

# VIRTUAL SAFE IN THE SOUTH BAY SERIES:

## Reopening and Returning to the Workplace



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# Umme-Aiman Halai, MD, MPH

Acute Communicable Disease Control Program  
Los Angeles County Department of Public Health

- State of COVID-19
- COVID-19 Vaccine
- COVID-19 milestones
- Update on opening of the recent tiers
- Challenges and opportunities for the workplace



# COVID-19 TRENDS, UPDATES AND WORKPLACE IMPLICATIONS

March 24, 2021



“Science is telling us that we can do phenomenal things if we put our minds and our resources to it.” – *Anthony S. Fauci*



## Numbers At a Glance

### LA County Cases

1,214,683

Total Cases Reported\*

### LA County Deaths

22,806

Total Deaths Reported\*

### Total People Tested

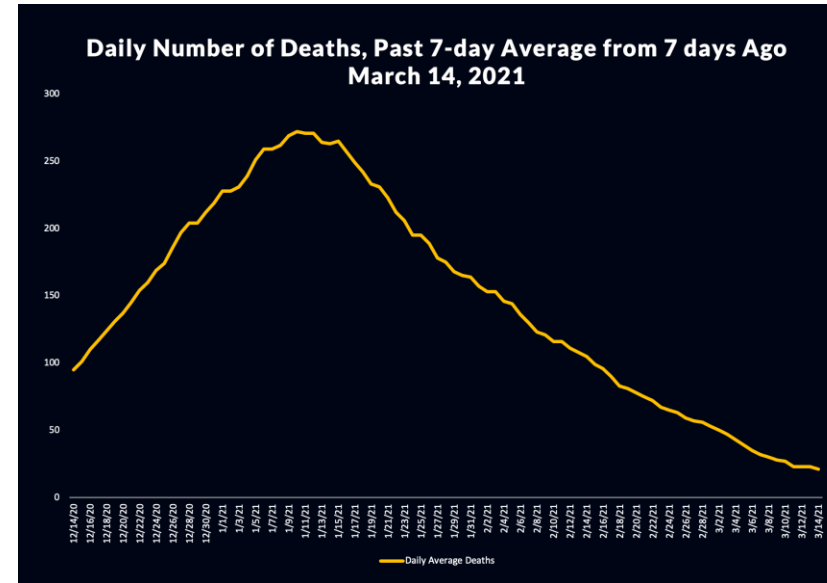
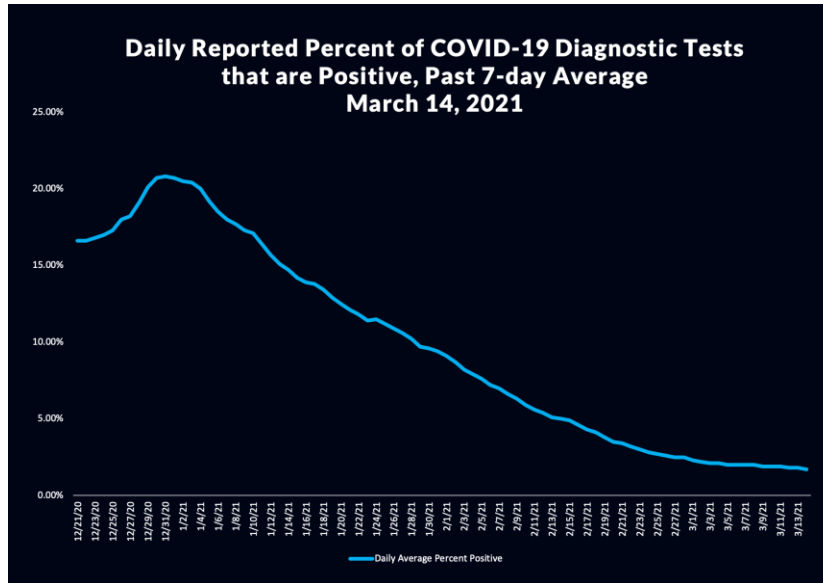
6,017,661

Total Persons Tested\*

### Total Persons Positive

18.8 %

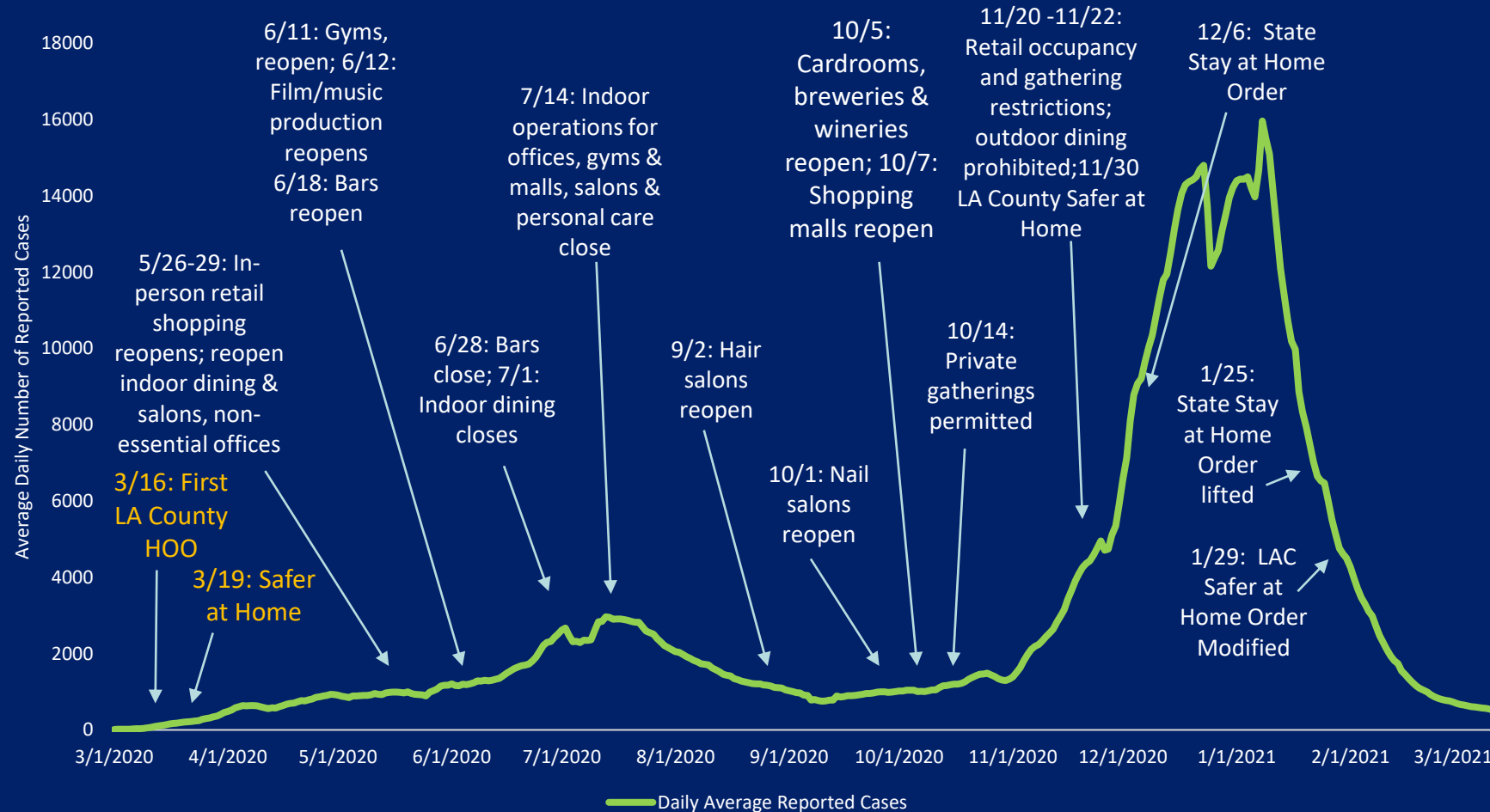
Percent of Persons  
Positive\*



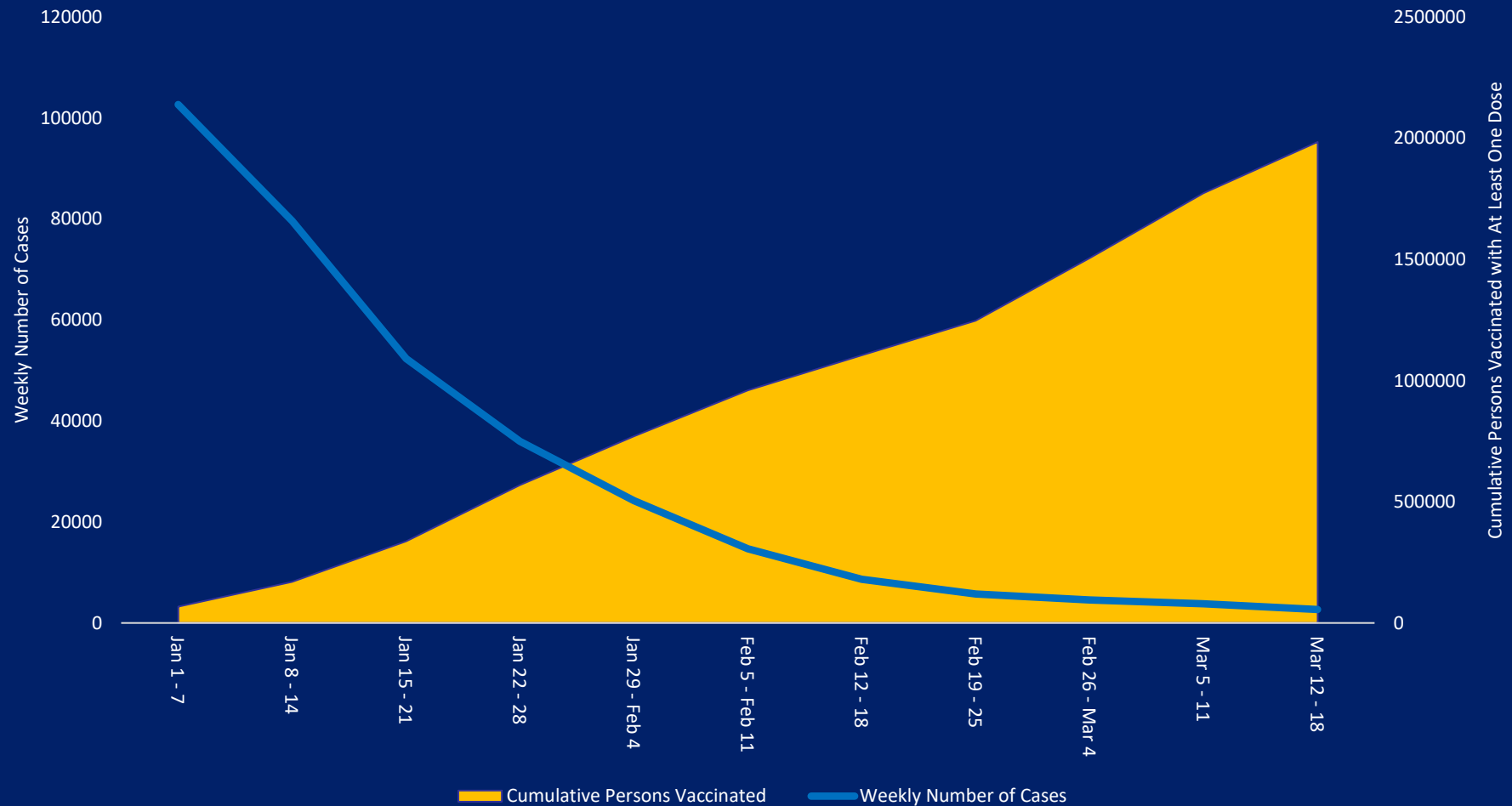
\* Updated: 3/21/2021



# Daily Number of COVID-19 Cases by Episode Date, Past 7-day Average– March 1, 2020 to March 14, 2021



# Weekly Number of Cases and Cumulative Persons Vaccinated with at least One Vaccine Dose – January 1, 2021 - March 18, 2021







## COVID-19: Vaccine Dashboard

### Statewide

**15,152,845 (78.5%) Doses administered**  
**285,407 Average doses per day**



**4,844,353 (15.0%) People partially vaccinated**  
**5,368,215 (16.6%) People fully vaccinated**



**1,837,124 Doses on hand**  
**(6 days of inventory)**



**19,292,060 Doses Delivered**  
**2,754,430 CDC Pharmacy Doses Delivered**

See [Data Dictionary](#) for Details.

