AMERICAN COLLEGE HEALTH ASSOCIATION

ACHA COVID-19 Update: December 9, 2020

These updates have been provided by ACHA's COVID-19 Task Force. Please forward this message to others on campus who may benefit. Non-members can subscribe to receive these and other messages here. We will continue to update the COVID-19 webpage with important alerts and resources.

ACHA COVID-19 Virtual Summit 2: 344 Days and Counting

Summit Recordings Coming Soon

ACHA thanks our engaged attendees and our expert presenters for participating in our second virtual summit on COVID-19! The summit concluded on December 9, with attendees having learned how campuses across the country have responded to the pandemic, what worked, and what they will improve on for the spring semester. Presenters shared insights on how campuses can better prepare for future disease outbreaks, using the lessons learned over the past 344 days.

Recordings of the sessions will be available soon. Attendees will have access to the recordings via the Summit Event Portal and will receive an email when the recordings are available. For those that were unable to attend, recordings can be purchased for $100 for ACHA members and $200 for non-members. Please note that we are unable to offer CE credit for the recordings. See session and CE credit details here.

Looking for more ways to get CE credit? There are more than 50 on-demand continuing education programs in ACHA's Education Center, with CME, CNE, CHES, MCHES, PsyCE, CPEU, and/or ACPE credits available (not all programs offer all credit types).

Thank you to our generous event sponsors:

CDC Updates

Summary of Guidance for Public Health Strategies to Address High Levels of Community Transmission of SARS-CoV-2 and Related Deaths, Dec 2020

In this MMWR, CDC for the first time recommends universal masking. Other strategies to reduce COVID-19 transmission include:

- Physical distancing and limiting contacts
- Avoiding nonessential indoor spaces and crowded outdoor settings
- Increased testing, diagnosis, and isolation
- Prompt case investigation and contact tracing to identify, quarantine, and test close contacts
- Safeguarding persons most at risk for severe illness or death

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- Protecting essential workers
- Postponing travel
- Increase room air ventilation, enhanced hand hygiene, and cleaning and disinfecting
- Widespread availability and use of effective vaccines

Interim Guidance for Antigen Testing for SARS-CoV-2

This CDC update includes a new testing algorithm that details when confirmatory testing is recommended. Reminders to ensure the integrity of specimen collection and processing of antigen tests particularly when performing multiple successive specimens or batch tests are also included. Discussion of use of antigen tests for screening purposes is also clarified:

There are increasing amounts of data to help guide the use of antigen tests as screening tests on asymptomatic persons to detect or exclude COVID-19, or to determine whether a person who previously was diagnosed with COVID-19 remains infectious….Antigen tests can be used for screening testing in high-risk congregate settings in which repeat testing could quickly identify persons with a SARS-CoV-2 infection to inform infection prevention and control measures, thus preventing transmission. In this case, and especially in settings where a rapid test turnaround time is required, there is value in providing immediate results with antigen tests, even though they may have lower sensitivity than NAATs [nucleic acid amplification tests, like RT-PCR tests].

Guidance for SARS-CoV-2 Point-of-Care (POC) Testing

CDC updated its Guidance for SARS-CoV-2 Point-of-Care Testing by adding a section on frequently asked questions, covering standard precautions, the frequency of changing gloves, and disinfecting work surfaces.

Advocate of Testing on Campus to Lead CDC

President-elect Biden has chosen Dr. Rochelle Walensky, chief of infectious diseases at Massachusetts General Hospital in Boston and professor of medicine at Harvard Medical School, as the incoming Director of the Centers for Disease Control and Prevention. Dr. Walensky is a proponent of frequent COVID-19 testing of students and co-authored the modeling study that suggested that screening all students every 2 days could control outbreaks.

Prevention and Treatment

How the "Swiss Cheese Model" Prevents Spread

This New York Times article describes the Swiss Cheese Model of Pandemic Defense and how multiple protective layers can add up to an effective defense to the spread of SARS-CoV-2. The article states that "multiple layers of protection, imagined as cheese slices, block the spread of the new coronavirus, SARS-CoV-2…. No one layer is perfect; each has holes, and when the holes align, the risk of infection increases. But several layers combined — social distancing, plus masks, plus handwashing, plus testing and tracing, plus ventilation, plus government messaging — significantly reduce the overall risk. Vaccination will add one more protective layer."

Ian MacKay, the virologist who helped develop the model (using a similar model developed for defense against accidents) explains, "The real power of this infographic … is that it's not really about any single layer of protection or the order of them, but about the additive success of using multiple layers, or cheese slices. Each slice has holes or failings, and those holes can change in number and size and location, depending on how we behave in response to each intervention….To be as safe as possible, and to keep those around you safe, it's important to use more slices to prevent those volatile holes from aligning and letting virus through."

Vaccines

JAMA Coronavirus Vaccine Update With Paul Offit

With the Pfizer and Moderna coronavirus vaccines reportedly under review at the US FDA for Emergency Use Authorization (EUA), Paul A. Offit, MD, of the Children's Hospital of Philadelphia, returns to JAMA's Q&A series to provide an update on what to expect, prospects for vaccine rollout and distribution in the coming months, and ongoing safety surveillance. Recorded December 2, 2020.

