



COVID-19 Digest Issue 48

March 26, 2021

CLINICAL PEARL

- **Dose-response relationship between higher BMI and severe Covid-19-associated illness:** [New research from the CDC](#) adds to the evidence linking obesity with progression to severe Covid-19, with the lowest risk for hospitalization shown among those whose weight was near the threshold between healthy and overweight. The retrospective analysis included nearly 150,000 adults with Covid-19 who visited emergency departments or were treated as inpatients at more than 200 U.S. hospitals between March and December of 2020.
 - **Obesity was a risk factor for hospitalization and death, especially among adults older than 65 years of age, with severe obesity (BMI ≥ 45) associated with a 61% increased risk for death. Hospitalization risk was 33% higher among patients with BMIs greater than 45 kg/m², compared to the reference group of patients with BMIs between 18.5 and 24.9 kg/m² (healthy weight). Compared to this reference group, hospitalization risk was 7% higher, 14% higher, and 20% higher, respectively, among patients with BMIs of 30-34.9, 35-39.9 and 40-44.9 kg/m². People with body mass indexes just above the normal range (BMI of 24 to 26 kg/m²) had the lowest risk for hospitalization, mechanical ventilation, and death due to Covid-19.**
 - **Severe obesity was associated with ICU admission**, with adjusted relative risks (aRRs) of 1.06 (95% CI, 1.03–1.10) for patients with a BMI of 40–44.9 kg/m² and 1.16 (95% CI, 1.11–1.20) for those with a BMI ≥ 45 kg/m².
 - **Overweight and obesity were risk factors for invasive mechanical ventilation**, with aRRs ranging from 1.12 (95% CI = 1.05–1.19) for a BMI of 25–29.9 kg/m² to 2.08 (95% CI, 1.89–2.29) for a BMI ≥ 45 kg/m².
 - **Obesity was a risk factor for both hospitalization and death, exhibiting a dose-response relationship with increasing BMI category:** aRRs for hospitalization ranged from 1.07 (95% CI, 1.05-1.09) for patients with a BMI of 30–34.9 kg/m² to 1.33 (95% CI, 1.30–1.37) for patients with a BMI ≥ 45 kg/m² compared with those with a BMI of 18.5–24.9 kg/m². Adjusted relative risk for death ranged from 1.08 (95% CI, 1.02–1.14) among those with a BMI of 30–34.9 kg/m² to 1.61 (95% CI = 1.47–1.76) among those with a BMI ≥ 45 kg/m².
 - Of note, **underweight patients** had a 20% (95% CI, 16%–25%) higher risk for hospitalization than healthy weight patients. Patients aged <65 years who were underweight were 41% (95% CI = 31%–52%) more likely to be hospitalized than were those with a healthy weight.

PUBLIC HEALTH UPDATES

- National Institute of Allergy and Infectious Diseases (NIAID)
 - [Statement on AstraZeneca Vaccine](#)
 - [Investigational AstraZeneca vaccine prevents COVID-19](#)
- [FDA Permits Marketing of First SARS-CoV-2 Diagnostic Test Using Traditional Premarket Review Process](#)
- HHS ASPR [Update on COVID-19 variants and impact on bamlanivimab distribution](#)

GUIDANCE/GUIDELINES

- CDC [Operational Strategy for K-12 Schools through Phased Prevention](#) and related [Science Brief: Transmission of SARS-CoV-2 in K-12 schools](#)
- CDPH
 - [Youth Sports Q&A](#)
 - [COVID-19 Vaccine Eligibility Guidelines](#)





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RESOURCES

- CDC
 - [COVID-19 Vaccine Webinar Series](#)
 - MMWR Podcasts [Weekly COVID-19 Briefing](#)
- CDC/IDSA
 - COVID-19 Clinician Call: [COVID-19 Treatment Updates: Focus on Monoclonal Antibodies and Tocilizumab](#)
 - [COVID-19 Real-Time Learning Network](#)
- IDSA:
 - Podcast: [Treating Hospitalized Patients](#)
 - Media Briefing: [COVID Takeaways & Future Preparedness](#)
- The American College of Obstetricians and Gynecologists (ACOG) [COVID-19 Vaccines and Pregnancy: Conversation Guide for Clinicians](#)
- CDPH
 - [COVID-19 Outbreak Data](#)
 - [COVID-19 Seroprevalence Data](#)
- New England Journal of Medicine
 - [COVID-19](#) webpage
 - [COVID-19 Vaccine Resource Center](#)
 - [COVID-19 Vaccine FAQ](#)
- CIDRAP [Osterholm Update: COVID-19](#)

