

Alaska COVID-19

Dr. Anne Zink

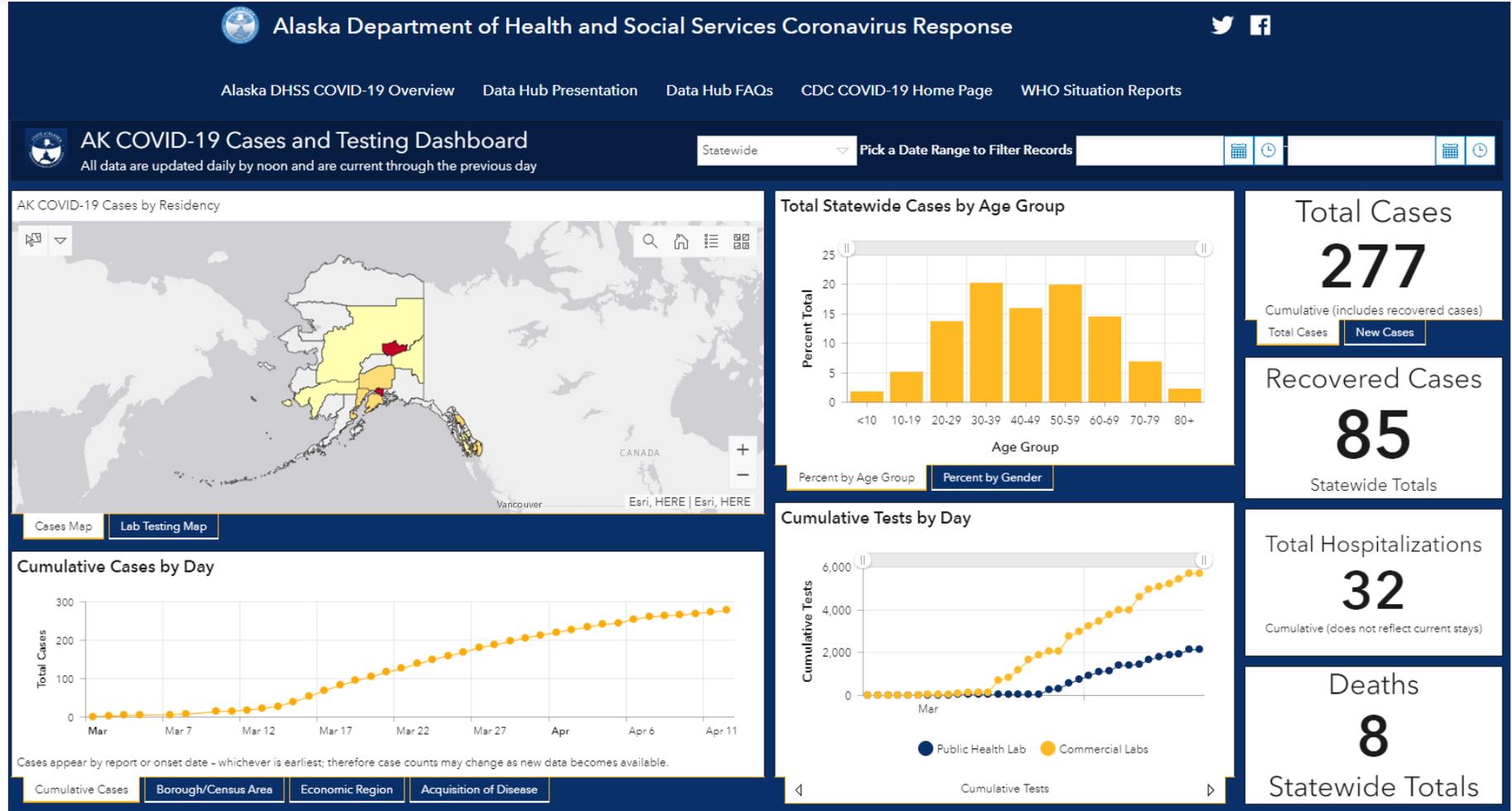
Alaska's Chief Medical Officer

April 13, 2020



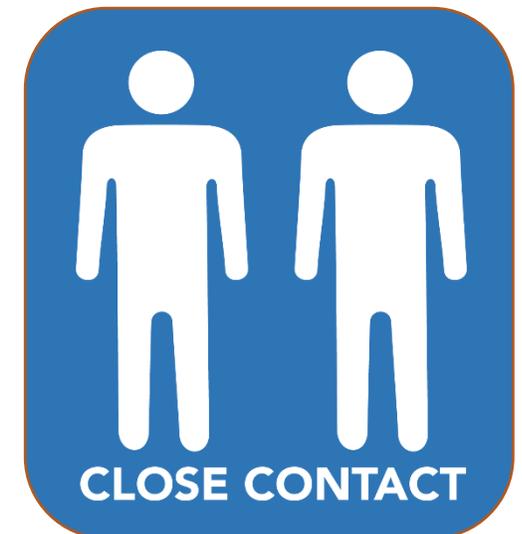
Case Counts

April 12, 2020



How is it spread?

- Cough, sneeze, surfaces, close contact.
- Maximum viral shedding early in the disease
- **Asymptomatic or mildly symptomatic people may be sharing the disease**
- A study of patients in China suggested that 12.6% of transmissions could have occurred before symptom onset in the source patient.
- Pediatric COVID-19 patients may not have a fever or cough. Patients with less serious illness and those without symptoms likely play an important role in disease transmission.



