

IMPACTS OF LONG COVID

Public Health Advisory Committee Meeting
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WASHINGTON COUNTY
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Department of Health and Human Services

TODAY'S OVERARCHING QUESTION

**What can and should we understand
about the impacts of Long COVID
in Washington County?**

TODAY'S DISCUSSION

- Grounding Long COVID in Public Health and Equity
- Overview of Long COVID
- Discussion about Long COVID in our Community
- Highlight resources, asks & next steps

PUBLIC HEALTH STRATEGIC PLAN

MISSION

Washington County Public Health improves and protects the public's health across the lifespan through prevention, education, oversight and partnerships with a focus on equity.

VISION
Healthy People,
Thriving Communities

VALUES

Integrity | Excellence |
Professionalism | Respect |
Teamwork | Diversity and Inclusion

PRIORITY 1: Health Equity

Achieve health equity by eliminating health disparities and improving health for all.

Our community prosperity depends on the health of our whole community. Focusing efforts to support and improve health of those experiencing disparities is key to achieving health equity.

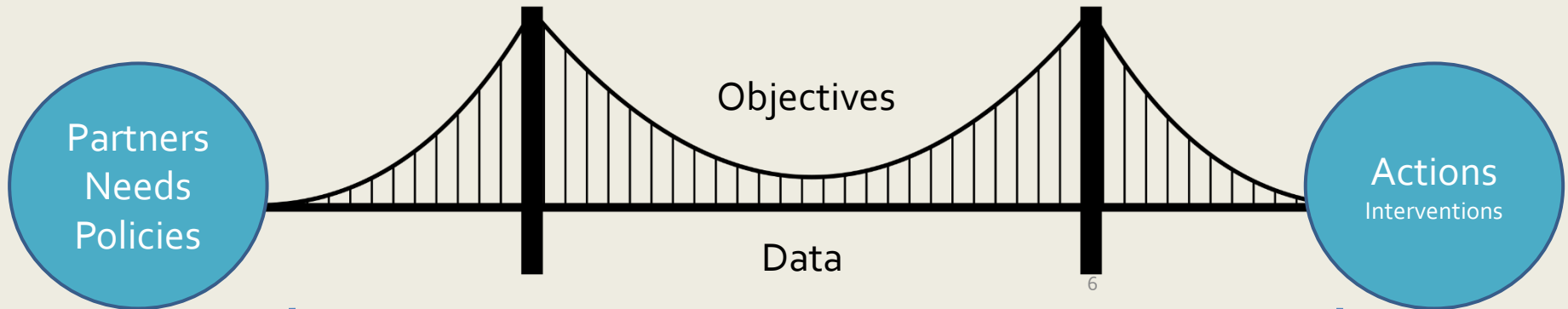
OBJECTIVES

1. Develop a procedure for culturally competent and responsive internal and external communications.
2. Improve integration of cultural humility into public health practice to ensure delivery of culturally and linguistically appropriate services.
3. Develop a collaborative process for targeting resources for people experiencing the greatest disparity.
4. Ensure alignment with HHS equity strategies.

LEADING WITH RACE

- The creation and perpetuation of racial inequities has been baked into government and governmental data
- Marginalization of communities is inter-connected
- Long COVID disease is no exception
- Identification of population-level disparities through data, to seek improvement

SUPPORTING THE BRIDGE TO INTERVENTION



American Rescue Plan Act (ARPA) - Short-Term Funding

LEARNING OPPORTUNITIES



- Advisory groups – *PHAC, COVID Racial Equity*
 - Community knowledge; equity focus



- Physicians and Systems – *Health Alert Network (HAN)*
 - Support knowledge, diagnosis and treatment



- Adults who experienced COVID-19 – *Known Cases*
 - Support health and financial resource needs