ACADEMIC/RESEARCH PAPERS

- *New England Journal of Medicine*
 - [Early Evidence of the Effect of SARS-CoV-2 Vaccine at One Medical Center](#)
 - [SARS-CoV-2 Infection after Vaccination in Health Care Workers in California](#)
 - [BNT162b2 mRNA Covid-19 Vaccine Effectiveness among Health Care Workers](#)
 - [New SARS-CoV-2 Variants — Clinical, Public Health, and Vaccine Implications](#)
 - [What Earlier Epidemics Teach Us about Covid-19](#)
 - [Doctor, How Long Should I Isolate?](#)
- *The Lancet*
 - [Dynamics of SARS-CoV-2 neutralising antibody responses and duration of immunity: a longitudinal study](#)
- *medRxiv*
 - [Interim results of the safety and immune-efficacy of 1 versus 2 doses of COVID-19 vaccine BNT162b2 for cancer patients in the context of the UK vaccine priority guidelines](#)
 - [Pervasive transmission of E484K and emergence of VUI-NP13L with evidence of SARS-CoV-2 co-infection events by two different lineages in Rio Grande do Sul, Brazil](#)
- *MDPI*
 - [Target Product Profile Analysis of COVID-19 Vaccines in Phase III Clinical Trials and Beyond: An Early 2021 Perspective](#)
- *JAMA*
 - [Neutralizing Antibodies Against SARS-CoV-2 Variants After Infection and Vaccination](#)
 - [Comparison of Time to Clinical Improvement With vs Without Remdesivir Treatment in Hospitalized Patients With COVID-19](#)





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- [Effect of Intermediate-Dose vs Standard-Dose Prophylactic Anticoagulation on Thrombotic Events, Extracorporeal Membrane Oxygenation Treatment, or Mortality Among Patients With COVID-19 Admitted to the Intensive Care Unit – The INSPIRATION Randomized Clinical Trial](#)
- [Effect of Helmet Noninvasive Ventilation vs High-Flow Nasal Oxygen on Days Free of Respiratory Support in Patients With COVID-19 and Moderate to Severe Hypoxemic Respiratory Failure – The HENIVOT Randomized Clinical Trial](#)
- [Outcomes and Risk Factors Associated With SARS-CoV-2 Infection in a North American Registry of Patients With Multiple Sclerosis](#)
- [Association of Vitamin D Levels, Race/Ethnicity, and Clinical Characteristics With COVID-19 Test Results](#)
- [Body Weight Changes During Pandemic-Related Shelter-in-Place in a Longitudinal Cohort Study](#)
- [Association of Acute Symptoms of COVID-19 and Symptoms of Depression in Adults](#)
- *bioRxiv*
 - [Cannabidiol Inhibits SARS-CoV-2 Replication and Promotes the Host Innate Immune Response](#)
- *Nature*
 - [Patterns of seroconversion for SARS-CoV-2 IgG in patients with malignant disease and association with anticancer therapy](#)
 - [Post-acute COVID-19 syndrome](#)
 - [Combining initial chest CT with clinical variables in differentiating coronavirus disease 2019 \(COVID-19\) pneumonia from influenza pneumonia](#)
 - [Factors associated with myocardial SARS-CoV-2 infection, myocarditis, and cardiac inflammation in patients with COVID-19](#)
 - [Cross-linking peptide and repurposed drugs inhibit both entry pathways of SARS-CoV-2](#)
 - [SARS-CoV and SARS-CoV-2 are transmitted through the air between ferrets over more than one meter distance](#)
- *BMJ*
 - [Risk of mortality in patients infected with SARS-CoV-2 variant of concern 202012/1: matched cohort study](#)
 - [Anti-SARS-CoV-2 antibody responses are attenuated in patients with IBD treated with infliximab](#)
 - [COVID-19 illness in relation to sleep and burnout](#)
 - [Association between living with children and outcomes from covid-19: OpenSAFELY cohort study of 12 million adults in England](#)
- *Cochrane Database of Systematic Reviews*
 - [Rapid, point-of-care antigen and molecular-based tests for diagnosis of SARS-CoV-2 infection](#)
- *Emerging Infectious Diseases*
 - [Risk for Fomite-Mediated Transmission of SARS-CoV-2 in Child Daycares, Schools, Nursing Homes, and Offices](#)
 - [Characteristics of SARS-CoV-2 Transmission among Meat Processing Workers in Nebraska, USA, and Effectiveness of Risk Mitigation Measures](#)
 - [SARS-CoV-2 Seropositivity among US Marine Recruits Attending Basic Training, United States, Spring–Fall 2020](#)
 - [Characteristics and Risk Factors of Hospitalized and Nonhospitalized COVID-19 Patients, Atlanta, Georgia, USA, March–April 2020](#)
 - [COVID-19–Associated Pulmonary Aspergillosis, March–August 2020](#)
 - [Coccidioidomycosis and COVID-19 Co-Infection, United States, 2020](#)
 - [Postvaccination COVID-19 among Healthcare Workers, Israel](#)





