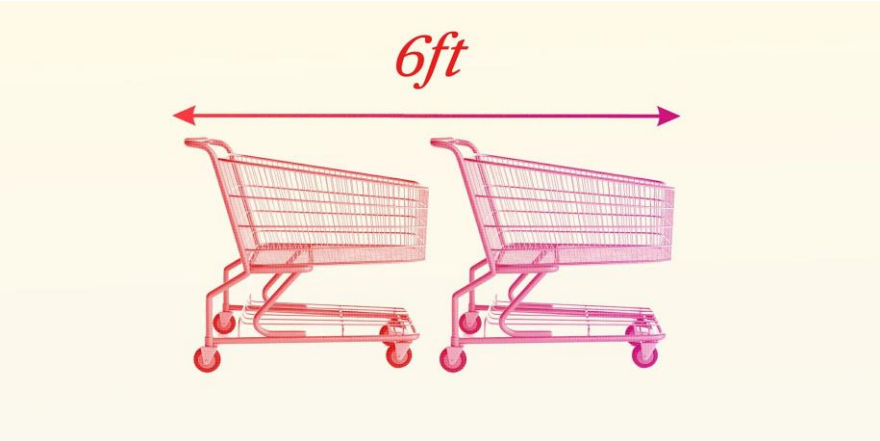
Risk for Severe COVID-19

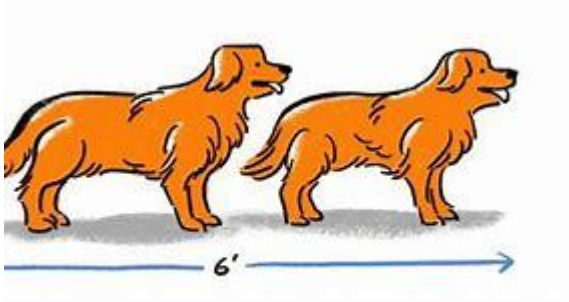
- Studies have shown people from racial and ethnic minority groups are also dying from COVID-19 at younger ages
- Studies have shown that some people with certain disabilities are more likely to get COVID-19 and have worse outcomes

https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html

Risk factors

- Prolonged, unprotected close contact
  - Within 6 feet for 15 minutes





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Risk factors

- Persons frequently in congregate settings (e.g., homeless shelters, assisted living facilities, college or university dormitories) are at increased risk of acquiring infection because of the increased likelihood of close contact

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People Living with Dementia

- Know when you need to seek medical attention for your loved one
- If your loved one has advanced dementia and needs to be hospitalized for COVID-19, make sure hospital staff know that your in-person assistance might be required to communicate important health information and emergency support.
  - Here are several important issues to consider:
    - Be prepared to be in a healthcare setting with your loved one. Be prepared to use personal protective measures as recommended by the hospital staff if you are in the room with your loved one.
    - Be aware that you and healthcare providers may face difficulties caring for your loved one because he or she:
    - May not cooperate with care and may not follow personal protective measures such as wearing a mask or practicing social distancing
    - May refuse diagnostic procedures

https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/caregivers-dementia.html

People Living with Dementia

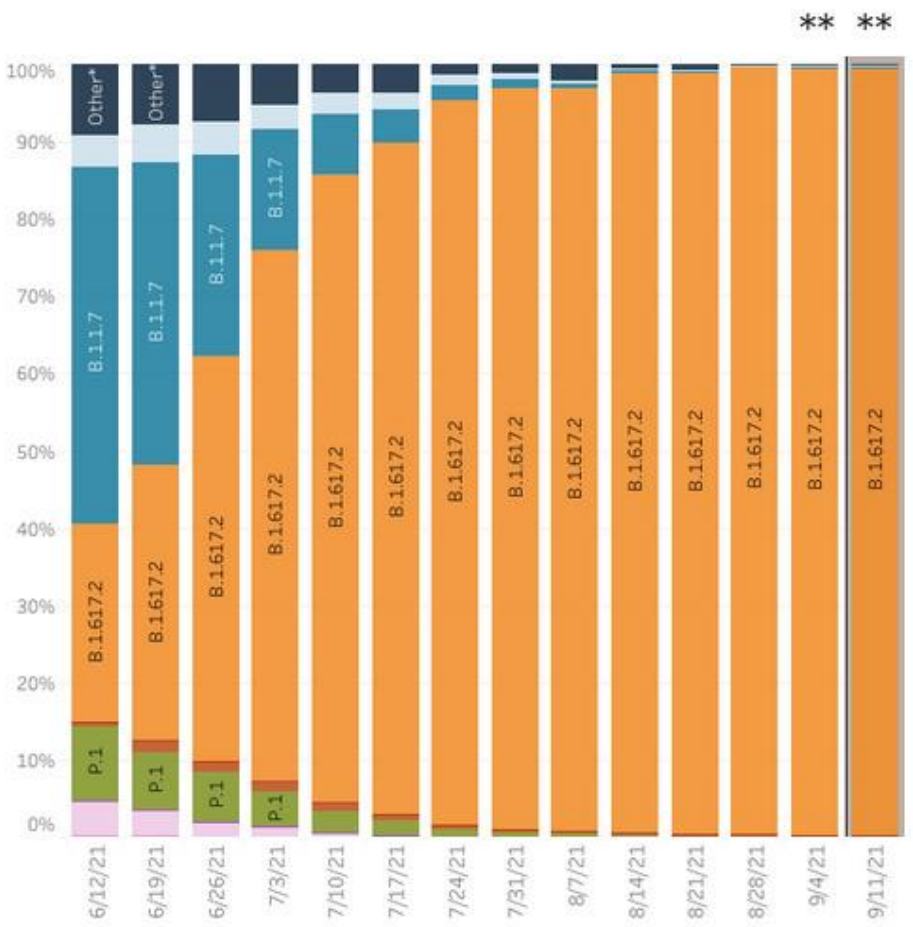
- Not everyone with COVID-19 has symptoms, but when people with dementia do have COVID-19 symptoms, they can include the following:

- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell
- Increased agitation
- Increased confusion
- Sudden sadness
- Coughing
- Difficulty breathing
- Fever

https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/caregivers-dementia.html

COVID-19 Variants

- Until June '21, the B.1.1.7 (aka "UK variant", aka "Alpha") had been the most common in Tennessee and in the U.S.
- In mid-June/early July, the **Delta variant began to outpace Alpha**.
- CDC predicts **Delta and its sub lineages now account for 95%** of specimens sequenced from **Tennessee**
- **99.7%** of specimens sequenced in the **U.S.**



