

**CAB Conference Call
March 26, 2020
12:00 EST
Meeting Minutes**

Participants:

Andrea	Jacobi Medical Center
Antionette	University of Miami
Anisa	Harvard University
Carol	Bronx-Lebanon Hospital Center
Carrie	University of Colorado, Denver
Claire	Harvard University
Deb	Harvard University
Delia	University of Miami
Deontay	University of Miami
Ellen	Lurie Children's Hospital
Exzavia	Children's Diagnostic and Treatment Center
Falon	University of Colorado, Denver
Gena	University of Miami
George	Harvard University
Haleigh	FSTRF
Jennifer	San Juan Hospital
Jennifer	Northwestern University Feinberg School of Medicine
Juanita	Tulane University
Joel	University of Puerto Rico
Julie	University of Alabama, Birmingham
Julie	Westat
Kate	Harvard University
Kay	Lurie Children's Hospital
Kimbrae	Texas Children's Hospital
Kunjai	Harvard University
Kylie	Texas Children's Hospital
Lesley	Texas Children's Hospital
Leslie	Texas Children's Hospital
Liz	Harvard University
Lourdes	San Juan Hospital
Megan	University of California, San Diego
Megan	Westat
Morten	Bronx-Lebanon Hospital Center
Ricco	St. Christopher's Hospital for Children
Raiko	University of Colorado, Denver
Russ	Tulane University
Sanita	University of Miami
Shannon	University of Alabama, Birmingham
Sharry	University of Southern California
Stephanie M.	University of California, San Diego
Stephanie S.	University of Miami
Theresa	Texas Children's Hospital.
Tracey	University of Illinois, Chicago
Trinise	Tulane University
Veronica F.	University of California, San Diego
Veronica S. R.	University of Puerto Rico

- **APPROVAL OF MINUTES**

The minutes from the February 27, 2020 call were approved with no changes.

- **CORONAVIRUS DISEASE 2019 (COVID-19) TOWN HALL #1 WITH PHACS CLINICIANS**

Megan welcomed PHACS CAB members and clinicians to the first PHACS COVID-19 Town Hall. CAB members submitted questions to PHACS clinicians before the call. **Megan** reminded the CAB to visit the COVID-19 and PHACS page located on the PHACS website: <https://phacsstudy.org/Education-Hub/COVID-19-and-PHACS>.

Dr. George Seage thanked the PHACS CAB members and clinicians for joining the Town Hall. **Dr. Seage** reviewed the list of questions:

- **Is it safe to drive ride-share services such as Uber and Lyft?**

Dr. Russ Van Dyke explained that there are different levels of risk. This is based on whether you are a driver or a rider. People are very close to each other in cars. This means they may be closer than 6 feet. It is fairly low risk for a rider. This is because a rider is only in contact with the driver. This is assuming the driver is disinfecting their car. Keep in mind that people may be able to transmit the virus even if they are not showing symptoms.

It is riskier for drivers. This is because they are exposed to more people. Wearing a mask could help keep the driver safe. It may also help to ask riders if they have had any symptoms before they get in the car.

- **Is it safe to order or deliver from food delivery services (Uber Eats, DoorDash, Postmates)?**

Dr. Ellen Chadwick talked about food delivery. Just like with ride-share services, there are different levels of risk. This is based on whether you are the deliverer or are receiving the food. As a deliverer, it is fairly safe. Deliverers may leave the food at a doorstep without having to be in contact with the customer.

It is important to remember to take precautions when receiving food. Consider the following:

- Take food out of containers and put it in your own containers.
- Throw the containers in the trash.
- Make sure not to touch your face until you wash your hands.
- Wash your hands with soap and water.
- Eat the food using your own utensils, containers, and napkins.

- **How does COVID-19 impact people living with HIV?**

Dr. Van Dyke talked about COVID-19 and HIV. Right now, there is no data showing that people with HIV handle the virus any differently than people not living with HIV. It does not appear that living with HIV is an additional risk factor. This is true for the United States, but not necessarily for other countries. In some countries, people living with HIV may not have good access to HIV medications. More research needs to be done to determine the impact of COVID-19 on people living with HIV in other countries.

Dr. Chadwick talked about COVID-19 and children. Right now, it does not appear that most children are at risk of getting very sick from COVID-19. It is possible that children are getting it, but with most having mild symptoms that look like a common cold.

- **Is there anything people living with HIV should be doing to avoid contracting COVID-19?**

Dr. Van Dyke talked about precautions. People living with or without HIV should consider taking the following precautions:

- Try not to touch your face.
- Wash your hands with soap and water.
- Wipe down any surfaces that may have come in contact with other people.
- Practice social distancing.

Dr. Kate Powis talked about the Centers for Disease Control (CDC) recommendations. Good HIV control is very important. It is helpful that people living with HIV maintain undetectable viral loads, high CD4 counts, and adhere to HIV medications.

- **In regards to people who have asthma and/or other underlying respiratory issues: should they be using breathing machines or just continue using them only as needed?**

Dr. Powis talked about asthma. People living with asthma may use albuterol inhalers or nebulizers. Albuterol is a rescue medication. It should only be used if someone is having breathing problems. Nebulizers should not be used if someone is not having symptoms. If you are having symptoms more frequently than every 4 hours, contact your healthcare provider.