Note: Doses delivered includes the CDC Long Term Care (LTC) Pharmacy Partnership Program and Federal Retail Pharmacy Partnership Program. This does not include doses delivered to the following federal agencies: Indian Health Service, Veterans Health Administration, Department of Defense, and Federal Bureau of Prisons. The CDC LTC Pharmacy and Federal Retail Pharmacy Partnership Program doses are a subset of the doses delivered.

### Doses Administered by County of Residence

County

(All) ▼



|                |           |
|----------------|-----------|
| Los Angeles    | 3,699,781 |
| San Diego      | 1,441,747 |
| Orange         | 1,222,579 |
| Riverside      | 771,380   |
| Alameda        | 739,338   |
| Santa Clara    | 736,144   |
| San Bernardino | 597,731   |
| Sacramento     | 537,674   |
| Contra Costa   | 535,460   |
| San Francisco  | 434,606   |
| San Mateo      | 369,901   |
| Ventura        | 339,414   |
| Fresno         | 323,429   |
| Sonoma         | 252,774   |

Data: 3/22/2021 11:59pm | Posted: 3/23/2021



WIDESPREAD

Many non-essential indoor  
business operations are closed

SUBSTANTIAL

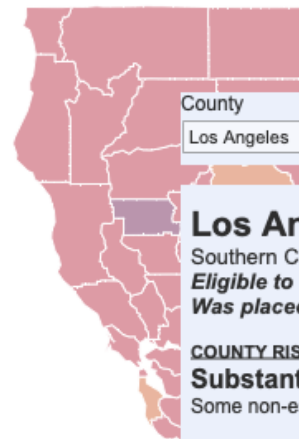
Some non-essential indoor  
business operations are closed

MODERATE

Some indoor business operations  
are open with modifications

MINIMAL

Most indoor business operations  
are open with modifications



County  
Los Angeles

## Los Angeles County

Southern California Region

*Eligible to exit Regional Order effective 1/25/2021*

*Was placed on Regional Stay Home Order 12/6/2020 3:59 PM*

### COUNTY RISK LEVEL

**Substantial\***

Some non-essential indoor business operations are open with modifications

### COUNTY METRICS

5.5 New COVID-19 cases per day per 100K

4.1 Adjusted case rate for tier assignment

2.0% Positivity rate (7-day average)

2.8% Health equity quartile positivity rate

#### 3 weeks prior

2/23

Widespread

#### 2 weeks prior

3/2

Widespread

#### 1 week prior

3/9

Substantial

#### Current

3/16

Substantial

\*See California Blueprint Data Chart for tier determination.

### STATEWIDE METRICS

6.5 New COVID-19 positive cases per day per 100K

2.3% Positivity rate (7-day average)

28.7% ICU availability

Close X

Last Updated 3/16/2021

Widespread  
Substantial  
Moderate  
Minimal



COUNTY OF LOS ANGELES  
**Public Health**

| SECTOR/ACTIVITY                        | PURPLE TIER   | RED TIER<br>*Effective Monday, March 15 at 12:01 AM*  |
|--|---|---|
| RESTAURANTS                            | Outdoor dining only   | <b>Indoor dining with modifications:</b> <ul style="list-style-type: none"> <li>• Max 25% capacity or 100 people, whichever is fewer</li> <li>• 8 feet distancing between tables</li> <li>• One household per table with limit of 6 people</li> </ul> <b>Outdoor dining with modifications:</b> <ul style="list-style-type: none"> <li>• Expand from one household up to six per table to members from 3 households (up to six people) per table</li> </ul> |
| SCHOOLS (K-12)                         | <ul style="list-style-type: none"> <li>• Schools meeting requirements may open for in-person instruction for grades TK-6</li> <li>• Students must be assigned to stable groups of students</li> </ul> | <ul style="list-style-type: none"> <li>• Local school officials will decide whether and when that will occur.</li> <li>• Schools may reopen fully for in-person instruction</li> <li>• Continue to require adherence to LA County Public Health school re-opening protocols</li> </ul>  |
| MOVIE THEATERS                         | Closed  | <ul style="list-style-type: none"> <li>• Indoor operations allowed at 25% capacity or 100 people, whichever is fewer</li> <li>• Reserved seating required</li> </ul>  |
| GYMS, FITNESS CENTERS AND YOGA STUDIOS | Outdoor at 50% capacity   | <ul style="list-style-type: none"> <li>• Indoor operations allowed at 10% capacity</li> <li>• Climbing walls open</li> <li>• Gyms can offer personal training</li> <li>• Masking always required</li> </ul>   |
| MUSEUMS, ZOOS AND AQUARIUMS            | Outdoor at 50% capacity   | Indoor capacity at 25%  |



# CHANGES TO HEALTH OFFICER ORDER

## Breweries, Wineries, Distilleries

- **DO** serve meals may be open for indoor dining at 25% of indoor capacity and must comply with the Restaurant Protocol.
- **DO NOT** serve meals may only be open for outdoor services and must comply with Protocol for Breweries, Wineries and Craft Distilleries.

## Limited Services Businesses

Open for at indoor operations 50% capacity.

## Office Based Worksites

Limiting capacity essential indoor operations that cannot be done remotely to 50%.

## Mental Health, Support Groups, Spiritual Counseling

Increasing number of in-person participants from 10 to 12

## Youth and Adult Recreational Sports

Aligning with State: training, conditioning, contact practice and competition permitted indoors with adherence to State requirements, including testing.





## Changes to K-12 School Protocol

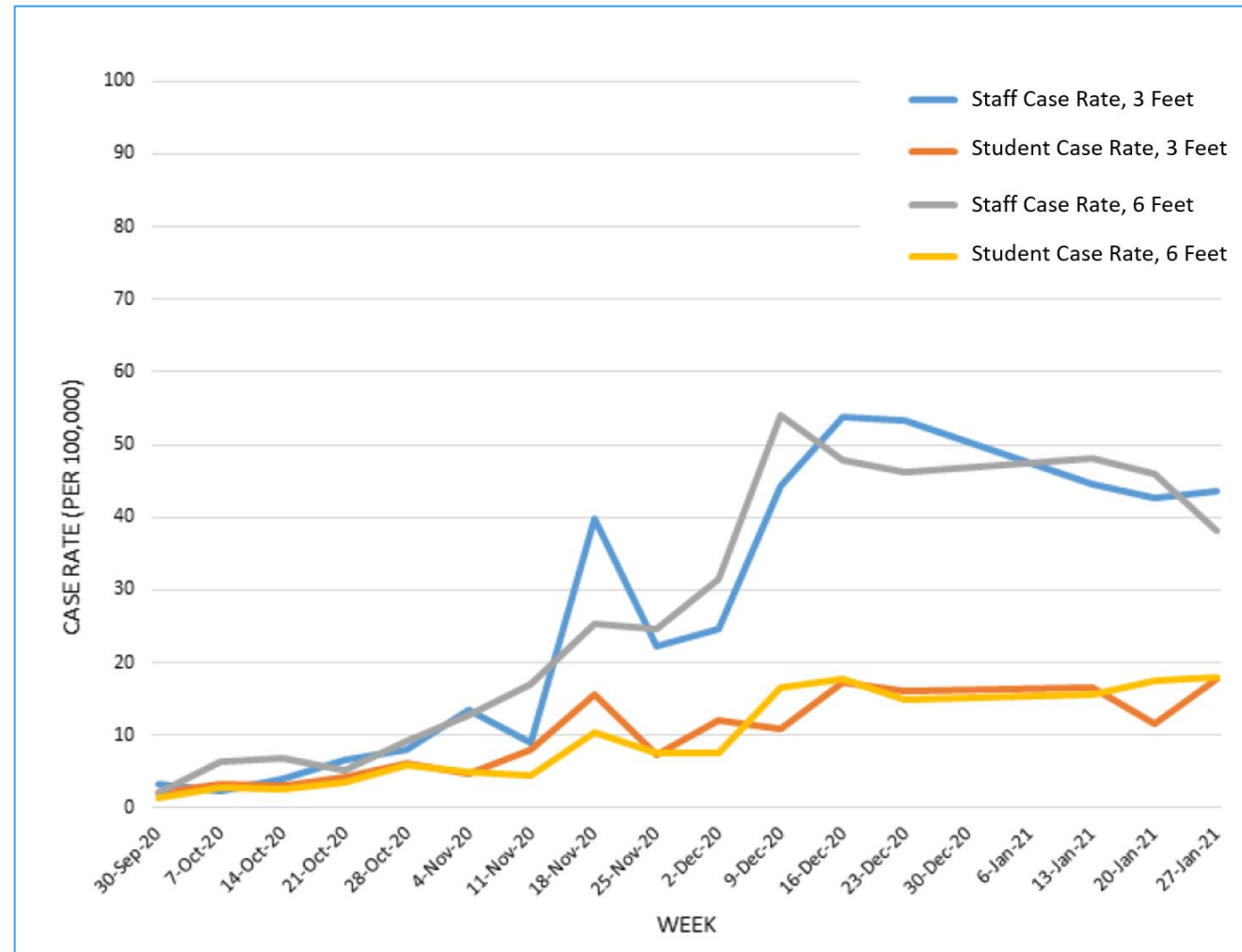
- Maximize distance between student seating maintaining 3 feet minimal distance with implementation of critical mitigation layers including required masking, stable groups, and maintaining 6 feet of distance as much as possible during activities when students are not masked (e.g., due to eating/drinking)
- Distance teacher and other staff desks at least 6 feet away from student and other staff desks

## What has not changed?

- Schools open for in person learning must also continue to offer 100% distance learning as an option for those families that prefer it.
- Daily symptom screening
- Focus on high mask adherence (100 % masking required for all staff and students)
- Physical barriers between students to minimize contact.
- **Any school that has reopened per the definition above may stay open** even if adjusted case rates rise and/or the County is reassigned back to a lower more restrictive tier.



**Effectiveness of three versus six feet of physical distancing for controlling spread of COVID-19 among primary and secondary students and staff: a retrospective, state-wide cohort study.** [external icon](#) van den Berg *et al.* *Clinical Infectious Diseases* (March 10, 2021).



Note: Adapted from van den Berg *et al.* Incidence of COVID-19 cases among **staff from schools with 3-foot physical distancing policies**, **students from schools with 3-foot physical distancing policies**, staff from schools with 6-foot physical distancing policies, and **students from schools with 6-foot physical distancing policies**.

Government work not subject to copyright



# Reopening poses many challenges within the workplace but also offers many opportunities to improve our previous status quo.

## Challenges:

- Staying up to date with new and ever-changing guidance
- Being able to adapt quickly to new recommendations
- Reinstating COVID precautions once they have been loosened
- "COVID Fatigue" at an individual and institutional level



## Opportunities:

- Improved institutional understanding of infection control concepts and standard practices can apply to the prevention and control of other infectious diseases e.g., seasonal influenza
- The increase in telehealth and occupational health programs can increase healthcare access and quality
- Maintaining telework capabilities/flexible work schedules can improve the quality of life for workers and reduce road congestion and emissions/pollution
- The high impact of COVID-19 on industries such as meat packing and other manufacturing facilities has highlighted vulnerabilities and inequities in the workplace and can provide an impetus to improve working conditions across all industries



# GROUPS CURRENTLY ELIGIBLE FOR COVID-19 VACCINES:

## NOW VACCINATING

### PHASE 1A

- Healthcare Workers
- Staff & Residents at Skilled Nursing Facilities
- Staff & Residents at Long-Term Care Facilities

### PHASE 1B

- LA County Residents 65 and Older - More info: [webpage](#) | [PDF](#)
- Education and Childcare - More info: [webpage](#) | [PDF](#)
- Emergency Services - More info: [webpage](#) | [PDF](#)
- Food and Agriculture - More info: [webpage](#) | [PDF](#)
- People with Serious Health Conditions/Disabilities - More info: [webpage](#) | [PDF](#)
- People Who Live or Work in Congregate Living Spaces - More info: [webpage](#) | [PDF](#)
- Janitorial, Custodial, and Maintenance Services - More info: [webpage](#) | [PDF](#)
- Transportation and Logistics - More info: [webpage](#) | [PDF](#)





There are currently three vaccines approved by the FDA for use under Emergency Use Authorization.

|                                 | Pfizer/BioNTech  | Moderna                   | Janssen/<br>Johnson & Johnson      |
|---------------------------------|--|---------------------------|------------------------------------|
| Vaccine Type                    | mRNA   | mRNA                      | Viral Vector                       |
| How many doses do I need?       | 2 doses<br>21 days apart                                       | 2 doses<br>28 days apart  | 1 dose                             |
| When will I be fully protected? | 14 days after second dose                                      | 14 days after second dose | 14 days after you get the vaccine. |
| What does the data show?        | 95%  | 94.1%                     | 66.3%                              |
| Who can get it?                 | People 16 years and older                                      | People 18 years and older | People 18 years and older          |
| How effective is the vaccine?   | <b>100% effective in preventing hospitalization and death.</b> |                           |                                    |

The mRNA and viral vector Vaccines cannot be directly compared.

