

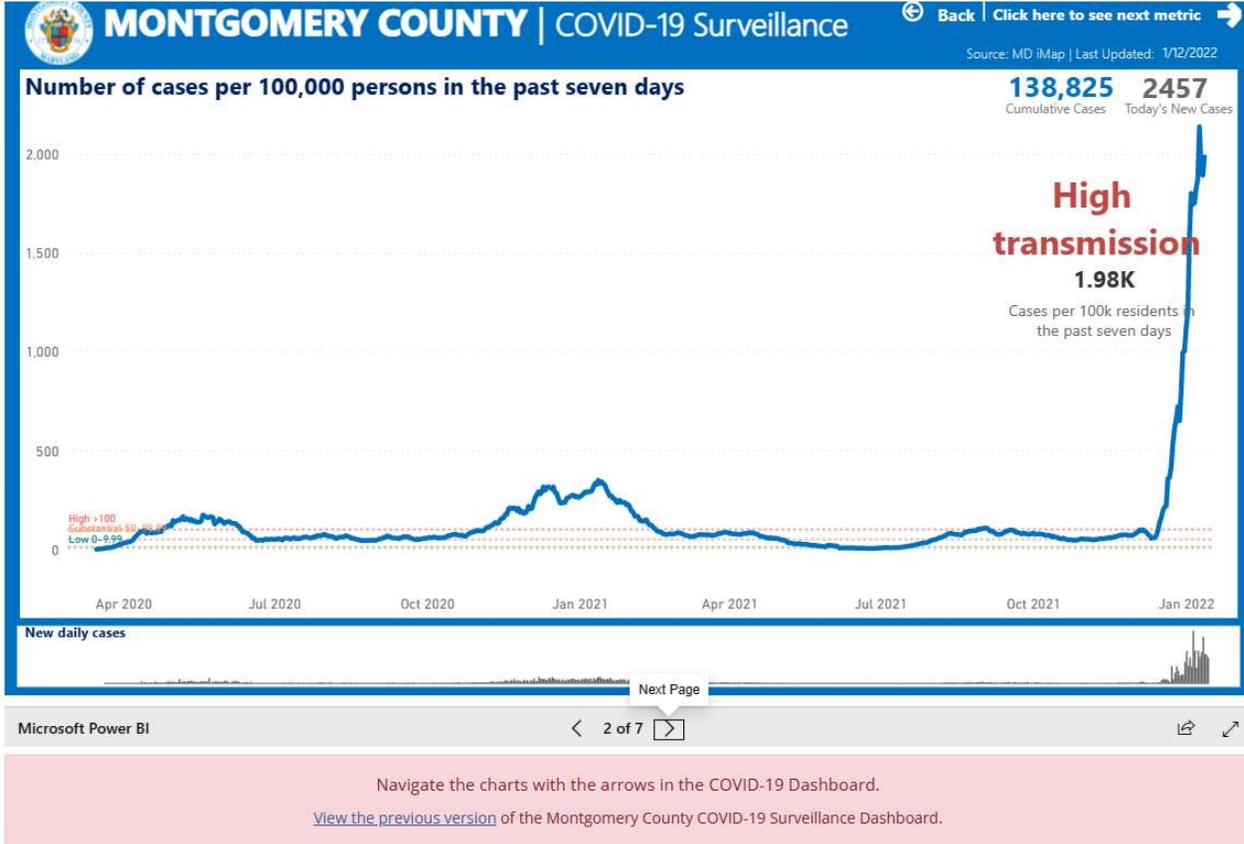
Covid-19 Update

January 2022

The Omicron Variant and Current Recommendations
Wednesdays @7 12 January 2022



Current status: Covid Cases per 100,000 population in Montgomery County





OMICRON Variant

- ▶ **MUCH** more contagious
- ▶ More breakthrough infections in vaccinated people
- ▶ Milder symptoms (generally) and especially if fully vaccinated with booster
- ▶ Vaccinated people can carry virus without symptoms, so are contagious but don't know it
- ▶ Still dangerous for unvaccinated individuals, or immune compromised individuals



