



JULY 2020 NEWSLETTER

PRECAUTIONS

Some of you have questioned why you must post both Contact and Droplet Precaution signs for COVID. This accepted practice is recommended by WHO and the CDC to remind people that COVID can also be on surfaces therefore precautions need to be taken against coming in contact with contaminated surfaces as well as respiratory droplets. Unfortunately, we know that sometimes people will think that as long as they have a mask on they can run in and out of a room on the droplets precautions which isn't the case.

<https://www.who.int/news-room/commentaries/detail/modes-of-transmission-of-virus-causing-covid-19-implications-for-ipc-precaution-recommendations>

COCA CALL: APPLYING COVID-19 INFECTION PREVENTION & CONTROL STRATEGIES IN LTC

If you missed the CDC COCA call on 6/16/20 go to this link

https://emergency.cdc.gov/coca/calls/2020/callinfo_061620.asp

The slides can be found at

https://emergency.cdc.gov/coca/ppt/2020/COCA_Call_Final_06_16_20.pdf

HOW EFFECTIVE ARE MASKS & SOCIAL DISTANCING?

Without a mask, social distancing or any other preventive measures, the risk of transmitting the coronavirus is 17.4%. Add a mask or respirator, and that number drops to 3.1%.

Surgical masks and cotton masks with 12-16 layers are the most effective (excluding N95). Ideally 7 feet is recommended for social distancing based on the findings. The further away from others the better.

The Lancet published a meta-analysis on masks, social distancing and eye wear to protect against COVID

[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(20\)31142-9/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)31142-9/fulltext)

An easier to read synopsis of the Lancet article :

<https://www.today.com/health/do-face-masks-work-against-coronavirus-study-finds-masks-social-t183018>

CONTACT TRACING

Local Health Districts/Departments are doing contact tracing with COVID cases. If you have a staff person who tests positive, please let your local health district/department know so they can start tracing immediately.

COVID IN THE NEWS

- ☞ Young children with mild-to-moderate COVID-19 have higher amounts of severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) viral RNA in their nasopharynx than older children and adults, according to a research letter published online July 30 in *JAMA Pediatrics*.
- ☞ Low plasma vitamin D levels emerged as an independent risk factor for COVID-19 infection and hospitalization in a large, population-based study. Participants positive for COVID-19 were 50% more likely to have low vs normal 25(OH)D levels in a multivariate analysis that controlled for other confounders, for example.
- ☞ An online survey of more than 50,000 Americans has suggested that taking proton pump inhibitors (PPIs) once daily may double the risk for COVID-19, and taking PPIs twice daily may more than triple the risk. Stomach acid may be protective against the coronavirus, and PPIs potentially could create an environment where the virus can thrive.
- ☞ Remdesivir treatment is associated with reduced odds of death and improved odds of recovery in patients with severe COVID-19, according to an interim analysis of two ongoing studies.
- ☞ The US Food and Drug Administration on July 30 provided an emergency use authorization (EUA) for a saliva-based COVID-19 RT-PCR test that can be self-collected at home, the company that markets the test announced. The company, Clinical Reference Laboratory, is increasing capacity for the test, known as CRL Rapid Response. The test is more sensitive and accurate than the standard anterior nasal swab test, according to the company.

Kristin C. Magnussen MSN,RN
Communicable Disease Prevention Supervisor
Public Health Emergency Preparedness and MRC Coordinator
Ledge Light Health District
216 Broad Street
New London, CT. 06320
860.448.4882 main
860.448.4885 fax
kmagnussen@llhd.org