AFC COVID-19 Grand Rounds

Living in COVIDland

2020

September 30, 2020
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Topics for today’s discussion

• Novel virus
• Chicago stats
• The Curve
• Testing
• Transmission
• Signs and symptoms
• Course of illness
• Protecting ourselves/each other
• Treatments
What is keeping you up at night?
anxiety
lurking...
NOVEL virus

• We are learning, not lying

• Updates are like weather reports - they change with new info (e.g. masks, who should test, etc)

• Short shelf life for COVID info
Cook County stats, as of 9/28/2020

143,634 confirmed cases (Johns Hopkins https://coronavirus.jhu.edu/us-map)

5,210 deaths (Johns Hopkins https://coronavirus.jhu.edu/us-map)
Who are the people behind these demographics?
The Curve

CHICAGO I COVID-19 Citywide Positivity Rate

Select mode
Daily by Demographic  Weekly by ZIP  Positivity Rate

Select date range
3/1/2020  9/20/2020

About
Positivity rate is the percentage of COVID-19 tests that come back positive, relative to the total number of tests performed. The positivity rate decreases if there are fewer cases of COVID-19 OR if the total number of tests increases. Only PCR tests are included in the positivity rate calculation.

Note: the positivity rate test counts do include multiple tests for the same person. Thus, the positivity rate will differ from the % positive metrics displayed on the Daily & Weekly modes of this dashboard.

To account for reporting lag, all 7 day rolling averages are as of 9/15/2020

Reset to default

Current Positivity rate
Based on a 7 day rolling average
4.6% ▼
Prior wk.: 5.1%

Tests performed (3/1/2020 - 9/20/2020)
Cumulative tests
1,022,922

Daily tests (7 day rolling average)
8,058 ▲
Prior wk.: 6,822 (18%)

Confirmed cases (3/1/2020 - 9/21/2020)
Cumulative cases
77,500

Daily cases (7 day rolling average)
287 ▲
Prior wk.: 269 (7%)

Positivity rate and positivity target (7 day rolling average)

Tests performed and testing target (7 day rolling average)

Daily tests performed

Built by slalom
The curve isn’t the end of COVID-19

It signifies that there are enough resources, specifically hospital beds, ICU beds, ventilators

It is medical supply and demand, not eradication
Questions?
Comments?
Testing

- PCR - multiple methods (and techniques)
- Antibody testing
Transmission

- Person to person
- Droplets
- Aerosolized?
- What about those Amazon packages???
Protect yourself, protect others

• So many HIV strategies we have learned - condoms, serosorting, abstinence

• Thinking through risk - just like making a decision to not drink too much before making sexual decisions

• People and places - outside or inside, one or two, or a crowd

• How much time, with how many people
  • Physical distance
  • Proper masks
  • Wash your hands

• Isolating at home isn’t quarantine
Physical distancing

DAY 1

75% REDUCTION

DAY 30
2.5 INFECTED

NO SOCIAL DISTANCING

DAY 30
406 INFECTED
The mask goes over your nose.
#TransmitLove
not rona
The three W’s

• Wash your hands
• Wear a mask
• Watch your distance
anxiety lurking...
Signs and Symptoms

• Fever or chills
• Cough
• Shortness of breath or difficulty breathing
• Fatigue
• Muscle or body aches
• Headache
• New loss of taste or smell
• Sore throat
• Nausea or vomiting
• Diarrhea
Course of illness

• Asymptomatic
• Mild symptoms
• 1-2 weeks
• 2nd week
• “Long haul” COVID (next Grand Rounds)
Questions?
Comments?
Treatments (not cures)

- Remdesivir
- Convalescent plasma
- Steroids to decrease inflammation
- Antibiotics
- Anticoagulation
• Maintain a 30-day supply of meds (ideally 90 if possible)

• Talk to pharmacist to discuss home delivery of meds

• Delay changing regimens if close f/u will be difficult

• Management of HIV is crucial for immune function!
  • Adherence

• Work with clients on opioid replacement to avoid missed doses and becoming dope sick

• Take care of your allergies, etc

• Multiple telehealth options and phone support

• Increased need for social support and problem solving - think planning vs crisis management
COVID-19 and HIV

- Smoking, smoking, smoking
- Encourage negotiation (are labs necessary right now?)
- Flu and pneumonia vaccines!!!!!
- Masks the WHOLE time
The three W’s

• Wash your hands
• Wear a mask
• Watch your distance
Thank you!

Norma and Jim

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