

Fact Friday: RSV, Flu, and COVID-19 Impacts on Older Adults

Friday, December 2, 2022

9:30 a.m. to 10:00 a.m.

Logistics

- **Participants are muted during the webinar**
- **Closed captioning is available**
- Access by clicking the icon at the bottom of your Zoom screen
- **Presentation & recording will be archived**
 - Visit [CDA's YouTube channel](#) to access

Agenda

- I. **Welcome** *Susan DeMarois, Director, CA Department of Aging*
- II. **Protecting Yourself and Your Family This Season** *Tomás J. Aragón, MD, DrPH
Director & State Public Health Officer*
- III. **Outreach Toolkit** *Connie Nakano, Assistant Director of Communications, CA
Department of Aging*

Susan DeMarois, Director
CA Department of Aging

California State Public Health Officer Update

California Department of Aging briefing

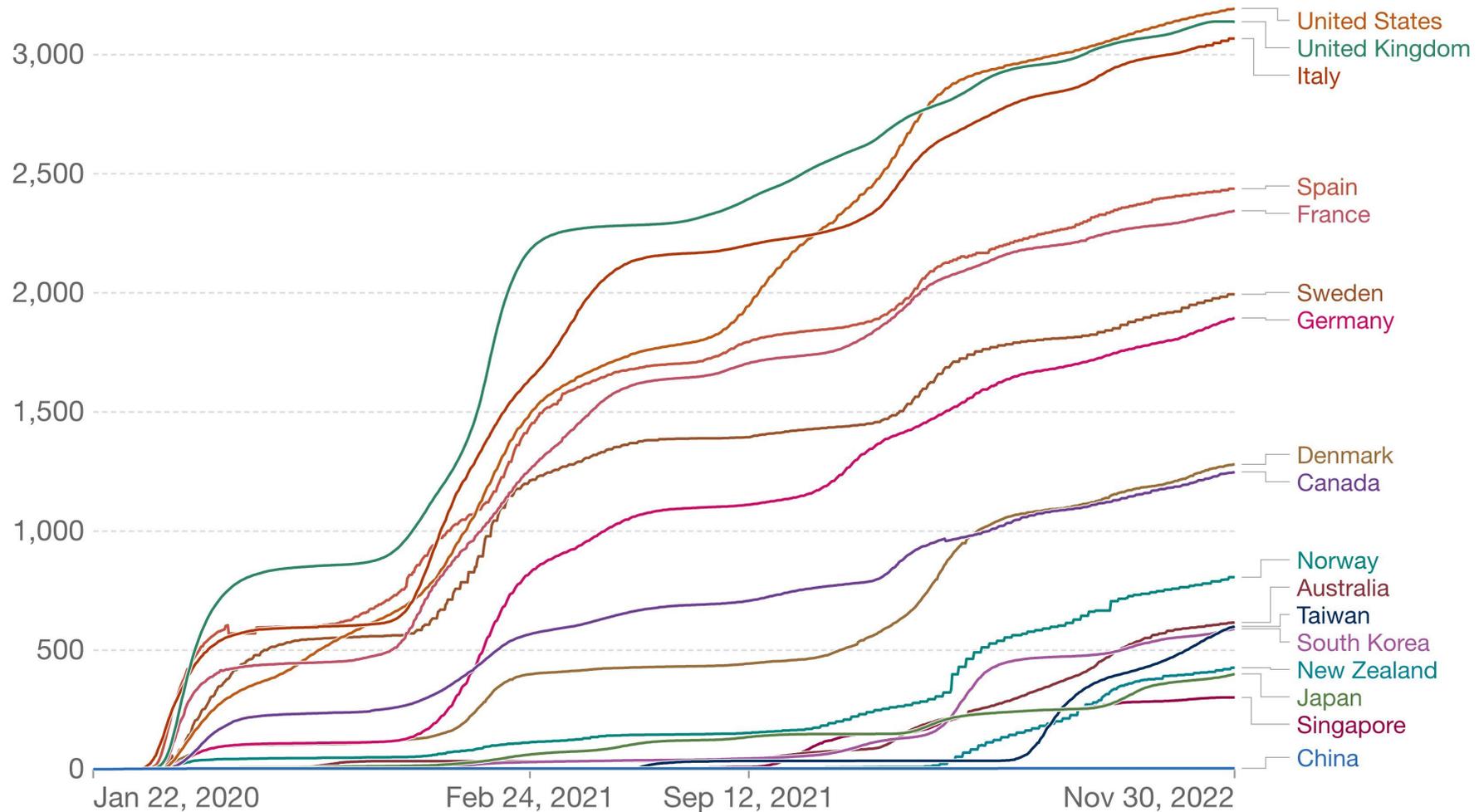
Tomás Aragón, MD, DrPH
State Public Health Officer and Director
California Department of Public Health
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DrTomasAragon.github.io (blog)
[@DrTomasAragon](https://twitter.com/DrTomasAragon) (twitter)

December 2, 2022

Cumulative confirmed COVID-19 deaths per million people

Our World
in Data

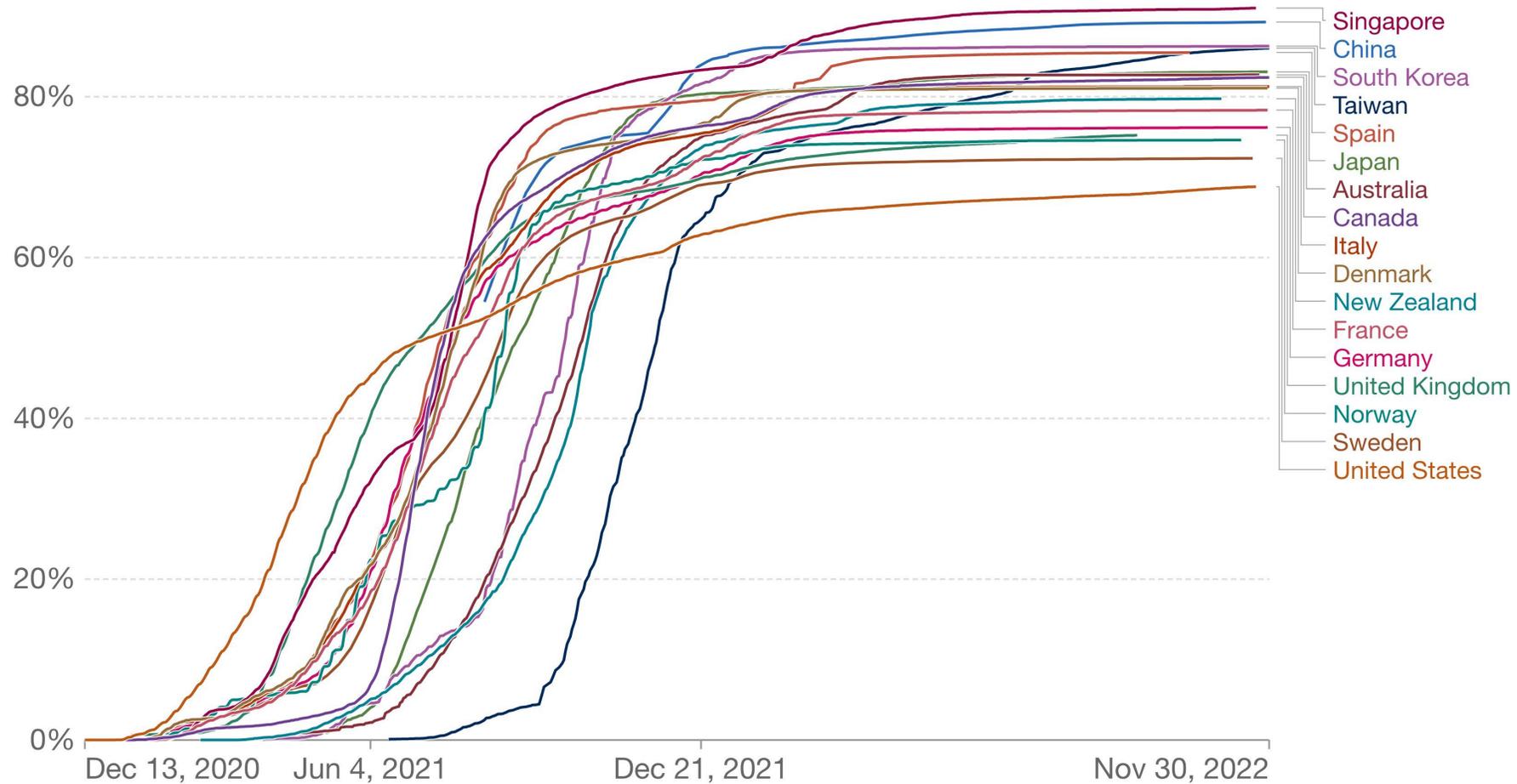
Due to varying protocols and challenges in the attribution of the cause of death, the number of confirmed deaths may not accurately represent the true number of deaths caused by COVID-19.



Source: Johns Hopkins University CSSE COVID-19 Data

Share of people who completed the initial COVID-19 vaccination protocol

Total number of people who received all doses prescribed by the initial vaccination protocol, divided by the total population of the country.



