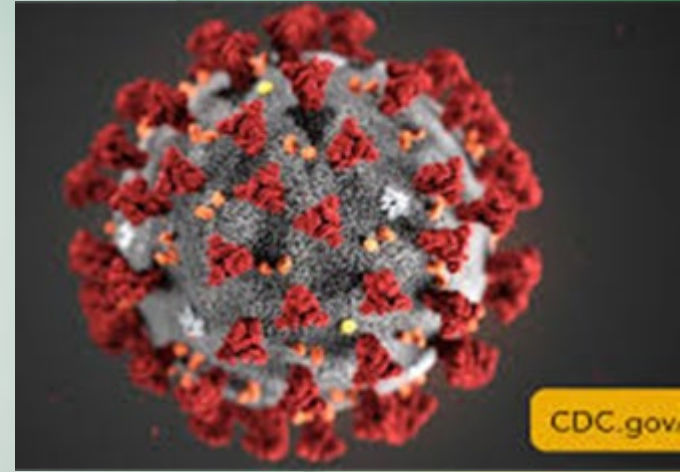


Novel Coronavirus 2019 (COVID-19, SARS-CoV-2)



Olveen Carrasquillo, M.D. MPH

December 10, 2020

Greater Miami Chamber of Commerce,
Health Care Committee

Agenda

- 10 Minute Overview
- Lots of Discussion and Q/A



Outdated Data (from last night)

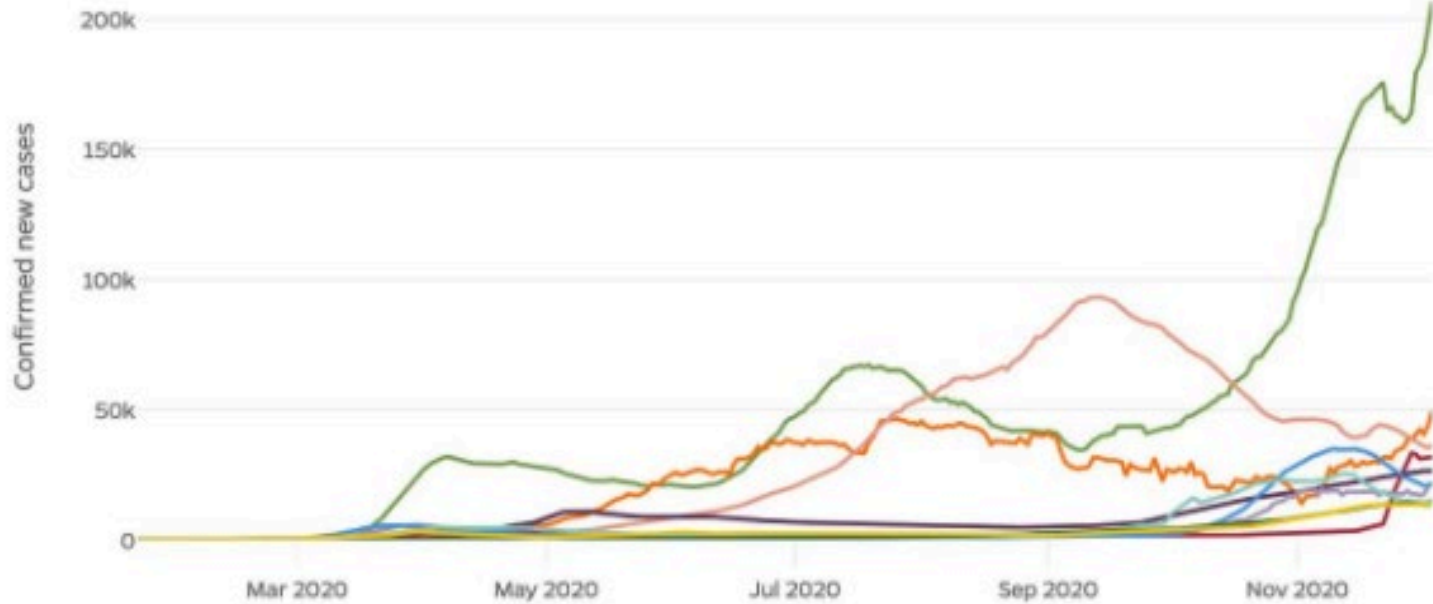
	Cases	Cases/1M	Deaths	Deaths/1M
Worldwide	69,027,093	8,905 (<1%)	1,572,162	202
USA	15,392,979	47,684 (4-5%)	289,450	894
FL	1,083,362	50,441	19,465	906

