COVID-19 Update

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Public Health Medical Officer,
Health And Human Services Agency

9/22/2021
Identical twins: One was vaccinated for COVID, the other wasn't; how'd they fare?

Bobby and Billy Ford are identical twins from Williamsburg, Virginia. They worked together at Bobby’s Auto Service Center, where there was an outbreak of COVID-19. Bobby was infected, but he was vaccinated, and only had minor symptoms. Billy was unvaccinated, and ended up dying in the hospital due to severe COVID-19 symptoms. Up until his death, Billy persuaded others in his family to get vaccinated, and Bobby continues to encourage others to do the same.
CDC REPORTED DEATHS IN THE UNITED STATES, 2017-20

Total Deaths in the United States by Year

<table>
<thead>
<tr>
<th>Year</th>
<th>Total # of Deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017</td>
<td>2,813,503</td>
</tr>
<tr>
<td>2018</td>
<td>2,839,205</td>
</tr>
<tr>
<td>2019</td>
<td>2,854,838</td>
</tr>
<tr>
<td>2020</td>
<td>3,358,814</td>
</tr>
</tbody>
</table>
WHETHER OR NOT WE WERE *INFECTED* WITH COVID, OUR LIVES AND LIVELIHOODS WERE ALL *AFFECTED BY COVID*…

**HEALTH**
What Happens When Americans Can Finally Exhale
The pandemic’s mental wounds are still wide open.

**Increased Mental Health–Related Emergency Department Visits Among Children During the Pandemic** (cdc.gov)

**Initial Impact of COVID-19 on U.S. Economy More Widespread Than on Mortality** (census.gov)

**How COVID distance learning hurt California English learners - Los Angeles Times** (latimes.com)
LONGITUDINAL TRENDS IN BODY MASS INDEX BEFORE AND DURING THE COVID-19 PANDEMIC AMONG PERSONS AGED 2–19 YEARS — UNITED STATES, 2018–2020

- 432,302 persons aged 2-19 years from national database
- Rate of BMI increase doubled during the pandemic
- Those with pre-pandemic overweight or obesity and younger school-aged children had the largest increase
- Those underweight pre-pandemic were the only group not to show an increase
- See full article here
COVID AND PEDIATRICS IN THE NEWS

THE BAD AND THE GOOD

- Pan American Health Organization (PAHO) warned about increasing percentage of hospitalizations and deaths amongst kids
- 1.9 million cases in 2021 in the Americas
- Has triggered the worst educational crisis ever seen in the Americas
- Has helped fuel one of the largest jumps in teenage pregnancy seen in a decade
- Increased risk of domestic violence

- Pfizer announced positive data for trial of vaccines in kids under 12 years
  - 2,268 participants 5-11 years old
  - 10 µg dose (vs. 30 µg dose in 12 and older)
  - Vaccine was safe, well tolerated and showed robust neutralizing response
    - No cases of myocarditis
    - Comparable antibody response to 16-25 year olds

Unvaccinated Children Suffering COVID Impact, Americas Health Agency Warns (medscape.com)
Pfizer and BioNTech Announce Positive Topline Results From Pivotal Trial of COVID-19 Vaccine in Children 5 to 11 Years | Pfizer
Getting screened for depression is an important part of healthcare checkups, just as important as getting your blood pressure checked, or being screened for heart disease or diabetes!

We encourage you to help promote FREE mental health resources, take the online Check Your Mood self-assessment, and participate in our social media campaign to raise awareness about mental health. For more information or questions regarding Virtual Check Your Mood Day 2021, please visit:

www.CheckYourMoodSD.org
checkyourmood@sdcounty.ca.gov
The Border Health Consortium of the Californias Mental Health Work Group invites you to the 5th Annual Binational Mental Health Symposium:

**Healing the Impact of COVID-19:**

How to build resilience throughout life during a time of difficulty

We invite you to a binational dialogue about best practices, resources, and strategies to take care of your mental health and well-being.

