

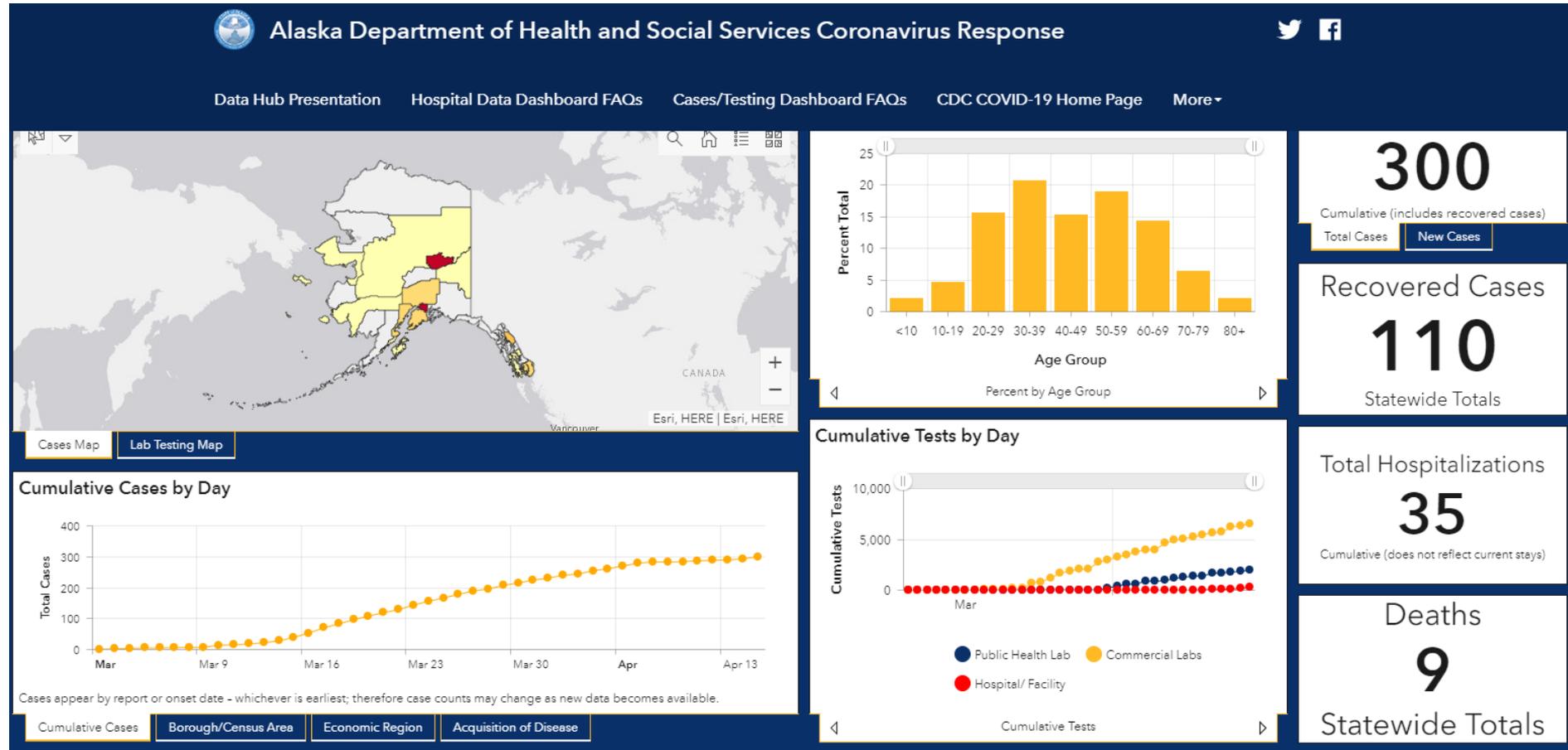
Alaska COVID-19

Dr. Anne Zink, Alaska's Chief Medical Officer
April 16, 2020



Updates on the COVID-19 Dashboard: 4/16

- 7 new cases reported 4/15/2020
- 4 additional recovered cases
- No additional deaths
- 1 new hospitalization
- 8,735 cumulative tests
- 3.4% of tests were positive



