

# Facts on COVID-19 Therapeutics & Benefits to Older Adults & People with Disabilities

Monday, January 9, 2022  
10:00 a.m. to 11:00 a.m.

# Logistics

- **Participants Muted During Presentations**
  - Use 'Raise Hand' icon during Q&A portion to request your line be unmuted
- **Closed Captioning is Available**
  - Access by clicking the icon at bottom of your Zoom screen
- **Join Us in the Q&A**
  - Share your questions and comments using the Q&A 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. **COVID-19 Therapeutics** *Rita Nguyen, MD, Assistant State Public Health Officer, CA Department of Public Health*
- III. **Stronger Together** *Kim Rutledge, Deputy Director of Legislation and Communications, CA Department of Rehabilitation*

Susan DeMarois, Director  
CA Department of Aging

*Rita Nguyen, MD, Assistant State Public Health Officer  
CA Department of Public Health*

# COVID TREATMENTS

## Media Briefing

**TEST  
IT/**

**TREAT  
IT/**

**YOU CAN  
BEAT IT.**

1.09.23



# DR. RITA NGUYEN

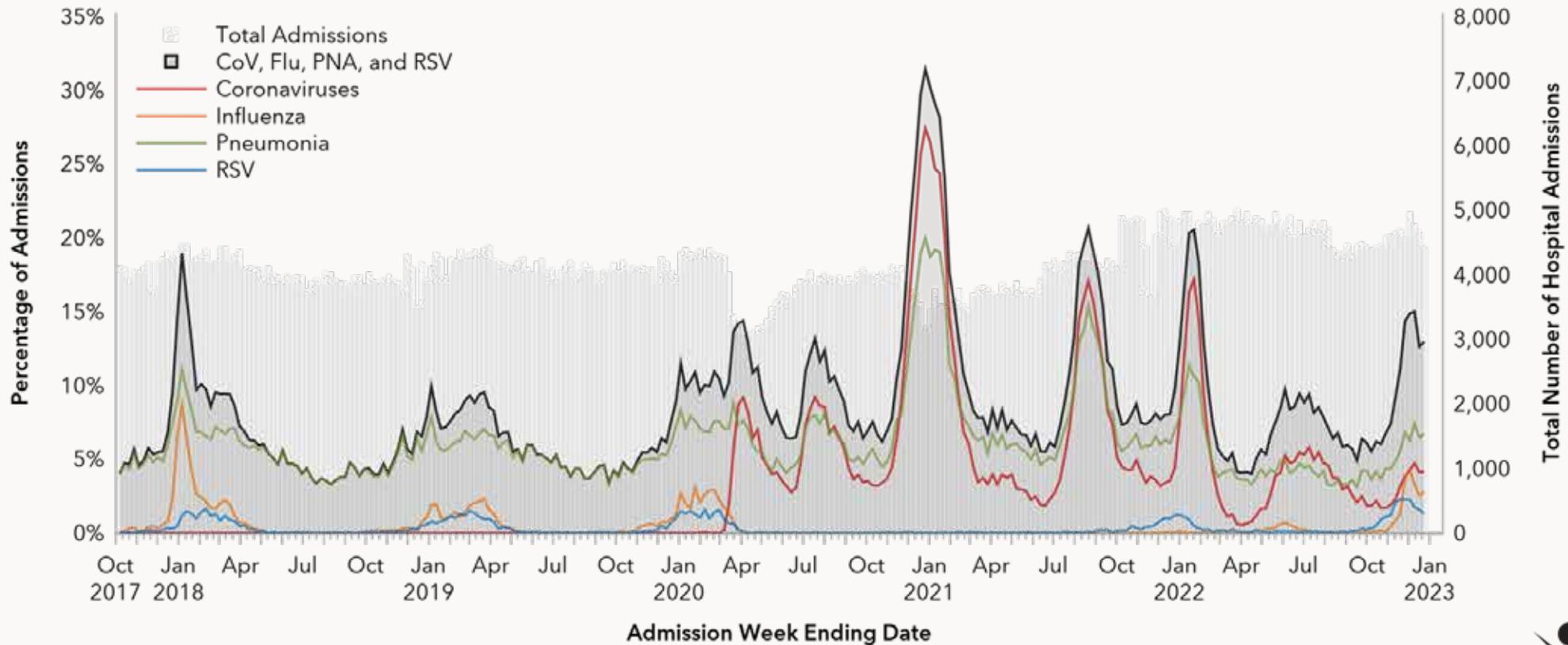
Dr. Nguyen is the Assistant Health Officer for the State of California and the Director of Population Health at the California Department of Public Health.

She oversees the State's COVID-19 Treatments Taskforce.



