Allergy & Asthma Network Announcements

**Looking for help with your asthma?**
Allergy & Asthma Network is offering Telehealth Asthma Coaching – check it out at [https://allergyasthmanetwork.org/telehealth-for-asthma-allergies/](https://allergyasthmanetwork.org/telehealth-for-asthma-allergies/)

**June Webinar:**
Biologic Medications: A Whole New World-Dr. John Oppenheimer
Thursday, June 18th – 7:00 PM Eastern

**New Updated Website!**
Check out our refreshed website with new features and guidelines-based information.
We’re here to help!

allergyasthmanetwork.org

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**COVID-19: The New Normal for Asthma, Schools & Business**

Dr. Purvi Parikh  
Dr. Jackie Eghrari-Sabet  
Tonya Winders
Our Speakers

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Medical Director, Telehealth, Allergy & Asthma Network

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Tonya Winders
President & CEO, Allergy & Asthma Network
President, Global Allergy & Airways Patient Platform

Outline

• Current State of COVID-19
• Testing & Asthma Concerns in the “New Normal”
• The “ABCs” of School Reopening
• Business & Economic Impact
Current State of COVID-19

Tonya Winders
US Data Report

<table>
<thead>
<tr>
<th>Total Confirmed Cases</th>
<th>1,827,425</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total New Cases</td>
<td>24,955</td>
</tr>
<tr>
<td>Total Deaths</td>
<td>106,202</td>
</tr>
<tr>
<td>Total New Deaths</td>
<td>1045</td>
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</tbody>
</table>

Data as of 6/4/20

In the News

- COVID-19 fell from the headlines this week
- Cases are increasing rapidly in parts of Latin America.
- Dr. Fauci:
  - A vaccine by the end of the year is “aspirational” but “doable”
  - We should have a 100 million doses by years end
  - We will have limited data on the new vaccines when they are deployed
  - May have to balance saving lives with the possibility of adverse events
COVID-19 Cases in US by Date Reported

New Cases by Day

COVID-19 Information Center – Allergy & Asthma Network

- [https://allergyasthmanetwork.org/health-a-z/covid-19/](https://allergyasthmanetwork.org/health-a-z/covid-19/)
- Webinar recordings
- Patient program with ATS recording
- Infographics
- Fact Sheets and Q & A’s
- Managing Pediatric Asthma during COVID-19
- What coronavirus looks like
- State by State guidance on reopening
Three Main Types of Tests for COVID-19

- **PCR - Polymerase Chain Reaction**
  - Detects nucleic acids
  - Lets you know if you HAVE the virus

- **Antigens**
  - Looks for proteins
  - Lets you know if you HAVE the virus

- **Antibodies**
  - Detects Antibodies
  - Lets you know if you HAD the virus
## PCR Testing

### Diagnostics
- Diagnoses people who are currently sick
- Mucus sample
- Detects nucleic acids – present in virus

### Accuracy
- Most reliable test
- Detects it a week before symptoms start until a few weeks after symptoms end (range of approximately 4 weeks)
- Can have up to 30% false negative

### Timing
- Sent to centralized lab
- Results in several days
- Testing backlog – can cause delays
- Rapid PCR Tests – results in 13 mins.

## Antibody Test

### Diagnostics
- Identify people who have been previously infected, not currently infected
- Blood sample
- Tracks the virus through the population

### Accuracy
- Are not as reliable
- Detects it 1 – 3 weeks after infection
- Does not indicate whether you are protected from getting virus again

### Timing
- Results in a few minutes
- Elisa test more accurate, not as widely available
**Antigen Test**

<table>
<thead>
<tr>
<th>Diagnostics</th>
<th>Accuracy</th>
<th>Timing</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Identify people who are currently infected</td>
<td>• New type of test</td>
<td>• Results in a few minutes</td>
</tr>
<tr>
<td>• Nose &amp; throat secretions</td>
<td>• Not expected to be as accurate as PCR test</td>
<td>• Could be valuable screening tool</td>
</tr>
<tr>
<td>• Looks for proteins in the virus</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**New York City Update**

- Cases continue to decline
- Projected Phase One opening is June 8th
Pediatric Multisystem Inflammatory Syndrome