Source: Official data collated by Our World in Data

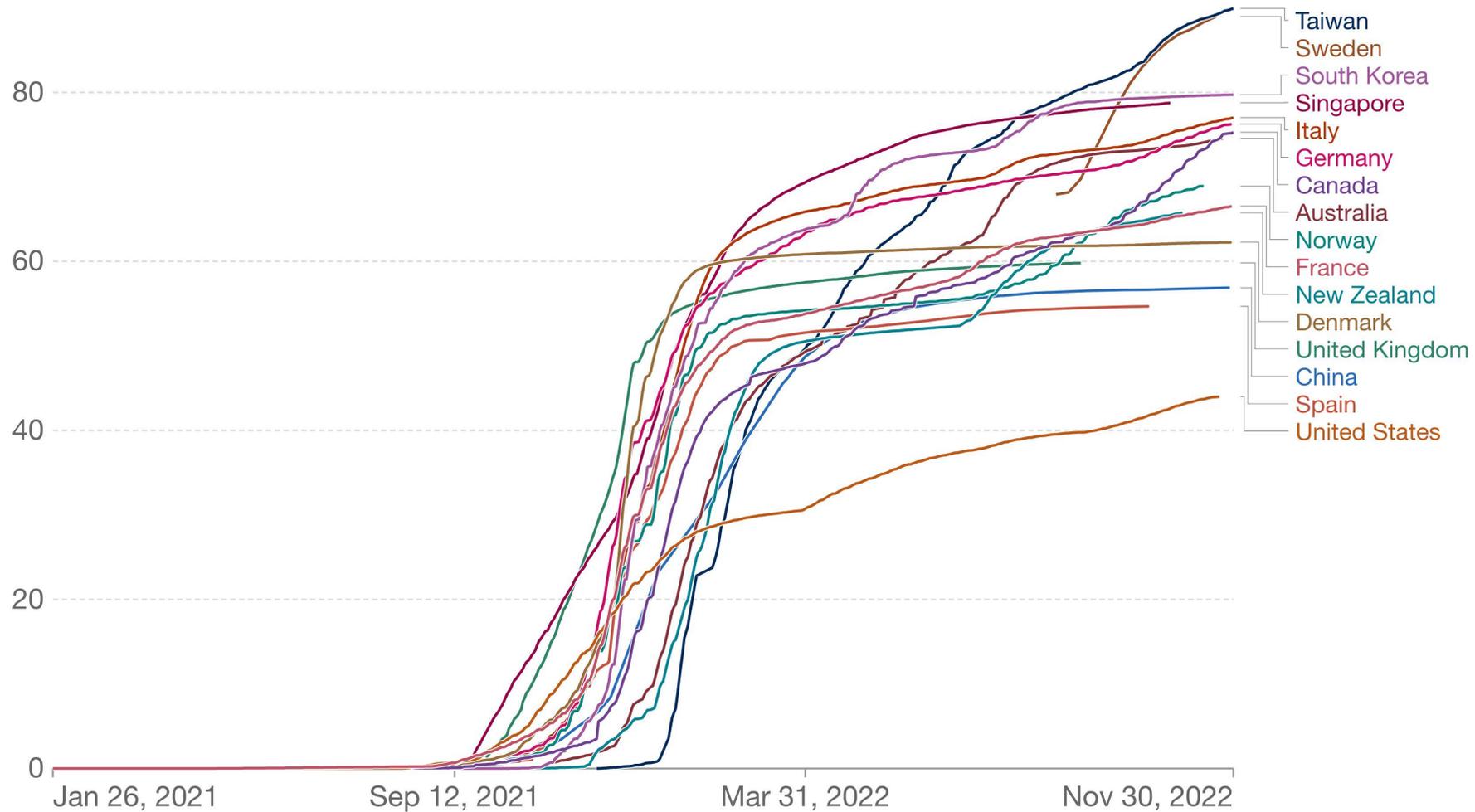
CC BY

Note: Alternative definitions of a full vaccination, e.g. having been infected with SARS-CoV-2 and having 1 dose of a 2-dose protocol, are ignored to maximize comparability between countries.

COVID-19 vaccine boosters administered per 100 people



Total number of vaccine booster doses administered, divided by the total population of the country. Booster doses are doses administered beyond those prescribed by the original vaccination protocol.



Source: Official data collated by Our World in Data

Cases

New Cases (Weekly Total)

303,101

Case Trends



Oct 2022

Dec 2022

Deaths

New Deaths (Weekly Total)

1,780

Death Trends



Oct 2022

Dec 2022

Hospitalizations

New Admissions (Daily Avg)

4,204

Admission Trends



Oct 2022

Dec 2022

Vaccinations

% 5+ with Updated Booster Dose

12.7%

People Age 5+



Total Cases

98,777,220

Total Deaths

1,077,303

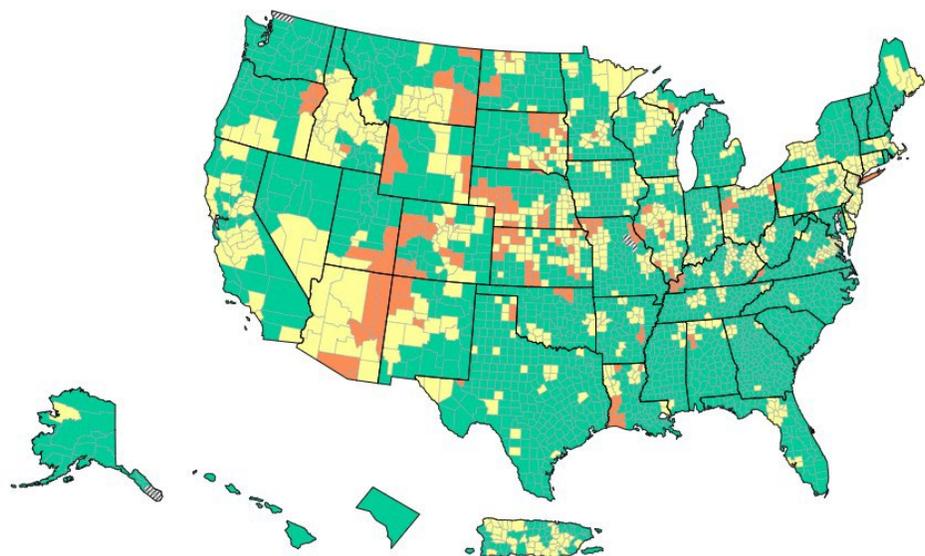
Current Hospitalizations

28,136

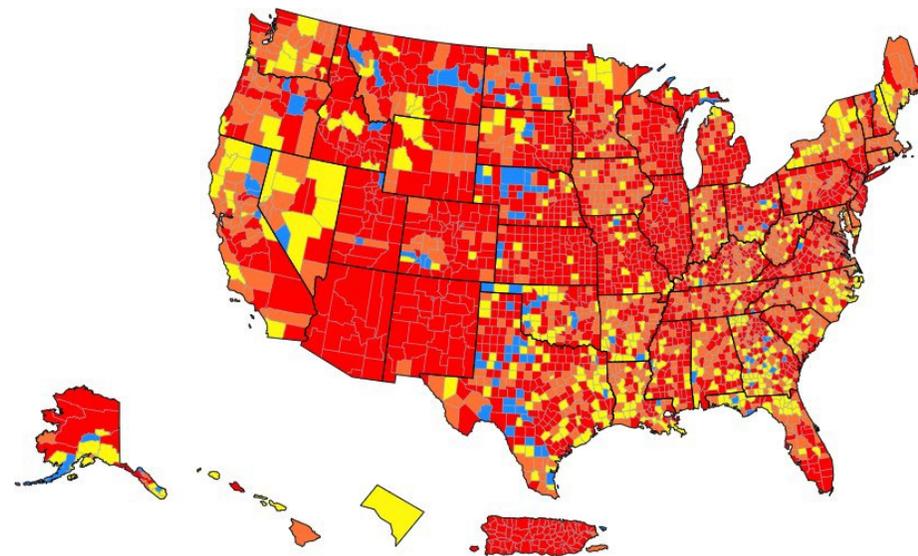
Total Updated Booster Doses (People 5+)

39,719,443

CDC | Data as of: December 1, 2022 6:37 PM ET. Posted: December 1, 2022 7:31 PM ET



● Low ● Medium ● High ▨ No Data



● High ● Substantial ● Moderate ● Low ▨ No Data

¹<https://covid.cdc.gov/covid-data-tracker/#county-view>



Vaccines administered updated December 1, 2022 at 10:36 AM, with data from November 30, 2022.
 Cases, deaths, and tests updated December 1, 2022 at 3:06 PM, with data from November 29, 2022.

²<https://covid19.ca.gov/state-dashboard/>

CALIFORNIA SMARTER



THE NEXT PHASE OF CALIFORNIA'S COVID-19 RESPONSE

SHOTS

Vaccines are the most powerful weapon against hospitalizations and serious illness.

MASKS

Properly worn masks with good filtration help slow the spread of COVID-19 or other respiratory viruses.

AWARENESS

We will continue to stay aware of how COVID-19 is spreading, evolving variants, communicate clearly how people should protect themselves, and coordinate our state and local government response.

READINESS

COVID-19 is not going away and we need to be ready with the tools, resources, and supplies we will need to quickly respond and keep public health and the health care system well prepared.

TESTING

Getting the right type of tests - PCR or antigen - to where they are needed most. Testing will help California minimize the spread of COVID-19.

