WELCOME to the

Learning Together About COVID-19

Session will start in less than 15 minutes
Conflict of Interest Disclosure Statement

No Conflicts of Interest
Navigating the COVID-19 Pandemic in New Hampshire

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Important Highlights

• Community mitigation efforts have been successful

• Moving from mitigation to containment will involve more aggressive testing to rapidly identify and contain spread of COVID-19

• “Re-opening” is going to be a process of incremental relaxing of social distancing

• We need to still protect the more vulnerable populations
What is Community Mitigation?

Community mitigation is multiple layers of interventions that don’t involve medicines or vaccines (i.e., non-pharmaceutical interventions) and are important for stopping the spread of COVID-19:

1. Staying home
2. Keeping a safe distance of at least 6 feet from others
3. Moving to remote learning for schools
4. Cancelling mass gatherings
5. Tele-work for businesses
6. Closing non-essential businesses
Goals of Community Mitigation

1. Slow how fast the epidemic is spreading
2. Spread out when people get sick (delay the peak)
3. Reduce the overall number of infections
4. Decrease deaths
5. Prevent overwhelming our healthcare system
Goals of Community Mitigation

Days Since First Case

Daily Cases

Pandemic with no interventions
Goals of Community Mitigation

Days Since First Case

Daily Cases
Multiple combined interventions are necessary to have the greatest effect at slowing the spread of COVID-19.
Rates of COVID-19 by State

Massachusetts
Rhode Island
Connecticut
New Hampshire
Vermont
Maine

Cases per 100,000 People

Date
Confirmed COVID-19 by Town

http://www.nh.gov/covid19/
Epidemic Curve for Confirmed COVID-19 Cases in New Hampshire

Period of Uncertainty

Number of Cases

Date of Illness Onset

New COVID-19 Hospitalizations by Date of Admission

Number of New Hospitalizations

Date of Hospital Admission

Hospital Admissions

3-day Average
Number of COVID-19 Deaths by Date Reported Out by Public Health

Date

Number of Deaths

Non-LTCF Associated  LTWF Associated
Navigating the Pandemic in NH

- Incremental and gradual relaxing of social distancing (Stay at Home 2.0)
- Older adults (especially 60 years of age and older) and people with multiple chronic medical conditions need to continue with more strict social distancing and stay at home
- Movement from mitigation to containment strategies (testing, isolation, and contact tracing)
- Better tracking of data and COVID-19 outcomes
May 1st

https://www.covidguidance.nh.gov/
Building in Public Health Protection

• Cloth face coverings
• Make alcohol-based hand rub readily available
• Stagger appointments and arrivals
• Symptom and temperature screening of all staff
• Symptom and temperature screening for clients if close contact is anticipated
• Limit group sizes to 10 people or less
• Build in social distancing: avoid congregating and waiting areas
• Frequent cleaning and disinfection
Hair Salon Guidance:

“A maximum of no more than 10 total people at any one time (staff and clients combined) are allowed in the facility at any time... plus the number of clients should not exceed the number of staff... in a small salon with one staff member, the maximum number of people allowed in the salon at any one time is two.”
The Latest Highlights Include:

**MAY 22, 2020**

In compliance with universal guidelines, the following industries have been provided new, flexed guidance to operate under:

- Amateur and Youth Sports
- Child Care

**June 1, 2020**

In compliance with universal guidelines, the following industries have been provided new, flexed guidance to operate under:

- Acupuncture
- Beaches
- Body Art
- Cosmetology
- Health and Fitness
- Massage

https://www.covidguidance.nh.gov/
What About Summer Time Activities?

• Sleepover or day camps
• Weddings
• Churches
• Sporting events
• Lodging
• Tourist attractions
• Vacation and travel
  o New employee travel, screening, and exclusion guidance:
Epidemic Curve for Confirmed COVID-19 Cases in New Hampshire

Date of Illness Onset

Number of Cases

Period of Uncertainty
Estimates of Initial & Current Reproduction Number ($R_t$)

Figure 5: Our estimates of the probability that $R_t$ is less than one (epidemic control) for each state.
Containment Strategy

1. **Test**
   Widely

2. **Isolate**
   All infected people

3. **Find**
   Everyone who has been in contact with infected people

4. **Quarantine**
   All contacts self-isolate for 14 days

Box It In
To get us all working again

https://preventepidemics.org/covid19/resources/box-it-in/
Provider Recommendations (NH)

Coronavirus Disease 2019 (COVID-19) Outbreak, Update # 15

Updated Testing Recommendations and Resources

Key Points and Recommendations:

- Community mitigation efforts have been successful in “flattening the curve”. The epidemic has plateaued and the number of new hospitalizations has stabilized and even shown a decrease. An increasing proportion of cases and deaths, however, are associated with outbreaks at long-term care facilities (LTCFs).

- As the COVID-19 outbreak stabilizes in New Hampshire we are transitioning to a containment strategy. Therefore, we recommend that providers test any patient for COVID-19 who presents with even mild symptoms, including any of the following:
  - Fever (subjective or documented fever)
  - Upper or lower respiratory tract symptoms including rhinorrhea (unexplained), pharyngitis, cough, chest congestion, or shortness of breath
  - Flu-like symptoms including myalgia, chills, and new significant fatigue
  - Loss of taste or smell
  - Other symptoms or clinical syndromes at a providers discretion

http://www.dhhs.nh.gov/dhhs/cdss/alerts/han.htm
Provider Recommendations (VT)

DEPARTMENT OF HEALTH

TO: Vermont Health Care Professionals and Health Care Facilities  
FROM: Mark Levine, MD, Commissioner of Health

Widespread Testing of All Mildly Symptomatic Patients Needed

Governor Phil Scott announced last week that the state is working to significantly increase and strengthen its testing and contact tracing programs in order to quickly identify, contain and suppress cases and outbreaks of COVID-19. As health care professionals, you are on the front lines in this work, and a vital force in achieving these public health goals.

We are now urging all providers to refer patients with even mild symptoms for testing. The Centers for Disease Control and Prevention has expanded its list of COVID-19 symptoms. In addition to fever, cough and shortness of breath, symptoms may include:

- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell
Summary: NH is at Risk of Increasing COVID-19 Transmission

• Test patients for COVID-19, even if only mild symptoms

• Counsel patients they still need to avoid public places and maintain a safe distance of at least 6 feet from other people

• Older adults (especially 60 years of age and older) and people with multiple chronic medical conditions need to continue with more strict social distancing and stay at home

• Encourage cloth face coverings