What do the Numbers Look Like Today – Notes - March 3, 2020

These notes are for guidance only, always consult your physician and the CDC Website for information before making decisions relating to the coronavirus. Any comments or correction please email <u>healthwatchusa@gmail.com</u>



*Because influenza surveillance does not capture all cases of flu that occur in the U.S., CDC provide these estimated ranges to better reflect the larger burden of influenza. These estimates are calculated based on CDC's <u>weekly influenza surveillance data</u> and are preliminary.

www.worldometers.info

The vaccine for coronavirus (COVIR-19) will not available until next season (at the earliest), a year or more from now. -- This implies COVIR-19 this is going to be with us for some time.

What is the Coronavirus?

Virus, cannot be treated with antibiotics. But supportive care and the treatment of bacterial coinfections is very important. This is why we want to make sure all have access to the healthcare system. If the epidemic hits too fast the system will be overrun and fatality rates will rise. This may be why rates vary so much between countries.

These are dangerous coronaviruses which reside in animals and have jumped to humans. They are not the same as the few benign variants which infect humans.

THESE ARE NOT THE COLD CAUSING CORONAVIRUSES (four types (known as 229E, NL63, OC43 and HKU1) are responsible for about 10 to 30 percent of colds around the world.)

"The coronavirus designation is less about the genetics and more about the way it appears under a microscope,"

https://www.sciencenews.org/article/how-new-wuhan-coronavirus-stacks-up-against-sars-mers

COVIR-19 is related to SARS and MERS viruses which had a high fatality rate of 10% and 35%.

"Those three types of betacoronaviruses can latch onto proteins studding the outside of lung cells, and penetrate much deeper into the airway" <u>https://www.sciencenews.org/article/how-new-wuhan-coronavirus-stacks-up-against-sars-mers</u>

The benign varieties of the coronavirus which cause a cold is entirely different to COVIR-19. Similar to a Rattlesnake vs. a Prairie King Snake, they can look the same but are different. In the case of these viruses they are both called a coronavirus, they look the same, but one is still a rattlesnake and the other a king snake.

Washington Post: "The Health 202: Officials still don't want to call the coronavirus a pandemic. But experts say that's what it is." <u>https://www.washingtonpost.com/news/powerpost/paloma/the-health-202/2020/03/02/the-health-202-officials-still-don-t-want-to-call-the-coronavirus-a-pandemic-but-experts-say-that-s-what-it-is/5e5bcf45602ff10d49abefff/</u>

What is New:

Survivability on Surfaces: Very dynamic area and guidance has changed.

WHO: In general, coronaviruses are very stable in a frozen state according to studies of other coronaviruses, which have shown survival for up to two years at -20°C. Studies conducted on SARS-CoV ad MERS-CoV indicate that these viruses can persist on different surfaces for up to a few days depending on a combination of parameters such as temperature, humidity and light. For example, at refrigeration temperature (4°C), MERS-CoV can remain viable for up to 72 hours.

Online this month in the **Journal of Hospital Infection**, researchers concluded that human coronaviruses can remain infectious on inanimate surfaces for up to <u>nine days at room</u> <u>temperature</u>. 62–71% ethanol, 0.5% hydrogen peroxide or 0.1% sodium hypochlorite was observed to kill COVIR-19 within 1 minute. Chlorohexidine is less effective. (>60% alcohol is effective per CDC.)

G. Kampf, D. Todt, S. Pfaender, E. Steinmanb. Persistence of coronaviruses on inanimate surfaces and their inactivation with biocidal agents. The Journal of Hospital Infection. Published Online Feb. 2020.

Reuters: "The **Food and Drug Administration** this week said it has no evidence that COVID-19 has been transmitted from imported goods, but the situation remains "dynamic" and the agency said it will assess and update guidance as needed."

" "The important big take-home message is that this is probably a small proportion of the transmission of respiratory viruses," said Dr. Timothy Brewer, professor of epidemiology and medicine at the University of California, Los Angeles. "Out in the community, these viruses are probably not surviving for a long time on surfaces.""

"Brewer explained that such <u>viruses tend to survive the longest in low-temperature, low-humidity environments</u>, "that is why you see lots of respiratory viruses during the winter." " Beasley D. Explainer: How long can coronavirus survive on surfaces? Reuters. Feb. 28, 2020. <u>https://www.reuters.com/article/us-china-health-surfaces-explainer/explainer-how-long-can-</u> <u>coronavirus-survive-on-surfaces-idUSKCN20M3BK</u>

Who is at risk? What is the death rate?:

Death rate varies by age, health and sex



Flu: which is considered a very serious infection having a death rate of 0.1% and needs to be prevented. The argument that this is only the "flu" falls way short, the premise is not valid.

Most coronavirus estimates have the fatality rate at 2% but they vary widely.

BBC News: On Sunday, Health Secretary Matt Hancock said the UK government's "very best assessment" was that the mortality rate was "2% or, likely, lower".

Cuffe R. Coronavirus: What are the chances of dying? BBC News. Mar. 1, 2020. <u>https://www.bbc.com/news/health-51674743</u>

When the excuse is given that it only affects the elderly or frail. This includes the majority of Adult Kentuckians.