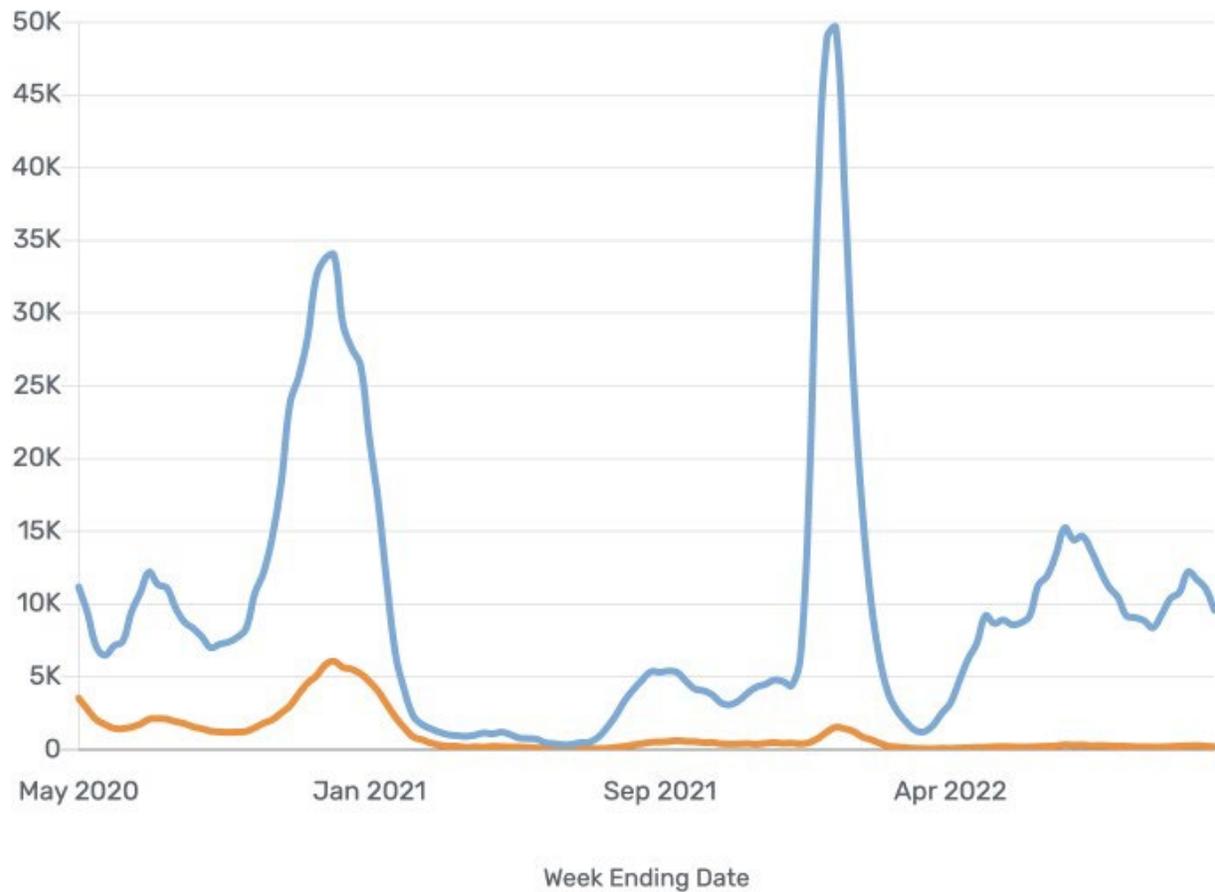
EDUCATION

California will continue to work to keep schools open and children safely in classrooms for in-person instruction.

RX

Evolving and improving treatments will become increasingly available and critical as a tool to save lives.

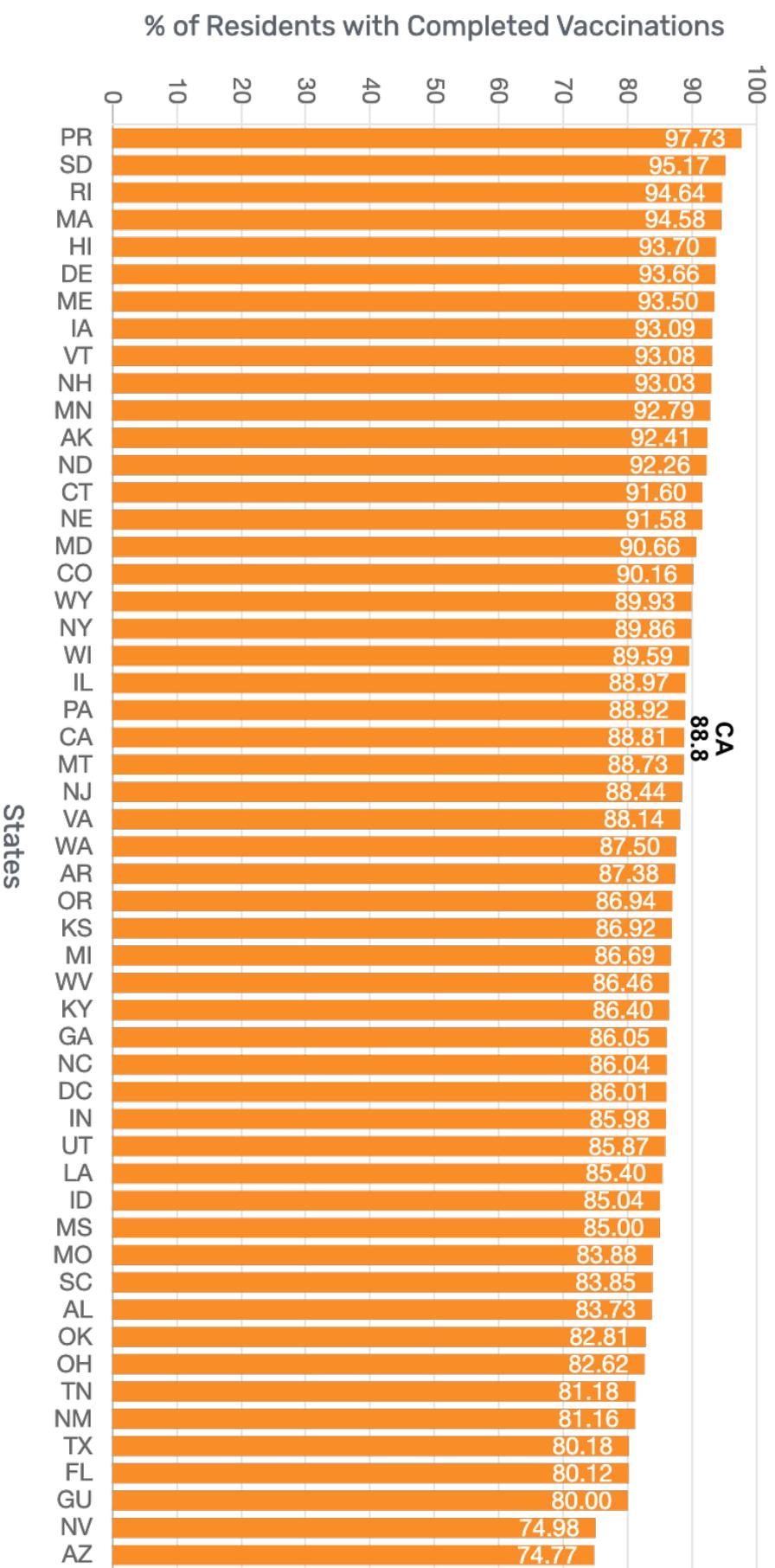
Figure: [The SMARTER Plan—The next phase of California's COVID-19 response](#)



Source: <https://data.cms.gov/covid-19/covid-19-nursing-home-data>

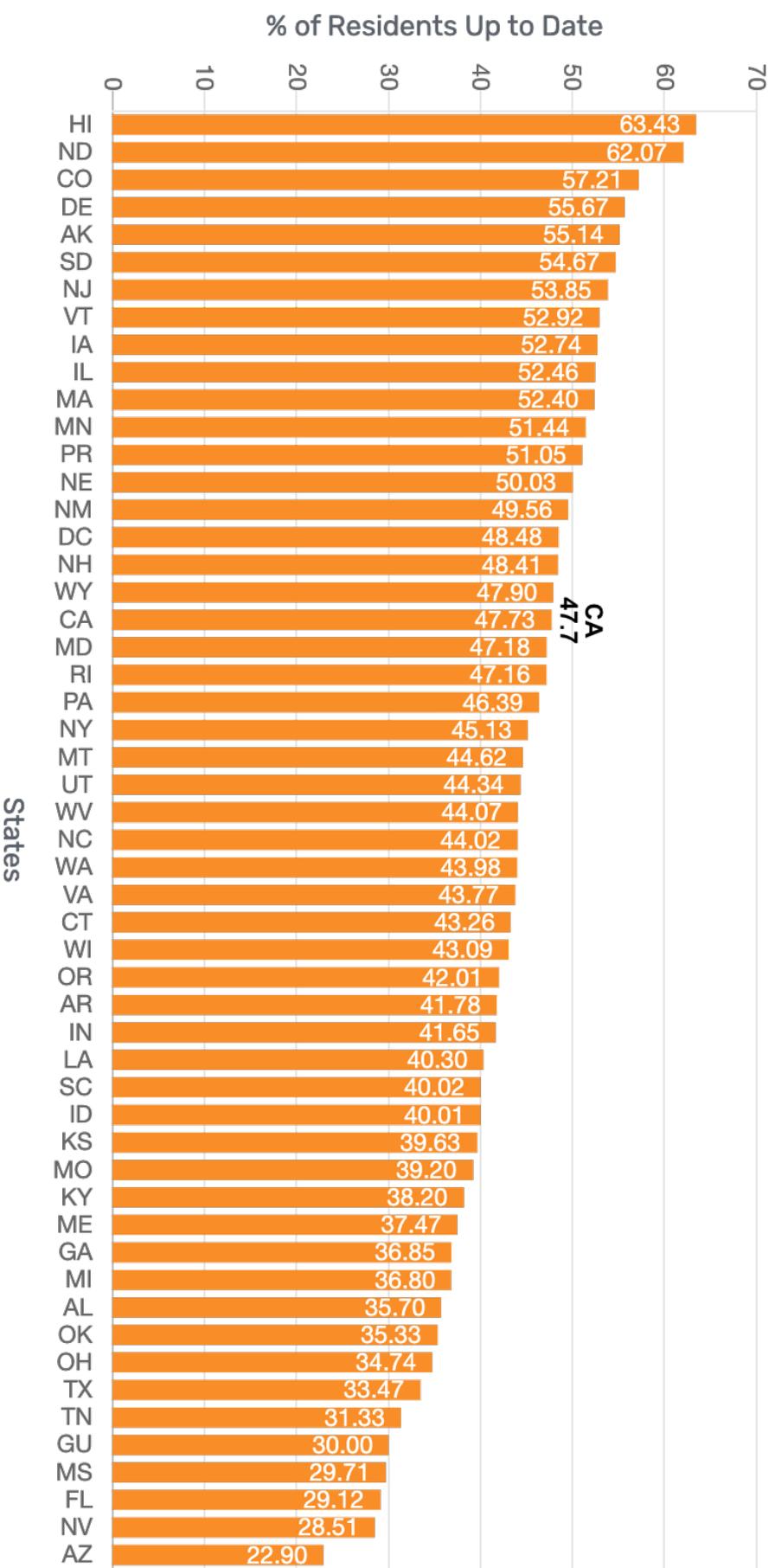
■ Cases ■ Deaths

Current nursing home residents with completed COVID-19 vaccinations (primary series) per facility, Oct. 30, 2022, California: 88.8%³



