

National Briefing with CDC on COVID-19 & Autoimmune Disease

April 3, 2020

On behalf of the National Coalition
of Autoimmune Patient Groups, thank you
for joining us today.

The briefing will start at 2:00 p.m. ET.



**American
Autoimmune**
Related Diseases Association, Inc.

Dr. Betty Diamond

Chair, AARDA Scientific Advisory Board
Head of the Center for Autoimmune and
Musculoskeletal Diseases, Northwell
Health's Feinstein Institute for Medical
Research



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Autoimmune**
Related Diseases Association, Inc.

National Briefing with CDC on COVID-19 & Autoimmune Disease

*A nationwide dialogue with leading medical experts on the COVID-19 coronavirus
and its effects on people with autoimmune diseases*

Hosted by:

American Autoimmune Related Diseases Association (AARDA)

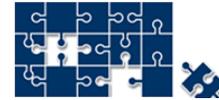
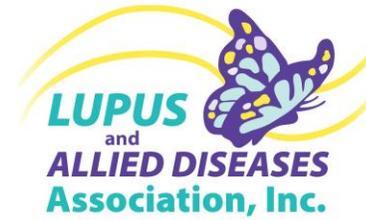
in partnership with the

National Coalition of Autoimmune Patient Groups,
40 leading national disease-specific organizations





THE MYOSITIS ASSOCIATION



Today's Agenda

4,500
Briefing
Participants

- CDC Perspective & Practice Perspectives
- Answers to Selected 1,500+ Questions from Briefing Participants
- Answers to Additional Questions will be found at www.aarda.org and via the National Coalition of Autoimmune Patient Groups
- This briefing will be recorded and posted at www.aarda.org

Georgina Peacock, MD, MPH, FAAP

Director, Division of Human Development and Disability (DHDD)

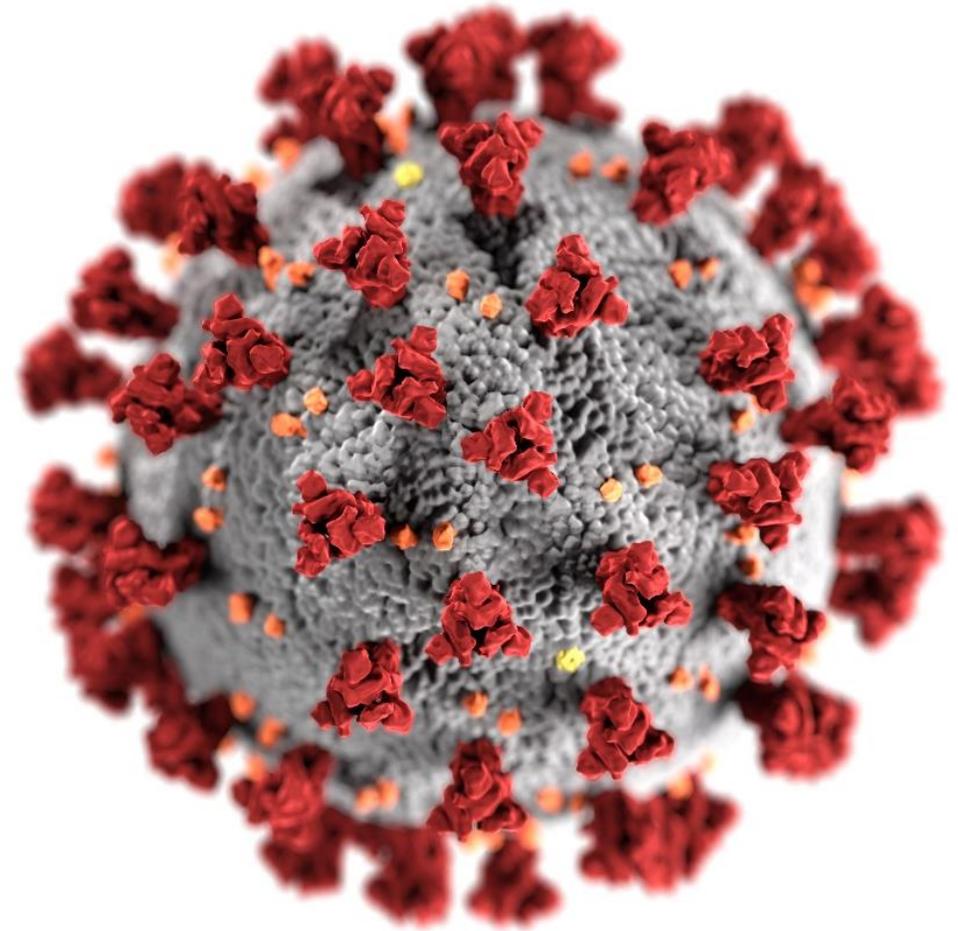
National Center on Birth Defects and Developmental Disabilities (NCBDDDD)

