

Perspectivas epidemiológicas para la adaptación a un mundo con COVID-19

Protocolos reactivación - Centro UC Políticas Públicas
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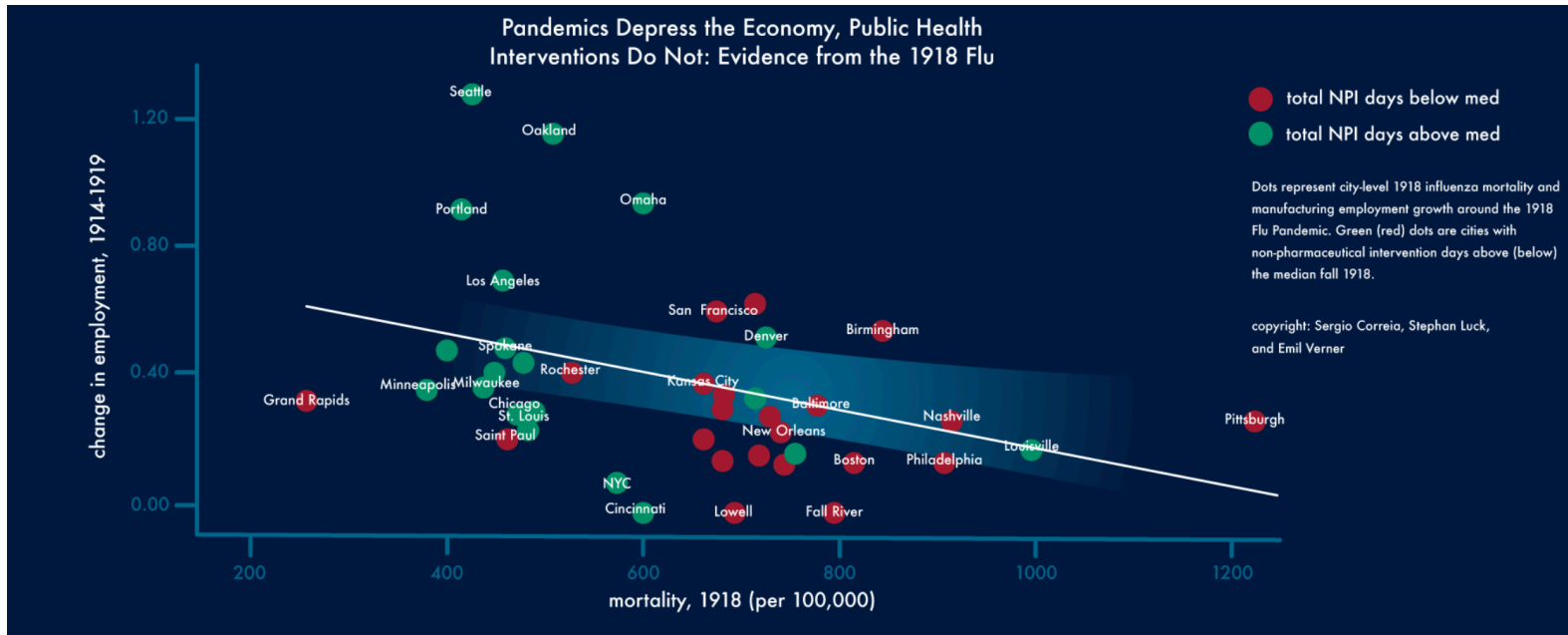


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Principios fundamentales

- **Mejor contención = mejor reactivación.**
- Baja inmunidad, **alto riesgo de rebrotes.**
- Es posible **minimizar riesgos**, no hacerlo implica perdidas futuras mayores.
- Procesos no son lineales, si no que dinámicos. Requerimos redefinir lo que se entiende por **certezas.**
- En un mundo con COVID19 sin vacuna, toda la actividad humana debe **adaptarse.**
- Gran falla de mercado para todas la activiad económica: **externalidades.**
- Medidas requieren ser implementadas a **escala adecuada** (ciudad/provincia).

