Ask Dr. Arwady

Commissioner: Allison Arwady
Medical Director: Stephanie Black
Assistant Commissioner: Christopher Shields

January 10, 2023
December 2022: Kathy Osterman Award Winners

Stephanie Black, Outstanding Mentor
Christopher Shields, Outstanding COVID Recovery
Things You Can Do To Stay Safe from COVID-19 in the New Year:

VAX UP
MASK UP
BACK UP
OPEN UP
WASH UP
TEST UP

FIND YOUR VACCINE AT CHICAGO.GOV/COVIDVAX
Our local risk based on CDC COVID-19 Community Levels is:

<table>
<thead>
<tr>
<th></th>
<th>New cases per 100,000 population (last 7 days)</th>
<th>New admissions per 100,000 population (last 7 days)</th>
<th>Percent of staffed inpatient beds occupied by COVID-19 patients (last 7 days)</th>
</tr>
</thead>
<tbody>
<tr>
<td>City of Chicago</td>
<td>101</td>
<td>10.2</td>
<td>5.4%</td>
</tr>
<tr>
<td>Cook County (including City of Chicago)</td>
<td>125</td>
<td>16.5</td>
<td>6.5%</td>
</tr>
</tbody>
</table>

Chicago metrics are calculated based on Chicago-level data.
Cook County metrics are calculated by the CDC and posted on the CDC Community Levels website. Data current as of 1/5/2023.

Should Cook County reach a **HIGH COVID Community Level**, Chicago would issue a formal Mask Advisory.
Last week, **20%** of U.S. Counties reported **High** COVID Community Level and **42%** reported **Medium** Level.

Source: CDC
Variant Surveillance, Midwest Region
Continued evolution of more infectious Omicron subvariants

Collection date, week ending

<table>
<thead>
<tr>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>10/8/22 BA.5</td>
<td></td>
</tr>
<tr>
<td>10/15/22 BA.5</td>
<td></td>
</tr>
<tr>
<td>10/22/22 BA.5</td>
<td></td>
</tr>
<tr>
<td>10/29/22 BA.5</td>
<td></td>
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<tr>
<td>11/5/22 BA.5</td>
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<tr>
<td>11/12/22 BA.5</td>
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<tr>
<td>11/19/22 BA.5</td>
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<tr>
<td>11/26/22 BA.5</td>
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<tr>
<td>12/3/22 BA.5</td>
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<tr>
<td>12/10/22 BA.5</td>
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<tr>
<td>12/17/22 BA.5</td>
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<tr>
<td>12/24/22 BA.5</td>
<td></td>
</tr>
<tr>
<td>1/7/23 BA.5</td>
<td></td>
</tr>
<tr>
<td>BA.4.6</td>
<td></td>
</tr>
<tr>
<td>BA.1.1</td>
<td>44.9%</td>
</tr>
<tr>
<td>BQ.1</td>
<td>26.4%</td>
</tr>
<tr>
<td>XBB.1.5</td>
<td>7.3%</td>
</tr>
<tr>
<td>BA.5</td>
<td>5.3%</td>
</tr>
<tr>
<td>BN.1</td>
<td>3.9%</td>
</tr>
<tr>
<td>XBB</td>
<td>3.9%</td>
</tr>
<tr>
<td>BF.7</td>
<td>3.7%</td>
</tr>
<tr>
<td>BA.2.75</td>
<td>2.1%</td>
</tr>
<tr>
<td>BA.5.2.6</td>
<td>1.0%</td>
</tr>
<tr>
<td>BF.11</td>
<td>0.5%</td>
</tr>
<tr>
<td>BA.2</td>
<td>0.4%</td>
</tr>
<tr>
<td>BA.4.6</td>
<td>0.3%</td>
</tr>
<tr>
<td>BA.2.75.2</td>
<td>0.1%</td>
</tr>
</tbody>
</table>
Variant Surveillance, United States

United States: 1/1/2023 – 1/7/2023 NOWCAST

Regional proportions from specimens collected the week ending 1/7/2023.

US Territories not shown are included in HHS regions: PR, VI - Region 2
AS, FM, GU, MH, MP, PW - Region 9

Lineages called using pangolin v4.1.3, pangolin-data v1.17 and ushor v.0.5.4.

Updated January 3, 2023
XBB is a recombinant (fusion) of 2 different BA.2 variants

- BQ.1, BQ.1.1, XBB, and XBB.1 are the most resistant SARS-CoV-2 variants to date
- All clinical monoclonal antibodies were rendered inactive against these variants

Scale bar indicates genetic distance.
Since the Omicron variant became dominant in Chicago: **Unvaccinated Chicagoans** have been almost three times as likely to be hospitalized with COVID-19 than **Up-to-Date (Vaccinated and Boosted) Chicagoans**.

