



COVID-19 Digest Issue 1

April 30, 2020

Dear Health Care Providers and Public Health Partners,

This is the first edition of the San Mateo County Communicable Disease (CD) Control Program COVID-19 Weekly Digest. Our intent is to publish it on a regular basis.

The COVID-19 Weekly Digest will contain a mix of the latest public health updates, clinical pearls, references to salient articles (both academic/research papers and lay press news), Morbidity and Mortality Weekly Reports (MMWR) published by the CDC and links to the San Mateo County and Santa Clara County COVID-19 dashboards.

CLINICAL PEARLS

- Several studies suggest that **loss of appetite, nausea/vomiting and diarrhea** are relatively common in COVID-19 patients. Clinicians should maintain a high degree of suspicion in patients presenting with new onset of digestive symptoms, especially after being in contact with a COVID-19 case, even in the absence of the cardinal symptoms of fever, cough and shortness of breath. However, there is currently insufficient evidence that targeting gastrointestinal symptoms of COVID-19 has an effect on the course of the disease, and routine fecal PCR testing of symptomatic patients is not currently recommended by the CDC. Clinicians should ensure adequate hydration of patients experiencing diarrhea, nausea, and vomiting.
 - Of note, special precautions need to be considered prior to starting anti-diarrheal pharmacological treatment for patients who are receiving hydroxychloroquine for COVID-19, as these patients are at higher risk for QT prolongation with concurrent ondansetron or loperamide administration.
- Several reports from Europe have described patients, mostly young children and adolescents, with **cutaneous lesions**. The lesions are purple, similar to those seen in chilblains (pernio) and are located on the feet. Some COVID-19 patients have also presented with erythematous rashes on the trunk or widespread urticaria.

PUBLIC HEALTH UPDATES

- **Extended Stay-At-Home Orders:** San Mateo County and 5 other Bay Area counties extended the current stay-at-home orders **through the end of May**. Please note that **all authorized outdoor recreation activity occurring in San Mateo County will need to take place within 10 miles of a person's residence**.
 - The six Bay Area counties (Alameda, Contra Costa, Marin, San Francisco, San Mateo and Santa Clara counties as well as the City of Berkeley) were the first in the nation to implement a stay-at-home order starting March 16, 2020. The requirement was later adopted as the model for 11 other California counties, before Governor Newsom expanded the order statewide on March 19, 2020.
 - Substantial progress has been made in slowing the spread of the novel coronavirus, ensuring that local hospitals are not overwhelmed by





COVID-19 Digest Issue 1

COVID-19 cases. However, as per a statement released by the Bay Area Health Officers, “At this stage of the pandemic, it is critical that our collective efforts continue so that we do not lose the progress we have achieved together. Hospitalizations have leveled, but more work is needed to safely re-open our communities. Prematurely lifting restrictions could easily lead to a large surge in cases.”

- The [new order](#) becomes effective at 11:59 pm on May 3, 2020 and will continue to be in effect until May 31, 2020. It does ease some of the restrictions that were imposed by the prior order.
 - It allows individuals to “engage in a limited set of additional activities and perform work for a limited set of additional businesses associated with a lower risk of COVID-19 transmission.” However, “most activities and business functions [continue] to remain restricted, and those activities that are permitted to occur must do so subject to social distancing and other infection control practices identified by the Health Officer.”
 - Construction will be allowed with various provisions for safety.
 - Outdoor businesses and services such as nurseries, garden centers, landscaping and gardening services will be allowed.
 - Childcare options are increasing somewhat [for essential workers](#).
 - There will be some opening of recreational spaces that allow for social distancing and have active monitoring and management.
- To read the latest San Mateo County Health Officer Order, go to the [Health Officer Statements and Orders](#) page on the San Mateo County Health website.
- **Before any future easing of this order can be considered, four criteria need to be met:**
 - **Personal Protective Equipment (PPE) supplies must be adequate**
 - **Testing capacity and supplies must be adequate**
 - **Hospitals must be ready to accommodate another wave of COVID-19 cases**
 - **Health departments must have sufficient case investigation, contact tracing, and isolation/quarantine capacity**

ACADEMIC/RESEARCH PAPERS

- [Coagulation disorders in coronavirus infected patients: COVID-19, SARS-CoV-1, MERS-CoV and lessons from the past](#) — Journal of Clinical Virology
- [Outcomes of hydroxychloroquine usage in United States veterans hospitalized with COVID-19](#) *MedRxiv – April 23, 2020*
- [Severe Acute Respiratory Syndrome Coronavirus 2 \(SARS-CoV-2\) Infection in Children and Adolescents - A Systematic Review](#) *JAMA Pediatrics – April 22, 2020*
- [New analysis recommends less reliance on ventilators to treat coronavirus patients](#) *STAT/Tropical Medicine – April 21, 2020*

MMWR

- [Characteristics and Clinical Outcomes of Adult Patients Hospitalized with COVID-19 — Georgia, March 2020](#)





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COVID-19 Digest Issue 1

- [Cleaning and Disinfectant Chemical Exposures and Temporal Associations with COVID-19 — National Poison Data System, United States, January 1, 2020–March 31, 2020](#)
- [Assessment of SARS-CoV-2 Infection Prevalence in Homeless Shelters — Four U.S. Cities, March 27–April 15, 2020](#)
- [COVID-19 Outbreak Among Three Affiliated Homeless Service Sites — King County, Washington, 2020](#)

HOT OFF THE (LAY) PRESS

- *Medpage Today*
 - [Gilead Boasts Win for Remdesivir in U.S. COVID-19 Trial](#)
- *UC Davis*
 - [COVID-19 Vaccine With Patch Delivery Technology Enters Preclinical Testing at UC Davis](#)
- *Howard Hughes Medical Institute*
 - [Tracking the COVID-19 Pandemic with an App – April 24, 2020](#)
- *The New York Times*
 - [Just Spit and Wait: New Coronavirus Test Offers Advantages](#) – April 29, 2020
 - [What You Need to Know About the COVID-19 Antibody Test](#) – April 29, 2020
 - [People Are Talking About ‘Travel Bubbles.’ But Could They Work?](#) – April 29, 2020
 - [CDC Adds New Symptoms to Its List of Possible COVID-19 Signs](#) – April 27, 2020
 - [Hidden Outbreaks Spread Through U.S. Cities Far Earlier Than Americans Knew, Estimates Say](#) – April 23, 2020
 - [A Coronavirus Death in Early February Was ‘Probably the Tip of an Iceberg’](#)
- *NPR*
 - [Adding A Nylon Stocking Layer Could Boost Protection From Cloth Masks, Study Finds](#)
- *The Washington Post*
 - [Young and middle-aged people, barely sick with covid-19, are dying of strokes](#)

EPIDEMIOLOGY UPDATES

- **US Leads the World in Confirmed COVID-19 Cases** per [Johns Hopkins University Center for Systems Science and Engineering Dashboard Website](#)
- **California COVID-19 by the numbers** are available on the [CDPH Website](#) and the [NYT Map and Table](#) (includes data by county)
- [San Mateo County COVID-19 Dashboard](#)
- [Santa Clara County COVID-19 Dashboard](#)

ADDITIONAL COVID-19 RESOURCES:

- [COVID-19 California Statewide Case Statistics](#)
- [Palo Alto Online tracking the coronavirus](#) in San Mateo and Santa Clara counties