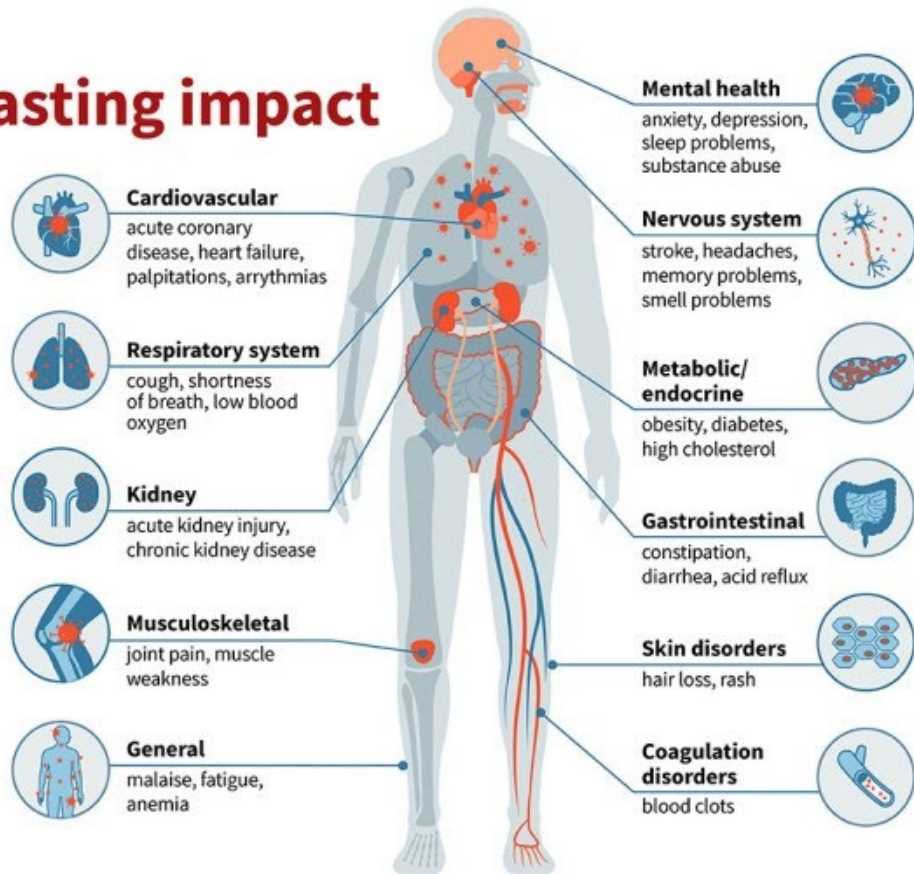


- Employers – *RAID database and BBB*
 - Support impacts, accommodations in businesses

COVID-19: Lasting impact

Even those survivors with mild initial cases can have wide-ranging health issues for six months or more.

WashU researchers link many diseases with COVID-19, signaling long-term complications for patients and a massive health burden for years to come.



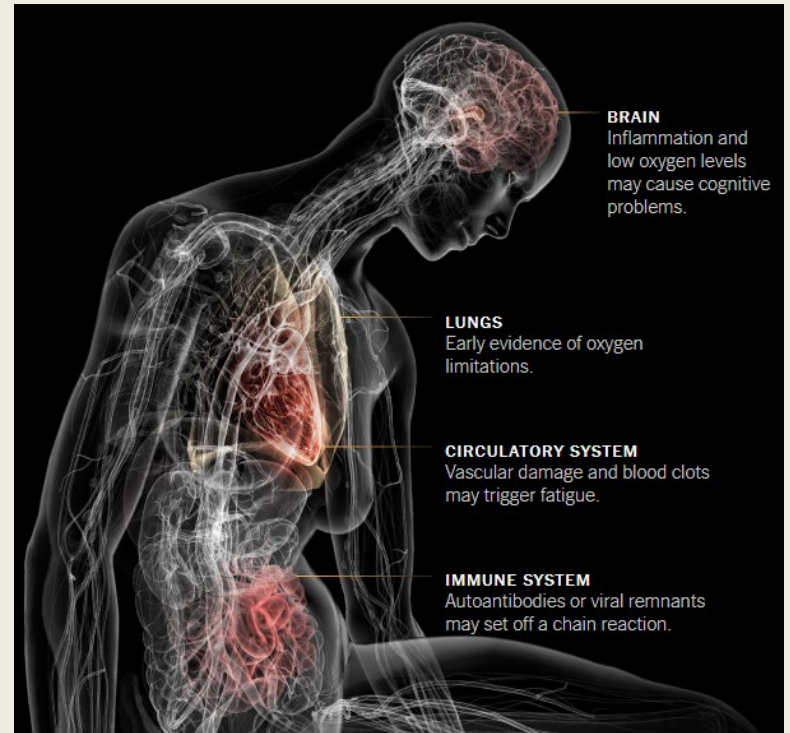
OVERVIEW OF LONG COVID

LONG COVID DEFINITION

- Symptoms occurring 4+ weeks after infection
 - New, returning, or ongoing symptoms
 - Possible for originally-asymptomatic, mild, moderate, or severe cases of COVID-19
 - Children get Long COVID. Women experience more than men.
- Other names for Long COVID:
 - Post-COVID Conditions; Long-haul COVID; Post-Acute Sequelae of SARS CoV-2 infection (PASC); Chronic COVID

