COVID-19 Epidemiology Update

James Allen, MD
Medical Director, The Ohio State University Wexner Medical Center East Hospital
Professor of Internal Medicine
Division of Pulmonary and Critical Care Medicine
The Ohio State University Wexner Medical Center

Coronaviruses

- Hosts: humans, other mammals, birds
- Frequent cause of the common cold
  - Accounts for 5-10% of adult URIs
- Typical symptoms: fever, cough, sore throat
- Can cause viral pneumonia or bronchitis
- Primarily occur in winter and early spring
- Spread by aerosol droplets and contact with secretions

Coronaviruses

- No vaccines exist
- No proven anti-virals
- Treatment is supportive
- Patients should be placed in droplet isolation
- COVID-19 is caused by SARS-CoV-2 virus

Image courtesy of the CDC
How Is It Transmitted?

<table>
<thead>
<tr>
<th>Mode of Transmission</th>
<th>Particle Size</th>
<th>Transmissible Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Droplet</td>
<td>5-10 µm</td>
<td>&lt; 3 ft</td>
</tr>
<tr>
<td>Airborne</td>
<td>&lt; 5 µm</td>
<td>&gt; 3 ft</td>
</tr>
</tbody>
</table>

Lessons from SARS – procedures posing airborne risk*:
1. Endotracheal intubation
2. Non-invasive ventilation (CPAP & BiPAP)
3. Amb—bag ventilation
4. Tracheal suctioning before intubation
5. Tracheostomy


How Long Does SARS-CoV-2 Survive?

<table>
<thead>
<tr>
<th>Surface Material</th>
<th>Half-Life (hours)</th>
<th>Total Time of Detectability (hours)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Copper</td>
<td>1</td>
<td>8</td>
</tr>
<tr>
<td>Cardboard</td>
<td>3</td>
<td>48</td>
</tr>
<tr>
<td>Stainless Steel</td>
<td>6</td>
<td>48</td>
</tr>
<tr>
<td>Plastic</td>
<td>7</td>
<td>72</td>
</tr>
</tbody>
</table>

Coronaviruses can go rogue:

SARS
MERS

N Engl J Med March 17, 2020
SARS (Severe Acute Respiratory Syndrome)

- Onset November 2002
- Last known case 2004
- Total 8,098 cases with 774 deaths (9.6% mortality)
  - 27 cases in the United States
- Caused by a Coronavirus
- Original viral host: Horseshoe Bats in Yunnan Province, China
  - Civet cats were the intermediary
### MERS (Middle East Respiratory Syndrome)

- **Onset**: 2012 in Saudi Arabia
- **Caused by**: a Coronavirus
- **Overall**: 1,227 cases, 37% mortality
- **Saudi Arabia outbreak 2014**: 402 cases, 27% mortality
- **South Korea outbreak 2015**: 150 cases, 17% mortality
- **United States**: 2 cases in 2014, both healthcare workers traveling from Saudi Arabia

### COVID-19

- **First case**: late November 2019
- **Case mortality rate**: averaging 5%
- **Caused by**: a coronavirus: SARS-CoV-2
- **Originated in**: China
COVID-19 Time Line

- December 31 – January 3, 2020: 44 cases of pneumonia of unknown cause reported in Wuhan
- January 7, 2020: new coronavirus identified
- January 13, 2020: Thailand
- January 15, 2020: Japan
- January 20, 2020: South Korea
- January 23, 2020: United States
- April 4, 2020: worldwide cases surpass 1 million
Day #1

Day #2

Day #3

\[ R_0 = 2.79 \]
Conditions That Are Ripe For Droplet & Fomite Viral Transmission

- “Super spreaders” versus “Super Spreader Events”
- Large numbers of people in small indoor areas
- Lots of hand-to-hand contact and hugging
- Passing items with plastic or metal surfaces between multiple people
So, How Do You Ensure That You Have Enough Hospital Beds To Handle A Pandemic Surge?