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- [Persistence of SARS-CoV-2 N-Antibody Response in Healthcare Workers, London, UK](#)
- [Analysis of Asymptomatic and Presymptomatic Transmission in SARS-CoV-2 Outbreak, Germany, 2020](#)
- [Surveillance of COVID-19–Associated Multisystem Inflammatory Syndrome in Children, South Korea](#)
- [Multisystem Inflammatory Syndrome in Children, Chile, May–August 2020](#)
- [Risk for International Importations of Variant SARS-CoV-2 Originating in the United Kingdom](#)
- [Novel SARS-CoV-2 Variant in Travelers from Brazil to Japan](#)
- [Imported SARS-CoV-2 Variant P.1 in Traveler Returning from Brazil to Italy](#)
- [Stability of SARS-CoV-2 RNA in Nonsupplemented Saliva](#)
- [Increased SARS-CoV-2 Testing Capacity with Pooled Saliva Samples](#)
- [Dynamic Public Perceptions of the Coronavirus Disease Crisis, the Netherlands, 2020](#)
- [Experimental SARS-CoV-2 Infection of Bank Voles](#)
- [COVID-19–Associated Mold Infection in Critically Ill Patients, Chile](#)
- *Science*
 - [Timing the SARS-CoV-2 index case in Hubei province](#)
- *Clinical Infectious Diseases*
 - [COVID-19 Associated Pulmonary Aspergillosis: Do We Have the CAPacity to Improve Outcomes?](#)
 - [Remdesivir: An antiviral still seeking a raison d'être](#)
- *Neurosurgery*
 - [Incidence, Characteristics and Outcomes of Large Vessel Stroke in COVID-19 Cohort: An International Multicenter Study](#)
- *Stroke*
 - [Acute Ischemic Stroke in Patients With COVID-19 – An Analysis From Get With The Guidelines–Stroke](#)
- *CHEST*
 - [Progesterone in Addition to Standard of Care Versus Standard of Care Alone in the Treatment of Men Hospitalized with Moderate to Severe COVID-19: A Randomized, Controlled Pilot Trial](#)
- *Annals of Oncology*
 - [Association of Clinical Factors and Recent Anti-Cancer Therapy with COVID-19 Severity among Patients with Cancer: A Report from the COVID-19 and Cancer Consortium](#)
- *Endocrine Society ENDO 2021 Meeting*
 - [Sugar Is Not Always Sweet: Exploring the Relationship Between Hyperglycemia and COVID-19 in a Predominantly African American Population](#)
- *European Journal of Endocrinology*
 - [Increased COVID-19 infections in women with polycystic ovary syndrome: a population-based study](#)
- *Biophysical Journal*
 - [Hydrating the respiratory tract: An alternative explanation why masks lower severity of COVID-19](#)
- *Journal of Public Health Management and Practice*
 - [Data-Driven Reopening of Urban Public Education Through Chicago’s Tracking of COVID-19 School Transmission](#)

MMWR

- [COVID-19 in Primary and Secondary School Settings During the First Semester of School Reopening — Florida, August–December 2020](#)
- [Low SARS-CoV-2 Transmission in Elementary Schools — Salt Lake County, Utah, December 3, 2020–January 31, 2021](#)





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- [Pilot Investigation of SARS-CoV-2 Secondary Transmission in Kindergarten Through Grade 12 Schools Implementing Mitigation Strategies — St. Louis County and City of Springfield, Missouri, December 2020](#)
- [Counties with High COVID-19 Incidence and Relatively Large Racial and Ethnic Minority Populations — United States, April 1–December 22, 2020](#)

