



NEW YORK CITY DEPARTMENT OF
HEALTH AND MENTAL HYGIENE
Ashwin Vasani, MD, PhD
Commissioner

2022 Health Advisory #32: CDC Health Update: Important Updates on COVID-19 Therapeutics for Treatment and Prevention

December 23, 2022

Dear Colleagues,

The Centers for Disease Control and Prevention (CDC) released the below Health Update with guidance on using COVID-19 therapeutics and other strategies to prevent serious outcomes from COVID-19. This CDC Health Update follows a previously released HAN from the NYC Department of Health and Mental Hygiene (NYC Health Department): [2022 Health Advisory #28: Prescribe COVID-19 Therapeutics to Prevent Severe Disease, Hospitalization and Death This Winter](#).

Following is a summary of important points and key updates for New York City (NYC):

- [Bebtelovimab](#) is no longer authorized for treatment of COVID-19 due to the current high prevalence of Omicron sublineages that are resistant.
- Omicron sublineages that account for a majority of current cases have reduced susceptibility to [Evusheld](#). Educate patients receiving Evusheld of the potential for reduced effectiveness and the continued need for additional prevention measures such as wearing a mask around others and vaccination of household members and other close contacts.
- All three available [antivirals](#) for treatment of COVID-19 are expected to retain activity against currently circulating Omicron sublineages. These medications (ritonavir-boosted nirmatrelvir [[Paxlovid](#)], remdesivir [[Veklury](#)], and molnupiravir [[Lagevrio](#)]) can prevent severe disease, hospitalization, and death and are widely available but have been underused, [particularly among Black and Hispanic communities](#).
- Antibacterial therapy and corticosteroids are not recommended for the primary treatment of COVID-19 in the absence of another indication.
- Encourage all patients at risk for severe COVID-19 illness, particularly [people with moderate to severe immunosuppression](#), to protect themselves by wearing a high-quality, well-fitting [mask](#), [improving ventilation](#), and developing [a care plan](#) that includes prompt testing at symptom onset and rapid access to antivirals.
- For the best protection against severe COVID-19, everyone 6 months and older should stay up to date with their COVID-19 vaccines, including getting an [updated bivalent booster if eligible](#).

In NYC, healthcare providers should have a low threshold to prescribe COVID-19 antiviral therapeutics.

- A broad range of individuals are at higher risk for severe COVID-19 and can benefit from COVID-19 treatment, including those who are in a racial or ethnic minority group, those 50 years and older, and those who have underlying health conditions and risk factors such as

physical inactivity, obesity, depression, and disabilities. See the CDC's [Interim Clinical Considerations for COVID-19 Treatment in Outpatients](#) for more information.

- The following are **not** reasons to withhold COVID-19 treatment: being vaccinated, history of prior SARS-CoV-2 infection, mild disease, or concerns about COVID-19 rebound.
- As a reminder, influenza is widespread across NYC. Vaccination, testing and treatment for influenza are essential, especially for higher risk patients. Refer to this [CHI on seasonal influenza prevention and control](#), [HAN #31: CDC Health Advisory: Interim Guidance for Clinicians to Prioritize Antiviral Treatment of Influenza in the Setting of Reduced Availability of Oseltamivir](#), and CDC [testing guidance](#) for when SARS-CoV-2 and influenza viruses are co-circulating.
- Patients who do not have a health provider or are uninsured can call 212-COVID19 (212-268-4319) or 311 to speak with a doctor about treatment options, or find a Test to Treat site at [nyc.gov/covidtest](#) or [aspr.hhs.gov/TestToTreat](#).
- Visit the NYC Health Department's [COVID-19 Outpatient Therapeutics webpage](#) for the most up-to-date information on available therapeutics in NYC.

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Summary

The Centers for Disease Control and Prevention (CDC) is issuing this Health Alert Network (HAN) Health Update to supplement the CDC HAN Health Advisories issued on [April 25, 2022](#) and [May 24, 2022](#) to emphasize to healthcare providers, public health departments, and the public that the majority of Omicron sublineages circulating in the United States have reduced susceptibility to the monoclonal antibody, bebtelovimab and the monoclonal antibody combination, cilgavimab and tixagevimab (Evusheld™).