- -- Cardiovascular disease > 10%
- -- Diabetes, lung or hypertension > 5%
- 39% of Kentucky Adults have hypertension
- 20% Heart Disease
- 15% of Kentuckians are 65 or older.
- 13% have diabetes
- 6.5% Lung Disease

COVIR-19 Fatality Rate

- -- Age 60 to 69 about 4%.
- -- Age 70 to 79 about 7.5%
- -- Age 80+ about 15%

It's only the flu. But, the flu is VERY DANGEROUS!

How do you prevent getting the coronavirus?

- 1) Environment to person.
- -- Hands to mouth, nose and eyes is a major way people become infected with COVIR-19.
- -- Masks may help you not to do this.

2) Person to person.



U.S. Surgeon General ② @Surgeon_General · Feb 29 Seriously people- STOP BUYING MASKS!

They are NOT effective in preventing general public from catching #Coronavirus, but if healthcare providers can't get them to care for sick patients, it puts them and our communities at risk!

WHEN YOU SEE THIS THE FIRST THING YOU DO IS WANT TO BY A MASK

Personal Protective Equipment: To be effective you need gowns, shoe covers, gloves, N-95 masks and goggles. N-95 masks are uncomfortable, hot and hard to breathe through. It is hard for get healthcare workers to consistently use Personal Protective Equipment.

If you are closer than 6 feet to an individual who is coughing and has COVIR you need both a mask and goggles. You can see some Chinese citizens wearing masks and swimming goggles.

Best just to **stay six feet away** and do not touch your mouth, nose or eyes. Wash your hands before eating. No more following the 5 second M & M rule, even if it hits the table. And this rule is untrue.

Hand Hygiene – Soap and Water. You have to wash at least for 20 seconds. Compliance can be low for the proper use of soap and water for hand hygiene. In addition, the CDC also recommends the use of alcohol-based hand sanitizers (at least 60%).

Use soap and water plus hot water if there is grime.

Get the Flu Vaccine. You do not want to get symptoms of COVIR-19 when you have the flu and be placed in a waiting room with these patients.

Russian trolls fueled anti-vaccination debate in U.S. by spreading misinformation on Twitter, study finds May 2019

<u>https://www.cbsnews.com/news/anti-vax-movement-russian-trolls-fueled-anti-vaccination-debate-in-us-by-spreading-misinformation-twitter-study/</u>

Aug 2018

<u>https://www.usnews.com/news/healthiest-communities/articles/2018-08-23/russian-trolls-targeted-vaccine-debate-to-sow-division-researchers-say</u>

Follow guidance on crowds and travel. I feel airline travel is very problematic going through security.

May want to order groceries to pick up (Walmart, Kroger, Amazon). Work from home, teleconferencing.

No beards, cough in the inside or pit of your elbow (cubital fossa)

What can businesses do to prevent the spread of the virus?

- -- Hospitals
- -- Schools
- -- Grocery Stores
- -- Airports

Hospitals:

- -- Have enough PPE
- -- Enough neg flow rooms
- -- Waiting rooms and patient intake,
- -- Of Concern, Bacterial Coinfections.

BACTERIAL COINFECTIONS: In past flu pandemics, almost all cases died with a viral pneumonia, but in the majority of the pneumonias had a bacterial coinfection in the lungs.

In the 1918 Spanish flu epidemic, bacterial coinfections in fatal cases occurred in 95% of cases, there was even confusion regarding the causative agent, which gave rise to the bacterial name of *H. Influenza*. In the recent 2009 N1H1 Swine flu epidemic, between 29–55% of the viral pneumonia deaths had a bacterial coinfection. The main bacterial organisms associated with deaths from viral pneumonia are *H. Influenza*, *S. pneumonia* and *Staph aureus*.

Conclusion

BUT Even if the Epidemic fizzles out we still need to prepare and stay prepared because the next one will hit.

Our healthcare system is based upon efficiency and lack of redundancy; however, we need to have increased capability to meet these epidemics.

Need universal healthcare, how will we be able to control the epidemic if 10% of our population does not have access to healthcare?

Finally, we need better worker sick leave regulations. Workers should not be placed in the position of deciding between feeding their families or coming into work sick.

And if COVIR-19 becomes seasonal, society will be affected by both the flu and COVIR-19 at the same time.

We need to slow the epidemic to insure our healthcare system can handle the patients.

Myths

- 1. Hand Dryers do not kill the coronavirus
- 2. Saline rinses in nose do not help.
- 3. UV lamps do kill the coronavirus, but also can cause skin cancer. Do not use.
- 4. Spraying alcohol or chlorine on your body will not kill viruses inside of your body.

5. It is safe to receive packages ("we know coronaviruses do not survive long on objects, such as letters or packages.") --- THIS MAY CHANGE

- 6. No vaccine or antibiotic available. But may prevent bacteria co-infections.
- 7. No evidence Garlic (or Vit C) will help prevent COVIR-19
- 8. Sesame oil does not kill the virus.

CDC recommends the pneumonia vaccine PCV13 for all children younger than 2 years old and people 2 years or older with certain medical conditions. Adults 65 years or older also can discuss and decide, with their clinician, to get PCV13.

CDC recommends PPSV23 for all adults 65 years or older, people 2 through 64 years old with certain medical conditions, and adults 19 through 64 years old **who smoke cigarettes**.