**All three vaccines are safe and effective.  
The best vaccine is the one available to you.**



# After Vaccination Recommendations:

If you've been fully vaccinated:

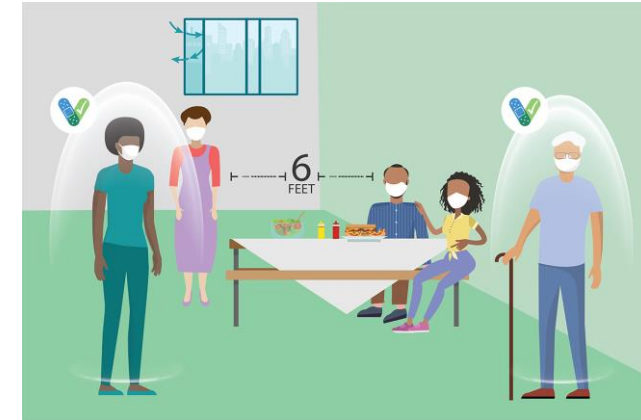
- You can gather indoors with fully vaccinated people without wearing a mask.
- You can gather indoors with unvaccinated people from one other household (for example, visiting with relatives who all live together) without masks, unless any of those people or anyone they live with has an [increased risk for severe illness from COVID-19](#).
- If you've been around someone who has COVID-19, you do not need to stay away from others or get tested unless you have symptoms.
  - However, if you live in a group setting (like a correctional or detention facility or group home) and are around someone who has COVID-19, you should still stay away from others for 14 days and get tested, even if you don't have symptoms.



Source: CDC



- You should still take steps to protect yourself and others by wearing a mask, staying at least 6 feet apart from others, and avoiding crowds and poorly ventilated spaces when:
  - In public
  - Gathering with unvaccinated people from more than one household or an unvaccinated person at increased risk of severe illness or who lives with a person at increased risk.
- You should still avoid medium or large-sized gatherings.
- You should still delay domestic and international travel. If you do travel, you'll still need to follow CDC/local recommendations.
- You should still watch out for symptoms, especially if you've been around someone who is sick. If you have symptoms of COVID-19, you should get tested and stay home and away from others.
- You will still need to follow guidance at your workplace.



Source: CDC



# THANK YOU!

**COVID-19 VACCINE UPDATE**

**UNTIL ENOUGH PEOPLE ARE VACCINATED,  
EVERYONE MUST CONTINUE TO STAY SAFE.**



**WASH HANDS** **STAY 6 FEET APART** **DON'T GATHER IN GROUPS** **WEAR A MASK**

**(Even if you received your vaccination.)**

For more information, visit: [VaccinateLACounty.com](https://vaccinateLACounty.com)

Seal of the County of Los Angeles and County of Los Angeles Public Health logo.

**Non-Essential Travel  
is still HIGH-RISK!**

If you are arriving or returning to LA County  
from out of state/country for spring break, you  
**MUST QUARANTINE FOR 10 DAYS.**

**STAY LOCAL**



For more information: [ph.lacounty.gov/coronavirus](https://ph.lacounty.gov/coronavirus)

Seal of the County of Los Angeles and County of Los Angeles Public Health logo.

For COVID-19 information and reopening protocols visit website:

[publichealth.lacounty.gov/coronavirus](https://publichealth.lacounty.gov/coronavirus)

For vaccine updates and information visit website: [vaccinatelacounty.com](https://vaccinatelacounty.com)





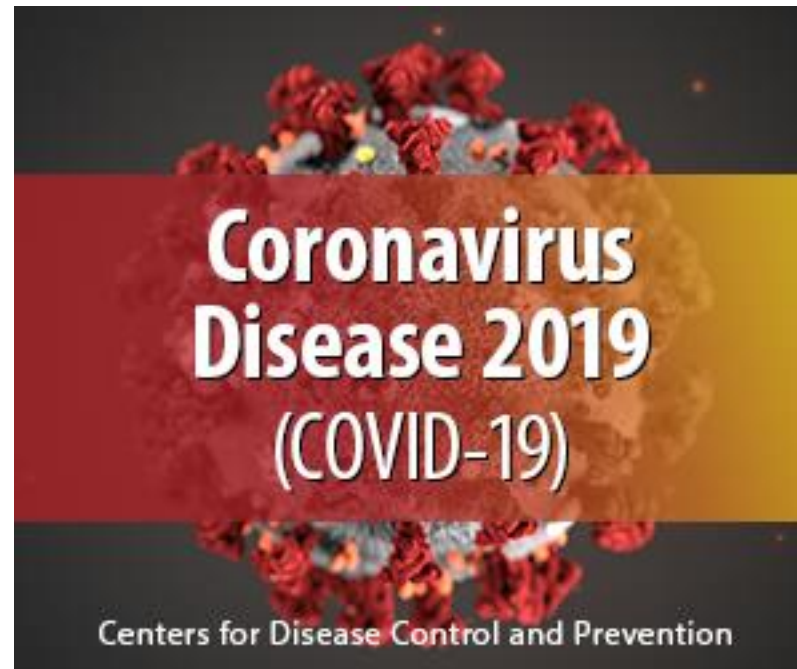
# Lisa Van Eschen

The Maloney Firm

- The laws, rules and regulations related to COVID-19 and the workplace
- Employer/worksites COVID-19 mandates and accommodations
- How to safely reopen and what to consider



# COVID-19 Employment Issues



# COVID-19 Prevention Program

- California COVID-19 Emergency Temporary Standards (ETS)
- Employers must implement a written COVID-19 Prevention Program (CPP)
  - Model CPP on Cal/OSHA website



# AB 685 – Notice/Reporting Obligations

- Within *one business day* of receiving notice of a potential workplace exposure, employers must:
  - Give written notice to all employees and contractors at the same worksite within infectious period
  - Provide information regarding COVID-19 related benefits (workers' comp, sick leave and protections against retaliation or discrimination)
  - Share details of disinfection and safety plan to be implemented per CDC guidelines





# AB 685 – Notice/Reporting Obligations

- Employers must report a COVID-19 outbreak to the local health department within 48 hours
- Outbreak in non-healthcare or non-residential congregate settings = 3 or more confirmed cases among employees from different households within two-week period



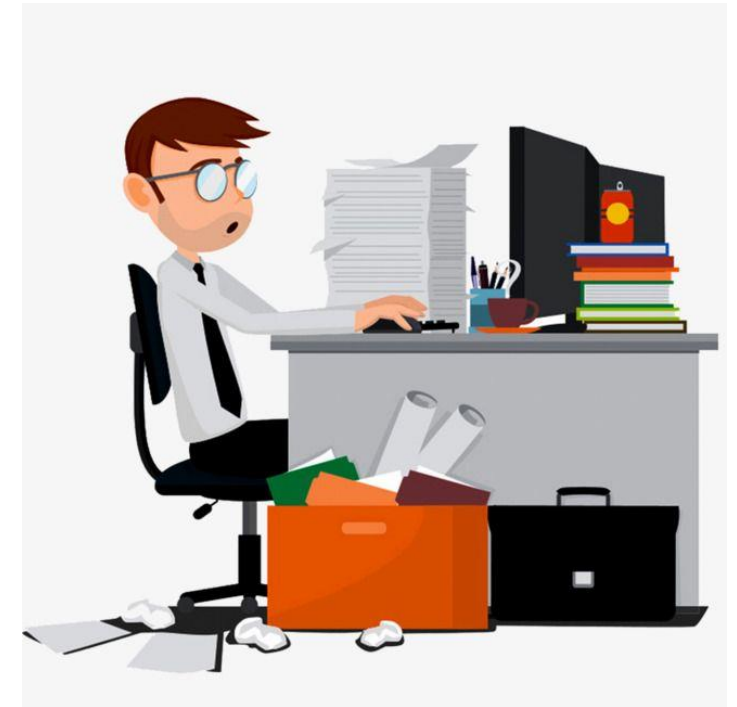
# SB 1159 - Workers' Compensation Liability

- Rebuttable presumption of workplace exposure during “outbreak”
  - ~4/100 employees (in a non-healthcare setting) within 14 days of working
- Employers must report to claims' administrator within 3 business days



# Industry-Specific Guidance

- LA County reopening protocols for specific industries
- Appendix D (office-based businesses):
  - “Face covering is to be worn by the employee at all times during the workday when in contact or likely to come into contact with others”
    - No need to wear face covering when alone in office with door closed or when eating/drinking
  - Indoor capacity limited to 50% of maximum (effective March 19, 2021)



# What if an Employee Refuses to Wear a Mask?

- Can the employee work from home?
  - If medical condition/disability prevents wearing a mask, working from home may be a reasonable accommodation
- If working from home is not an option, LA County requires the employee to wear a face shield with a drape on the bottom edge
  - Provided at employer's expense



# Reopening Requirements

- Follow protocols from the State (ETS), County, City and building
- Conduct health screenings for all employees and visitors
- Employ guidelines for respiratory etiquette and hand washing hygiene
- Perform routine environmental cleaning
- Provide masks, disposable gloves, hand sanitizer, disinfecting wipes



# Workspace Design



- Separate entrance/exit
- Open stairwells
- One way traffic

- HVAC/Air flow
- Limit Breakrooms
- Cubicles/partitions

# Managing Covid Positive Employees

- Plan for what to do if an employee has a confirmed case
  - How long will they stay home? (10-14 days)
  - How will you notify your employees?
  - When will that employee or any other employees be allowed back?
- Remember asymptomatic individuals can spread the virus

# Send Sick Employees Home?

- If an employer has a reasonable basis to believe an employee has virus symptoms, the employer may *require* the employee to go home and may *ask* the employee to seek medical treatment
- Inquiry/evaluation should focus on symptoms (e.g., fever, cough, difficulty breathing) and avoid questions that may reveal disabilities (e.g., weakened immune system due to cancer treatment or underlying health condition)



# Reasonable Accommodations

- State and federal laws require reasonable accommodations to allow employees to perform the essential functions of their position
  - Undue burden standard
- When work restrictions or accommodations are requested, set up an interactive process meeting to discuss

# Accommodations – Continued Remote Work?

- May be required for medical condition or disability
- Anxiety? Stress? Family Care?
- Unvaccinated employees?
- May be hard to argue the employee must come back to the office if they have been working effectively from home





# Requiring Vaccines - Considerations



- ADA – Disability/Medical Condition
  - Prescreening/PHI
  - “Direct threat” standard
- Title VII - Religion
  - “Sincerely held” beliefs
- Vaccine distribution under Emergency Use Authorization by FDA

# Returning Unvaccinated Employees



- ADA/Direct Threat standard
- Confidentiality/morale issues
  - Additional PPE?
  - Isolate/alter workspace/schedule?
  - Remote work?
  - Leave of absence?