Dedicated to the health and development of children and adults across the lifespan, she applies her personal passion and knowledge to a critical leadership position at the Centers for Disease Control and Prevention (CDC).



Coronavirus and Immunodeficiency

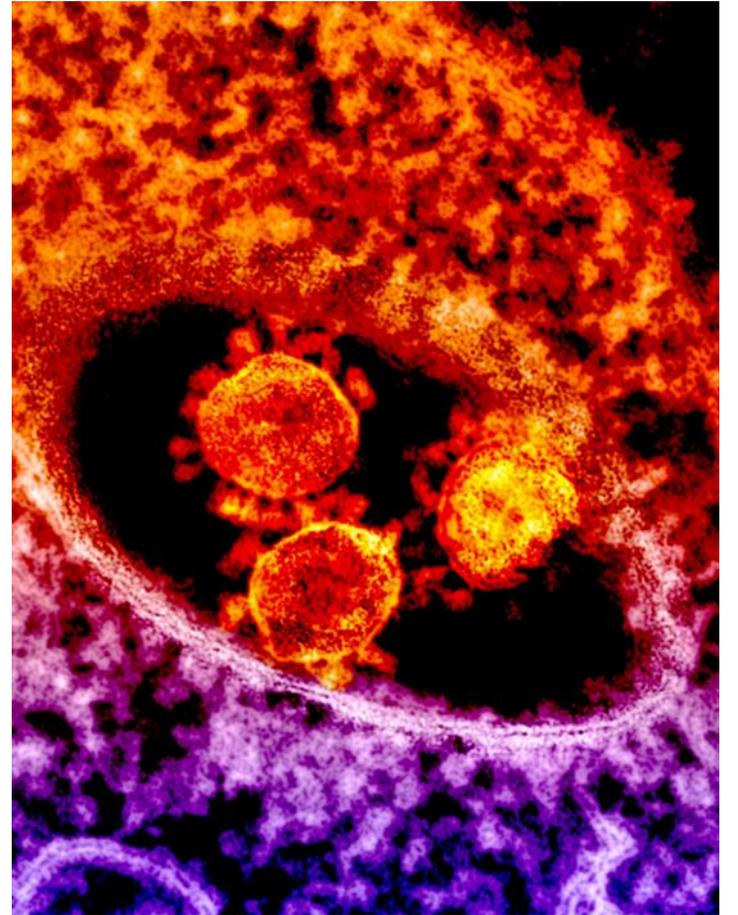
Georgina Peacock, MD, MPH, FAAP
Lead, At Risk Task Force
April 3, 2020



For more information: www.cdc.gov/COVID19

Coronavirus (CoV) Background

- Large family of viruses that cause respiratory illness
 - Belongs to *Coronaviridae* family
- First isolated in the 1960s
- Named for the crown-like spikes on surface
 - 4 subgroupings (alpha, beta, gamma, delta)
- Some can spread between animals and people (zoonotic)



COVID-19: Emergence

- Identified in Wuhan, China in December 2019
- Caused by the virus SARS-CoV-2
- Early on, many patients were reported to have a link to a large seafood and live animal market
- Later patients did not have exposure to animal markets
 - Indicates person-to-person spread
- Travel-related exportation of cases reported
 - First US case: January 21, 2020
- CDC is reporting confirmed COVID-19 cases in the US online at <https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/cases-in-us.html>



