



COVID-19

research update

Thursday, June 11, 2020

Guidance for people who are pregnant, breastfeeding or caring for young children

[CDC guidance for individuals who are pregnant, breastfeeding/expressing milk or caring for young children](#) (CDC, June 9) provides information on how they can protect themselves from COVID-19. Guidance is broken down into sections for each group and discusses recommendations such as age guidelines for face masks/shields, safe sleep and hygiene practices for people who are pregnant or breastfeeding.

Effective use of masks and other non-pharmaceutical interventions

[Updated guidance from the World Health Organization on the use of masks in order to prevent the spread of COVID-19](#) (WHO, June 5) provides new information on who should wear a mask, when individuals should wear masks and what masks should be used. Mask wearing is currently viewed as one of the only methods for individuals to protect themselves and others from COVID-19. It is important to note that there is no clear evidence or conclusive finding on the efficacy of masks, though it is recommended that individuals over the age of 60 and individuals with comorbidities wear medical-grade masks. Increasing the supply of medical-grade masks for these populations could be important for Ohioans going forward.

A [study of social-distancing measures](#) (CDC, June 9) found that the practice reduced the spread of SARS-CoV-2 and contained outbreaks of the disease. The authors identified seven social-distancing interventions implemented across 58 cities in China that were used to contain COVID-19. On average, interventions were implemented 13 days after the first reported case, resulting in a mean time for successful containment of the novel coronavirus 21 days after the first reported case. COVID-19 outbreaks were successfully contained after eight days of social distancing implementation. The study also found that a one-day delay in implementing social distancing interventions led to a containment delay of 2.41 days. As Ohio reopens and with predictions of further possible COVID-19 outbreaks, the authors recommend that public health agencies engage in early and decisive action on implementing social distancing measures to prevent prolonged outbreaks of COVID-19.

A [study of COVID-19 spread aboard a U.S. aircraft carrier](#) (MMWR, June 9) found that, of 382 young adult U.S. service members aboard the U.S.S. Theodore Roosevelt during the COVID-19 outbreak, 60% had reactive antibodies, and 59% of those also had

neutralizing antibodies at the time of specimen collection. One-fifth of infected participants reported no symptoms. Preventive measures, such as using face coverings and observing social distancing, reduced risk for infection. The study determined that young, healthy adults with COVID-19 might have mild or no symptoms; therefore, symptom-based surveillance might not detect all infections. Use of face coverings and other preventive measures could mitigate transmission. The presence of neutralizing antibodies among the majority is a promising indicator of immunity.