LONG COVID CLINICAL CONSIDERATIONS

- Requires access to health care and knowledgeable physicians
 - Can affect multiple organ systems
 - ICD-10 code: U09.9 (as of 10/1/21)
- Still learning how to prevent and treat Long COVID
 - Vaccination reduces risk of Long COVID



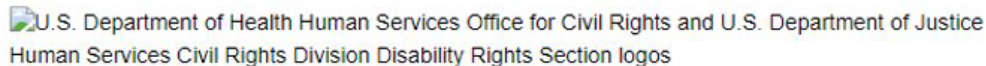
<https://www.nytimes.com/interactive/2022/02/19/science/long-covid-causes.html>

<https://ukhsa.koha-ptfs.co.uk/cgi-bin/koha/opac-retrieve-file.pl?id=fe4f10cd3cd509feo45ad4f72aedfff>

<https://www.cdc.gov/nchs/data/icd/Announcement-New-ICD-code-for-Post-COVID-Condition-April-2022-final.pdf>

LONG COVID DISABILITY

Guidance on “Long COVID” as a Disability Under the ADA, Section 504, and Section 1557

 U.S. Department of Health Human Services Office for Civil Rights and U.S. Department of Justice Human Services Civil Rights Division Disability Rights Section logos

Although many people with COVID-19 get better within weeks, some people continue to experience symptoms that can last months after first being infected, or may have new or recurring symptoms at a later time.¹ This can happen to anyone who has had COVID-19, even if the initial illness was mild. People with this condition are sometimes called “long-haulers.” This condition is known as “long COVID.”²

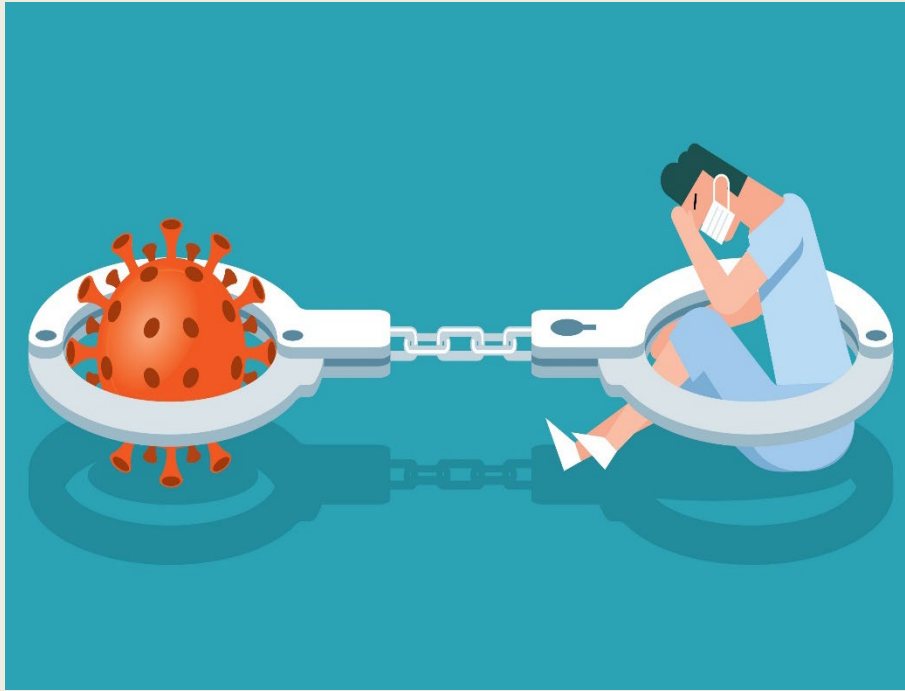
In light of the rise of long COVID as a persistent and significant health issue, the Office for Civil Rights of the Department of Health and Human Services and the Civil Rights Division of the Department of Justice have joined together to provide this guidance.

This guidance explains that long COVID can be a disability under Titles II (state and local government) and III (public accommodations) of the Americans with Disabilities Act (ADA),³ Section 504 of the Rehabilitation Act of 1973 (Section 504),⁴ and Section 1557 of the Patient Protection and Affordable Care Act (Section 1557).⁵ Each of these federal laws protects people with disabilities from discrimination.⁶ This guidance also provides resources for additional information and best practices. This document focuses solely on long COVID, and does not address when COVID-19 may meet the legal definition of disability.