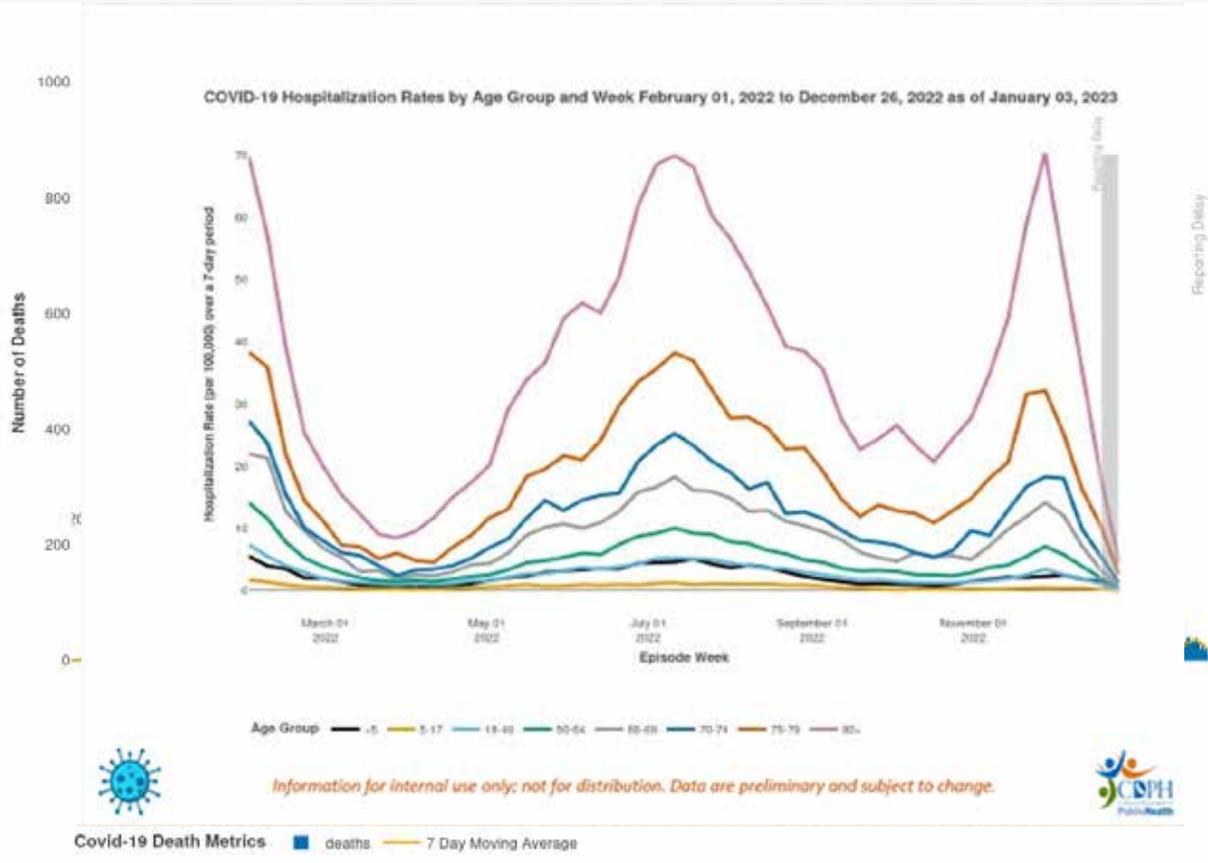
# Burden of Respiratory Viruses

Percentage of Admissions at Northern California Kaiser Permanente Facilities for Coronaviruses (including COVID-19), Influenza, Pneumonia, RSV, and Combined Coronaviruses, Influenza, Pneumonia, and RSV



Data are provisional and subject to change.