Mandate 15 – Services by Health Care Providers

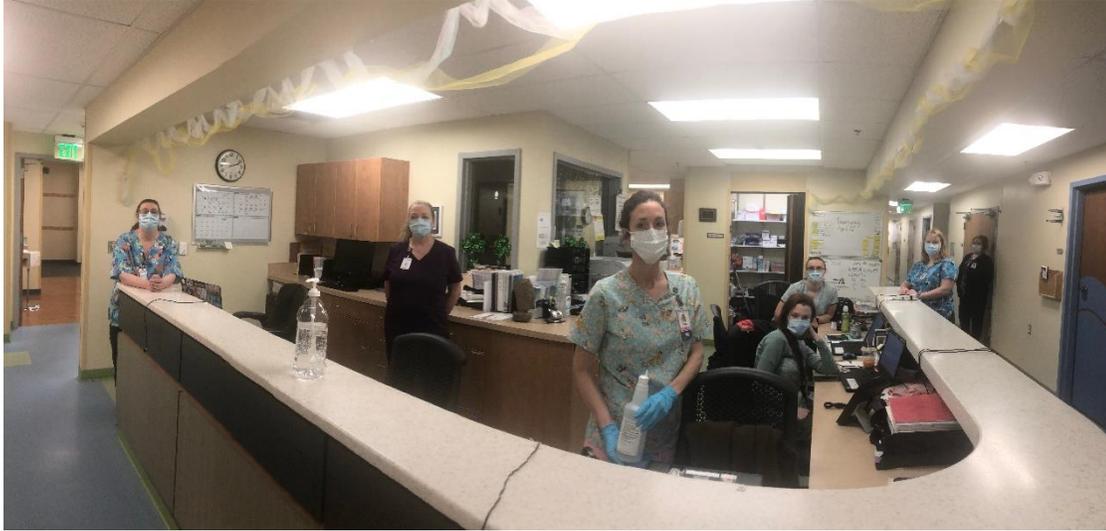


Photo courtesy of Foundation Health Partners, Tanana Valley Clinic Pediatrics

- Testing and PPE supplies are now at an increased capacity. However, health care facilities should continue to source PPE through vendors.
- By providing a framework for providers and patients to collaboratively prioritize health care needs, we can begin to open up services while protecting and promoting the health of all Alaskans.
- Providers are required to follow the language of the mandate to resume procedures while minimizing risks.
- We expect providers and patients will work collaboratively to phase in elective procedures according to the greatest need.
- This allows for routine visits that cannot be performed through Telehealth (i.e. vaccinations).
- An FAQ will be out Monday to help guide patients and providers as we move forward together.

