



COVID-19 Digest Issue 31

November 25, 2020

CLINICAL PEARL

- The identification of the novel coronavirus SARS-CoV-2 in December 2019 has led to a growing and evolving body of knowledge about the virus and the disease it causes, COVID-19. **COVID-19 survivors, including individuals who initially experience a mild acute illness, often report persistent symptoms.** While older patients may have an increased risk for severe disease, young survivors, including those physically fit prior to SARS-CoV-2 infection, have also reported persistent symptoms months after acute illness. The **most commonly reported symptoms include fatigue, dyspnea, cough, arthralgia, and chest pain.** Other reported symptoms include **cognitive impairment, depression, myalgia, headache, fever, and palpitations.** More serious complications appear to be less common but have been reported. These complications include **myocardial inflammation, ventricular dysfunction, pulmonary function abnormalities, acute kidney injury, rash, alopecia, olfactory and gustatory dysfunction, sleep dysregulation, memory impairment and changes in mood.**

Characterization of the etiology and pathophysiology of late sequelae is underway and may reflect organ damage from the acute infection phase, manifestations of a persistent hyperinflammatory state, ongoing viral activity associated with a host viral reservoir, or an inadequate antibody response. Factors in addition to acute disease that may further complicate the picture include physical deconditioning at baseline or after a long disease course, pre-COVID-19 comorbidities, and psychological sequelae following a long or difficult disease course as well as those relating to lifestyle changes due to the pandemic. Likely, the persistent sequelae of COVID-19 represent multiple syndromes resulting from distinct pathophysiological processes along the spectrum of disease.

Post-COVID-19 care centers are opening at academic medical centers in the United States, bringing together multidisciplinary teams to provide a comprehensive and coordinated treatment approach to COVID-19 aftercare. The National Institutes of Health have published [interim guidelines for the medical management of COVID-19](#), including a section on persistent symptoms or illnesses after recovery from acute COVID-19. Multi-year studies will be crucial in elucidating longer-term sequelae. CDC continues active investigation into the full spectrum of COVID-19 to establish a more complete understanding of the natural history of SARS-CoV-2 infection and COVID-19 related illnesses, which will inform care strategies as well as the public health response to this virus.

GUIDANCE/GUIDELINES

- San Mateo County Health: [Safety Recommendations For Holiday Travel - Best to avoid traveling](#) and [Recommendations For Staying Safe From COVID-19 During The Holidays – How to Gather Safely](#)
- California Department of Public Health (CDPH): [Guidance for the Prevention of COVID-19 Transmission for Gatherings](#) and [Travel Advisory](#) to all Californians
- CDC: [Celebrating Thanksgiving](#) and [Holiday Celebrations and Small Gatherings](#)
- [State of California Issues Limited Stay at Home Order to Slow Spread of COVID-19](#) requiring that all non-essential work and activities stop between 10 PM - 5 AM in counties in the purple tier. The order took effect on November 21 and will remain in effect until December 21, 2020.
 - [California's Limited Stay at Home Order Q&A](#)
- [California, Oregon & Washington Issue Travel Advisories](#) recommending 14-day quarantines for inter-state and international travel and asking residents to stay local
- CDPH: [Guidance for the Use of Face Coverings](#) (updated)
- Infectious Diseases Society of America: [Guidelines on the Treatment and Management of Patients with COVID-19](#), with revisions to the sections on lopinavir/ritonavir, tocilizumab, and remdesivir and a new recommendation on the use of bamlanivimab.





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- NIH [The COVID-19 Treatment Guidelines Panel's Statement on the Emergency Use Authorization of Bamlanivimab for the Treatment of COVID-19](#)

PUBLIC HEALTH UPDATES

- San Mateo County Health: [Health Officer Statement dated November 23, 2020](#).
- American Hospital Association, American Medical Association, and American Nurses Association: [open letter](#) urging the public to scale back holiday gatherings to stop further COVID-19 spread
- CDC: [COVID-19 and Cruise Ship Travel](#) -updated page to reflect the very high level of COVID-19 risk on cruise ships (level 4).
- FDA:
 - [FDA Authorizes Monoclonal Antibodies for Treatment of COVID-19](#)
 - [FDA's Ongoing Commitment to Transparency for COVID-19 EUAs](#)
 - [EUA to permit the emergency use of baricitinib, in combination with remdesivir](#), for treatment of suspected or laboratory confirmed COVID-19
 - [Emergency use authorization \(EUA\) for the first COVID-19 diagnostic test for self-testing at home](#)
 - [Lucira COVID-19 All-In-One Test Kit FAQ](#).
- United States Government Accountability Office (GAO) November Report: [Federal Efforts Accelerate Vaccine and Therapeutic Development, but More Transparency Needed on Emergency Use Authorizations](#)