Mejor contención = mejor reactivación



Rebrotos

Daily confirmed COVID-19 cases

Our World
in Data

The number of confirmed cases is lower than the number of total cases. The main reason for this is limited testing.



Source: European CDC – Situation Update Worldwide – Last updated 7th July, 10:45 (London time) OurWorldInData.org/coronavirus • CC BY



Monitorear el riesgo: indicadores

Hospital
System



Cases



Testing



Contact
Tracing



Personal
Protective
Equipment



Monitorear el riesgo: indicadores

Dimensiones	Indicadores
Transmisibilidad	Número de casos activos
	Tasa de activos por 100.000 hab
	Número de reproducción efectivo (Re)
Capacidad diagnóstica	Número de test por millón de habitantes
	Proporción de positividad de los test realizados
Trazabilidad y aislamiento	Tiempo promedio (días) desde inicio de síntomas del caso índice a la cuarentena de contacto
	Proporción de casos provenientes de contactos identificados en seguimiento
Capacidad hospitalaria	Proporción utilización capacidad de camas UCI
	Número esperado de nuevos pacientes UCI

Monitorear el riesgo: umbrales

COVID-19 Alert-Level System Indicators, Triggers and Thresholds*

Alert levels should be tailored to local context and agreed upon by a multi-stakeholder group. Before deciding on the thresholds for levels, you should ensure you are able to capture data regularly and be able to analyze and share it consistently.

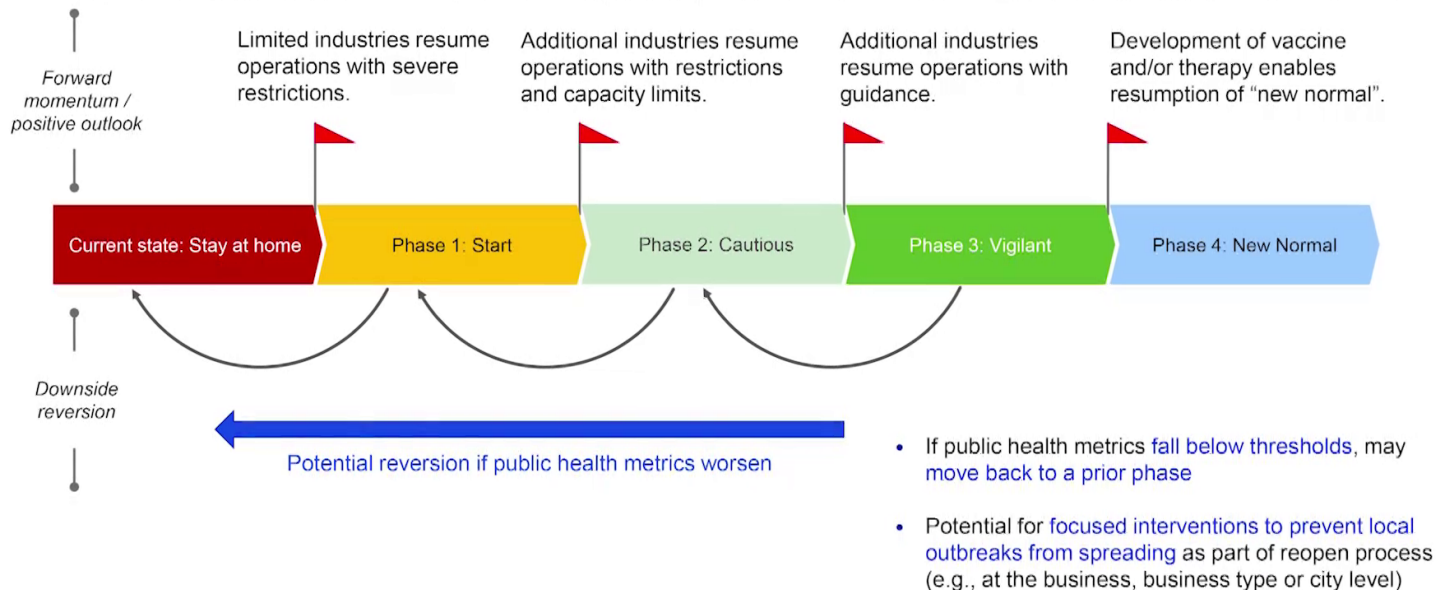
Below is an example of an alert-level system with indicators and thresholds for USA States

