



San Francisco Village

**COVID – 19
Research and Advisory Team:
Report and Recommendations #14
June 14, 2020**

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This report contains a summary of the key updates on the status of Covid-19 that are more evident since our last report (June 6), along with our current recommendations for actions for SFV to consider taking. Sources include: CDC, WHO, SFDPH, CA DPH, Science Journal, New England Journal of Medicine, Journal of the American Medical Association, UCSF Medical Grand Rounds, STAT, Institute for Health Metrics & Evaluation, the Covid Tracking Project, other clinical journals, reports from public health professionals, and news media.

RECENT FINDINGS

GLOBAL

136,572 new cases

7,553,182 confirmed cases

423,349 deaths

WHAT'S THE DIFFERENCE BETWEEN ASYMPTOMATIC AND PRESYMPTOMATIC?

The conventional wisdom - that anyone could be infected with Covid-19 and we should always take precautions - seemed to be challenged this week when an infectious disease epidemiologist at Institute Pasteur's Center for Global Health and a technical consultant for the WHO, remarked at a recent press conference that asymptomatic transmission of Covid-19 was "very rare." By Tuesday, they walked back some of the comments.

What does asymptomatic mean and how is it different from presymptomatic?

Asymptomatic means people who have been exposed and infected but never develop symptoms. Presymptomatic describes people who have been exposed to a disease and infected but are not yet showing symptoms. Covid-19 symptoms, on average, develop around five or six days after you are infected, although it can take up to 14 days. Some patients also only develop very mild symptoms.

Scientists are just beginning to understand asymptomatic Covid-19 infections. A review of 16 different studies, published in *Annals of Internal Medicine*, found that a staggering 40-45 percent of all infections might be asymptomatic. Two of the studies looked at CT scans of lungs and found substantial abnormalities with no symptoms present. Three separate studies showed the viral load of asymptomatic patients was very similar to those who developed symptoms.

Can asymptomatic and presymptomatic people spread coronavirus? Several peer-reviewed studies have established that presymptomatic people often infect others before they feel sick — in fact, you may be *most* infectious before you have any idea that you have Covid-19. A researcher at Harvard Global Health Institute, says, “We know that people with no symptoms but who are infected with the virus can and do transmit it to others.” He points to several studies that suggest 40 percent to 60 percent of Covid-19 transmission is in people who don’t have symptoms, whether or not they go on to develop them later.

UNITED STATES

TOTAL CASES: 2,038,344 (22,317 New Cases since the preceding day)

TOTAL DEATHS: 114,625 (711 New Deaths since the preceding day)

1) NEW CDC GUIDELINES FOR GOING OUT

In general, the more closely you interact with others and the longer that interaction, the higher the risk of COVID-19 spread. So, think about:

- How many *people* will you interact with?
 - Interacting with *more people* raises your risk.
 - Being in a group with people who aren’t social distancing or wearing cloth face coverings increases your risk.
 - Engaging with new people (e.g., those who don’t live with you) also raises your risk.
 - Some people have the virus and don’t have any symptoms, and it is not yet known how often people without symptoms can transmit the virus to others.

- Can you keep 6 feet of *space* between you and others? Will you be outdoors or indoors?
 - The *closer* you are to other people who may be infected, the greater your risk of getting sick.
 - Keeping distance from other people is especially important for people who are at higher risk for severe illness, such as older adults and those with underlying medical conditions.
 - Indoor spaces are more risky than outdoor spaces where it might be harder to keep people apart and there's less ventilation.
- What's the length of *time* that you will be interacting with people?
 - Spending *more time* with people who may be infected increases your risk of becoming infected.
 - Spending more time with people increases *their* risk of becoming infected if there is any chance that you may already be infected.

What to Consider Before You Go:

- Is COVID-19 spreading in my community? Find out by viewing the latest COVID-19 information and a map of states with reported COVID-19 infections.
- What are the local orders in my community? Review updates from your local health department to better understand the situation in your community and what local orders are in place in your community. Also find out about school closures, business re-openings, and stay-at-home orders in your state.
- Will my activity put me in close contact with others? Practice social distancing because COVID-19 spreads mainly among people who are in close contact with others.
 - It's important that you and the people around you wear a cloth face covering when in public and particularly when it's difficult to stay 6 feet away from others consistently.
 - Choose outdoor activities and places where it's easy to stay 6 feet apart, like parks and open-air facilities.
 - Look for physical barriers, like plexiglass screens or modified layouts that help you keep your distance from others.
 - Use visual reminders—like signs, chair arrangements, markings on the floor, or arrows—to help remind you to keep your distance from others.