# State of COVID-19 in California

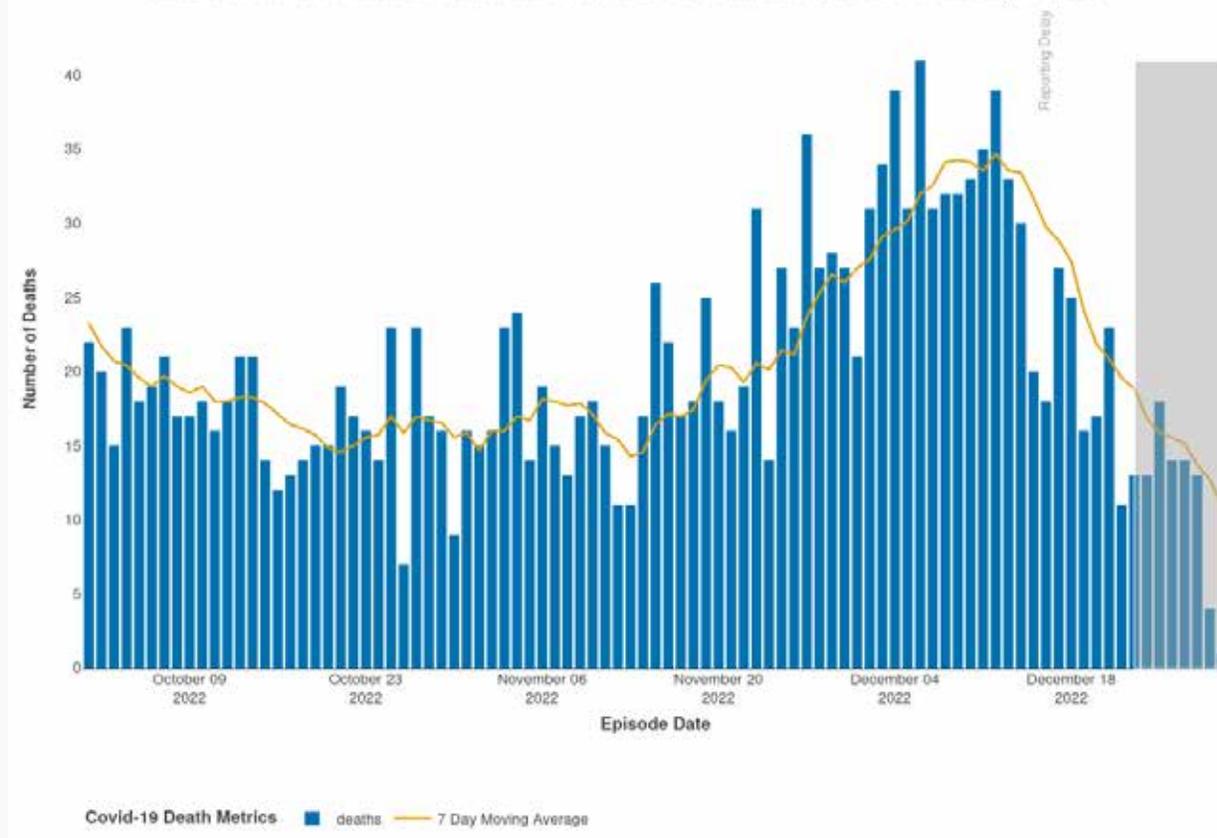


## Deaths are lower than in previous waves

- Vaccination and treatment have helped contribute to lower death rates, even in times of high transmission

# State of COVID-19 in California

Number of COVID-19 deaths from October 01, 2022 to December 30, 2022 as of January 03, 2023

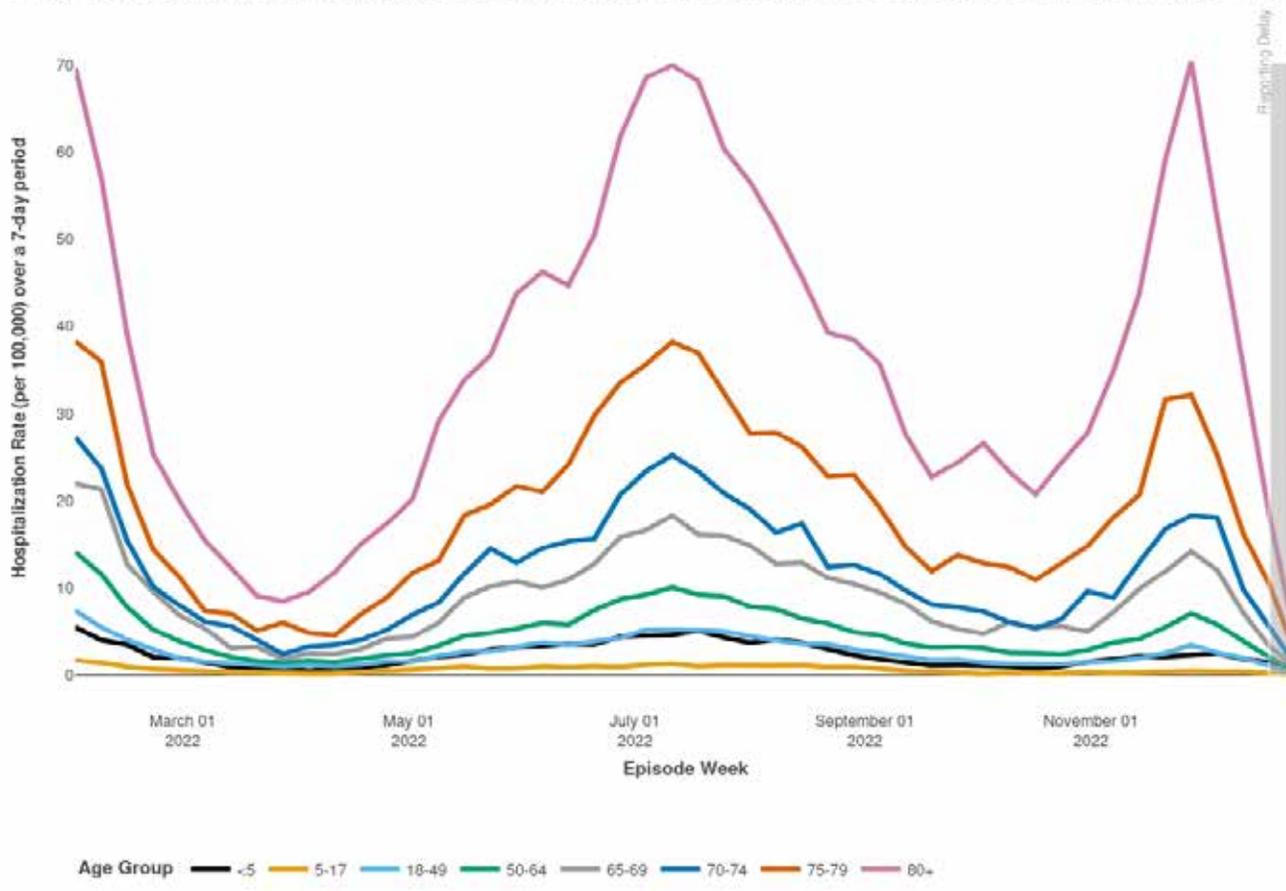


## Deaths are lower than in previous waves

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# State of COVID-19 in California

