Allergy & Asthma Network News

September Asthma Peak
- 10 Tips to practice prevention
- Infographic – Health A to Z, Asthma and Allergy at School

Advances in Allergy & Asthma Webinar
- Disparities in Food Allergy: Racial, Ethnic & Socioeconomic Considerations
- Thursday, Sept. 24th – 4:00 PM EDT

Need COVID-19 Information?
- Visit our COVID-19 Information Center
- Red Bar on home page
- FAQ’s, Mental Health resources, Infographics

More information at allergyasthmanetwork.org

COVID-19: Testing & Vaccine Update

Dr. Purvi Parikh
Tonya Winders
Our Speakers

Dr. Purvi Parikh
Clinical Assistant Professor of Medicine NYU Langone School of Medicine & Director, Allergy and Asthma Association, Murray Hill National Spokesperson, Allergy & Asthma Network

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

Outline

- Current State of COVID-19
- Testing, Treating & Tracing
- COVID-19 Vaccine Update
- A Word About Masks
Current State of COVID-19

Tonya Winders
US Data Report

<table>
<thead>
<tr>
<th>Total Confirmed Cases</th>
<th>Total New Cases</th>
<th>Total Deaths</th>
<th>Total New Deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td>5,752,653</td>
<td>37,086</td>
<td>177,759</td>
<td>1142</td>
</tr>
</tbody>
</table>

Data as of 8/27/20

In the News

- CDC changes guidance –
  - Asymptomatic people no longer need to get tested for COVID-19
  - “You do not necessarily need a test unless you are a vulnerable individual or your health care provider or state or local public health officials recommend you take one”
  - Individuals who come in close contact with an infected person do not need to get tested if they have no symptoms
    - Close contact = within 6 feet for at least 15 minutes
    - Warns that you still could pass on the virus even with no symptoms
  - Not universally accepted by all medical personnel
In the News

- FDA Allows Expanded Use of Plasma to Treat Coronavirus
  - Emergency approval to help hospitalized coronavirus patients
  - Later news: Benefits of plasma may be exaggerated
- Cases in U.S. fall to lowest level in more than 2 months
  - Social distancing credited with decrease
- States with most confirmed cases of COVID-19:
  - California, Texas, Florida, Georgia
  - Social distancing may need to be more than 6 feet

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In the News

- Report of reinfection in 33-year-old in Hong Kong
  - Had mild case in March
  - Asymptomatic but tested positive now
- College students at several schools suspended for violating pandemic precautions
- CDC - Dropped NATIONAL recommendation for travelers to quarantine for 14 days upon returning from trips overseas or out of state
  - Still know your state’s recommendations
- COVID-19 tracking apps are starting to show up
COVID-19 Cases in US by Date Reported

New Cases by Day

COVID-19 Information – Allergy & Asthma Network

- COVID-19 Information Center
  - FAQ’s
  - Mental Health Tools
  - Infographics
  - Much more . . .
- COVID-19 School Resources
  - National recommendations
  - Network Notes for Parents
  - Planning Tools
  - Asthma Care Resources
  - Posters for School

Coronavirus: What You Need to Know

- Distinguishing between COVID-19 vs Allergies vs Flu
- Take Our Survey: How Has Your Life Been Affected by Asthma and COVID-19
- COVID-19 School Resources for Allergies & Asthma
Testing, Treating & Tracing

Dr. Purvi Parikh

Review of High Risk Groups

- Older Adults
- People with Comorbid Medical Conditions
- Racial & Ethnic Minorities
Symptoms & Testing

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
Poll Question

These questions will NOT identify you in any way.

• Have you been tested for COVID-19?