HOT OFF THE (LAY) PRESS

- *Politico*
 - [Biden administration frets J&J may miss vaccine goal](#)
 - [Vaccine mystery: Why J&J's shots aren't reaching more arms](#)
 - [Vaccines alone won't end Covid. Biden's new testing strategy could help finish the job.](#)
- *The Washington Post*
 - [Biden said he will meet goal of 100 million vaccines in his first 100 days on Friday](#)
 - [More than 4 in 10 health-care workers have not been vaccinated, Post-KFF polls finds](#)
 - [HIV doctor to lead vaccine equity efforts at CDC](#)
 - [Texas Roadhouse CEO dies by suicide while battling 'unbearable' post-covid-19 symptoms, family says](#)
 - [Deaths from coronavirus on the rise worldwide after weeks of decline, warns WHO](#)
- *CNBC*
 - [Biden administration eyes mid-May to begin relaxing Covid travel restrictions, sources say](#)
- *New York Times*
 - [U.S. Rushes to Expand Covid Vaccine Eligibility in a 'Race Against Time'](#)
 - [U.S. officials and an independent panel accused AstraZeneca of essentially cherry-picking trial data on the effectiveness of its vaccine](#)
 - [U.S. officials said AstraZeneca might have included outdated information from its Covid-19 vaccine trial, providing an "incomplete" view of the data.](#)
 - [A U.S. trial found AstraZeneca's vaccine was 79 percent effective with no serious side effects. The company will seek emergency F.D.A. authorization.](#)
 - [Britain's 'One-Jab' Strategy](#)
 - [Where Europe Went Wrong in Its Vaccine Rollout, and Why](#)
 - [The AstraZeneca vaccine protects fully against Covid-19's worst outcomes, new study shows](#)
 - [Europe Lifts Vaccine Suspension as Virus Surge Brings New Lockdowns](#)
 - [E.U. Will Curb Covid Vaccine Exports for 6 Weeks](#)
 - [Rich Countries Signed Away a Chance to Vaccinate the World](#)
 - [Who Can and Can't Get Vaccinated Right Now](#)
 - [Fully Vaccinated and Time to Party: If You Are 70](#)
 - [Is It Safe to Go Back to Group Exercise Class at the Gym?](#)
 - [Vaccinated People Can Get Covid, but It's Most Likely Very Rare](#)
 - [First Covid, Then Psychosis: 'The Most Terrifying Thing I've Ever Experienced'](#)
 - [If Everything Smells Bad, You're Not Alone](#)
 - [Looking at the Rise of Anti-Asian Racism in the Pandemic](#)
 - [Elementary school students in masks need only stay three feet apart, the C.D.C. said. The major change may speed children's return to classrooms.](#)
- *The Hill*
 - [Teachers union 'not convinced' on CDC guidance to reduce classroom spacing](#)





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- *AP News*
 - [A rapid COVID-19 vaccine rollout backfired in some US states](#)
 - [Hawaii gets tourism surge as coronavirus rules loosen up](#)
 - [Brazil becomes 2nd nation to top 300,000 COVID-19 deaths](#)
- *Kaiser Health News*
 - [In America, Covid Vaccine Eligibility Is a 'Crazy Quilt' of State Rules](#)
 - ['Press 1 for English': Vaccination Sign-Ups Prove Daunting for Speakers of Other Languages](#)
- *NPR*
 - [More Black And Latinx Americans Are Embracing COVID-19 Vaccination](#)
 - ['Basically In A New Pandemic,' Says Merkel, As Germany Extends Lockdown](#)
 - [Despite More Vaccinations, Pockets of COVID-19 Cases Increase](#)
- *The Wall Street Journal*
 - [The U.S. Has Followed Europe in Previous Covid-19 Surges. Will It Happen Again?](#)
- *CNN*
 - [CDC director warns coronavirus variants could spark another avoidable surge](#)
- *Reuters*
 - [UK regulator chief says AstraZeneca vaccine benefits firmly outweigh risks](#)
 - [Sinovac COVID-19 vaccine appears safe, triggers antibodies in trial in children](#)
 - [J&J plant authorization clears way for big boost in U.S. COVID-19 shots](#)
 - [Facebook, Twitter must do more to stop COVID-19 anti-vaxxers, U.S. states say](#)
 - [Finland proposes home lockdown for Helsinki residents for first time during pandemic](#)
- *AstraZeneca Press Releases*
 - [AZD1222 US Phase III trial met primary efficacy endpoint in preventing COVID-19 at interim analysis](#)
 - [Update following statement by NIAID on AZD1222 US Phase III trial data](#)
 - [AZD1222 US Phase III primary analysis confirms safety and efficacy](#)
- *STAT News*
 - [The saga of mishaps and miscommunications overshadowing AstraZeneca's Covid vaccine](#)
 - [After leading a corporate turnaround, a swashbuckling CEO flies AstraZeneca into turbulence](#)
 - ['I was sort of stunned': Fauci and U.S. officials say AstraZeneca released 'outdated information' from Covid-19 vaccine trial](#)
 - [Driven by the pandemic and 'the Fauci effect,' applicants flood public health schools](#)
- *Time*
 - [These Moms Work as Doctors and Scientists. But They've Also Taken On Another Job: Fighting COVID-19 Misinformation Online](#)
- *The Atlantic*
 - [Unlocking the Mysteries of Long COVID](#)
- *JAMA Forum*
 - [The Coronavirus Pandemic 1 Year On—What Went Wrong?](#)
 - [How the US Failed to Prioritize SARS-CoV-2 Variant Surveillance](#)
- *Scientific American*
 - [The Coronavirus Variants Don't Seem to Be Highly Variable So Far](#)
- *Nature News*
 - [Five reasons why COVID herd immunity is probably impossible](#)
- *Medpage Today*
 - [Will Domestic Production Solve U.S. Medical Supply Woes? Experts Say No](#)





