



August 05th, 2022

***New Information From Your CPMG Medical Directors...
... always interesting to us – hopefully useful to you!***

From: Morris, Kenneth MD <kmorris@rchsd.org>

Sent: Friday, August 05, 2022 2:49 PM

Subject: CPCMG/RCPMS COVID CHRONICLES 8/5/2022 (edition #218)

These are every other week updates for all CPCMG and RCPMS staff. Other valued community members which include all CPMG affiliates and Rady's Executives, as asked, have been included for the sake of collaboration. Please note that the information included herein is geared towards CPCMG & RCPMS staff and while generally useful to the broad community, all aspects may not always be applicable to your respective organizations.

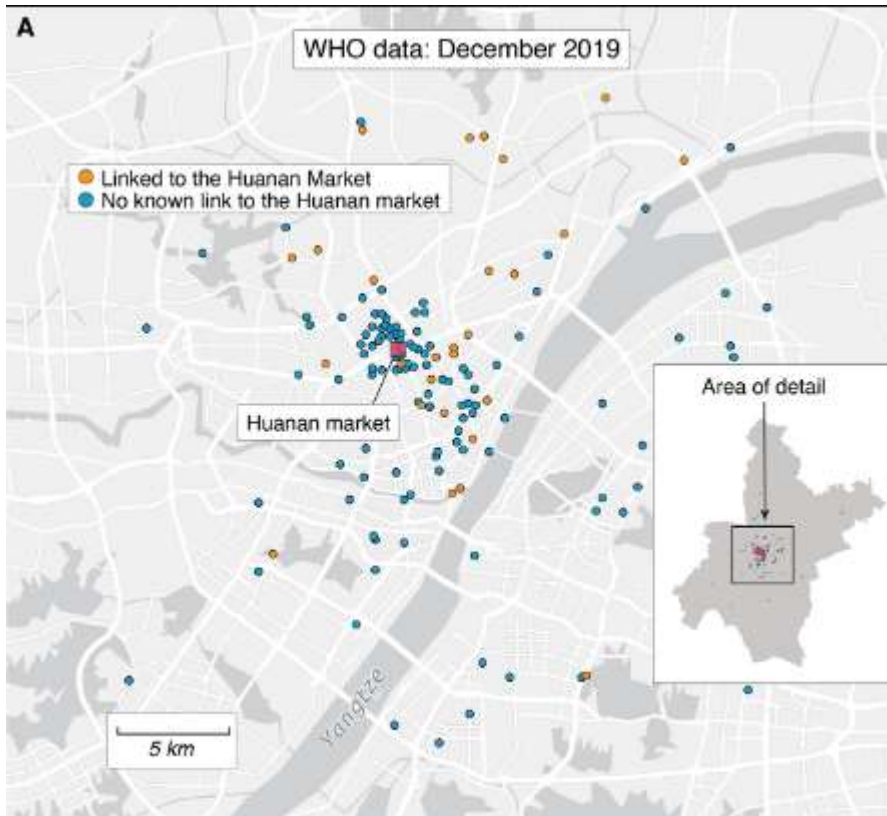
Narrative

Where did Covid come from? There have been all kinds of theories, some more plausible than others with Covid virus origins being linked to the Wuhan animal market to an accidental lab release to the US Government intentionally planting the virus in China. This past June, the WHO recommended that scientists look again and two recently published studies taking different approaches reached the same conclusion that the Huanan Seafood Market in Wuhan was the likely ground zero of the pandemic. The following two studies were preprinted in February and have since been peer reviewed.

<https://www.science.org/doi/10.1126/science.abp8715>

<https://zenodo.org/record/6291628#.YuG57bfMKUI>

One study used spatial and environmental analysis with the suggestion being made that the virus came from live animals in late 2019. "The clustering has been said to be very, very specific" by a Scripps Research professor. It appears that the first cases from vendors came from west side of the market where mammals were sold from stalls close to one another. For early cases of Covid from those that had no connection to the market, these people lived or worked in close proximity to the market.



The other study took a molecular approach with scientists suggesting that the earliest versions (A & B) of the SARS-CoV-2 virus coming in two different lineages. The first B version transmission is traced back to around November 18, 2019 and was only found in people with a direct connection to the Huanan market. Version A was felt to have been introduced within weeks or even days that version B was introduced (also in humans who lived or stayed close to the market). *“These findings indicate that it is unlikely that SARS-CoV-2 circulated widely in humans prior to November 2019 and define the narrow window between when SARS-CoV-2 first jumped into humans and when the first cases of COVID-19 were reported,”* the study said. *“As with other coronaviruses, SARS-CoV-2 emergence likely resulted from multiple zoonotic events.”*

The conclusion: while a lab leak has not definitely been ruled out, the data points squarely in the direction of the market as the source.

Omicron

- **BA.2.75:** as of last weekend, there have been more than 35 cases identified in the States with about half of the cases centered in CA and Washington. *“While it's still unclear whether BA.2.75 will compete against BA.5 or cause more severe illness, some experts contend the subvariant is not the next big one to fret over.”*

The Quest for Immunity

- **Novavax**
 - Novavax is expected to be available in San Diego County in the immediate near future. We will likely have access to a few doses for

staff/clinicians through our friends at Rady. Please let our Occ Health team know if you need to be vaccinated/boosted with Novavax.