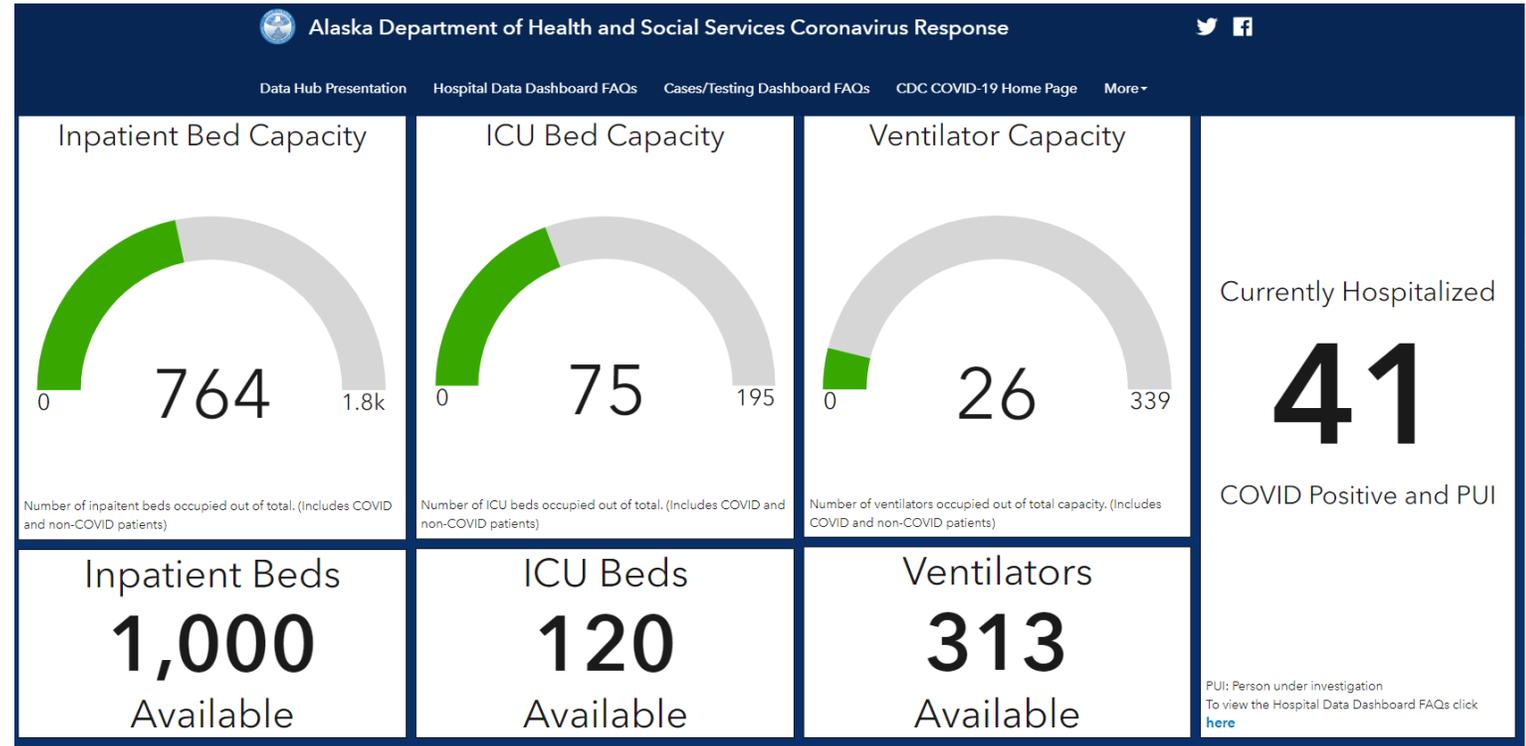
<https://gov.alaska.gov/newsroom/2020/04/15/governor-issues-covid-19-health-mandate-015/>
<https://gov.alaska.gov/wp-content/uploads/sites/2/04152020-COVID-19-Mandate-015.pdf>

