



August 19th, 2022

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

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

Sent: Saturday, August 20, 2022 12:05 PM

Subject: CPCMG/RCPMS COVID CHRONICLES 8/19/2022 (edition #219)

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

Last year, when I went on my annual mid-August fishing trip, I detailed how I barely escaped Covid when 10 of the 22 passengers on the boat ultimately caught it. After a letter to the owner suggested that changes were needed including pre-trip testing, I felt that that this could eliminate 95% (but not 100%) of the risk. Unfortunately, antigen testing has its limitations especially when someone has been exposed, but is pre-symptomatic. Ultimately, Covid still found its way on to the boat through a buddy who air traveled from Texas to join the fishing trip. Four days into the trip, he pulled me aside and asked for a medical consultation (two lines showing on a self-performed antigen test). We did some stateroom rejiggering and selective masking, which appeared to have some positive impact although two more passengers have since tested positive upon exiting the boat. At the end of the day, we needed to make whatever reasonable accommodations that could be made while being transparent to the other passengers. In addition to my Covid consultation services, I was also called upon to help remove a fishhook from a fellow passenger's thumb. In case you were wondering, yes, I did manage to catch lots of fish including the 2nd place jackpot yellowfin tuna.

Back on shore, the San Diego wastewater viral load has dropped significantly over the past 2 weeks. Case counts as to be expected have also fallen significantly at a national level, state level and in both Riverside and San Diego counties. Over the past week, we only had (3) staff/clinicians test positive for Covid, which is by far the lowest number we have had in more than 2 months.

Quick Hitters

- For those of you who have taken Paxlovid and have had the nasty taste side effect that one person described as “the smell of hot garbage, but in your mouth,” the side effect has been newly coined “Paxlovid Mouth.”
- From Becker’s: “Around 98 percent of COVID-19 reinfections are occurring in patients previously infected with the virus more than 90 days ago, suggesting that waning immunity — rather than highly transmissible variants — is propelling the uptick, according to [Helix](#), a lab that helps the CDC with viral surveillance — new data reinforces our earlier conclusion that while reinfections are rising rapidly, ones that occur within 90 days of the original infection are rare.”
- The CDC released [new Covid guidance](#) on August 11th and essentially did away with quarantine. “To prevent medically significant COVID-19 illness and death, persons must understand their risk, take steps to protect themselves and others with vaccines, therapeutics and nonpharmaceutical interventions when needed, receive testing and wear masks when exposed, receive testing if symptomatic, and isolate for ≥ 5 days if infected.”



- I have heard many instances when people I know with and without symptoms, test negative and reach the inaccurate conclusion that they don't have Covid. On August 9th, the FDA issued a [safety alert](#) advising people to perform repeat testing to avoid false negative results when using at-home rapid antigen tests. If a symptomatic person tests negative, they should test again 48 hours later. People without symptoms who may have been exposed should take up to three tests after receiving their first negative result, each separated by a 48-hour period.
 - “Be aware that at-home COVID-19 antigen tests are less accurate than molecular tests,” the FDA said. “COVID-19 antigen tests may not detect the SARS-CoV-2 virus early in an infection, meaning testing soon after you were exposed to someone with COVID-19 could lead to a false-

negative result, especially if you don't have symptoms. This is the reason why repeat testing is important."

Omicron

- **BA.2.75:** As of August 8th, 20 states with 84 cases with CA, NJ, NY and Washington alone having more than 50% of those cases.
 - Virology experts seems to feel that those who have had BA.5 are unlikely to have a breakthrough infection with BA.2.75 and vice versa.