- High efficacy against the Alpha variant (consistent with other Covid vaccines at the time, but unknown efficacy against more recent SARS-CoV-2 variants)
- Reports of myocarditis after vaccine administration, but cannot directly compare either efficacy or myocarditis rates against mRNA vaccines
- **Moderna/Pfizer**
 - In case you missed it, Cominarty (Pfizer) was fully authorized by the FDA down to 12 y/o (previously only fully authorized down to 16 y/o) on July 8th.
- **Current COVID-19 Vaccine Timing by Age (Routine & Immunocompromised Schedules)**

<https://www.cdc.gov/vaccines/covid-19/downloads/COVID-19-vacc-schedule-at-a-glance-508.pdf>

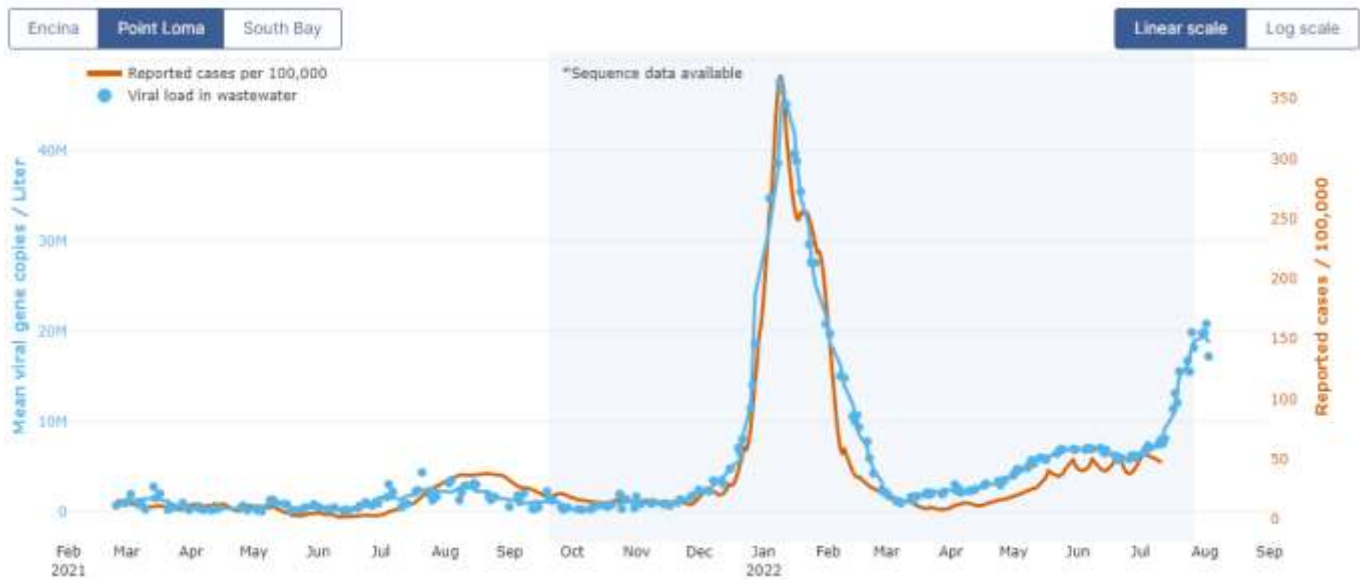
- **Mandates (no changes)**
 - All HCW's are required to have their booster unless they have a medical or religious exemption (which can be extended in some cases when appropriate). Those with an exemption in place continue to be required to participate in 1-2 times per week surveillance testing.

Cases & Numbers (as of 7/22/2022)

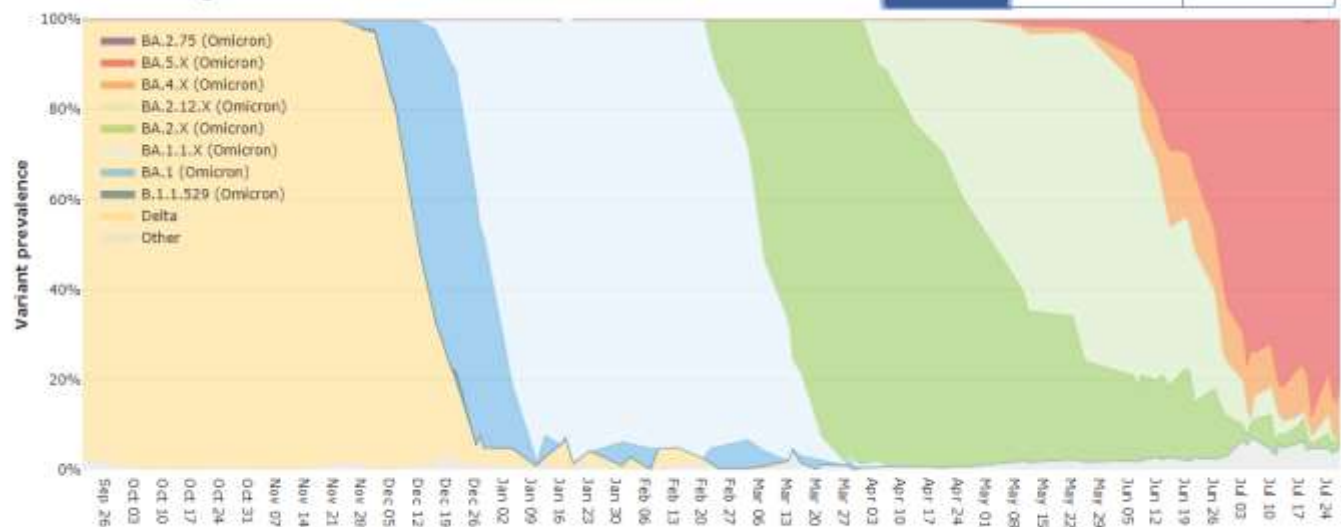
- National
 - As of August 3rd, there have been more than 91.6 million Covid cases reported to the US.
 - CDC 7-Day Trends in US COVID-19 Cases: <https://www.cdc.gov/coronavirus/2019-ncov/covid-data/covidview/index.html>
 - As of July 27th, the nation's 7-day Covid case average was 126,537 (a slight decrease from the previous week's average).
 - As of August 3rd, the nation's 7-day Covid case average (117,351) fell about 7% compared to the previous week.
 - As of July 30th, CDC projected estimates for new cases (>97% in the US for the so called sister variants and descendants): <https://covid.cdc.gov/covid-data-tracker/#variant-proportions>