COVID-19 Hospitalization Rates by Age Group and Week February 01, 2022 to December 26, 2022 as of January 03, 2023



## Burden of deaths and hospitalizations is increasingly shifting to older adults

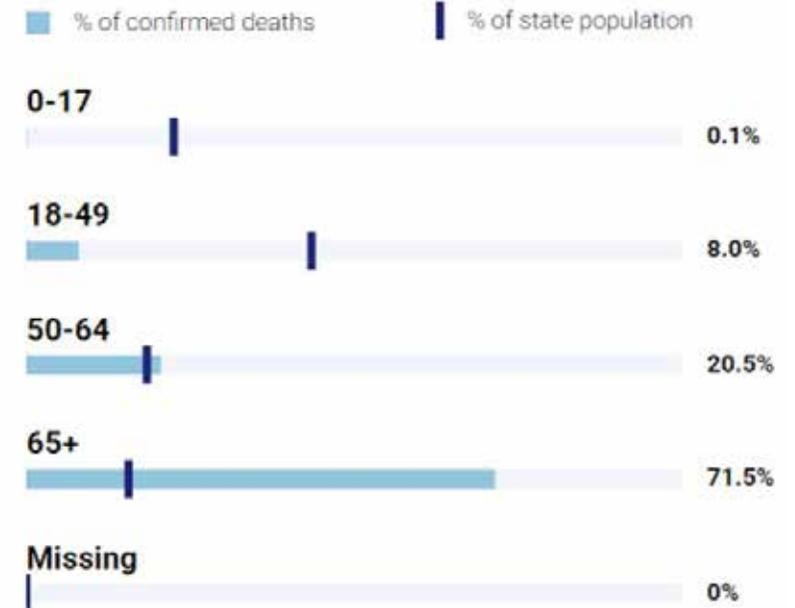
- Higher age groups consistently have higher rates of hospitalization and death from COVID-19 compared to other age groups, even if overall deaths have decreased

# COVID-19 Deaths Age Disparity Worsening

## Share of Deaths in 65+



## Confirmed deaths by age in California



# Modeling Projections - Summary

- COVID-19 transmission is mixed across the state, with some regions showing increased admissions after brief declines
- XBB.1.5 is the next emergent strain, might be driving increases in the Northeast and is expected to reach predominance in CA in coming weeks.
- Flu hospitalizations have stabilized since early seasonal peak in beginning of December.
- RSV has peaked and continues to decline in CA but continues to drive <5 y/o hospital admissions.
- Multiple other respiratory viruses continue to circulate at steady levels.

# Winter 2022 Surge: Meeting the Moment

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## Advances in our COVID-19 toolbox

- Masking --> Testing --> Vaccine --> Treatments

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This is the first time in the 3-year pandemic that treatments are widely available for those who have COVID-19.

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**DON'T FORGET THE REST OF THE TOOLBOX!**

# Top 5 Tips to Prevent Winter Viruses



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

## Winter Tips Fact Sheet:

<https://www.cdph.ca.gov/Programs/CID/D CDC/CDPH Document Library/winter-virus-tips-fact-sheet.pdf>

## Press release:

CDPH Urges Californians to Take Preventative Measures to Stay Healthy this Winter

<https://www.cdph.ca.gov/Programs/OPA/P ages/NR22-160.aspx>

# What are COVID-19 treatments?

**COVID-19 treatments are medications that can stop COVID-19 illness from getting serious.**

- Free, widely available, and highly effective (even against variants!)
- Treatments must be taken within 5-7 days of when symptoms begin.
- Don't wait until your illness gets worse.



# Reasons to get COVID-19 treatments

- **Prevent severe illness, hospitalization and death** from COVID-19 by up to 50-88%.
- Early evidence suggests treatments may lower the risk of developing long COVID symptoms.
- Antiviral treatments can also prevent the virus from multiplying in your body and infecting more of your cells, which can help you test negative sooner.