- Am I at risk for severe illness?

Older adults and people of any age who have serious underlying medical conditions might be at higher risk for severe illness from COVID-19. While the risk for severe illness is lower for others, everyone faces some risk of illness. Some people have no symptoms, others have mild symptoms, and some get severely ill.

- Do I live with someone who is at risk for severe illness?

If you live with older adults or someone with certain underlying medical conditions, then you and all family members should take extra precautions to minimize risk. Learn more about what you can do if you or any members of your family are at higher risk of severe illness from COVID-19.

- Do I practice everyday preventive actions?

Continue to protect yourself by practicing everyday preventive actions, like monitoring yourself for symptoms, not touching your face with unwashed hands, washing your hands often, social distancing, disinfecting surfaces, wearing cloth face covers, and staying home if you are sick.

- Will I have to share any items, equipment, or tools with other people?

Choose places where there is limited sharing of items and where any items that are shared are thoroughly cleaned and disinfected between uses. You can also choose to visit places that share, post, or announce that they have increased cleaning and disinfection to protect others from COVID-19.

- Will I need to take public transportation to get to the activity?

Public transit can put you in close contact with others. When using public transportation, follow CDC's guidance on how to protect yourself when using transportation

- Does my activity require travel to another community?

Before considering trips outside your community, consult CDC's travel considerations.

-If I get sick with COVID-19, will I have to miss work or school? If you are sick with COVID-19, stay home. Also find out about your work/school telework and sick leave policies.

- Do I know what to do if I get sick?

Know the steps to help prevent the spread of COVID-19 if you are sick.

The remaining guidelines concern how to take precautions when doing various activities such as: going to the bank, dining at a restaurant, hosting a gathering, using gyms, going to a nail salon, visiting the library, and traveling overnight.

For more information visit:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/activities.html>

2) INCREASED SPREAD IN THE US

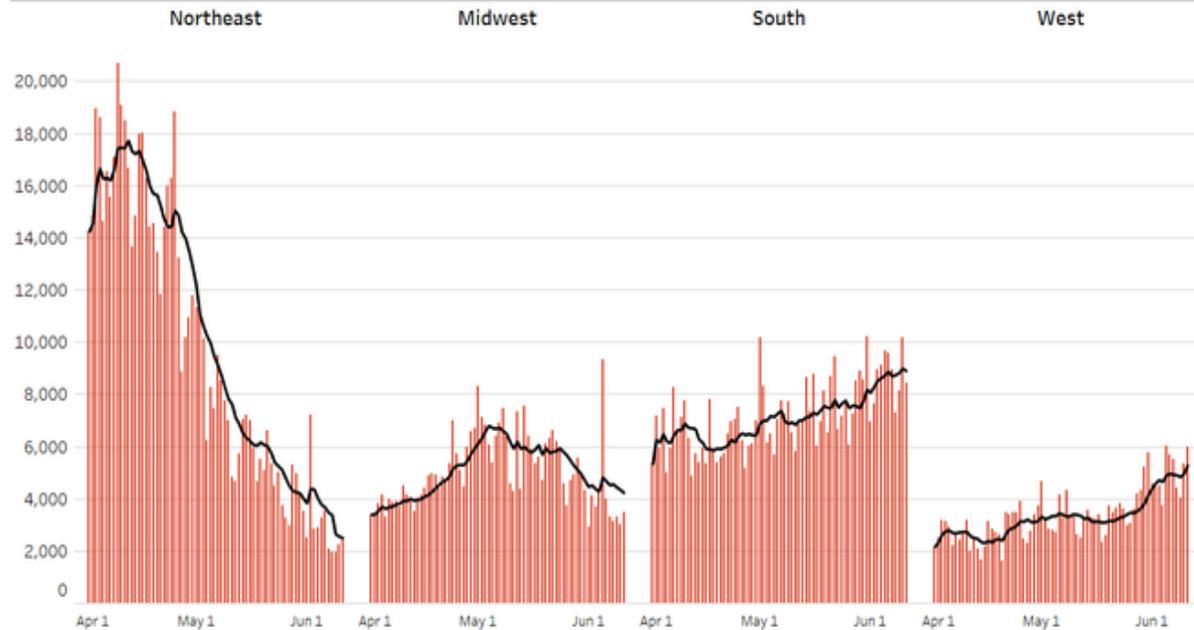
The original pandemic epicenters — the New York City area and New Jersey — have seen a steady decline in cases and deaths since a mid-April peak. But new hot spots are emerging.