• BA.5:	77.9%-->81.9%-->85.5%
• BA.4:	12.8%-->12.9%-->7.7%
• BA.4.6:	4.1%
• BA.2.12.1:	8.6%-->5.0%-->2.6%
• B.2:	0.6%-->0.3%-->0.1%
- State
 - Today, CA reported hitting the 10 million mark in confirmed Covid cases since the pandemic began. Given the access to rapid antigen testing and just plain denial by others, this number is likely quite a bit higher.

- In addition to the 10 million cases, CA has also seen >93,000 Californians die due to this dreadful virus.
- **Overall, it seems that over the past week, counties across CA are beginning to see a bit of a downward trend in cases and positivity rates. Let's keep our fingers cross on this one!**
- At the state level, average daily case rates decreased over the past 14 days (15,680 vs 17,785) compared to the previous reporting period.
- Local
 - In San Diego, average daily case rates decreased over the past 14 days (1,522 vs 1,715) compared to the previous reporting period
 - COVID-19 Weekly
Update: https://www.sandiegocounty.gov/content/dam/sdc/hhsa/pr ograms/phs/Epidemiology/COVID-19_Daily_Status_Update.pdf
 - [San Diego Wastewater Surveillance - SEARCH](#) (searchcovid.info) levels were 15.5 million virus/liter on 7/20/22 and have trended upward to 18.1 million viruses/liter on 7/27/22, peaked at 20.8 million virus/liter on 8/2/22 and were at 17.1 million viruses/liter on 8/3/22 at the Pt. Loma treatment facility. See maps of both the viral loads over time and the wastewater lineages over time below:



Wastewater lineages



- In Riverside, average daily case rates slightly decreased over the past 14 days (1003 vs 1056) compared to the previous reporting period.

Dr. Morris, CDC & Public Health Words of Wisdom:

- **Don't Wait—It's not too late—Please Vaccinate-And Get Your Booster Too!**
- **Avoid Crowds, wear masks if crowds cannot be avoided**
- **Do NOT come to work with any symptoms**
 - **You are not a pest, if in doubt, please test!**
 - **If you have symptoms and your test is negative, this is not a license to come to work!**
- **If unvaccinated, don't travel**
 - **If you do travel, test upon return**

(from the Infection Control Training)

Administrative Controls: Stay Home When Sick

Please do not come to work:

- If you had or have a recent fever >100°F
- Unable to control your secretions (runny nose)
- Unable to control cough
- General sick feeling



In today's edition, we have some updates on new and existing topics for the following:

- Vaccimeter
- Covid Cases (13 **NEW** Staff & 5 **NEW** Clinician Cases over the past 2 weeks)
- School Decision & Childcare Decision Trees
- Most Common Symptoms Of 6 Coronavirus Variants
- Rady Town Hall News (8/4/2022)
 - Safety Monitoring after Second Booster
 - Post COVID-19 Symptoms in Hospitalized Children
 - Extension on COVID-19 Antigen Test Expiration Dates
- Covid Testing Options
- SARS Co-V-2 Strain Mutations (updated)
- The Quest for Immunity-Vaccination Information (repeated)

RISK LEVEL-INCIDENT COMMAND

- CPCMG/RCPMS Risk Level: 4
- Healthcare Strategy: Contingency
- Updates:
 1. Indoor Masking: mandatory regardless of vaccination status.
 2. High Volume Scheduling: currently effective
- CDC Covid Community Level: (for determining community guidelines)
 - San Diego: High (Red)
 - Riverside: Medium (Yellow)

COVID-19 Community Levels – Use the Highest Level that Applies to Your Community				
New COVID-19 Cases Per 100,000 people in the past 7 days	Indicators	Low	Medium	High
Fewer than 200	New COVID-19 admissions per 100,000 population (7-day total)	<10.0	10.0-19.9	≥20.0
	Percent of staffed inpatient beds occupied by COVID-19 patients (7-day average)	<10.0%	10.0-14.9%	≥15.0%
200 or more	New COVID-19 admissions per 100,000 population (7-day total)	NA	<10.0	≥10.0
	Percent of staffed inpatient beds occupied by COVID-19 patients (7-day average)	NA	<10.0%	≥10.0%