1. Flatten the curve
2. Reduce hospital census before the surge
3. Create new patient care areas in the hospital

If no hospital measures are enacted, patient demand exceeds hospital supply.
**Effect of canceling elective surgeries and procedures to increase hospital capacity**

**Effect of opening alternative sites of care within the hospital to house COVID patients**

**Stack Effect**

- Long duration of mechanical ventilation results in patients getting “stacked up” in the ICU.
- As pandemic progresses, a larger percentage of COVID-19 inpatients are in the ICUs
COVID-19 Interventions in Ohio

- March 3: Arnold Sports Festival canceled
- March 9: OSU suspends in-person classes
- March 9: First Ohio COVID-19 case
- March 12: NCAA tournament canceled
- March 14: mass gatherings prohibited
- March 14: public schools closed
- March 15: restaurant take-out only
- March 17: no elective surgeries
- March 22: order to stay at home

Preparing your Hospital For A COVID Surge: “Space, Staff, & Stuff”

1. Postpone elective surgeries and procedures to create capacity
2. Project ICU needs at maximum hospital capacity
   - 30-40% of hospital admissions require ICU care at some point
   - At any given time 20-25% of COVID-19 inpatients are in the ICU
3. Identify what locations in your hospital can become ICUs
4. Train-up nurses and physicians to work in ICUs
5. Identify hospital locations that can be converted to inpatient beds

Creating Capacity by Postponing Elective Surgeries and Procedures: OSU East Hospital

<table>
<thead>
<tr>
<th>Date</th>
<th>Hospital total occupancy</th>
<th>Open beds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday March 3, 2020</td>
<td>96%</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>153 total beds occupied</td>
<td></td>
</tr>
<tr>
<td></td>
<td>43 surgical beds occupied</td>
<td></td>
</tr>
<tr>
<td></td>
<td>76 medical beds occupied</td>
<td></td>
</tr>
<tr>
<td></td>
<td>18 step-down beds occupied</td>
<td></td>
</tr>
<tr>
<td></td>
<td>16 ICU beds occupied</td>
<td></td>
</tr>
<tr>
<td>Tuesday April 7, 2020</td>
<td>42%</td>
<td>93</td>
</tr>
<tr>
<td></td>
<td>68 total beds occupied</td>
<td></td>
</tr>
<tr>
<td></td>
<td>29 surgical beds occupied</td>
<td></td>
</tr>
<tr>
<td></td>
<td>25 medical beds occupied</td>
<td></td>
</tr>
<tr>
<td></td>
<td>6 step-down beds occupied</td>
<td></td>
</tr>
<tr>
<td></td>
<td>8 ICU beds occupied</td>
<td></td>
</tr>
</tbody>
</table>

Possible Alternative COVID-19 ICU Sites

What is needed in the room:
- EKG monitors
- Wall suction
- Medical gas outlets
- Compressed air
- Oxygen
- Doors

Possible options:
- Step-down nursing units
- Other medical-surgical units
- Operating rooms
- Endoscopy areas
- Cath lab recovery areas
- Pre-op/Post-op recovery areas
- Emergency rooms
Other Possible Alternative Sites of Care

- Sleep labs
- Endoscopy recovery rooms
- Cath lab recovery rooms
- Pre/post-op recovery rooms
- Operating rooms
- Ambulatory clinic areas

Other Risk Factors for Hospitalization

- Diabetes
- Hypertension
- COPD
- Coronary artery disease
- Cerebrovascular disease
- Chronic kidney disease
- Smoking

Laboratory-Confirmed COVID-19 Associated Hospitalizations

Mortality Rates Vary by Country*

<table>
<thead>
<tr>
<th>Country</th>
<th>Mortality Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>China</td>
<td>4.0%</td>
</tr>
<tr>
<td>South Korea</td>
<td>1.8%</td>
</tr>
<tr>
<td>Italy</td>
<td>12.5%</td>
</tr>
<tr>
<td>Spain</td>
<td>9.7%</td>
</tr>
<tr>
<td>Iran</td>
<td>6.2%</td>
</tr>
<tr>
<td>United States</td>
<td>3.2%</td>
</tr>
<tr>
<td>Worldwide</td>
<td>5.6%</td>
</tr>
</tbody>
</table>

*As of first week of April, 2020
Questions For Future Epidemiologists

- Why do children and young adults have milder disease?
- How contagious are patients with mild disease?
- Why does the disease cause respiratory failure 10 days after symptom onset?
- What causes the “cytokine storm”?
- Why is the mortality rate higher in some countries than others?