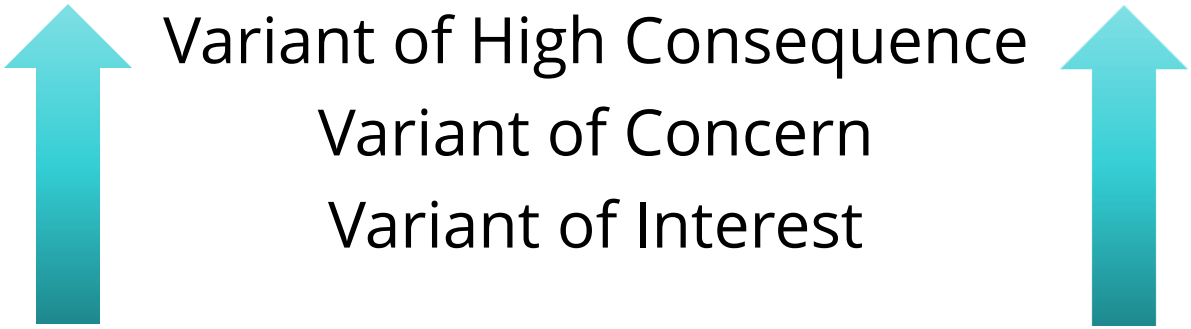
Alpha (B.1.1.7)
Delta (B.1.617.2)

https://covid.cdc.gov/covid-data-tracker/#variant-proportions
** These data include Nowcast estimates, which are modeled projections that may differ from weighted estimates generated at later dates.

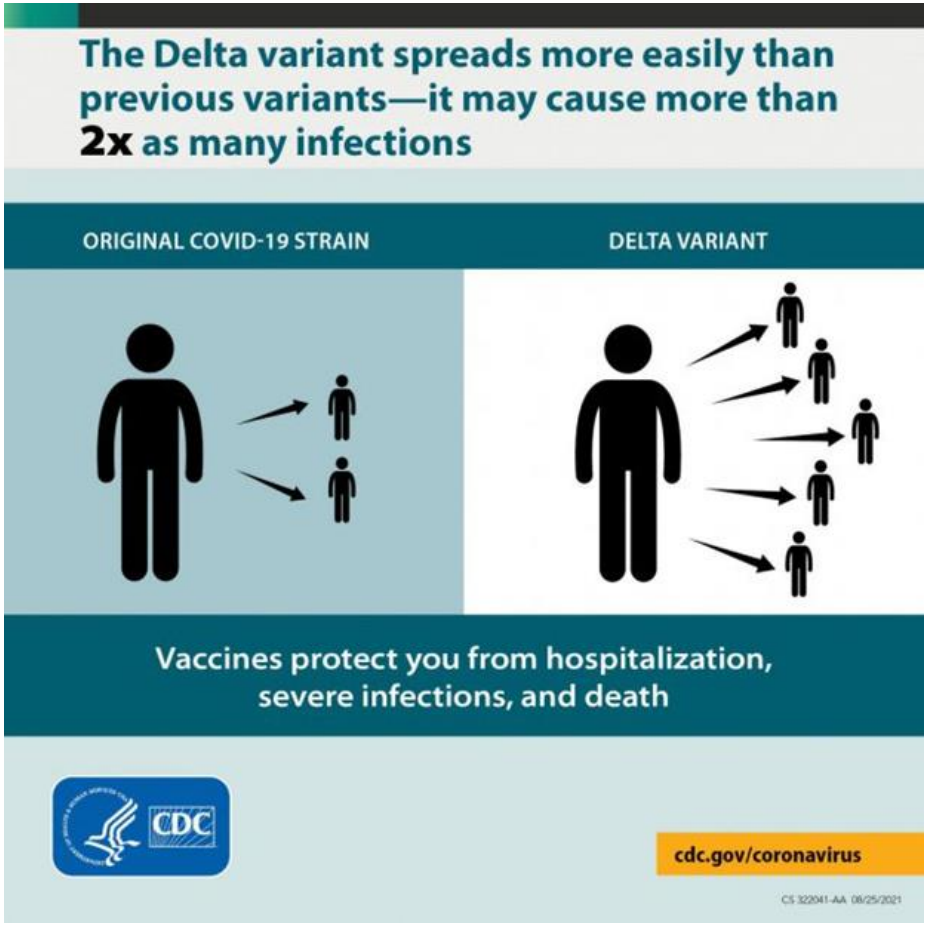
COVID-19 Delta Variant

- Also known as India variant or B.1.617.2

- The Delta variant is classified by CDC as a "Variant of Concern": *A variant for which there is evidence of*
  - *an increase in transmissibility,*
  - *more severe disease (e.g., increased hospitalizations or deaths),*
  - *significant reduction in neutralization by antibodies generated during previous infection or vaccination,*
  - *reduced effectiveness of treatments or vaccines, or*
  - *diagnostic detection failures.*



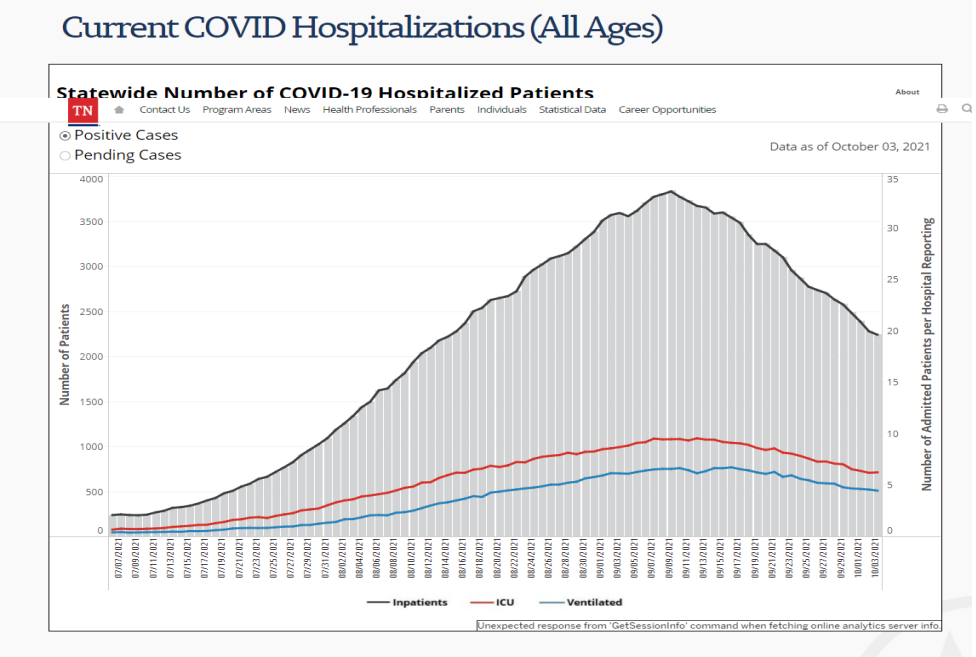
COVID-19 Delta Variant



Delta Variant: What We Know About the Science | CDC

Variants and Vaccines

- Low vaccination coverage is driving the current surge in cases associated with the Delta variant
  - Hospitalization rates are ~10X-22X higher in unvaccinated as compared to vaccinated adults