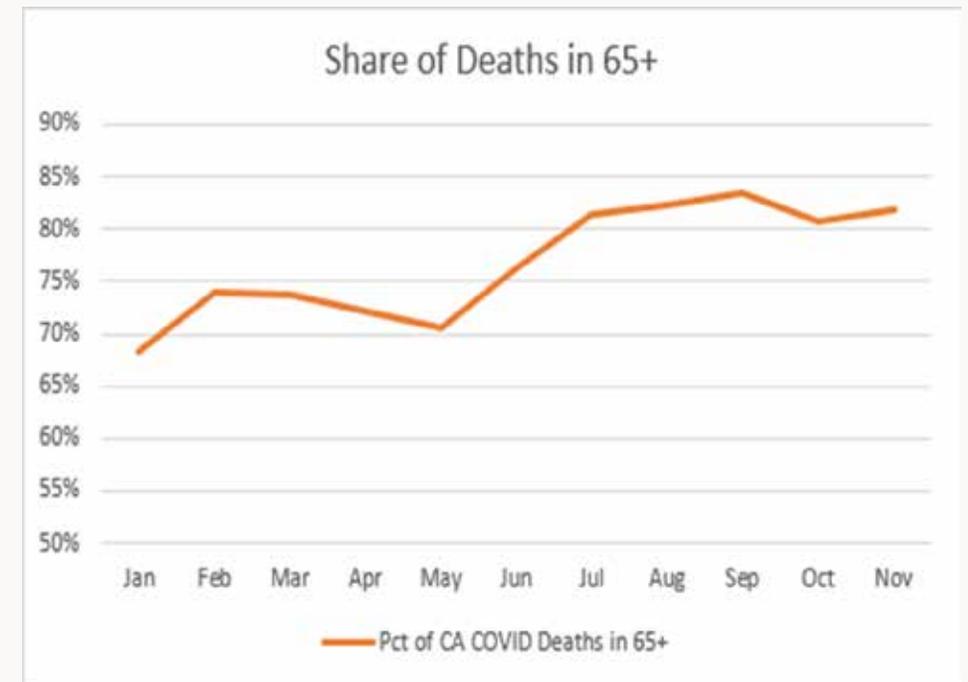
# COVID-19 treatments in older adults

## Studies show greatest benefit in those over age 65

Several studies have shown treatment to be safe and highly effective in those over the age of 80

- Lancet Aug 2022
  - Avg age of participants on Paxlovid: 77
  - Avg age of participations on molnupiravir: 80
- Other studies: Kanai et al Dec 2021, Ramos-Rincon et al June 2022, Dunay et al Apr 2022

## COVID-19 age disparity is worsening



# Who should take COVID-19 treatments?

The vast majority of adults are eligible for COVID-19 treatment!

COVID-19 treatments are recommended for anyone 12 years old and older who has COVID-19 symptoms, has tested positive for COVID-19, and has certain experiences and conditions that put them at higher risk for worse COVID-19 illness. That includes:

- Being **50** years of age or older
- Being unvaccinated
- Having COMMON conditions like diabetes, obesity, being physically inactive, **those with disabilities**, smoking (past or present), asthma, and mental health conditions like depression, and many, many, many more



# How do COVID-19 treatments work?

- Antiviral treatments stop the virus from multiplying in your body and infecting more of your cells, which can stop COVID-19 illness from becoming serious and also help you to test negative sooner.



## Rebound

- Can happen with COVID-19 regardless of if you take treatment.
- Most treated people do not have rebound. If rebound does occur, symptoms tend to be mild.
- Rebound is NOT treatment failure since the medications still work to prevent serious illness. The benefits of treatment are greater than the risks of rebound.