Not only are case numbers rising, hospitalizations are increasing, and the share of tests that come back positive has gone up, all of which suggest the coronavirus is spreading in the community. It takes time for a case to become serious enough that the patient must be hospitalized. So the next wave of those newly infected won't show up at a hospital for a few more weeks.

The 7-day average of new cases has been between 20-23k cases for nearly a month. But the outbreak has shifted south and west. This is not a second wave. These places are experiencing their first significant upswing in Covid-19 cases.

DAILY NEW U.S. POSITIVE CASES. LINE: 7-DAY ROLLING AVERAGE

APR 1 - JUNE 11



Source: The COVID Tracking Project

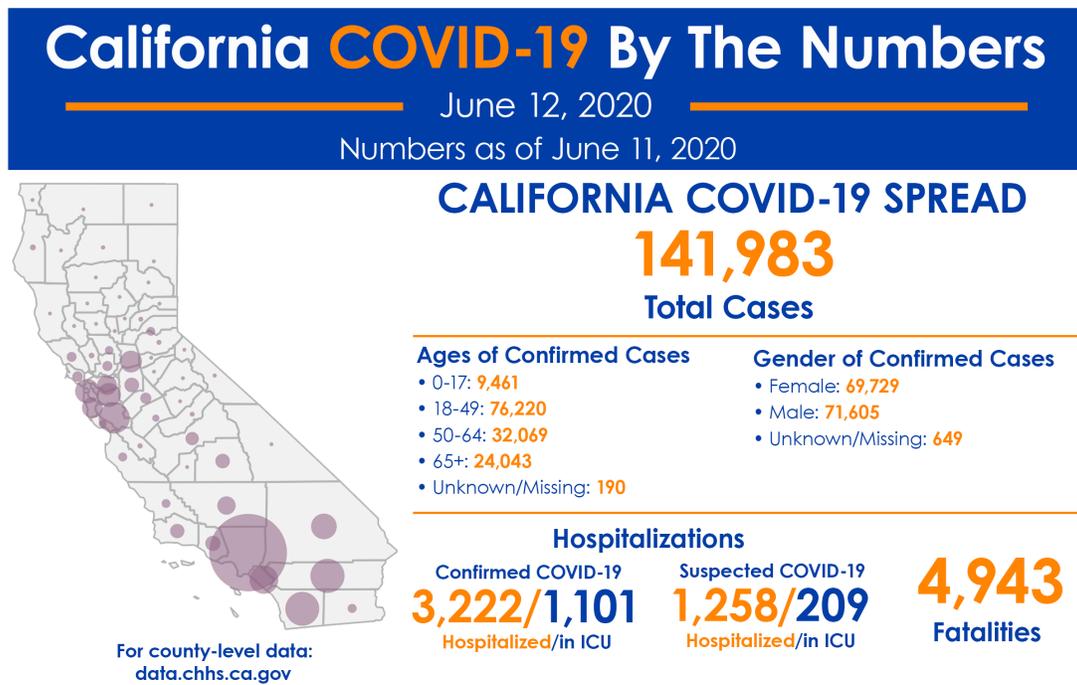
Arizona might be the most extreme case in terms of worrying trends, but at least six other states share a similar profile:

- Arizona seems the likeliest candidate to become a new Covid-19 hot spot. The state's new Covid-19 cases are up more than 200 percent over the last two weeks.
- Arkansas (cases up 113 percent in two weeks, positive test rate increasing, current hospitalizations up from 64 on May 10 to 181 on June 10)
- Florida (cases up 87 percent in two weeks, positive test rate increasing, the state does not report current hospitalizations)
- North Carolina (cases up 62 percent in two weeks, positive test rate increasing, current hospitalizations up from 442 on May 10 to 780 on June 10)
- South Carolina (cases up 93 percent in two weeks, positive test rate increasing, the state does not routinely report current hospitalizations but there was a reported recent spike)
- Texas (cases up 53 percent in two weeks, positive test rate increasing, current hospitalizations up from 1,626 on May 10 to 2,153 on June 10)

