COVID-19 Day 1,003
Press Update
December 8, 2022

DOH Acting Secretary David R. Scrase, M.D., M.H.S.A.
DOH Deputy Secretary and Acting State Epidemiologist, Laura C. Parajon, M.D., M.P.H.
UNM Children's Hospital Associate Chief Medical Officer, Anna Duran, M.D.
New Mexico COVID-19 cases

New Mexico COVID-19 Cases by Date of Specimen Collection
December 5, 2022

Positive samples collected during this time may not yet be reported.
New Mexico COVID-19 cases

CDC COVID-19 Community Levels

CDC COVID-19 Transmission Levels
Omicron remains the dominant COVID-19 variant in NM

Over 300,000 Omicron boosters have been administered in NM
COVID-19-related hospitalizations have increased (4.4% on ventilation)

Total Deaths: 8,702  Deaths in the Last 14 Days: 14

**NM hospitals self-evaluation: capacity is Contingency Level 2**

### NM Hospital Systems Capacity Self-Evaluation

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Criteria Demonstrating Crisis Standards of Care on 12/6/22</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emergency Department</td>
<td>More than 50% utilization of maximum expanded ED capacity and/or alternative access points for multiple days within each reporting period</td>
</tr>
<tr>
<td>Non-ICU</td>
<td>More 50% utilization of contingency capacity for multiple days within each reporting period</td>
</tr>
<tr>
<td>Workforce Ratios</td>
<td>Unable to further increase staff to patient ratios due to compromise of patient care</td>
</tr>
<tr>
<td>Supply Acquisition</td>
<td>Supply and/or equipment shortages leading to triage and/or resource allocation that compromise patient care</td>
</tr>
</tbody>
</table>

**Graph: NM Hospital Systems Capacity Self-Evaluation**

- **Contingency Level 1**
- **Contingency Level 2**
- **Crisis Standards of Care**
- **Weighted Score**

- 4/19/22: New scoring in place
- 12/6/22: 29.16

**Legend:**
- Yellow: Contingency Level 1
- Red: Crisis Standards of Care
- Orange: Contingency Level 2
- Black: Weighted Score

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1190 S. St. Francis Drive • Santa Fe, NM 87505 • Phone: 505-827-2613 • Fax: 505-827-2530 • nmhealth.org
RSV-related emergency department visits (children and adults) significantly higher than in recent years
Dec. 1, Public Health Order for RSV
Hospitals at capacity

- New Mexico hospitals return to “hub-and-spoke” model of patient triage.
  - Hospitals and emergency rooms operating above their licensed capacity.
- Increased number of pediatric patients, a shortage of hospital staff and a lack of certain types of medical equipment.


Investing for tomorrow, delivering today.
U.S. Health and Human Services (HHS) Secretary Addresses Nationwide Healthcare System Capacity

• In a letter to Governor Lujan Grisham, U.S. HHS Secretary Xavier Becerra confirmed the Federal government will continue "assisting" NM with resources, supplies, and personnel to strengthen our capacity to respond to RSV and other infectious diseases.

• Does not include a Stafford Act declaration activating FEMA, Department of Defense, or any funding.

• DOH is working with NM hospitals and other state partners to identify needs and seek appropriate resources.

As respiratory viruses strain US health care systems, Biden administration tells states how it's ready to help | CNN

Investing for tomorrow, delivering today.
Changes coming to New Mexico COVID-19 testing options, DOH encourages at-home rapid tests to test for COVID-19

- **Curative** will conclude its COVID-19 PCR (polymerase chain reaction) testing services nation-wide at the end of the year.
- DOH encourages community to take advantage of free at-home rapid tests.
- Comparison of two rapid tests versus one PCR test:
  - Antigen test sensitivity was 64% and 84% when compared with same-day RT-PCR and viral culture, respectively.
  - Antigen test sensitivity peaked 4 days after illness onset (77%); a second test 1 to 2 days later showed improved sensitivity (81%-85%).
- Go to [https://findatestnm.org/](https://findatestnm.org/)

Figure 4. Daily Sensitivity of 3 Home Antigen Testing Protocols

https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/2791915
DOH realigning COVID-19 trend reporting

Continued Daily Reporting

Daily Epidemiology Report
Numbers are posted Monday through Friday except on holidays.

Last Update: 12/7/2022

<table>
<thead>
<tr>
<th>Hospitalizations</th>
<th>Deaths</th>
<th>Cases</th>
<th>Tests</th>
</tr>
</thead>
<tbody>
<tr>
<td>215 current</td>
<td>21 new</td>
<td>8,729 total</td>
<td>636 new</td>
</tr>
<tr>
<td>12 ventilated</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Weekly Reports

Last Update: 12/6/2022

<table>
<thead>
<tr>
<th>Vaccines Administered</th>
<th>Cases</th>
<th>Hospitalizations</th>
<th>Deaths</th>
<th>Tests</th>
</tr>
</thead>
<tbody>
<tr>
<td>4,536,563 total</td>
<td>650,143 total</td>
<td>32,501 total</td>
<td>8,708 total</td>
<td>8,211,475 total</td>
</tr>
<tr>
<td>In the past 7 days</td>
<td>27,294 vaccines given</td>
<td>In the 7 days 11/29 - 12/05</td>
<td>In the 7 days 11/22 - 11/28</td>
<td>In the 28 days 10/18 - 11/14</td>
</tr>
<tr>
<td>71% received primary series</td>
<td>212 cases per 100,000</td>
<td>11 receiving mechanical ventilation (daily avg.)</td>
<td>2.4 deaths per 100,000</td>
<td>38,196 tests</td>
</tr>
<tr>
<td>and a bivalent booster</td>
<td></td>
<td></td>
<td></td>
<td>15.0% positivity</td>
</tr>
</tbody>
</table>

