



The COVID-19 Pandemic

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To those of you who have been affected by the disease

- Our sincere sympathy to you and your families. Your pain is real, and we want to support you.
- Please forgive us if any statement we make causes you more pain. We will try to be careful, knowing that you are sensitive, but we know that we may still say something that hurts.
- Remember that this is new to all of us. We all are doing the best we can, based on information that is constantly changing. Forgive yourself and others; you and they are not to blame.

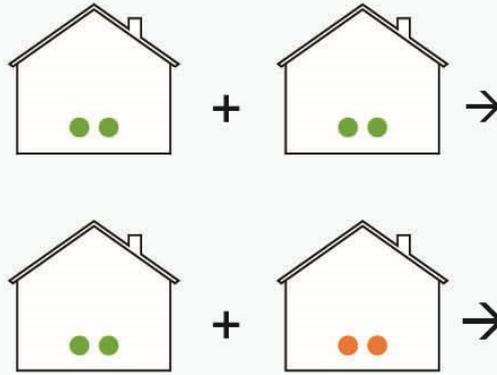
Disclaimer:

Information about COVID-19 (aka SARS-CoV-2), including about vaccines, variant mutations, and transmission, **is still evolving as we learn more about the pandemic.** That which we present is based on our best information at the time **at which it was presented.**

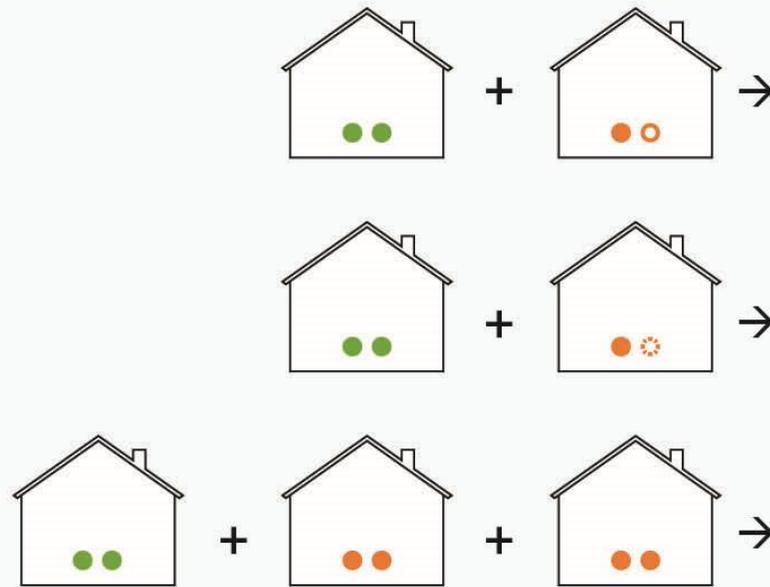
Interim Public Health Recommendations for Fully Vaccinated People

- “This guidance will be updated and expanded”
- “The following recommendations apply to **non-healthcare settings**”
- “**Fully vaccinated** people can:
 - “Visit with other **fully vaccinated people indoors without wearing masks or physical distancing**”
 - “Visit with **unvaccinated people** from a **single household** who are **at low risk** for severe COVID-19 disease indoors without wearing masks or physical distancing”
 - “**Refrain from quarantine and testing following a known exposure if asymptomatic**”

- = Vaccinated
- = Unvaccinated + low risk
- = Unvaccinated + high risk
- ⊗ = Unvaccinated + high risk not at home



No prevention methods



Take prevention methods



Wear a mask



Choose well ventilated areas



Keep 6 feet away from others and avoid crowds



Wash your hands

“For now, fully vaccinated people should continue to:

- “Take precautions in public like wearing a well-fitted mask and physical distancing
- “Wear masks, practice physical distancing, and adhere to other prevention measures when visiting with unvaccinated people who are at increased risk for severe COVID-19 disease or who have an unvaccinated household member who is at increased risk for severe COVID-19 disease
- “Wear masks, maintain physical distance, and practice other prevention measures when visiting with unvaccinated people from multiple households
- “Avoid medium- and large-sized in-person gatherings
- “Get tested if experiencing COVID-19 symptoms
- “Follow guidance issued by individual employers
- “Follow CDC and health department travel requirements and recommendations”