*FL 3rd in # cases, 4th in deaths

Across US > 213M million tested

In FL > 13M tested

NEW



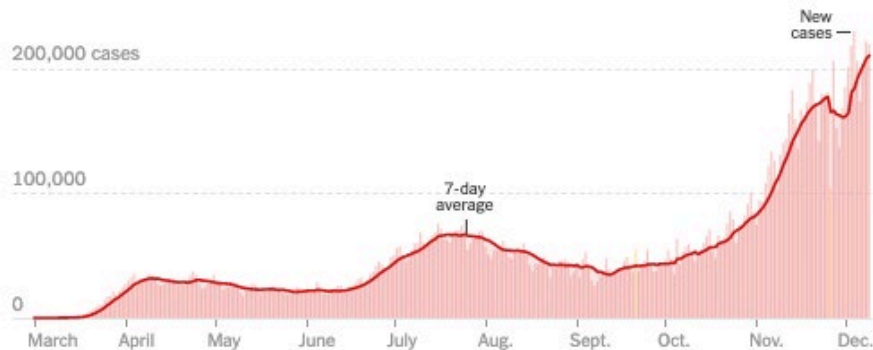
Click any country below to hide/show from the graph:

- | | | | |
|--|----------------------------------|--------------------------------|---|
| <input type="checkbox"/> United States | <input type="checkbox"/> Brazil | <input type="checkbox"/> India | <input type="checkbox"/> Turkey |
| <input type="checkbox"/> Russia | <input type="checkbox"/> Germany | <input type="checkbox"/> Italy | <input type="checkbox"/> United Kingdom |
| <input type="checkbox"/> Ukraine | <input type="checkbox"/> Iran | | |

USA Case Count

Updated December 10, 2020, 7:59 A.M. E.T.

[Leer en español](#)

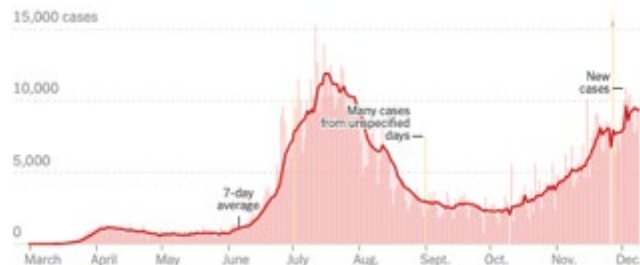


	TOTAL REPORTED	ON DEC. 9	14-DAY CHANGE
Cases	15.4 million+	218,667	+19% ↗
Deaths	289,531	3,055	+36% ↗
Hospitalized		106,688	+21% ↗

Day with reporting anomaly. Hospitalization data from the Covid Tracking Project; 14-day change trends use 7-day averages.

Florida Coronavirus Map and Case Count

Updated December 10, 2020, 7:59 A.M. E.T.



	TOTAL REPORTED	ON DEC. 9	14-DAY CHANGE
Cases	1 million+	9,592	+16% ↗
Deaths	19,461	84	+31% ↗
Hospitalized		4,559	+23% ↗

Day with reporting anomaly. Hospitalization data from the Covid Tracking Project; 14-day change trends use 7-day averages.