https://www.cdc.gov/vaccines/acip/meetings/downloads/slides-2021-9-23/03-COVID-Oliver.pdf
https://www.tn.gov/health/cedep/ncov/data/hospitalization-data/current-covid-hospitalizations.html

Variants and Vaccines

- Fortunately, our vaccines appear to offer good protection against known variants circulating in the U.S., including Delta
- Although highly effective, vaccines are not perfect, meaning some fully vaccinated people will become infected (called a breakthrough infection) and experience illness. These breakthrough infections are much less common than infections in unvaccinated people.

  When breakthroughs do occur:
  - Milder symptoms
  - Can still spread virus to others
  - Infectious for shorter period of time

- Risk of hospitalization and death greatly reduced compared to an unvaccinated person
- Virtually all hospitalizations and deaths continue to be among the unvaccinated
- Greatest risk of transmission is among unvaccinated people who are much more likely to contract, and therefore transmit the virus.

https://www.cdc.gov/coronavirus/2019-ncov/variants/delta-variant.html

Fact vs Fiction Activity

Fact vs Fiction

- The COVID-19 vaccine will alter my DNA.
  - The current COVID-19 vaccines are messenger RNA (mRNA) vaccines. mRNA is not able to change a person's genetic makeup (DNA). The COVID-19 vaccines give a "recipe" to the body that is used for a short time to make a protein that is found on the virus that causes COVID-19. The body sees that protein doesn't belong, makes antibodies to the protein, and when the body someday sees the virus it remembers the protein and knows to destroy it

https://www.tn.gov/content/dam/tn/health/vaccine-toolkit/Vaccine-Myths.pdf

Fact vs Fiction

- The COVID-19 vaccine was developed to control the general public through microchip tracking.
  - There is no vaccine “microchip.” The vaccine will not track people or gather personal information for a database

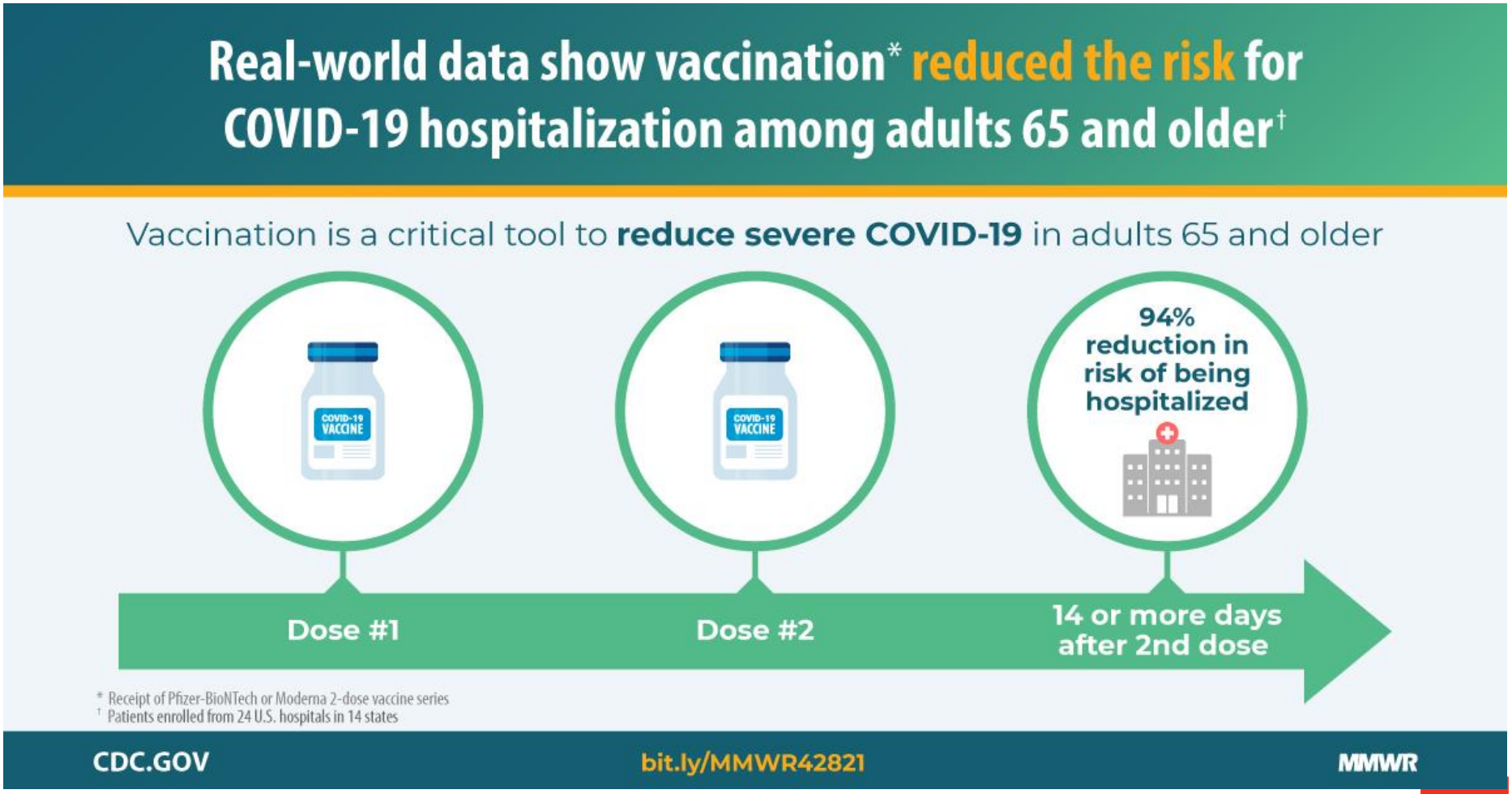
https://www.tn.gov/content/dam/tn/health/vaccine-toolkit/Vaccine-Myths.pdf