Layers of protection

- Vaccinations
- Masks
- Distancing
- Ventilation

Vaccinations

Johnson & Johnson, Moderna, Pfizer

- Vaccinations (available for 5 year old and older)
 - Reduce possibility of getting infected
 - Decrease the severity of disease if we have a breakthrough infection
 - Significantly reduce risk of being in an ICU or on a ventilator
 - 5-12 year olds get 3 doses as primary series
- Booster doses (CDC recommends Moderna or Pfizer)
 - Available for 12 year old and older
 - J&J: 2 months after initial shot
 - Moderna and Pfizer 5 months after initial
 - Necessary to reduce risks from Omicron





% Vaccinated Montgomery County 1/11/2022

- ▶ 1 dose 95%
- ▶ 2 doses mRNA vaccine or 1 dose J&J 84.1%
- ▶ Booster (mRNA dose 3 or J&J dose 2) 43.8%

Best Masks/Masking

- ▶ Double masking
 - ▶ Surgical Mask underneath
 - ▶ 2-3 ply cloth mask
 - ▶ Fits tightly on face
 - ▶ Covers nose and mouth well
- ▶ N95 mask
 - ▶ Fits well, no gaps
 - ▶ Has a head strap
- ▶ KN95
 - ▶ Fits well, no gaps



N95 Mask Beware of fakes

- ▶ An authentic N95 respirator is marked with the text "NIOSH" or the NIOSH logo, the filter class, a "TC" approval number of the form XXX-XXXX and a lot number
- ▶ Example of a mask that meets requirements. Not an endorsement of a particular brand.
- ▶ Masks do have an expiration date



National Institute for
Occupational Safety and Health
NIOSH

3M

KN95 Mask

Beware of Fakes

- ▶ KN95s provide a similar level of protection for the general public
- ▶ KN 95s filter out at least 95% of airborne particles (like N95)
- ▶ KN95 and N95 masks fit more snugly on your face than cloth or surgical masks
- ▶ REAL KN95 Masks all have code:
 - ▶ GB-2626-2019 printed on mask
- ▶ Masks do have an expiration date.



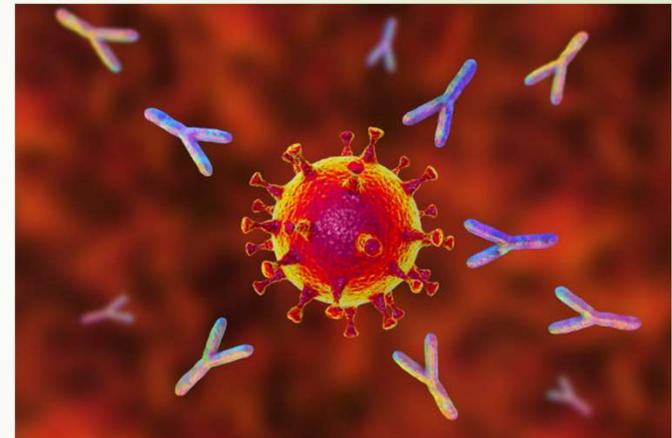


Testing for Covid

- ▶ At Home Test (Antigen test)
 - ▶ Self-tests are rapid tests that can be taken at home or anywhere, are easy to use, and produce rapid results (15 minutes).
 - ▶ Tell you if you are contagious today
- ▶ Antigen testing (PCR)
 - ▶ Confirms current or recent infection with Covid
 - ▶ Detects smaller amounts of virus
 - ▶ Done at your primary care provider office or testing site
 - ▶ Some PCR tests do not identify Omicron.
- ▶ Check all boxes for expiration date, often with the bar code
- ▶ Omicron Variant Testing
 - ▶ Current home testing (Antigen) can provide a positive or negative Covid
 - ▶ Not as sensitive as Antibody
 - ▶ Occasional false negative
 - ▶ Current test positive = contagious
 - ▶ Quarantine at least 5 days
 - ▶ Adequately mask if contacting other people, even without symptoms for at least 5 days
 - ▶ Notify provider to see if you are eligible for anti Covid medications