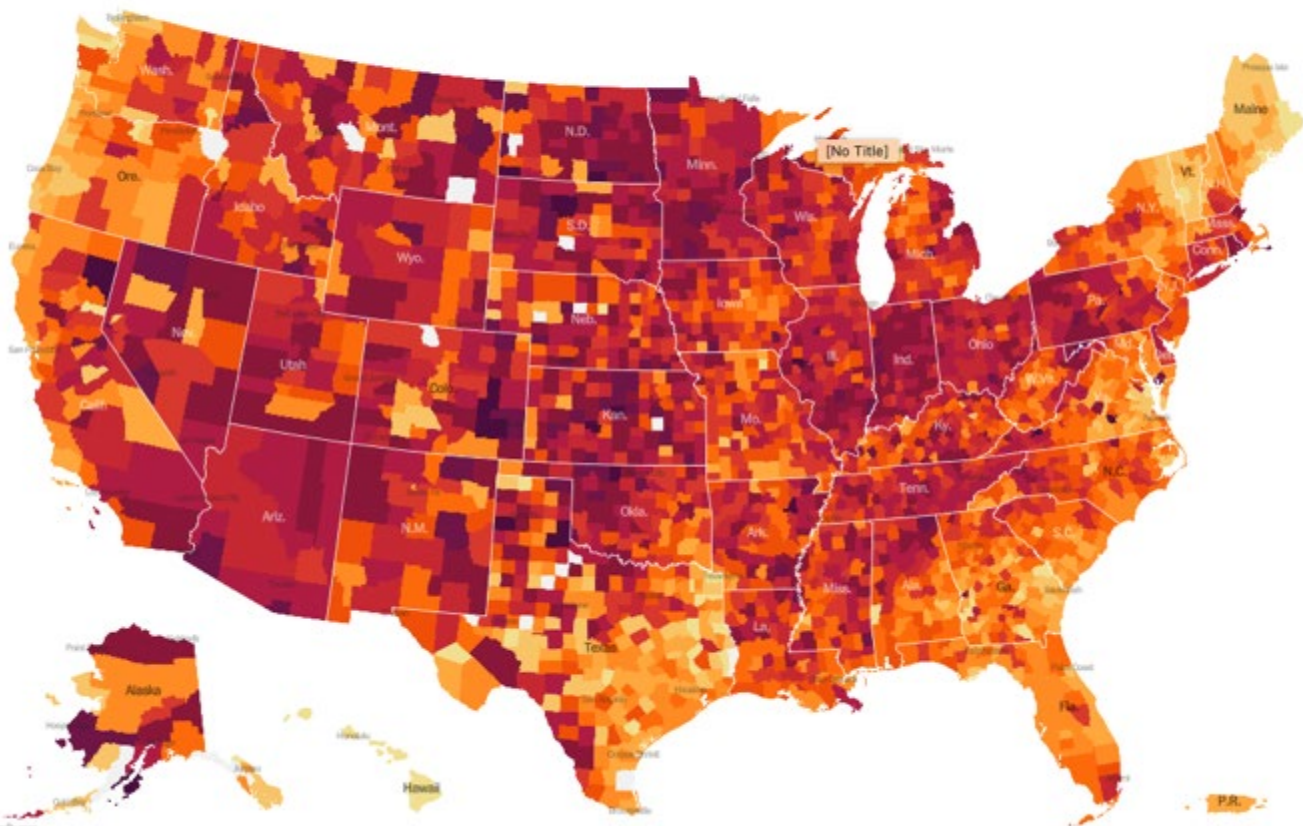
Jump to: [Map](#) [By county](#) [New cases](#) [Clusters](#)

Hot spots Total cases Deaths Per capita

Average daily cases per 100,000 people in past week



Double-click to zoom into the map.



Sources: State and local health agencies. Population and demographic data from Census Bureau.

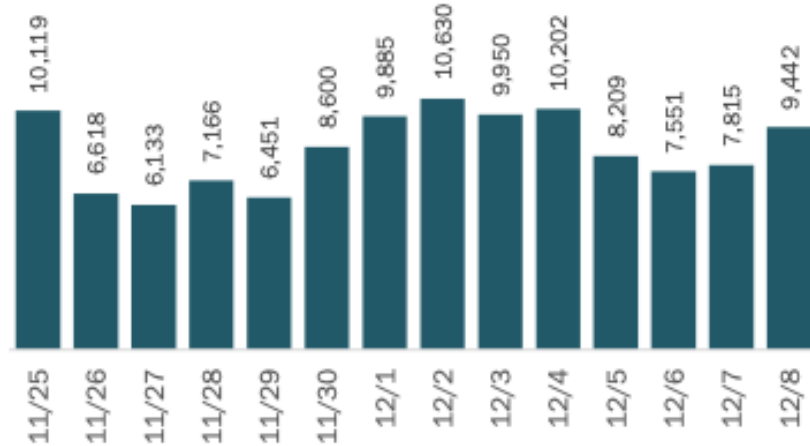
[▶ About this data](#)

