



San Francisco Village

**COVID - 19
Research and Advisory Team:
Report and Recommendations #13
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RECENT FINDINGS

1) New masking guidelines from the WHO

The World Health Organization announced changes to its guidelines on who should wear a mask during the Covid-19 pandemic and where they should wear it. The new guidance recommends that the general public wear cloth masks made from at least three layers of fabric on public transport, in shops, or in other confined or crowded environments. It also says people over 60 or with preexisting conditions should wear medical masks in areas where there's community transmission of the coronavirus and physical distancing is impossible, and that all workers in clinical settings should wear medical masks in areas with widespread transmission.

While the evidence is inconclusive, researchers found that your risk of infection when wearing a mask was 14 percent less than if you weren't wearing a mask. N95 masks might be associated with a larger reduction in risk than surgical or cloth masks. Mass masking in the community is seen as one of the key measures that controlled transmission during the outbreak in Hong Kong and China.

The general consensus is that masks are better at keeping your viral particles from spreading to others than keeping someone else's from spreading to you. One study found even a single layer of cotton tea towel tested against a virus aerosol reduced transmission of the virus by 72 percent. With the rate transmission by asymptomatic patients as high as 40 percent, we need a shift in thinking about masks from protecting the wearer to protecting the community.

2) Covid 19 could cause long-term illness

The long-term illnesses that can follow viral infections can be devastating — and are devastatingly common. In 2015, the nation's top medical advisory body, the Institute of Medicine, estimated that between 800,000 and 2.5 million U.S. residents live with the illness or illnesses awkwardly named myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS). An estimated three-quarters of these cases were triggered by viral or bacterial infections.

Now, researchers are raising alarms that the novel coronavirus and the COVID-19 disease it causes will also leave in its wake a potentially large population with post-viral problems that could be lifelong and, in some cases, disabling.

In addition to emerging reports of damage to lungs, kidneys and hearts, COVID-19 patients are complaining of ongoing crushing fatigue, muscle pain, cognitive problems and other symptoms that anyone with ME/CFS is very familiar with. Viral infections can trigger a common immune response, including fever and inflammation. Sometimes these defenses go awry, or get stuck in an “on” position even when the virus has been cleared, Although there is no known treatment, these problems often resolve on their own.

Patients who have experienced post-viral fatigue syndrome advise the newly ill to rest, as returning to normal activities can trigger relapses. If symptoms continue for six months or longer, post-viral fatigue syndrome can convert to a diagnosis of ME/CFS, which is usually lifelong and often devastating. Up to 25% of ME/CFS patients are housebound or bedbound for years.

3) The current vaccine situation

The global race to develop a Covid-19 vaccine to shield people from the infection is now well underway, and gaining ground by the week. There are now more than 90 vaccines under development from governments, nonprofits, and private companies. Several are in stages of human clinical trials.

There are four key elements that will determine how a vaccine will play out — how effective it will be, when it will be ready, how much of it would be available, and what the world does in the meantime to limit Covid-19.

The amount of protection vaccines provide could vary. On the high end of possibilities, the vaccine could provide what’s called “sterilizing immunity,” meaning the recipient would be safe from infection potentially forever. Then there are lesser degrees of protection that could allow the virus to take root but the vaccine would coach the host’s immune system to fight it off before it can do too much damage. The inoculated could experience mild symptoms and transmit the disease, but the vaccine would prevent the more dangerous

outcomes. Evidence seems to show that SARS-CoV-2 may have a relatively slow mutation rate for an RNA virus, increasing the chances that a vaccine would offer long-term protection.

The effectiveness of the vaccine can also vary for different groups. It may be the case that one type of Covid-19 vaccine is recommended for some age groups or people with preexisting conditions, while another type of vaccine is deployed to the general public. Even if a vaccine doesn't prevent the disease entirely, it can still be useful if it reduces the severity of the illness.

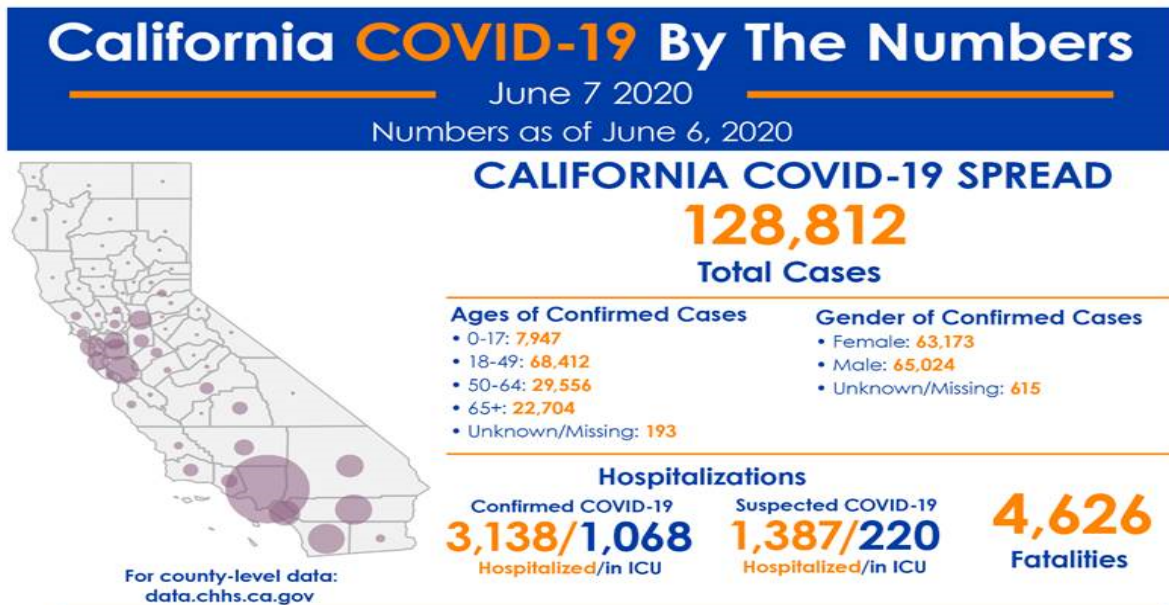
The central focus of the vaccination campaign would be the people facing the most exposure to the virus, like health workers, followed by people in essential roles like those in grocery supply chains and first responders. Then older people and those at the highest risk of complications could be vaccinated.