- “Fully vaccinated people should not visit or attend a gathering if they have tested positive for COVID-19 in the prior 10 days or are experiencing COVID-19 symptoms, regardless of vaccination status of the other people at the gathering.”
- “For example, fully vaccinated grandparents can visit indoors with their unvaccinated healthy daughter and her healthy children without wearing masks or physical distancing, provided none of the unvaccinated family members are at risk of severe COVID-19.”
- “At this time, CDC is not updating our travel recommendations and requirements.”

Recommendations for Isolation, Quarantine and Testing

- “Fully vaccinated people **with no COVID-like symptoms** do not need to quarantine or be tested following an exposure to someone with suspected or confirmed COVID-19, as their risk of infection is low.”
However, remember: “Wear masks, maintain physical distance, and practice other prevention measures when visiting with **unvaccinated people from multiple households**”
- “Fully vaccinated people who do not quarantine **should still monitor** for symptoms of COVID-19 for 14 days following an exposure. If they **experience symptoms**, they should isolate themselves from others, be clinically evaluated for COVID-19, including SARS-CoV-2 testing, if indicated, and inform their health care provider of their vaccination status at the time of presentation to care.”

Summary (pre-CDC new guidance)

- Your medical history is unique to you. If you have questions, consult with your health care provider. This presentation is for people in general.
- Exposure to COVID-19 can be limited by wearing masks, especially N-95 or double masks, AND social distancing, AND washing hands with soap.
- **Get vaccinated!**
 - For those of you who have, congratulations! We hope you had minimal side effects.
 - This virus causes a bad disease with complex acute and chronic effects about which we are still learning.
 - The vaccines approved appear to be safer than the disease and more effective than many vaccines.
 - The virus has and will continue to mutate. Current vaccines provide good protection; boosters may be advised in the future.

There is no one best answer for everyone

- What is your potential for exposure?
- What is your medical history?
- What is important to your quality of life?
 - Religious services?
 - Caring for, or being cared for by, your family?
 - Seeing your health care provider(s)?
 - Socializing with friends?
 - Community group activities?
 - Eating out?
 - Taking care of yourself, i.e., being self-sufficient?

Some of what we know

- Bad News:
 - Most of the spread of the virus is likely from asymptomatic people who don't think they are infected.
 - We are still learning about the potential short-term and long-term effects of this infection.
- Good News:
 - Soap is a great disinfectant for the virus.
 - DC's rates of infection are comparatively low.
 - DC's hospitals still have capacity to treat those that need it.

Life ...

*is a
sexually
transmitted
condition
with
100% mortality.*

Resha M. Putzrath

Get Vaccinated!

- If you have medical conditions, talk with your health care provider about vaccination.
- The vaccines used in the US have been evaluated by FDA experts and a panel of outside experts.
- The vaccines approved so far appear to be safer and more effective than anticipated.
- The vaccines appear to be much safer than getting the disease.
- Each of the vaccines has different advantages and disadvantages.
- Comparing the vaccines is not realistic. Each of the vaccines has been studied in different human populations, with different procedures, and with exposure to different variants of the virus.
- Keep the record of your vaccination. Send a copy to your health care provider. A universal certification may become available.

Numbers are less precise than they appear.