Miami Dade County

	Cases	Hosp	Deaths	Pos rate
FL	1,083,362	57,210	18,462	11/28: 8.0% 12/8: 8.7%
Miami - Dade	249,043 (23%)	8,757 (15%)	3,930 (21%)	11/28: 10.4% 12/8: 7.7%

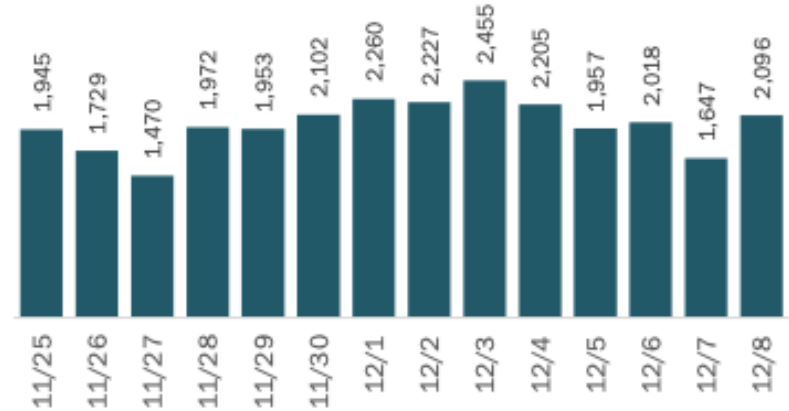
FL

Cases



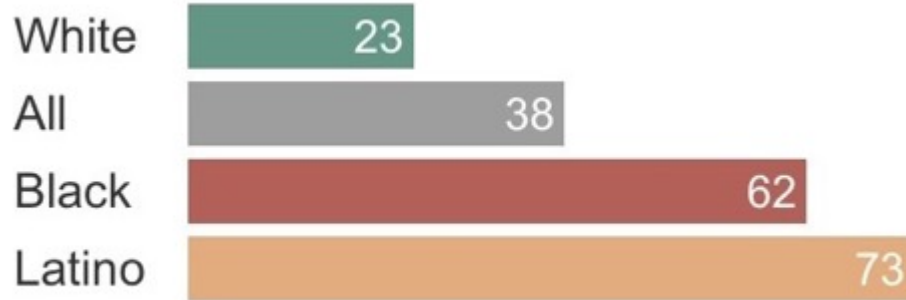
Miami Dade

Cases



Source: FI DOH

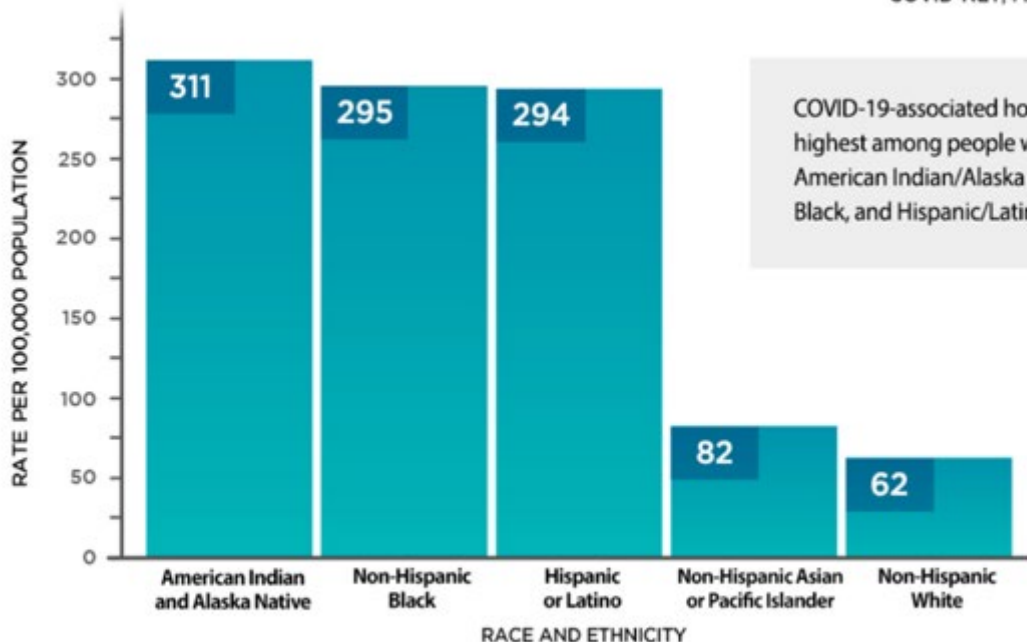
Coronavirus cases per 10,000 people



Source: The Fullest Look Yet at the Racial Inequity of Coronavirus
By Richard A. Opiel Jr., Robert Gebeloff, K.K. Rebecca Lai, Will Wright and Mitch Smith
New York Times / July 5, 2020

Age-adjusted COVID-19-associated hospitalization rates by race and ethnicity

COVID-NET, MARCH 1 - AUGUST 8, 2020