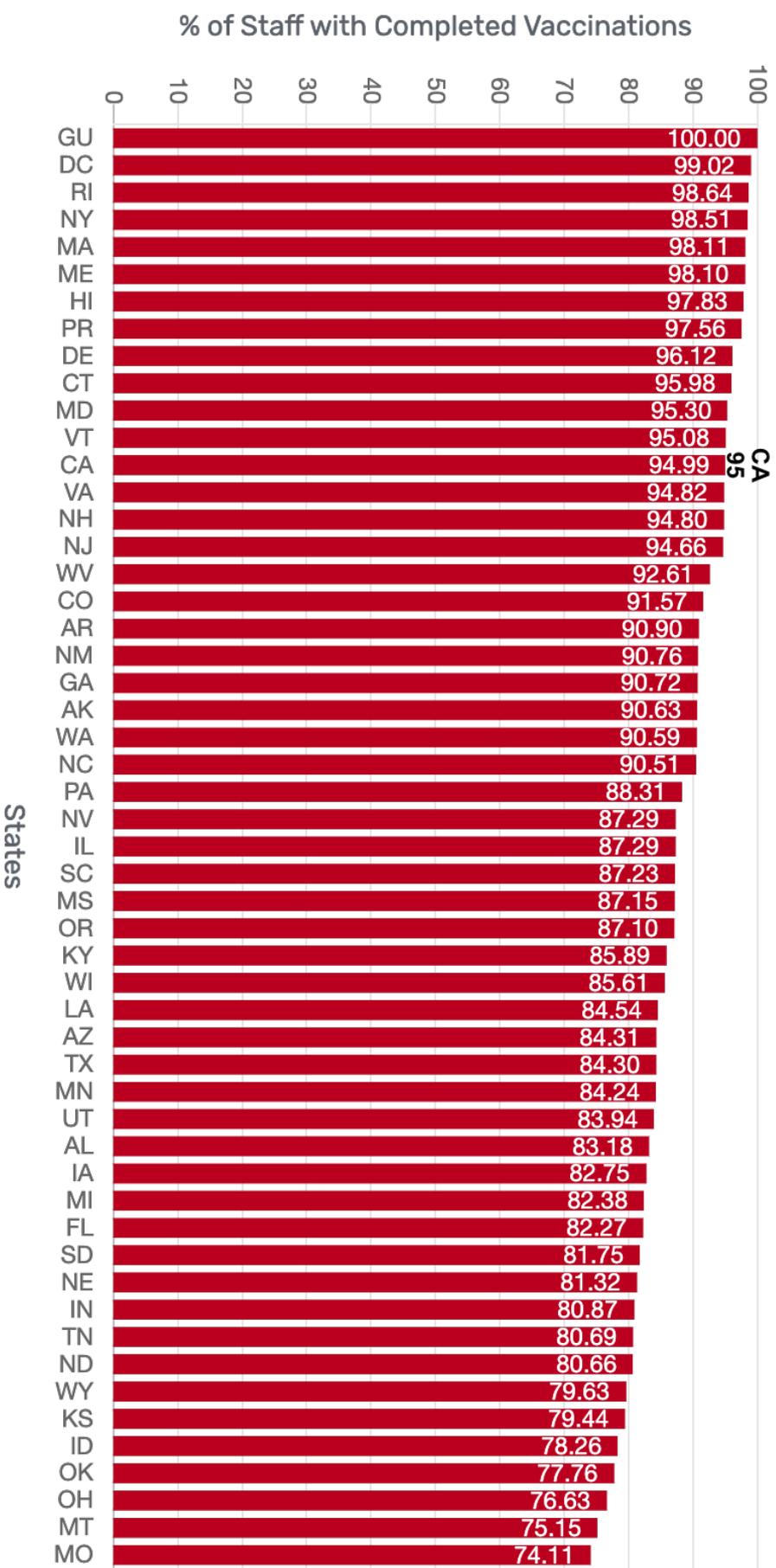
³<https://data.cms.gov/covid-19/covid-19-nursing-home-data>

Current nursing home residents up-to-date with COVID-19 vaccinations per facility, Oct. 30, 2022, California: 47.7%⁴



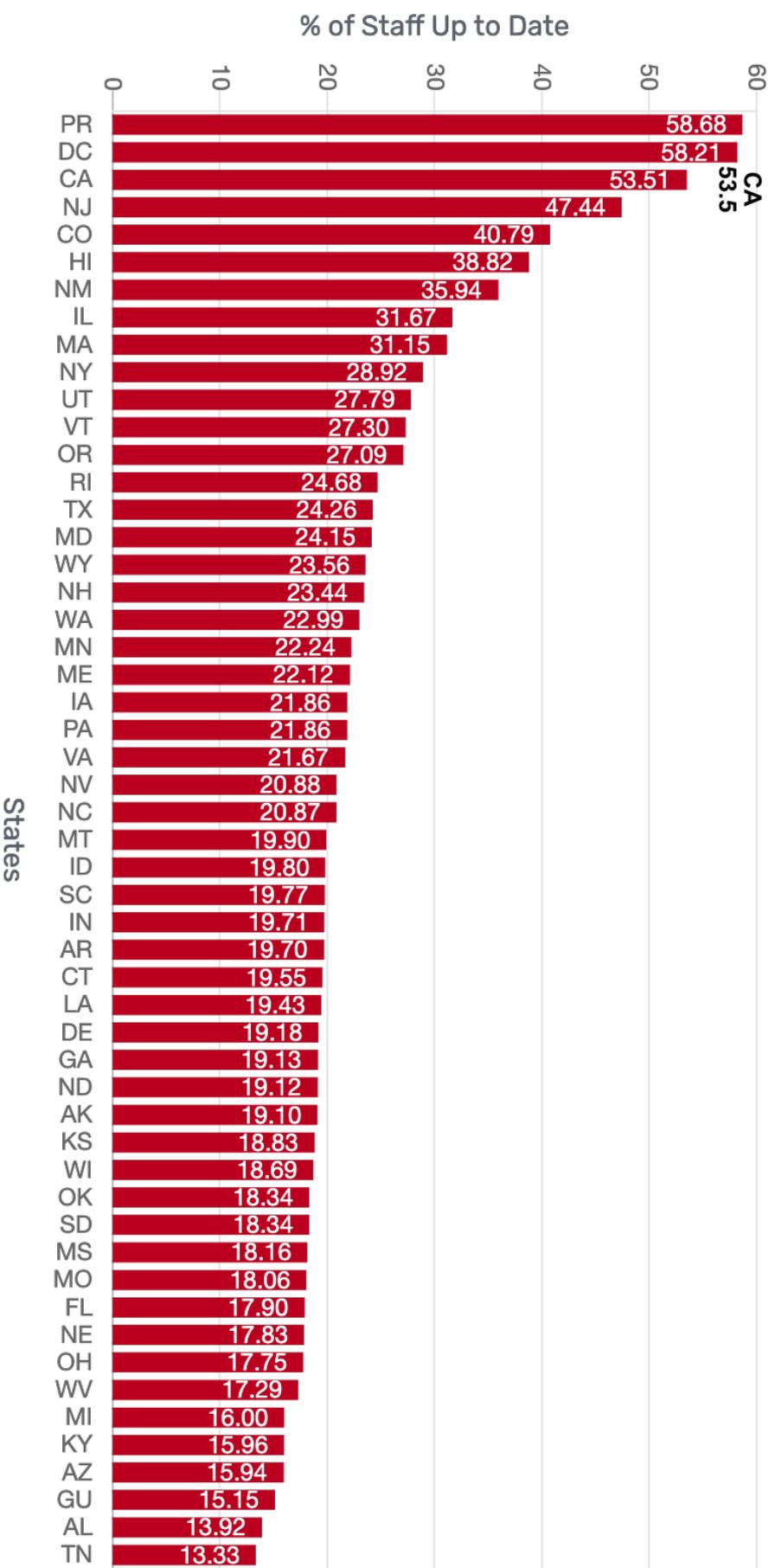
⁴<https://data.cms.gov/covid-19/covid-19-nursing-home-data>

Current nursing home staff with completed COVID-19 vaccinations (primary series) per facility, Oct. 30, 2022, California: 95%⁵