**Date:** October 6, 2021  
**Time:** 10AM-12PM  
**Virtual Zoom Event**

**CLICK HERE TO REGISTER BEFORE OCTOBER 4, 2021**

English and Spanish interpretation available.

For more information, please contact Izzybeth Rodriguez-Prats at izzybeth.rodriguez@sdcounty.ca.gov

Register here or email izzybeth.rodriguez@sdcounty.ca.gov for more information
• Long COVID, long-haulers, chronic COVID, etc. are all terms for new, returning, or ongoing health problems people can experience 4 or more weeks after being infected with COVID-19

• Post-COVID conditions can be new or ongoing symptoms, multiorgan effects, autoimmune conditions, or effects of hospitalization

• The CDC and other experts around the world are working to learn more about the short- and long-term effects of COVID-19

• The best way to prevent post-COVID conditions is to prevent COVID-19 illness, including getting vaccinated as soon as you can

• For more information, visit the [CDC: Post-COVID Conditions](https://www.cdc.gov/postcovid/index.html) website
8-year-old battles rare condition linked to coronavirus
COVID LIKELY LED TO A RARE DISORDER THAT LEFT 8-YEAR-OLD GIRL PARALYZED

- 8-year-old with COVID developed Acute Disseminated Encephalomyelitis (ADEM)
- Low-grade fever that resolved after a couple of days; few days later she was found unresponsive
- Previously healthy with no underlying health conditions
- Dozens of reported cases of COVID-related ADEM since the pandemic started
  - [See article here](#)
PEDIATRIC DEATHS DUE TO COVID-19 VS. FLU IN CALIFORNIA

Compared to Flu Deaths

<table>
<thead>
<tr>
<th>Year</th>
<th>Number of Pediatric Deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td>2016-2017</td>
<td>35</td>
</tr>
<tr>
<td>2017-2018</td>
<td>30</td>
</tr>
<tr>
<td>2018-2019</td>
<td>25</td>
</tr>
<tr>
<td>2019-2020</td>
<td>20</td>
</tr>
<tr>
<td>2020-2021</td>
<td>15</td>
</tr>
<tr>
<td>Covid 2020-21</td>
<td>35</td>
</tr>
</tbody>
</table>

Median Age

- Flu 2016-2021: 5 years
- Covid 2020-2021: 12 years

Demographics of Flu and COVID Pediatric Deaths

As of 9/11/21

COVID PEDIATRIC DEATHS
What we know about the SARS-CoV-2 Delta variant (medicalxpress.com)
VACCINES = BEST WAY TO GET BACK TO NORMAL AND STAY NORMAL

After Delta became the most common variant,* fully vaccinated people had reduced risk† of...

**INFECTION**

5X

**HOSPITALIZATION**

>10X

**DEATH**

>10X

Vaccination offers strong protection against COVID-19


* June 20 - July 17, 2021
† Compared with people not fully vaccinated

CALIFORNIA HAS LOWEST COVID-19 CASE RATE IN US, SEPT 20, 2021
COVID-19 Case Rate by Vaccination Status

Case rate for not fully vaccinated residents is **4 times higher** than fully vaccinated residents.

<table>
<thead>
<tr>
<th></th>
<th>Average Daily Cases per 100,000 (7-day average with 14-day lag: 8/22/2021– 8/28/2021)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not Fully Vaccinated*</td>
<td>59.3</td>
</tr>
<tr>
<td>Fully Vaccinated**</td>
<td>13.9</td>
</tr>
<tr>
<td>County Overall</td>
<td>33.6</td>
</tr>
</tbody>
</table>

**Cases who first tested positive (based on specimen collection date) greater than or equal to 14 days after receiving the final dose of COVID-19 vaccine.**

****If case did not have symptoms or illness onset date is unavailable, the earliest of specimen collection date, date of death, or date reported is used instead.

For more information see the [COVID-19 Watch](#) and the [Summary of Cases by Vaccination Status](#).

COVID-19 Hospitalization Rate by Vaccination Status

Hospitalization rate for not fully vaccinated residents is **51 times higher** than fully vaccinated residents.

