



Kentucky Hospital Research & Education Foundation Emergency Preparedness Update for October 4, 2020

KY COVID Update for Sunday, October 4

(From [Press Release](#)) Gov. Andy Beshear on Sunday said, I normally don't provide an update on Sunday, but with 616 new cases today of COVID-19, we have shattered the previous weekly record, which we set just last week." He went on to say, "This week we now have 6,126 new cases of COVID-19. We have to do better. Please, everyone, wear your mask, engage in social distancing and follow those top 10 rules that we have on kycovid.ky.gov." Unfortunately, the Governor also announced four more deaths on Sunday, bringing the death total to 1,209.

----- **President Started on Dexamethasone Doctors don't rule out potential lung involvement**

(Medpage Today) President Trump was administered dexamethasone therapy for COVID-19 treatment, and had two episodes of low oxygen saturation levels that required supplemental oxygen, said doctors at Walter Reed Medical Center at a press conference on Sunday.

"In response to transient low oxygen levels, we did initiate dexamethasone therapy [and] our plan is to continue that for the time being," said Brian Garibaldi, MD, of Johns Hopkins University. He also confirmed the president received his second dose of remdesivir.

Dexamethasone is a low-cost steroid that has shown the most benefit for the sickest patients with COVID-19. The NIH currently recommends dexamethasone for hospitalized patients with "[severe COVID-19](#)."

Learn more: <https://www.medpagetoday.com/infectiousdisease/covid19/88948>

----- **CDC identifies new Covid-19 syndrome in adults similar to MIS-C in kids**

(CNN) Adults can sometimes suffer from dangerous symptoms that resemble a coronavirus-linked syndrome in children, researchers with the US Centers for Disease Control and Prevention said Friday.

They're calling it multisystem inflammatory syndrome in adults, or MIS-A, and say it's similar to multisystem inflammatory syndrome in children or MIS-C. Like MIS-C, MIS-A is not obviously linked to coronavirus and sufferers may not show any other symptoms that would point to Covid-19 infection. But MIS-A has killed at least three patients and, similar to Covid-19, disproportionately hits racial and ethnic minorities, the CDC team said.

MIS-C has affected several hundred children around the world and, if treated promptly, kids recover. It causes general inflammation but patients do not usually show the classic symptoms of coronavirus. Blood tests indicate that MIS-C may develop weeks after a child has recovered from a coronavirus infection -- usually a case that caused mild symptoms or no symptoms at all.

The CDC team described the cases of 27 adults aged 21 to 50 who had similar syndromes. Most had extreme inflammation throughout their bodies and malfunction of organs, such as the heart, liver and kidneys -- but not the lungs.

Learn more: <https://www.cnn.com/2020/10/02/health/coronavirus-misc-cdc-new-syndrome-adults/index.html>

----- **Study: Nitric oxide a possible treatment for Covid-19**

(IANS): In a major finding, researchers have discovered that an effective way of treating the coronavirus behind the 2003 SARS epidemic also works on the SARS-CoV-2 virus behind the Covid-19 pandemic.

According to the study, published in the journal Redox Biology, the substance concerned is nitric oxide (NO), a compound with antiviral properties that is produced by the body itself.

"To our knowledge, nitric oxide is the only substance shown so far to have a direct effect on SARS-CoV-2," said study author Ake Lundkvist from the Uppsala University in Sweden.

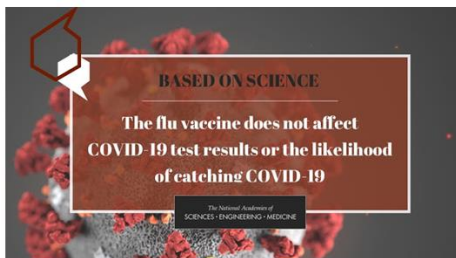
Since there is still no effective cure for Covid-19, the main emphasis in the treatments tested has been on relieving symptoms.

Nitric oxide (NO) is a compound produced naturally in the body. Its functions include acting like a hormone in controlling various organs. It regulates, for example, the tension in the blood vessels and blood flow between and within organs. In acute lung failure, NO can be administered as inhaled gas, in low concentrations, to boost the blood-oxygen saturation level.