What is it?
• Multisystem Inflammatory Syndrome in Children (MIS-C) is a condition where different body parts can become inflamed, including the heart, lungs, kidneys, brain, skin, eyes, or gastrointestinal organs
• Don’t know the cause
• Many children with MIS-C had the virus that causes COVID-19, or had been around someone with COVID-19

Symptoms
• Fever
• Abdominal pain
• Vomiting
• Diarrhea
• Neck pain
• Rash
• Bloodshot eyes
• Feeling extra tired
• Not all children have all the same symptoms

Seek Emergency Care For:
• Trouble breathing
• Pain or pressure in chest that doesn’t go away
• New confusion
• Inability to wake or stay awake
• Bluish lips or face
• Severe abdominal pain

What is it?

Looking Ahead – So Much We Still Aren’t Sure About -

Will testing bring us back to “normal”?
• If you have the antibodies, you have been exposed to the virus
• You can conclude that you are immune – but immunity can wane
• Critical question: After 6 months to a year, does immunity wane?
  • Need answers that will come over time
  • Testing is likely here to stay for a while

Will antibody tests affect who will get the vaccine first?
Asthma Guidance from CDC during COVID-19

General Information

People with moderate to severe asthma may be at higher risk of getting very sick from COVID-19

COVID-19 can affect your respiratory tract (nose, throat, lungs), cause an asthma attack, and possibly lead to pneumonia and acute respiratory disease

There is currently no specific treatment for or vaccine to prevent COVID-19. The best way to prevent illness is to avoid being exposed to this virus.

Inhalers, Triggers and Stress

- Know how to use your inhaler
- Avoid your asthma triggers
- People are feeling concerned and stressed – strong emotions can trigger an asthma attack – take steps to cope with stress & anxiety
Current State of Asthma

- Asthma is getting more attention, patients are increasingly aware of the importance of adherence to health plan
- Adherence to controller medications appears to have increased among patients with asthma & COPD
- Telehealth visits are becoming more common – patients that are symptomatic are not exposed to triggers just to see their doctor
- Racial disparities exist and have been brought to light during this viral outbreak

The Future of Asthma Care (A Bit of a Wish List)

- Improved adherence
  - Patients more willing to use controller meds to stay healthy
  - Digital Tools provide insight into patient well-being between office visits
  - Reliable online tools more commonly sought out & used
- General health hygiene improves – handwashing, social distancing become ingrained habits – keeping people with asthma in better general health
- Racial issues in healthcare are more visible, interventions put in place to reduce disparate care
- Telehealth – for visits & asthma education – deliver needed care without disruption to schedule
The “ABCs” of School Reopening

Dr. Jackie Eghrari-Sabet

Risk Levels for Schools - CDC

A

Lowest Risk:
Virtual-only classes, activities & event

Students stay 6 feet apart, don’t share objects. Have same teacher, groups don’t mix. Hybrid virtual & in-person classes, rotate schedule

B

More Risk:
Small, in-person classes, activities & events

C

Highest Risk:
Full sized, in-person classes, activities & events

Students are not spaced apart, share classroom materials/ supplies, mix between classes & activities
Promoting Behaviors that Reduce Spread - CDC

**STAY HOME WHEN APPROPRIATE**

- **Hand Hygiene**
  - Respiratory Etiquette – Cover coughs, sneezes
  - Wash hands, hand sanitizer

- **Cloth Face Coverings**
  - Students & staff
  - Don’t touch face, proper use, removal

- **Adequate Supplies**
  - Have enough soap, hand sanitizer
  - Tissues, paper towels

- **Signs & Messages**
  - Promote protective measures, announcements, signs
  - Describe how to stop the spread

**School Nurse Leadership Issues**

- **Be part of the planning**
  - You are the expert on the FRONT LINE!
  - The Network is here to help

- **Overseeing disinfecting**
  - Are disinfectants appropriate around children? Asthma triggers?

- **Ventilation**
  - Asthma triggers with open windows?