<table>
<thead>
<tr>
<th>Vaccination Status</th>
<th>Average Daily Hospitalizations per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not Fully Vaccinated*</td>
<td>2.02</td>
</tr>
<tr>
<td>Fully Vaccinated**</td>
<td>0.04</td>
</tr>
<tr>
<td>County Overall</td>
<td>0.91</td>
</tr>
</tbody>
</table>

(7-day average with 21-day lag: 8/15/2021 – 8/21/2021)

*Not fully vaccinated includes individuals with one dose of the two-dose series, no doses, or unknown vaccination status. Individuals less than 12 years of age who are not yet eligible for the vaccine are also included.

**Cases who first tested positive (based on specimen collection date) greater than or equal to 14 days after receiving the final dose of COVID-19 vaccine.

For more information see the [COVID-19 Watch](#) and the [Summary of Cases by Vaccination Status](#).

**Cases by Vaccination Status Among San Diego County Residents**

<table>
<thead>
<tr>
<th>Since Jan. 1, 2021</th>
<th>Not Fully Vaccinated*</th>
<th>Fully Vaccinated**</th>
<th>All Cases</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Confirmed Cases*</td>
<td>154,026</td>
<td>16,376</td>
<td>170,402</td>
</tr>
<tr>
<td>Hospitalizations</td>
<td>6,692</td>
<td>84</td>
<td>6,776</td>
</tr>
<tr>
<td>Deaths</td>
<td>1,382</td>
<td>36</td>
<td>1,418</td>
</tr>
</tbody>
</table>
| **Cases who first tested positive (based on specimen collection date) greater than or equal to 14 days after receiving the second vaccine.**

| Median Age (Years) | 32 | 41 | 33 |
| Age Range (Years) | 0-100+ | 12-100+ | 0-100+ |

<table>
<thead>
<tr>
<th>Last 30 Days (8/16/2021 – 9/14/2021)</th>
<th>Not Fully Vaccinated*</th>
<th>Fully Vaccinated**</th>
<th>All Cases</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Confirmed Cases*</td>
<td>21,741</td>
<td>5,587</td>
<td>27,328</td>
</tr>
<tr>
<td>Hospitalizations</td>
<td>548</td>
<td>9</td>
<td>557</td>
</tr>
<tr>
<td>Deaths</td>
<td>39</td>
<td>8</td>
<td>47</td>
</tr>
</tbody>
</table>
| **Cases who first tested positive (based on specimen collection date) greater than or equal to 14 days after receiving the second vaccine.**

| Median Age (Years) | 29 | 42 | 32 |
| Age Range (Years) | 0 – 100+ | 12 – 96 | 0-100+ |

*Not fully vaccinated includes individuals with one dose of the two-dose series, no doses, or unknown vaccination status. Individuals less than 12 years of age who are not yet eligible for the vaccine are also included.

**Cases who first tested positive (based on specimen collection date) greater than or equal to 14 days after receiving the second vaccine.

For more information, including variant status, see the [COVID-19 Watch](#) and the [Summary of Cases by Vaccination Status](#).

ROLLING PERCENTAGE OF CASES AMONG TESTS BY DATE REPORTED

COVID-19 Dashboard (arcgis.com)
COVID-19 Case Rate by Vaccination Status

COVID-19 Average Daily Cases per 100,000 Individuals by Vaccination Status In San Diego County Residents

