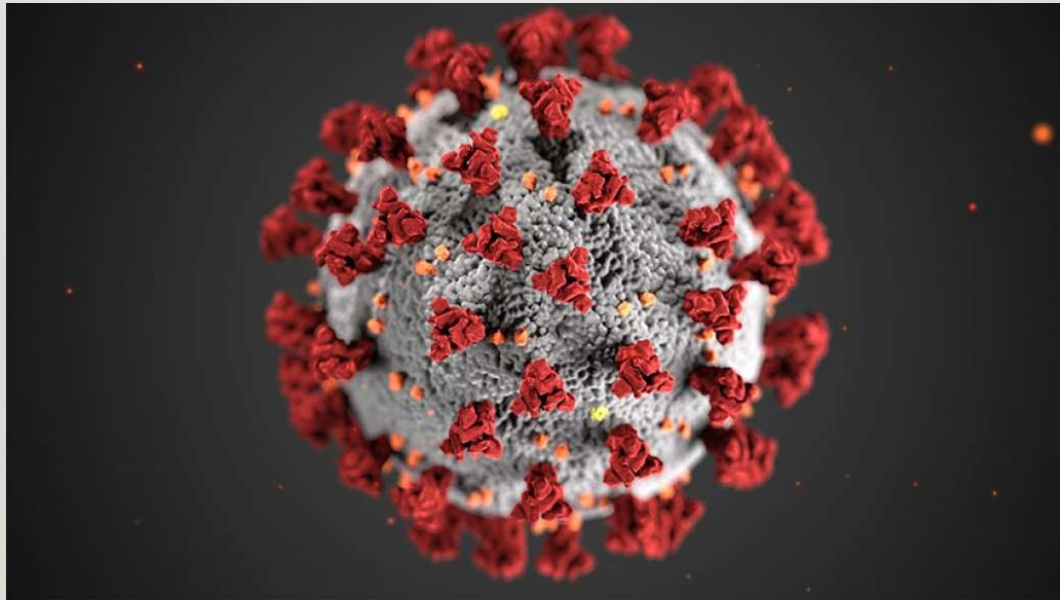


COVID-19 STATUS & ADVICE FOR SENIORS

- *WILLIAM D. RAMSEY, MD*
- *ASSOCIATE VICE-PRESIDENT &*
- *CHIEF COLLABORATION OFFICER*
- *WVU HEALTH SCIENCES*



COVID-19 IS IT STILL A PROBLEM?



FACTS

- 90% of current deaths are over the age of 65
- Only 1/3 of those over 65 have taken the bi-valent booster
- About 25% of people infected with the virus develop long COVID
- According to most recent studies vaccination decreases the chance of long COVID by at least 50%

AS OF APRIL 1, 2023

- 19,508 cases reported daily in U.S.
- 255 deaths per day
- 90% of deaths are in those over 65
- 36% decrease in reported deaths in last 2 weeks
- 14% decrease in reported hospitalizations in last 2 weeks

Note: Prevalence is underestimated due to: 1) Home tests are not reported, and 2) many are not testing at all.

CURRENT DOMINANT VARIANTS

- Omicron XBB.1.5 88%
 - “Kraken”
 - Very contagious (Most transmissible)
- XBB.1.9.1 5%
- Others 7%
- Original Omicron is gone!

SINGLE MOST IMPORTANT ACTION!

The single most important action is taking the vaccine and the bivalent booster!

PAXLOVID

- Oral antiviral drug
- Combination of two drugs: nirmatrelvir & ritonavir
- Taken orally for 5 days
- Initial criteria was age >50 and “high risk” (includes obesity)
- “No reason not to take it”

PAXLOVID

- Only real side effect is metallic taste in mouth
- Interaction with many medications (details to follow)
- Only real contraindications
 - Severe liver or kidney disease
 - Allergy to medications themselves

PAXLOVID

- Decreased risk of severe COVID by almost 90%
- Decreased hospitalization in aged >65 by 73%
- Decreased deaths in aged >65 by 79%

PAXLOVID

- BUT only 13% of eligible people are prescribed in U.S.
 - Why?
 - Decreasing perceived risk of COVID
 - Must be taken in first 3-5 days (can't “wait and see”)
 - Fear of rebound (discussed later)
 - Misinformed patients and care providers

PAXLOVID MEDICATION INTERACTIONS

- Changes the metabolism of many drugs
- Common drugs are those for: high cholesterol, high BP, migraines, antipsychotics, erectile dysfunction, certain supplements
- Can be managed in most cases by temporarily stopping or decreasing the dose of the drug
- Much misinformation and myths about prescribing, even among physicians and pharmacists!

PAXLOVID REBOUND

- Of those who take the drug, 14% test positive again after stopping the drug
- 19% have return of some symptoms, usually mild
- 9% of people who did not take Paxlovid rebound
- We don't know if rebound is contagious

METFORMIN

- Diabetic drug
- **NIH Treatment Guideline Panel does not recommend**
- 42% decrease in ER visits
- 58% decrease in hospitalizations at 28 days
- 42% decrease in long COVID (different study)
- 40% decrease in hospital mortality

KEY ADVICE

- **GET VACCINATED** and **BOOSTED**
- Get most recent bi-valent booster
- Choose outdoor activities when possible
- Wash hands often

KEY ADVICE

- Avoid close contacts
- Stay home if you are sick or have COVID symptoms
- Get tested if symptoms
- Strongly consider Paxlovid
- Wear a mask in public places (more on this!)

BRIEF QUESTIONS???

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Now...let's talk about masks!