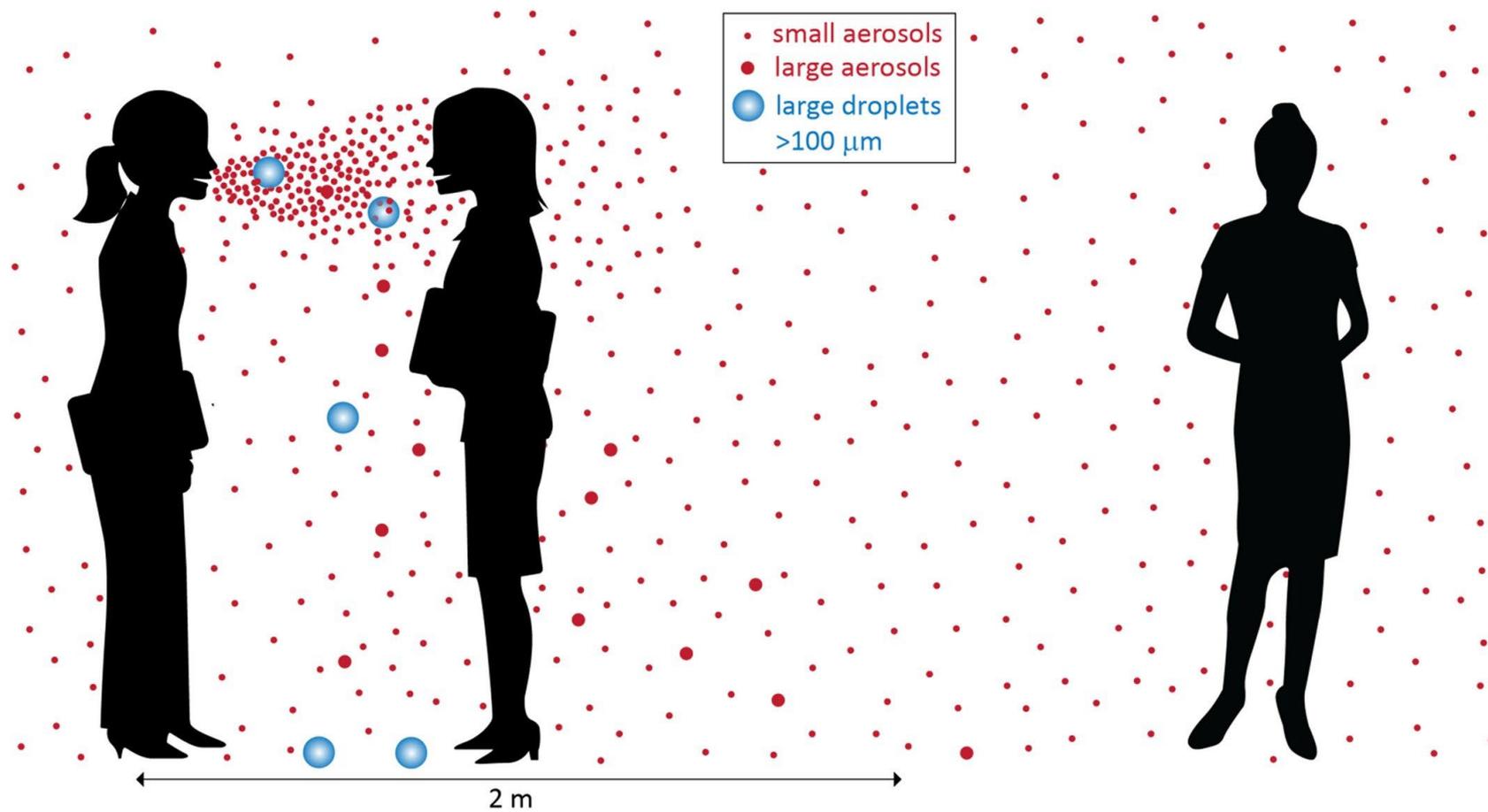


⁵<https://data.cms.gov/covid-19/covid-19-nursing-home-data>

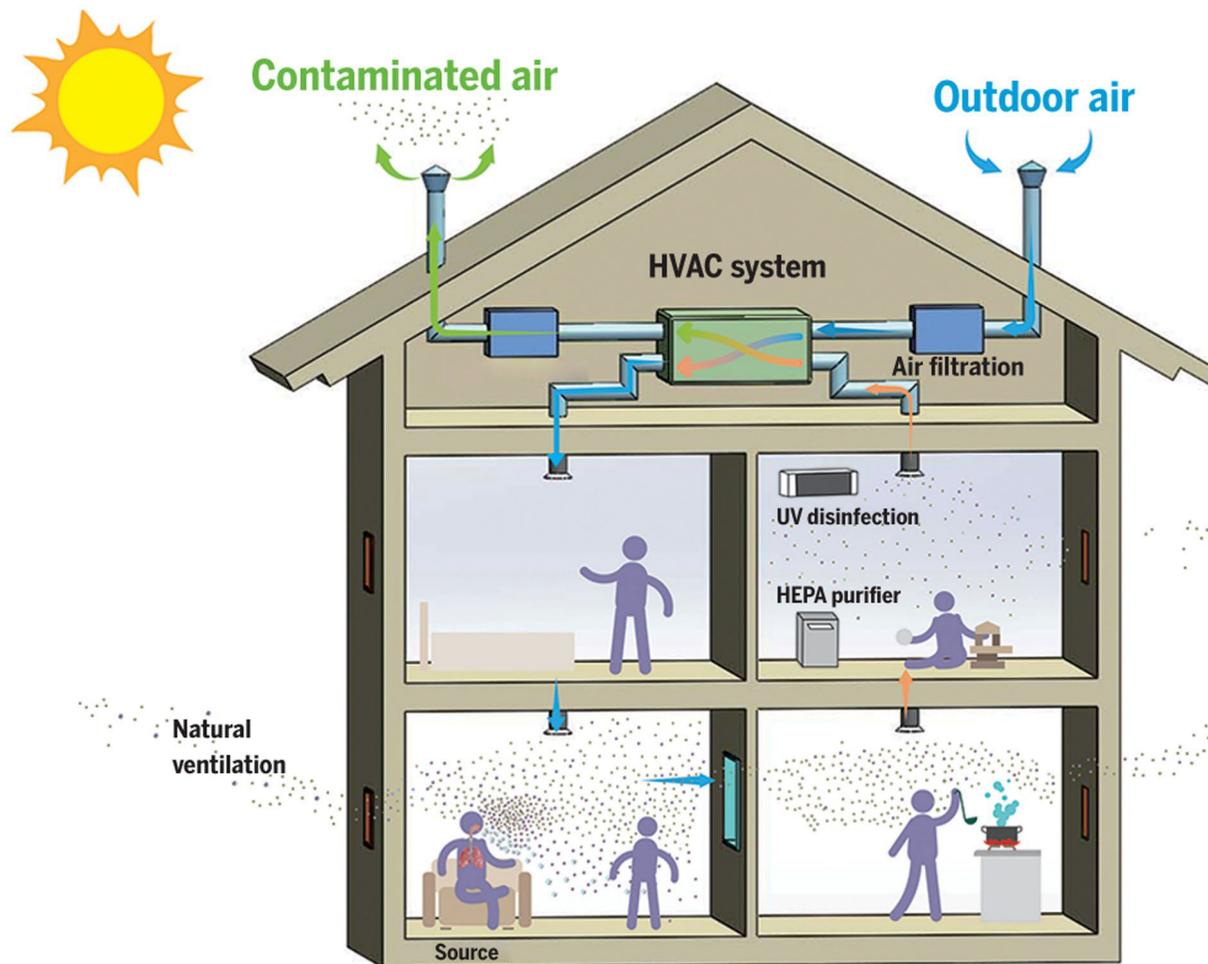
Current nursing home staff with up-to-date with COVID-19 vaccinations per facility, Oct. 30, 2022, California: 53.5%⁶



⁶<https://data.cms.gov/covid-19/covid-19-nursing-home-data>



⁷What were the historical reasons for the resistance to recognizing airborne transmission during the COVID-19 pandemic? Available from <https://doi.org/10.1111/ina.13070>



Factors affecting distribution of aerosols indoors

- **Airflow direction pattern**
- **Ventilation type**
 - Natural
 - Mechanical
 - Hybrid
- **Air filtration and disinfection**
 - Portable air cleaner with HEPA filters
 - Air filtration in HVAC system
 - Upper room UV disinfection

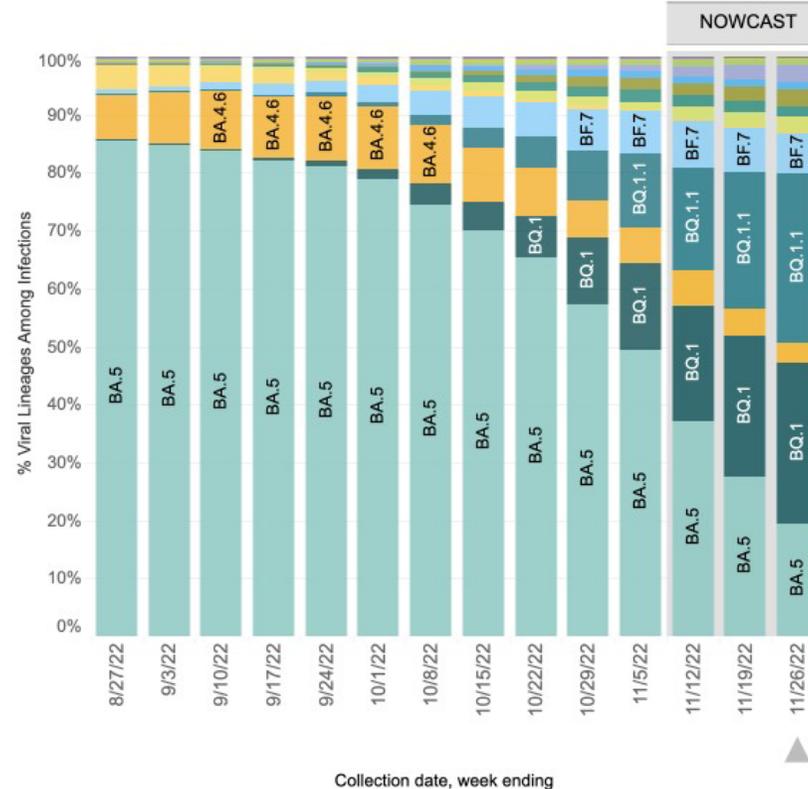
⁸Source: <https://www.science.org/doi/10.1126/science.abd9149>