<table>
<thead>
<tr>
<th>Date Updated</th>
<th>Dates of Interest for Analyses (14-day lag)</th>
<th>Not Fully Vaccinated*</th>
<th>Fully Vaccinated**</th>
<th>All County Residents</th>
</tr>
</thead>
<tbody>
<tr>
<td>8/10/2021</td>
<td>7/18-7/24</td>
<td>41.1</td>
<td>4.5</td>
<td>21.5</td>
</tr>
<tr>
<td>8/17/2021</td>
<td>7/25-7/31</td>
<td>55.7</td>
<td>6.0</td>
<td>28.7</td>
</tr>
<tr>
<td>8/24/2021</td>
<td>8/1-8/7</td>
<td>66.9</td>
<td>9.3</td>
<td>35.2</td>
</tr>
<tr>
<td>8/31/2021</td>
<td>8/8-8/14</td>
<td>68.0</td>
<td>15.2</td>
<td>38.7</td>
</tr>
<tr>
<td>9/7/2021</td>
<td>8/15-8/21</td>
<td>61.9</td>
<td>17.7</td>
<td>37.1</td>
</tr>
<tr>
<td>9/15/2021</td>
<td>8/22-8/28</td>
<td>59.3</td>
<td>13.9</td>
<td>33.6</td>
</tr>
</tbody>
</table>

**Cases who first tested positive (based on specimen collection date) greater than or equal to 14 days after receiving the final dose of COVID-19 vaccine.

For more information see the [COVID-19 Watch](#) and the [Summary of Cases by Vaccination Status](#).

Prepared by the County of San Diego. Updated 9/15/2021.
COVID-19 Daily Hospital Bed Census, San Diego County
Includes Cases and Suspect COVID-19 Patients

Licensed beds = 6,416

Reserved for COVID-19

80% bed capacity

Current beds in use
COVID-19-related patients
Current Bed Capacity

Data are preliminary and subject to change; data from hospitals reporting directly to the County of San Diego; includes cases and suspect patients for non-federal hospitals for San Diego County residents and non-residents; current bed capacity for non-federal hospitals in San Diego County. Prepared by County of San Diego, Emergency Operations Center, 9/15/2021.
SAN DIEGO COULD’VE BEEN MUCH WORSE IF NOT FOR VACCINES AND OTHER INTERVENTIONS

Cases by region

This chart shows how average daily cases per capita have changed in different parts of the country. The state with the highest recent average cases per capita is shown.

All time | Last 90 days

West | Midwest | South | Northeast

Confirmed cases are based on whole genome sequencing (WGS) results, which are not available until approximately 2-4 weeks after initial testing. These results do not represent all variant cases in San Diego County. Not all confirmed cases are sequenced and not all sequencing results are immediately available to Public Health Services. Variants of Concern with case counts <10 are not included in this table. Currently, 5 cases of B.1.351/Beta (first detected in South Africa) have been reported.

Source: San Diego County Communicable Disease Registry.

For more information, see the [Summary of Variant Cases](#) report.


### Known Variant Cases* Among San Diego County Residents

<table>
<thead>
<tr>
<th>Location First Detected</th>
<th>B.1.1.7</th>
<th>P.1</th>
<th>B.1.617.2</th>
</tr>
</thead>
<tbody>
<tr>
<td>WHO Label</td>
<td>U.K.</td>
<td>Brazil</td>
<td>India</td>
</tr>
<tr>
<td>Total Confirmed Cases</td>
<td>2,598</td>
<td>485</td>
<td>3,297</td>
</tr>
<tr>
<td>Hospitalizations</td>
<td>52</td>
<td>10</td>
<td>88</td>
</tr>
<tr>
<td>Deaths</td>
<td>5</td>
<td>0</td>
<td>25</td>
</tr>
<tr>
<td>Age</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Median Age (Years)</td>
<td>31</td>
<td>28</td>
<td>33</td>
</tr>
<tr>
<td>Age Range (Years)</td>
<td>0-93</td>
<td>0-91</td>
<td>0-99</td>
</tr>
<tr>
<td>Sex</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female</td>
<td>1,316</td>
<td>232</td>
<td>1,662</td>
</tr>
<tr>
<td>Male</td>
<td>1,272</td>
<td>251</td>
<td>1,606</td>
</tr>
</tbody>
</table>

*Confirmed cases are based on whole genome sequencing (WGS) results, which are not available until approximately 2-4 weeks after initial testing. These results do not represent all variant cases in San Diego County. Not all confirmed cases are sequenced and not all sequencing results are immediately available to Public Health Services. Variants of Concern with case counts <10 are not included in this table. Currently, 5 cases of B.1.351/Beta (first detected in South Africa) have been reported.