Full story: <https://www.daijiworld.com/news/newsDisplay.aspx>

[Presence of the coronavirus makes it more important than ever to get an influenza vaccination, UK medical experts say](#)

(KY Health News) Flu season, like everything else this year, is looking a whole lot different. The same preparation is involved, with pharmacies and doctor's offices preparing to give influenza vaccinations for the season that generally runs from October to March, but with covid-19 added to the mix, 2020's flu season should be taken more seriously than ever.



Advisory from the National Academies of Sciences, Engineering and Medicine

Influenza and covid-19 are contagious respiratory diseases, but they are caused by different viruses. The two diseases have a wide range of similar symptoms, making it difficult for providers to discern between them without a test. With the possibility of covid-19 hanging in the air, this year providers are urging everyone to get vaccinated for the flu.

"This is a year I think it's important to try to get vaccinated sooner rather than later for Influenza," said Dr. Derek Forster, medical director for infection prevention and control at **UK HealthCare**. "We still believe a flu vaccine is one of the most important ways to prevent influenza.

UK HealthCare providers also are encouraging everyone to continue to participate in infection prevention, like mask-wearing, good hand hygiene and physical distancing. The flu and covid-19, can both be transmitted by people who have no symptoms.

Related - With 'Twindemic' Looming, 2 out of 5 Americans Plan to Skip Flu Shot

<https://news360.com/article/539233095>

Boy's Suicide Linked to Macabre Online Challenge

(Newser) A boy's suicide has been linked to a possible online "horror challenge" enticing children to take their own lives—if, that is, such challenges even exist. [ANSA](#) reports that an 11-year-old boy killed himself Wednesday by jumping off a balcony at his family's home in Naples, Italy. Details are thin, but he left a note saying fear struck him in his final hours, and investigators "have not ruled out the hypothesis" that an online challenge led to his suicide.



Now [Australia's News Network](#) claims to have the contents of the boy's suicide letter: "I love you mum and dad," the boy reportedly wrote. "Now I have to follow the man in the black hood. I have no more time. Forgive me." By one theory the "man in the black hood" is really the online character Jonathan Galindo, who wears a creepy dog mask and entices children to complete tasks that appear mild at first—like "watch a scary film"—but grow increasingly dangerous and culminate in death. Read more: <https://www.newser.com/story/296998/boys-suicide-linked-to-macabre-online-challenge.html>

"Beware! New malware on rampage

Infects MAC, Windows, Android, Linux, & IoT devices across 84 nations" - Headed for the US

Learn more: <https://www.orissapost.com/beware-new-malware-on-rampage-infected-android-tvs-iot-devices-across-84-nations/>

Washington state officials are tracking down a nest of Asian giant hornets They tried to glue a tracker on one captured hornet!

Learn more: <https://www.cnn.com/2020/10/03/us/murder-hornet-nest-search-scrt-trnd/index.html>

California nears milestone: 4 million acres burned in fires

(AP) — California is poised to hit a fearsome milestone: 4 million acres (1.6 million hectares) burned this year by wildfires that have killed 31 people and incinerated hundreds of homes in what is already the worst fire season on record. Flames have scorched an area larger than Connecticut. Fire crews at a blaze in the wine country north of San Francisco were on high alert Friday as forecasters warned of extreme fire danger into Saturday. Numerous studies have linked bigger wildfires in America to climate change from the burning of coal, oil and gas. Scientists say climate change has made California much drier, meaning trees and other plants are more flammable.

Full AP story: <https://apnews.com/article/wildfires-san-francisco-fires-california-napa-db4d2a73f2d979194646c122c28d513b>

The KHEREF Emergency Preparedness Update is assembled several times a week. When events make it necessary, the Update may be sent out several times a day to keep our hospital and the healthcare community advised on preparedness news and information. Most of this information is compiled from open sources, and where possible reference links will be provided. There is an archive of [Emergency Preparedness Updates available here](#). If you would like to add or delete, or have something you would like to contribute to a future edition of the Emergency Preparedness Update, please contact rbartlett@kyha.com (include your current email address). The preparedness program for the Kentucky Hospital Association (KHA) and KHEREF are supported by US DHHS ASPR HPP funds through a contract with Kentucky Public Health.