United States: 11/20/2022 – 11/26/2022 NOWCAST

United States: 8/21/2022 – 11/26/2022

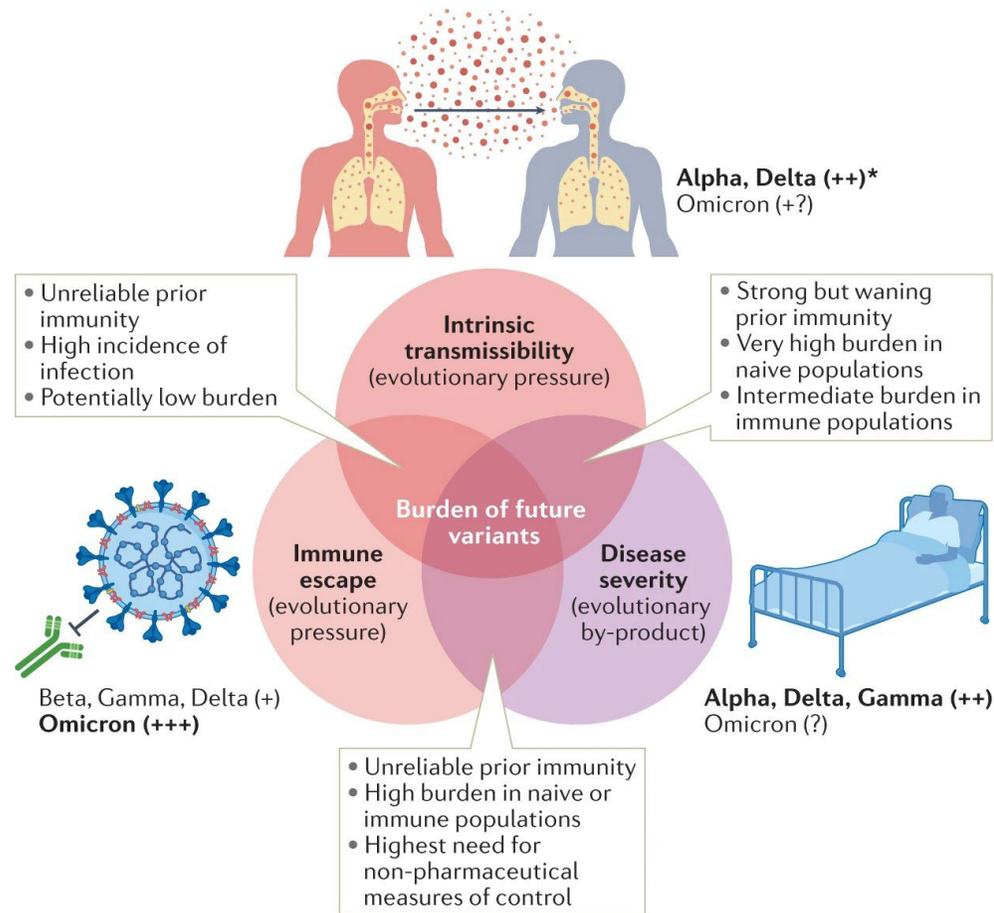
USA

WHO label	Lineage #	US Class	%Total	95%PI	
Omicron	BQ.1.1	VOC	29.4%	27.0-31.9%	
	BQ.1	VOC	27.9%	25.5-30.5%	
	BA.5	VOC	19.4%	17.1-21.9%	
	BF.7	VOC	7.0%	6.2-8.0%	
	BA.4.6	VOC	3.3%	2.9-3.8%	
	XBB	VOC	3.1%	1.5-6.0%	
	BN.1	VOC	2.9%	2.3-3.8%	
	BA.2.75	VOC	2.6%	2.0-3.5%	
	BA.5.2.6	VOC	1.8%	1.5-2.2%	
	BF.11	VOC	1.1%	0.8-1.4%	
	BA.2	VOC	0.8%	0.5-1.1%	
	BA.2.75.2	VOC	0.6%	0.4-0.7%	
	BA.4	VOC	0.0%	0.0-0.1%	
	BA.1.1	VOC	0.0%	0.0-0.0%	
	B.1.1.529	VOC	0.0%	0.0-0.0%	
	BA.2.12.1	VOC	0.0%	0.0-0.0%	
Delta	B.1.617.2	VBM	0.0%	0.0-0.0%	
Other	Other*		0.1%	0.0-0.1%	



* Enumerated lineages are US VOC and lineages circulating above 1% nationally in at least one week period. "Other" represents the aggregation of lineages which are circulating <1% nationally during all weeks displayed.
 ** These data include Nowcast estimates, which are modeled projections that may differ from weighted estimates generated at later dates
 # BA.1, BA.3 and their sublineages (except BA.1.1 and its sublineages) are aggregated with B.1.1.529. Except BA.2.12.1, BA.2.75, BA.2.75.2, BN.1, XBB and their sublineages, BA.2 sublineages are aggregated with BA.2. Except BA.4.6, sublineages of BA.4 are aggregated to BA.4. Except BF.7, BF.11, BA.5.2.6, BQ.1 and BQ.1.1, sublineages of BA.5 are aggregated to BA.5. For all the lineages listed in the above table, their sublineages are aggregated to the listed parental lineages respectively. Previously, XBB was aggregated with other. Lineages BA.2.75.2, XBB, BN.1, BA.4.6, BF.7, BF.11, BA.5.2.6 and BQ.1.1 contain the spike substitution R346T.

Antigenic evolution → SARS-CoV-2 variants with unpredictable severity¹⁰



Virus

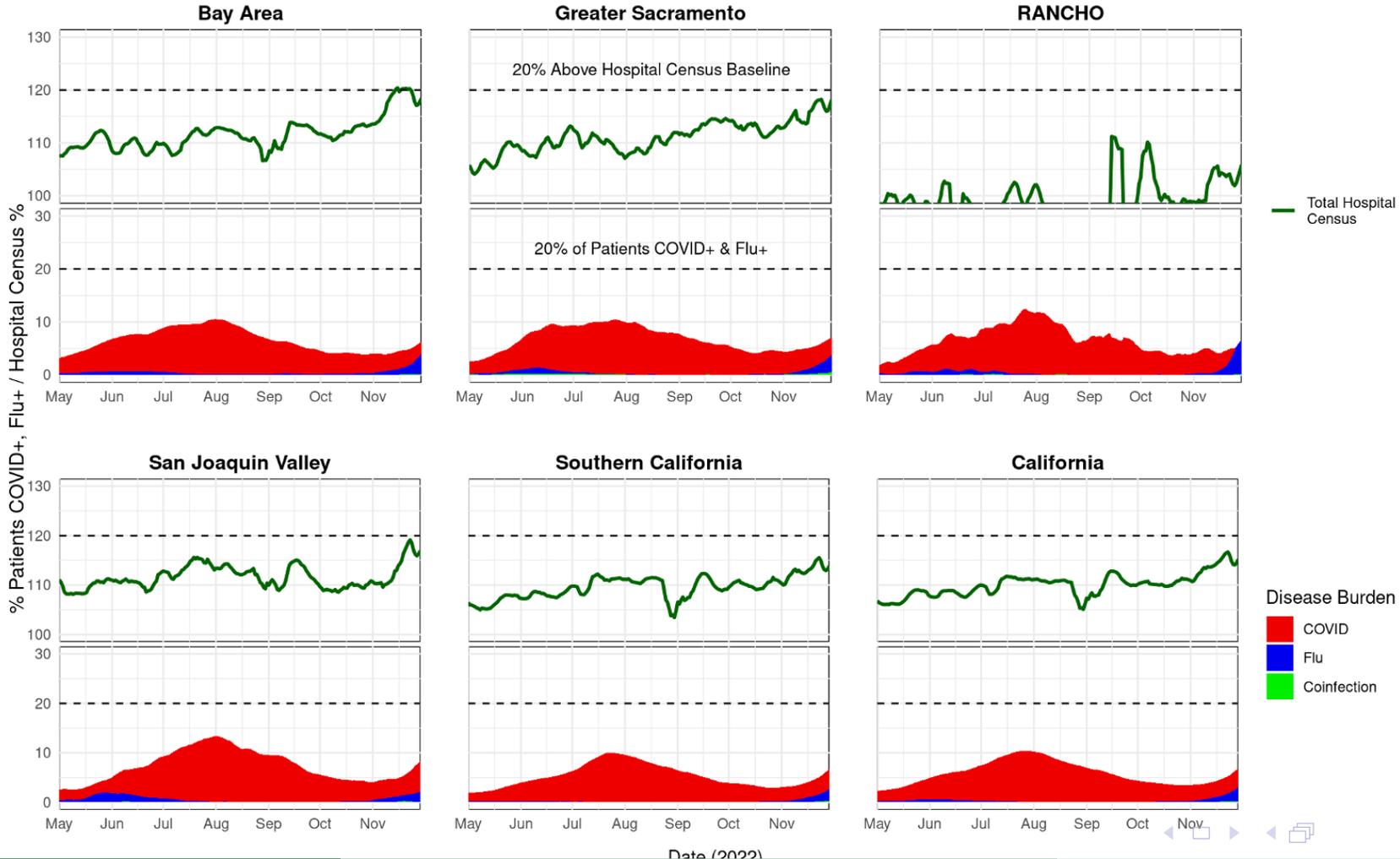
- Intrinsic transmissibility
- Immune escape
- Virulence