- Utah (cases up 126 percent in two weeks, positive test rate increasing, current hospitalizations up from 93 on May 10 to 130 on June 10)

While these places are seeing their cases climb, the national Covid-19 curve looks like a plateau, with 21,894 new cases on June 1 and 20,839 new cases on June 10. That’s because other parts of the country — particularly the Northeast, which endured the worst Covid-19 outbreak in the early weeks of the pandemic are seeing their numbers drop.

CALIFORNIA



Your actions **save lives.**

covid19.ca.gov

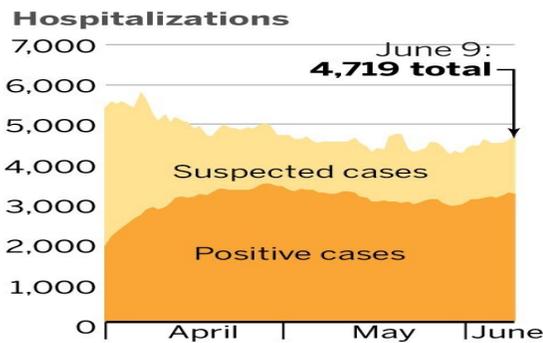
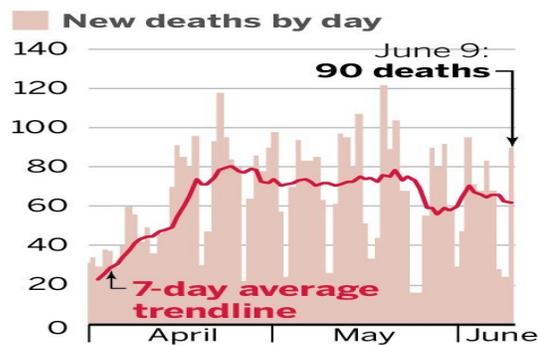
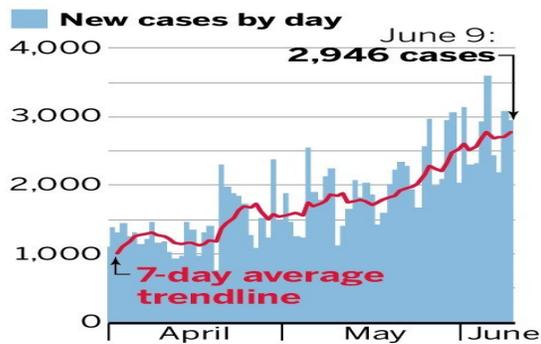


The number of new cases represents a seven-day average of 2,863, the highest-ever seven-day average since the start of the pandemic. California has seen cases rise by 20 percent in two weeks, but the positive test rate is little changed and hospitalizations are actually flat from a month ago. As individual counties move with varying speed to reopen after nearly three months of the COVID-19 pandemic shelter in place, California public health

officials are keeping a close watch on the surge in new cases, especially in 11 counties. State Department of Public Health officials are following outbreaks in hard-hit Los Angeles County, but also the rising number of cases in more rural counties, such as Kings and Imperial. They also are seeing an increase in the number of people with confirmed or suspected cases of COVID-19 hospitalized in Sacramento County.

CASES RISE, BUT DEATHS AND HOSPITALIZATIONS STEADY

Deaths and hospitalizations in California from coronavirus has been relatively stable despite an increase of daily cases since April.