- [CDC Covid Transmission](#): (healthcare guidelines are based on transmission)
 - San Diego: High (**Red**)
 - Riverside: High (**Red**)

Determining Transmission Risk

If the two indicators suggest different transmission levels, the higher level is selected

	Low	Moderate	Substantial	High
New cases per 100,000 persons in the past 7 days*	<10	10-49.99	50-99.99	≥100
Percentage of positive NAATs tests during the past 7 days**	<5%	5-7.99%	8-9.99%	≥10.0%

VACCIMETER (as of 8/5/2022)

	% of Pop 1 or More Doses	% of Pop Fully Vaccinated	Booster Dose Received (≥ 5 y/o)	2 nd Booster Dose Received (≥ 50 y/o)	Comments

National CDC Vaccine Tracker	78.8%	67.2%	48.3%	30.9%	
California CA Vaccine Tracker	79.5%~	71.7%	58.3%	-----	~this number is no longer being updated
San Diego SD Vaccine Rate	89.9%*	79.3%*	58.3%	-----	*6 m/o and above
Riverside RS Vaccine Rate	65.8%	59.5%	29.6%	-----	

- **Covid vaccines:** As of 8/4/22, CPCMG offices have administered more than 23,400 Covid vaccine doses (mostly in the 5-11 y/o age group and now adding the 6 m/o-4 y/o age group).

COVID CASES (as of 8/5/22)

- **CPCMG (Clinician) COVID Positive cases (confirmed): 94~99** (since the last Chronicles)
- **RCPMS (Staff) COVID Positive Cases (confirmed): 394~407** (since the last Chronicles)
 - 5 NEW Clinician 13 NEW Staff Cases:
 - Known External Source: 44.4%
 - Suspected External Source: 38.9%
 - Suspected Internal Source: 0%
 - Unknown Source: 16.7%
 - We are up to (5) staff who have had Covid three or more times with one of the five reportedly having had Covid four separate times.
- 11 of 500+ positive cases that are possibly work-related exposure (worker to worker). 8 cases in question had identified breaks in PPE or social distancing protocols and the others had suspected brief breaks in PPE protocols.
- **CPCMG Patient COVID Positives & Interesting Cases**
 - As of 8/2/2022: >13,554 (↑134 two weeks ago and ↑117 in the past week). This number does not include patients testing positive at County sites or hospital labs outside of the Rady, Quest or Lab Corp network. It also does not include home antigen testing of course.

Riverside County Weekly Update Total Covid Cases: 673,413 (as of 8/4/22)

Riverside County Total Pediatric (0-17 y/o) Cases: 115,762 (17.2% of cases)

average # of new daily cases with the previous report	1,056
average # of new daily cases over the past 14 days	1,003↓

7 Day Test Positivity Rate: data unavailable

San Diego County Total Covid Cases: 891,394 (as of 8/4/22)

San Diego County Total Pediatric (0-19 y/o) Cases: 188,239 (21.1% of cases)

average # of new daily cases with the previous report	1,715
average # of new daily cases over the past 14 days	1,522↓

7 Day Test Positivity Rate: 16.3% (↓from 18.6% 2 weeks ago)

Statewide Total Covid Cases: 10,024,326 (as of 8/5/22)

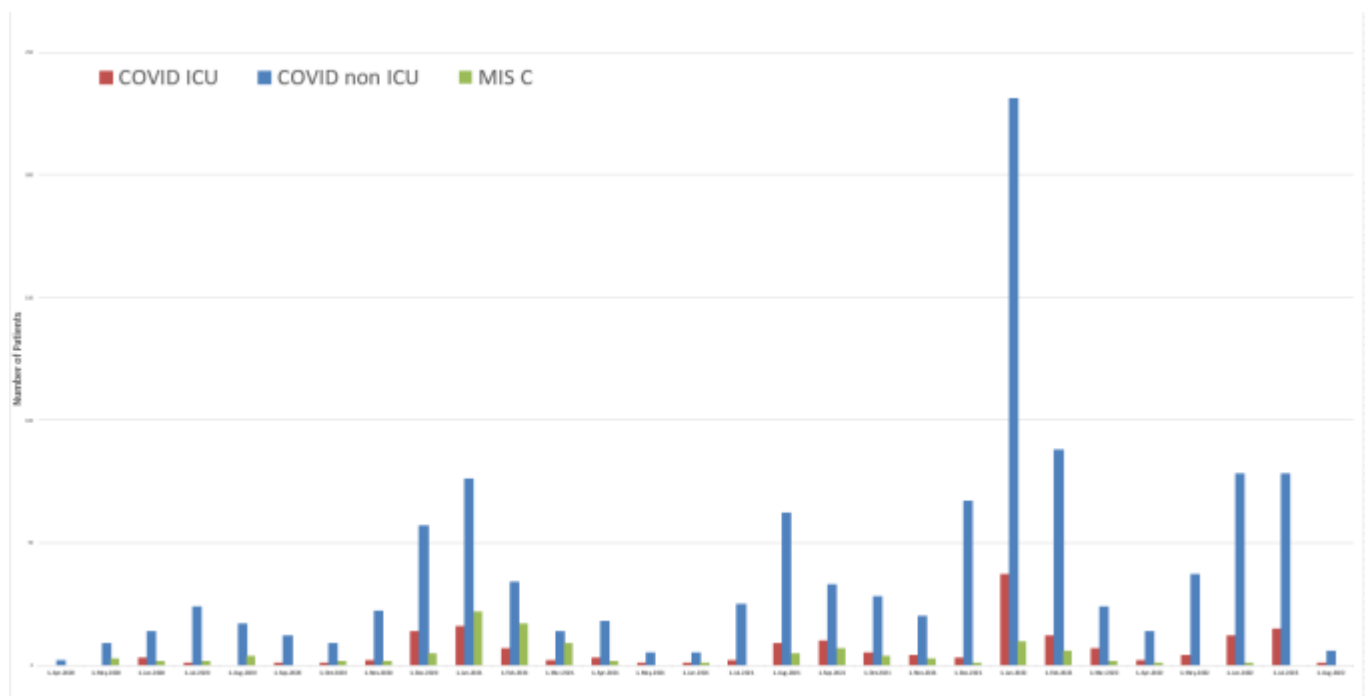
Statewide Total Pediatric (0-17 y/o) Cases: 1,825,314 (18.2% of cases)