Moving to Biweekly Reporting Dec. 20

Epidemiology Reports | NMDOH - Coronavirus Updates (nmhealth.org)
Influenza-like activity levels are very high in NM

- New Mexico influenza-like illness (ILI) activity is currently 14.3% of patient visits statewide and is above the NM ILI baseline of 3.9% in all five health regions.
- This is the highest activity in the past three years.
You're more likely to get sick if you didn't get your Flu vaccine

N.M. Flu vaccines by week 2019-22 (August – November)
Mpox

- DOH is updating materials with the term "mpox" to reduce stigma associated with prior terminology. Revision is aligned with recent changes by the World Health Organization and the CDC.
- Prevention strategies turn the tide of the Mpox outbreak.
- National figures have shown more than a 95% reduction in cases since the peak this summer.
  - New Mexico has had 2 cases diagnosed in the last 6 weeks.
- Vaccine is still available for persons at risk.
- Persons who have only gotten the first dose of Jynneous vaccine are strongly encouraged to schedule their second shot to have full protection.
UNM Hospital Update
Anna Duran, MD
Associate Chief Medical Officer, UNM Children’s Hospital
What are we seeing?

Children’s Hospital
• Mixed respiratory viruses, predominately RSV
• Seeing more COVID in younger populations
• Many kids needing higher level of care, high flow oxygen
• More ICU care, including increased need for breathing tubes (intubation).

Adults
• Much more flu, pneumonia, RSV and COVID
UNMH, SRMC, and UNM Children’s Hospital are all significantly over 100 percent of their licensed capacity.

At any given moment in the UNM Health System, there may be 90-100 adults and 10-20 children waiting in our emergency rooms for a bed.

UNM Health System provides unique services in New Mexico, and we want to be sure New Mexicans continue to have access to those services that are only available at UNM.
Activated the Emergency Operations Center (EOC)

- Continue to identify and open additional bed spaces to maximize resources
- Working to make sure patients are in the hospital only as long as they need to be
How you can help

Assess: What level of care do you really need?
- Emergency Room
- Urgent Care or Primary Care Provider
- Home Care

Preventative Measures
- Vaccinate against the Flu and get COVID boosters
- Wear a face mask
- If you are sick, stay home

If you do go to a hospital, expect very long wait times.
Please be patient and understanding with your healthcare providers. They are there to assure you have outstanding care and everyone is working hard to meet the needs of all our patients.
WHERE TO GO WHEN YOUR CHILD IS ILL

It’s important to know what level of care your child needs.

Emergency Care
- Rapid Breathing: difficulty breathing or working hard to breathe
- Wheezing
- Dehydration: no tears, dry mouth, urine is less in volume than normal
- Infant fever: less than 6 weeks old
- Difficult to Wake Up
- Headache with Neck Pain and/or Vomiting
- Fever: lasting 5+ days

Urgent or Primary Care
- Fever: lasting 3+ days
- Dehydration: concern of not wanting to drink
- Vomiting and Diarrhea: with concern for dehydration
- Cold: symptoms that seem to be getting worse after 7 days or lasting longer than 10 days
- Symptoms: improving, then worsen with a new fever
- Concern for Sinus Infection: nasal drainage and 5 days in a row of fever

Home Care
- Fever/Fussiness/Pain:
  - Tylenol all ages or
  - Ibuprofen if 6+ months
- Sore Throat: Tylenol) all ages or (Ibuprofen if 6+ months
- Scratchy Throat:
  - Warm or cold liquids
- Prevent Dehydration:
  - Drink fluids - popsicles, Jello, broth, Pedialyte, Gatorade (dilute half with water)
  - Avoid: caffeinated beverages
- Runny Nose/Congestion:
  - Saline spray, humidifier, and suction (suction should be limited to 3x/day)
- Cough: Honey for children older than 1
- Cold: Cold formulas should not be used for children 4 years and under
- Ear Pain: Tylenol, warm or cool compress
- Muscle Aches: Ibuprofen
- Vomiting: Fluids
- Diarrhea: Drink Fluids
  - Avoid: Juices, antidepressant medications, BRAT (Banana, Rice, Applesauce, Toast)
Children should resume a normal, well-balanced diet appropriate for their age, within 24 hours of getting sick.
It's time for your Flu and Omicron Booster

• It is safe to receive both the Flu vaccine and Omicron booster at the same time.
• Public Health Offices and pharmacies will be offering the vaccines free of charge.
• Schedule your vaccine today:
  • At a pharmacy
  • With your provider
  • Visit ItsTimeNM.org or vaccines.gov
• Call 1-855-600-3453 (option 3).
Our community is safer when we do our part

Know the **COVID-19 Community Level** where you live.
- Follow the CDC guidance for Low, Medium and High levels.

Get vaccinated.
- Stay up-to-date on vaccines and boosters visit vaccinenm.org

Get tested.
- At the first sign of symptoms.
- You can still order tests through FindATestNM.org.

Get treated.
- Seek treatment right away, even if you have one risk factor.

Get a well-fitting mask.
- Masks are effective and provide an extra layer to safeguard.