

CDC Daily Key Points
Coronavirus Disease 2019 (“COVID-19”) Pandemic
March 23, 2020 as of 10:45pm

Updated text is shown in colored text.

SNAPSHOT

- CDC has reported:
 - 33,404 confirmed and presumptive positive cases of COVID-19
 - 400 COVID-19-related deaths
 - All 50 states, the District of Columbia, Puerto Rico, Guam, and the US Virgin Islands have reported cases of COVID-19.

MAIN KEY POINTS

- On March 16, 2020 President Trump and the White House Coronavirus Task Force issued new guidelines to help protect Americans during the Coronavirus pandemic.
 - The initiative, called [15 Days to Slow the Spread](#), lays out guidelines for a nationwide effort to slow the spread of COVID-19. It calls for the implementation of measures to increase social distancing between people at all levels of society.
 - This is a massive proactive, preventive response to COVID-19. It aims to slow the spread and blunt the impact of this disease on the United States.
- All segments of U.S. society have a role to play at this time:
 - People across the country are asked to stay home as much as possible and otherwise practice social distancing.
 - This includes [canceling or postponing gatherings of more than 10 people](#) and closing schools in some areas as determined by local and state governments.
 - It also includes special measures to protect those people who are most vulnerable to this disease.
 - Two CDC Morbidity & Mortality Weekly Reports (MMWRs) published March 17 underscore how vulnerable older people are to developing serious illness from COVID-19.
 - People who are sick are asked to follow CDC [guidance on recovering at home](#) and follow the new guidance for when [it’s OK to interact with other people again](#).
- There is no vaccine to protect against COVID-19 and no medications approved to treat it.
- There is a body of evidence—based on about 200 journal articles—that supports the effectiveness of social distancing measures, both when used alone and in combination with other measures.
 - Much of this data is outlined in CDC’s [Community Mitigation Guidelines to Prevent Pandemic Influenza — United States, 2017](#).
 - These recommendations work better when implemented in concert.
- While the new guidelines are recommended for the next 15 days, government leaders will continually reassess the status of the outbreak in the United States. It may be that these measures will need to be modified or extended for additional periods of time.
- This is a historic, unprecedented outbreak, the likes of which have not been seen since the [influenza pandemic of 1918](#).
- The White House Task Force on Coronavirus has established www.coronavirus.gov as the centralized website for the Federal government.
 - CDC continues to maintain www.cdc.gov/covid19.

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SITUATION UPDATE

- 33,404 reported cases of COVID-19 have been detected in all 50 states.
- 539 of these cases occurred through close contact with another case.
- 449 cases occurred in persons who had traveled to international areas with sustained (ongoing) transmission and among their close contacts.
- 32,416 cases are still being investigated to determine the source of exposure.
 - The number of cases of COVID-19 being reported in the US is rising quickly.
 - This increase was expected given an increase in testing and ongoing rapid spread of disease across communities in the United States.
- While these numbers are concerning, the increase is not unexpected.
- More robust data will allow us to better understand and track the size and scope of the outbreak and strengthen prevention and response efforts.
- On March 20, new web content on the [15-Day Pause](#) was posted. The 15-day pause recommended by the White House presents the entire country with an opportunity to implement actions designed to slow and limit the spread of COVID-19.
- On March 19, a new online interactive [COVID-19 symptom self-checker](#) was launched.
 - The self-checker helps users make decisions about seeking appropriate medical care. This system is not intended for diagnosis or treatment of COVID-19 or other diseases.
- On March 18, CDC posted a new webpage with guidance for colleges and universities including:
 - [Interim Guidance for Administrators of US Institutions of Higher Education](#)
 - [FAQs for Administrators of Institutes of Higher Education](#)
- On March 19, CDC posted additional guidance on COVID-19 for clinicians and health care facilities, including:
 - Guidance on infection control procedures to [Protect Your Patients and Staff from COVID-19](#);
 - [Disinfecting Your Facility if Someone is Sick](#); and
 - A [Clinician Toolkit](#), which includes outdoor and indoor signs and patient handouts with tips for home care.
- On March 18, CDC Principal Deputy Director Dr. Anne Schuchat did a Q&A on [What to Expect When You’re Expecting](#) for an audience of 16 million new and expectant mothers. Dr. Schuchat answered questions related to COVID-19 and pregnancy, infant care, and breastfeeding.
- A CDC study published March 17 shows that younger people can develop serious COVID-19 illness requiring hospitalization. This finding is different from the first reports from China. Younger people are still much less likely to die from COVID-19 than older people.
- As of March 17, 2020, there are confirmed COVID-19 cases in corrections facilities in NY, WA and GA. Discussion of implementing releases of non-violent offenders to reduce populations incarcerated, decrease chance of spread.
- As of March 22, 91 state and local public health labs in 50 states, the District of Columbia, Guam, and Puerto Rico have verified they are successfully using COVID-19 diagnostic tests. See [map showing which states and territories have one or more laboratories that have successfully verified and are currently using COVID-19 diagnostic tests](#).