Fact vs Fiction

- Can COVID-19 vaccines cause variants?
  - No. COVID-19 vaccines do not create or cause variants of the virus that causes COVID-19.

https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html

Vaccination Facts



Vaccine statistics

- FDA EUA for Pfizer (12/11/2020), Moderna (12/18/2020) & J&J (2/27/2021)
- Pfizer first FDA approved COVID-19 vaccine for those 16 y/o and older (8/23/2021)
  - EUA for 12 y/o+
- 185.5 Million people fully vaccinated in the U.S. (10/3/2021)

https://www.cdc.gov/coronavirus/2019-ncov/vaccines/vaccine-benefits.html?s_cid=10511:%2Bbenefits%20%2Bof%20%2Bcovid%20%2B19%20%2Bvaccine:sem.b:p:RG:GM:gen:PTN:FY21

Pfizer COVID-19 Vaccine

- 12+
- 2 shots, 21 days apart
- Moderately to severely immunocompromised people should get an additional shot (3rd dose) at least 28 days after their 2nd shot.
- Other groups of people are recommended to get a booster shot at least 6 months after getting their 2nd shot.
- 95% effective

https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/Pfizer-BioNTech.html

Moderna

- 18+
- 2 shots, 28 days apart--Some immunocompromised people should get 3 shots
- Booster?
- 94.1% effective

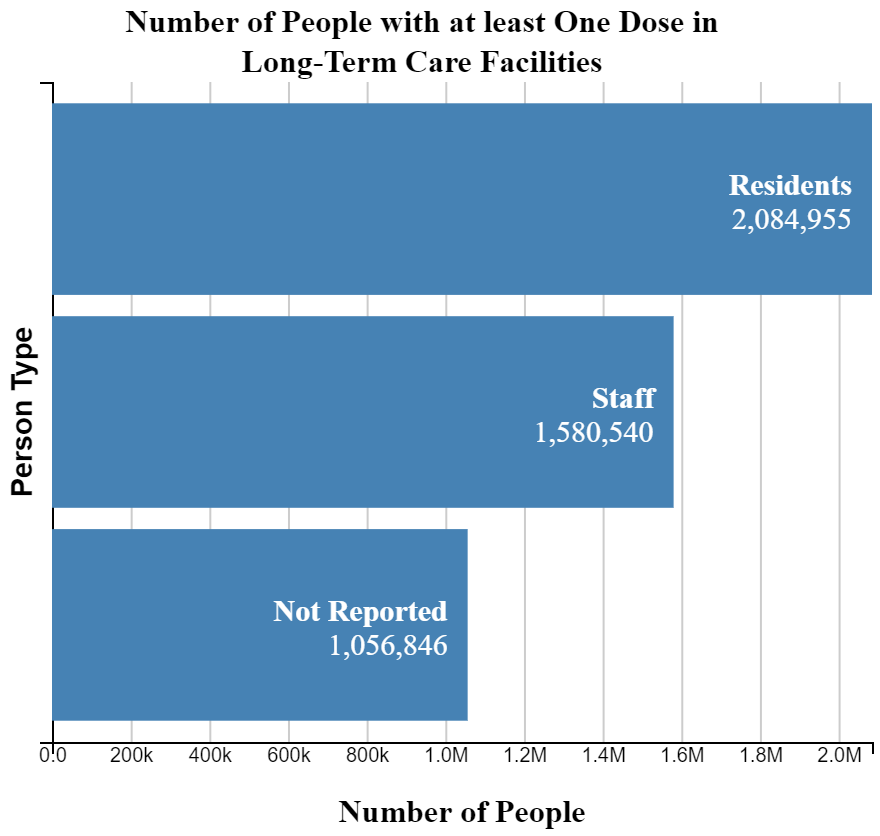
https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/Moderna.html

J&J/Janssen

- 18+
- 1 shot
- Booster?
- 66.3% effective in clinical trials
- Delivery system is different than mRNA
  - Disable adenovirus that can deliver instructions on how to defeat the coronavirus

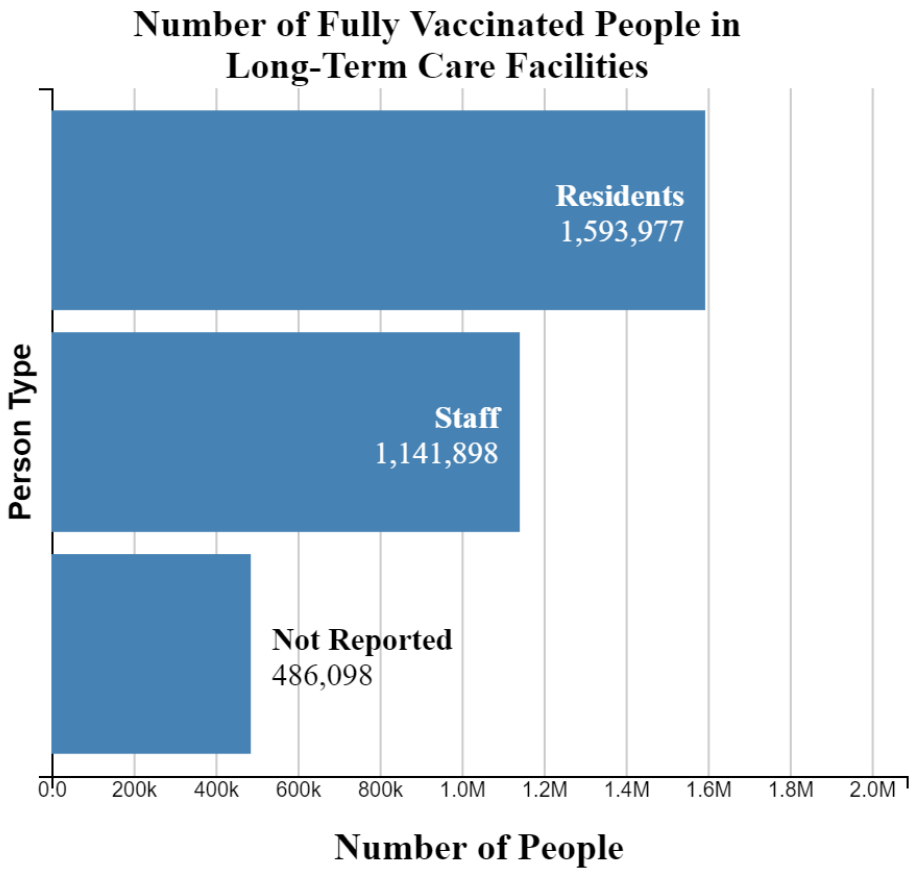
https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/janssen.html