[Antiviral therapeutics](#) for the [treatment of COVID-19](#), [ritonavir-boosted nirmatrelvir \(Paxlovid™\)](#), [remdesivir \(Veklury®\)](#), and [molnupiravir \(Lagevrio™\)](#), retain activity against currently circulating Omicron sublineages. These medications can prevent severe disease, hospitalization, and death and are widely available but have been underused.

This HAN Health Update provides health care professionals, public health officials, and the public with guidance on improving use of therapeutics for treatment of COVID-19 and strategies to prevent serious outcomes of COVID-19.

Background

CDC [genomic surveillance](#) estimates that the combined proportion of COVID-19 cases caused by the Omicron BQ.1 and BQ.1.1 lineages has reached 76% nationally and is above 50% in each HHS region [1]. Both of these sublineages contain a mutation (K444T) in the spike protein that confers resistance to the monoclonal antibody bebtelovimab [2], which was previously authorized as one of the second-line therapies to treat COVID-19. Given the current high prevalence of variants resistant to bebtelovimab, FDA announced on November 30, 2022, that the [use of bebtelovimab](#) is not currently authorized for patients with COVID-19 in the United States [3]. FDA will continue to monitor the frequency of circulating variants and may provide future updates as appropriate.

Early outpatient treatment of mild-to-moderate COVID-19 with a [recommended first-line](#)

[therapy, ritonavir-boosted nirmatrelvir](#) (Paxlovid™) or [remdesivir](#) (Veklury®), or the second-line therapy, [molnupiravir](#) (Lagevrio™) have been shown to prevent hospitalizations and deaths [4-6]. Ritonavir-boosted nirmatrelvir (Paxlovid™) may also reduce the risk for post-COVID-19 conditions [7]. **Fortunately, all three of these antiviral medications are expected to retain activity against the currently circulating variants and are currently widely available for all [eligible persons](#).** However, only a minority of [eligible patients](#) and fewer patients from [populations disproportionately affected by COVID-19](#) have received them [8,9]. Oral [antivirals](#) can be accessed with a provider prescription at [pharmacies nationwide](#) and at [Test to Treat](#) locations.

People with mild to moderate symptoms of COVID-19 who (1) are aged 50 years and older, or (2) have [an underlying condition](#), or (3) have [moderate to severe immunosuppression](#), are at risk for severe COVID-19 outcomes and are eligible for treatment. Regardless of their vaccination status, all of these groups of people should be tested for SARS-CoV-2 as soon as possible after symptom onset and receive treatment within 5 to 7 days of symptom onset with one of several [treatment options](#).

In [a recent CDC study](#), most people eligible for ritonavir-boosted nirmatrelvir for treatment of COVID-19 in every age group, including those aged older than 65 years, did not receive a prescription for this medication [8]. Racial and ethnic disparities in outpatient treatment with all treatment options have been identified [9]. The recent CDC study examined hospitalization rates among U.S. adults eligible for COVID-19 treatment with ritonavir-boosted nirmatrelvir who were diagnosed with COVID-19 during April through August 2022 [8]. People who were prescribed ritonavir-boosted nirmatrelvir within 5 days of diagnosis had a 51% lower hospitalization rate within the 30 days following diagnosis than those who were not prescribed this medication. People who were previously infected with SARS-CoV-2 and those who had received 3 or more COVID-19 vaccinations also benefited from ritonavir-boosted nirmatrelvir [8]. Other studies have also reported a 45%-89% reduction in emergency department visits, hospitalizations, and deaths due to COVID-19 among patients prescribed ritonavir-boosted nirmatrelvir [10-15]. The [recent increases in the case and hospitalization rates](#) highlight the importance of preventing severe illness through the use of prevention measures and therapeutics.

Considerations in the management of [concomitant medications](#) with [ritonavir-boosted nirmatrelvir](#), such that a temporary pause or reduction in dose is necessary, can be found in the [NIH COVID-19 treatment guidelines](#); additional resources include the [Liverpool COVID-19 Drug Interactions](#) website, the [Ontario COVID-19 Science Advisory Table](#), the ritonavir-boosted nirmatrelvir FDA EUA [fact sheet](#) and [checklist](#). For patients with contraindications to ritonavir-boosted nirmatrelvir, and for whom remdesivir is not feasible, clinicians should consider treatment with [molnupiravir](#). No drug-drug interactions have been identified for molnupiravir. Antibacterial therapy and corticosteroids are not recommended for the primary treatment of COVID-19 in the absence of another indication.