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- As of March 22, CDC and local and state public health laboratories had tested a total of 61,847 specimens.
- Private laboratories are increasing their testing capacity. In addition to the approximately 2,500 tests per day currently done nationally, it is projected that:
 - Roche will increase their capacity up to 10,000 tests per day by end of this week
 - BioReference will increase their capacity by an additional 3,000 tests per day.
- CDC is adapting some of the agency’s existing surveillance systems to better track COVID-19.
 - CDC plans to roll out a COVID-19 surveillance report next week.
- On Monday, March 16, CDC reported the first confirmed case in a [CDC employee](#).

CDC GUIDANCE UPDATES

- On March 22, CDC posted COVID-19 information specific to children including:
 - [Tips for parents](#) during school dismissal,
 - [Guidance](#) for Schools and Childcare Programs, and
 - [Updated FAQs](#) related to children and COVID-19
- On March 22, CDC posted [Guidance for Retirement Communities and Independent Living](#) to help them plan, prepare, and respond to COVID-19.
- On March 19, CDC updated [technical guidance](#) and [consumer information](#) about cleaning and disinfecting your home when someone is sick.
- On March 17, updates were made to CDC guidance on alternate non-95 PPE guidance: [Strategies for Optimizing the Supply of N95 Respirators: Crisis/Alternate Strategies](#).
- CDC is reviewing and updating [travel notices](#) almost on a daily basis.
 - As of March 23, CDC has issued 9 additional Level 3 Travel notices for [Australia](#), [Brazil](#), [Canada](#), [Chile](#), [Israel](#), [Japan](#), [Pakistan](#), [Thailand](#), and [Turkey](#).
 - On March 19, the U.S. State Department posted a [Level 4 Global Health Advisory](#), warning travelers Do Not Travel.
 - On March 19, CDC posted after-travel precautions for [Travelers from Countries with Widespread Sustained \(Ongoing\) Transmission Arriving in the United States](#).
 - On [March 18](#), CDC posted a Level 3 Travel Health Notice (Avoid Nonessential Travel) for Malaysia. Malaysia is experiencing widespread ongoing transmission of respiratory illness caused by COVID-19.
 - U.S. citizens, residents, and their immediate family members who have been in China, Iran, the United Kingdom, Ireland or any one of 26 European countries within in the past 14 days can enter the United States, but they are subject to health monitoring and possible quarantine for up to 14 days.
 - CDC also has a [Global Level 2 Travel Health Notice](#) recommending older adults and those who have chronic medical conditions consider postponing nonessential travel.
 - On March 17, CDC posted a [Level 3 Travel Health Notice for Cruise Ship Travel](#), recommending travelers defer all cruise ship travel worldwide.
 - On March 21, CDC posted [additional guidance](#) for travelers returning from cruise ships.
- CDC updated its [guidance for specimen collection](#) for testing for COVID-19 to collect a single upper respiratory nasopharyngeal swab (NP) instead of an NP and oropharyngeal swab (OP).

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- CDC also posted new guidance on when people who have had COVID-19 and have been isolating at home can discontinue isolating in [Discontinuation of Home Isolation for Persons with COVID-19](#).
 - Persons with COVID-19 who have symptoms and were directed to care for themselves at home may discontinue home isolation if:
 - At least 3 days (72 hours) have passed since recovery—defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath); and,
 - At least 7 days have passed since symptoms first appeared.
- CDC posted [Guidance for child care settings](#), including a decision tree on when schools should close.

WHAT YOU CAN DO

- Everyone can do their part to help respond to this emerging public health threat:
 - On March 16, the White House announced a program called [15 Days to Slow the Spread](#) which is a nationwide effort to slow the spread of COVID-19 through the implementation of social distancing at all levels of society.
 - Older people and people with severe chronic conditions should [take special precautions](#) because they are at higher risk of developing serious COVID-19 illness.
 - If you are a healthcare provider, use your judgement to determine if a patient has signs and symptoms compatible with COVID-19 and whether the patient should be tested. Factors to consider, in addition to clinical symptoms, may include:
 - Does the patient have recent travel from an [affected area](#)?
 - Has the patient been in close contact with someone with COVID-19 or patients with pneumonia of unknown cause?
 - Does the patient reside in an area where there has been community spread of COVID-19?
 - If you are a healthcare provider or a public health responder caring for a COVID-19 patient, please take care of yourself and follow recommended [infection control procedures](#).
 - [People who get a fever or cough should consider whether they might have COVID-19, depending on where they live, their travel history or other exposures.](#)
 - [More than half of the United States is seeing some level of community spread of COVID-19.](#)
 - [Testing for COVID-19 may be accessed through medical providers or public health departments, but there is no treatment for this virus.](#)
 - [Most people have mild illness and are able to recover at home without medical care.](#)
 - For people who are ill with COVID-19, but are not sick enough to be hospitalized, please follow [CDC guidance on how to reduce the risk of spreading your illness to others](#). People who are mildly ill with COVID-19 are able to [isolate at home during their illness](#).
 - If you have been in China or another affected area or have been exposed to someone sick with COVID-19 in the last 14 days, you will face [some limitations on your movement](#)

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[and activity. Please follow instructions during this time.](#) Your cooperation is integral to the ongoing public health response to try to slow spread of this virus.

For more information please visit the Coronavirus Disease 2019 Outbreak Page at:
www.cdc.gov/COVID19.