If YOU haven’t had a COVID vaccine since Labor Day, YOU are not up-to-date and don’t have the best protection against Omicron!
GET YOUR UPDATED
COVID BOOSTER &
FLU SHOT AT HOME

In-home vaccination is available to all Chicago households at no cost. Up to 10 people can be vaccinated, so invite your family, friends, or neighbors to get vaccinated together.

TO REGISTER FOR AN APPOINTMENT CALL 312.746.4835 OR VISIT OR CHICAGO.GOV/AITHOME
How to get your FREE at-home COVID-19 tests

1. VISIT COVIDtests.gov
2. Review and place your order
3. Enter contact and shipping info

Or you can call 1-800-232-0233
Do COVID-19 At-Home tests expire?

• FDA authorizes at-home COVID-19 tests with a certain shelf life and then adjusts the expiration date as stability testing data comes in.

• All tests have a shelf life, and if yours has been sitting in the medicine cabinet for some time, you’ll want to make sure it’s as accurate as the day it was packaged.

• Many are good for between 12 and 20 months; a handful have expiration dates that have been extended by the U.S. Food and Drug Administration.

• The FDA does not recommend using a test that has expired. But before you trash your test, check to see if it was recently assigned an extended expiration.

• To determine if your test has been affected, check this FDA list of authorized tests and look in the far right column under “expiration date.”

<table>
<thead>
<tr>
<th>Manufacturer and Test Name (Links to Instructions for Use)</th>
<th>Who can use this test: Symptoms</th>
<th>Who can use this test: Age</th>
<th>Other Details</th>
<th>Expiration Date</th>
</tr>
</thead>
</table>
| Abbott Diagnostics Scarborough, Inc.: BinaxNOW COVID-19 Ag Card Home Test | - People with symptoms that began within the last 7 days  
- People without symptoms. The test is to be performed two times over three days (serial testing) | - Age 15 years and older  
- Age 2 years and older when collected by an adult | - Antigen test  
- Nasal swab  
- Requires supervision of a telehealth proctor and a smartphone or computer  
- Results in 15 minutes | - Shelf Life: 15 months (extended)  
- Expiration Date: See link for list of updated expiration dates |
| Abbott Diagnostics Scarborough, Inc.: BinaxNOW COVID-19 Antigen Self Test | - People with symptoms that began within the last 7 days  
- People without symptoms. The test is to be performed two times over three days (serial testing) | - Age 15 years and older  
- Age 2 years and older when collected by an adult | - Antigen test  
- Nasal swab  
- Smartphone optional  
- Results in 15 minutes | - Shelf Life: 15 months (extended)  
- Expiration Date: See link for list of updated expiration dates |
| Access Bio, Inc.: CareStart COVID-19 Antigen Home Test | - People with symptoms that began within the last 7 days  
- People without symptoms. The test is to be performed two times over three days (serial testing) | - Age 14 years and older  
- Age 2 years and older when collected by an adult | - Antigen test  
- Nasal swab  
- Smartphone optional  
- Alternate brand name: OnGo COVID-19 Antigen Self Test  
- Results in 10 minutes | - Shelf Life: 15 months (extended)  
- Expiration Date: See link for list of updated expiration dates |
| ADCO Laboratories, Inc: Flowflex COVID-19 Antigen Home Test | - People with symptoms that began within the last 7 days  
- People without symptoms. The test is to be performed two times over three days (serial testing) | - Age 14 years and older  
- Age 2 years and older when collected by an adult | - Antigen test  
- Nasal swab  
- Smartphone optional  
- Alternate brand name: OnGo COVID-19 Antigen Home Test | - Shelf Life: 21 months (extended)  
- Expiration Date: See link for list of updated expiration dates |
TAKE ACTION IF YOU TEST POSITIVE FOR COVID-19

DAY 1-5
Stay home:
• Everyone - regardless of vaccination status - should stay home and away from others (isolate).

People at high risk for severe illness:
Talk to your doctor about treatment

DAY 6-10
Wear a mask:
• If you take 2 antigen tests 48 hours apart and both are negative, you may remove your mask sooner
• Avoid people at high risk of getting very sick

DAY 6 OR LATER
End isolation:
• If you never had symptoms OR symptoms are improving and are fever-free for 24 hours.

Find testing resources and the latest guidance at chicago.gov/covidtest
VAX... and PAXlovid

COVID-19 TREATMENTS ARE AVAILABLE!

If you test positive for COVID-19 and are at high risk of severe illness, contact your healthcare provider, visit a Test to Treat location or immediately call 312.746.4835.