The Quest for Immunity

- **Novavax**-no new news
- **Moderna/Pfizer**-preordering of the Fall bivalent vaccine is expected to commence soon.
- **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> (has been updated to include Novavax)

- **Covid vaccines (VACCIMETER):** As of 8/18/22, CPCMG offices have administered more than 25,100 Covid vaccine doses (mostly in the 5-11 y/o age group and now adding the 6 m/o-4 y/o age group).
- **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 8/19/2022)

- National
 - As of August 17th, there have been more than 93.1 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 August 10th, the nation's 7-day Covid case average (103,614) fell almost 14% compared to the previous week.
 - As of August 17th, the nation's 7-day Covid case average (95,652) fell almost 10% compared to the previous week (the 4th week in a row with a drop).
 - For the week ending August 20th, the CDC variant projected estimates for new cases: <https://covid.cdc.gov/covid-data-tracker/#variant-proportions>
 - BA.5: 77.9%-->81.9%-->85.5%-->88.9
 - BA.4: 12.8%-->12.9%-->7.7%-->4.3%
 - BA.4.6: 4.1%-->6.3%
 - BA.2.12.1: 8.6%-->5.0%-->2.6%-->0.5%
- State

- At the state level, average daily case rates decreased over the past 14 days (10,806 vs 15,680) compared to the previous reporting period.
- Local
 - In San Diego, average daily case rates decreased over the past 14 days (892 vs 1,522) compared to the previous reporting period
 - COVID-19 Weekly
Update: https://www.sandiegocounty.gov/content/dam/sdc/hhsa/prgrams/phs/Epidemiology/COVID-19_Daily_Status_Update.pdf
 - [San Diego Wastewater Surveillance - SEARCH \(searchcovid.info\)](#) levels peaked at 20.8 million virus/liter on 8/2/22 and have since trended downwards to 13.3 million viruses/liter on 8/10/22, and have fallen further to 7.5 million viruses/liter on 8/17/22 at the Pt. Loma treatment facility.
 - In Riverside, average daily case rates slightly decreased over the past 14 days (786 vs 1003) 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**

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

- Covid Cases (15 **NEW** Staff & 4 **NEW** Clinician Cases over the past 2 weeks)
- School Decision & Childcare Decision Trees (**Newly updated**)
- CMA COVID-19 Grand Rounds (**NEW**)
- RADYS COVID Early Treatment Management (**NEW**)
 - Management of Early SARS CoV 2 Infection in High-Risk Patients @ RCHSD
 - Management Guideline for Non-Hospitalized High-Risk Patients with COVID 19 – RCHSD (August 2022)
- Rady Town Hall News (Town Hall 8/18/22-but information not available to me as of yet)
- 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) → Medium (Yellow)
 - 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%

COVID CASES (as of 8/19/22)

- **CPCMG (Clinician) COVID Positive cases (confirmed): 99à103** (since the last Chronicles)
- **RCPMS (Staff) COVID Positive Cases (confirmed): 407à422** (since the last Chronicles)
 - 4 **NEW** Clinician 15 **NEW** Staff Cases:
 - Known External Source: 31.6%
 - Suspected External Source: 42.1%
 - Suspected Internal Source: 0%
 - Unknown Source: 26.3%
 - *one staff member tested positive twice within the past 4-5 weeks
 - While there 19 total cases over the past 2 weeks, there have been only 3 total cases in the past week alone. Let's keep our fingers crossed that this good trend continues.
 - We are up to (5) staff who have had Covid three or more times with two of the five reportedly having had Covid four separate times.
- 11 of 520+ 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 8/15/2022: >13,728 (↑100 two weeks ago and ↑74 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: 684,429 (as of 8/19/22)

Riverside County Total Pediatric (0-17 y/o) Cases: 117,469 (17.4% of cases)

average # of new daily cases with the previous report	1,003
average # of new daily cases over the past 14 days	786↓

7 Day Test Positivity Rate: data unavailable

San Diego County Total Covid Cases: 903,885 (as of 8/18/22)

San Diego County Total Pediatric (0-19 y/o) Cases: 190,637 (21.1% of cases)

average # of new daily cases with the previous report	1,522
average # of new daily cases over the past 14 days	892↓

7 Day Test Positivity Rate: 11.5% (↓from 16.3% 2 weeks ago)

Statewide Total Covid Cases: 10,175,617 (as of 8/19/22)

Statewide Total Pediatric (0-17 y/o) Cases: 1,847,295 (18.2% of cases)

average # of new daily cases with the previous report	15,680
average # of new daily cases over the past 14 days	10,806↓

7 Day Test Positivity Rate: 11.2% (↓from 14.4% 2 weeks ago)

MIS-C: 1,011 (↑1) total cases as of 8/18/2022 (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 8/18/22

Hospitalizations at Rady's as of 8/17/22 (pending).