COVID-19-associated hospitalization rates are highest among people who are non-Hispanic American Indian/Alaska Native, non-Hispanic Black, and Hispanic/Latino.

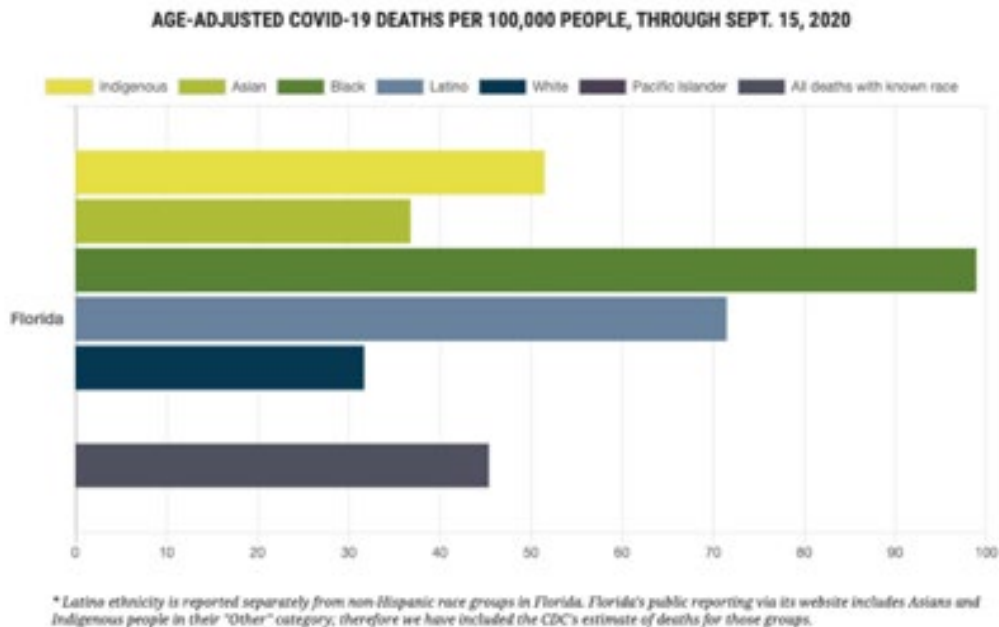
cdc.gov/coronavirus



CS317869-A

Rates are statistically adjusted to account for differences in age distributions within race/ethnicity strata in the COVID-NET catchment area. Rates are based on available race and ethnicity data which is now complete in 94.3% of cases from COVID-NET sites. COVID-19-associated hospitalization rates for American Indian and Alaska Natives may be impacted by recent outbreaks among specific communities within this population and the small numbers of American Indian and Alaska Natives cases included in COVID-NET.