Treatments must begin within days of symptom development to be effective.

More info at: Chi.gov/therapeutics
Make the air in your home safer during COVID-19: ventilation helps to reduce the levels of infectious particles in the air.

- Bring Fresh Air Into Your Home: Open windows and doors to increase fresh air. In bad weather, open windows for a few minutes every hour.

- Turn On Exhaust Fans In Kitchen And Bath: Use while you have visitors and for one hour after they leave.

- Use Fans To Improve Air Flow: Use while you have visitors and for one hour after they leave.
Check out these additional resources:

CDC: Improving ventilation in your home
EPA: Indoor air in homes and COVID-19
CDPH: Ventilation Guidance for Homes
Saturday, January 14 • 9am–2pm
Richard J. Daley College • 7500 S. Pulaski Rd.
Register at: rebrand.ly/DaleyCollege

The new COVID-19 bivalent booster will be available!

*Types of vaccines:* Flu, Moderna primary series and bivalent boosters (6 months through 5 years), Pfizer primary series and bivalent boosters (6 months and older).

WALK-INS WELCOME!
Need a vaccine or a booster? Have questions?

visit
CHI.GOV/COVIDVAX

or call
312-746-4835
Ebola Preparedness Planning

Commissioner: Allison Arwady
Medical Director: Stephanie Black
Assistant Commissioner: Christopher Shields

January 10, 2023
Symptoms and Stages of Ebola Virus Disease

**INFECTION**
- Infection occurs after exposure to a person who is sick or has died of Ebola.
- It can last from 2-21 days (usually 4-17 days).
- Person feels well and has no symptoms.
- **The person cannot transmit the virus**

**INCUBATION PERIOD**
- Common signs and symptoms are:
  - Fever
  - Fatigue
  - Headache
  - Joint pain
  - Muscle pain
  - Back pain
  - Sore throat

**DRY PHASE**
- Common signs and symptoms are:
  - Diarrhea
  - Nausea/vomiting
  - Bleeding occurs in some cases
  - Hiccups
  - Eye redness

**WET PHASE**
- The patient becomes more contagious as the disease progresses.
- In fatal cases, death occurs on average 7 to 10 days after the onset of symptoms.
- The amount of Ebola virus is highest at the time of death.
1. Organized medical and public health response
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**Bong County Health Team**

**Prange Hospital & School of Nursing**

Sukakai Bong County

Email: mohbong@tranya.com

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**THERE WILL BE NO INDEPENDENCE DAY BREAK, WEEKENDS OR HOLIDAY FOR ALL CHT STAFFS DURING THIS PERIOD OF EMERGENCY.**

This measure is to ensure uninterrupted surveillance activities and psychosocial support to the affected families.

Stringent administrative measures will be taken against all those who will stay away from work.

Dr. Arzamakcul/CHO

Bong County Health and Social Welfare Team
2. Safe patient diagnosis and care
2. Safe patient diagnosis and care (Ebola Treatment Units)
2. Safe patient diagnosis and care (Ebola Treatment Units)
3. Stop transmission: case finding/contact tracing
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Scientists allege deadly diseases such as Ebola and AIDS are bio weapons being tested on Africans. Other reports have linked the Ebola virus outbreak to an attempt to reduce Africa's population. Liberia happens to be the continent's fastest growing population.

Ebola, AIDS Manufactured By Western Pharmaceuticals, US DoD?

Tue, 09/09/2014 - 09:59 admin1

Scientists Alleged

By: Dr. Cyril Broderick, Professor of Plant Pathology
4. Community engagement and education
4. Community engagement and education
SINJE-ETU SUMMARY (8AM)

DATE: FEBRUARY 3, 2015

- TOTAL NO OF BEDS: 20
- TOTAL NO OF PTD: 2
- CONFIRMED NO OF PTD: 2
- SUSPECT NO OF PTD: 0
- PROBABLE: 0
- REFERRALS AT TRINITY: 0
- DISCHARGES: 0
- AVAILABLE BEDS: 20
City of Chicago: Preparedness / Response

Large population center
- Daytime population: 3,150,000
- Residential population: 2,725,000

High population density
- 12,750 persons per square mile

Large tourism center
- Tourists per year: 35,000,000
- Willis Tower, John Hancock Center, Navy Pier, Wrigley Field, Grant Park

Regional transportation hub
- Over 200,000 commuters into the city daily

International hub
- 2 international airports with
  ~96 million passengers annually
City of Chicago: Preparedness / Response

2020-2023 – Concurrent response actions
(SARS-CoV-2, Influenza, MPV, New Arrivals migration, Ebola)

2017-18 – Hurricane Repatriations

2016 – CUBS World Series
(SEAR rated – Special Event Assessment Rating)

