

# Oral Health and HIV COVID-19

# Presenter & Acknowledgements

- Mark Schweizer, DDS, MPH
- No financial relationships with commercial entities to disclose
- This slide set has been peer-reviewed to ensure that there are no conflicts of interest represented in the presentation





# HIV CARE CONTINUUM:

THE SERIES OF STEPS A PERSON WITH HIV TAKES FROM INITIAL DIAGNOSIS THROUGH THEIR SUCCESSFUL TREATMENT WITH HIV MEDICATION

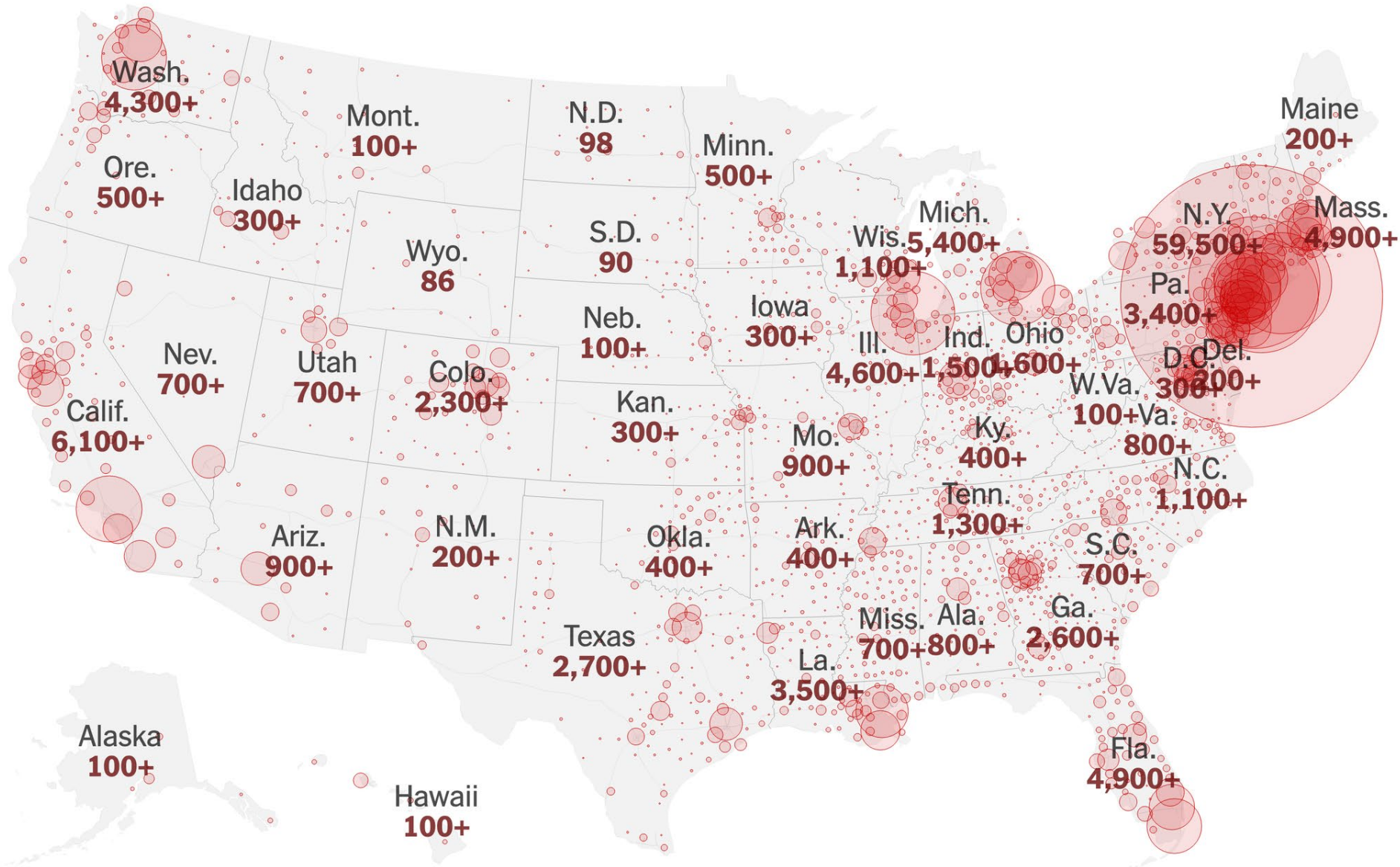


# Learning Objectives

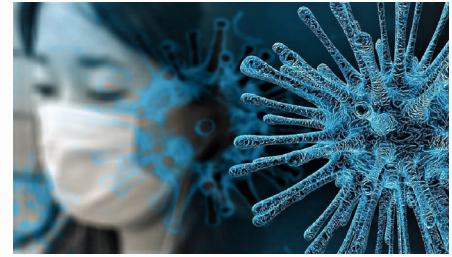
By the end of this module, the learner will be able to:

- Define COVID-19
- Describe signs and symptoms of COVID-19.
- Understand how to protect yourself and others
- Understand rationale for testing and how to address test results.
- Discuss the current CDC and state guidelines for providing dental care to patients.
- Discuss current CDC guidelines for patient living with HIV
- Describe recommendations for patients to maintain dental health

# Session 1: Oral Health and HIV COVID-19



# What is COVID-19



**COVID-19, 'CO' stands for 'corona,' 'VI' for 'virus,' and 'D' for disease. Formerly, this disease was referred to as “2019 novel coronavirus” or “2019-nCoV”. There are many types of human coronaviruses including some that commonly cause mild upper-respiratory tract illnesses.**

**People with COVID-19 generally develop signs and symptoms, including mild respiratory symptoms and fever, on an average of 5-6 days after infection (mean incubation period 5-6 days, range 1-14 days). Most people infected with COVID-19 virus have mild disease and recover.**

**The most common symptoms are fever, cough, shortness of breath, and breathing difficulties. In more severe cases infection can cause pneumonia, severe acute respiratory syndrome, and even death. The period within which the symptoms would appear is 2-14 days.**

**People of all ages can be infected by the new coronavirus (2019-nCoV). Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus.**

**WHO advises people of all ages to take steps to protect themselves from the virus, for example by following good hand hygiene and good respiratory hygiene.**



## Emergency warning signs include:

- Difficulty breathing or shortness of breath.
- Persistent pain or pressure in the chest.
- New confusion or inability to arouse.
- Bluish lips or face.
- This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.



(a) “No Finding”



(b) “Cardiomegaly”



(c) “Pneumothorax”



(d) “Pneumothorax”

**Coronavirus disease spreads** primarily through contact with an infected person when they cough or sneeze. It also spreads when a person touches a surface or object that has the virus on it, then touches their eyes, nose, or mouth.

**There is no specific medicine to prevent or treat coronavirus disease (COVID-19).** People may need supportive care to help them breathe.

Self care

If you have mild symptoms, stay at home until you've recovered.

You can relieve your symptoms if you:

rest and sleep

keep warm

drink plenty of liquids

use a room humidifier or take a hot shower to help ease a sore throat and cough

**You can protect yourself and help prevent spreading the virus to others if you:**

## **Do**

**Wash your hands regularly for 20 seconds, with soap and water or alcohol-based hand rub**

**Cover your nose and mouth with a disposable tissue or flexed elbow when you cough or sneeze**

**Avoid close contact (1 meter or 3 feet) with people who are unwell**

**Stay home and self-isolate from others in the household if you feel unwell**

## **Don't**

**Touch your eyes, nose, or mouth if your hands are not clean**

There are laboratory tests that can identify the virus that causes COVID-19 in respiratory specimens. State and local public health departments have received tests from CDC while medical providers are getting tests developed by commercial manufacturers.

There should be current availability of tests are Real-Time Reverse Transcriptase (RT)-PCR Diagnostic Panels, that can provide results in 4 to 6 hours.

### Who should be tested

Not everyone needs to be tested for COVID-19. Here is some information that might help in making decisions about seeking care or testing.

- Most people have mild illness and can recover at home.
- There is no treatment specifically approved for this virus.
- Testing results may be helpful to inform decision-making about who you come in contact with.



CDC has guidance for who should be tested, but **decisions about testing are at the discretion of state and local health departments and/or individual clinicians.**

### How to get tested

**If you have symptoms of COVID-19 and want to get tested, try calling your state or local health department or a medical provider. While supplies of these tests are increasing, it may still be difficult to find a place to get tested.**

### What to do after you are tested

• **If you test negative for COVID-19**, you probably were not infected at the time your specimen was collected. However, that does not mean you will not get sick. It is possible that you were very early in your infection at the time of your specimen collection and that you could test positive later, or you could be exposed later and then develop illness. In other words, a negative test result does not rule out getting sick later.

CDC expects that widespread transmission of COVID-19 in the United States will occur. In the coming months, most of the U.S. population will be exposed to this virus. You should continue to practice all the protective measures recommended to keep yourself and others free from illness.

## •If you test positive for COVID-19

Stay home except to get medical care

- Stay home:** People who are mildly ill with COVID-19 are able to recover at home. Do not leave, except to get medical care. Do not visit public areas.

- Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you feel worse or you think it is an emergency.

- Avoid public transportation:** Avoid using public transportation, ride-sharing, or taxis.

• **Stay away from others:** As much as possible, you should stay in a specific “sick room” and away from other people in your home. Use a separate bathroom, if available.

• **Limit contact with pets & animals:** You should restrict contact with pets and other animals, just like you would around other people.

- Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people with the virus limit contact with animals until more information is known.

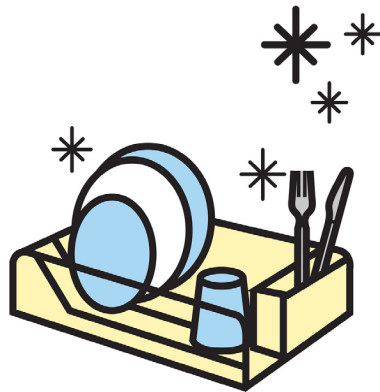
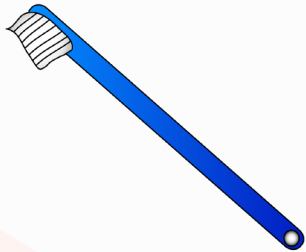


- **If you are sick:** You should wear a facemask when you are around other people and before you enter a healthcare provider's office.
- **If you are caring for others:** If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then people who live in the home should stay in a different room. When caregivers enter the room of the sick person, they should wear a facemask. Visitors, other than caregivers, are not recommended.
- **Cover:** Cover your mouth and nose with a tissue when you cough or sneeze.
- **Dispose:** Throw used tissues in a lined trash can.

- **Wash hands:** Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Hand sanitizer:** If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water:** Soap and water are the best option, especially if hands are visibly dirty.
- **Avoid touching:** Avoid touching your eyes, nose, and mouth with unwashed hands.

- **Do not share:** Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- THIS INCLUDES TOOTHBRUSHES.

- **Wash thoroughly after use:** After using these items, wash them thoroughly with soap and water or put in the dishwasher.



- **Household cleaners and disinfectants**: Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
  - Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.
  - Most EPA-registered household disinfectants should be effective.

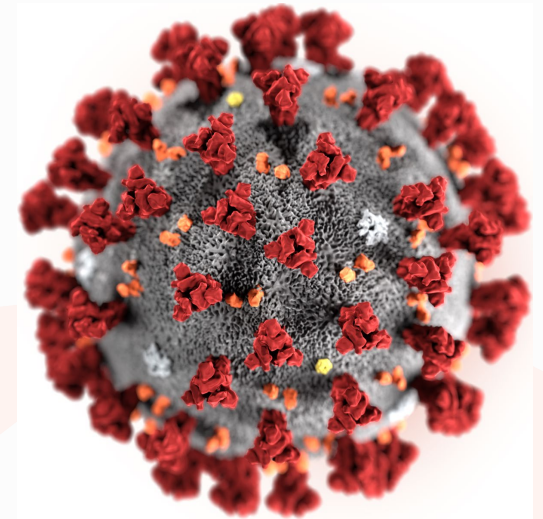


## Monitor your symptoms

- **Seek medical attention but call first:** Seek medical care right away if your illness is worsening (for example, if you have difficulty breathing).
  - **Call your doctor before going in:** Before going to the doctor's office or emergency room, call ahead and tell them your symptoms. They will tell you what to do.
- **Wear a facemask:** If possible, put on a facemask before you enter the building. If you can't put on a facemask, try to keep a safe distance from other people (at least 6 feet away). This will help protect the people in the office or waiting room.
- **Follow care instructions from your healthcare provider and local health department:** Your local health authorities will give instructions on checking your symptoms and reporting information.

# Research HIV and COVID-19

- **A Survey for COVID-19 Among HIV/AIDS Patients in Two Districts of Wuhan, China**



# Current Dental Recommendations for Treating Patients in the Dental Office

- Many states have limited care for patients to emergency care only.
- The purpose of this recommendation, consistent with the statewide shelter-in-place order, is to minimize the risks of virus exposure to patients and the dental team and to preserve critical health care workers' personal protective equipment (PPE), which are currently in extremely short supply. If this situation changes, we will adapt the recommendations accordingly.