RESOURCES

- [State of California Race and Ethnicity Data](#)
- MultiState [COVID-19 State and Local Policy Dashboard](#)
- University of Washington Institute of Health Metrics and Evaluation [COVID-19 Projections](#)
- NIH Clinical Trials
 - *National Institutes of Health, National Institute of Allergy and Infectious Diseases*
 - [A longitudinal study of COVID-19 sequelae and immunity](#)
 - *University of California, San Francisco*
 - [Long-term impact of infection with novel coronavirus \(COVID-19\) \(LIINC\)](#)
- CDC [MMWR Weekly COVID-19 Briefing Podcasts](#)
- California Medical Association [Virtual Grand Rounds](#) (all recorded webinar videos)
 - [Virtual Grand Rounds: COVID-19 Vaccine Update](#)
- UCSF Medicine Grand Rounds [COVID-19: Update on Vaccines and Therapeutics](#)
- Johns Hopkins University webinar [COVID-19 in the USA](#)
- University of Nebraska Medical Center and Practice Point Communications [COVID-19 and HIV: Clinical Trends and Management Considerations](#)
- Federal Facilities Council Webinar: [Heating, Ventilation, and Air Conditioning Strategies in Response to COVID-19](#)
- Georgia Institute of Technology, Applied Bioinformatics Laboratory and Stanford University [COVID-19 Event Risk Assessment Planning Tool](#)





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ACADEMIC/RESEARCH PAPERS

- *JAMA*
 - [The Challenges Ahead With Monoclonal Antibodies - From Authorization to Access](#)
 - [Delirium in Older Patients With COVID-19 Presenting to the Emergency Department](#)
 - [Older Adults and the Mental Health Effects of COVID-19](#)
 - [Diagnosis, Management, and Pathophysiology of Arterial and Venous Thrombosis in COVID-19](#)
 - [Assessment of 135 794 Pediatric Patients Tested for Severe Acute Respiratory Syndrome Coronavirus 2 Across the United States](#)
 - [Outcomes for Out-of-Hospital Cardiac Arrest in the United States During the Coronavirus Disease 2019 Pandemic](#)
 - [Outcomes of Contact Tracing in San Francisco, California—Test and Trace During Shelter-in-Place](#)
- *medRxiv*
 - [Performance characteristics of a rapid SARS-CoV-2 antigen detection assay at a public plaza testing site in San Francisco](#)
 - [SARS-CoV-2 antibody responses in children with MIS-C and mild and severe COVID-19](#)
 - [Causal Impacts of Teaching Modality on U.S. COVID-19 Spread in Fall 2020 Semester](#)
- *Journal of Adolescent Health*
 - [Evaluation of COVID-19 Testing Strategies for Repopulating College and University Campuses: A Decision Tree Analysis](#)
- *Cell*
 - [Case Study: Prolonged Infectious SARS-CoV-2 Shedding from an Asymptomatic Immunocompromised Individual with Cancer](#)
- *Science Advances*
 - [Test sensitivity is secondary to frequency and turnaround time for COVID-19 screening](#)
- *Annals of Internal Medicine*
 - [Effectiveness of Adding a Mask Recommendation to Other Public Health Measures to Prevent SARS-CoV-2 Infection in Danish Mask Wearers - A Randomized Controlled Trial](#)
- *Nature*
 - [Neighbourhood income and physical distancing during the COVID-19 pandemic in the United States](#)
 - [What the data say about asymptomatic COVID infections](#)
- *PLOS*
 - [Proportion of asymptomatic infection among COVID-19 positive persons and their transmission potential: A systematic review and meta-analysis](#)
 - [On the whereabouts of SARS-CoV-2 in the human body: A systematic review](#)
- *Emerging Infectious Diseases*
 - [COVID-19 Infection Control Measures in Long-Term Care Facility, Pennsylvania, USA](#)
 - [Sensitive Detection of SARS-CoV-2–Specific Antibodies in Dried Blood Spot Samples](#)
 - [Antibody Profiles According to Mild or Severe SARS-CoV-2 Infection, Atlanta, Georgia, USA, 2020](#)
 - [Serologic Responses in Healthy Adult with SARS-CoV-2 Reinfection, Hong Kong, August 2020](#)
 - [SARS-CoV-2 in Quarantined Domestic Cats from COVID-19 Households or Close Contacts, Hong Kong, China](#)
 - [SARS-CoV-2 Natural Transmission from Human to Cat, Belgium, March 2020](#)
 - [Effects of Cocooning on Coronavirus Disease Rates after Relaxing Social Distancing](#)
- *Clinical Infectious Diseases*
 - [COVID-19 seropositivity and asymptomatic rates in healthcare workers are associated with job function and masking](#)