Florida Disparities



Source: APM Research Lab

Background

What are coronaviruses?

- A large family of viruses which may cause illness in animals or humans
- Named for the crown-like spikes on their surface
- Common human coronaviruses usually cause mild to moderate upper-respiratory tract illnesses, like the common cold

Other Human Coronavirus Epidemics

SARS-CoV (2002-2003)

8,096 probable cases. 60% in China, 22% in Hong Kong, 4% in Taiwan and 3% in both Singapore and Canada. **US= 41 cases**

Mortality 9.6%

MERS-CoV (2012)

2,494 confirmed cases (as of Nov 2019)

<400 cases outside Saudi Arabia. **US= 2 imported cases**

Mortality 34%

Classic Symptoms

Symptoms typically appear 2–14 days after exposure



Fever



Cough



Difficulty breathing

Others

1. Loss smell/taste
2. gastrointestinal/ diarrhea
3. Weakness/ malaise
4. Muscle/ body pain
5. Anything else

Disease Categories and Symptoms: Chinese Experience

No Symptoms /Mild disease (80%): mild symptoms of congestion/malaise/cough/fever/headache and/or radiographic pneumonia.

Severe disease (15%): dyspnea, respiratory frequency ≥ 30 /min, blood oxygen saturation (SpO₂) $\leq 93\%$, PaO₂/FiO₂ ratio or P/F [the ratio between the partial pressure of oxygen, PaO₂) and the percentage of oxygen supplied (fraction of inspired oxygen, FiO₂)] < 300 , and/or lung opacities $> 50\%$ within 24 to 48 hours of hospital admission; this occurred in 14% of cases.

Critical disease (5%): respiratory failure, septic shock, and/or multiple organ dysfunction (MOD) or failure (MOF)

Case Fatality Rate ~2-5%

Vulnerable Groups: People at Higher Risk for Severe Illness

- 65 and older
- Live in a nursing home or long-term care facility
- Severe obesity (body mass index [BMI] of 40 or higher)
- Have underlying medical conditions, particularly if not well-controlled
 - Diabetes
 - Hypertension
- Chronic lung disease or moderate to severe asthma
- Serious heart conditions
- Conditions that can cause a person to be immunocompromised
- Cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune-weakening medications
- Chronic kidney disease and those undergoing dialysis
- Liver disease



“Prevention/ Treatment in April”

- Public health approaches- masks, isolation,
- People mild symptoms: stay home! Quarantine
- Close contacts of those whom are positive: Isolation
- “Treatment” is Supportive Care
- Oxygen, oxygen, oxygen
- Antipyretics
- Fluid resuscitation
- Observations
- Prevention of other complications
- Investigational treatments
- Consider baseline functional status, goals of care, and advance directives

“Prevention/Treatment Now”

- Much stronger public health data in support of prevention interventions
- Much better at predicting whom will get sick- blood markers
- Better understanding of cytokine storm, coagulopathy
- Much better at supportive care and ventilation
- We know what does not work- HCQ
- Know what may work- remdemsivir? Steroids, monoclonal antibodies
- Newer Investigational treatments: anticoagulants, convalescent plasma
- **Vaccines!!**

Post CoVID syndrome

- Persistent cough and respiratory symptoms
- Prolonged cognitive effects “mental fog”
- Cardiac abnormalities
- Psychiatric issues
- Insomnia

Coronavirus: Prevention



How do I use a face mask?

- 1 Wash hands for at least 20 seconds prior to putting on a face mask.
- 2 Place face mask over nose and mouth. Ensure a tight seal with no gaps and secure elastics or straps.



- 3 Avoid touching the front of the face mask. If you do, wash hands for at least 20 seconds.
- 4 Remove the face mask without touching the front. Discard in a closed bin.
- 5 Wash hands again for at least 20 seconds.



Community Mitigation: Practice Social Distancing

- Keep 6 feet between you and other people when possible
- Avoid hugs, handshakes, large gatherings and close quarters
- Stay home as much as possible



Why? The virus is thought to spread mainly from person-to-person. When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth, which may contain the virus. If you are too close, you can breathe in the droplets, including the coronavirus if the person coughing has the disease.