Vaccines in LTC Facilities



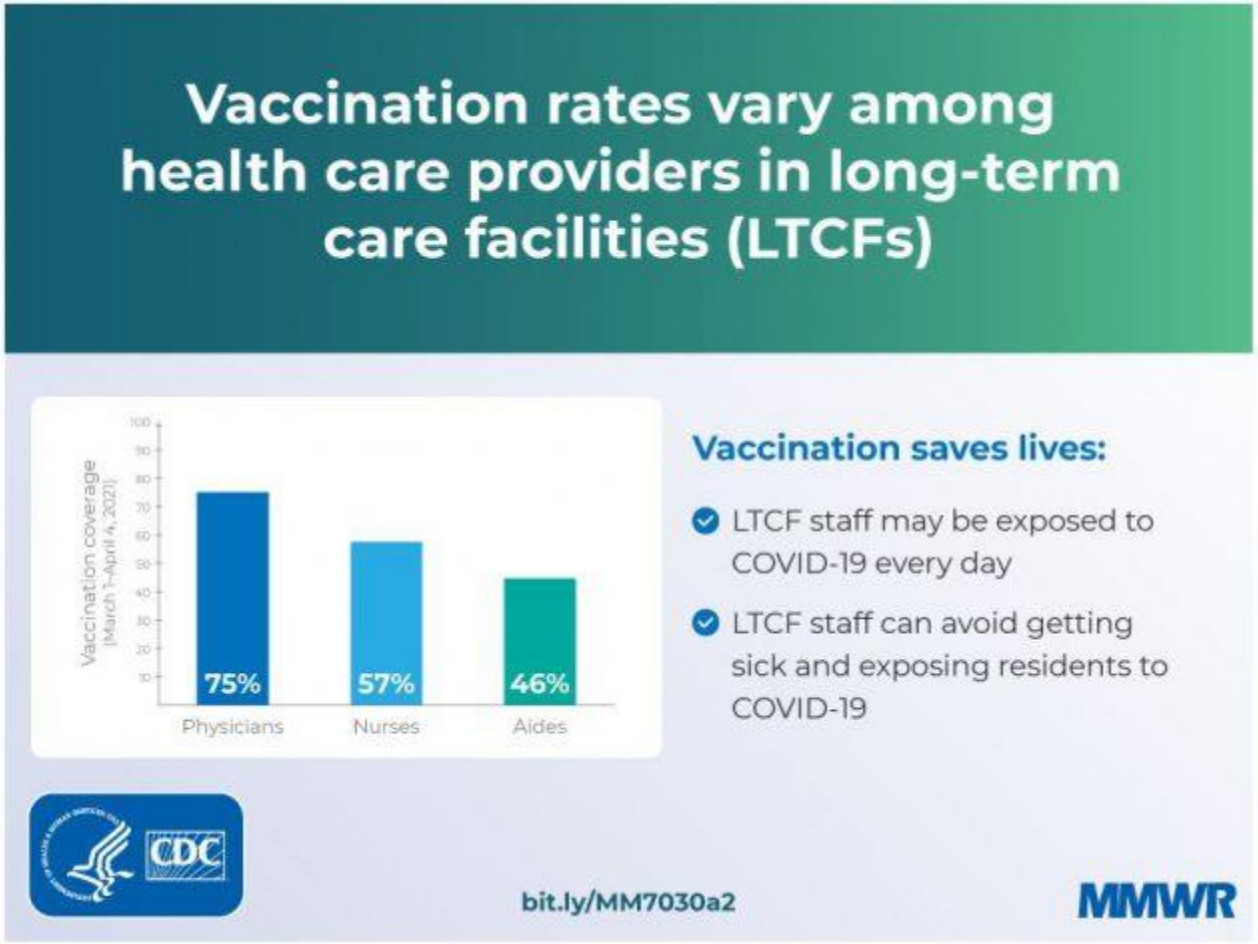
https://covid.cdc.gov/covid-data-tracker/#vaccinations-ltc

Vaccines in LTC Facilities



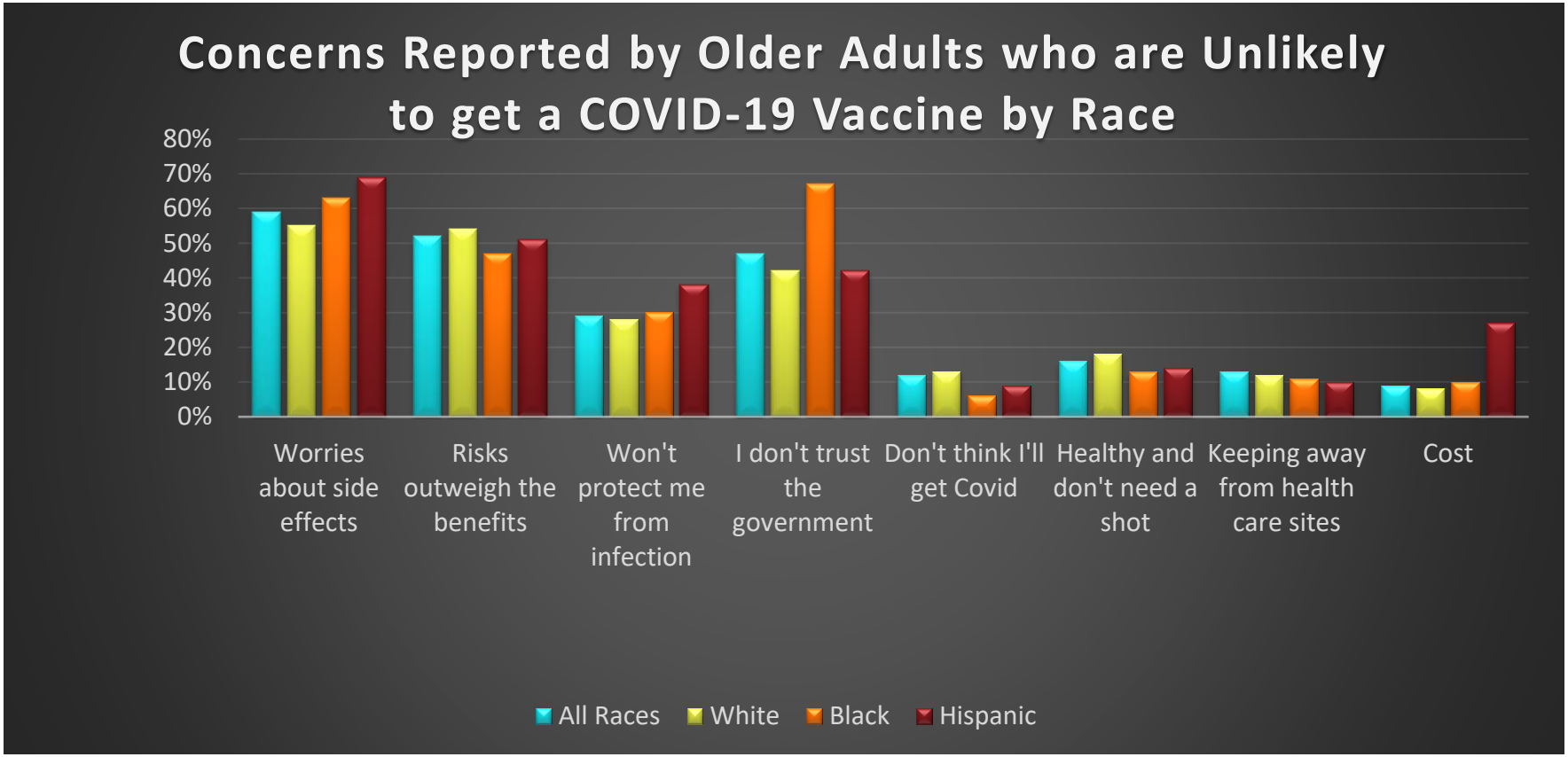
https://covid.cdc.gov/covid-data-tracker/#vaccinations-ltc