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- *The Lancet*
 - [Safety and immunogenicity of ChAdOx1 nCoV-19 vaccine administered in a prime-boost regimen in young and old adults \(COV002\): a single-blind, randomised, controlled, phase 2/3 trial](#)
 - [SARS-CoV-2, SARS-CoV, and MERS-CoV viral load dynamics, duration of viral shedding, and infectiousness: a systematic review and meta-analysis](#)
- *bioRxiv*
 - [Intranasal fusion inhibitory lipopeptide prevents direct contact SARSCoV-2 transmission in ferrets](#)
 - [Immunological memory to SARS-CoV-2 assessed for greater than six months after infection](#)
 - [Evolution of Antibody Immunity to SARS-CoV-2](#)
- *Neurology*
 - [A Prospective Study of Neurologic Disorders in Hospitalized COVID-19 Patients in New York City](#)
- *American Journal of Neuroradiology*
 - [Brain MR Spectroscopic Findings in 3 Consecutive Patients with COVID-19: Preliminary Observations](#)
- *Diseases*
 - [Incidence of Myocardial Injury in COVID-19-Infected Patients: A Systematic Review and Meta-Analysis](#)
- *American Heart Association Journal*
 - [Racial and Ethnic Differences in Presentation and Outcomes for Patients Hospitalized with COVID-19: Findings from the American Heart Association's COVID-19 Cardiovascular Disease Registry](#)
- *Annals of the American Thoracic Society*
 - [Comparison of Clinical Features and Outcomes in Critically Ill Patients Hospitalized with COVID-19 versus Influenza](#)
- *Clinical Journal of the American Society of Nephrology*
 - [Acute Kidney Injury in a National Cohort of Hospitalized US Veterans with COVID-19](#)
- *BMJ Journal*
 - [A living WHO guideline on drugs for covid-19](#)
- *American Journal of Microbiology*
 - [Analysis of Measles-Mumps-Rubella \(MMR\) Titers of Recovered COVID-19 Patients](#)
- *International Journal of Indoor Environment and Health*
 - [Indoor transmission of SARS-CoV-2](#)

MMWR

- [The Advisory Committee on Immunization Practices' Ethical Principles for Allocating Initial Supplies of COVID-19 Vaccine — United States, 2020](#)
- [COVID-19 Outbreak Associated with a 10-Day Motorcycle Rally in a Neighboring State — Minnesota, August–September 2020](#)
- [Trends in County-Level COVID-19 Incidence in Counties With and Without a Mask Mandate — Kansas, June 1–August 23, 2020](#)
- [Characterization of COVID-19 in Assisted Living Facilities — 39 States, October 2020](#)
- [COVID-19 Outbreak — New York City, February 29–June 1, 2020](#)
- [COVID-19 Incidence, by Urban-Rural Classification — United States, January 22–October 31, 2020](#)