For updates:
https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports/

COVID-19 for the Healthcare Provider

Michael Haden, MD
Clinical Instructor in Internal Medicine
Division of Infectious Disease
The Ohio State University Wexner Medical Center

Countries with SARS-CoV-2 as of January 30, 2020
Countries with SARS-CoV-2 as of April 7, 2020

Risk Assessment

- Initially declared a Public Health Emergency of International Concern on January 30, 2020
- On March 11, 2020, COVID-19 was officially characterized as a pandemic by the WHO

COVID-19 Pandemic

As of April 7th, 2020:

- 1,353,361 confirmed cases worldwide
- 79,235 confirmed deaths
- 212 countries, areas or territories with cases

Situation in United States
## COVID-19: U.S. at a Glance

As of April 7, 2020
- Total cases: 395,011
- Deaths: 12,754
- Cases documented in all 50 states, in addition to U.S territories such as Puerto Rico, U.S Virgin Islands and others

## COVID-19 Symptoms

- Fever
- Myalgias
- Cough
- Shortness of breath

## Isolation

- Patients with known or suspected COVID-19 should be placed in a single-person room with the door closed
- Airborne isolation rooms should be reserved for patients undergoing aerosolizing procedures

## Testing

- Initially testing was only available through the CDC
- Now there are several commercial COVID-19 tests available, as well as through the state health department
- Some institutions have developed their own in house testing
- Most common modality is via RT-PCR of nasopharyngeal samples
**Specimen collection**

- Nasopharyngeal swab preferred
- Other specimens can be tested as well
  - Sputum, though induction of sputum is not recommended
  - Lower respiratory tract aspirate or BAL on intubated patients
- This can be done in a normal examination room with the door closed, negative airflow is not necessary

**Priorities for Patient Testing**

- Priority 1: Hospitalized patients and symptomatic healthcare workers
- Priority 2: Symptomatic patients who:
  - Are greater than 65, those in long-term care facilities, or those with underlying conditions
  - Symptomatic first responders
- Priority 3: Individuals in community who do not meet above categories or those with mild symptoms only
- Non-priority: Asymptomatic individuals

**Healthcare personnel**

- Testing of healthcare personnel with even mild symptoms should be considered if potential exposure to COVID-19
Infection Prevention and Control

- Limit potential facility exposure:
  - Cancel elective procedures
  - Use telemedicine when possible
  - Limit points of entry
  - Manage visitors and screen all patients for respiratory symptoms
- Isolate symptomatic patients
- Protect healthcare personnel

Personal Protective Equipment (PPE)

For general patient care:
- Gown
- Gloves
- Droplet mask or mask with separate goggles or face shield
  - Glasses are not sufficient for eye protection

PPE

- N95 respirators or PAPRs should be reserved for aerosol-generating procedures
Aerosol generating procedures

- Procedures:
  - Intubation / Extubation
  - Endoscopy (EGD, Bronchoscopy, TEE)
  - CPR
  - Tracheostomy placement
- Bedside Care:
  - Nasopharyngeal swab (testing for COVID)
  - NG / OG tube placement
  - Suctioning, sputum induction or tracheal aspiration

PPE

- Follow the recommended sequence for safely donning and doffing PPE to avoid self contamination
  - Hand hygiene should be performed before and after all patient contact, before putting on and after removing PPE
  - Alcohol based hand sanitizer or soap and water

Donning (putting on the gear):

- Proper donning is essential to prevent contamination.
- Remember to always don PPE before entering the patient area.

1. Identify and don the proper PPE to don.
2. Ensure that the PPE is comfortable and appropriate for the procedure.
3. Don the face shield or goggles.
4. Don the n95 respirator or higher.
5. Don the protective gown.
6. Don the gloves.
7. Don the booties.