average # of new daily cases with the previous report	17,785
average # of new daily cases over the past 14 days	15,680↓

7 Day Test Positivity Rate: 14.4% (↓from 16.4% 2 weeks ago)

MIS-C: 1,010 (↑3) total cases as of 8/2/2022 (over the past 2 weeks)

Total Pediatric Deaths in CA: 25 (↑0 for < 5 y/o) and 48 (↑0 for 5-17 y/o) as of 8/4/22



Hospitalizations at Rady's as of 8/3/22.

SCHOOL DECISION & CHILDCARE DECISION TREES

The school decision tree is linked as follows: See [COVID-19 > Health Practices > Guidelines for Schools \(sdcoe.net\)](#). It has been last updated June 28th.

- SDCOE e-decision tree (updated 6/28/2022): <https://limesurvey.sdsc.edu/limesurvey/index.php/255916?newtest=Y&lang=en>
- For the [Childcare COVID Decision Tree](#) click the hyperlink for the most up to date decision tree updated last on May 23rd.

MOST COMMON SYMPTOMS OF 6 CORONAVIRUS VARIANTS

This list comes courtesy of Becker's for (6) variants and subvariants and it is noted that the lists are not exhaustive. I have collated the lists into a table format with numerical rankings of the symptoms by variant.

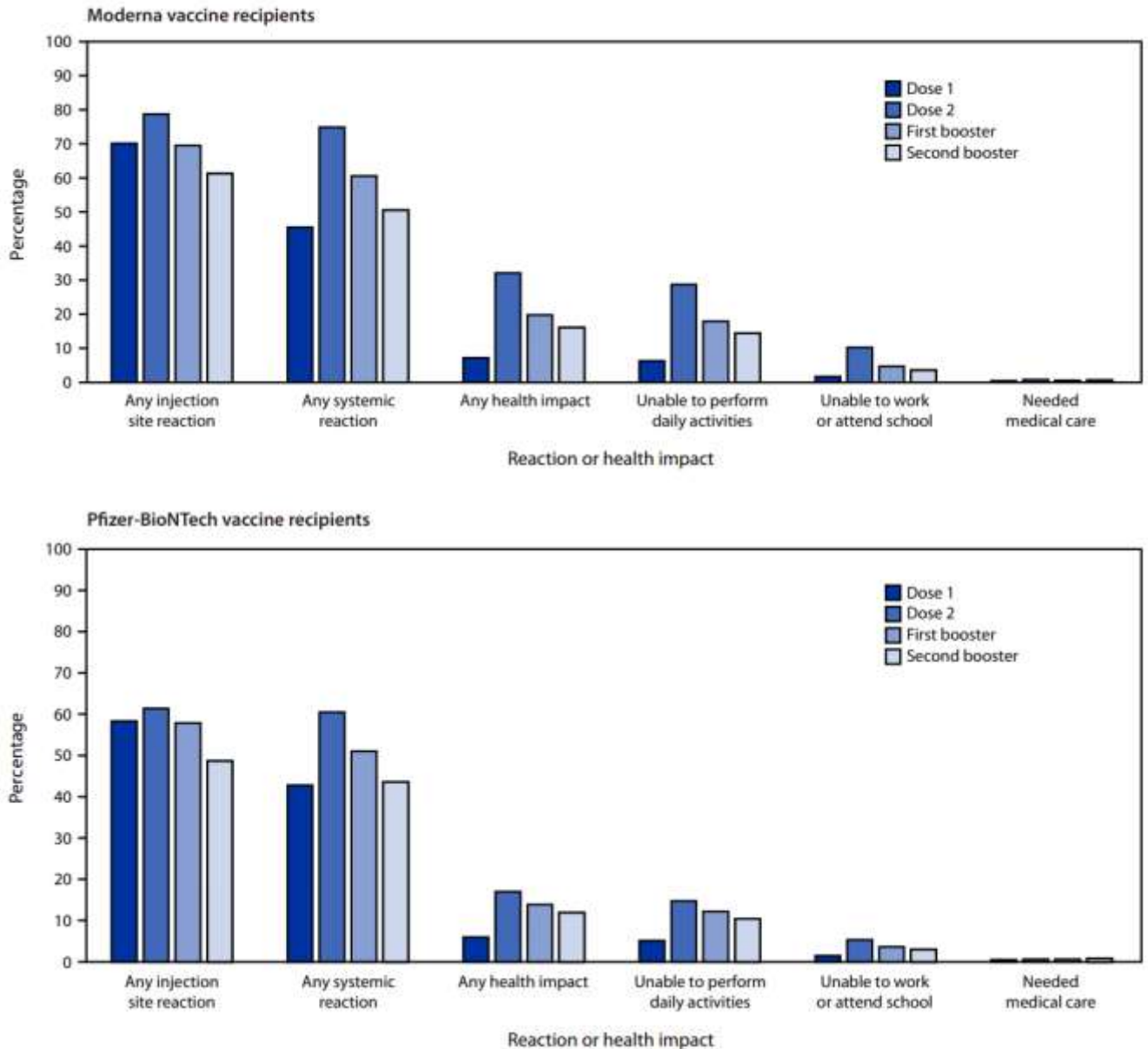
Symptom	BA.5 (Omicron)	BA.4 (Omicron)	BA.1 (Omicron)	B.1.617.2 (Delta)	B.1.1.7 (Alpha)	Wuhan (Original)
Cough	1	1	4		3	2
Runny nose or congestion	2	2	3	3	9	9
Sore throat	3	3	1	1	8	8
Fatigue	4	4	6		5	4
Headache	5	5	2	2	7	6
Muscle pains/aches	6	6			6	5
Lower back pain			5			
Fever or chills				4	2	1
Diarrhea/GI problems				5	11	10
Nausea or vomiting					10	11
New loss of taste or smell					1	7
SOB or difficulty breathing					4	3