## Moe Gelbart, PhD


Executive Director Thelma McMillen Recovery Center  
Director of Behavioral Health at Torrance Memorial

- Effects of COVID-19 on supporting employee mental health
- How to check-in on employees
- How to build resilience
- How to ask for help and give support.
- Addiction and long-term effects of alcohol use during COVID-19

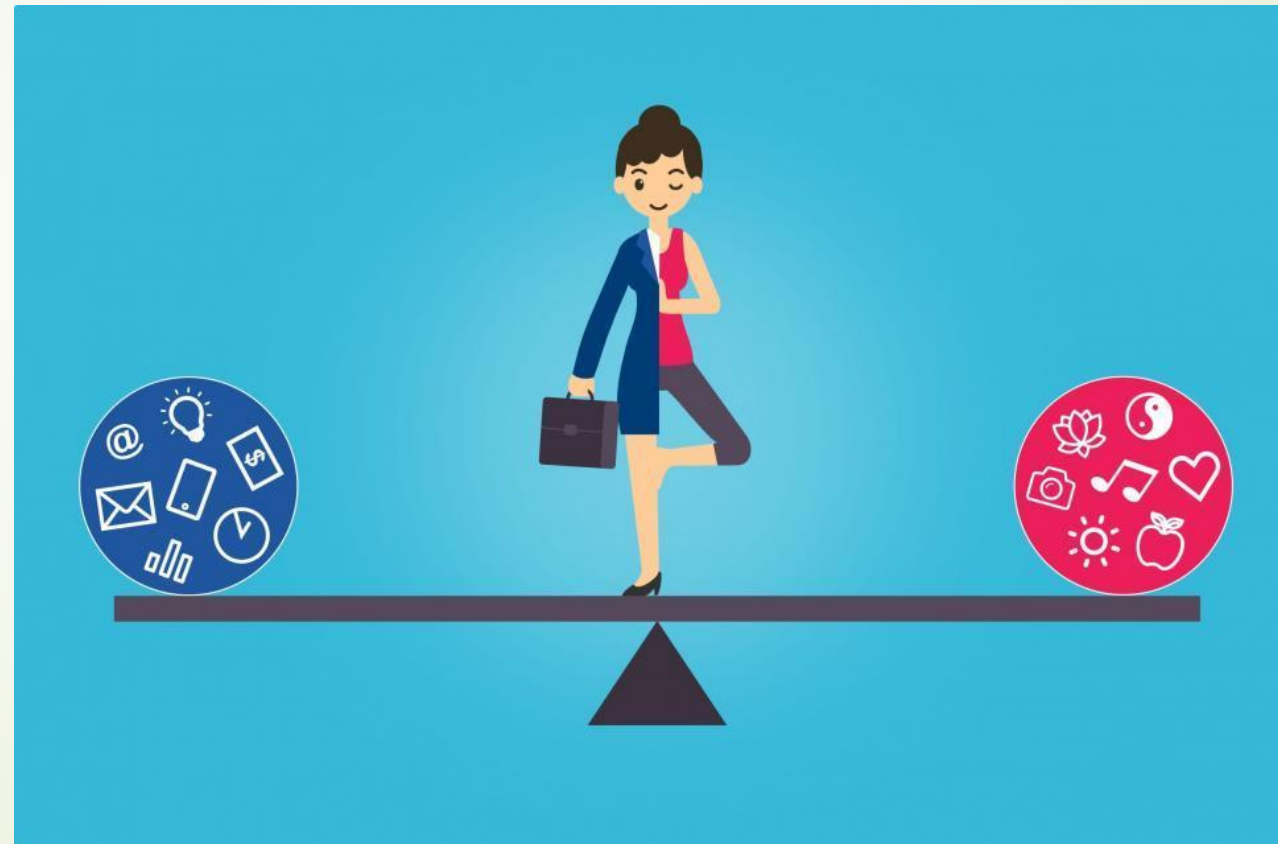




# EMPLOYEE HEALTH: FACTS, FIGURES, AND SOLUTIONS

- MOE GELBART, PHD
    - DIRECTOR, BEHAVIORAL HEALTH
  - EXECUTIVE DIRECTOR, THELMA MCMILLEN RECOVERY CENTER
    - AT TORRANCE MEMORIAL MEDICAL CENTER
- 

# EMOTIONS FROM WORK FOLLOW YOU HOME; EMOTIONS FROM HOME FOLLOW YOU TO WORK

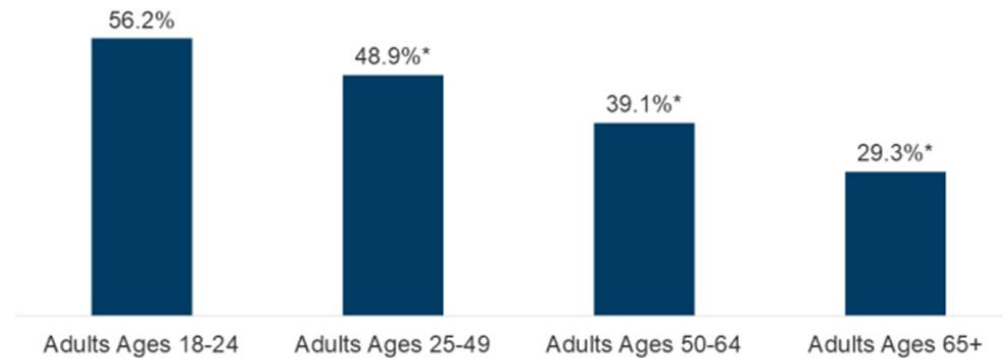


# MENTAL HEALTH DURING YEAR OF COVID

- HIGHEST RATES OF DEPRESSION, ANXIETY, SUICIDAL IDEATION
- HIGHEST RATES OF SUBSTANCE ABUSE

Figure 3

Share of Adults Reporting Symptoms of Anxiety and/or Depressive Disorder During the COVID-19 Pandemic, by Age



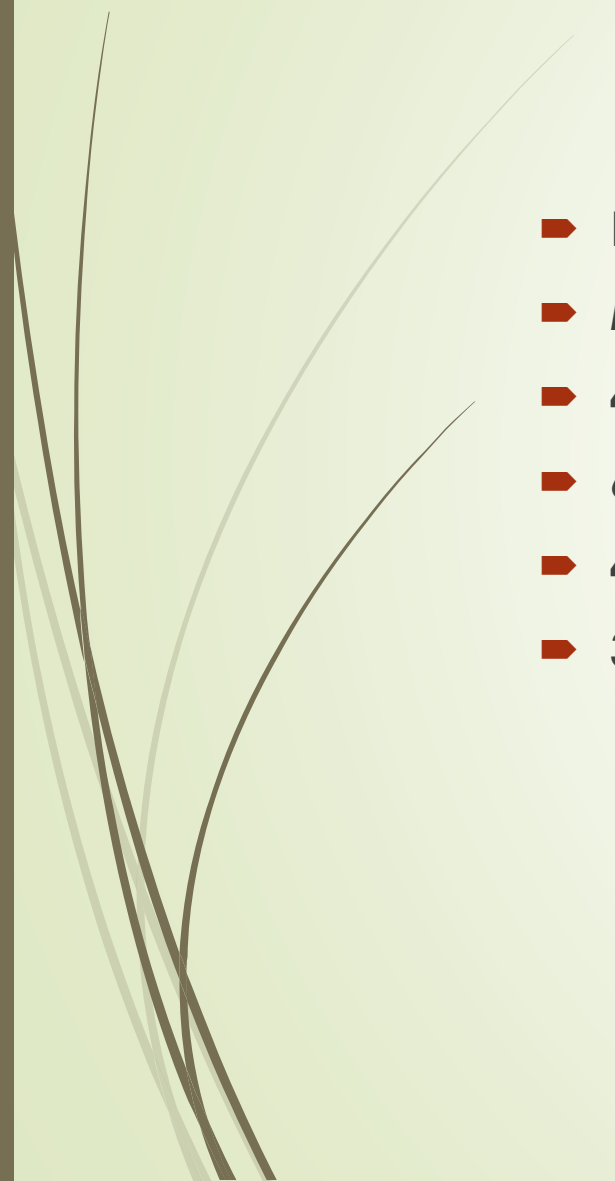
NOTES: \*Indicates a statistically significant difference between adults ages 18-24. Data shown includes adults, ages 18+, with symptoms of anxiety and/or depressive disorder that generally occur more than half the days or nearly every day. Data shown is for December 9 – 21, 2020.  
SOURCE: U.S. Census Bureau, Household Pulse Survey, 2020.

KFF





# MENTAL HEALTH DURING YEAR OF COVID

- RX. FOR ANXIETY UP 40%
  - MENTAL HEALTH REQUESTS UP 100%; 300% FOR GEN Z
  - 49 % REPORT LESS ENERGY
  - 62% LESS PRODUCTIVE AT WORK
  - 42% SLEEP PROBLEMS
  - 33% INCREASE IN ALCOHOL USE
- 

# MENTAL HEALTH DURING YEAR OF COVID

➡ 44% DECLINING MORALE

The coronavirus pandemic is causing unprecedented levels of stress



**7 in 10** employees say this is the most stressful time of their career.

"New Data from Ginger Shows Nearly 70 Percent of Workers Feel More Stressed During COVID-19 Than at Any Other Point in Their Entire Professional Career," Ginger press release, April 9, 2020.

# NORMAL COPING MECHANISMS ABSENT

- GYMS
- RESTAURANTS
- FRIENDS
- TRAVEL
- MOVIES
- TRANSITION ROLES ABSENT
- OUTSIDE HELP MOSTLY VIRTUAL



# HOW CAN MANAGERS HELP

- MANAGE EXPECTATIONS
- UNDERSTAND STRESS EMPLOYEES ARE UNDER
- BE MORE FLEXIBLE
- IMPROVE COMMUNICATION





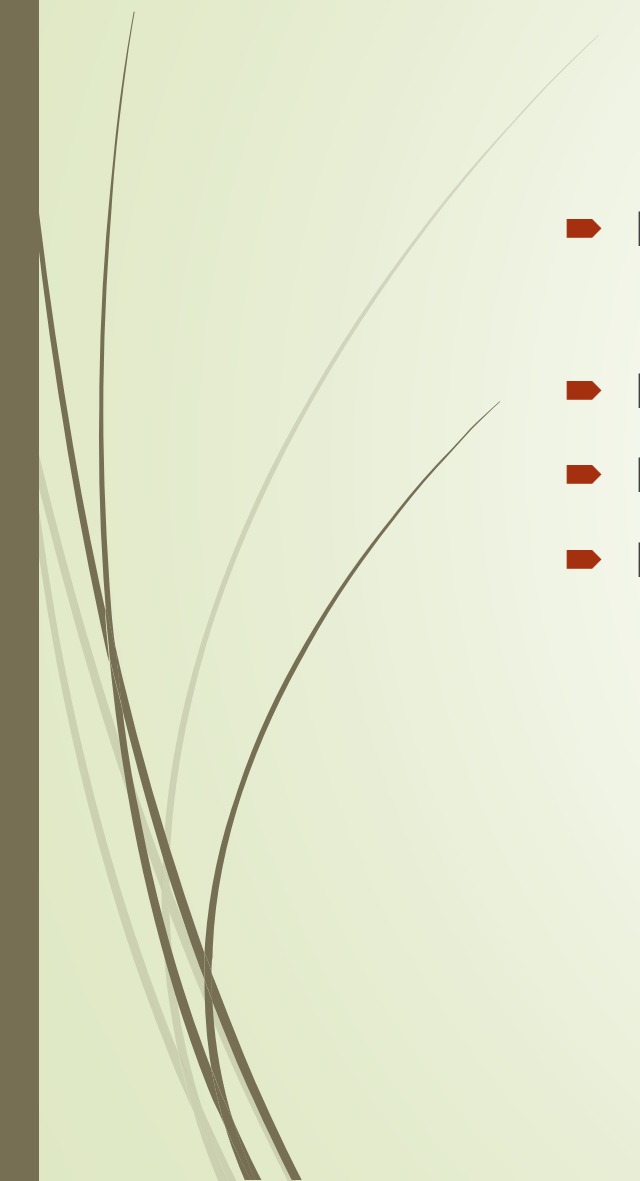
# HOW TO TALK TO EMPLOYEES IN DISTRESS

- TALK SO THEY WILL LISTEN; LISTEN SO THEY WILL TALK
- NON JUDGMENTAL
- VALIDATE FEELINGS
- DON'T OFFER SOLUTIONS
- MAINTAIN CONFIDENTIALITY
- DON'T ANALYZE
- USE I STATEMENTS
- ENCOURAGE AND EMPATHIZE
- MODEL HEALTHY BEHAVIOR





# HOW THE WORKPLACE CAN HELP

- **EXTRA PERKS**
    - MEALS, GIFT CARDS, AWARDS
  - **EXPRESS GRATITUDE**
  - **EXPRESS APPRECIATION**
  - **ENCOURAGE SELF CARE**
    - BREAKS
    - WALKS
- 