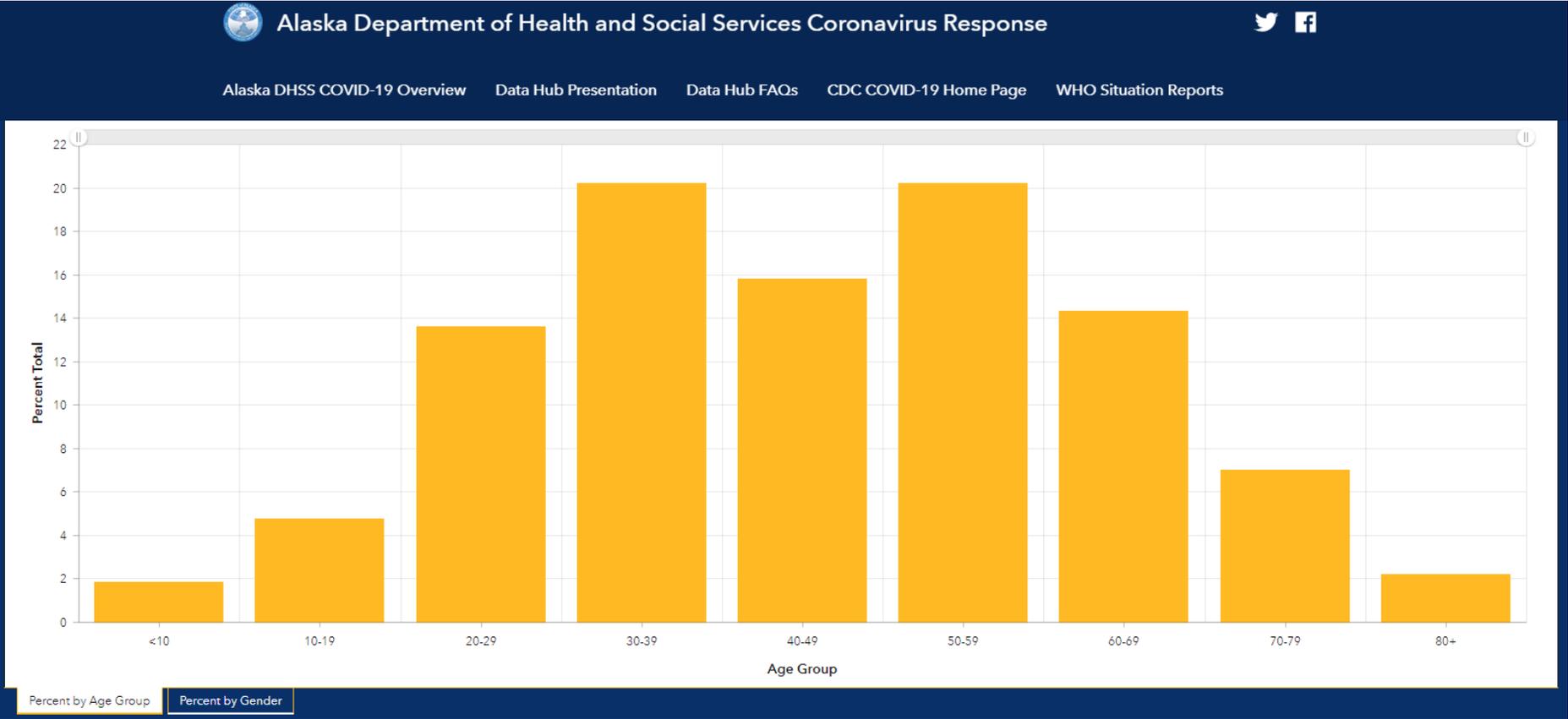
Coronavirus Disease 2019 in Children



- Data from China suggest that COVID-19 cases in children might be less severe than cases in adults and that children (persons aged <18 years) might experience different symptoms than adults.
- Examining U.S. COVID-19 cases, relatively few children with COVID-19 are hospitalized. Fewer children than adults experience fever, cough, or shortness of breath. Severe outcomes have been reported in children, including three deaths.
- Pediatric COVID-19 patients might not have fever or cough.
- **Social distancing and everyday preventive behaviors remain important for all age groups because patients with less serious illness and those without symptoms likely play an important role in disease transmission.**
- CDC posted this MMWR on April 6, 2020:
<https://www.cdc.gov/mmwr/volumes/69/wr/mm6914e4.htm>

Coronavirus Disease 2019 in Children - Alaska

As of April 2, 2020, data on 149,760 laboratory-confirmed U.S. COVID-19 cases were available for analysis. Among 149,082 (99.6%) cases for which patient age was known, 2,572 (1.7%) occurred in children aged <18 years and 146,510 (98%) in adults aged ≥18 years, including 113,985 (76%) aged 18–64 years.



Early detection/testing critical for vulnerable populations



- Following identification of a case of coronavirus disease 2019 (COVID-19) in a health care worker, 76 of 82 residents (95%) of a skilled nursing facility in King County, WA, were tested. Among those tested:
 - 30% had a positive test result. Of those positive results:
 - 43% had symptoms the day of testing.
 - **57% were asymptomatic**
- Seven days after testing, most of these previously asymptomatic residents had developed symptoms.
- Symptom screening alone could initially fail to identify infected people in an potential outbreak. Large quantities of viral RNA was detected through testing in asymptomatic, pre-symptomatic, and symptomatic residents, suggesting the potential for transmission regardless of symptoms.
- Testing of all residents once infection occurs can protect others. Residents should be placed on isolation precautions if possible, with special infection control considerations.