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HOT OFF THE (LAY) PRESS

- *The New York Times*
 - [The C.D.C. urged Americans not to travel for Thanksgiving and to consider canceling plans with relatives outside their households.](#)
 - [Despite officials' warnings and pleas, travel over Thanksgiving is expected to hit a pandemic peak.](#)
 - [No, a Negative Coronavirus Test Does Not Mean You Can Safely Socialize](#)
 - [A quarter of a million Americans have died from the coronavirus, passing the number Dr. Anthony Fauci predicted in March, with no sure end in sight.](#)
 - [U.S. records 12 millionth case as virus surge gathers speed](#)
 - [1 America, 1 Pandemic, 2 Realities](#)
 - [Virus Words vs. Actions](#)
 - [Small Gatherings Spread the Virus, but Are They Causing the Surge?](#)
 - [States That Imposed Few Restrictions Now Have the Worst Outbreaks](#)
 - [Virus Cases Rise, but Hazard Pay for Retail Workers Doesn't](#)
 - [Recession With a Difference: Women Face Special Burden](#)
 - [Immunity to the Coronavirus May Last Years, New Data Hint](#)
 - [New Pfizer Results: Coronavirus Vaccine Is Safe and 95% Effective](#)
 - [Pfizer completed its coronavirus vaccine trial. It says the shots are 95 percent effective, have no serious side effects and work for older people.](#)
 - [Pfizer has asked the F.D.A. to authorize its vaccine for emergency use, potentially allowing the first Americans to get a vaccine by mid-December.](#)
 - [What We Know About AstraZeneca's Head-Scratching Vaccine Results](#)
 - [Here's how the U.S. government plans to distribute the first Covid-19 vaccines](#)
 - [A C.D.C. advisory group discussed which Americans should get vaccines first](#)
 - [States Vow Extra Scrutiny of Coronavirus Vaccine](#)
 - [Debatable: A shot at ending the pandemic](#)
 - [The Vaccines Will Probably Work. Making Them Fast Will Be the Hard Part.](#)
 - [Children in the U.S. may miss 9 million vaccine doses this year, a report warns](#)
 - [New York City's school system, the nation's largest, will close as virus cases rise. It's a big setback to the city's recovery.](#)
 - [Debatable: This is not going to stop the virus. Should kids have class in bars?](#)
 - [Coronavirus Briefing: France bends the curve](#)
 - [Coronavirus Briefing: Health care workers are begging: "Wear. A. Mask"](#)
 - [Coronavirus Briefing: We talk to Dr. Fauci](#)
 - [California Today: What to Know About the California Curfew](#)
 - [The F.D.A. granted emergency authorization for the Regeneron antibody treatment given to President Trump after he was diagnosed with Covid-19.](#)
 - [F.D.A. authorizes the first at-home coronavirus test.](#)
- *Lucira Health Press Release*
 - [Lucira Health Receives 1st FDA Authorization for COVID-19 Self-Testing At Home](#)
- *NPR/KQED*
 - [FDA Approves 1st At-Home Coronavirus Test](#)
 - [Americans Could See A Vaccine By Mid-December, Says Operation Warp Speed Adviser](#)
 - [Why Does Pfizer's COVID-19 Vaccine Need To Be Kept Colder Than Antarctica?](#)
 - [Millions Of Americans Traveling For Thanksgiving, Ignoring CDC Advice](#)
 - [As U.S. Reaches 250,000 Deaths From COVID-19, A Long Winter Is Coming](#)





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- [1,000 U.S. Hospitals Are 'Critically' Short On Staff — And More Expect To Be Soon](#)
- [COVID-19 Denial Still Rampant In Some Virus Hot Spots](#)
- [Tyson Managers Suspended After Allegedly Betting If Workers Would Contract COVID](#)
- [Mask Mandates Work To Slow Spread Of Coronavirus, Kansas Study Finds](#)
- [Don't Call It a Curfew: California's New, Less Restrictive Stay-at-Home Order Still Draws Backlash](#)
- [This Map Shows the COVID-19 Risk for Gatherings in Each California County](#)
- *The Washington Post*
 - [Map: The coronavirus risk for a big Thanksgiving dinner in your community](#)
 - [More than 3 million people in U.S. estimated to be contagious with the coronavirus](#)
 - [A birthday lunch left 15 Texas relatives battling covid-19: 'Please don't be like my family'](#)
 - [A traveler tested negative for covid-19 before a flight. He had the virus and infected 4 passengers.](#)
 - [A covid-fighting tool is buried in your phone. Turn it on.](#)
 - [These 3 tools can help you navigate quarantine and testing policies by state](#)
- *Kaiser Family Foundation*
 - [States Are Getting Ready to Distribute COVID-19 Vaccines. What Do Their Plans Tell Us So Far?](#)
- *Politico*
 - [Inoculations by December? States aren't so sure.](#)
- *STAT News*
 - [AstraZeneca Covid-19 vaccine is 70% effective on average, early data show](#)
- *The Los Angeles Times*
 - [AstraZeneca, Oxford University say their COVID-19 vaccine is up to 90% effective](#)
 - [Daily California coronavirus cases triple as pandemic dramatically worsens](#)
 - [New stay-home order looms for L.A. County as COVID-19 cases soar to new highs](#)
 - [Will California's small businesses survive another COVID-19 surge without more help?](#)
 - [Hospitals brace for holiday COVID surge, fearing staff shortages and burnout](#)
- *Science Magazine*
 - [Can a nose-full of chicken antibodies ward off coronavirus infections?](#)
 - [More people are getting COVID-19 twice, suggesting immunity wanes quickly in some](#)
- *Medpage Today*
 - [COVID's Heart Complications Modest in Large Registry](#)
- *Medscape*
 - [Phase 3 Trial Begins of COVID-19 Antibody Treatment for Immune Suppressed People](#)
- *Diagnostic Imaging*
 - [Hypertension, Diabetes Increase Risk of COVID-19 Neurological Complications](#)
- *PBS*
 - [As COVID deaths soar, nursing home deaths caused by neglect surge in the shadows](#)
- *Reuters*
 - [U.S. government to send out over 7 million Abbott BinaxNOW tests this week](#)
 - [Roche's Actemra helps the sickest COVID-19 patients, study shows](#)
 - [Eli Lilly arthritis drug gets FDA nod for emergency use with remdesivir to treat COVID-19](#)
 - [Moderna vaccine storage requirements enables distribution in rural America: U.S. official](#)
 - [FDA to make emergency use authorization data public for COVID-19 vaccines](#)
 - [U.S. hospitals to restrict Lilly COVID-19 antibody treatment due to limited supply](#)
- *CNBC*
 - [HHS launches pilot program in five states using rapid Covid test deployed by NBA](#)