- **Group settings**
  - Markings in hallways to promote distancing? Stagger use?
School Nurse Leadership Issues

Food Service

• Bring own meals when feasible, Pre-packaged food whenever possible
  • CDC guidance is to eat in classrooms
    • Make accommodations for students with food allergies
  • Provide those that supervise lunch with food allergy symptoms so they can respond quickly if needed
  • Reinforce to staff to build bridges in talking to parents – provide safety measures for students
  • Clean placemat for eating – cleaned first or with separate cloth to avoid cross-contact
  • Be sure epinephrine auto-injector is easily accessible near where child is eating

Health Office Considerations

• Have plenty of PPE for yourself, staff and students that need it
  • Use vinyl or nitrile gloves – do not substitute latex gloves
• Limit number of students in Health Office at one time
  • Get administrative support & assistance as needed to supervise students who are waiting to enter
• Stagger medication administration times to reduce number of children in Health Office at a time
• Have isolation space available for students with viral symptoms – be sure to have enough supervisory assistance
  • Develop protocol on when to isolate & dismiss students
Assessing students with viral symptoms – is it a COVID-19 or asthma?

Algorithm Notes
Asthma Treatment Notes

- Asthma care is not what it was 10 years ago!
- Nebulizers
- Peak Flow Meters
- Pulse Oximeters

Business & Economic Impact

Tonya Winders
Current Economics Compared to 1929

1929 – “Great Depression”
- Took several quarters for unemployment to reach 25%
- Warning signs – no specific event
- Stock market fell 43.7%
- Stock market moves in waves – crash followed by correction
- Most systems on gold standard
- High debt levels

2020
- Took several weeks for unemployment to reach 25%
- Warning signs – pandemic event
- Stock market – 36% decline followed by 36% correction – series of declines & corrections
- Not on gold standard
- High debt levels, less limitations

How will the Stock Markets Recover?
- Complex Systems – embedded within social system
- Events never affect the stock market in isolation
- Probably won’t be over in several months
- Almost 40 million people unemployed
  - Lower disposable income
  - Lower revenue and profit for companies
  - Bankruptcies? Bank runs?
- The stock market is forward looking, economy reflects the here & now
- Stock market will recover before family life will feel a positive impact
Return is not a phase; it’s a way of operating. A nerve center can help build the capabilities that businesses need in the “next normal.”

New Ways to Think

- Businesses around the world have faced disruptions at a speed and scale unprecedented in the modern era
- Companies everywhere are now wrestling with the question of how to reach the next normal safely
- The best possible plan today is merely a strawman that will need near-continuous recalibration and change.

Unknowns

1. Hard to write plans
   - Doubts about resurgences, vaccines & immunity
2. Future of remote work
   - Does it really work over time?
3. Customer behavior
   - Will customers still embrace online shopping or return to their old ways?

The “Next Normal”

Shift in Demand
- Pandemic has shifted demand online
- Shopping, Banking
- Consumption has fallen, Economic uncertainty

Rapid Changes in Workforce
- Tens of millions of jobs lost
- 1/3 of workforce – pay cuts, furloughs, layoffs
- Low income workers hold 80% of those jobs

Shifts in Regulation
- US banned gatherings, Variation in states
- Consistency is difficult when businesses span multiple geographies

Increasing information about protocols for safety
- Asymptomatic workers
- Focus on seasonality, resurgence
- How can the workplace be deemed safe?

From: Return: A new muscle, not just a plan. By Mihir Mynore, Bob Sternfeld, and Matt Wilson
Guidance for Businesses – CDC & White House

- Continue to encourage telework
- Conduct daily health checks
- Conduct a hazard assessment of the workplace – close common areas
- Encourage employees to wear cloth face coverings in the workplace, if appropriate
- Implement policies and practices for social distancing in the workplace
  - Strongly consider special accommodations for vulnerable populations
- Improve the building ventilation system

Questions?

*Please record your questions in the Question box on your webinar control panel*

*We will address as many questions as we can*
COVID-19 & Asthma: The Time for Equity in Healthcare is NOW

Join us on June 24th at 3:00 PM Eastern for the 7th webinar in our COVID-19 Webinar Series -

COVID-19: The New Normal for Asthma, Schools & Business

Thank you for listening!
Get guidelines-based information at allergyasthmanetwork.org