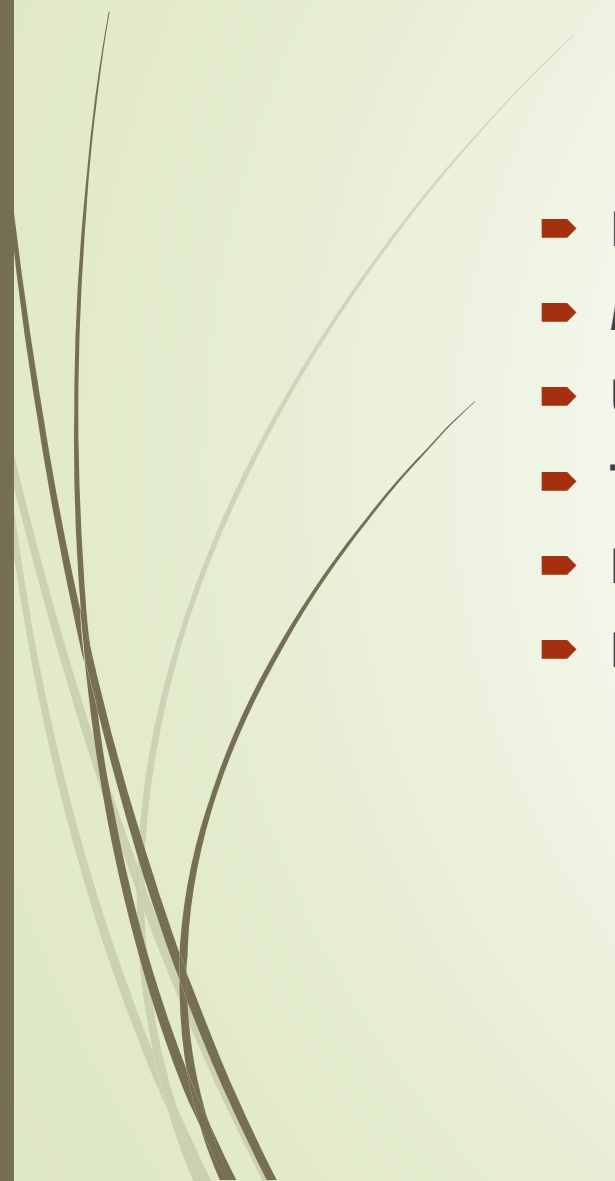
# EMPLOYEE ASSISTANCE PROGRAMS

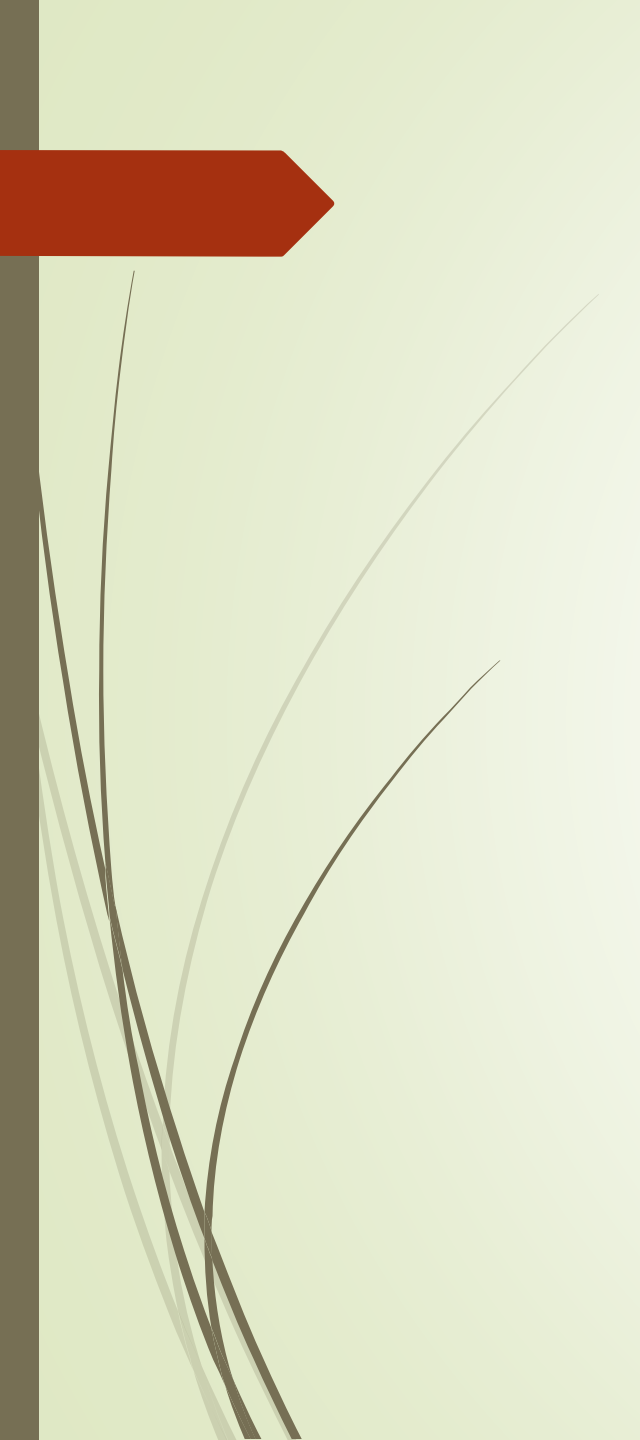
- BROAD BRUSH PROGRAMS
  - PERSONAL, LEGAL, FINANCIAL, WORK
- SIGNIFICANT RETURNS FOR INVESTMENT
  - EMPLOYEES FEEL VALUED
- TORRANCE MEMORIAL EAP





# **CASE EXAMPLE: TORRANCE MEMORIAL HOSPITAL**

- **RECOGNITION THAT STAFF WILL NEED SUPPORT IN COMING YEAR**
  - **MULTI DISCIPLINARY TEAM FOR STAFF SUPPORT**
  - **UTILIZE EAP PROGRAM**
  - **TEAM AVAILABLE FOR SUPPORT MEETINGS**
  - **PRESENTATIONS PLANNED/ 2X MONTH**
  - **FUN EVENTS PLANNED**
- 



**Consider this:** Better mental health support now could be a competitive advantage when the pandemic ends.

93% of employees agree that the companies that stay in business through the pandemic will be the ones who actively support employee mental health. But only 35% say their employer is taking more of an interest in workforce mental health now than they did in the past.<sup>7</sup>



93%

say supporting mental health will keep companies in business<sup>8</sup>



35%

say their employer has increased support during the pandemic<sup>9</sup>

# TELEHEALTH AND DIGITAL APPS

- UNDERSTAND THE VALUE OF TELEHEALTH
  - PROVING VERY USEFUL
  - HERE TO STAY
  - ADVANTAGES
- BE KNOWLEDGEABLE ABOUT DIGITAL APPS
  - CALM, HEADSPACE
  - TALKSPACE, TELEDOC



## Employees are more open to telehealth due to COVID-19

# 2 in 3

say the pandemic made them more likely to try virtual care.\*



# 88%

who tried telehealth for the first time during the pandemic would use it again.†

\*Eric Wicklund, mHealthIntelligence, April 6, 2020.

†Sarah Heath, PatientEngagementHIT, April 27, 2020.



## David Shavelle, MD

Medical Director, Adult Cardiology  
Director, Cardiac Catheterization Laboratories  
Director, Interventional Cardiology  
MemorialCare Heart & Vascular Institute  
Long Beach Medical Center  
Clinical Professor (Voluntary)  
UC Irvine School of Medicine

- Connection between COVID-19 & cardiovascular health
- AstraZeneca vaccine
- Implications of long-haulers
- Kids and COVID





# Don't Delay Care: Stay on Top of Heart Health

**David M. Shavelle, MD FACC FSCAI**

*Medical Director, Adult Cardiology*

*Director, Cardiac Catheterization Laboratories*

*Director, Interventional Cardiology*

*MemorialCare Heart & Vascular Institute*

*Long Beach Medical Center*

*Clinical Professor (Voluntary)*

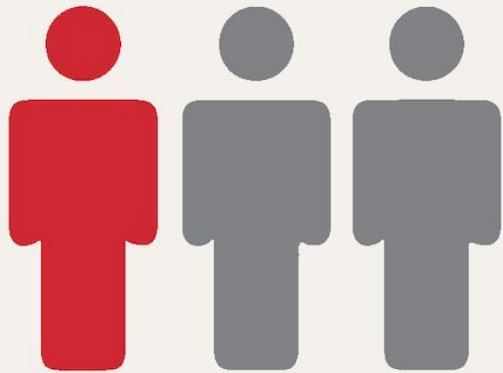
*UC Irvine School of Medicine*

# Cardiovascular Disease

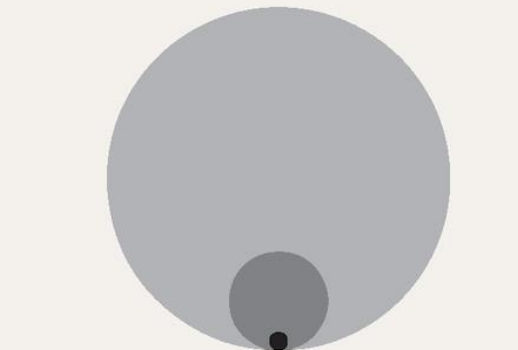
Cardiovascular disease is the No. 1 cause of death in the United States.

## Did you know...

Cardiovascular disease is the leading cause of death in the United States



1 in every 3 deaths is from heart disease and stroke



2,200 deaths per day  
66,000 deaths per month  
803,000 deaths per year

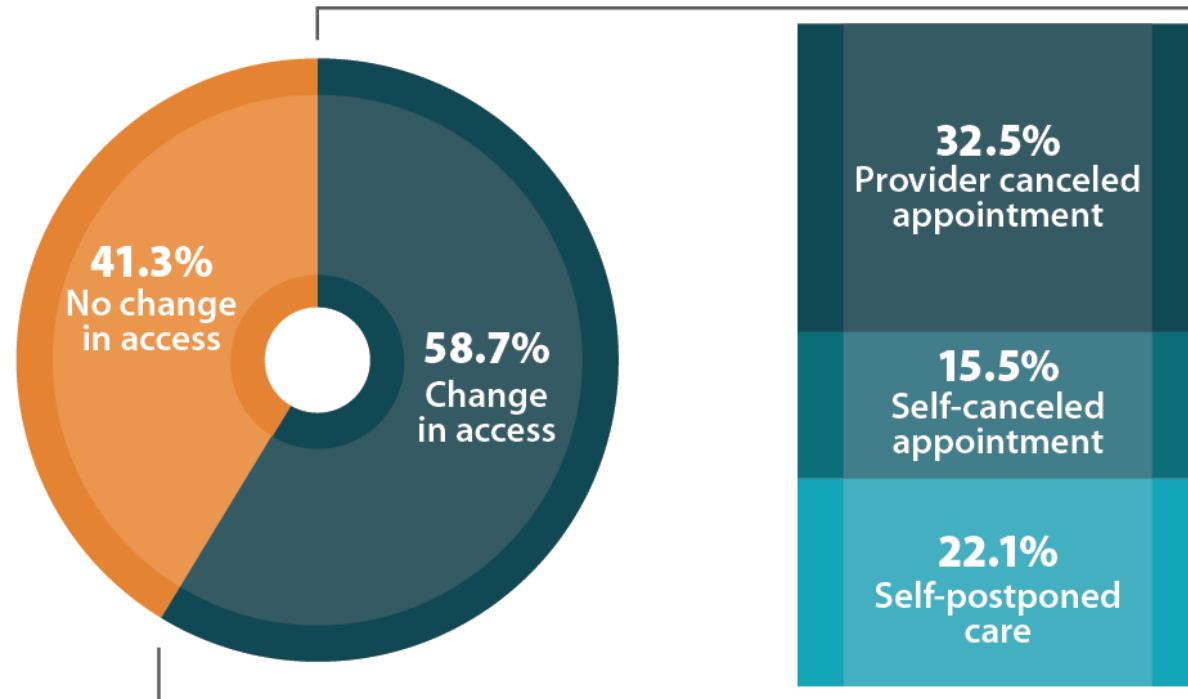
source: [www.cdc.gov](http://www.cdc.gov)

## Cardiovascular Disease:

- Heart Attack (MI)
- Stroke
- Heart Failure (CHF)
- Cardiac Arrest (Sudden Cardiac Death)

# The Impact of the COVID-19 Pandemic on Health Care Access

**Figure 2. Impact of COVID-19 pandemic on health care access**



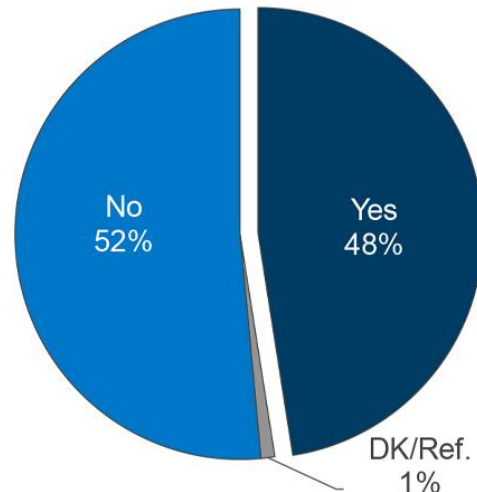
Note: Because respondents could report multiple access-to-care impacts, the three sub-categories don't add up to the 58.7 percent who reported a change in access.