Different Types of Coronavirus Tests - FDA

Most accurate – but there are false negatives
Different Types of Coronavirus Tests - FDA

<table>
<thead>
<tr>
<th>What it shows...</th>
<th>Diagnoses active coronavirus infection</th>
<th>Diagnoses active coronavirus infection</th>
</tr>
</thead>
<tbody>
<tr>
<td>What it can’t do...</td>
<td>Show if you ever had COVID-19 or were infected with the coronavirus</td>
<td>Definitively rule out active coronavirus infection. Antigen tests are more likely to miss an active coronavirus infection compared to molecular tests. Your health care provider may order a molecular test if your antigen test shows a negative result but you have symptoms of COVID-19.</td>
</tr>
<tr>
<td></td>
<td>Shows if you’ve been infected by coronavirus in the past</td>
<td>Diagnose active coronavirus infection at the time of the test or show that you do not have COVID-19</td>
</tr>
</tbody>
</table>

- **Rapid, point-of-care** diagnostic tests use a mucus sample from the nose or throat but can be analyzed at the doctor’s office or clinic where the sample is collected and results may be available in minutes. These may be molecular or antigen tests.

- **At-home collection** tests, available only by prescription from a doctor, allow the patient to collect the sample at home and send it directly to the lab for analysis.

- **Saliva tests** allow a patient to spit into a tube rather than get their nose or throat swabbed. Saliva tests may be more comfortable for some people and may be safer for health care workers who can be farther away during the sample collection.

New Diagnostic Tests Available
When Should You Seek Testing or Medical Care?

Self-Checker
A guide to help you make decisions on when to seek testing and appropriate medical care.


Who Should Get Tested?

• People who have symptoms of COVID-19
• People who have had close contact (within 6 feet of an infected person for at least 15 minutes) with someone with confirmed COVID-19
• People who have been asked or referred to get testing by their healthcare provider, local or state health department.
• Not everyone needs to be tested. If you do get tested, you should self-quarantine/isolate at home pending test results and follow the advice of your health care provider or a public health professional.
How do you get a COVID-19 Test?

If you have no symptoms, but want to get tested -
• Check your state or local health department website for the latest information on testing for your area

If you have symptoms and want to get tested –
• Call your healthcare provider to find out where to get tested

If you test positive –
Know what preventative steps to protect others from getting sick.

If you test negative –
You probably weren’t infected at the time your sample was collected. Continue to take steps to protect yourself and others.

When Should You Seek Testing or Medical Care?

Mild symptoms
• Recover at home without medical care, self-isolate
• Testing can be optional

Severe symptoms
• Fever above 100°F – Call your medical provider
• No provider? Call urgent care or hospital

Emergency symptoms
• CALL 911
Emergency Symptoms

Look for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

• Trouble breathing
• Persistent pain or pressure in the chest
• New confusion
• Inability to wake or stay awake
• Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

Contact Tracing

• Public health staff work with a patient to help them recall everyone with whom they have had close contact during the timeframe while they may have been infectious.
• Public health staff then begin contact tracing by warning these exposed individuals (contacts) of their potential exposure as rapidly and sensitively as possible.
• To protect patient privacy, contacts are only informed that they may have been exposed to a patient with the infection. They are not told the identity of the patient who may have exposed them.
• Contacts are provided with education, information, and support to understand their risk, what they should do to separate themselves from others who are not exposed, monitor themselves for illness, and the possibility that they could spread the infection to others even if they themselves do not feel ill.
COVID-19 Vaccine Update

Dr. Purvi Parikh

World-wide Vaccine Development

More than 165 vaccines are in development

32 vaccines are in human trials

Off to the races!
**Vaccine Types**

- **Live-attenuated vaccines**
  - Weakened germ (attenuated) of germ that causes disease – 1-2 doses often give lifetime protection
  - Issue for immunocompromised

- **Inactivated vaccines**
  - Use killed version of germ that causes disease
  - Need several doses for ongoing immunity

- **Subunit, recombinant, polysaccharide, & conjugate vaccines**
  - Uses pieces of the germ - may need booster shots
  - Can be used on almost everyone

- **Toxoid vaccines**
  - Uses a toxin made by the germ to create immunity
  - May need booster shots