Vaccination Rates



Vaccine Hesitancy among Older Adults

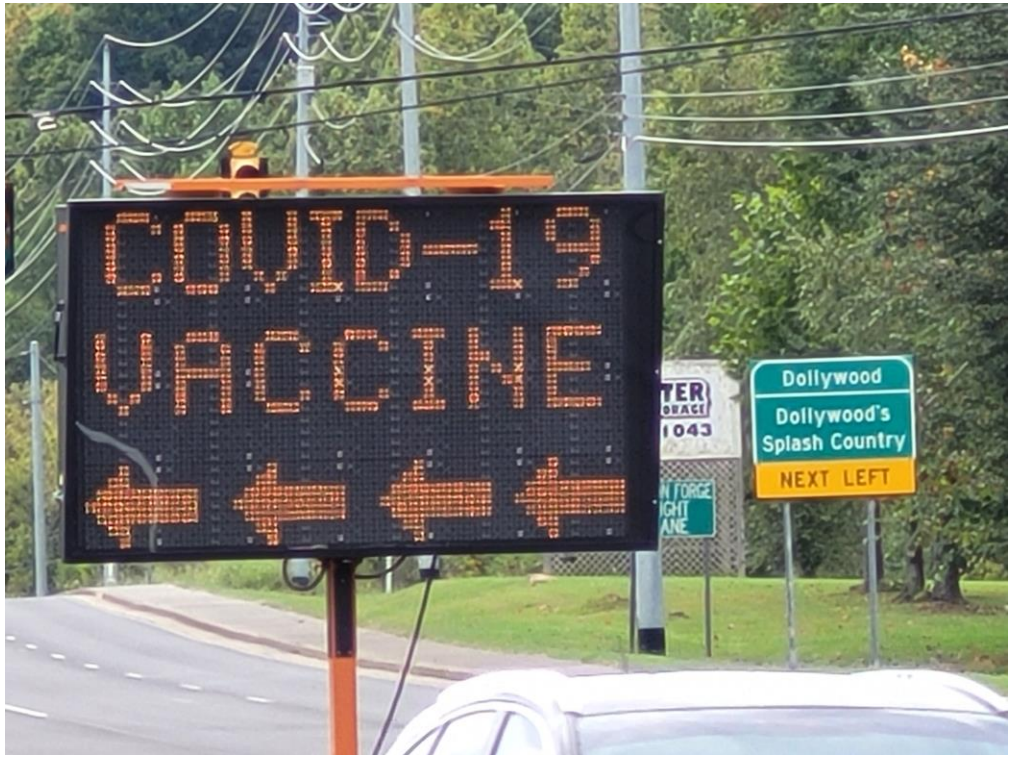
- Vaccine hesitancy refers to selective vaccination behavior that is influenced by multiple factors, including safety concerns, affordability, and accessibility -(WHO)



https://www.aarp.org/content/dam/aarp/ppi/2021/02/vaccine-hesitancy-among-older-adults.doi.10.26419-2Fppi.00123.001.pdf

Other Barriers

- Access
  - Transportation
  - Homebound
  - Long lines/waitlist
- Technology
- What other barriers?



Booster vs 3rd dose

Pfizer

28 days and 6 months

Moderna

TBD

J&J

TBD

Workplace Exposure & Safety

- The risk of worker exposure depends on numerous factors including:
  - Extent of community transmission
  - Existing medical conditions
  - Environmental conditions

https://www.osha.gov/coronavirus/hazards

Safety and Mitigation- Discussion

- Share 1 thing you had in place at the beginning of the pandemic to prevent or slow the spread of COVID-19
  - Did it work?
- Share 1 thing you currently have in place to prevent or slow the spread of COVID-19
- What do you think we could do differently?

Safety & Mitigation

- If you haven't been vaccinated yet, find a vaccine.
- If you are not fully vaccinated and aged 2 or older, you should wear a mask in indoor public places.
- In general, you do not need to wear a mask in outdoor settings. In areas with high numbers of COVID-19 cases, consider wearing a mask in crowded outdoor settings and for activities with close contact with others who are not fully vaccinated.
- People who have a condition or are taking medications that weaken their immune system may not be fully protected even if they are fully vaccinated. They should continue to take all precautions recommended for unvaccinated people, including wearing a well-fitted mask, until advised otherwise by their healthcare provider.
- If you are fully vaccinated, to maximize protection from the Delta variant and prevent possibly spreading it to others, wear a mask indoors in public if you are in an area of substantial or high transmission.