- **When we go out to the grocery store, should we be taking extra precaution such as wiping down everything before we touch it and extra rinsing our fruit and vegetables?**

Dr. Chadwick talked about grocery shopping. Take precautions when handling items from the grocery store such as:

- Disinfect shopping carts and baskets.
- Remember not to touch your face.
- Try not to touch any "extra" items – only touch what you need.
- Assume everything you bring home has been touched by others. Disinfect items.
- Wash your hands with soap and water.

Dr. Van Dyke reminded CAB members to be very cautious in grocery stores. Right now, people are visiting grocery stores more than other places. Wearing a mask may be helpful. Wearing gloves can be helpful if you remove them once you have left the store. Be very careful about cross-contaminations with gloves. Minimize touching things while you're wearing them. Be careful when removing the gloves. Do not let the outside of the gloves touch your skin when you take them off. Wearing gloves or a mask may help stop you from touching your face. **Dr. Chadwick** reminded the CAB that washing hands with soap and water is one of the best ways to stop the spread of the virus. Washing hands with soap and water is better than hand sanitizer. Hand sanitizer can be used when there is no place to wash hands.

- **If you had COVID-19, can you get it again?**

Dr. Chadwick explained that more research needs to be done to learn whether people who have had COVID-19 can get it again. There have not been enough people who have recovered to track their antibody response.

CAB members asked additional questions on the topics of ride-share services, asthma, pregnancy, coping strategies, gratitude, exercise, connecting with others during social isolation, and keeping motivated.

Ride-share services

Delia talked about ride-shares. Delia wondered whether having the windows open offers any protection. **Dr. Van Dyke** stated that having the windows open may help because it moves the air around.

Asthma

Kim talked about allergies. Kim asked whether using inhalers or nebulizers to treat seasonal allergies would protect someone against COVID-19. **Dr. Powis** explained that inhalers and nebulizers are not protective. The good news is that so far doctors are not seeing an increasing in worsening of asthma in people who have asthma and COVID-19.

Pregnancy

Kim talked about pregnancy and COVID-19. **Dr. Van Dyke** said that more research needs to be done about pregnancy and COVID-19. So far, there were two cases out of 70 pregnant people who had babies. In all cases, the baby was fine and uninfected. In fact, doctors could not find the virus in the placenta. Researchers do not think that the virus is in the blood very often. So far, there does not appear to be any increased problems during pregnancy, but more research needs to be done. **Dr. Powis** talked about the virus and its receptors. There is some research showing that there are receptors that the virus attaches to in humans. Early studies show that these receptors are mostly in the nose and a little bit in the throat. Older people have more receptors than younger people. This might be why older people are more at risk.

Coping Strategies

Dr. Kay Malee talked about coping strategies. Many people are feeling more stressed than usual. Not all stress is bad. Some stress alerts us to what we need to do to protect our families and ourselves. It can be helpful to try to keep a routine. Having a normal schedule can be comforting. For some people, it may be nice to stay in pajamas all day. For others, it might be nice to get ready in the morning and put on work clothes like you would have done before. Consider limiting the amount of news programs you watch if listening to COVID-19 related news is a stressor for you. This can be a source of anxiety for many people. Exercise can also be very helpful. It may be helpful even to go for a walk to enjoy the fresh air and sunshine. Try to maintain connections with friends and family. Having phone calls, video calls, text chains, or emails can help you stay connected. It can also be rewarding to look back at the end of the day at the things you accomplished.

Gratitude

Dr. Renee Smith talked about gratitude. It can be helpful to think about things that you are grateful for. Try to find the silver linings where you can. Use the opportunity to find new ways to connect to and communicate with your family. Try a new activity like playing family games, even if it is something you never had time to do before. Reach out to elderly family members and help them learn new technology to find new ways to talk to you.

Exercise

Sharry talked about exercise. It can be helpful to exercise. It may be hard to exercise right now especially if your routine has been shifted. **Sharry** has found it helpful to do some light stretching.

Watch YouTube videos on stretching and exercising at home. These light exercises can help get the blood flowing.

Connecting with others during social isolation

Morten talked about connecting with his CAB. It is difficult to connect with other CABs right now because of all the restrictions. **Dr. Powis** talked about social distancing. Even though we are social distancing we still have social networking. CABs should consider trying to engage their community in creative ways. These can include teleconferences, phone calls, emails, or group chats. It can be helpful to appoint someone who is tech savvy to take control over setting up meetings. **Claire** explained that the Health Education and Communication Committee (HECC) is going to look at ways to help the PHACS community stay connected.

Keeping Motivated

Leslie talked about keeping teens and young adults motivated in their goals. This is difficult right now because they may feel that their futures are uncertain. **Dr. Malee** encouraged parents to spend time with their children. Acknowledge with them that this is a hard time. Be sure to keep the lines of communication open so that they feel comfortable asking questions or expressing their feelings. Make sure that they stay connected to friends. There may be changes in their moods and energy levels. Be patient with them. Constant encouragement and messages of support can be very helpful. **Dr. Smith** talked about setting goals. It can be helpful to create a routine with children. Set goals every day to keep them engaged. Goals may include chores, educational activities, and physical exercise.

Claire invited CAB members to attend the HECC call scheduled for Thursday, April 2, 2020 at 1:00 PM EST.

NOTE: The next CAB call will be on Thursday, April 9, 2020 at 12:00 pm EST.