<https://www.hhs.gov/civil-rights/for-providers/civil-rights-covid19/guidance-long-covid-disability/index.html>
<https://www.goodrx.com/insurance/health-insurance/long-covid-and-disability-insurance>

BURDEN ESTIMATE IN WASHINGTON COUNTY



- 85,537 total cases
2/27/20-4/11/22
 - Missing unreported home tests
- 10-30% of cases experience Long COVID
 - 8,553—25,661 chronic cases in our community

COMMUNITY INSIGHTS AND EQUITY

- COVID Racial Equity Advisory Group
 - Members: Centro Cultural, Urban League, Lutheran Community Services NW, COFA Alliance National Network (Pacific Islander organization), Latino Network
 - Members discussed community impacts (*3/30/22 meeting*):
 - Persistent symptoms 6-9 months later
 - Financial burdens
 - Low access and long wait times: primary care, mental health, dental
 - Anxiety about Long COVID
 - Difficulties navigating OHP
 - Long COVID clients want to know what their rights

WHAT ARE YOU HEARING FROM YOUR COMMUNITY AND NETWORKS?

- What are you hearing about Long COVID?
 - Questions or concerns
 - Access or barriers to information and care
 - Knowledge of healthcare professionals
 - Employer accommodations or barriers
 - Impacts to quality of life or activities of daily living
 - Available resources or resource needs



HIGHLIGHT RESOURCES, ASKS & NEXT STEPS

INDIVIDUAL & FAMILY RESOURCES

- **What is Long COVID? And if you have it, what resources are available? Oregon.gov**
 - <https://covidblog.oregon.gov/what-is-long-covid-and-if-you-have-it-what-resources-are-available/>
- **Overview of Post-COVID Conditions: includes links to disability guidance, student support, and caring for others, CDC**
 - <https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html>
- **Patient Tips: Healthcare Provider Appointments for Post-COVID Conditions (includes checklist)**
 - <https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/post-COVID-appointment/index.html>
- **Support Groups**
 - *Body Politic* <<https://www.wearebodypolitic.com/>>
 - *Survivor Corps* <<https://www.survivorcorps.com/>>
 - *Long COVID Alliance* <<https://longcovidalliance.org/>>
 - *Long COVID Kids* <<https://www.longcovidkids.org/>>
- **Economic Support and Resources, Washington County**
 - <https://www.co.washington.or.us/HHS/CommunicableDiseases/COVID-19/economic-relief.cfm>

EMPLOYER AND EMPLOYEE RESOURCES

- **Oregon.gov: Long COVID protected by Americans with Disabilities Act (ADA)**
 - *<https://covidblog.oregon.gov/long-covid-protected-by-americans-with-disabilities-act-ada/>*
- **Long COVID Work Accommodations**
 - *Employers: <https://askjan.org/blogs/jan/2021/03/Accommodating-Employees-with-COVID-19-or-Long-COVID.cfm>*
 - *Employees: <https://blog.dol.gov/2021/07/06/workers-with-long-covid-19-may-be-entitled-to-accommodations>*
- **COVID-19 and Long COVID-19 Resources, U.S. Department of Labor**
 - *<https://www.dol.gov/agencies/odep/topics/coronavirus-covid-19-long-covid>*
- **Guidance on “Long COVID” as a Disability Under the ADA, Section 504, and Section 1557**
 - *<https://www.hhs.gov/civil-rights/for-providers/civil-rights-covid19/guidance-long-covid-disability/index.html>*

HEALTHCARE PROVIDER RESOURCES

- **Evaluating and Caring for Patients with Post-COVID Conditions: Interim Guidance, CDC**
 - <https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-care/post-covid-index.html>
- **Refer a patient to the Oregon Health & Sciences University Long COVID-19 Program in Portland**
 - <https://www.ohsu.edu/referral-service/long-covid>
- **Long COVID (PASC) Resources, American Academy of Physical Medicine and Rehabilitation (AAPM&R)**
 - <https://www.aapmr.org/members-publications/covid-19/physiatrist-resource-center/long-covid-pasc-resources>
- **Federal Support: White House Memorandum on Addressing the Long-Term Effects of COVID-19, April 5, 2022**
 - <https://www.whitehouse.gov/briefing-room/presidential-actions/2022/04/05/memorandum-on-addressing-the-long-term-effects-of-covid-19/>

ASKS & NEXT STEPS

Asks

- Distribute Long COVID resources

Next Steps

- Share PHAC feedback with Long COVID Team
- Develop physicians and systems surveys
- Engage additional equity conversations