Source: San Diego County Communicable Disease Registry.
NOTABLE RECENT CHANGES IN EXPOSURE SETTINGS

COVID-19 Potential Exposure Settings

Figure 16. All Potential Exposure Settings Identified Among Confirmed Cases, San Diego County Residents

- Cases within last 3 months (N = 17,690)
- Cumulative Cases (N = 149,820)

<table>
<thead>
<tr>
<th>Setting</th>
<th>Cases within last 3 months</th>
<th>Cumulative Cases</th>
</tr>
</thead>
<tbody>
<tr>
<td>Household*</td>
<td>37%</td>
<td>36%</td>
</tr>
<tr>
<td>Community settings/social gatherings***</td>
<td>28%</td>
<td>28%</td>
</tr>
<tr>
<td>Non-healthcare workplace**</td>
<td>28%</td>
<td>36%</td>
</tr>
<tr>
<td>Travel</td>
<td>15%</td>
<td>25%</td>
</tr>
<tr>
<td>School / Daycare</td>
<td>7%</td>
<td>17%</td>
</tr>
<tr>
<td>Healthcare settings</td>
<td>7%</td>
<td>6%</td>
</tr>
</tbody>
</table>

Potential exposure settings are places case-patients visited during their exposure period, not confirmed sources of infection. Persons may be exposed in multiple locations and types of settings, including the household, the workplace, educational settings, other community settings, and during travel. Community settings are defined as indoor or outdoor locations in which cases came within 6 feet of anyone who was not a household member for at least 15 minutes during the 2-14 days prior to symptom onset, even if the case wore a mask or facial covering.

San Diego County COVID-19 Watch
County of San Diego COVID-19 Vaccination Dashboard

Eligible Population: 2,802,581 San Diegans

San Diego County Residents Vaccinated with At Least One Dose

2,458,780 87.7%

San Diego County Residents Fully Vaccinated *

2,190,522 78.2%

*Fully Vaccinated is based on receiving either a single dose of Johnson & Johnson or both doses of Moderna or Pfizer, therefore completing the recommended vaccination series. However, individuals are not considered fully vaccinated until two weeks after completing the series, as defined by the Centers for Disease Control and Prevention (CDC).

Eligible Population expanded to 12 years and older as of 5/13/2021. Eligible Population is San Diego County residents age 12 years and older, or 2,802,581 individuals. The total San Diego County population is 3,347,827.
COVID-19 vaccination is recommended for everyone 12 years and older, including people who are pregnant, breastfeeding, trying to get pregnant now, or might become pregnant in the future.

**CDC: COVID-19 Vaccines While Pregnant or Breastfeeding**

- **MotherToBaby** has experts available to answer questions about COVID-19 vaccination during pregnancy. This free and confidential service is available in English or Spanish.
  - Call 1-866-626-6847 or visit [MotherToBaby](#) to chat live or send an email.
FDA ADVISORY GROUP’S LIMITED BOOSTER RECOMMENDATION

FDA AUTHORIZATION RE: BOOSTERS

FDA's Vaccines and Related Biological Products Advisory Committee (VRBPAC) met 9/17/2021...
• Voted 16-2: boosters not approved for all 16 and older
• Voted 18-0: boosters approved for 65 and older or those at high risk for severe disease
• Only Pfizer has received an EUA, for the booster
• To be given 6 months after 2nd dose

Next steps:
1. FDA final decision – done!
2. CDC advisory committee meeting – going on today and tomorrow
3. CDC final decision

FDA advisors OK Pfizer COVID booster for seniors, high-risk groups
NOTABLE CHANGES IN EXPOSURE SETTINGS

San Diego County COVID-19 Watch

**COVID-19 Vaccinations by Race/Ethnicity and Health Equity**

Figure 20. Vaccination Status by Race/Ethnicity, San Diego County Residents Age 12 Years and Older