- CDC posted this MMWR March 27:
https://www.cdc.gov/mmwr/volumes/69/wr/mm6913e1.htm?s_cid=mm6913e1_w

Increasing testing capacity is key to easing restrictions

Testing Sites Locator ...locate testing sites in my community

Map does not represent all testing sites across Alaska.

Find address or place

Locate Testing Sites

Search for an address or locate on map

Point Hope Clinic

Show results within 5 Miles

0 15

Testing Sites

Point Hope Clinic

Please call the clinic for instructions and scheduling assistance before going in. A medical referral is required for sample collection at this location. For After hours emergencies you may contact the Emergency Department on-call at (907)442-7202

Cost:
Other

Billing and Third party payers available, no co-pay required

Town:

Address:

Esri, Garmin, FAO, NOAA, EPA, NRCAN, Parks Canada

Updated COVID-19 Testing Procedures

Alaska has liberal testing criteria compared to many states

Old criteria

Priority Level	Patient Criteria	Send Specimens to
High	<ul style="list-style-type: none"> Hospitalized 	ASPHL*
	<ul style="list-style-type: none"> Lives in a long-term care facility 	
	<ul style="list-style-type: none"> Health care worker or first responder (e.g., police, fire, paramedic) 	
	<ul style="list-style-type: none"> Known close contact to a confirmed case of COVID-19 in the past 14 days 	
	<ul style="list-style-type: none"> Travel in the past 14 days to a location where community transmission of COVID-19 is occurring[‡] 	
<i>Individuals not meeting any of the above criteria:</i>		
Medium [†]	<ul style="list-style-type: none"> An outpatient who is at increased risk for serious illness (i.e., age ≥60 years or has one or more select chronic medical conditions, such as heart disease, lung disease, diabetes, immunocompromised) 	Commercial laboratory
Low	<ul style="list-style-type: none"> Any other patient as determined by clinical discretion 	
DO NOT TEST	<ul style="list-style-type: none"> Asymptomatic persons 	DO NOT TEST

*ASPHL laboratory supplies are limited, so please follow the preferred laboratory guidance closely.