Host

- Waning immunity
- Social behavior
- Environment
- Countermeasures

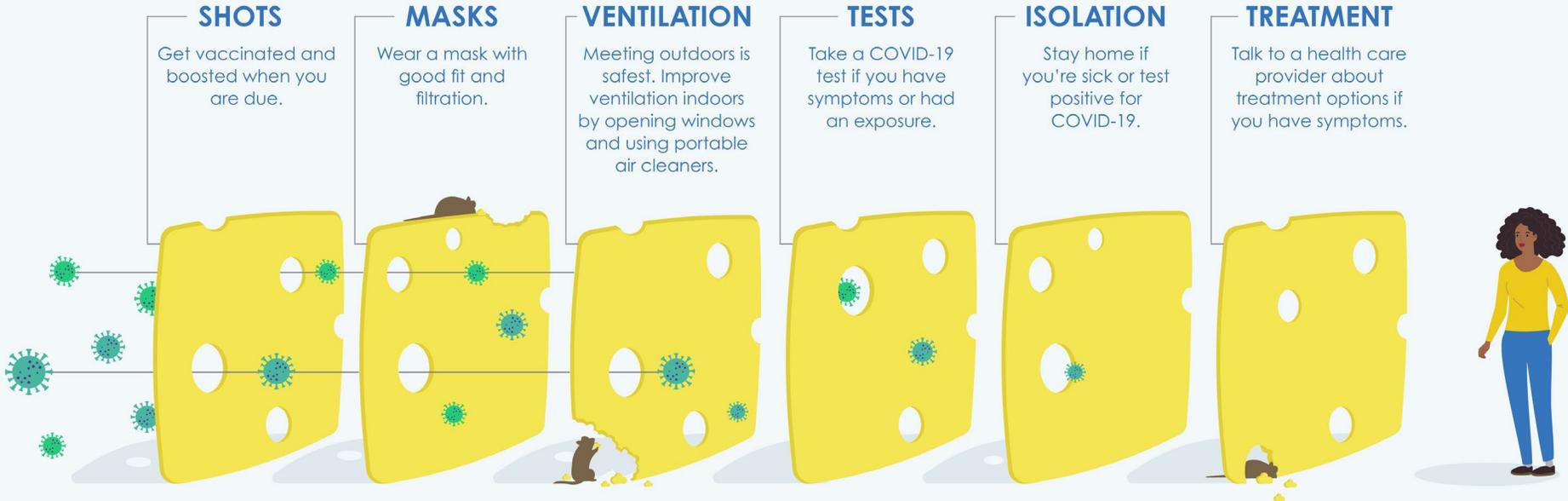
¹⁰<https://www.nature.com/articles/s41579-022-00722-z>

California regional and state hospital census; baseline % and positive COVID-19 and Flu patients, Jan. 1, 2022 – Nov. 30, 2022



SMARTER Steps Protective Layers

No single intervention is perfect at preventing the spread of COVID-19. However, the more “**SMARTER Steps**” you take, the safer you, your family, and your community are against COVID-19.



COVID-19 Virus



Misinformation Mouse



<https://bit.ly/CASmarterSteps>

Figure: [State of California Safe Schools For All Hub](#)

Long COVID (Post-COVID conditions)¹¹

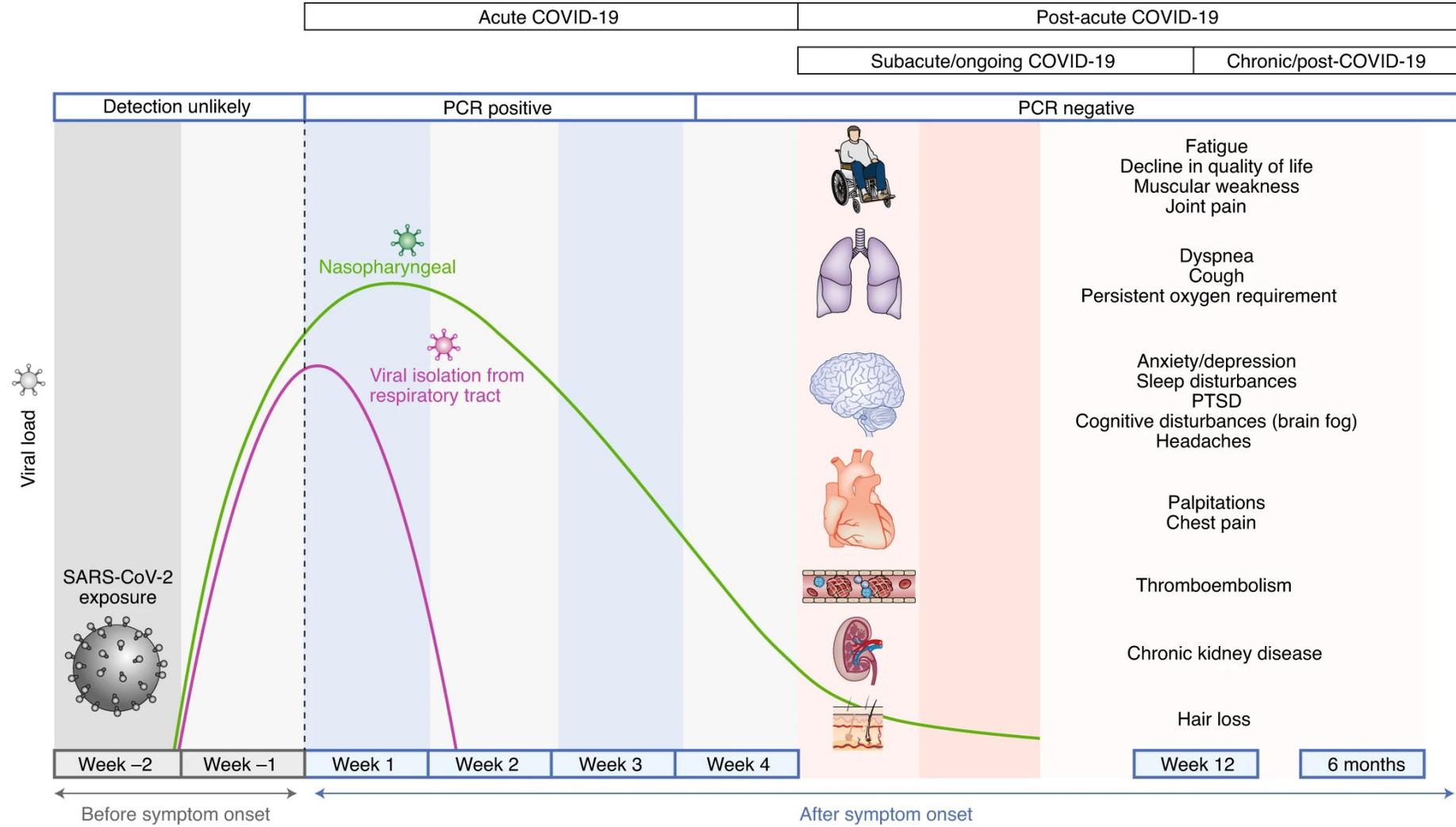
Long COVID can be considered a lack of return to a usual state of health following acute COVID-19 illness; development of new or recurrent symptoms; or unmasking of a pre-existing condition that occurs after the acute COVID-19 illness has resolved. Long COVID is present if recovery does not occur after the 4-week acute phase even though many patients continue to recover between 4 and 12 weeks.