Personal Protective Measures: Clean your hands often

- Wash your hands frequently with soap and water for at least 20 seconds
- If soap and water are not available, use a hand sanitizer with at least 60% alcohol
- Clean your hands especially after you have been in a public place, or after blowing your nose, coughing or sneezing



Why? Washing your hands with soap and water or using alcohol-based hand sanitizer kills viruses that may be on your hands.

If you are told that you have COVID-19

Take care of **YOURSELF**

Follow CDC recommendations for home care after testing positive for COVID-19.

(<https://tinyurl.com/careforyourself>)

- Stay home
- Stay in touch with your healthcare provider and follow their advice
- Stay away from others

NOTIFY your close contacts

Alert people that you have been in close contact with while ill that you have tested positive.

Tell them to self-isolate for 14 days.

Ask them to monitor their health for signs of COVID-19.

(<https://tinyurl.com/thesearethesympoms>)

Keeping Business and Commercial Establishments Safe

Practice good hygiene

- Use noncontact methods of greeting
- Schedule regular hand washing reminders by staff, provide infection control supplies
- Promote tap and pay to limit handling of cash
- Disinfect surfaces like doorknobs, desks, and handrails regularly

Avoid crowding

- Use booking and scheduling to stagger customer flow
- Use online transactions where possible

For transportation business, taxis, and ride shares

- Keep windows open when possible
- Increase ventilation
- Regularly disinfect surfaces



The Vaccines

EUA: Today?

- Research is still ongoing into vaccines- some are still being studied
- Need enough to vaccinate the world!

MRNA vaccines

- Pfizer and Moderna- first one to be available

Non mRNA Vaccines

- J&J/
- Oxford/ Astra Zeneca
- Many other

Main Public Health challenge: COVID Lies & Mis-information: Examples from NOW Video

Wearing a face mask

- Makes you hypoxic
- Creates sympathomimetic state, inc cortisol
- Inhaling toxic histo-toxic components of face mask

5G towers impacts COVID

- 30-300GHz
- >2,000 studies show >1.8GHz make you sick, depress immune function

COVID vaccine

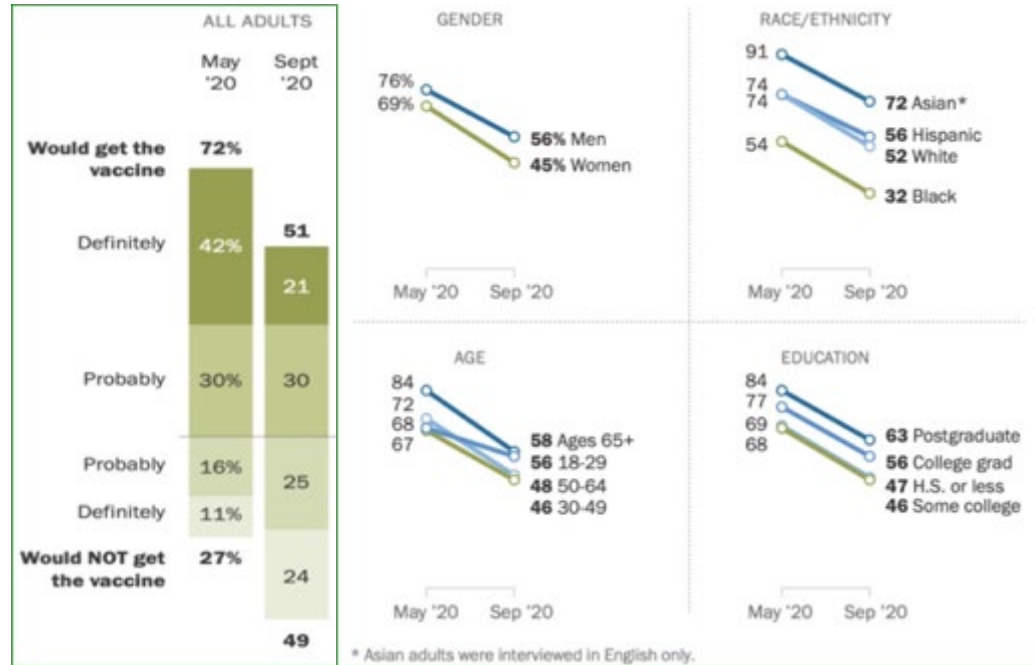
- You get vaccine you will die
- Need be educated so we can stop them