Additional data show that the prevalence of Omicron sublineages that are resistant to cilgavimab plus tixagevimab (Evusheld™) in laboratory assays [16] is [rapidly increasing](#) and has reached 82% nationally. Currently, this combination is the only agent FDA currently [authorized for SARS-CoV-2 pre-exposure prophylaxis \(PrEP\)](#) in people who are not expected to mount an adequate immune response to COVID-19 vaccination or those with contraindications for COVID-19 vaccines. Therefore, the NIH COVID-19 Guidelines Panel continues to recommend the use of cilgavimab plus tixagevimab as PrEP for eligible individuals. **This recommendation may change**

if the prevalence of resistant sublineages increases. This combination may be offered to these patients (adults and adolescents [aged ≥ 12 years and weighing ≥ 40 kg]) who do not have SARS-CoV-2 infection. Providers and patients should be aware of the potential for reduced effectiveness and emphasize the need for additional [prevention measures](#). CDC recommends that these groups, their household members, and close contacts [stay up to date](#) with vaccinations, including getting the [bivalent booster](#) when eligible.

Prevention measures for all people at risk for severe illness, particularly [people with moderate to severe immunosuppression](#), should be encouraged to protect people from infections. [Prevention measures](#) include wearing high quality and well-fitting [masks](#), keeping distance between themselves and others, [improving ventilation](#), and developing [a care plan](#), in consultation with their physician. The care plan should include prompt testing at onset of COVID-19 symptoms and rapid access to antivirals if SARS-CoV-2 infection is detected. CDC recommends people aged 6 months and older who are eligible receive one [updated \(bivalent\) vaccine](#) if it has been at least two months since they received their most recent COVID-19 dose (either primary series or original monovalent booster).

Recommendations for Healthcare Providers

- Stay up-to-date on the appropriate use and authorization of clinically-indicated therapeutics, drug interactions, and the circulating SARS-CoV-2 variants through:
 - [National Institutes of Health COVID-19 Treatment Guidelines](#)
 - Treatment and prevention options through [FDA Emergency Use Authorization](#)
 - Currently circulating variants at [CDC Data Tracker](#)
- As healthcare providers consider a treatment plan for each of their eligible patients, they should review the patient's renal and hepatic function and all the patient's other medications.
 - There are considerable differences in [characteristics](#), eligibility criteria, [preferred therapy](#), administration, risk profiles, and use restrictions between the three antivirals, [ritonavir-boosted nirmatrelvir](#) (Paxlovid™, multiple [drug-drug interactions](#)), [remdesivir](#) (Veklury® possible drug-drug interactions), and [molnupiravir](#) (Lagevrio™, [no known drug-drug interactions](#)).
 - Healthcare providers need to be familiar with these distinctions to make clinical decisions and inform patients.
- Educate patients about the importance of early testing if [COVID-19 symptoms](#) develop, particularly if they have moderate or severe immunosuppression.
- Because [symptoms are similar](#), consider [influenza testing](#) for [patients at high risk for severe influenza](#).
 - CDC has [testing guidance](#) for clinicians when SARS-CoV-2 and influenza viruses are co-circulating. Because SARS-CoV-2 and influenza virus co-infection can occur, a positive influenza test result without SARS-CoV-2 testing does not exclude COVID-19, and a positive SARS-CoV-2 test result without influenza testing does not exclude influenza.
- [Guidance for antiviral treatment for influenza](#) does not vary with SARS-CoV-2 coinfection.
- Educate [patients at higher risk for severe COVID-19](#) that they are eligible for [COVID-19 treatment](#) if they develop mild or moderate COVID-19.
- Consider and prescribe COVID-19 treatment for patients at higher risk for severe COVID-19.

- Treatment initiation with [these antivirals](#) must begin within 5 to 7 days of symptom onset, depending on the therapy.
- Consider the use of convalescent plasma for in- or outpatient treatment for immunocompromised persons when other options are not possible.
- Obtain information on [availability and access](#) to outpatient COVID-19 treatments, including [pharmacies](#) where antivirals for COVID-19 are distributed and [Test to Treat](#) locations; call the support line at [1-800-232-0233](#) (TTY [888-720-7489](#)), or contact the health department in your jurisdiction.
- To prevent serious outcomes of COVID-19, including severe disease, hospitalization, and death
 - Educate patients about prevention measures (including masks, ventilation) and the benefits of treatments.
 - Concern about recurrence of symptoms after treatment should not prevent treatment for those at risk for [severe disease, hospitalization, and death](#).
 - Recommend that people aged 6 months and older who are eligible receive one [updated \(bivalent\) vaccine](#) if it has been at least two months since they received their most recent COVID-19 dose (either primary series or original monovalent booster).