COVID-19: How It Spreads

- The virus is thought to spread mainly from person-to-person
 - Between people who are in close contact with one another (within about 6 feet)
 - Through respiratory droplets produced when an infected person coughs or sneezes
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs



COVID-19: Symptoms & Complications

Symptoms may include

- Fever
- Cough
- Shortness of breath

Wide range of illness severity has been reported

- Mild to severe illness
- Can result in death

Estimated incubation period

- 2 to 14 days

Complications may include

- Pneumonia
- Respiratory failure
- Multisystem organ failure



COVID-19: Treatment

- No specific antiviral treatment licensed for COVID-19
- Supportive care to
 - Relieve symptoms
 - Manage pneumonia and respiratory failure



People Who Might be at Higher Risk of Severe Illness

- [Aged 65 years and older](#)
- Live in a nursing home/long-term care facility
- Have underlying medical conditions, particularly if not well controlled, including:
 - Chronic lung disease or moderate to severe asthma
 - Serious heart conditions
 - Severe obesity (body mass index [BMI] of 40 or higher)
 - Diabetes
 - Chronic kidney disease undergoing dialysis
 - Liver disease
 - Immunocompromised conditions



People Who Are Immunocompromised

- May be immunocompromised for a variety of reasons, including:
 - cancer treatment
 - bone marrow or organ transplantation
 - immune deficiencies
 - end stage HIV
 - prolonged use of corticosteroids
 - use of immune weakening medications (e.g., biologics)
- Have reduced ability to fight infectious diseases, including viruses like COVID-19
- Potentially remain infectious longer



Preliminary Estimates: For People Who Are Immunocompromised and had COVID-19*

- 53% were not hospitalized
- 24% were hospitalized (not-ICU)
- 16% were admitted to the ICU
- 7%, hospitalization status was unknown)
- *Based on patients with complete risk factor information

Preliminary Estimates of the Prevalence of Selected Underlying Health Conditions Among Patients with Coronavirus Disease 2019 — United States, February 12–March 28, 2020

Early Release / March 31, 2020 / 69

CDC COVID-19 Response Team ([View author affiliations](#))

[View suggested citation](#)

Summary

What is already known about this topic?

Published reports from China and Italy suggest that risk factors for severe COVID-19 disease include underlying health conditions, but data describing underlying health conditions among U.S. COVID-19 patients have not yet been reported.

What is added by this report?

Based on preliminary U.S. data, persons with underlying health conditions such as diabetes mellitus, chronic lung disease, and cardiovascular disease, appear to be at higher risk for severe COVID-19-associated disease than persons without these conditions.

What are the implications for public health practice?

Article Metrics

Altmetric:

Citations:

Views:

Views equals page views plus PDF downloads

[Metric Details](#)



Hydroxychloroquine and Chloroquines

- Effective treatment for rheumatoid arthritis, systemic lupus erythematosus, and porphyria cutanea tarda
- Anti-viral properties; *in-vitro* activity against SARS-CoV-2
- Used off-label for COVID-19, efficacy unknown
- Current US clinical trials for prevention and treatment of COVID-19
- Potentially toxic medication; use as prescribed by healthcare provider
- Broader use for COVID-19 may cause supply issues
- Media reports of increased production; millions of pills donated



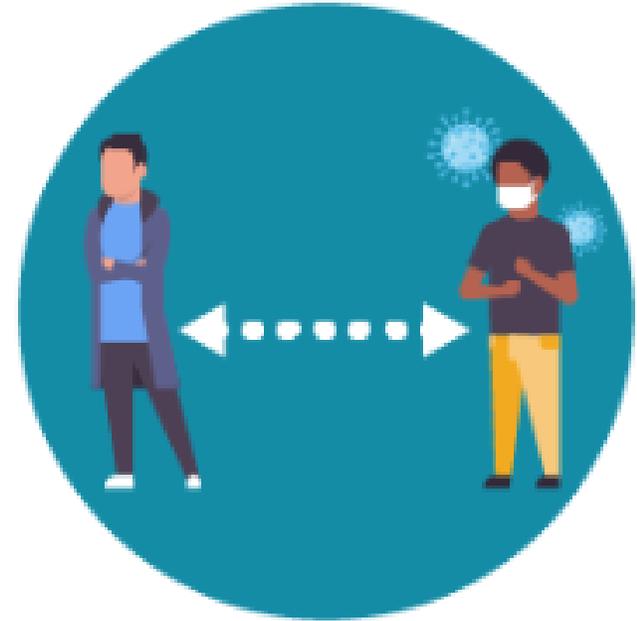
What to Do

Follow instructions of your state and local governments and public health authorities