RADYS TOWN HALL NEWS (courtesy of Dr. Bradley/Dr. Pong/Chris Abe)

-Town Hall held August 4th

Safety Monitoring after Second Booster

FIGURE. Adverse reactions and health impacts* reported by adults aged ≥50 years who received COVID-19 vaccine booster,[†] by dose — v-safe data, United States, March 29–July 10, 2022[§]



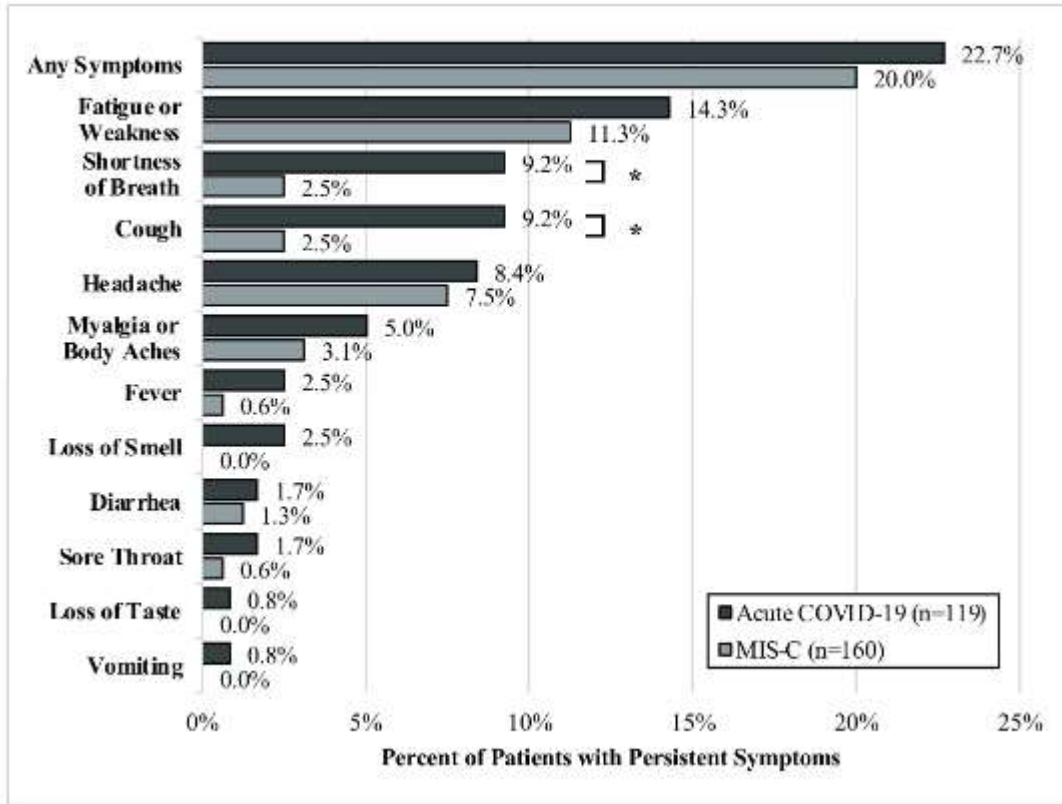
- Fewer adverse reactions after the second booster compared to 2nd and 3rd doses
Hause AM et al, Safety Monitoring of COVID-19 mRNA Vaccine Second Booster Doses Among Adults Aged ≥50 Years — United States, March 29, 2022–July 10, 2022, MMWR 2022

