

IDI COVID-19 Science Summary Compiled by Dr Andrew Mujugira (5th Oct to 10th Oct 2020)

5th October 2020

A well-worn hoe is lost only once ~ Ugandan proverb

SARS-CoV-2 Reinfection

- 1) 'Recovery from COVID-19 is associated with production of anti-SARS-CoV-2 antibodies, but it is uncertain whether these confer immunity'.
- 2) In March 2020, a patient aged >60 years tested positive for SARS-Cov-2 subsequently testing negative after >1 month. In July, the patient tested positive again, with low levels of antibodies which decreased over time. Genomic analysis confirmed two separate infection events.
- 3) 'Waning antibody levels or a poorly developed immune response to SARS-CoV-2 could put people at risk of reinfection'.

medRxiv 2020.09.22.20192443

6th October 2020

Suffering gives no appointments ~ Ugandan proverb

COVID-19 Takes a Toll on Mind and Body

- 1) COVID-19 "long-haulers" are survivors whose symptoms persist for months. Prolonged illness leads to anxiety and depression, exacerbated by difficulty accessing medical services and disruptions to work, social and exercise routines.
- 2) Between one-third and one-half of COVID-19 patients experience some form of mental health problem including anxiety, depression, fatigue, difficulty concentrating, or abnormal sleeping. Being unable to work, loss of income and feeling unproductive also hinder mental health.
- 3) The COVID-19 public health response should include addressing its mental health consequences.

Am Psychol. 2020 Aug 3; New York Times

7th October 2020

A fire gives birth to ashes ~ Ugandan proverb (describes an ineffective person)

Hydroxychloroquine for SARS-CoV-2 Pre-Exposure Prophylaxis

- 1) 'Does pre-exposure prophylaxis with hydroxychloroquine 600 mg daily reduce SARS-CoV-2 transmission when taken by hospital-based health care workers (HCW)'?
- 2) 'The Prevention and Treatment of COVID-19 With Hydroxychloroquine Study randomized 132 HCW to receive hydroxychloroquine 600 mg/day or placebo for 8 weeks. There was no significant difference in infection rates in participants randomized to receive hydroxychloroquine (6.3%) compared with placebo (6.6%) (p>0.99)'.
- 3) 'Among hospital-based HCW, daily hydroxychloroquine did not prevent SARS-CoV-2 infection, compared with placebo'.

8th October 2020

A little splinter can make you limp ~ Ugandan proverb

Symptom Duration among COVID-19 Outpatients

- 1) Prolonged illness is well described in adults hospitalized with severe COVID-19, but not in outpatients.
- 2) 'Among 292 outpatients, 94% (274) reported experiencing one or more symptoms at the time of testing; 35% reported not having returned to their usual state of health after 2-3 weeks (median = 16 days)'.
- 3) 'For those reporting cough, fatigue, or shortness of breath at the time of testing, 43%, 35%, and 29%, respectively, continued to experience these symptoms after 2 weeks. These findings indicate that COVID-19 can result in prolonged illness even among persons with milder outpatient illness, including young adults.'

Morbidity and Mortality Weekly Report. 2020;69(30):993-998

9th October 2020

When a leaf falls it dies ~ Ugandan proverb

Changing COVID-19 Demographics

- 1) During the early days of the pandemic (March 2020), COVID-19 incidence was highest in elderly people ≥ 60 years, but is now shifting to individuals aged < 40 years.
- 2) An analysis of 6 million cases between February and July, 2020, found that the number of infected people aged 15–24 years increased from 4.5% to 15%. Between June and August 2020, the number of cases of COVID-19 in the USA was highest in the age group 20–29 years, accounting for $> 20\%$ of the total. Women aged 20–40 years are being exposed more than men of the same age, because they are overrepresented in the hospitality and service industries, where the nature of work increases risk of exposure to SARS-CoV-2.
- 3) No population group is completely safe from COVID-19, and there is no room for complacency.

The Lancet Respiratory Medicine, 6th October 2020

10th October 2020

The careful die of old age ~ Ugandan proverb

Adolescent SARS-CoV-2 Transmission

- 1) 'There is increasing evidence that children and adolescents can efficiently transmit SARS-CoV-2'.
- 2) 'A 13-year-old girl gave the new coronavirus to her grandparents and 9 other relatives who occupied the same holiday house for up to 3½ weeks, confirming that adolescents can seed clusters of COVID-19 cases. Family members neither wore masks nor maintained distance from each other'.

3) 'SARS-CoV-2 can spread efficiently during gatherings, especially with prolonged, close contact. Physical distancing, face mask use, and hand hygiene reduce transmission; gatherings should be avoided when physical distancing and face mask use are not possible'.

MMWR Morb Mortal Wkly Rep 2020; 69:1457–1459