Hospital Capacity

- Inpatient bed capacity
- ICU bed capacity
- Ventilator capacity



Photo courtesy of Providence Health & Services Alaska



Testing – Percent of the population tested

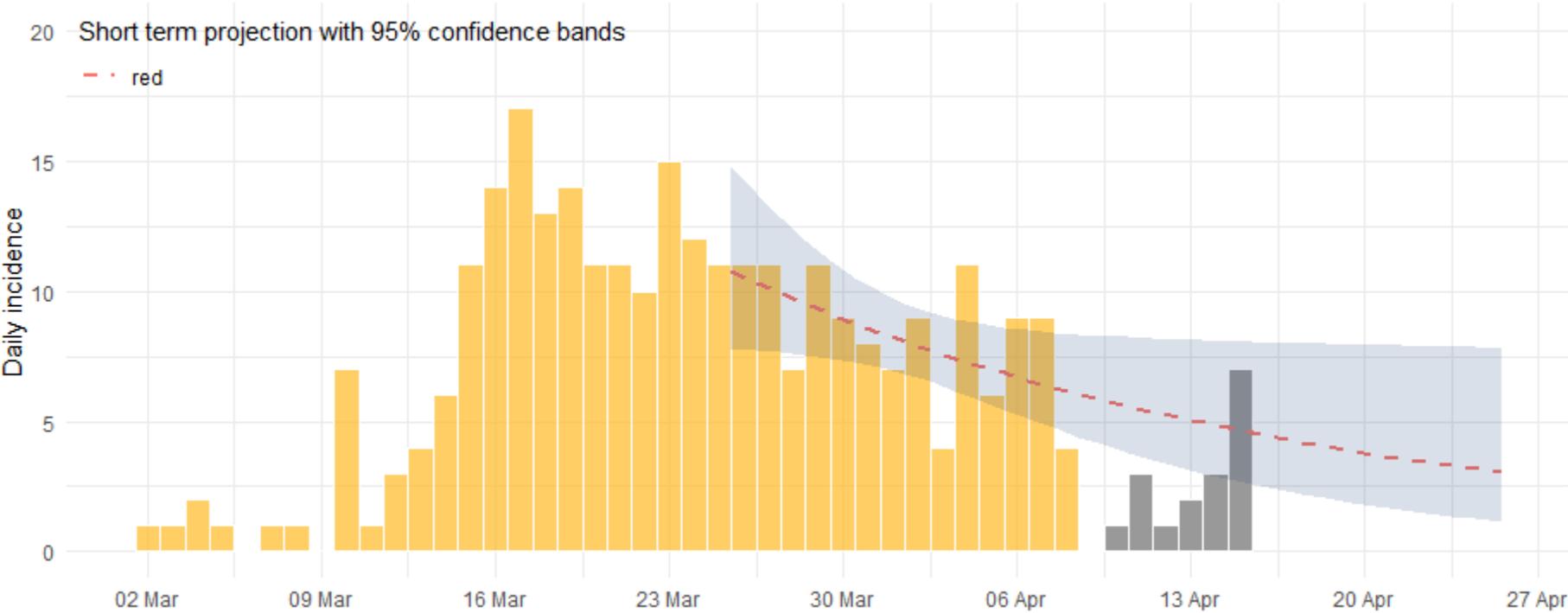


Photo courtesy of Providence Health & Services Alaska

Region	Borough/Census Area	Commercial Tests ¹	ASPHL Tests ²	Hospital/Facility Tests ¹	All Tests	Population	Population (Percent Tested)
Anchorage	Anchorage Municipality	3,449	596	16	4,061	291,845	1.39%
	Total	3,449	596	16	4,061	291,845	1.39%
Gulf Coast	Kenai Peninsula Borough	222	118	11	351	58,367	0.60%
	Valdez-Cordova Census Area	40	7	1	48	9,498	0.51%
	Total	262	125	12	399	67,865	0.59%
Interior	Denali Borough	4	0	0	4	1,860	0.22%
	Fairbanks North Star Borough	898	717	13	1,628	95,898	1.70%
	Southeast Fairbanks Census Area	30	21	0	51	6,891	0.74%
	Yukon-Koyukuk Census Area	56	6	0	62	5,198	1.19%
	Total	988	744	13	1,745	109,847	1.59%
Matanuska-Susitna	Matanuska-Susitna Borough	466	102	16	584	106,438	0.55%
	Total	466	102	16	584	106,438	0.55%
Northern	Nome Census Area	10	18	12	40	9,831	0.41%
	North Slope Borough	59	6	5	70	9,886	0.71%
	Northwest Arctic Borough	4	20	15	39	7,715	0.51%
	Total	73	44	32	149	27,432	0.54%
Southeast	Haines Borough	34	0	1	35	2,516	1.39%
	Juneau City and Borough	539	41	45	625	31,986	1.95%
	Ketchikan Gateway Borough	51	50	19	120	13,739	0.87%
	Petersburg Borough	21	25	3	49	3,226	1.52%
	Prince of Wales-Hyder Census Area	40	0	4	44	6,194	0.71%
	Sitka City and Borough	71	34	1	106	8,532	1.24%
	Skagway Municipality	6	1	0	7	1,095	0.64%
	Wrangell City and Borough	22	0	0	22	2,400	0.92%
	Yakutat plus Hoonah-Angoon	13	0	0	13	2,685	0.48%
	Total	797	151	73	1,021	72,373	1.41%
	Southwest	Aleutians East Borough	4	0	10	14	2,938
Aleutians West Census Area		12	4	0	16	5,579	0.29%
Bethel Census Area		88	27	39	154	18,131	0.85%
Bristol Bay plus Lake and Peninsula		7	1	0	8	2,491	0.32%
Dillingham Census Area		6	12	0	18	4,887	0.37%
Kodiak Island Borough		23	11	40	74	13,001	0.57%
Kusilvak Census Area		7	1	0	8	8,180	0.10%
Total		147	56	89	292	55,207	0.53%
Unknown	Unknown	332	141	11	484	-	-
	Total	332	141	11	484	-	-
	Grand Total	6,514	1,959	262	8,735	731,007	1.19%