# Current Dental Recommendations for Treating Patients in the Dental Office

- **Limit the use of aerosol spray**
- **If aerosol spray must be used**
  - **Appropriate PPE**
    - **Disposable Gown**
    - **Gloves**
    - **Hair cover**
    - **Face Shield**
    - **N95 Mask**
    - **High speed evacuation**
    - **Thorough disinfection of work area**
    - **Follow all current instrument sterilization protocols**





# What is a dental emergency?

Potentially Life Threatening and require immediate treatment to stop ongoing bleeding, alleviate severe pain or infection

- Uncontrolled bleeding
- Cellulitis or diffuse soft tissue infection with intra-oral or extra-oral swelling that could potentially compromise the patient's airway
- Trauma involving facial bones



# What is urgent dental care?

Focuses on the management of conditions that required immediate attention to relieve severe pain or risk of infection to alleviate the burden to emergency rooms . These should be treated as minimally invasive as possible.

- Severe pain from pulpal infection
- Pericoronitis or third molar pain
- Surgical post operative pain
- Abscess or localized bacterial infection
- Tooth fracture resulting in pain or causing soft tissue trauma
- Dental trauma with avulsion/luxation

**URGENT**

# CDC Guidance for COVID-19 and PLWH

- At the present time, we have no specific information about the risk of COVID-19 in people with HIV.
- The risk from immune suppression is not known, but with other viral respiratory infections, the risk for people with HIV getting very sick is greatest in:
  - People with a low CD4 cell count, and
  - People not on HIV treatment (antiretroviral therapy or ART).
  - People with HIV can also be at increased risk of getting very sick with COVID-19 based on their age and other medical conditions.

# CDC Guidance for COVID-19 and PLWH

- In current reports, individuals aged >60 years and those with diabetes, hypertension, cardiovascular disease, or pulmonary disease are at highest risk of life-threatening COVID-19
- Chronic smokers are also at risk of more severe disease.
- Thus, until more is known, additional caution for all persons with HIV, especially those with advanced HIV or poorly controlled HIV, is warranted.
- Every effort should be made to help persons with HIV maintain an adequate supply of ART and all other concomitant medications.
- Influenza and pneumococcal vaccinations should be kept up to date.

# CDC Guidance for COVID-19 and PLWH

- Persons with HIV should follow all applicable recommendations of the U.S. Centers for Disease Control and Prevention (CDC) to prevent COVID-19, such as social distancing and proper hand hygiene. These recommendations are regularly updated.
- Information on COVID-19 prevention in children with HIV for pediatric health care providers and the general public is available from CDC.
- CDC also provides information about COVID-19 prevention during pregnancy.

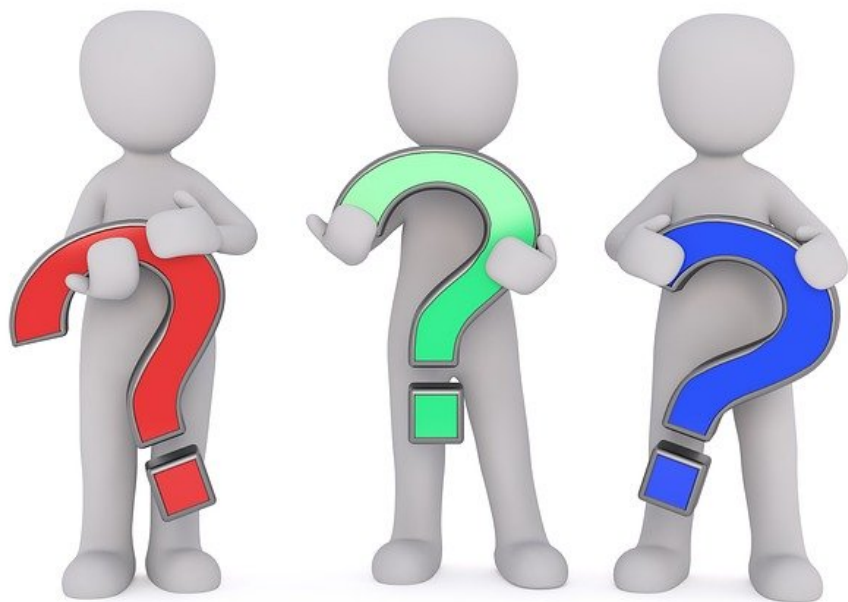
# Dental Recommendations for patients

- Maintain good oral hygiene-brushing, flossing
- Use an antibacterial mouthwash
- Keep fingers etc away from mouth
- Handwashing



# Resources

- <https://www.cdc.gov/coronavirus/2019-ncov/infection-control/control-recommendations.html>
- <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- <https://aidsinfo.nih.gov/guidelines/html/8/covid-19-and-persons-with-hiv--interim-guidance-/554/interim-guidance-for-covid-19-and-persons-with-hiv>





# THANK YOU