Infection Prevention & Control Program

- Infection prevention and control
  - Even as nursing homes resume normal practices, they must sustain core IPC practices and remain vigilant for SARS-CoV-2 infection among residents and HCP in order to prevent spread and protect residents and HCP from severe infections, hospitalizations, and death.
  - In general, healthcare facilities should continue to follow the IPC recommendations for unvaccinated individuals
  - Assign one or more individuals with training in infection control to provide on-site management of the IPC Program
    - This should be a full-time role for at least one person in facilities that have more than 100 residents

https://www.cdc.gov/coronavirus/2019-ncov/hcp/long-term-care.html#anchor_1631030082833

Infection Prevention & Control Program

- Ensure HCP have access to all necessary supplies including alcohol-based hand sanitizer with 60-95% alcohol, personal protective equipment (PPE), and supplies for cleaning and disinfection.
- Put FDA-approved alcohol-based hand sanitizer with 60-95% alcohol in every resident room (ideally both inside and outside of the room) and other resident care and common areas (e.g., outside dining hall, in therapy gym).

https://www.cdc.gov/coronavirus/2019-ncov/hcp/long-term-care.html#anchor_1631030082833

Infection Prevention & Control Program

- Educate residents and families through educational sessions and written materials on topics, including
  - information about SARS-CoV-2
  - actions the facility is taking to protect them and their loved ones from SARS-CoV-2, and
  - actions they should take to protect themselves and others in the facility, emphasizing when they should wear source control, physically distance, and perform hand hygiene
- Regularly review CDC's Interim Infection Control Recommendations for Healthcare Personnel During the COVID-19 Pandemic for current information and ensure staff and residents are updated when this guidance changes.

https://www.cdc.gov/coronavirus/2019-ncov/hcp/long-term-care.html#anchor_1631030082833

Infection Prevention & Control Program

- Educate and train HCP about recommended practices to prevent spread of SARS-CoV-2, including reminding them not to report to work when ill.
  - Training should include facility-based and consultant personnel (e.g., rehabilitation therapy, wound care, podiatry, barber), ombudsmen, and volunteers who provide care or services in the facility. Including consultants is important since they commonly provide care in multiple facilities where they can be exposed to and serve as a source of SARS-CoV-2.

- Notify HCP, Residents, and Families about Outbreaks, and Report SARS-CoV-2 Infections, Facility Staffing, Testing, and Supply Information to Public Health Authorities
- Vaccinate Residents and HCP against SARS-CoV-2
- Have a plan for visitation- have alternatives as well
- Have testing available for residents and staff

https://www.cdc.gov/coronavirus/2019-ncov/hcp/long-term-care.html#anchor_1631030082833

Testing for LTC Facilities

- Expanded screening testing of asymptomatic HCP should be as follows:
  - Fully vaccinated HCP may be exempt from expanded screening testing.
  - In nursing homes, unvaccinated HCP should continue expanded screening testing based on the level of community transmission as follows:
  - In nursing homes located in counties with substantial to high community transmission, unvaccinated HCP should have a viral test twice a week.
  - If unvaccinated HCP work infrequently at these facilities, they should ideally be tested within the 3 days before their shift (including the day of the shift).

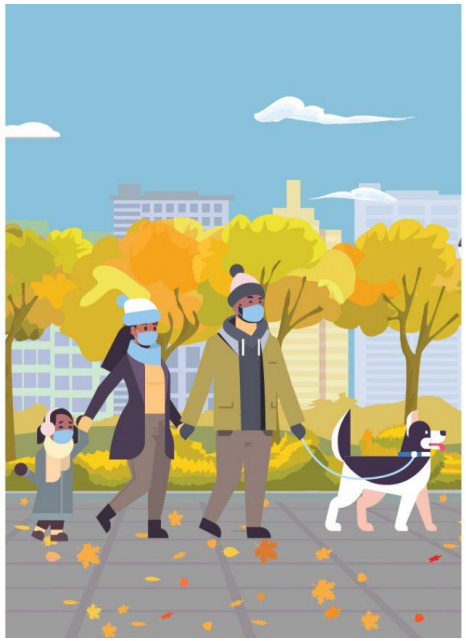
https://www.cdc.gov/coronavirus/2019-ncov/hcp/long-term-care.html#anchor_1631030082833

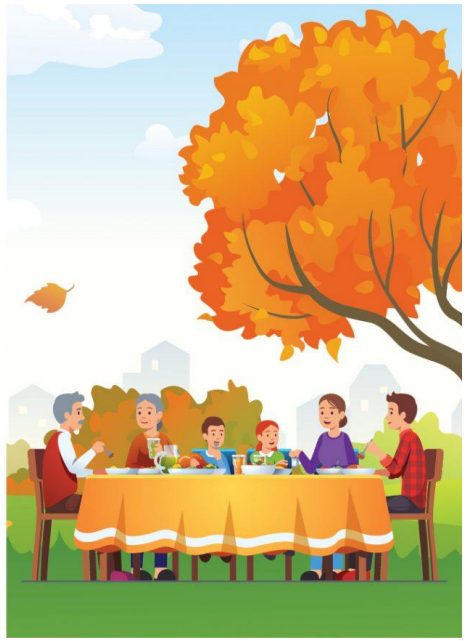
Testing for LTC Facilities

- In nursing homes located in counties with moderate community transmission, unvaccinated HCP should have a viral test once a week.
- In nursing homes located in counties with low community transmission,
  - expanded screening testing for asymptomatic HCP, regardless of vaccination status, is not recommended.
  - Per recommendations above, these facilities should prioritize resources to test vaccinated and unvaccinated symptomatic people and all close contacts, as well as be prepared to initiate outbreak response immediately if a nursing home-onset infection is identified among residents or HCP.

https://www.cdc.gov/coronavirus/2019-ncov/hcp/long-term-care.html#anchor_1631030082833