**Vaccine Types – New Types of Vaccines**

- **DNA vaccines**
  - Easy and inexpensive to make
  - Produce strong, long-term immunity

- **Recombinant vector vaccines (platform-based vaccines)**
  - Act like a natural infection
  - Especially good at teaching the immune system how to fight germs

- **Adenovector vaccine**
  - Genetically engineered vaccine
  - Cells read the genetic code & make spike proteins

- **mRNA vaccine**
  - "Tricks" the body into producing viral proteins
Phases of Vaccine Development

Phase 1
- Small groups of people receive the trial vaccine

Phase 2
- Study expanded - vaccine is given to more targeted population

Phase 3
- Vaccine is given to thousands to test for efficacy & safety

Phase 4
- Formal, ongoing studies after vaccine is approved & licensed

Importance of Phase 3

- Purpose of Phase 3 is to evaluate how the new medication works in comparison to existing medications for the same condition
  - Is it safe?
  - Does it work?
- Need patients in high risk groups to be sure the vaccine meets the needs of all patients
Vaccine Development

Moving at a much quicker pace than usual

- Doing the work in months rather than years
- Following all of the phases – all of the appropriate safety checks
  - Phase 1 & 2 are showing very promising data from multiple companies
  - Multiple US companies are heading to Phase 3 – the final step before seeking FDA approval
  - Phase 3 is VERY important – tested on 30,000
  - Tested in high risk groups – elderly, healthcare workers, those with health disparities
  - Want to be sure it works!

Importance of Data

Moving from small test groups of 100 to large scale testing of the vaccine – (30,000):
- We acquire important data
- Can see how safe it is
- Can see how effective it is
- Want to assure vaccine safety to achieve herd immunity

When will the vaccine be widely available?
- Most optimistic - approved by the end of 2020
- Available for the public – Spring or Summer 2021
- The entire world will be clamoring for the same supply of a vaccine
Poll Question

• When the vaccine is ready, will you get vaccinated?

Vaccine Questions

How long will the vaccine be effective?
Will this be an annual vaccination like the flu?

• Vaccine are working – good antibody response
• We don’t know how long it will last
• Many vaccines are likely to be 2 doses
• Not a “one and done” situation
**Vaccine Questions**

How will we know how long the vaccine will be effective?

- Participants in Phase 1 & 2 are continuing to be followed
- We will learn from the data collected from their experience
- We’ll see how long immunity lasts

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**Vaccine Questions**

Will we take the COVID-19 vaccine annually like we do the flu shot?

- We want to see if the coronavirus acts like the flu virus – is there a seasonality to it?
- Right now, it doesn’t appear to shift as quickly as the flu virus
- We are learning!
Vaccine Questions

How can you enroll in clinical trials for COVID-19 vaccine?

- Must provide informed consent
- Provide nasopharyngeal swab & blood sample at initial screening visit – Over 2 years
- Go to https://www.coronaviruspreventionnetwork.org/

Vaccine Questions

During the COVID-19 outbreak, should we still get a flu vaccine?

- Yes, yes and yes!
- No change to CDC’s recommendation on timing for the flu vaccination
- Is you have COVID-19 or suspect you do, flu vaccine should be delayed
- How you get your flu shot may change to minimize chance of COVID-19 exposure
- Pharmacy? Satellite clinics?
A Word about Masks

Tonya Winders

Poll Question

• When out in public, do you wear a mask?
Many States are Mandating Masks

- 34 states require face masks in public
- DC & Puerto Rico have face mask orders as well
- Requirements vary – age, disabilities, medical conditions

Mask Requirements

https://masks4all.co/what-states-require-masks/
Questions?

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

We will address as many questions as we can
Join us on September 14th at 4:00 PM ET for the 12th webinar in our COVID-19 Webinar Series -

Creative Approaches to Routine Asthma/Allergy Care during COVID-19

COVID-19: Testing & Vaccine Update

Thank you for listening!

Get guidelines-based information at allergyasthmanetwork.org