If COVID-19 is Spreading in your Community

- Take extra measures to put distance between yourself and other people to further reduce your risk of being exposed to this new virus.
- **Stay home** as much as possible.
- **Consider ways of getting food brought to your house** through family, social, or commercial networks.



Everyday Precautions

- **Clean your hands often.**
- **Avoid touching high-touch surfaces in public places** elevator buttons, door handles, handrails, handshaking with people, etc.
- **Avoid touching your face,** nose, eyes, etc.
- **Clean and disinfect** your home to remove germs: practice routine cleaning of frequently touched surfaces.
- **Avoid crowds,** especially in poorly ventilated spaces.
- **Avoid all non-essential travel** including plane trips, and especially avoid embarking on [cruise ships](#).



Have a Plan for if You Get Sick

- **Consult with your doctor** for more information about [monitoring your health for symptoms suggestive of COVID-19](#).
- **Stay in touch with others by phone or email.**
- **Determine who can care for you** if your caregiver gets sick.



What To Do If You Get Sick

- **Stay home and call your doctor.**
- If you are not sick enough to be hospitalized, you can recover at home. Follow CDC instructions for [how to take care of yourself at home](#).
- Get medical attention immediately if you have any of the emergency warning signs



Watch for Symptoms and Emergency Warning Signs

- **Pay attention for potential COVID-19 symptoms** including, fever, cough, and shortness of breath. If you feel like you are developing symptoms, call your doctor.
- **Get medical attention immediately.**
In adults, emergency warning signs:
 - Difficulty breathing or shortness of breath
 - Persistent pain or pressure in the chest
 - New confusion or inability to arouse
 - Bluish lips or face
- *This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.



Coronavirus Self-Checker

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/>



Take Care of Yourself

- Take breaks from watching, reading, or listening to news stories, including social media.
- Eat healthy food.
- Exercise.
- Get at least 7 hours of sleep.
- Make time to unwind and do activities you enjoy.
- Talk with family and friends by phone, text, or email.
- [Visit CDC's Stress and Coping webpage.](#)
- Talk with your doctor about how you can manage your condition.

- If you are feeling overwhelmed,
 - call 1-800-985-5990 24/7
 - or text TalkWithUs to 66746

Daily Life and Coping

Learn how you can plan, prepare, and cope with stress before and during a COVID-19 outbreak.

- Plan and make decisions in advance of an illness.
- Know how to protect and support the children in your care.
- Find ways to cope with stress that will make you, your loved ones, and your community stronger.



Household Checklist



Stress and Coping



Caring for Children



If You Have Animals



In Summary...What You Can Do

- Stay home.
- Wash your hands often.
- Avoid close contact (6 feet, which is about two arm lengths).
- Clean and disinfect frequently touched services.
- Avoid all cruise travel and non-essential air travel.
- Call your healthcare professional;
 - for advice on managing your health,
 - if you have concerns about COVID-19 and your underlying condition
 - or if you are sick.