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- *The Atlantic*
 - [Hospitals Can't Go On Like This - Twenty-two percent of American hospitals don't have enough workers right now.](#)
 - [The End of the Pandemic Is Now in Sight](#)
- *Twin Cities Pioneer Press*
 - [900 on Mayo Clinic staff have contracted coronavirus in last two weeks](#)
- *The Hill*
 - [More than 1 million US children diagnosed with COVID-19: report](#)
- *Health Affairs*
 - [Averting "Generational Catastrophe": How We Can Safely Re-Open Our Schools](#)
- *AP News*
 - [Empty desks: Coronavirus robs US classrooms of teachers](#)
 - [Cal/Osha fines Farmer John for hundreds of COVID-19 cases](#)
- *CapRadio*
 - ['We Are At The Breaking Point:' California's Childcare Providers Sound The Alarm](#)
 - [Filipino Population Is High-Risk For COVID-19, But Very Little Data On The Community's Outcomes Exist](#)
 - [California Hospitals Applying Early Lessons As They Brace For A COVID-19 Surge](#)
- *San Francisco Chronicle*
 - [Health officials' plea: Cancel the Thanksgiving spread and stay home](#)
 - [At SFO, travelers take coronavirus risk in stride during Thanksgiving rush](#)
 - [California case counts surge, prompting state and Bay Area officials to tighten coronavirus protocols](#)
 - [Gov. Newsom announces curfew for California counties in purple tier](#)
 - [California overnight curfew: What's allowed, and which Bay Area counties are affected](#)
 - [California nursing homes see surge in coronavirus cases amid statewide spike](#)
 - [Charts show how Bay Area's current coronavirus surge is already worse than the last one](#)
 - [In California, science guides whether to reopen hair salons — but not always schools](#)
 - [Bay Area's soaring coronavirus cases could 'overwhelm our local health care system,' experts warn](#)
 - [The third wave of coronavirus is washing over the Bay Area. How will we weather the storm?](#)
 - [With move to red and purple tiers, Bay Area businesses brace for more coronavirus pain](#)
 - [Bay Area sees racial shift in coronavirus: Positive tests down for Latinos, up for whites](#)
 - [Face mask rules for the Bay Area: When and how to use them](#)
 - [First rain of season unveils a new pollution problem: masks and gloves — pandemic PPE](#)

EPIDEMIOLOGY UPDATES

- **US Leads the World in Confirmed COVID-19 Cases** per [Johns Hopkins University Center for Systems Science and Engineering Dashboard Website](#)
- [Johns Hopkins COVID-19 in the USA](#) – daily summary of key data on COVID-19 in the U.S.
- **California COVID-19 by the numbers** are available on the [CDPH Website](#) and the [NYT Map and Table](#) (includes data by county)
 - **California COVID-19 Statewide Update** as of November 25, 2020
- [San Mateo County COVID-19 Dashboard](#)
- [Santa Clara County COVID-19 Dashboard](#)





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PUBLIC HEALTH, POLICY & PLANNING

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ADDITIONAL COVID-19 RESOURCES

- [San Mateo County COVID-19 Guidance and Resources for Clinicians and Facilities – COVID-19 Digests](#)
- [Palo Alto Online tracking the coronavirus in San Mateo and Santa Clara counties](#)
- [California COVID-19 Data and Tools](#)
- [CDPH COVID-19 Assessment and Modeling Tool](#)
- [California Department of Corrections and Rehabilitations Population COVID-19 Tracking Dashboards](#)
- [COVID-19 Nursing Home Data](#)
- [CDC Interactive Serology Dashboard for Commercial Laboratory Surveys](#)
- [CDC COVID-19 Forecasts: Deaths](#)
- [HHS Coronavirus Data Hub](#)