Doffing (taking off the gear):

- Proper doffing is essential to prevent contamination.
- Remember to always doff PPE before leaving the patient area.

1. Remove the gloves.
2. Wipe hands with alcohol-based hand sanitizer.
3. Remove the face shield or goggles.
4. Remove the n95 respirator or higher.
5. Remove the protective gown.
6. Remove the booties.
7. Drop the used PPE in the designated waste bin.
8. Wash hands with soap and water.

Follow the recommended sequence for changing your PPE.

- Remove gloves, wipe hands with alcohol-based hand sanitizer, wash hands with soap and water, put on new PPE components, and repeat.

Remember to always follow the recommended sequence for changing your PPE to avoid contamination.

Disinfect the patient area once PPE is removed.
### Optimizing PPE supply

- Cancel elective and non-urgent procedures / appointments
- Reserve PPE for healthcare workers
- Use re-usable PPE that can be reprocessed if able
- Consider extending use of respirators, facemasks and eye protection beyond a single patient contact

### Treatment

- There are no drugs or other therapeutics approved by the FDA to prevent or treat COVID-19
- Clinical management includes infection prevention measures and supportive care

### Experimental therapies

**Hydroxychloroquine and Chloroquine**
- Under investigation in clinical trials for pre-exposure / post-exposure prophylaxis of SARS-CoV2 exposure and treatment of patients with COVID-19
- FDA issued Emergency Use Authorization (EUA) for treatment of hospitalized patients with COVID-19, for whom a clinical trial is not available
- EUA does NOT include use for pre or post-exposure prophylaxis
- Combination with Azithromycin not advised due to QTc prolongation

**Remdesivir**
- Investigational antiviral therapy currently being explored in clinical trials and through an expanded access program from the manufacturer, Gilead Sciences
Experimental therapies

Lopinavir / ritonavir

- Protease inhibitor used as component of some HIV regimens
- Patients must be screened for HIV prior to use
- Multiple drug-drug interactions, diarrhea is common

Experimental therapies

Immune modulators, such as tocilizumab

Corticosteroids are NOT recommended for treatment of COVID-19 unless necessary for other clinical indications (COPD, asthma, etc).

- Corticosteroid use has been shown to prolong viral replication

Experimental therapies

Convalescent plasma from individuals who have recovered from COVID-19

Experimental therapies

These therapies are all experimental and have various risks and toxicities associated with them.

Use should be determined on individual case by case basis and discussed with Infectious Disease team if available.
<table>
<thead>
<tr>
<th>Vaccine</th>
<th>Prevention</th>
</tr>
</thead>
<tbody>
<tr>
<td>* Efforts to create a vaccine against COVID-19 are underway</td>
<td></td>
</tr>
<tr>
<td>* Currently only in phase 1 clinical trials</td>
<td></td>
</tr>
<tr>
<td>* If found to be effective, will not be available any time in foreseeable future</td>
<td>* Wash your hands</td>
</tr>
<tr>
<td></td>
<td>* Avoid touching your face</td>
</tr>
<tr>
<td></td>
<td>* Cover your cough</td>
</tr>
<tr>
<td></td>
<td>* Stay away from others if you are ill</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Social distancing</th>
<th>Discontinuing Isolation Precautions</th>
</tr>
</thead>
<tbody>
<tr>
<td>* Stay at least 6 feet from other people</td>
<td>* Test based strategy:</td>
</tr>
<tr>
<td>* Do not gather in groups (large or small)</td>
<td>* Resolution of fever (without anti-pyretics) and improvement in respiratory symptoms AND</td>
</tr>
<tr>
<td>* Stay out of crowded places and avoid mass gatherings</td>
<td>* Two negative nasopharyngeal swabs for SARS-CoV2 collected at least 24 hours apart</td>
</tr>
<tr>
<td></td>
<td>* Non-test based strategy:</td>
</tr>
<tr>
<td></td>
<td>* At least 3 days (72 hours) since recovery (resolution of fever and improvement of respiratory symptoms) AND</td>
</tr>
<tr>
<td></td>
<td>* At least 7 days since symptoms first appeared</td>
</tr>
</tbody>
</table>