# Racial & Ethnic Disparities in COVID-19 Treatment

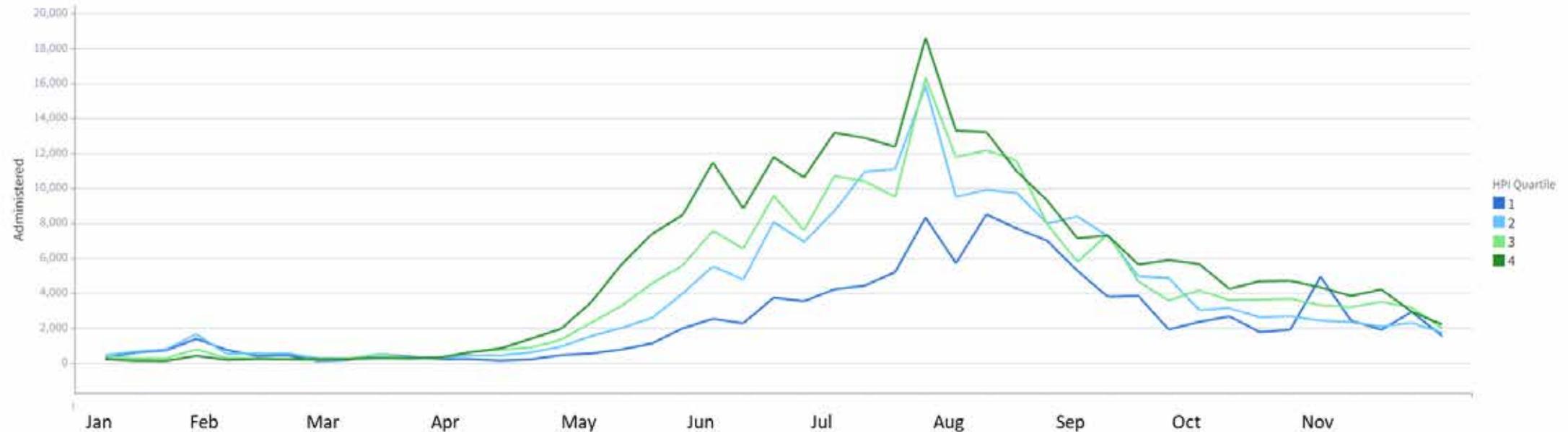
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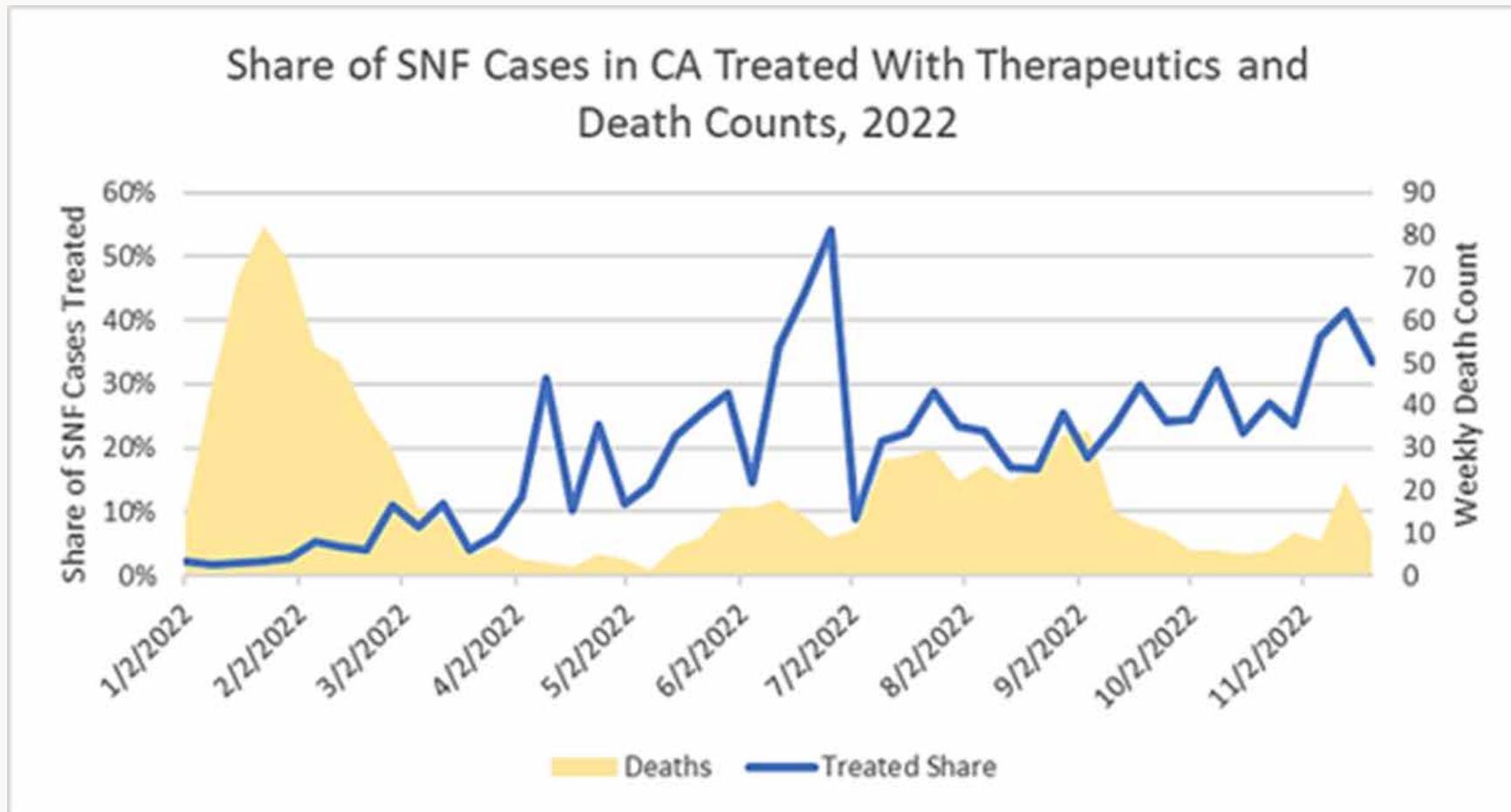


