COVID-19 Epidemiology Update

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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
**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 #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
Delay Epidemic Peak

Time Since Introduction of First Case

Number of Infections

Reduce Height of Peak

Without Intervention

With Intervention

Hospital & ICU Capacity

If no hospital measures are enacted, patient demand exceeds hospital supply

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

Laboratory-Confirmed COVID-19 Associated Hospitalizations

Image: cdc.gov
Other Risk Factors for Hospitalization

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

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

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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
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):**

More than one donning method may be acceptable. Training and practice using your healthcare facility’s procedure is critical. Below is one example of donning:

1. Identify and gather the proper PPE to don. Ensure choice of gown size is correct (based on training).
2. Perform hand hygiene using hand sanitizer.
3. Put on isolation gown. Tie all of the ties on the gown. Assistance may be needed by another HCP.
4. Put on NIOSH-approved N95 filtering facepiece respirator or higher (use a facemask if a respirator is not available). If the respirator has a nosepiece, it should be fitted to the nose with both hands, not bent or tattered. Do not pinch the nosepiece with one hand. Respirator/facemask should be extended under chin. Both your mouth and nose should be protected. Do not wear respirator/facemask under your chin or store in scrub pocket between patients.∗
   - Respirator: Respirator straps should be placed on crown of head (top strap) and base of neck (bottom strap). Perform a user seal check each time you put on the respirator.
   - Facemask: Mask ties should be secured on crown of head (top tie) and base of neck (bottom tie). If mask has loops, hook them appropriately around your ears.
5. Put on face shield or goggles. Face shields provide full face coverage. Goggles also provide excellent protection for eyes, but fogging is common.
6. Perform hand hygiene before putting on gloves. Gloves should cover the cuff (wrist) of gown.
7. HCP may now enter patient room.

**Doffing (taking off the gear):**

More than one doffing method may be acceptable. Training and practice using your healthcare facility’s procedure is critical. Below is one example of doffing:

1. Remove gloves. Ensure glove removal does not cause additional contamination of hands. Gloves can be removed using more than one technique (e.g., glove-in-glove or bird beak).
2. Remove gown. Untie all ties (or unstrap all buttons). Some gown ties can be broken rather than untied. Do so in gentle manner, avoiding a forceful movement. Reach up to the shoulders and carefully pull gown down and away from the body. Rolling the gown down is an acceptable approach. Dispose in trash receptacle.∗
3. HCP may now exit patient room.
4. Perform hand hygiene.
5. Remove face shield or goggles. Carefully remove face shield or goggles by grabbing the strap and pulling upwards and away from head. Do not touch the front of face shield or goggles.
6. Remove and discard respirator (or facemask if used instead of respirator).* Do not touch the front of the respirator or facemask.
   - Respirator: Remove the bottom strap by touching only the strap and bringing it carefully over the head. Grasp the top strap and bring it carefully over the head, and then pull the respirator away from the face without touching the front of the respirator.
   - Facemask: Carefully untie (or unhook from the ears) and pull away from face without touching the front.
7. Perform hand hygiene after removing the respirator/facemask and before putting it on again if your workplace is practicing reuse.

∗Facilities implementing reuse or extended use of PPE will need to adjust their donning and doffing procedures to accommodate those practices.
### 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
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

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**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

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.
Vaccine

- Efforts to create a vaccine against COVID-19 are underway
- Currently only in phase 1 clinical trials
- If found to be effective, will not be available any time in foreseeable future

Prevention

- Wash your hands
- Avoid touching your face
- Cover your cough
- Stay away from others if you are ill
### Social distancing

- Stay at least 6 feet from other people
- Do not gather in groups (large or small)
- Stay out of crowded places and avoid mass gatherings

### Discontinuing Isolation Precautions

#### Test based strategy:
- Resolution of fever (without anti-pyretics) and improvement in respiratory symptoms AND
- Two negative nasopharyngeal swabs for SARS-CoV2 collected at least 24 hours apart

#### Non-test based strategy:
- At least 3 days (72 hours) since recovery (resolution of fever and improvement of respiratory symptoms) AND
- At least 7 days since symptoms first appeared