The Ninety Isles:

“... whether the sum of them is ninety is a question never settled, for if you count **only isles with freshwater spring** you might have seventy, while if you count every rock you might have a **hundred** and still not be done, and then **the tide would change.**”

Ursula K. LeGuin

A Wizard of Earthsea

After vaccination, **continue your practices** to limit exposure

- The vaccines take time to become effective.
 - “For the purposes of this guidance, people are considered fully vaccinated for COVID-19 ≥ 2 weeks after they have received the second dose in a 2-dose series (Pfizer-BioNTech or Moderna), or ≥ 2 weeks after they have received a single-dose vaccine (Johnson and Johnson[J&J]/Janssen)” (March 7, 2021 CDC interim guidance)
 - Some sources suggest more time may be necessary for J&J
- The vaccines are not 100% effective.
- We do not know how long the immunity will last.
- Vaccinated people may be able to spread the virus to others.
- We are still learning about the potential long-term effects of this infection, called the “long haulers” or “long COVID”.

The four main categories of vaccines

- Pfizer's and Moderna's vaccines use **nucleic acid** (messenger RNA or mRNA) that the cells use to make the spike protein. The mRNA is combined with lipids (fat-like chemicals) to protect it and allow easier entrance into cells.
- Johnson and Johnson's and Oxford-AstraZeneca's vaccines use **viral vectors**, an inactivated virus that is not COVID, to carry the DNA that codes for the spike protein into the body's cells.
- **Whole virus** vaccines use a weakened or deactivated version of the virus.
- **Protein subunit** vaccines use a select fragment of the virus.

Use your Village to reduce your stress.

In this time of forced social isolation, the Villages have reached out to educate, stimulate, and comfort those in our community.

- If you still need a vaccination your Village can help.
- If you need a ride to your appointment, Village volunteers are available for transport.
- If you want someone to call and check up on you for a couple of days after your vaccination.
- If you have questions or concerns, other members may be able to provide information.
- If you would like to talk with someone going through the same experiences to know you aren't alone.

The Villages are a fantastic resource

- Check out the new Wellness Wednesdays.
- They have organized online talks on a wide variety of subjects.
- They provide information about other online resources including:
 - Book clubs and other discussion groups
 - Exercise for seniors, e.g., DC Department of Aging and Community Living https://www.ymcadc.org/virtual-fit-well/?mc_cid=694dd6f8f0&mc_eid=1c164470e7 and YMCA Fit & Well Seniors Program 2021 <https://forms.gle/3kf3ii1PNDC7MZXe8>
 - IT assistance

Protect yourself by optimizing your health

- Have your **vitamin D** monitored. Optimal level is 50-70 ng/ml of blood.
- **Improve your diet** increasing grains, fruits, and vegetables and limiting meats and sugars. Consider regular addition of yogurt that is high in protein, calcium, vitamin B12, and (when plain) low in calories. Yogurt may also have positive effects on the immune, cardiovascular, and metabolic health systems.
- **Be grateful.** Pause at least once a day to look around, stop and take a deep breath, and find the small things that give you pleasure. Looking at nature provides ever changing beauty.
- **Exercise!** The best exercise is one that you will do regularly. Walking, especially outside and with a friend, hits many bells!

That which hits

the fan

is

not

e v e n l y

dis tri bu ted.

William R. Freudenburg

Consider registering for CDC's v-safe

- You need a smart phone.
- The system has HIPAA security for your personal information.
- v-safe will text you, initially daily to ask about any post vaccination symptoms and then less often if you are symptom free.
- It monitors you for potential signs to seek medical attention.
- We assume that this information will be used by CDC to learn more about the efficacy and potential side effects of the vaccines, e.g., in “Morbidity and Mortality Weekly Report”.
- This information may improve procedures for producing vaccines for new viruses that occur in the future.

Is anything SAFE?

- Safe enough given the benefits (risk-benefit or cost-benefit analyses)
 - Safe enough for you given the benefits to you
 - pharmaceuticals
 - risk and benefit occur to same individual
 - Safe enough for society given the benefits to society
 - vaccines
 - risk and benefits likely to occur to different individuals
- Safe enough compared to the alternatives (risk-risk analysis)
 - Choking on food versus not eating (easy)
 - A life-saving pharmaceutical that might cause effects on the kidneys versus one that might cause effects on the liver (complex)

*There are no solutions;
there are only trade-offs.*

Thomas Sowell

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Questions?