# Geographic Disparities in COVID-19 Treatment

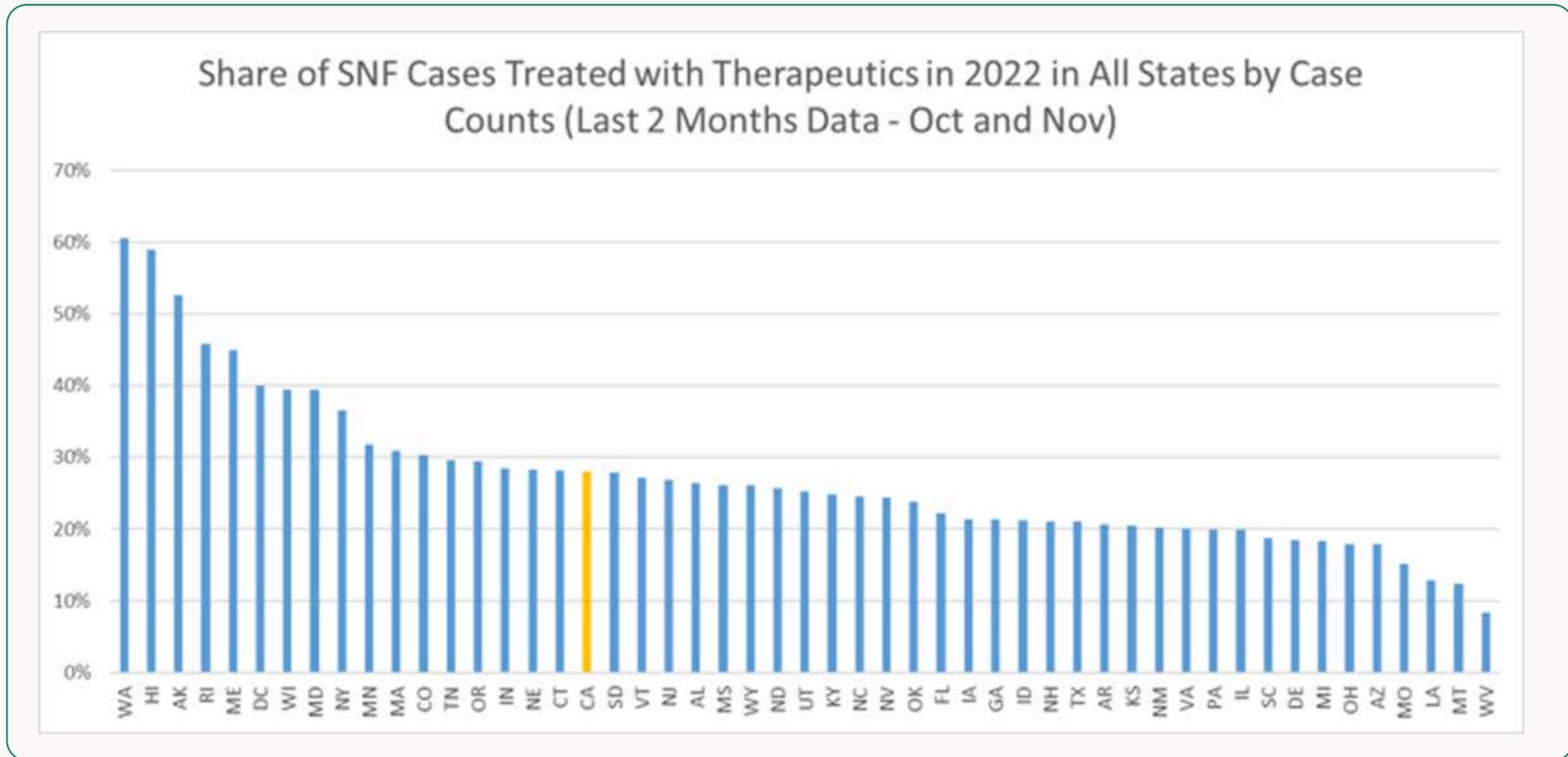
Administered Paxlovid Courses by HPI Quartile Over Time



# Underutilization in Most Vulnerable Populations



# Underutilization in Most Vulnerable Populations



# How do I get COVID-19 treatments?

You have multiple options. COVID-19 pill medications are free. You do not need to have insurance or U.S. citizenship.

- Call your doctor or urgent care center. If you have insurance, you can call the number on your insurance card to get help with making an appointment.
- Find a Test-to-Treat location, like a free Optum Serve Center, near you. To find a site, call the statewide COVID-19 hotline at 833-422-4255.

- Make a free phone or video appointment through California's free telehealth provider and talk to a health care provider the same or next day. Call 833-686-5051 or go to [sesamecare.com/covidca](https://www.sesamecare.com/covidca).
- Some pharmacies have pharmacists that may be able to give you a prescription for treatment. Call your pharmacy to see if they offer this service.

**For more information about COVID-19 treatments and help with finding treatment, call the statewide COVID-19 hotline at 833-422-4255**



# Delivery to Aid Access

Walgreens announced free prescription delivery of Paxlovid through partnership with DoorDash and Uber

Health (depending on timing and availability). Next day delivery via FedEx is free for everyone, regardless of insurance, if same-day is not available.

Patients should:

- request prescriber send to a pharmacy that delivers and/or
- call pharmacy to specify they would like to have medication delivered
- **Verify medication will come same**



# COVID-19 Treatments Communications Toolkit

## Online Toolkit available, which includes:

- Handouts
- Graphics (Eng/Esp)
- Social Media (Eng/Esp)
- Suggested Messaging (Eng/Esp)

*The online toolkit is regularly being updated with most current materials.*

Additional materials available upon request, including:

- Talking Points
- Email Templates
- Additional handouts

**Who should take COVID-19 treatments?**

Most adults and some teens!

Safe, highly effective, free, widely available, and recommended for:

- Anyone 12 years old and older, regardless of insurance or citizenship status, who:
  - Has COVID-19 symptoms, AND
  - Has tested positive for COVID-19, AND
  - Has certain experiences and conditions that put them at higher risk for worse COVID-19 illness. **That's most adults and some teens!** The list is broad and includes:
    - » Being 50 years of age and older
    - » Having common experiences and conditions like high blood pressure, diabetes, obesity, being physical inactive, smoking (either past or present), asthma, mental health conditions like depression, and many more. See here for a comprehensive list: [covid19.ca.gov/treatment](https://covid19.ca.gov/treatment).
    - » Being unvaccinated or not up-to-date with COVID-19 vaccination.

As soon as you start to feel sick, act quickly to get free COVID-19 treatment. Do not wait until your illness gets worse.

COVID-19 treatments must be taken early, within 5-7 days of symptom onset.