COVID-19 and “Normal” Activities





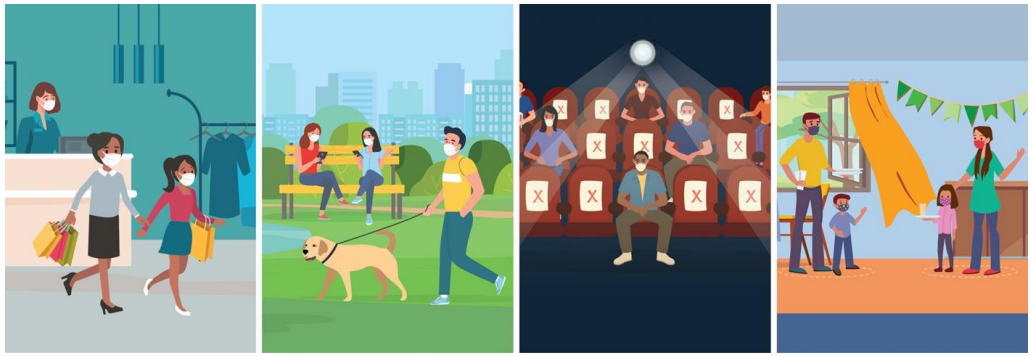
Things to Think About When Planning Activities

- COVID-19 in your community
- Are there high numbers of cases in your community? You can find out about spread of COVID-19 in your community on the County View or at the TDH website
- If you are fully vaccinated, to maximize protection from the Delta variant and prevent possibly spreading it to others, wear a mask indoors in public if you are in an area of substantial or high transmission.
- Are many people in your community vaccinated? Vaccines continue to reduce a person's risk of contracting the virus that cause COVID-19, including variants. You can find out about vaccination in your community on the County View page. Consider wearing a mask for activities that bring you into close contact with others.
- What are the local and business laws, rules, and regulations? Be sure to follow laws, rules, and regulations made by businesses and federal, state, local, tribal, or territorial agencies.

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/daily-activities.html

Things to Think About When Planning Activities

- Will you be inside or outside? If you want to spend time with people who don't live with you, outdoors is the safer choice! You are less likely to be exposed to COVID-19 during outdoor activities, even without the use of masks.
- Does the space have good ventilation? Good ventilation, along with other preventive actions, like staying 6 feet apart and wearing masks, can help prevent you from getting and spreading COVID-19.
- Are you able to stay 6 feet away from others? Avoid crowded places where you cannot stay 6 feet away from others.



https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/daily-activities.html

Preparedness

How many of you know what a healthcare coalition is? Do you participate?

Health Care Coalitions

Health Care Coalitions (HCC)

- Groups of local health care and responder organizations that work together on challenges and find solutions that improve emergency preparedness and the health and safety of their communities.
  - Mass Causality and Mass Effect Incidents
  - Incident Management and Response
  - NIMS
  - Preparedness
  - Mitigation
  - Recovery

https://www.cms.gov/About-CMS/Agency-Information/Emergency/EPRO/Resources/State-resources#:~:text=What%20are%20Health%20Care%20Coalitions%20%28HCCs%29%3F%20HCCs%20are,unique%20needs%20and%20features%20of%20their%20local%20areas.

https://www.phe.gov/Preparedness/planning/mscc/healthcarecoalition/chapter1/Pages/default.aspx

https://www.bing.com/images/search?view=detailV2&ccid=xCxbavf4&id=8AFE3C951FF76FB4E5603984605219FD81D9C0CD&thid=OIP.xCxbavf4zkz_QnbyBTiu2QHaBy&mediaurl=https%3a%2f%2fth.bing.com%2fth%2fid%2fR.c42c5b6af7f8ce4cff4276f20538aed9%3frik%3dzcDZgf0ZUmCEOQ%26riu%3dhttp%253a%252f%252fwww.ketcoalition.org%252fwp-content%252fuploads%252fKETHC-Logo-copy.png%26ehk%3dvhRZ7J10e5rjqp%252bwfZYGveE2HAuMzMPdHOJWhjBRq58%253d%26risl%3d%26pid%3dImgRaw%26r%3d0&exph=226&expw=934&q=Health+care+coalition+regions+tennessee&simid=608007240006047055&FORM=IRPRST&ck=D635BD0DC47ED991C27D13D9458C36CE&selectedIndex=43&ajaxhist=0&ajaxserp=0

Health Care Coalitions in Tennessee

- Northeast/Sullivan Healthcare Coalition
- Knox/East Tennessee Healthcare Coalition
- Southeast/Hamilton Regional Healthcare Coalition
- Upper Cumberland Healthcare Preparedness Coalition
- TN Highland Rim Healthcare Coalition
- South Central Region Healthcare Coalition
- WATCH (West Area Healthcare Coalition)
- Mid South Emergency Planning Coalition

https://www.tn.gov/health/cedep/cedep-emergency-preparedness/surge-management/healthcare-coalitions.html

Planning for Older Adults- Care Plan

- A care plan is a form that summarizes a person's health conditions and current treatments for their care.
  - Care plans can reduce emergency room visits, hospitalizations, and improve overall medical management for people with a chronic health condition, like Alzheimer's disease resulting in better quality of life for all care recipients.
  - Can provide supportive resources for you, the caregiver, to continue leading a healthy life of your own.

The plan should include information about:

- Health conditions
- Medications
- Healthcare providers
- Emergency contacts
- Caregiver resources

https://www.cdc.gov/aging/publications/features/caregivers-month.html

Moving forward WITH COVID-19

- Technology and treatments are changing
  - Telehealth
  - Antibody treatments
  - Cleaning/air purifying
- Vaccinate
  - Education
  - Address barriers (fear, access, etc.)
- One-size does not fit all
  - Not everything is for everybody

Take Care of Yourself!

- Eat a healthy diet, avoid using drugs and alcohol, and get plenty of sleep and regular exercise to help reduce stress and anxiety.
- Establish and maintain a routine. Try to eat meals at regular times and put yourself on a sleep schedule to ensure you get enough rest. Take breaks from watching, reading, or listening to news stories, including social media.
- CDC's website for the latest recommendations on what you can do to protect yourself and those you care for.
- Make time to unwind.
- Connect with others.
- Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.
- Find a local support group
- Have a backup caregiver

https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/caregivers-dementia.html

Objectives

Did we meet our goals?

- Knowledge and understanding of current COVID-19 situation
- Healthy practices for work, life, and play
- Vaccination facts and statistics
- Preparedness and resources

Questions / Comments

Resources

- Novel Coronavirus COVID-19 (2019 Novel Coronavirus) (cdc.gov)
- COVID-19 Vaccines | FDA
- COVID-19 Recommendations for Older Adults (cdc.gov)
- https://www.alz.org/alzheimers-dementia/coronavirus-covid-19-vaccine
- https://www.cdc.gov/coronavirus/2019-ncov/community/retirement/index.html
- https://www.cdc.gov/mentalhealth/stress-coping/index.html
- https://www.cdc.gov/aging/covid19/adult-day-care-service-centers.html