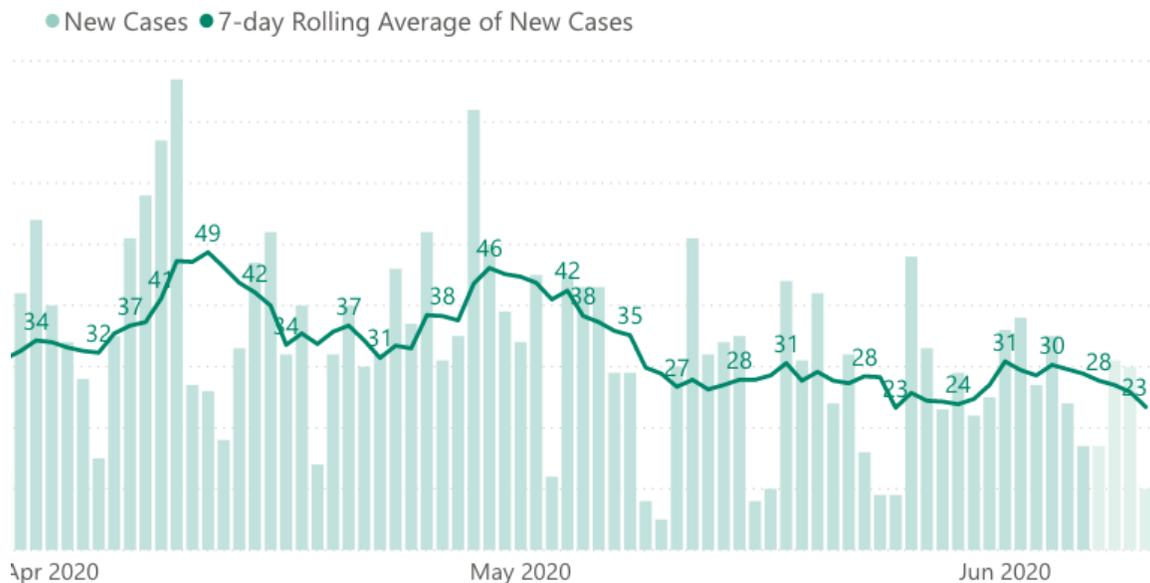
Source: Bay Area News Group analysis of county health department data
BAY AREA NEWS GROUP

SAN FRANCISCO

Total Test Results: 95638

Total Positives: 2906

Total Deaths: 44



1) EVICTIONS BANNED

Landlords will be permanently barred from evicting tenants if they can't pay rent due to coronavirus-related issues, like job loss or getting sick from the virus, under legislation passed by the Board of Supervisors Tuesday. Mayor London Breed already issued an emergency order banning evictions during the public health emergency — and for two months after — to help people avoid displacement during the pandemic. She also eliminated late fees and interest and gave tenants more time to pay back their rent. There is work to set up a Rent Resolution Fund to help landlords — particularly the small ones — to offset the burden of unpaid rent. The bulk of that funding could come from a November ballot measure that would nearly double the city's transfer tax on residential and commercial real estate deals valued at \$10 million or more.

2) WHAT IS OPEN:

- Essential businesses like health care, grocery stores, pharmacies, banks
- Restaurants for outdoor dining and pickup or delivery
- Curbside retail, including services with minimal contact, such as shoe repair, dog grooming, etc.
- Essential travel
- Outdoor activities like walking and biking with proper social distancing
- Construction, real estate transactions and other outdoor businesses with physical distancing requirements
- Child care and educational programs
- Some manufacturing
- Some outdoor facilities such as skate parks, athletic fields, botanical gardens, some beaches and golf courses
- Parking is now allowed at Baker Beach, China Beach and city-owned lots at Ocean Beach
- Outdoor museums and historical sites

WHAT IS NOT OPEN:

- Schools, which are scheduled to reopen in mid-August
- Nonessential in-store retail
- Bars, wineries and indoor dine-in eating
- Use of state parks except for hiking
- Motorized access to some state parks, camps, beaches and open spaces
- Public or private gatherings of any number of people occurring outside a single household
- Outdoor recreational areas and playgrounds with high-touch equipment
- Sports that require shared equipment or physical contact
- Personal services such as nail salons, tattoo parlors, gyms and fitness studios
- Entertainment and concert venues
- Movie and performing arts theaters
- Indoor museums
- Community centers

- Nightclubs
- Live sports and festivals

SCHEDULED TO OPEN JUNE 15: (With modifications and physical distancing, assuming health and safety metrics are met)

- Most indoor retail
- Summer camps
- Religious services and ceremonies
- Private household indoor services, such as housekeepers and chefs
- Professional sports games, tournaments and other entertainment venues without spectators
- Outdoor exercise classes
- Non-emergency medical appointments

SCHEDULED TO OPEN JULY 13: (With modifications and physical distancing, assuming health and safety metrics are met)

- Indoor dining
- Hair salons and barbershops
- Real estate open houses by appointment

RECOMMENDATIONS

We have no new recommendations at this time.