2012 – North Atlantic Treaty Organization Summit
(NSSE rated – National Special Security Event)

2009 – Presidential Inauguration and hometown
(NSSE rated)

Annual – Chicago Marathon / Lollapalooza / Taste / PRIDE
(SEAR rated)
City of Chicago: World Planning Considerations

2021 Global Terrorism Index

United States of America

Overall Score  Country Ranking
4.960          28 / 163

Terrorism Index
4.961 / 10

GTI is a composite measure made up of four indicators: incidents, fatalities, injuries and property damage. To measure the impact of terrorism, a five year weighted average is applied.
City of Chicago: World Planning Considerations

Chicago planning for newly emerging / highly pathogenic disease

Chicago Sentinel and Predictive Epidemiology division
  • BlueDot
  • ESSENCE
  • RedCap

Chicago Medical Countermeasure planning
  • Medical ancillary cache
  • Pharmaceutical cache
  • Vaccine Management platforms
Outbreaks of Ebolavirus disease (EVD)

- Since 1976, there have been 33 outbreaks due to Ebola virus (species Zaire ebolavirus)
  - >31,000 infected; >12,000 deaths
- Prior to 2022, there have been 7 outbreaks due to Sudan virus (Uganda and Sudan)
  - 792 cases, 426 deaths
- Most of our knowledge of EVD comes from outbreaks caused by the Ebola Zaire, we anticipate lessons learned from recent Ebola Zaire outbreaks to be applicable to this outbreak
Prior Outbreaks of Sudan Virus (1976–2022)

1976 Sudan: Nzara, Maridi, and surrounding areas
- 284 cases, 151 deaths (CFR=53%)

1979 Sudan: Nzara and Yambio
- 34 cases, 25 deaths (CFR=65%)

2000 Uganda: Gulu
- 425 cases, 224 deaths (CFR=53%)

2004 Sudan: Yambio
- 17 cases, 7 deaths (CFR=41%)

2011 Uganda: Nakisimata, Luwero District
- 1 cases, 1 death (CFR=100%)

2012 Uganda: Kagadi, Kibaale
- 24 cases, 17 deaths (CFR=70.8%)

2012 Uganda: Bombo, Luwero District
- 7 cases, 4 deaths (CFR=54.1%)

CDC Clinician Outreach and Communication Activity call 10/12/22
2022 Uganda Sudan Virus Outbreak, as of Jan 5

Total cases: 164
- 142 confirmed
- 22 probable

Total deaths: 77
- 55 confirmed
- 22 probable

Fatality rate: 48.1%

Districts affected:
- Bunyangabu
- Jinja
- Kagadi
- Kassanda
- Kyegegwa
- Munbende
- Masaka
- Kampala
- Wakiso

Infections among Health Care Workers:
- 19 (7 deaths)

https://www.who.int/emergencies/disease-outbreak-news/item/2022-DON425; Ug_EVD_SitRep#89.pdf
https://www.afro.who.int/countries/publications?country=879
Controlling an Ebolavirus Outbreak

- **Surveillance for new cases** (community, healthcare settings, postmortem)
- **Identification and monitoring of contacts**
- **Education** on infection prevention and control
- **Communication** to the public and providing education about safe practices
- **Vaccination**
- **Laboratory**: Real-time genetic sequencing
- **Security** for outbreak response in conflict zones

Ebola CDPH Local Operational Planning

Entry Point Preparedness
1. Screening at O’Hare
2. Traveler Monitoring Protocol

Community Preparedness
1. Public Messaging
2. Community Engagement

Health System Preparedness
1. Network of Providers
2. All Area Hospitals and Clinics
3. EMS Providers

Inter-Government Collaboration
1. Inter-agency Coordination
2. State Collaboration
3. CDC Guidance
CDPH Coordination

CDPH

HEALTH ALERT: EBOLA
If you were recently in Uganda—

Watch for Ebola symptoms for 21 days:
- Fever
- Headache or body aches
- Weakness or tiredness
- Sore throat
- Diarrhea
- Vomiting
- Stomach pain
- Unexplained bleeding or bruising

If you get sick, separate yourself from others, and call a doctor.
Tell the doctor where you traveled.

www.cdc.gov/ebolatravel

Clipart, www.cdc.gov
Healthcare Facilities Screening

1) Identify exposure history
2) Identify signs and symptoms
3) Isolate
4) Inform
Highly Infectious Disease - Infrastructure Capabilities

Regulatory storage environments
Advanced inventory controls
Cached resource capabilities
Thank You!

Chicago.gov/Health
@ChicagoPublicHealth

HealthyChicago@cityofchicago.org
@ChiPublicHealth