COVID Infodemic

- The technology we rely on to keep connected and informed is enabling and amplifying an infodemic that continues to undermine the global, national and local response
- Overabundance both online and offline
- Deliberate attempts to disseminate wrong information to undermine the public health response and advance alternative agendas of groups or individuals.

Percent of US adults who say they would definitely or probably get a COVID-19 vaccine if one were available today

<https://www.pewresearch.org>



NIH National Institutes of Health

Politicization of the COVID crisis

- Minority communities see evidence-based effective strategies rejected based on political party affiliation and when political leaders espouse dangerous unproven interventions
- Sows fears and mistrust, particularly among those whose lived experiences have given them ample reasons to have a heightened sense of fear and distrust.

How to Battle Mis-information

- We all have a role to play to stop the proliferation of news that is not only fake but dangerous
- Most people (not all) do not want to spread mis-information
- Emotion laden (scary) information makes them turn off their filters
- Correct people using empathetic rather than blunt factual language
- Cite authoritative sources
- Local DOH may be better CDC or WHO
- Try not talk in a group chat 1:1 may be better
- Tell people to read not what it says

How can we all be helpful as business professionals?

Leadership!

Get informed, rely on credible sources (FL DOH, CDC, WHO) to avoid misinformation that exacerbate fear, panic, stigma and discrimination and mistrust among the population.

Dispel myths and rumors with correct information:

- Treat people with respect and empathy
- Don't repeat the rumor but cite and reinforce correct information
- Discuss source of concern and offer relevant help

Opportunity to Build Relationships – network with those agencies committed to public health and safety, local community centers, health ministries, media: New partnerships!

Stomp fraud!

<https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html>



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PRESS RELEASE

The Florida Department of Health Recognizes World AIDS Day

Tallahassee, Fla. — Each year on December 1, people around the globe observe World AIDS Day. The day provides an opportunity to show solidarity for those affected by HIV and memorialize those who have lost their lives to the disease. This year's national World AIDS Day theme is "Ending the HIV Epidemic: Resilience and Impact." Governor DeSantis issued a proclamation in recognition of World AIDS Day, and communities across the state are coming together in support of persons with HIV and to remember those we've lost.

Full Story | Newsroom

TRENDING TOPICS

New Coronavirus: COVID-19
Flu
VEST: Hepatitis A
Syringe Exchange Program
Vaping Illnesses
Blue-Green Algae
Non-Opioid Pain Treatment
Office of Medical Marijuana Use
A-Z Index

SOCIAL MEDIA

Florida Dept. Health @HealthyFla

Tweets by @HealthyFla

Florida Dept. Health Retweeted

Ron DeSantis @GovRonDeSantis

I was at the @WhiteHouse yesterday with President @realDonaldTrump, HHS @SeemaKumar and others to discuss vaccine distribution plans and highlight the incredible potential of Operation Warp Speed. Florida looks forward to vaccines being shipped soon!

November is DIABETES AWARENESS MONTH

Early Detection with Regular Check-Ups



A blood test can determine if you have diabetes.



Regular Exercise



Balanced Diet



Management

Tallahassee, Fla. — The Florida Department of Health recognizes November as Diabetes Awareness Month, a time to raise awareness about diabetes and promote the importance of taking steps to confront diabetes as a critical health issue.

Full Story



Don't Put Off Flu Vaccine This Year

Summer is coming to a close, fall is just ahead, and while we look forward to a vaccine for Covid-19, there's no better time than now to take advantage of flu vaccine. It's the best way to protect yourself and your loved ones. Unlike Covid-19, most of us have general knowledge about flu season and the flu—a





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Thank you.