Post COVID-19 Symptoms in Hospitalized Children

- 25 pediatric hospitals from May 2020-May 2021
 - 119 Acute COVID-19 patients
 - 160 MIS-C patients
 - Evaluated symptoms 2-4 months post hospitalization
- Persistent Symptoms
 - Acute COVID-19: 22%

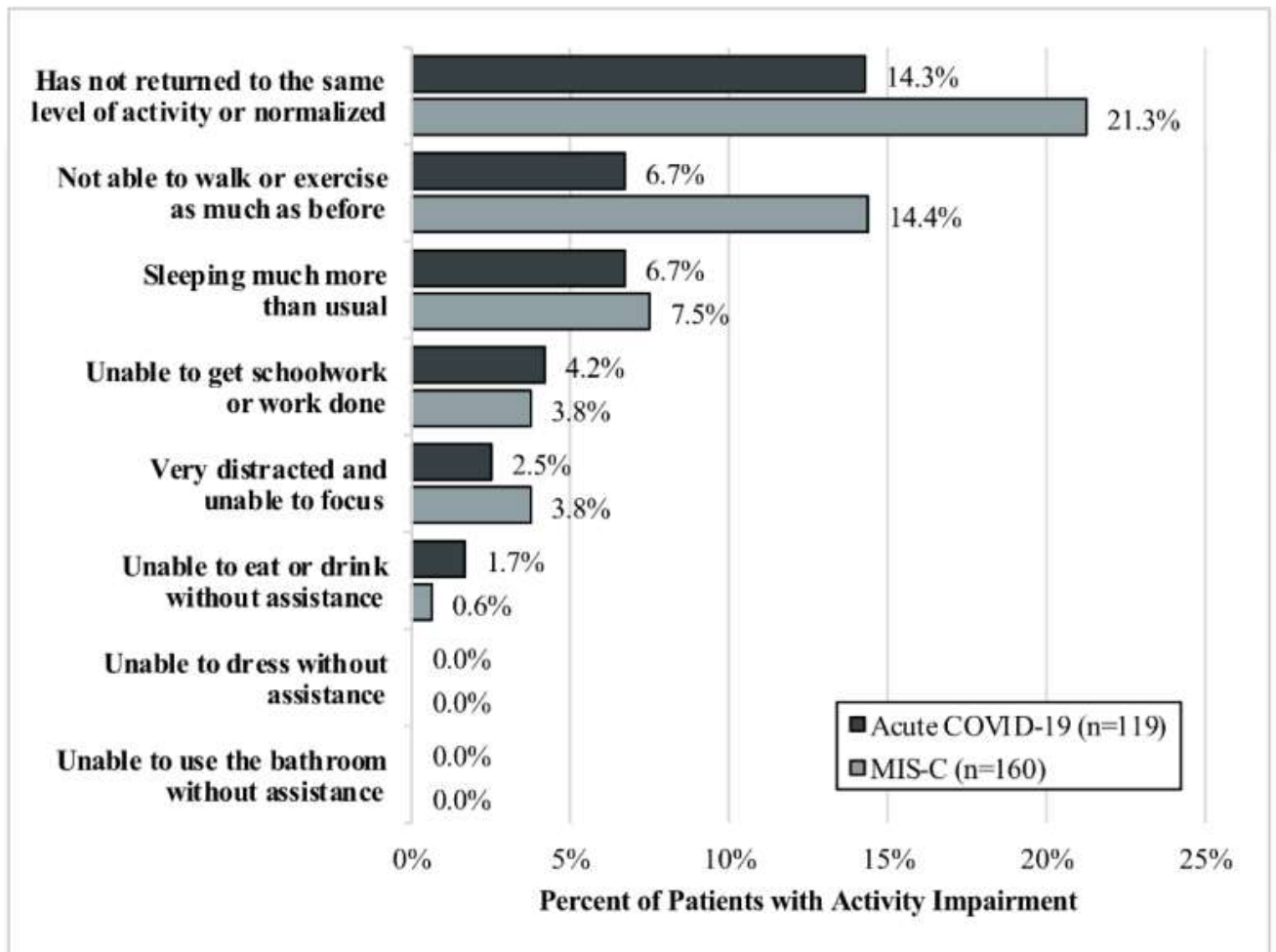
- MIS-C: 20%

A



- Activity Impairment
 - Acute COVID-19: 14.3%
 - MIS-C: 21.3%

B



- Other Observations
 - # of organ systems involved impacts persistent symptoms and impaired activity
 - Pre-existing respiratory condition is associated with persistent symptoms
 - Obesity is associated with impaired activity

Maddux AB et al, Health Impairments in Children and Adolescents After Hospitalization for Acute COVID-19 or MIS-C, Pediatrics 2022

Extension on COVID-19 Antigen Test Expiration Dates

Once test manufacturers have more stability testing results, they are able to contact the FDA to request a longer shelf-life. By clicking on the following link, you can check and see if the home antigen tests in your possession have had their expiration dates extended (as granted by the FDA).