±This situation is rapidly changing, please refer to [CDC](#), [WHO](#), and other online resources to make this determination.

†Clinical discretion required.

New criteria

Patient Criteria	Send Specimens to
<ul style="list-style-type: none"> Hospitalized 	ASPHL*
<ul style="list-style-type: none"> Patients, residents, and staff in any setting where healthcare services are delivered (e.g., hospital, department of corrections, mental/behavioral health clinics, long-term care facilities, assisted living facilities) 	
<ul style="list-style-type: none"> Persons and staff in other institutional or congregate settings (e.g., corrections, juvenile detention centers, homeless shelters) 	
<ul style="list-style-type: none"> First responder (e.g., police, fire, paramedic) 	
<ul style="list-style-type: none"> Household member of a health care provider 	
<ul style="list-style-type: none"> Known close contact to a confirmed case of COVID-19 in the past 14 days 	
<ul style="list-style-type: none"> An outpatient who is at increased risk for serious illness (i.e., age ≥60 years or has one or more select chronic medical conditions, such as heart disease, lung disease, diabetes, or immunocompromised) 	Other Laboratory (e.g., Commercial)
<ul style="list-style-type: none"> Out-of-state travel in the past 14 days 	
<ul style="list-style-type: none"> Persons working in critical infrastructure occupations (e.g., grocery stores, pharmacies, restaurants, gas stations, public utilities, etc.) 	
<ul style="list-style-type: none"> Any other patient as determined by clinical discretion 	
<ul style="list-style-type: none"> Asymptomatic persons 	DO NOT TEST

*Alaska State Public Health Laboratory supplies are limited, so please follow the preferred laboratory guidance closely.

Who should be tested for COVID-19? Symptoms



- Many patients with COVID-19 present with very mild illness.
- Even though testing capacity is limited nationwide, Alaska has increased testing capacity and is now encouraging testing of individuals who have symptoms of the disease, with a referral from a health care provider.
- A person may be referred for COVID-19 testing if that person:
 - Has new symptoms of cough, shortness of breath, or difficulty breathing, OR
 - Has two or more of the following new symptoms: chills, diminished sense of taste or smell, diarrhea, fatigue, fever (measured or subjective), headache, muscle/joint aches, nausea, rigors, runny nose, sore throat, or sputum production.

Where are tests sent?

These kinds of cases are sent to Alaska State Public Health Laboratories (faster turnaround time and high degree of test accuracy)

- Hospitalized patients
- Patients, residents, and staff in any setting where healthcare services are delivered (e.g., hospital, department of corrections, mental/behavioral health clinics, long-term care facilities, assisted living facilities)
- Persons and staff in other institutional or congregate settings (e.g., corrections, juvenile detention centers, homeless shelters)
- First responder (e.g., police, fire, paramedic)
- Household member of a health care provider
- Known close contact to a confirmed case of COVID-19 in the past 14 days
- An outpatient who is at increased risk for serious illness (i.e., age ≥ 60 years or has one or more select chronic medical conditions, such as heart disease, lung disease, diabetes, or immunocompromised)

Sent to other laboratories (commercial):

- Out-of-state travel in the past 14 days Other Laboratory (e.g., Commercial)
- Persons working in critical infrastructure occupations (e.g., grocery stores, pharmacies, restaurants, gas stations, public utilities, etc)
- Any other patient as determined by clinical discretion

What testing tells us



Testing is important to identify who has COVID-19 which determines:

- Testing lets us locate chains of transmission and get them stopped.
- Get tested so that, collectively, we can protect your community and protect Alaska.
- Treatment options
- Mitigation measures such as the need for strong social distancing mandates
- Who has recovered

Sensitivity of a test indicates how many sick people are correctly identified as having the disease

Specificity of a test indicates how many healthy people are correctly identified as not have the disease

Both of these are important to accurately identify who does and does not have COVID-19.