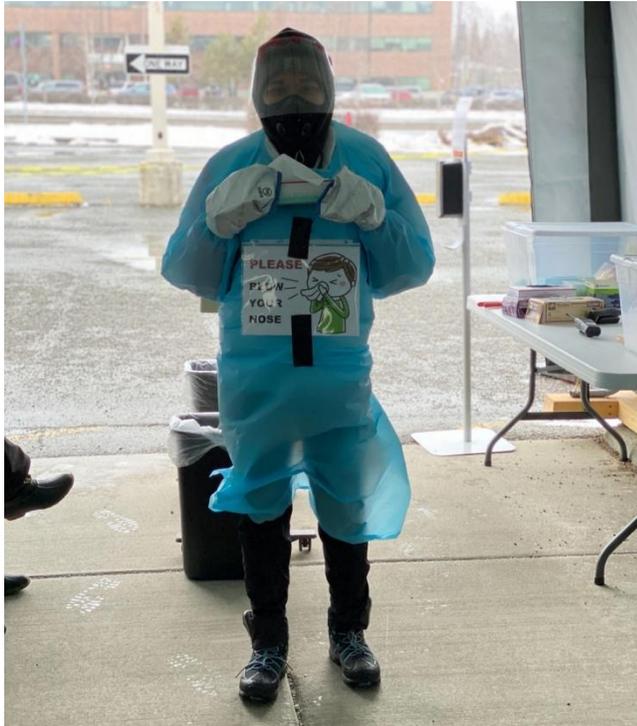
Alaska's EPI Curve

Epidemiology curve by onset date, Alaska
(log-linear model short term forecast)



*Indicated by gray bars: Illnesses that began during this period may not yet be reported and excluded from model fit.

Components needed to ease restrictions



CONDITIONS AND PRECAUTIONS

- Hospital capacity has not been exceeded.
- Robust testing for health care workers.
- Strong testing, surveillance and contact tracing.
- Sufficient personal protective equipment/medical equipment to handle surge; ability to surge ICU.
- Plans to protect the health and safety of workers in critical industries.

Photo courtesy of Alaska Native Tribal Health Consortium

Components needed to ease restrictions



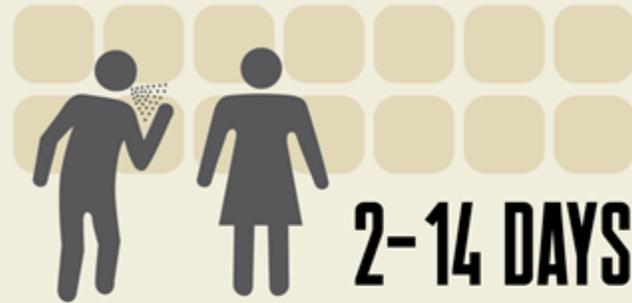
Photo courtesy of Alaska Native Tribal Health Consortium

WHAT YOU CAN CONTINUE TO DO TO HELP

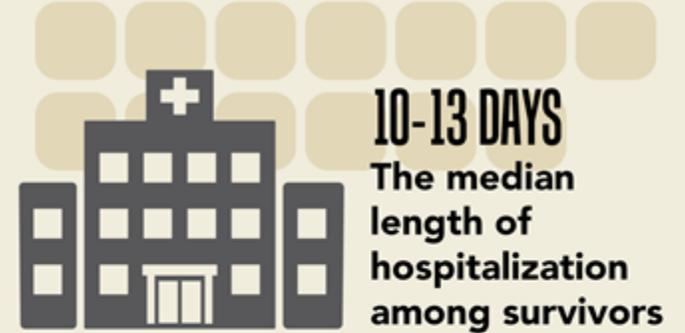
- Practice good hygiene; frequent handwashing, avoid touching your face, sneeze or cough into a tissue, or your elbow.
- Disinfect frequently used items and surfaces as much as possible.
- Continue with guidance on social distancing and face coverings.
- No large gatherings.
- Minimize non-essential travel.
- Continue to encourage telework when possible and feasible.
- Return to work in phases.
- Continue to protect vulnerable populations.
- Keep a log of your daily interactions and movements in case you get sick to track the disease and help protect others.
- People who feel sick should stay home – contact a medical provider.