- Fully Vaccinated
- Partially Vaccinated
- Not Vaccinated

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Fully Vaccinated</th>
<th>Partially Vaccinated</th>
<th>Not Vaccinated</th>
</tr>
</thead>
<tbody>
<tr>
<td>AI/AN</td>
<td>52%</td>
<td>7%</td>
<td>41%</td>
</tr>
<tr>
<td>Asian</td>
<td>29%</td>
<td>6%</td>
<td>65%</td>
</tr>
<tr>
<td>Black</td>
<td>54%</td>
<td>7%</td>
<td>39%</td>
</tr>
<tr>
<td>Hispanic or Latino</td>
<td>26%</td>
<td>10%</td>
<td>65%</td>
</tr>
<tr>
<td>NHPI^</td>
<td>99%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other/Multiple Race^</td>
<td>99%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>White</td>
<td>36%</td>
<td></td>
<td>58%</td>
</tr>
</tbody>
</table>
VACCINATIONS BY AGE GROUP

Local Situation (sandiegocounty.gov)
COVID-19 Vaccinations by Census Tract and Health Equity Quartile

Data: SanGIS, Bureau of Land Management, Esri, HERE, Garmin, USGS, EPA, NPS
San Diego Immunization Registry. SANDAG 2019 Population Estimates (Prepared June 2020). Ages 12 years and older included in vaccination and population data. Health Equity Quartile census tracts identified using CPDH Healthy Places Index methodology applied to San Diego County.


*Percentages not calculated for counts under six or federal lands.
MONOCLONAL ANTIBODY THERAPY IS AVAILABLE!

- Monoclonal antibodies are proteins that fight infection.
- One injection can help people from getting sicker and/or hospitalized from COVID-19.
- Ideally, the potentially lifesaving treatment is received as soon as possible after COVID-19 symptoms begin, EVEN IF you are already vaccinated.
- Monoclonal antibody treatment is available at no cost to all medically eligible individuals, regardless of health insurance or immigration status.

WHO CAN BENEFIT FROM MONOCLONAL ANTIBODIES?

- People who have a positive test for COVID-19 and have mild to moderate symptoms, AND
- Have had COVID-19 symptoms for less than 10 days, AND
- Are at least 12 years old, AND
- Are at high-risk of getting very sick from COVID-19
  - Examples include: 65 years of age or older, obese, pregnant, diabetes, heart disease, and high blood pressure
WAYS TO ACCESS MONOCLONAL ANTIBODIES AT A MARC

- If you think you qualify, call (619) 685-2500 with questions or to make an appointment
- You can talk to your doctor or health provider to see if you would benefit
- Your doctor can call (619) 685-2500 with questions
- For additional information visit: [www.sandiegocounty.gov/COVIDHealthProfessionals](http://www.sandiegocounty.gov/COVIDHealthProfessionals)
- Email us at: [CovidTreatment@sdcounty.ca.gov](mailto:CovidTreatment@sdcounty.ca.gov)

LOCATIONS

- MARC at Vista Community Clinic
  - Vista
- MARC at Escondido
  - Escondido
- MARC at Clairemont Friendship Center
  - Clairemont
- Family Health Centers of San Diego
  - Hillcrest & Chula Vista
Evaluating COVID-19 Information

Understanding Types of Incorrect Information

- **Misinformation**: unintentionally distributing incorrect information
- **Disinformation**: knowingly developing and disseminating incorrect information intended to deceive
- **Mal-information**: disturbing information such as personal information or “shock-value” information intended to harm

Learn About

- **Finding Credible Sources**
- **Claims and Facts**
- **Frequently Asked Questions**
**House of COVID Cards Collapses: FDA Vaccine Panel Comes Out Against Deadly Injections**