<https://www.fda.gov/medical-devices/coronavirus-covid-19-and-medical-devices/home-otc-covid-19-diagnostic-tests#list>



Rady's Vaccine Clinic

- Hours: Tuesday – Saturday 7am-5pm
 - <https://scheduling.rchsd.org/rchsd-family> (password: cares2021) or by
 - Epic MyChart or by
 - <https://myturn.ca.gov/>

SARS CO-V-2 STRAIN MUTATIONS (updated)

There is now a new variant classification from the CDC:

- Variant of Concern (VOC): characterized by being more contagious, likely to cause more severe symptoms, resistant to treatment and more resistant to vaccines.
 - Omicron variant (B.1.1.529, BA.1, BA.1.1, BA.2, BA.3, BA.4 and BA.5 lineages)
- Variants Being Monitored (VBM): potential or known effect on treatment, more severe symptoms, increased transmission

Origin/Lineage Name: Variants Being Monitored (VBM)	Name
British-B.1.1.7 & Q lineages	Alpha
South Africa-B.1.351 & descendent lineages	Beta
Brazil-P.1 and descendent lineages	Gamma
B.1.617.2 and AY lineages	Delta
CA-B.1.427/B.1.429	Epsilon
Brazil-P.2	Zeta
Multiple-B.1.525	Eta
NY-B.1.526	Iota
India-B.1617.1	Kappa
Colombia-B.1.621, B.1.621.1	Mu

CA Variant [Tracker](#) & [Outbreak.info](#) & [CDC CA Breakdown](#)

CA Variants as of 8/4/22	BA.4.1 (O)	BA.4 (O)	BA.5 (O)	BA.2.12.1 (O)	BA.5.2.1 (O)	BA.5.5 (O)	BA.5.6 (O)	BA.5.1 (O)	BA.5.2 (O)	Other
Lineage % (over 30 days)	6%	4%	4%	14%	24%	9%	7%	8%	6%	18%

COVID TESTING OPTIONS

[State of CA COVID-19 Testing Sites](#)

[San Diego County Testing Website-Self Scheduling Options](#)

[San Diego County Testing Sites](#)

[Riverside County Public Health Testing Sites](#)

[County of Riverside Funded Testing Locations](#)

[Test to Treat Locator Map](#)

Rady Children's:

- **COVID Drive Through Testing (as of 8/6/2022)**
 - 8001 Frost Street (parking lot near the vaccine clinic)
 - Hours are 7 a.m. to 3 p.m. M-F & 7 a.m.-11 a.m. Saturday and Sunday
 - Complete an order for your patients in Epic OR have your patient self-order: <https://redcap.rchsd.org/surveys/?s=XXPXJTT9MD>
 - Call 858-966-8399 Monday-Friday 8:30am-5pm for a drive through appointment
- **Walk in Testing at the MOB**
 - 3030 Children's Way; San Diego, CA 92126
 - Hours are 7:30-5:00 M-F, 9-1 on Saturday
 - Wait times have been as long as 2-3 hours
- Fill out the testing request form first then call 858-966-8399 Monday-Friday 8:30am-5pm
- Patient filled out request: <https://redcap.rchsd.org/surveys/?s=XXPXJTT9MD>

THE QUEST FOR IMMUNITY-VACCINATION INFORMATION

San Diego County COVID-19 Vaccine Web Page: [San Diego County Public Health COVID-19 Vaccines](#)

CA COVID-19 Vaccine Web Page: <https://covid19.ca.gov/vaccines/>

CDC COVID-19 Vaccine Web Page: <https://www.cdc.gov/vaccines/covid-19/index.html>

CDC V-Safe Registration: <https://vsafe.cdc.gov/>

CDC COVID-19 Vaccine Special Considerations: [CDC Interim Clinical Considerations](#)

CA My Turn: <https://myturn.ca.gov/> (use google)

CA Digital COVID-19 Vaccine Record: <https://myvaccinerecord.cdph.ca.gov/>

CDC COVID-19 Vaccine Errors/Deviations: [CDC Covid Vaccine Errors/Deviations](#)

CDC COVID-19 Vaccine Info for Parents of Children &

Teens: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/adolescents.html>

AAP COVID-19 Vaccine FAQ's: [AAP About the COVID-19 Vaccine: FAQ's](#)

CDC Pediatric Professional COVID-19 Vaccine Tool

Kit: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/toolkits/pediatrician.html>

Regional Covid Clinic Clinical

Direction: <https://cpcmg.knowledgeowl.com/help/covid-vaccine-administration-guidelines>

COVID Anti-Viral Med Locator: <https://covid-19-therapeutics-locator-dhhs.hub.arcgis.com/>

THE FOLLOWING TOPICS HAVE REPEATED GUIDANCE FROM PREVIOUS COVID CHRONICLES EDITIONS (thanks to Dr. Jacobson, they are now hyperlinked)

- [TESTING-FALSE POSITIVE EVALUATION \(last 12/11/2020\)](#)
- [NEWBORNS & COVID-19 POSITIVE MOTHERS \(last 7/31/2020\)](#)
- [IN CLINIC ALBUTEROL & NEBULIZER GUIDANCE \(last 9/4/2000\)](#)
- [CDC HIGHER RISK CONDITIONS FOR SEVERE COVID ILLNESS](#)

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Knowledge Base

Please visit the [CPCMG Knowledge Base](#) for all sign-ups, knowledge articles, and tip sheets.

Thanks,

-KM

Kenneth H. Morris, MD, FAAP

Pronouns: he/him ([why this is here](#))

Chief Medical Officer



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