Category	Key question	Indicator	Triggers to raise to a higher level (e.g., 2->3)	Triggers to lower level (e.g., 4->3)	Indicator threshold for each level			
					Level 1 New normal	Level 2 Low Alert	Level 3 Moderate Alert	Level 4 High Alert
Disease situation	What is the level of disease burden and how is it changing?	Daily case incidence** (new cases per 1M people per day)***	Increasing to meet new threshold over a 7-day period	Decreasing to meet new threshold over a 14-day period	<10/1M/day	10-19/1M/day	20-39/1M/day	40/1M/day or higher
	Are there early signs of a resurgence in cases?	Syndromic data (Influenza-like illness or COVID-19-like illness)	Increasing over a 5-day period	N/A	Near seasonal average	Near seasonal average	Near seasonal average or above seasonal average and declining	Above seasonal average or rising
Health care system	Do we have capacity to treat severe cases?	ICU availability of surge beds above current capacity	Meet threshold over a 3-day period	Meet threshold over 3-day period	40% or more	30-39%	20-29%	Less than 20%
	Are we protecting health care workers?	Number of health care worker infections	Increasing over a 7-day period	Decreasing over a 7-day period	No HCW infections	Decreasing	Decreasing	Increasing or unknown
Disease control	Are we testing enough to detect cases?	Percentage of tests that are positive	Increasing over a 7-day period	Decreasing over a 7-day period	< 5%	5-9%	10-14%	15% or higher
		Total testing per 1,000 people per day	Meet threshold over a 7-day period	Meet threshold over a 7-day period	>10	5-10	1.5-5	<1.5 per 1000 average per day
	Do we have robust contact tracing?	Percentage of new cases from quarantined contacts	Meet threshold over a 7-day period	Meet threshold over a 7-day period	50% or more	30-49%	10-29%	<10%

Gestionar el riesgo: planes



Four-Phase Approach to Reopening Massachusetts



Gestionar el riesgo: decisiones

COVID-19 Alert-Level System Indicators and Measures

Once categories and thresholds have been determined by the multi-stakeholder group, simplify the matrix to share with the public and non-technical specialists. Having a simplified, but comprehensive, version of the thresholds will ensure accountability and understanding of the levels and the science and evidence behind decisions. Including the key criteria per level as well as clear actions for individuals and communities is important to support community engagement and action. Inform the community on who will decide when the levels will change and how often they will be reviewed. This will build trust in the system and improve understanding and adherence.

