

# The State of Our Children: COVID-19 and Kids



August 22, 2022

The U.S. Centers for Disease Control (CDC) are relaxing some COVID-19 guidelines and expect that this school year will be as “normal” as we have seen in nearly three years. As our kids return to school in the Central Valley, where COVID-19 case numbers are higher than other parts of the State, the need to stay vigilant on safety precautions in order to keep our kids in school is as important as ever.

This is the state of our children for August 22, 2022.

## Centers for Disease Control and Prevention (CDC) Updates COVID-19 Guidelines

Effective tools such as vaccines, boosters, treatments and masking are recommended, readily available and protect our communities from severe illness, hospitalization and death due to COVID-19. As a result, on August 11, 2022, the CDC updated safety guidelines in order to streamline recommendations to help the general public better protect themselves.

According to the CDC, general community guidance for COVID-19 includes:

- Be **up to date** with COVID-19 vaccination.
- After exposure to COVID-19, instead of quarantine, wear a high-quality mask for 10 days and get tested on day 5.
- Regardless of vaccination status, isolate from others when you have COVID-19, are sick or suspect you have COVID-19, but do not yet have the test results.
- If you test positive for COVID-19, stay home for at least 5 days and isolate from others in your home. You are most infectious during the first 5 days. Wear a high-quality mask when you are around others at home and in public.
  - If after 5 days you are fever-free for 24 hours without the use of medication and your symptoms are improving, or you never had symptoms, you may end isolation.
  - Regardless of when you end isolation, avoid being around people who are more likely to get very sick from COVID-19 until at least day 11.
  - Wear a high-quality mask through day 10.
- Isolate through day 10 if the following was experienced due to COVID-19:
  - Moderate illness such as shortness of breath or difficulty breathing
  - Severe illness such as hospitalization
  - Or if you have a weakened immune system – a viral test may not be an option so consulting with your healthcare provider for further guidance is advised.
- Testing of asymptomatic people without known exposures is no longer recommended in most community settings.

## Vaccine Efficacy

A **recent large study**, published in *The New England Journal of Medicine*, found that during a time of Omicron variant predominance, two doses of the Pfizer/BioNTech vaccine reduced hospitalizations by 83% among children 5 to 11. Vaccination also reduced infection by 65%.

Ensuring that children are up to date on **all** childhood vaccines is essential to their health and preventative care. Annual wellness visits with your child’s doctor is the best time to check in to see that kids are up to date. For information regarding vaccinations, schedules and more, visit [cdc.gov](https://www.cdc.gov) or contact a child’s primary care provider. To schedule an appointment for the COVID-19 vaccine, check [MyTurn.ca.gov](https://www.MyTurn.ca.gov) for availability near you, including clinics at Valley Children’s Hospital.

## Current COVID-19 data and trends across the Valley Children's Healthcare network (ages 0-20)

(as of August 15, 2022)

	Tests Administered	Positive Tests	Positivity Rate	Hospitalizations
Aug. 8 - Aug. 14	▼ 756	▼ 170 (133*)	▼ 22.5%	▼ 0
Aug. 1 - Aug. 7	760	172 (134*)	22.6%	2
July 25 - July 31	824	194 (163*)	23.5%	1
July 18 - July 24	1,006	198 (176*)	19.7%	3
July 11 - July 17	899	153 (145*)	17.0%	1
July 4 - July 10	851	105 (91*)	12.3%	1
June 27 - July 3	1,019	120 (113*)	12.0%	3
June 20 - June 26	1,113	128 (102*)	11.5%	2
June 13 - June 19	1,142	130 (102*)	11.4%	1
June 6 - June 12	955	104 (77*)	11.0%	0
May 30 - June 5	1,243	77 (56*)	6.2%	0
May 23 - May 29	1,321	66 (38*)	5.0%	1
May 16 - May 22	1,288	64 (46*)	5.0%	1

\*COVID+ patients in Valley Children's Emergency Department

### Sources:

Centers for Disease Control and Prevention. (2022, August 11). *CDC streamlines COVID-19 guidance to help the public better protect themselves and understand their risk*. Centers for Disease Control and Prevention. Retrieved August 11, 2022, from <https://www.cdc.gov/media/releases/2022/p0811-covid-guidance.html>

Tan, S., Cook, A. R., Heng, D., Ong, B., Lye, D. C., & Tan, K. B. (2022, March 28). *Effectiveness of BNT162B2 vaccine against Omicron in children 5 to 11 years*. SSRN. Retrieved August 11, 2022, [https://www.nejm.org/doi/full/10.1056/NEJMoa2203209?utm\\_campaign=wp\\_checkup&utm\\_medium=email&utm\\_source=newsletter&wpisrc=nl-checkup](https://www.nejm.org/doi/full/10.1056/NEJMoa2203209?utm_campaign=wp_checkup&utm_medium=email&utm_source=newsletter&wpisrc=nl-checkup)

# WEAR A MASK • WASH/SANITIZE HANDS • GET VACCINATED

For more information visit [valleychildrens.org/covid19](https://valleychildrens.org/covid19)  
or email [contactus@valleychildrens.org](mailto:contactus@valleychildrens.org)