*Bombshell testimony from top scientists at vaccine hearing reveals injections killing more people than saving and driving surge of variants.*
Reports of death after COVID-19 vaccination are rare. More than 386 million doses of COVID-19 vaccines were administered in the United States from December 14, 2020, through September 20, 2021. During this time, VAERS received 7,899 reports of death (0.0020%) among people who received a COVID-19 vaccine. FDA requires healthcare providers to report any death after COVID-19 vaccination to VAERS, even if it’s unclear whether the vaccine was the cause. Reports of adverse events to VAERS following vaccination, including deaths, do not necessarily mean that a vaccine caused a health problem. A review of available clinical information, including death certificates, autopsy, and medical records, has not established a causal link to COVID-19 vaccines. However, recent reports indicate a plausible causal relationship between the J&J/Janssen COVID-19 Vaccine and TTS, a rare and serious adverse event—blood clots with low platelets—which has caused deaths. [1.4 MB, 40 pages].
THE CONVERSATION / LA CONVERSACIÓN

Got questions about the COVID vaccines? Doctors, nurses and community health workers have answers!

- COVID Vaccines vs. New Variants
- Do kids need the COVID vaccine?
- If I had COVID do I need to be vaccinated?
- Do the COVID vaccines use a live virus?
- How do we know the COVID vaccines are safe?
- How bad are the side effects after a COVID vaccine?

https://www.greaterthancovid.org/theconversation/
Do the COVID vaccines affect fertility
CONCERN/MYTH: LONG TERM EFFECTS OF VACCINES

What Are the Long-term Side Effects of COVID-19 Vaccine?

Dr. Paul Offit explains why COVID-19 vaccines would not be expected to cause long-term side effects.

What Are the Long-term Side Effects of COVID-19 Vaccine? | Children's Hospital of Philadelphia (chop.edu)

Feature Article: Long-term Side Effects of COVID-19 Vaccine? What We Know. | Children's Hospital of Philadelphia (chop.edu)
IVERMECTIN

• Ivermectin is a Food and Drug Administration (FDA) approved drug that is used to treat several tropical diseases. It is also being studied to reduce the rate of malaria transmission

• Ivermectin is not approved by the FDA for the treatment of any viral infection, including COVID-19

• There isn’t enough evidence for the COVID-19 Treatment Guidelines Panel to recommend for or against the drug to treat COVID-19

• Visit the NIH Ivermectin Treatment Guidelines for more information
Betadine (the brand name for povidone-iodine) is a medication used to treat cuts, scrapes, and burns and to help prevent mild skin infections.

On social media, some people said that gargling Betadine will prevent COVID-19.

Betadine IS NOT effective for the treatment or prevention of COVID-19 or any other viruses.

Ingesting povidone-iodine antiseptic may lead to nausea, vomiting, general weakness, and diarrhea, or in severe cases, cardiovascular collapse, liver function impairment, and even death.
This pre-print article concluded that the Pfizer vaccine is associated with an increased risk of cardiac adverse events, however it was rejected by three peer-reviewed journals.

Specialists in the field say that the study overestimates risk of adverse cardiac events.

Vaccine Adverse Event Report (VAER) data need to be interpreted with caution since anyone can submit a report. The CDC and FDA often review medical records when validating VAERs reports.

One of the authors is part of "Rational Ground," a group against lockdowns & mask mandates, but he did not disclose his affiliation in the paper.
This study compared three groups of people:

<table>
<thead>
<tr>
<th>NOT previously infected</th>
<th>Previously infected</th>
<th>Previously infected</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fully vaccinated (2 doses)</td>
<td>Unvaccinated</td>
<td>Partially vaccinated (1 dose)</td>
</tr>
</tbody>
</table>

Results & Reminders

- Individuals who were both previously infected and given a single dose of the vaccine had the best protection against the Delta variant and persisting effects (“long COVID”)
- There are risks associated with natural infection: Transmitting the infection to friends and family, risk of severe COVID symptoms, and uncertainty about how long natural immunity lasts
No Single Prevention Strategy is Enough

Handwashing, Sanitizing, and Cough Etiquette
Avoiding Touching Your Face
Physically Distancing
Avoiding Gatherings, Especially Indoors
Wearing a Face Covering
Quarantining If Not Fully Vaccinated
Testing
Ventilation
Contact Tracing
Vaccinations

Each intervention (layer) has imperfections (holes). Multiple layers improve success.