COVID-19 Disease Progression

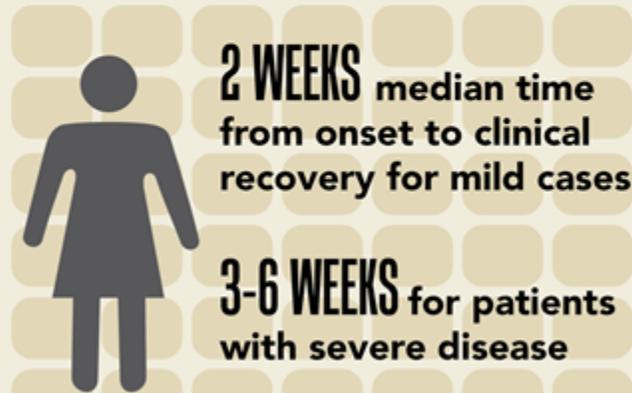
INCUBATION PERIOD From Infection to first symptoms



HOSPITALIZATION PERIOD



RECOVERY TIME



PERCENTAGE OF CASES REQUIRING ICU

8.1-18.8% of COVID-19 cases in the U.S. among those aged 65 to 74 years required admission to an intensive care unit.



COVID-19

Exposure and Symptoms



FEVER

(83–99%)



COUGH

(59–82%)



FATIGUE

(44–70%)



**LACK OR LOSS
OF APPETITE**

(40–84%)



**SHORTNESS
OF BREATH**

(31–40%)



**SPUTUM
PRODUCTION**

(28–33%)



MYALGIAS

(11–35%)

- The incubation period for COVID-19 is thought to extend to 14 days, with median time of 4-5 days from exposure to symptoms onset.
- The signs and symptoms of COVID-19 present at illness onset vary, but over the course of the disease, most persons with COVID-19 will experience the following:
 - Fever (83–99%)
 - Cough (59–82%)
 - Fatigue (44–70%)
 - Lack or loss of appetite (40–84%)
 - Shortness of breath (31–40%)
 - Sputum production (28–33%)
 - Myalgias (11–35%)
- Symptoms can be hard to characterize. Some patients show a delayed presentation of fever and respiratory symptoms.
- Some asymptomatic or pre-symptomatic infection is occurring; further research will help clarify the significance compared to symptomatic transmission.

COVID-19

How severe is the illness?



A study of case records of China (among more than 44,000 confirmed cases of COVID-19) showed that illness can range from mild to critical.

- Mild to moderate (mild symptoms up to mild pneumonia): 81%
 - Severe (dyspnea, hypoxia, or >50% lung involvement on imaging): 14%
 - Critical (respiratory failure, shock, or multiorgan system dysfunction): 5%
- All deaths occurred among patients with critical illness.
 - The case fatality rate among patients with critical disease was 49%.
 - Among U.S. COVID-19 cases with known outcomes, the proportion of persons who were hospitalized was 19%. The proportion of persons with COVID-19 admitted to the intensive care unit (ICU) was 6%.

<https://jamanetwork.com/journals/jama/fullarticle/2762130>
<https://www.cdc.gov/mmwr/volumes/69/wr/mm6912e2.htm>

COVID-19

Caring for patients at home



- **Stay home.** Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas. People should adhere to home isolation until the risk of secondary transmission is thought to be low.
- **Take care of yourself.** Get rest and stay hydrated.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other [emergency warning signs](#), or if you think it is an [emergency](#).
- **Avoid public transportation, ride-sharing, or taxis.**
- **As much as possible, stay in a specific room** and away from other people and pets in your home. Also, you should use a separate bathroom, if available. If you need to be around other people or animals in or outside of the home, wear a cloth face covering.
- **Quarantine** is recommended for other members of the same household. If a member of your household is an essential worker and must work outside the home, isolation for both the patient and household members is critical.

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-home-care.html>

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/>

COVID-19

Progression of the disease



Among patients who developed severe disease:

- Time to dyspnea (difficulty or labored breathing) ranged from 5 to 8 days.
- Median time to acute respiratory distress syndrome (ARDS) ranged from 8 to 12 days, and the median time to ICU admission ranged from 10 to 12 days.
- Some patients rapidly deteriorate one week after illness onset.
- Among all patients, a range of 3% to 17% developed respiratory distress syndrome compared to a range of 20% to 42% for hospitalized patients and 67% to 85% for patients admitted to the ICU.
- Mortality among patients admitted to the ICU ranges from 39% to 72% depending on the study.