CDC-INFO

You have questions? **We have answers.**

CDC's national contact center and publications fulfillment system

Call CDC-INFO

Monday - Friday

8:00 a.m. - 8:00 p.m. ET

In English or Spanish

Extended hours for novel Coronavirus questions

Monday - Friday

8:00 p.m. - 11:00 p.m. ET

Saturday – Sunday

9:00 a.m. – 5:00 p.m. ET

In English only

800-CDC-INFO

(800-232-4636)

TTY 888-232-6348

www.cdc.gov/COVID19



Centers for Disease Control and Prevention

CDC 24/7: Saving Lives, Protecting People™

Practice Perspective

Aline Charabaty, MD, AGAF

Gastroenterologist

Clinical Director of the GI Division
and Director of the IBD Center

Johns Hopkins-Sibley Memorial Hospital

Founder, @MondayNightIBD



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JOHNS HOPKINS
M E D I C I N E

COVID19 and IBD

Aline Charabaty, MD

Clinical Director of the GI Division

Director of the IBD Center

Johns Hopkins University School of Medicine

At Sibley Memorial Hospital, Washington DC



@DCharabaty

@MondayNightIBD



DrAlineCharabaty

GI Manifestation of COVID-19

- 53% COVID19 pts test + stool
 - Persist up to 5wks after resolution of respiratory symptoms
 - Up to 11 days after respiratory sample clear
- Hospitalized COVID19 pts
 - 50% have GI symptoms
 - 18% have diarrhea
- Acute colitis without fever/respiratory symptoms

→ IBD: if unusual GI symptoms, fever, URI → think COVID19

IBD and COVID19

General Principles

- Risk of infection IBD = General population
 - Risk of complications ?
- Prednisone >20mg ↑ risk of infection/complications
- Avoid flare → Prednisone/ ER/Hospital
 - Stay on medications that is keeping disease under control
 - Taper down prednisone < 20mg
 - No elective surgery or endoscopy
 - New dx or IBD flare treated = preCOVID19 era
- Social Distancing, Work from home, Hands hygiene
- Special care for emotional wellness

Nancy Carteron, MD, FACR
Rheumatologist

School of Optometry,
University of California, Berkeley

Medical & Scientific Editor,
Sjogren's Quarterly



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Selected Questions: A Sampling

Should I wear a mask if I go out? * What is being done to protect supplies of Plaquenil for patients who depend upon it? There are shortages everywhere! * Are all autoimmune diseases considered to be an underlying condition? * Does viral infection have a tendency to cause flares in people with autoimmune disease? * Will I know if I am sick since the symptoms of COVID-19 are very similar to my lupus symptoms? * What plans are in effect to ensure Patients will still be able to access Hydroxychloroquine? * Is there any extra precautions that should be taken before infusion in hospital? They currently have a lot of COVID-19 cases * Please explain how autoimmunity affects individuals' susceptibility to viruses compared to those without autoimmunity issues. * Is it safe to go see my MD?

AARDA and the National Coalition of Autoimmune Patient Groups will continue to bring information to people with autoimmune and related diseases during and beyond this pandemic.

Visit us online and often to stay informed and connected for your health and well-being.

THANK YOU!

www.aarda.org

National Coalition of Autoimmune Patient Groups

- Advocacy & Awareness for Immune Disorders Association
- American Autoimmune Related Diseases Association
- American Behcet's Disease Association
- American Liver Foundation
- American Vitiligo Research Foundation
- APS Foundation of America, Inc.
- Arthritis Foundation
- Autoimmune Encephalitis Alliance
- Autoimmune Hepatitis Association
- Beyond Celiac
- Celiac Disease Foundation
- Conquer Myasthenia Gravis
- Crohn's & Colitis Foundation
- Dysautonomia International
- Endometriosis Association
- Gluten Intolerance Group of North America
- Graves' Disease & Thyroid Foundation
- Immune Deficiency Foundation
- International Foundation for Autoimmune Arthritis
- International Pemphigus & Pemphigoid Foundation
- Lupus and Allied Diseases Association
- Lupus Foundation of America
- Myasthenia Gravis Foundation of America
- National Adrenal Diseases Foundation
- National Alopecia Areata Foundation
- National Eczema Association
- National Kidney Foundation
- National Multiple Sclerosis Society
- National Psoriasis Foundation
- National Sleep Foundation
- P.A.N.D.A.S. Network.org
- Platelet Disorder Support Association
- Relapsing Polychondritis Foundation
- Scleroderma Foundation
- Sjogren's Syndrome Foundation
- The Myositis Association
- Transverse Myelitis Association
- U.S. Pain Foundation
- Vasculitis Foundation
- Vitiligo Support International