U.S. Leads World as New Infections Plateau

Daily confirmed new cases (5-day moving average)

Outbreak evolution for the current 10 most affected countries

Click any country below to hide/show from the graph:

- US
- Italy
- Spain
- France
- United Kingdom
- Belgium
- Iran
- Germany
- China
- Netherlands

Source: CSSE COVID Dashboard, Johns Hopkins
Too Soon?

Some governors move to open businesses before criteria are met for declining cases and prepared healthcare systems.

For Mayors

Given potential for exponential spread again, go slow. As opening happens, watch multiple signals. A warning from Singapore.
Where Infections are Rising the Fastest
What’s New This Week

Surveys Suggest Scale of Infection

Los Angeles and Santa Clara County find about 4% and 1.5% exposed to the novel coronavirus.

For Mayors

Studies suggest number infected much higher than number tested. However, much lower than what is necessary for population immunity.
COVID-19
PROTECTING HIGH-RISK SENIOR COMMUNITIES

April 23, 2020  |  Jennifer B. Nuzzo, DrPH, SM
Older Adults at Risk for Severe Outcomes

FIGURE 1.
Laboratory-confirmed coronavirus disease 2019 (COVID-19)-associated hospitalization rates, by age group—COVID-NET, 14 states
MARCH 1-28, 2020
Spotlight on Communities at Risk

Nursing Homes & Assisted Living
Facilities that provide clinical or life care (e.g. assistance with showering, dressing, meals)

Senior Housing (Independent Living)
Multi-family housing or communities primarily occupied by seniors (60+)

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## Nursing Homes & Assisted Living

### 4,900+ Nursing Homes
- have had COVID-19 outbreaks

### 55,000+ Cases
- among residents and staff; 10,300+ deaths

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### High Outbreak Risks in Nursing Homes and Assisted Living Facilities

<table>
<thead>
<tr>
<th>Health Conditions of Residents</th>
<th>Lots of People Under One Roof</th>
<th>Close Contact Between Staff and Residents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poor Infection Control Practices</td>
<td>High Turnover of Staff</td>
<td>Staff May Not Have Paid Sick Leave</td>
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# What Mayors Can Do to Help

<table>
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<th>GOAL</th>
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| • Help facilities implement recommended guidelines  
• Identify and solve resource needs and other challenges before they become a problem | Establish a local response team to support the needs of nursing homes |

Nursing homes and assisted living facilities need help in protecting their residents from COVID-19.

1. Establish a Team to Support Facilities
## What Mayors Can Do to Help

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<td>Establish two-way communications to keep facilities informed and to identify problems before they occur</td>
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<td><strong>ACTION</strong></td>
<td>Convene regular conference calls between facilities and response team</td>
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Nursing homes and assisted living facilities need help in protecting their residents from COVID-19.
What Mayors Can Do to Help

Support Adequate Staffing Levels

COVID-19 can exacerbate staffing shortages. This can worsen residents’ health and creates additional risks for outbreaks.

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• Identify alternative staffing resources, such as medical volunteers | Mobilize volunteers to help address staff shortages at facilities |

### Ensure Access to Testing and Supplies

Access to testing and medical supplies, such as gloves and masks, is essential to prevent outbreaks and to contain them quickly before they spread throughout the facility.

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| • Prevent shortages in medical supplies at facilities  
• Ensure facilities have priority access to testing to prevent outbreaks | Advocate for facilities to receive priority access to testing and medical supplies |
COVID-19 Senior Housing

24% AMERICANS OLDER THAN 65 live in multi-family housing

17% AMERICANS OLDER THAN 80 live in large, multifamily buildings (50+ units)

RISK OF DISEASE SPREAD IN SENIOR HOUSING

- Advance age of residents
- High numbers of people per building
- Many residents may live alone
- Group activities and gathering spaces
- Lots of visitors
What Mayors Can Do to Help

1. Educate and Inform About Risks

Severe disease and hospitalization highest for adults over the age of 60, but many may not identify as “at-risk” or know how to protect themselves.

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## Coordinate Services to Support Response

Senior housing communities need assistance to prevent outbreaks and to support the ability of senior residents to isolate and quarantine.

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<td>Support the ability of senior residents to isolate and quarantine through delivery of social services such as delivery of food and medicines</td>
<td>Create an interagency team to help senior housing communities protect and support residents</td>
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Efforts to protect seniors from COVID-19 may increase their loneliness and adversely affect mental health.

**GOAL**
Enable seniors to remain connected and engaged despite social distancing

**ACTION**
Inspire and promote voluntary efforts to support seniors

**EXAMPLE**
Baltimore Neighbors Network, which enlists volunteers to call and check on homebound elderly
QUESTIONS?

Joshua Sharfstein, MD
Jennifer B. Nuzzo, DrPH, SM