COVID-19

Hospitalization information



- Among all hospitalized patients, a range of 26% to 32% of patients were admitted to the ICU.
- The median length of hospitalization among survivors was 10 to 13 days.

COVID-19

Risk Factors for Severe Illness

AGE



- Age is a strong risk factor for severe illness, complications, and death. Among more than 44,000 confirmed cases of COVID-19 in China, the case fatality rate was highest among older persons:
 - ≥80 years: 14.8%,
 - 70–79 years: 8.0%,
 - 60–69 years: 3.6%,
 - 50–59 years: 1.3%,
 - 40–49 years: 0.4%,
 - <40 years: 0.2%.^{38,42}
- Early U.S. epidemiologic data suggests that the case fatality was highest in persons aged ≥85 years (range 10%–27%), followed by 3%–11% for ages 65–84 years, 1%–3% for ages 55–64 years, and <1% for ages 0–54 years.³⁹

COVID-19 Risk Factors for Severe Illness

UNDERLYING HEALTH CONDITIONS

What You Can do if You are at Higher Risk of Severe Illness from COVID-19

Are You at Higher Risk for Severe Illness?

Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- People aged 65 years and older
- People who live in a nursing home or long-term care facility

People of all ages with underlying medical conditions, particularly if not well controlled, including:

- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised
 - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune-suppressing medications.
- People with severe obesity (body mass index (BMI) of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

Here's What You Can do to Help Protect Yourself

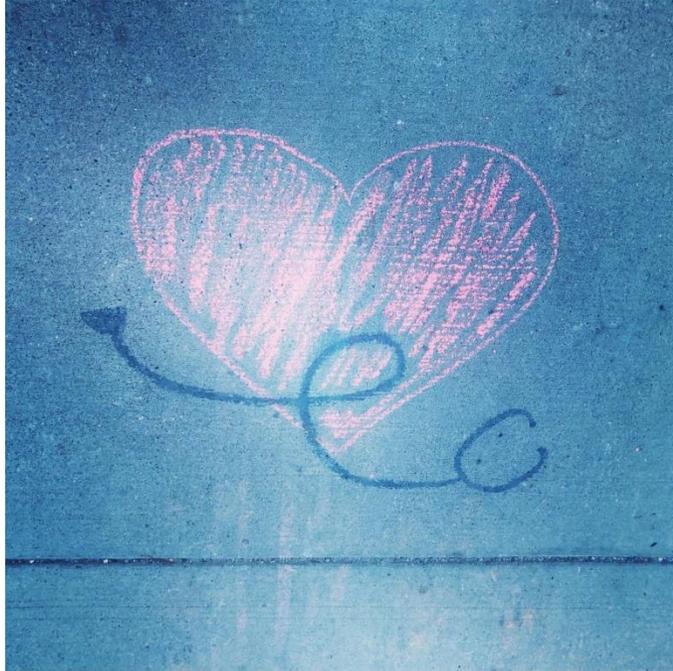
- Stay home** if possible.
- Wash your hands** often.
- Avoid close contact** (6 feet, which is about two arm lengths) with people who are sick.
- Clean and disinfect** frequently touched surfaces.
- Avoid all cruise travel and non-essential air travel.**

Call your healthcare professional if you are sick.
For more information on steps you can take to protect yourself, see CDC's [How to Protect Yourself](#).

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

- Patients in China with no reported underlying medical conditions had an overall case fatality of 0.9%, but case fatality was higher for patients with comorbidities:
 - 10.5% for those with cardiovascular disease,
 - 7.3% for diabetes
 - approximately 6% each for chronic respiratory disease, hypertension, and cancer.
- Heart disease, hypertension, prior stroke, diabetes, chronic lung disease, and chronic kidney disease have all been associated with increased illness severity and adverse outcomes.
- Accounting for differences in age and prevalence of underlying condition, mortality associated with COVID-19 in the United States was similar to China.

Thank you to our health care workers!



Photos courtesy of the Alaska Native Tribal Health Consortium and Providence Health & Services Alaska