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- *Business Wire*
 - [Incyte Announces Results from the Phase 3 DEVENT Study Evaluating Ruxolitinib \(Jakafi®\) as a Treatment for Patients with COVID-19 Associated Acute Respiratory Distress Syndrome \(ARDS\) on Mechanical Ventilation](#)
 - [UK Clinical Trial Confirms SaNOtize's Breakthrough Treatment for COVID-19](#)
- *Los Angeles Times*
 - [California logs record-breaking week of COVID-19 vaccinations.](#)
 - [California adopts 3-foot-spacing rule for classrooms, changing reopening equation](#)
- *KQED*
 - [Cal/OSHA Fines Alta Bates \\$155,000 for COVID-Related Worker Safety Violations](#)
 - [After a Year of COVID-19 Outbreaks, California Prisons Reckon With Mistakes](#)
 - [Caltrain to Provide Free Rides to Vaccination Sites Starting Monday](#)
 - [Santa Clara County Opts Out of State's Blue Shield Vaccine Distribution Plan](#)
 - [Multiple Bay Area Counties Limit First-Dose Vaccine Appointments Amid Inadequate Supply](#)
- *CBS Local*
 - [Kaiser, Santa Clara County In Dispute Over Second COVID-19 Vaccine Dose Cancellations](#)
- *Marin Independent Journal*
 - [People who are 50 or older can now get COVID vaccines in these two Bay Area counties \(Contra Costa and Solano\)](#)
- *NBC Bay Area*
 - [SF, Marin, Santa Clara Counties Expected to Move to Orange COVID-19 Reopening Tier](#)
- *The Mercury News*
 - [San Mateo County stayed open months longer than others. So what was the impact?](#)
 - [Slack messages between Bay Area health officers show early COVID chaos, confusion](#)
- *San Francisco Chronicle*
 - [Alameda County in talks to run Oakland Coliseum vaccination site after feds and state leave](#)
 - [DoorDash to start delivering coronavirus test kits - but not to S.F.](#)
 - ["We may have put the worst behind us": Death rates plummet across Bay Area](#)
 - [Coronavirus vaccines could be ready for children](#)

EPIDEMIOLOGY UPDATES

- **CDC COVID Data Tracker**
 - [CDC COVID-19 Forecasts: Deaths](#)
 - [United States COVID-19 Cases and Deaths by State](#)
 - [CDC COVID Data Tracker: Vaccinations](#)
 - [CDC US COVID-19 Cases Caused by Variants](#)
- **US Leads the World in Confirmed COVID-19 Cases** per [Johns Hopkins University Center for Systems Science and Engineering Dashboard Website](#)
- **Johns Hopkins COVID-19 in the USA** – daily summary of key data on COVID-19 in the U.S.
- **California COVID-19 by the numbers** are available on the [CDPH Website](#) and the [NYT Map and Table](#) (includes data by county)
 - **California [COVID-19 Statewide Update](#) as of March 26, 2021**
- [San Mateo County COVID-19 Dashboard](#)
- [Santa Clara County COVID-19 Dashboard](#)





SAN MATEO COUNTY HEALTH

PUBLIC HEALTH, POLICY & PLANNING

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ADDITIONAL COVID-19 RESOURCES

- [San Mateo County COVID-19 Guidance and Resources for Clinicians and Facilities – COVID-19 Digests](#)
- [Palo Alto Online tracking the coronavirus in San Mateo and Santa Clara counties](#)
- [California COVID-19 Data and Tools](#)
- [CDPH COVID-19 Assessment and Modeling Tool](#)
- [California Department of Corrections and Rehabilitations Population COVID-19 Tracking Dashboards](#)
- [CDC Interactive Serology Dashboard for Commercial Laboratory Surveys](#)
- [Children and COVID-19: State-Level Data Report](#)
- [HHS Coronavirus Data Hub](#)
- [COVID-19 Nursing Home Data](#)