Alert level	COVID-19 Risk Indicators			Community Measures*
	Disease situation	Health care system	Disease control	
Level 4 High Risk	<ul style="list-style-type: none"> High burden Increasing spread Many outbreaks 	<ul style="list-style-type: none"> Limited capacity to safely care for cases Many health care worker infections 	<p>Limited or no ability to isolate cases and quarantine contacts</p>	<ul style="list-style-type: none"> Stay at home Schools closed (e-learning) No mass gatherings Essential services only Modified health care services (e.g. telemedicine) No non-essential visits to congregate facilities (e.g. nursing homes) Recreation locally with safety measures** (e.g. walking)
Level 3 Moderate Risk	<ul style="list-style-type: none"> Moderate burden Decreasing spread Few outbreaks 	<ul style="list-style-type: none"> Some capacity to safely care for cases Some health care worker infections 	<p>Some ability to isolate cases and quarantine contacts</p>	<ul style="list-style-type: none"> Limit non-essential travel outside home Schools closed (e-learning) Limited small mass gatherings (e.g. weddings, funerals) with safety precautions Businesses open with safety measures (e.g. pick-up only)** Modified health care services (e.g. telemedicine, essential care, chronic care) No non-essential visits to congregate facilities (e.g. nursing homes) Recreation expanded with safety measures (e.g. low risk)**
Level 2 Low Risk	<ul style="list-style-type: none"> Low burden Decreasing spread Outbreaks rare 	<ul style="list-style-type: none"> Full capacity to safely care for cases Rare health care worker infections 	<p>More ability to isolate cases and quarantine contacts</p>	<ul style="list-style-type: none"> Can travel outside home with safety measures Schools open with safety measures, no vulnerable staff or students** Some mid-size mass gatherings, with safety measures** Businesses open with safety measures (e.g. hand sanitizer, distancing)** Health care services with safety measures (e.g. elective procedures)** No non-essential visits to congregate facilities (e.g. nursing homes) Recreation with safety measures**
Level 1 New normal	<ul style="list-style-type: none"> Cases and outbreaks rare 	<ul style="list-style-type: none"> No health care worker infections 	<p>Ability to fully isolate cases and quarantine contacts</p>	<ul style="list-style-type: none"> Can travel outside home with safety measures** Schools open with safety measures** Mass gatherings with safety measures** Businesses open with safety measures (e.g. distancing, disinfection)** Health care services with safety measures** Minimal safe visits to congregate facilities (e.g. nursing homes) Recreation with safety measures**

* At all levels, individuals should wash hands, cover coughs, wear a mask in public as indicated, stay home if sick, maintain physical distancing, keep surfaces clean. Vulnerable people 60 and older or those with underlying conditions or



Gestionar el riesgo: no todo es igual

Avoid the Three Cs

World Health Organization
Western Pacific Region

Be aware of different levels of risk in different settings.

There are certain places where COVID-19 spreads more easily:

- 1** **Crowded places**
with many people nearby
- 2** **Close-contact settings**
Especially where people have close-range conversations
- 3** **Confined and enclosed spaces**
with poor ventilation

The risk is higher in places where these factors overlap.

Even as restrictions are lifted, consider where you are going and #StaySafe by avoiding the Three Cs.

WHAT SHOULD YOU DO?

-  Avoid crowded places and limit time in enclosed spaces
-  Maintain at least 1m distance from others
-  When possible, open windows and doors for ventilation
-  Keep hands clean and cover coughs and sneezes
-  Wear a mask if requested or if physical distancing is not possible

If you are unwell, stay home unless to seek urgent medical care.

Ejemplos de estándares de seguridad mínimos

DISTANCIAMIENTO SOCIAL



Todas las personas, incluyendo empleados, clientes y proveedores, deben permanecer a por lo menos seis pies de distancia en la medida de lo posible, tanto adentro como afuera de los lugares de trabajo



Establezca protocolos para garantizar que los empleados practiquen el distanciamiento social adecuado



Provea afiches sobre el distanciamiento social seguro



Exija mascarillas o máscaras para todos los empleados

PROTOCOLOS DE HIGIENE



Provea capacidad para lavado de manos en todo el lugar de trabajo



Garantice el lavado de manos frecuente por parte de los empleados y suministros adecuados para hacerlo



Provea higienización regular de áreas de mucho contacto, tales como estaciones de trabajo, equipos, pantallas, manubrios, y baños en todo el sitio de trabajo

Ejemplos de estándares de seguridad mínimos

PERSONAL Y OPERACIONES



Provea capacitación para los empleados sobre los protocolos de distanciamiento social e higiene



Los empleados que muestran síntomas relacionados con el COVID-19 no se reporten a trabajar



Establezca un plan para los empleados que se hayan enfermados con COVID-19 en el trabajo, y un plan para regresar al trabajo

LIMPIEZA Y DESINFECCIÓN



Establezca y mantenga protocolos de limpieza específicos para dicho negocio



Cuando un empleado activo haya sido diagnosticado con COVID-19, se debe realizar una limpieza y desinfección



La desinfección de todas las superficies comunes se debe realizar en intervalos apropiados para dicho lugar de trabajo

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