**Why should you take COVID-19 treatment when your illness is serious?**

- COVID-19 treatments are highly effective for stopping COVID-19 from becoming serious, if they are taken early. Scientific evidence shows that COVID-19 treatments are highly effective at preventing serious illness, hospitalization, and death by up to 50 to 88%.
- Treatments like the Paxlovid pill can also stop the virus from multiplying in your body and infecting more of your cells, so they can help you feel better sooner.
- Early evidence also suggests COVID-19 treatment may lower the risk of developing long COVID symptoms, which are symptoms and medical issues that can last for weeks or months after a COVID-19 infection.

Call your health care provider or urgent care center or call the COVID-19 hotline at 833-422-4255 to find free COVID-19 treatment.

Learn more about COVID-19 treatments at [covid19.ca.gov/treatment](https://covid19.ca.gov/treatment).

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**COVID-19 Treatments Questions & Answers**

We have new, effective tools to take good care of ourselves if we get COVID-19.

COVID-19 treatments are safe, free, widely available, and highly effective at preventing COVID-19 illness from becoming serious. They can stop the virus from multiplying in your body, help you test negative sooner, and may reduce the risk of developing long COVID symptoms.

**WHAT are COVID-19 treatments?**

Medications that can stop COVID-19 illness from getting serious. They are free, widely available, and highly effective. Some can be taken at home by pill and others are given by IV.

**WHY should I take a COVID-19 treatment?**

Stopping COVID-19 illness from getting serious. Scientific evidence shows that COVID-19 treatments are highly effective at preventing serious illness, hospitalization and death by up to 50 to 88%.

COVID-19 treatments can also stop the virus from multiplying in your body and infecting more of your cells, so they can help you feel better sooner.

**When should I take a COVID-19 treatment?**

As soon as you start to feel sick, act quickly to get free COVID-19 treatment. Do not wait until your illness gets worse.

**How do I get a COVID-19 treatment?**

Call your health care provider or urgent care center or call the COVID-19 hotline at 833-422-4255 to find free COVID-19 treatment.

Learn more about COVID-19 treatments at [covid19.ca.gov/treatment](https://covid19.ca.gov/treatment).

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**POSITIVE FOR COVID-19? TREAT IT!**

GETTING TREATMENT RIGHT AWAY CAN MAKE A BIG DIFFERENCE

- 1 Feeling sick? Get tested.
- 2 Tested positive? Get treatment.
- 3 If you're positive, contact your doctor or call the California COVID-19 hotline at 833-422-4255.

Learn more at: [covid19.ca.gov](https://covid19.ca.gov)

California Department of Public Health

# COVID-19 Treatments Communications Toolkit

## Suggested Messaging:

There are medications you can take at home that are safe and effective for treating COVID-19, and they are free and widely available. If you get COVID-19, these medications can stop the illness from getting serious, can help you to test negative sooner, and may reduce the risk of long COVID symptoms. Treatments must be taken within 5–7 days of when symptoms begin to work, so act fast if you start to feel symptoms.

As soon as you feel sick, get a COVID-19 test and talk to your health care provider, visit [covid19.ca.gov/treatment/](https://www.cdph.ca.gov/treatment/), or call the statewide COVID-19 hotline at 833-422-4255 to find treatment.

Learn more by visiting: [covid19.ca.gov/treatment/](https://www.cdph.ca.gov/treatment/).



Toolkit found at: <https://www.cdph.ca.gov/Programs/OPA/Pages/Communications-Toolkits/COVID-19-Treatments.aspx>

**For additional materials or community outreach support, please contact:**

[Melanie.Biesecker@cdhp.ca.gov](mailto:Melanie.Biesecker@cdhp.ca.gov) or  
[Isabella.Glenn@cdph.ca.gov](mailto:Isabella.Glenn@cdph.ca.gov)



# Summary of Resources

Test --> Prescribe --> Dispense

Test. As soon as you feel symptoms, get tested!

- [covid19.ca.gov/get-tested](https://covid19.ca.gov/get-tested)

Prescribe

- Call your doctor or urgent care center
- Visit a Test to Treat location (**[covid19.ca.gov/treatment](https://covid19.ca.gov/treatment) or call 833-422-4255**)
- Don't have insurance or can't reach a provider within 24 hours? Access the State COVID-19 telehealth service at [sesamecare.com/covidca](https://sesamecare.com/covidca). or 833-686-5051

Dispense

# Summary of Resources

Can't remember any of this? More info at:

**[covid19.ca.gov/treatment](https://www.covid19.ca.gov/treatment)**  
**833-422-4255**

Communication toolkit:

- <https://www.cdph.ca.gov/Programs/OPA/Pages/Communications-Toolkits/COVID-19-Treatments.aspx>
- For additional materials or community outreach support, please contact: [Melanie.Biesecker@cdhp.ca.gov](mailto:Melanie.Biesecker@cdhp.ca.gov) or [Isabella.Glenn@cdph.ca.gov](mailto:Isabella.Glenn@cdph.ca.gov)

*Kim Rutledge, Deputy Director of Legislation and Communications  
CA Department of Rehabilitation*

[www.aging.ca.gov](http://www.aging.ca.gov)

[Communications@aging.ca.gov](mailto:Communications@aging.ca.gov)



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