SCHOOL DECISION & CHILDCARE DECISION TREES

The school decision tree is linked as follows: [SDCOE School Decision Tree](#). It has been last updated **August 18th**.

- 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.

CMA COVID-19 GRAND ROUNDS

The latest Grand Rounds were held August 9th and featured Dr. Erica Pan (CA Director of Epidemiology) and Dr. Paul Offit (CHOP Vaccine Education Director & member of the FDA VRBPAC Committee)

A few notes from Dr. Offit's presentation

- What is the goal of COVID-19 vaccines? Prevent severe illness. Protection held up well against all variants until Omicron came along.
- **Memory Cell Immunity:** Important for helping to fight an infection, not preventing an infection. He used the fire extinguisher analogy when putting out fires, but not preventing them.
- **Severe COVID-19 Illness Risks Among Vaccinated**

Risk of Severe COVID-19 Illness Among Vaccinated Persons

- Severe illness relatively rare in vaccinated persons compared with unvaccinated persons
- Fully vaccinated persons with severe COVID-19 illness more likely to be:
 - Older
 - Long-term care facility resident
 - Have underlying medical conditions
 - › Immunosuppression
 - › Diabetes mellitus
 - › Chronic kidney disease
 - › Chronic lung disease
 - › Chronic cardiovascular disease
 - › Chronic neurologic disease
 - Most (>75%) have multiple risk factors

Yek et al. MMWR 2022;71:19–25: <http://dx.doi.org/10.15585/mmwr.mm7101a4>

Taylor et al. MMWR 2022;71:466–473: <http://dx.doi.org/10.15585/mmwr.mm7112e2> and unpublished COVID-NET data, as described at: <https://www.cdc.gov/coronavirus/2019-ncov/covid-data/covid-net/purpose-methods.html>

- Do we need a variant-specific vaccine in an era of immune-evasive omicron variants?
 - A 1.5-2 fold increase in neutralizing antibodies is unlikely to be clinically significant.
 - Boosting with the ‘ancestral strain’ of SARS-CoV-2 increases neutralizing antibodies against BA.4 and BA.5.
 - Animal model studies fail to show advantage of omicron vaccine vs. ancestral vaccine following omicron challenge.

RADYS COVID EARLY TREATMENT MANAGEMENT

Attached are the updated COVID 19 early management algorithm and guidelines for RCHSD. Not all patients require treatment but if they are high risk, treatment can be considered. Patients admitted to the hospital for moderate to severe COVID 19 should be started on remdesivir +/- steroids. Otherwise for early treatment, updates include the following:

1. *Paxlovid is our first choice for treatment if patients are 12 years and older, ≥ 40 kg, are high risk, and there are no drug contraindications. We have included links to the COVID therapeutics locator (which pharmacies have drug) and drug interaction tool as part of the algorithm.*

2. *Remdesivir would be the next choice however because it is 3 days of intravenous treatment, we are admitting most of these patients to the SIDU. Remdesivir treatment does not require ID approval but ID will be reviewing treatments for appropriate use.*
3. *Bebtelovimab is the only monoclonal authorized for early treatment with activity against the omicron variant. ID approval is needed because of limited supply.*

Attachments

- Management of Early SARS CoV 2 Infection in High-Risk Patients @ RCHSD
- Management Guideline for Non-Hospitalized High-Risk Patients with COVID 19 – RCHSD (August 2022)

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

- A Town Hall was held 8/18/2022, but I was unable to procure a copy of the PPT before publishing the Chronicles.

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 8/19/22	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)	3%	3%	5%	4%	30%	7%	7%	11%	9%	20%

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](#)

[Home Antigen Test Expiration Date Extensions-FDA](#)

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

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

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