GLOBAL

Total Confirmed: 6,799,713

Total Deaths: 397,388

CALIFORNIA



Your actions **save lives.**

covid19.ca.gov



California Reopenings

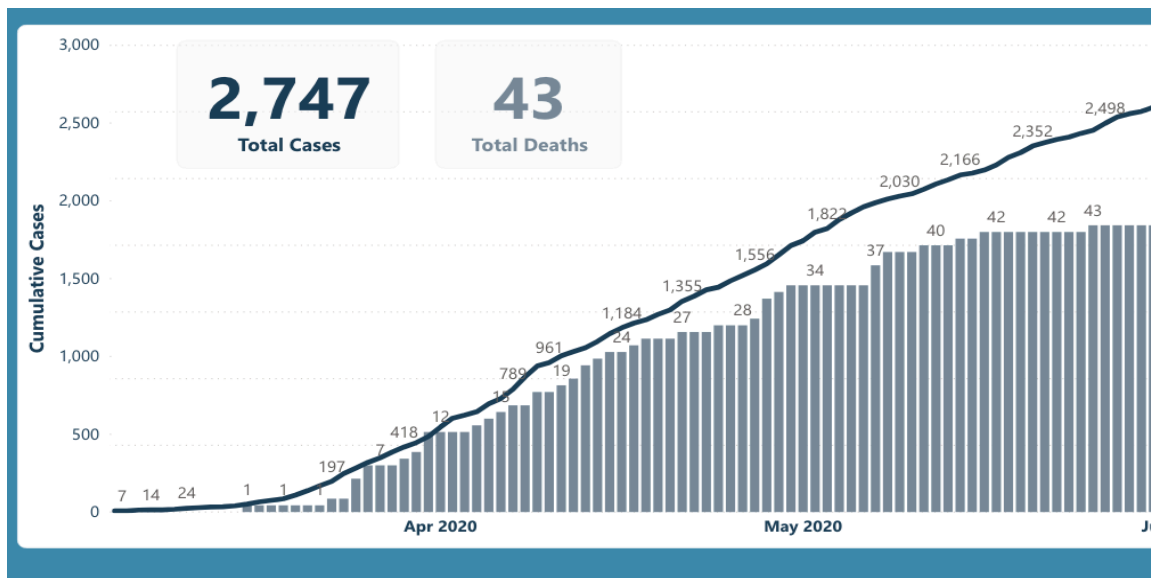
California will allow schools, day camps, bars, gyms, campgrounds and professional sports to begin reopening with modifications starting 6/12/20. The state released guidelines for counties to follow to reopen a broad range of businesses that have been closed since mid-March because of concerns about spreading the coronavirus. The rules on schools and day camps will apply statewide. But only counties that have met certain thresholds on the number of cases, testing and preparedness will be allowed to start reopening the other sectors. Almost all of the state's 58 counties have met those metrics. The state's guidance also included rules on hotels, casinos, museums, zoos and aquariums.

SAN FRANCISCO

Total Confirmed: 2747

Total Tested: 82,614

Total Deaths: 43



1) SF Reopening: small gathering guidelines

As part of plan to safely reopen San Francisco and allow more activities, City issues new Public Health guidance on how to be as safe as possible if residents start to expand their social interactions.

Although the Stay Home Order is still in place, San Francisco recognizes that people may be starting to see family and friends again and is using a harm reduction model to provide guidance on the safest ways to do so.

The first step when considering a social interaction during the COVID-19 pandemic is to assess your risk and the risk of your loved ones. If you or someone in your household is over the age of 60 or living with a chronic health condition such as diabetes or lung disease, the risk of an interaction increases.

The following guidelines, offered by the City of San Francisco, state that if you choose to interact with people outside your household, you can make it safer by:

- Doing the activity outdoors.
- Staying 6 feet apart and wearing a face covering.
- Avoiding the use of shared objects like utensils and toys.
- Limiting the number of households and people involved.
- Staying home if you are feeling unwell – especially if you are experiencing COVID-19 symptoms like fever, cough, or fatigue.

2) Positive cases are expected to increase as a result of the large racial justice protests.

While there's lower risk for the virus to be spread outdoors, especially in a moving crowd, many of the protests culminated in police officers shooting tear gas and using pepper spray. Smoke from fires, tear gas, and pepper spray cause coughing, and coughing aerosolizes the virus, increasing the risk that it will spread. The risk is even more pronounced when factoring in the more than 5,600 demonstrators who have been arrested.

Many people who are infected with coronavirus can transmit the disease but may not develop symptoms for 14 days after being infected. Therefore there may be a silent surge of infection spread over the course of the next two weeks. Older adults and those with health conditions may want to remain particularly cautious.

RECOMMENDATIONS

We have no new recommendations at this time.