Poll Shows 61% of Americans Likely to Take COVID-19 Vaccine

This National Geographic and Morning Consult poll of 2,201 Americans conducted November 20-23 asked the question: If the FDA approved a COVID-19 vaccine and it was made available to you, how likely or unlikely would you be to get vaccinated? A graphic that shows those 65 or older were most willing to take the vaccine (68%), and the least likely were those in the 18-34 age group (54%). However, in the 18-34 group, 12% responded "don't know" and 16% responded "somewhat unlikely." That group could be moved by education or peers, which means colleges and universities will need to take a role in educating students on vaccine safety and efficacy.

Vaccine Cards and Second-Dose Reminders Are Part of Warp Speed's Immunization Plan

This NPR article describes the U.S. government's plans to issue a vaccine card to remind people of the next vaccine due date. People will be encouraged to take a photo of the card or keep the physical card in their wallet/purse. The card will have the recipient's first and last name, date of birth, the dates on which they received a dose of the vaccine, and space to record the vaccine's name and maker. These are crucial details to ensure people get the correct second dose to complete their immunization.

IAC Vaccination Implementation Webinar Recording Available

The Immunization Action Coalition (IAC) hosted the webinar COVID-19 Vaccination Implementation and the Vaccinate with Confidence Strategy on December 3rd. The webinar is now available for viewing, and specific topics include an overview of the COVID-19 vaccine distribution strategy, current state planning efforts, and the COVID-19 Vaccinate with Confidence Strategy.

These important and timely topics were addressed by speakers from the Centers for Disease Control and Prevention's (CDC) COVID-19 Vaccine Task Force, and CDC subject matter specialists answered audience questions.

College Campuses

- Tracking Coronavirus Cases at U.S. Colleges and Universities (New York Times)
- Monitoring the Coronavirus Outbreak in Metro Areas Across the U.S. (New York Times)
- College Crisis Initiative (C2i) (Davidson College)

The 5 Biggest Lessons We've Learned About How Coronavirus Spreads on Campus

This Chronicle article provides a summary of campus mitigation activities and transmission lessons learned:

- With precautions in place, classrooms and other formal on-campus spaces aren't important vectors of viral spread.
- Off-campus social gatherings are the top drivers of coronavirus at colleges.
- The spread isn't entirely off campus—take residence halls.
- Entry and surveillance testing are critical.
- College-student outbreaks can lead to infections and deaths among more vulnerable people.

Mental Health

Campus Telemental Health Webinar

Title: NCTRC Telehealth Hack - Setting Your Campus Telemental Health Program Up for Long Term Success

Hosted by: National Consortium of Telehealth Resource Centers

Date and Time: December 10, 2020, at 2:00 pm Eastern/11:00 AM Pacific

Presenters:

- Joy Himmel, PsyD, LCPC, NCC, RN - former Director of the Health & Wellness Center, Penn State University-Altoona; former Counseling Center Director, Ross University School of Medicine; site surveyor and Board of Directors member for the Accreditation Association for Ambulatory Healthcare (AAAHC); ACHA COVID-19 Task Force member
- Jay Ostrowski, MA, NCC, LPC-S, ACS, BC-TMH - CEO, Behavioral Health Innovation
- Kathy Chorba - Executive Director, California Telehealth Resource Center

[Register here.](#)

Americans' Mental Health Ratings Sink to New Low

Since 2001, Gallup has performed its annual November Health and Healthcare Survey, and this story from Gallup News [highlights findings from their latest poll](#), conducted November 5-19. Key findings:

- 34% say their mental health is excellent, down from 43% in 2019
- Democrats, frequent churchgoers show least mental health change
- Reports of physical health stable, slightly more positive than mental health

Factors Associated with Mental Health Disorders among University Students in France

A [recent CDC science update](#) includes information on a study " Factors Associated with Mental Health Disorders among University Students in France Confined During the COVID-19 Pandemic," The findings imply that prevention, surveillance, and access to mental health care services are important for university students, particularly for women, nonbinary students, and those with a history of psychiatric follow up.

Health Disparities

Examining the Americans with Disabilities Act in Emergency Responses

This Association of State and Territorial Health Officials (ASTHO) publication describes the [significant risks that people with disabilities experience](#) during the pandemic, including increased likelihood to have comorbid conditions increasing the risk of severe illness with COVID-19 and higher case fatality rate. People with disabilities may also live in residential care facilities, placing them at increased risk of exposure. ASTHO is partnering with CDC, National Association of County and City Health Officials (NACCHO), and Association for University Centers on Disabilities to improve the capacity of jurisdictions to address preparedness and response planning. ASTHO will place disability and preparedness specialists within 12-15 jurisdictions to improve preparedness and response activities for people with disabilities.

See all updates here: https://www.acha.org/ACHA/Resources/Topics/COVID-19_Update.aspx

ACHA COVID-19 Page: https://www.acha.org/COVID-19

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