Source: SHADAC analysis of SSRS/SHADAC coronavirus survey (April 8-13, 2020).

# The Impact of the COVID-19 Pandemic on Health Care Access

## About Half Of The Public Says They Have Skipped Or Postponed Medical Care Because Of The Coronavirus Outbreak

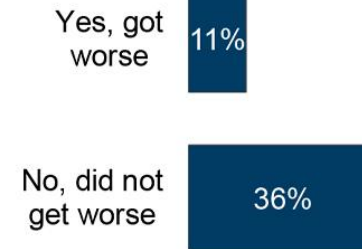
In the past three months, have you or a family member in your household skipped or postponed any type of medical care because of the coronavirus outbreak?



NOTE: For second question, percentages based on total.

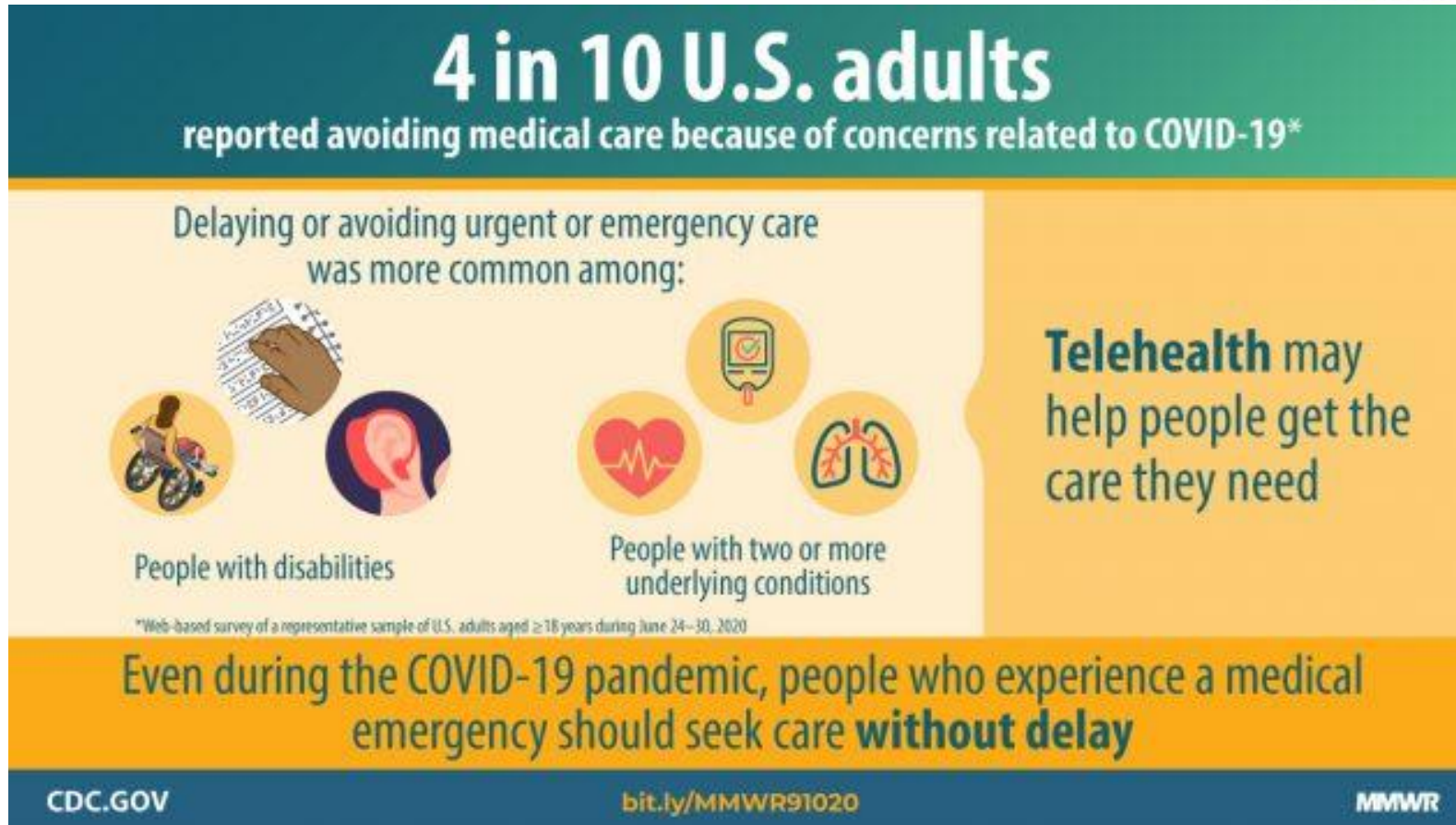
SOURCE: KFF Health Tracking Poll (conducted May 13-18, 2020). See topline for full question wording.

ASKED OF THE 48% WHO SKIPPED OR POSTPONED MEDICAL CARE: Did your or your family member's condition get worse as a result of skipping or postponing medical care?



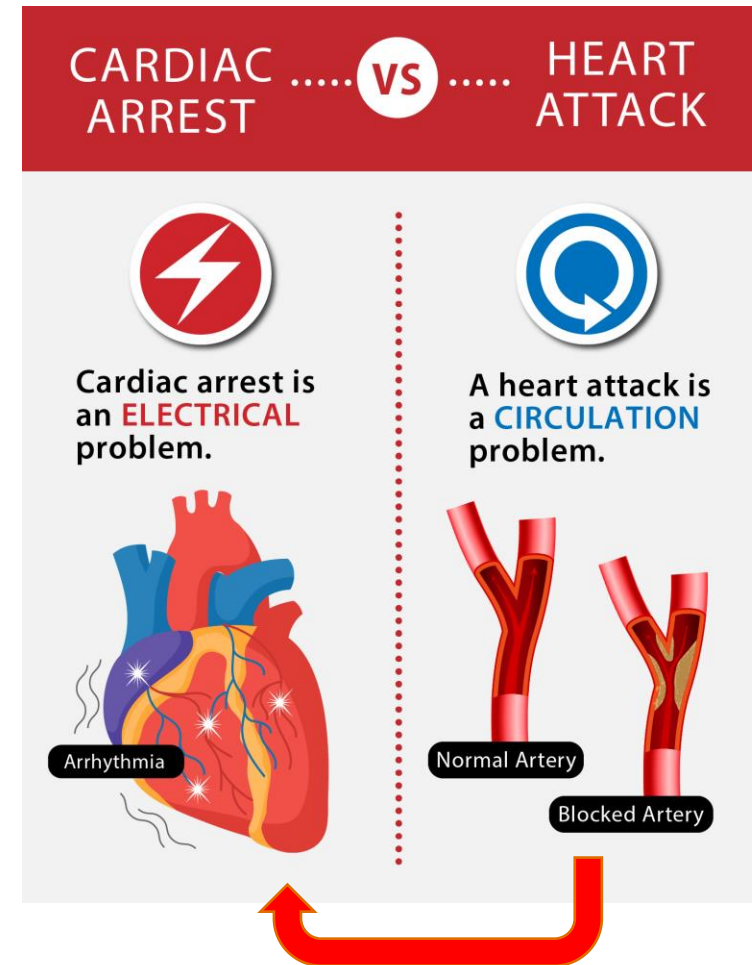
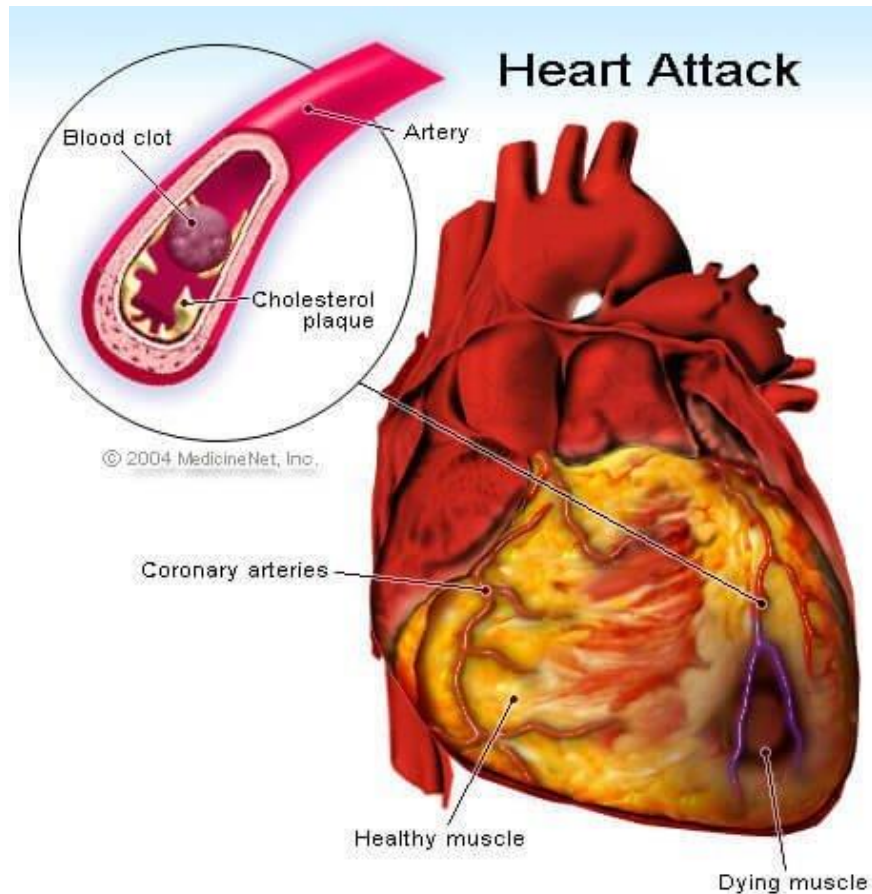
**KFF**  
HENRY J KAISER  
FAMILY FOUNDATION

# The Impact of the COVID-19 Pandemic on Health Care Access





# Heart Attack (MI) and Cardiac Arrest





# Heart Attack (MI) and Cardiac Arrest

## REASONS:

- Fear of travel
- Fear of calling 911
- Fear of hospitals
  - *Exposure to COVID*
- Stay at home order

In the 10 weeks following the declaration of the COVID-19 national emergency, visits to emergency departments declined for:

Heart attack

23%  
↓

Stroke

20%  
↓

Uncontrolled high blood sugar

10%  
↓

People who are experiencing symptoms of these or any life-threatening conditions should **seek immediate emergency care**, even during the COVID-19 pandemic

CDC.GOV

[bit.ly/MMWR62220](https://bit.ly/MMWR62220)

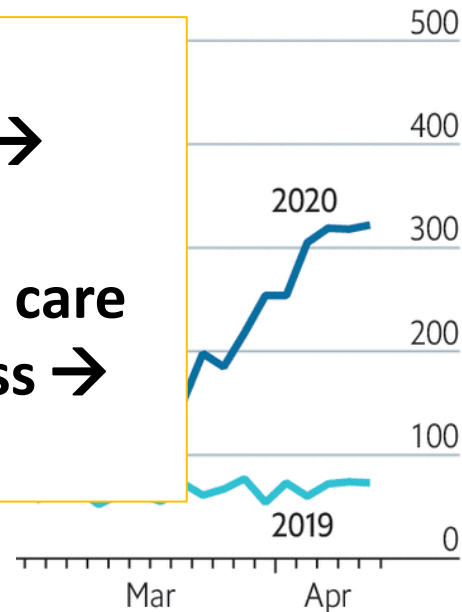
MMWR

# Data From New York City

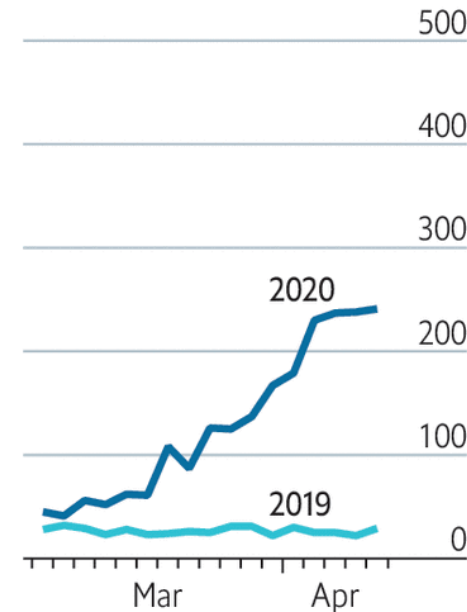
## REASONS:

- Delay in care for MI → cardiac arrest
- COVID 19 → delay in care → respiratory distress → cardiac arrest

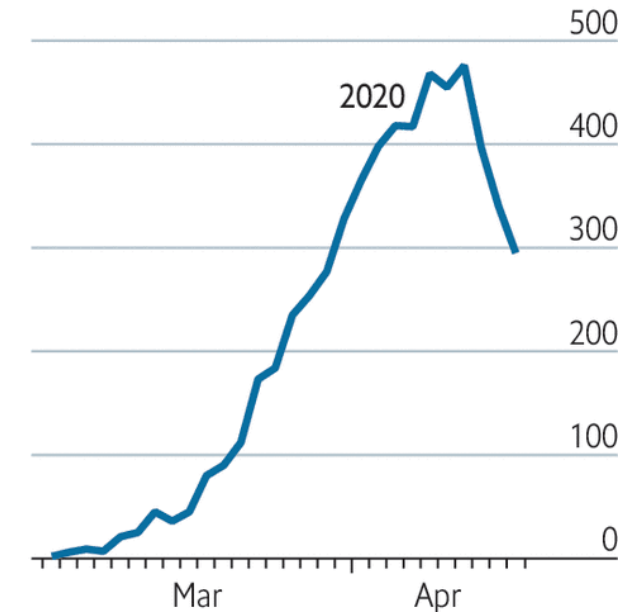
Cardiac-arrest 911 calls  
To April 5th



Cardiac-arrest deaths  
To April 5th



Confirmed covid-19 deaths\*  
To April 10th



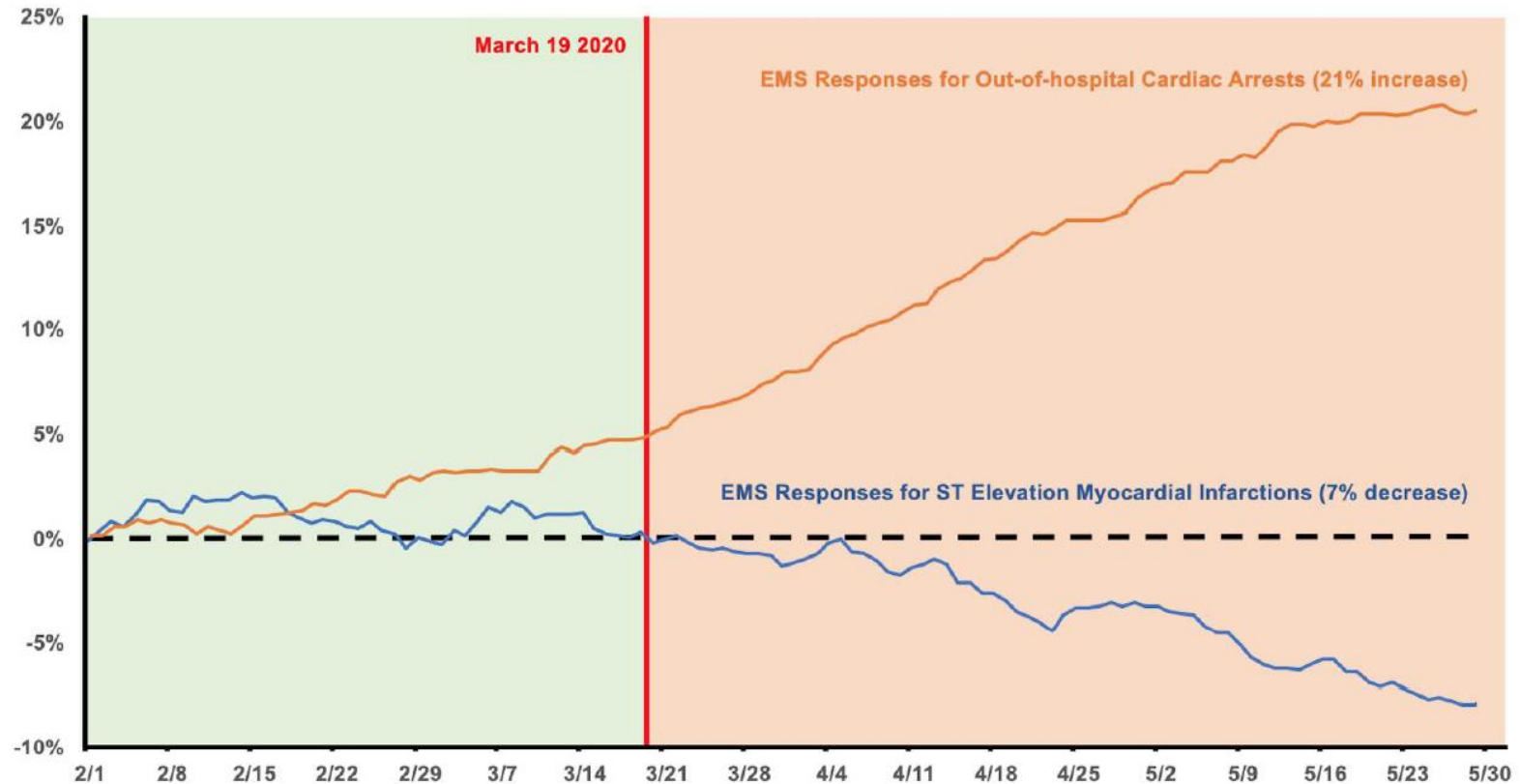
Sources: New York City Fire Department; New York City Department of Health \*Deaths are reported with a significant lag and may be revised later

The Economist

# Data From Los Angeles County

## Los Angeles County

- ~ 10.1 Million people
- Integrated system of care
- 36 SRCs = STEMI receiving centers/Cardiac Arrest Centers
- Dedicated transport to SRC for Acute MI and Cardiac Arrest
- Data sent to EMS Agency for Quality Metrics



Accepted JAHA March 2021

# Public Outreach Campaigns

heart attacks and strokes  
**happen**



even in the midst of  
**COVID-19**



**DON'T DELAY HEART CARE**

WellSpan has safety measures in place to protect you during COVID-19.

**Call 9-1-1 to get immediate care for a heart attack.**

**Signs of a Heart Attack**

- Chest pain
- Difficulty breathing
- Discomfort in chest, arms, back, neck, shoulder or jaw

# Concerns Regarding the New AstraZeneca Vaccine

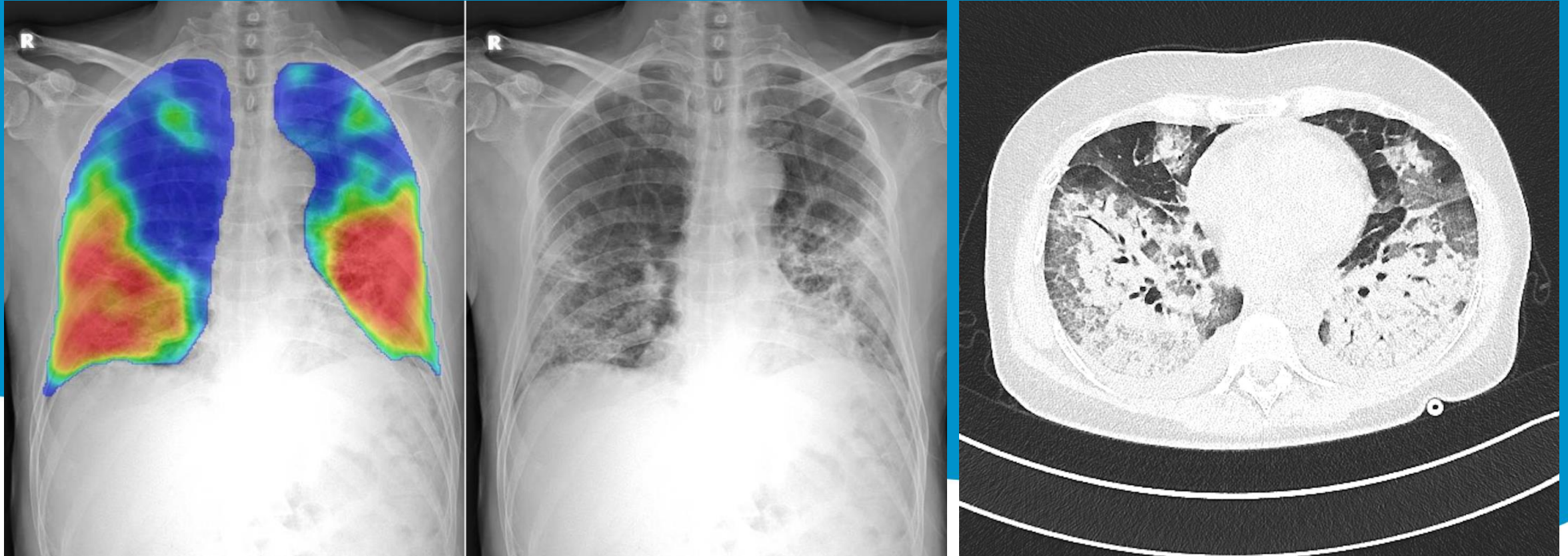
# AstraZeneca Vaccine and Blood Clots



- ~30 blood clots reported post vaccination in Europe
- 12 European Countries suspend AstraZeneca Vaccine
- European Medicines Agency (EMA) conduct investigation
  - Post-vaccine blood clots lower than expected for general population
  - 25 blood clots among ~ 20 Million vaccinations

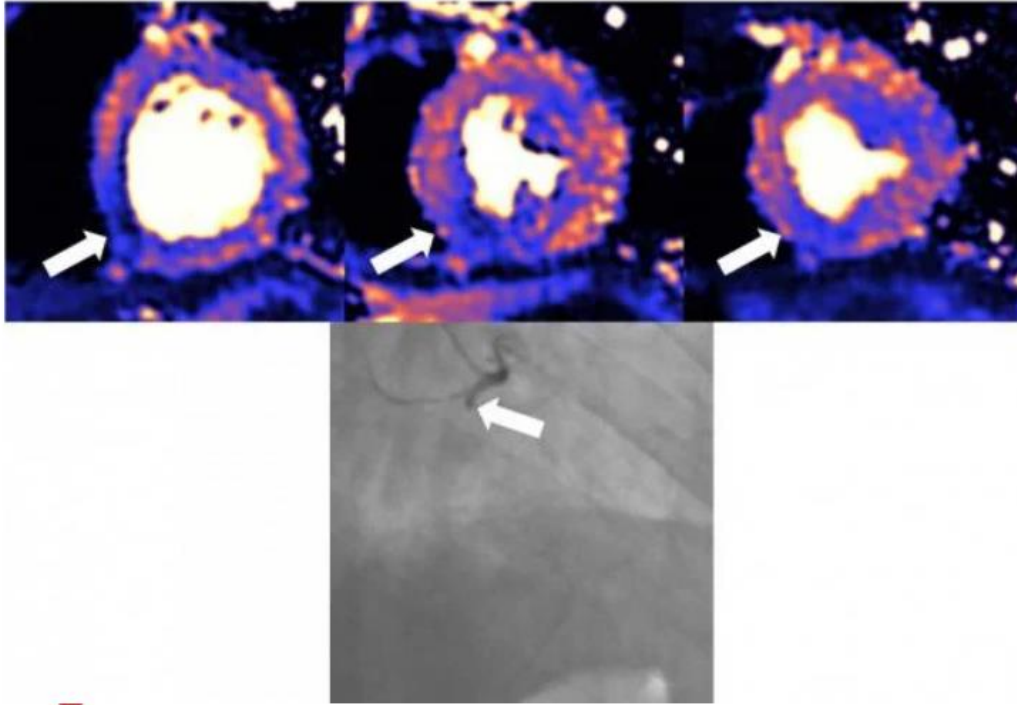


# Respiratory Manifestations of COVID-19



# Short-Term Cardiovascular Effects of COVID-19

## Heart Damage Found in More Than Half of COVID-19 Patients Discharged From Hospitals



▼  
*MRI scan of a damaged heart. Blue means reduced blood flow, orange is good blood flow. In this figure the inferior part of the heart shows dark blue, so the myocardial blood flow is very reduced. The angiogram shows the coronary artery which supplies the blood to this part of the heart is occluded. The three colored MRI images show different slices of the heart — the basal mid and apical slices. Image courtesy of European Heart Journal*

