Alexander Isakov, MD, MPH

Professor of Emergency Medicine
Director, Section of Prehospital and Disaster Medicine
Executive Director, Office of Critical Event Preparedness and Response
Emory University
Atlanta, Georgia
COVID-19

- Over 67 million cases, over 1.5 million deaths – 12/7/20
- US over 14.7 million cases and 280,000 deaths – 12/7/20
Tracking Our COVID-19 Response

Each state's progress towards a new normal

https://www.covidexitstrategy.org
COVID-19

- How sick do people get?
  - 80% of cases are mild, but...
  - Over 15,000 people died in the US with COVID-19 in the last week
  - It is now the leading cause of death of Americans – heart disease and cancer each kill about 12,000 Americans per week
<table>
<thead>
<tr>
<th>Factors That Increase Community Spread and Individual Risk</th>
<th>0-4 years</th>
<th>5-17 years</th>
<th>18-29 years</th>
<th>30-39 years</th>
<th>40-49 years</th>
<th>50-64 years</th>
<th>65-74 years</th>
<th>75-84 years</th>
<th>85+ years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hospitalization¹</td>
<td>4x lower</td>
<td>9x lower</td>
<td>Comparison Group</td>
<td>2x higher</td>
<td>3x higher</td>
<td>4x higher</td>
<td>5x higher</td>
<td>8x higher</td>
<td>13x higher</td>
</tr>
<tr>
<td>Death²</td>
<td>9x lower</td>
<td>16x lower</td>
<td>Comparison Group</td>
<td>4x higher</td>
<td>10x higher</td>
<td>30x higher</td>
<td>90x higher</td>
<td>220x higher</td>
<td>630x higher</td>
</tr>
</tbody>
</table>


COVID-19 together with other medical conditions

COVID-19 ASSOCIATED HOSPITALIZATION RELATED TO UNDERLYING MEDICAL CONDITIONS

FACTORS THAT INCREASE COMMUNITY SPREAD AND INDIVIDUAL RISK

- CROWDED SITUATIONS
- CLOSE / PHYSICAL CONTACT
- ENCLOSED SPACE
- DURATION OF EXPOSURE

RISK FOR HOSPITALIZATION IF YOU HAVE ANY OF THESE CONDITIONS AND GET COVID-19 COMPARED TO PEOPLE WITHOUT THE CONDITION(S).

- Asthma: 1.5x
- Hypertension: 3x
- Obesity (BMI ≥ 30): 3x
- Diabetes: 3x
- Chronic Kidney Disease: 4x
- Severe Obesity (BMI ≥ 40): 4.5x
- 2 Conditions*: 4.5x
- 3 or More Conditions*: 5x

*Conditions include asthma, obesity, diabetes, chronic kidney disease, severe obesity, coronary artery disease, history of stroke and COPD.

Data has shown that racial and ethnic minority groups with the referenced conditions are at even higher risk for severe COVID-19 illness. Race and ethnicity are risk markers for other underlying conditions that impact health — including socioeconomic status, access to health care, and increased exposure to the virus due to occupation (e.g., frontline, essential, and critical infrastructure workers).

ACTIONS TO REDUCE RISK OF COVID-19

- WEARING A MASK
- SOCIAL DISTANCING (6 FT GOAL)
- HAND HYGIENE
- CLEANING AND DISINFECTION

ALTHOUGH RISK GENERALLY INCREASES WITH AGE, ALL INDIVIDUALS SHOULD ROUTINELY TAKE ACTIONS TO REDUCE RISK OF INFECTION AND AVOID ACTIVITIES THAT INCREASE COMMUNITY SPREAD.

# COVID-19 disparities

## COVID-19 Cases, Hospitalizations, and Deaths, by Race/Ethnicity

<table>
<thead>
<tr>
<th>Rate ratios compared to White, Non-Hispanic persons</th>
<th>American Indian or Alaska Native, Non-Hispanic persons</th>
<th>Asian, Non-Hispanic persons</th>
<th>Black or African American, Non-Hispanic persons</th>
<th>Hispanic or Latino persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cases¹</td>
<td>1.8x</td>
<td>0.6x</td>
<td>1.4x</td>
<td>1.7x</td>
</tr>
<tr>
<td>Hospitalization²</td>
<td>4.0x</td>
<td>1.2x</td>
<td>3.7x</td>
<td>4.1x</td>
</tr>
<tr>
<td>Death³</td>
<td>2.6x</td>
<td>1.1x</td>
<td>2.8x</td>
<td>2.8x</td>
</tr>
</tbody>
</table>

Race and ethnicity are risk markers for other underlying conditions that affect health, including socioeconomic status, access to health care, and exposure to the virus related to occupation, e.g., among frontline, essential, and critical infrastructure workers.

## How to Slow the Spread of COVID-19

- Wear a mask
- Stay 6 feet apart
- Wash your hands

References below:

¹ Data source: Data reported by state and territorial jurisdictions (accessed 11/27/2020). Numbers are ratios of age-adjusted rates standardized to the 2000 US standard population. Calculations use only the 52% of reports with race/ethnicity, this can result in inaccurate estimates of the relative risk among groups.


COVID-19

• Signs and symptoms - CDC
  • Fever or chills (less than half have fever at time of presentation)
  • Cough
  • Shortness of breath or difficulty breathing
  • Fatigue
  • Muscle or body aches
  • Headache
  • New loss of taste or smell
  • Sore throat
  • Congestion or runny nose
  • Nausea or vomiting
  • Diarrhea

YOU CAN HAVE NO SYMPTOMS AND STILL MAKE OTHERS SICK IF YOU ARE INFECTED
COVID-19 – Preventing infection

Factors that increase community spread and individual risk

- Crowded Situations
- Close/physical contact
- Enclosed space
- Duration of exposure

Actions to reduce risk of COVID-19

- Wearing a mask
- Social distancing (6 ft goal)
- Hand hygiene
- Cleaning and disinfecting

Graphic/CDC
COVID-19 - Vaccine

PHASE 1: 41 Vaccines testing safety and dosage
PHASE 2: 17 Vaccines in expanded safety trials
PHASE 3: 13 Vaccines in large-scale efficacy tests
LIMITED: 7 Vaccines approved for early or limited use
APPROVED: 0 Vaccines approved for full use

Graphic/NYT