PCR Testing



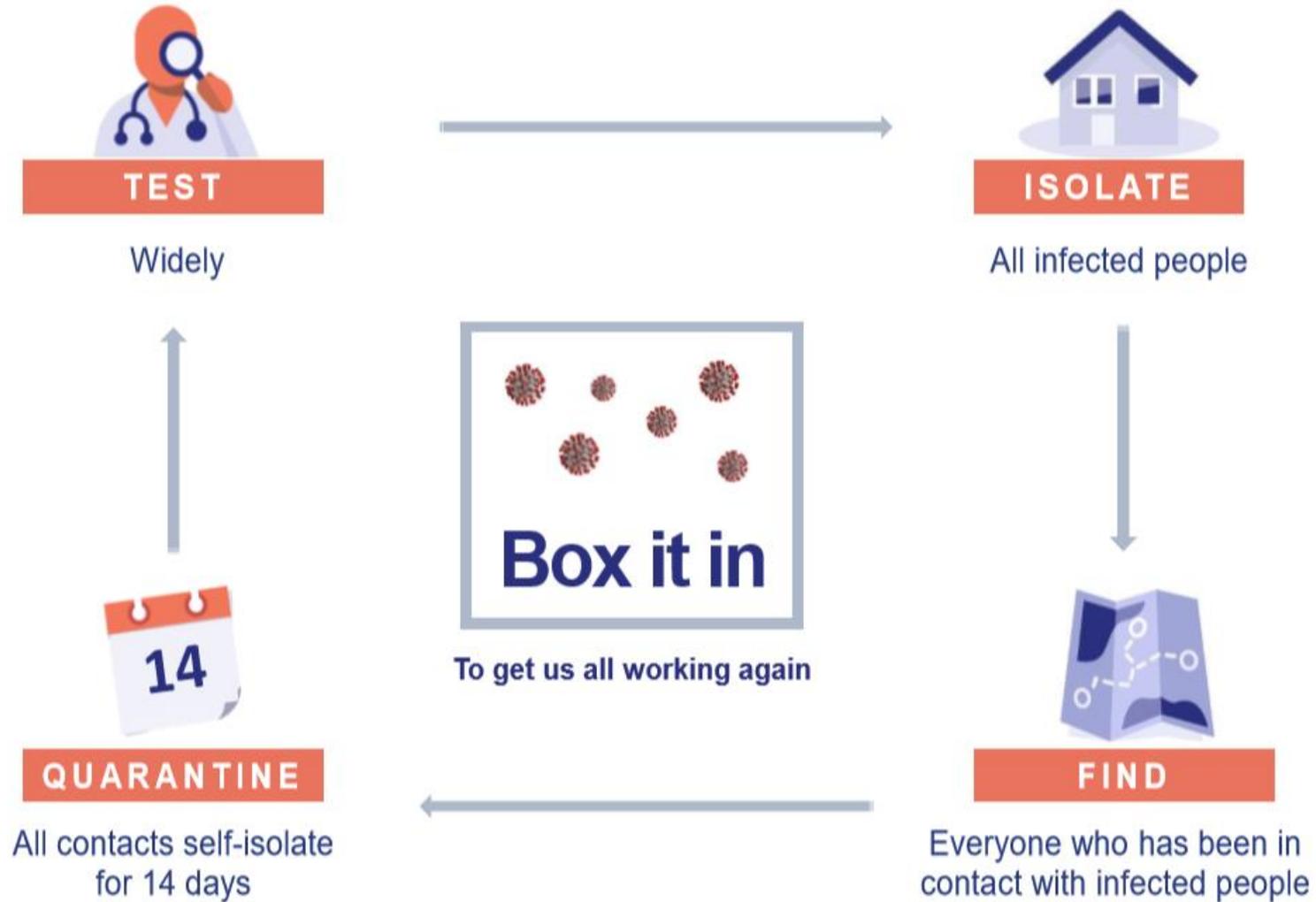
- Labs in Anchorage and Fairbanks lab. Coverage 7 days/week.
- APHL is 95% sensitive if specimens are collected and shipped appropriately/timely. It is 100% specific.
- Real-Time Reverse Transcriptase (RT-PCR)
 - Can take 4-6 hours to run test after sample is received at lab.
 - Limitations: samples must be sent to a lab where test is run, patient must have a high enough viral load otherwise will be negative, requires specialized machines in a lab environment.

Serology and Antibody Testing

Serology testing

- Looks for presence of antibodies which are made in response to infections
- Under development by CDC – but only for epidemiological and research purposes
- Indicator for how widespread COVID-19 is in a population
- Be aware of counterfeit COVID-19 tests that claim FDA approval. As of today, the FDA says they have not approved any serological COVID test for clinical diagnostic use.

Box in the Virus



Text AKFAMILY
to 907-269-0344

**to participate in a short survey
about the impact of COVID-19
on you and your family.**

Thank you!

Texting service a courtesy of 