Prevalence and cumulative incidence

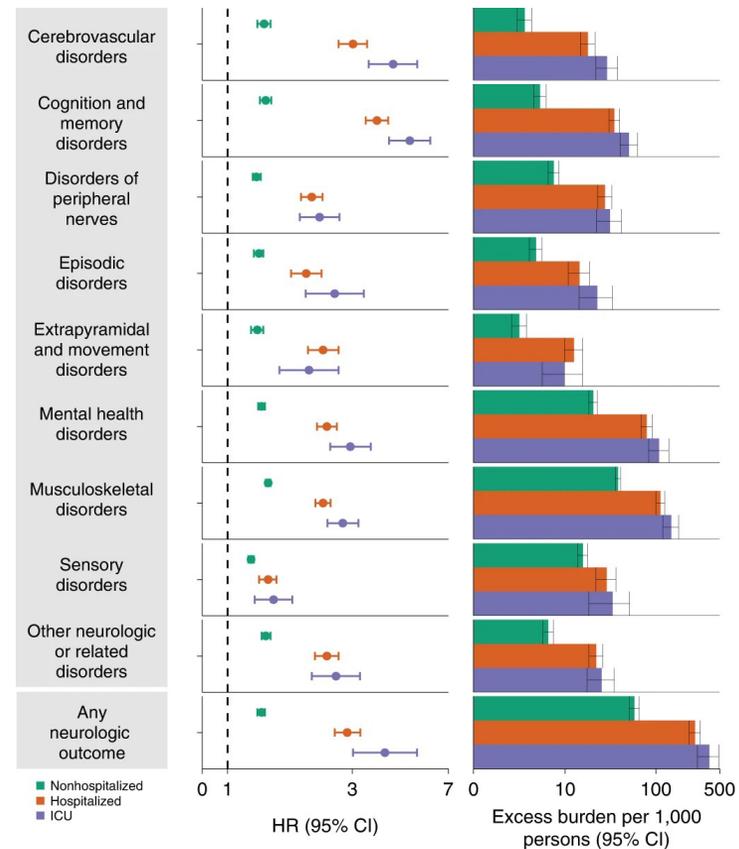
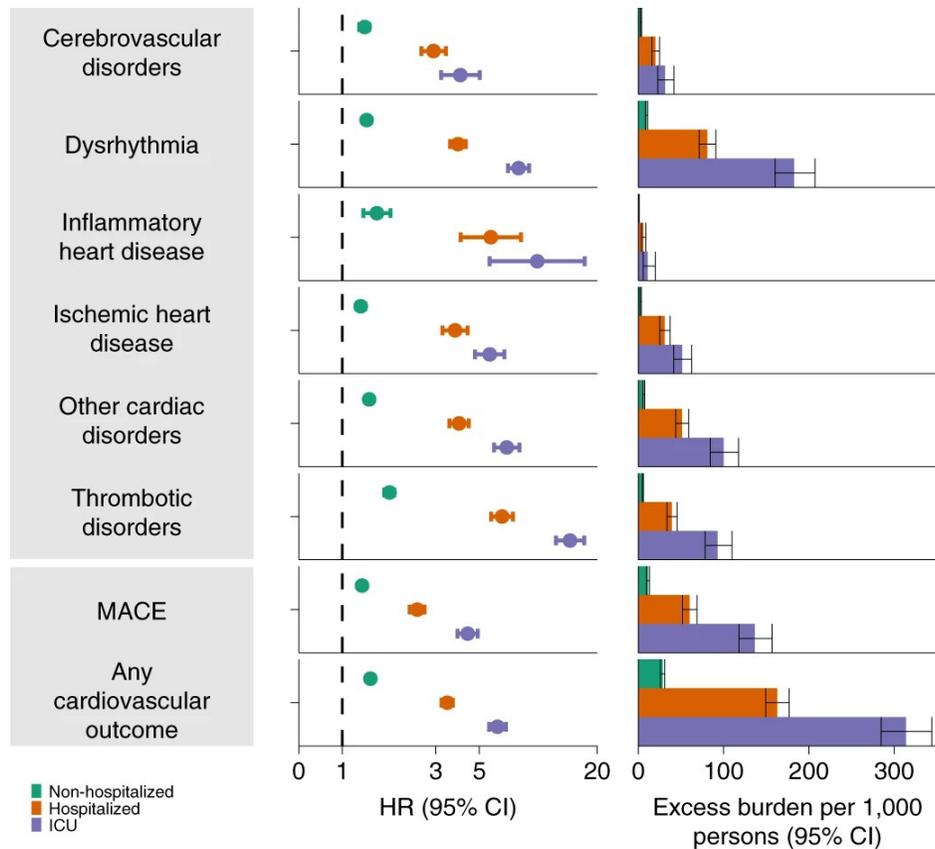
- 8% (nearly 1 in 13) of U.S. adults (those with and without a previous COVID-19 diagnosis) currently have post-COVID conditions.
- 18–19% (nearly 1 in 5) of U.S. adults who reported ever having had COVID-19 currently have symptoms of long COVID, defined as symptoms lasting 3 or more months that were not present prior to having COVID-19.
- 1.2–1.9% (at least 3–5 million) of the U.S. adult population were living with post-COVID conditions that had lasted for at least 1 month and that were limiting their daily activities.

¹¹<https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-care/post-covid-conditions.html>

Timeline of long COVID¹²

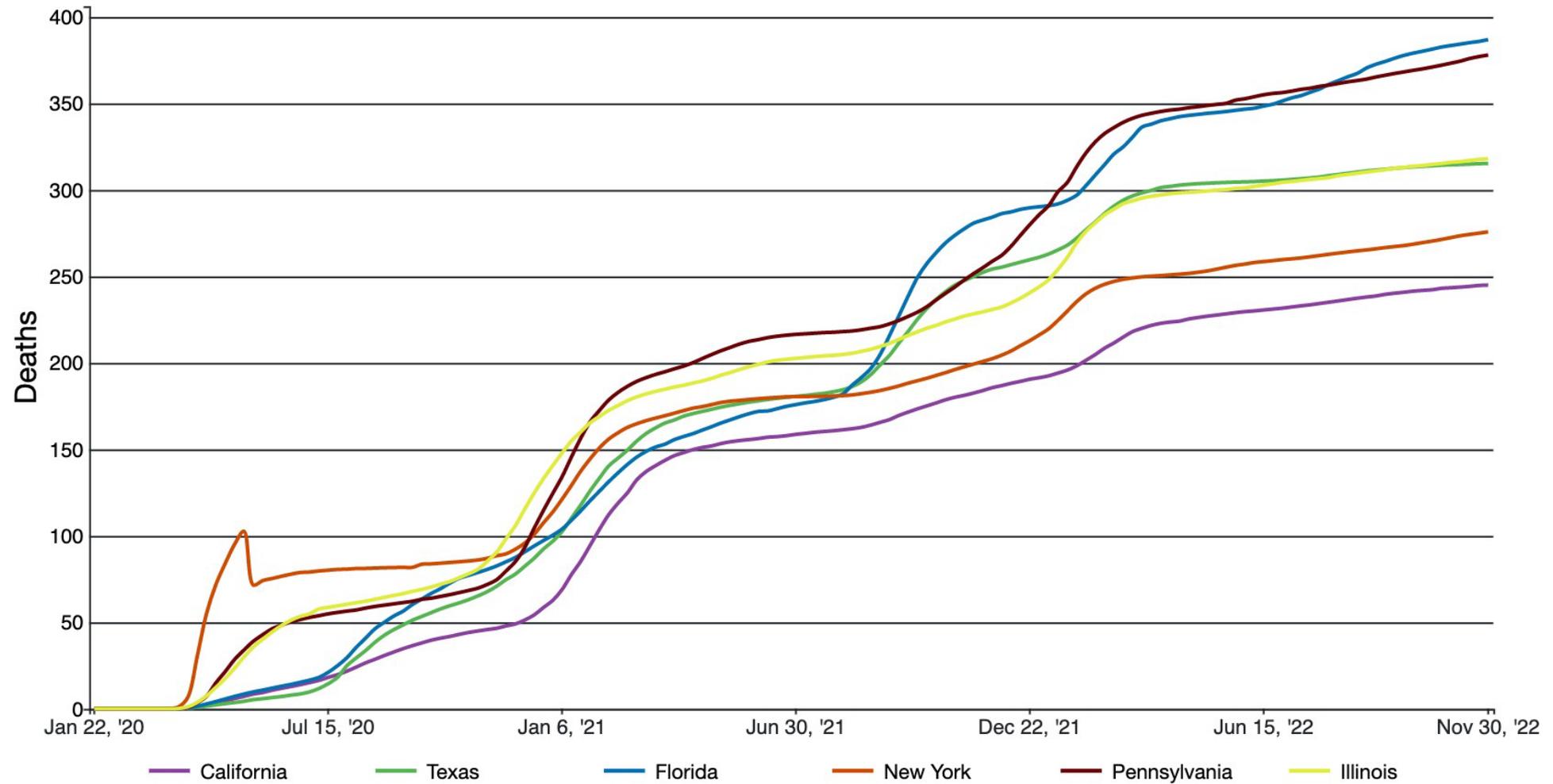


¹⁴<https://www.nature.com/articles/s41591-022-02001-z>



13 <https://www.nature.com/articles/s41591-022-01689-3>

14 <https://www.nature.com/articles/s41591-022-02001-z>



¹⁵ https://covid.cdc.gov/covid-data-tracker/#compare-trends_newcases

- 1 Get Vaccinated, Boosted (and Treated)
- 2 Stay Home if You're Sick and Test for COVID
- 3 Wear a Mask
- 4 Wash Your Hands
- 5 Cover Your Cough or Sneeze

Connie Nakano, Assistant Director of Communications
CA Department of Aging

Toolkit: Social Media

Toolkit Includes:

- Social media copy and graphics



Facebook, Linked IN & Twitter

🤧 Stay safe this winter. Test before & after gatherings and stay home if you feel sick. Watch for symptoms like fever, cough, shortness of breath, fatigue & sore throat.

Learn more about testing here: [Get Tested](#)

- Virtual Background



- 15 Second Radio Spot



- Sample Newsletter Article

Newsletter Blurb

Respiratory Syncytial Virus (RSV) activity is increasing in California and can cause serious disease for older adults and young children. **Influenza (Flu)** season started early this year and disproportionately impacts older adults and young children. **COVID-19** cases are also rising, and older adults are most at risk for adverse effects. The California Department of Public Health (CDPH) offers five tips to protect yourself, your family, and all those around you in the coming months. You can safely celebrate the winter holiday season and limit the spread of respiratory viruses by following these tips.

1. **Get Vaccinated, Boosted (and Treated)** — Flu and COVID-19 vaccines continue to be the best defense to limit severe illness and death — and you can get both at the same time. If you test positive for COVID-19, contact your doctor or a [test-to-treat site](#) immediately to [seek treatment](#).
2. **Stay Home if You're Sick!** — Avoid close contact with others to protect them, which is especially important for respiratory viruses like the flu, RSV and COVID-19 that can lead to more severe illness.
3. **Wear a Mask** — There is no vaccine for RSV but wearing a mask (especially in indoor public spaces) can significantly slow the spread and protect those most at risk.
4. **Wash Your Hands** — Frequent handwashing with soap and warm water, for at least 20 seconds, is an easy and very effective way to prevent getting sick and spreading germs.
5. **Cover Your Cough or Sneeze** — Remember to cough or sneeze into your elbow, your arm, or a disposable tissue to help prevent the spread of winter viruses. Then wash or sanitize your hands and dispose of your tissue.

Additional Resources

[California Department of Public Health: Five Winter Virus Prevention Tips Fact Sheet](#)

[Video Message from California State Epidemiologist Dr. Erica Pan](#)

<https://covid19.ca.gov/holidays/>

Toolkit: Radio Spot



"What's the number one way to stay healthy this winter? Staying up to date on all seasonal vaccines, including those for COVID-19. Get more tips on how to limit the spread of germs at [covid19.ca.gov](https://www.covid19.ca.gov)."

www.aging.ca.gov

Communications@aging.ca.gov



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