Testing--Antibody

- ▶ Testing to see a body's reaction to either having the disease or having the vaccination
- ▶ Antibodies are infection fighting molecules in the blood and in other tissues like the nose
- ▶ Vaccine boosters increase antibodies
- ▶ Vaccines help expand protection even if one has the disease
- ▶ Vaccine antibodies help fight the infection and make symptoms milder with break through infections because The body already has some protection



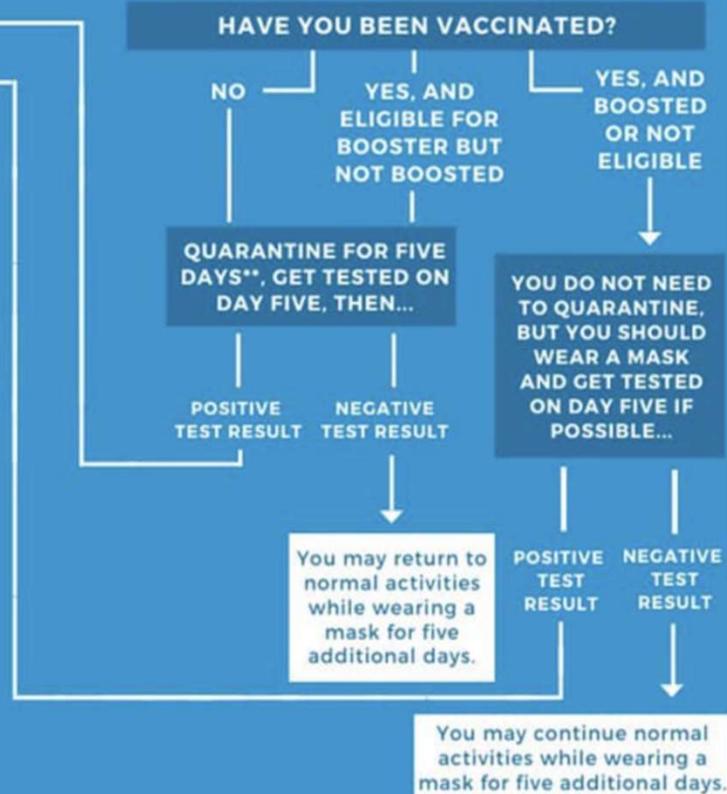
CDC UPDATED ISOLATION & QUARANTINE GUIDANCE

IF YOU TESTED POSITIVE FOR COVID-19



*If you have symptoms, day 0 is the first day you began having symptoms. If you do not have symptoms at all, day 0 is the day you tested positive. If you develop symptoms after testing positive, your new day 0 is the day you began feeling symptoms.

IF YOU WERE EXPOSED TO SOMEONE WITH COVID-19



**Day 0 is the day you were exposed to COVID-19.

Ratings of Ease of Use of the Home Tests

To gauge usability, ECRI used the "industry-standard" system usability scale (SUS), which rates products on a scale of 0 to 100 with 100 being the easiest to use.

More than 30 points separated the top and bottom tests analyzed. The top performer was On/Go, followed by CareStart and Flowflex.

Test	Rating	Score (0 to 100)
On/Go (Intrivo)	Very Good	82.9
CareStart (Access Bio)	Very Good	80.8
Flowflex (ACON Labs)	Very Good	79.5
QuickVue (Quidel)	Good	75.6
BinaxNOW (Abbott)	Good	73.3
InteliSwab (OraSure)	Good	73.3
BD Veritor (Becton Dickinson)	Okay (marginally acceptable)	51.8

Medications to treat SARS-CoV-2

- ▶ Intravenous: Remdesivir
 - ▶ Antiviral first used to treat Ebola
 - ▶ Intravenous so need an infusion center
- ▶ Oral Antivirals—Must be started within 5 days of onset of symptoms
 - ▶ In short supply only available for very high risk people
 - ▶ Paxlovid
 - ▶ More effective against risk of hospitalization
 - ▶ Need to start early
 - ▶ Twice a day, 5 days
 - ▶ In short supply
 - ▶ Molnupiravir