Recommendations for Public Health Departments and Public Health Jurisdictions

- Monitor Omicron variants and sublineages in your jurisdictions using the best available data to communicate with local partners and providers.
- Disseminate information on the:
 - Need for [preventive measures](#), such as masking in indoor public places, particularly for those at risk for [severe disease, hospitalization, and death](#)
 - Benefits of antiviral treatment and who is recommended to receive it,
 - Need for early testing,
 - [Test to Treat](#) call center at [1-800-232-0233](#) (TTY [1-888-720-7489](#)) which provides information in more than 150 languages, and for the [Disability Information and Access Line](#) at 1-888-677-1199.

Recommendations for the Public

- If you have mild or moderate symptoms of COVID-19 AND you are aged 50 years or older, OR have a condition placing you at [increased risk](#) of getting very sick from COVID-19, **get tested as soon as possible**, following [CDC guidance on testing for COVID-19](#).
- If [you are 65 years old or older or have a condition placing you at risk for severe influenza](#), also consider getting an influenza test.
- Find out how to get [treatment](#). One of the preferred COVID-19 treatments involves just 5 days of a prescribed oral medication.
- Because [antivirals](#) work best early in the course of illness, start treatment within 5 to 7 days of symptom onset.

- **Contact a healthcare provider right away after a positive home COVID-19 test to discuss treatment options**, even if your symptoms are mild, and especially if you are immunocompromised.
- Take your prescription to [one of 40,000 locations](#), or visit a [Test to Treat](#) location, and, if eligible, receive a prescription from a provider at that location or call [1-800-232-0233](#) (TTY [1-888-720-7489](#)) to find a testing location that can provide treatment if you test positive.
- Stay [up to date](#) with COVID-19 vaccination and getting [an influenza vaccination](#); they are still the best ways to prevent severe outcomes of COVID-19 and influenza, including severe disease, hospitalization, and death. CDC recommends that people aged 6 months and older who are eligible receive one updated (bivalent) SARS-CoV-2 booster if it has been at least 2 months since they received their most recent dose (either primary series or original monovalent booster).
- [Protect yourself](#), family, and friends, particularly if you have moderate to severe immunosuppression, with [prevention measures](#) against infection. These include wearing high quality and well-fitting [masks](#), keeping distance between themselves and others, [improving ventilation](#), staying home when sick, and developing [a care plan](#).

For More Information

- [CDC COVID-19 Treatments and Medications](#)
- [NIH COVID-19 Treatment Guidelines](#)
- [NIH COVID-19 Treatment Guidelines: Therapeutic Management of Nonhospitalized Adults with COVID-19](#)
- For ritonavir-boosted nirmatrelvir drug-drug interactions: [Liverpool COVID-19 Drug Interactions](#) and [Ontario COVID-19 Science Advisory Table](#)
- [NIH COVID-19 Treatment Guidelines: Influenza and COVID-19](#)
- [CDC Interim Clinical Considerations for Use of COVID-19 Vaccines in the United States](#)
- [NIH COVID-19 Treatment Guidelines: Prevention of SARS-CoV-2 Infection](#)
- [Administration for Strategic Preparedness and Response COVID-19 Test to Treat Locator](#)
- [FDA COVID-19 Therapeutic Product Emergency Use Authorizations](#)
- [CDC COVID Data Tracker](#)

References

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The Centers for Disease Control and Prevention (CDC) protects people’s health and safety by preventing and controlling diseases and injuries; enhances health decisions by providing credible information on critical health issues; and promotes healthy living through strong partnerships with local, national and international organizations.

DEPARTMENT OF HEALTH AND HUMAN SERVICES

HAN Message Types

- **Health Alert:** Conveys the highest level of importance; warrants immediate action or attention.
- **Health Advisory:** Provides important information for a specific incident or situation; may not require immediate action.

- **Health Update:** Provides updated information regarding an incident or situation; unlikely to require immediate action.
- **Info Service:** Provides general information that is not necessarily considered to be of an emergent nature.

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This message was distributed to state and local health officers, state and local epidemiologists, state and local laboratory directors, public information officers, HAN coordinators, and clinician organizations.

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