March 17, 2021 — Around 50% of patients who have been hospitalized with severe **COVID-19 (SARS-CoV-2)** and have damage to their hearts with elevated troponin levels and ischemia and coronary blocks shown on imaging. The injury was detected by **magnetic resonance imaging (MRI)** scans at least a month after discharge, according to new findings published in February in the *European Heart Journal*[1]

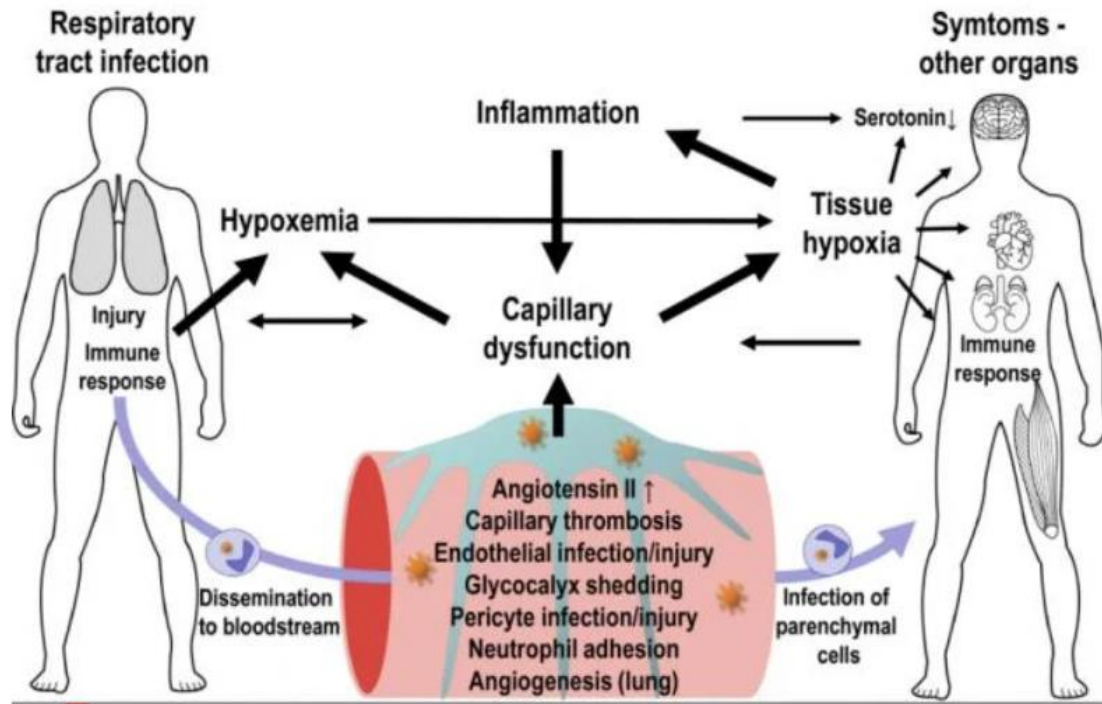
- *Myocarditis → Heart Failure can occur*
- *~ 20-30% of hospitalized patients with COVID-19 infection have elevated cardiac biomarkers*
  - $\uparrow$  Troponin ‘small heart attack’
  - Independent risk factor for  $\uparrow$  mortality
- *Cardiac MRI is a more sensitive test for cardiac injury*
  - ~50% of patients have abnormal cardiac MRI imaging 30 days post hospital discharge
  - Treatment options and the long-term effects of this observation are NOT clear

# Long-Term Cardiovascular Effects of COVID-19



## COVID-19 Blood Vessel Damage May Cause Brain Fog and Other Long-hauler Symptoms

*Lack of oxygen, increased inflammation affects serotonin levels in brain*



*Interactions between capillary function, inflammation, hypoxia, and neurotransmission. The expression of ACE2 and other SARS-CoV-2 entry factors on parenchymal cells and observations of infected cells in biopsy material hold important clues to understand COVID-19-related organ damage. [Find more figures and read the full study.](#)*

March 12, 2021 — A new review suggests that blood vessel damage and impaired oxygen delivery related to **COVID-19** play a role in mood changes and cognitive difficulties that people with the disease face during illness and recovery. The review was published in *Physiological Reports* in February.[1] The article

July 27, 2020

## Coronavirus Disease 2019 (COVID-19) and the Heart —Is Heart Failure the Next Chapter?

Clyde W. Yancy, MD, MSc<sup>1,2</sup>; Gregg C. Fonarow, MD<sup>3,4</sup>

» [Author Affiliations](#) | [Article Information](#)

*JAMA Cardiol.* 2020;5(11):1216-1217. doi:10.1001/jamacardio.2020.3575

FEATURE | CORONAVIRUS (COVID-19) | JANUARY 22, 2021 | DAVE FORNELL, EDITOR

## The Long-term Cardiovascular Impact of COVID-19

*Evidence suggests COVID long-haulers may have lingering cardiac impacts from their coronavirus infections*



*Cardiologists are taking a closer look at the possible long-term cardiovascular effects on COVID long-hauler patients who still show symptoms long after they should be recovered from the virus. Getty Images*

# Long-Hauler Effects

- Shortness of breath
- Fatigue
- Chest pain
- Anxiety
- Stress
- Brain fog

Awareness

Post-COVID Clinics

Testing protocols

Surveillance Registries

10,000 hospitalized patients

300 patients cardiac MRI

Acute MI Registry (NACMI)

AHA CVD Registry



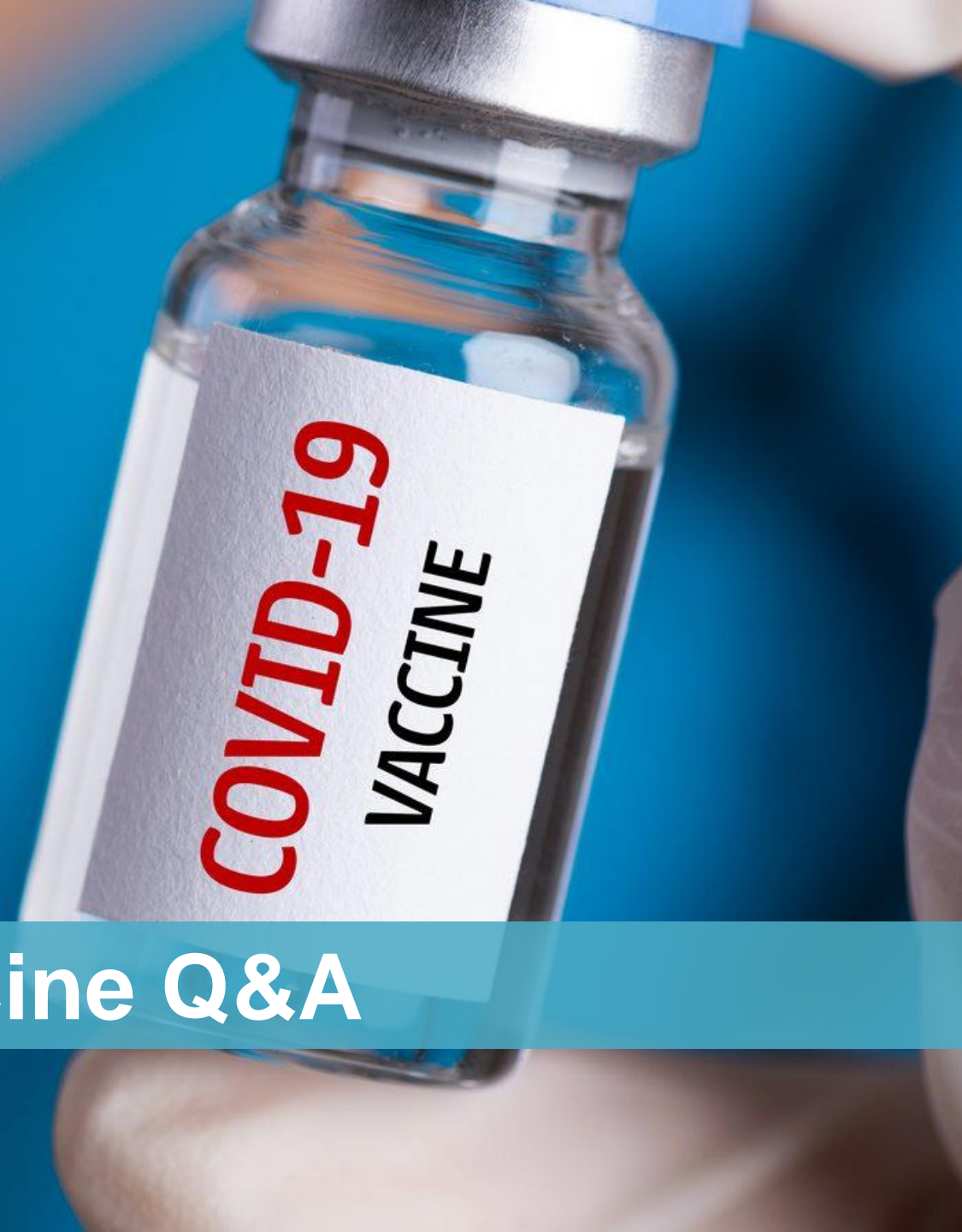
Thank you  
Stay Safe  
Get Vaccinated  
Go Fly Fishing (outside)

*Upper Owens River, Mammoth CA  
Feb, 2021*



*Crowley Steelhead  
'Rainbow Trout'*





## COVID-19 Vaccine Q&A



## BEACH CITIES SCHOOL WELL-BEING LINE

Information, Support  
and Referrals for  
Families and  
School Staff

Call Beach Cities Health  
District's School Well-Being Line  
for School Families at  
**310-374-3426** and press  
**option 2** on school days  
between 7:30 a.m. – 4 p.m.



If you are feeling  
stressed, anxious,  
or depressed,



**1-800-854-7771**



**"LA" to 741741**

#SaferAtHome  
covid19.lacounty.gov



## HEALTH UPDATE: **COVID-19**



We all must continue to do our part to slow the spread of COVID-19 and protect our most vulnerable. Please stay home as much as possible. It truly is safer at home. If you must go out, practice physical distancing and wear your cloth face covering when around others.

For information on COVID-19 testing, health-related referrals or assistance, visit us online at **bchd.org/coronavirus** or call us at **310-374-3426, ext. 256**, seven days a week, 8:30 a.m. – 5 p.m.

# COVID-19 Vaccine Online Resources

- **Los Angeles County DPH**
  - COVID-19 Vaccine Main Page: <http://www.ph.lacounty.gov/media/Coronavirus/vaccine/index.htm>
  - COVID-19 Vaccine Healthcare Provider Information Hub: <http://publichealth.lacounty.gov/acd/ncorona2019/vaccine/>
  - COVID-19 Vaccine Partner Checklist: <http://publichealth.lacounty.gov/acd/ncorona2019/vaccine/checklist/>
  - COVID-19 Immunization Guidance for SNFs: <http://ph.lacounty.gov/acd/ncorona2019/healthfacilities/snf/iz/>
- **CDPH COVID-19 Vaccination Program:** <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/COVID-19Vaccine.aspx>
- **CDC:** <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>
  - Interim Clinical Considerations for mRNA Vaccines: <https://www.cdc.gov/vaccines/covid-19/info-by-product/clinical-considerations.html>

# Resources

- Testing
  - <https://covid19.lacounty.gov/testing/>
- Vaccination webpages
  - <http://publichealth.lacounty.gov/media/Coronavirus/vaccine/>
  - <https://www.bchd.org/covidvaccine>
- Workplace information
  - Q&A from the State of California regarding the ETS standards:  
<https://www.dir.ca.gov/dosh/coronavirus/COVID19FAQs.html>
  - LA County requirements for reopening workplaces in various industries:  
<http://www.publichealth.lacounty.gov/media/Coronavirus/reopening-la.htm>

[www.bchd.org/coronavirus](http://www.bchd.org/coronavirus)  
310-374-3426 ext. 256

Thank you!