

Health Watch USAsm 2021 Patient Advocacy Report:

Similar to 2020, 2021 has been a productive year. Our members have had coverage by top national news media and have published a major peer-reviewed article along with numerous op-eds and policy statements. In addition, our 2021 conference was a huge success.

The overwhelming majority of the topics centered around the COVID-19 Pandemic.

The Table below indexes resources from Health Watch USAsm. Overall, there are 23, Op-Eds in major news media, 44 articles in Infection Control Today, 147 radio shows, 31 webinars & interviews, 60 News Reports, and the 2021 Yearly Conference.

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COVID-19 Lessons Learned: A Global Perspective

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Health Watch USAsm &
Massachusetts Nurses Association
Webinar June 15th, 2021

Conference Videos are Now Available. Continuing Educational Credits through Southern Kentucky AHEC. For more information on continuing education go to www.healthconference.org

Keynote Address: COVID-19: Veteran Administration's Fourth Mission



Acting Deputy Secretary Carolyn Clancy and Under Secretary Dr. Beth Taylor discusses the Veteran Administration's fourth mission to aid and support state and local health care systems in times of pandemics and other health emergencies. The presentation details the Veterans Administration activities to support health care systems during the COVID-19 pandemic along with lessons learned during the reassignment of resources and staff to support the United States' pandemic response. YouTube Video: <https://youtu.be/oBtNJeoNW2k>

COVID-19: Introduction To Suppression Strategies

Dr. Kevin Kavanagh from Health Watch USAsm discusses strategies used by many countries including exclusion, elimination, suppression, and mitigation; along with the disruptive influences of misinformation and false hopes for herd immunity. YouTube Video: <https://youtu.be/Ej98j5WiGUw>

COVID-19: Lessons Learned in Australia

Professor Imogen Mitchell, Clinical Director of the Australian Capital Territory COVID-19 Response, discusses lessons learned in Australia. To date there are 910 deaths from COVID-19. If the United States did as well, adjusted for population, we would have lost less than 13,000 individuals. Australia is a federated nation, early on the State and Territories formed a national governing committee, guided by scientists, to formulate and direct the nation's COVID-19 response. Strategies included a zero tolerance for cases with cities imposing lockdowns, masking, physical distancing, along with strong testing and contact tracing for as few as 1 or 2 cases. Travel restrictions and 14-day quarantine were imposed on those entering the country and travel between State and territories was restricted during outbreaks. YouTube Video: <https://youtu.be/UpFrw3Wdbmw>

COVID-19: Lessons Learned in Singapore

Dr. Matthias Maiwald, Adjunct Associate Professor at the Department of Microbiology & Senior Consultant in Microbiology, National University of Singapore, discusses the COVID-19 response in

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Singapore. Strategies used were social distancing, mask wearing, and the closing of schools and non-essential businesses during a full lock-down. In addition, contact tracing was facilitated by phone app reporting of contacts in Singapore's population. Outbreaks occurred in migrant workers' dorms, and other outbreaks were associated with the airport, a hospital and a shopping mall. At hospitals, all patients were tested for SARS-CoV-2 upon admission and staff were tested every two weeks, if vaccinated; and once a week, if not vaccinated. An important observation was that during the full lock-down, infectious diseases caused by many other respiratory viruses all but disappeared. Rhinoviruses and enteroviruses reappeared 13 weeks after the end of lock-down, later adenoviruses reappeared. However, influenza stayed at a very low level well into 2021. This is a testament as to how effective the transmission of SARS-CoV-2 is in comparison to other respiratory viruses, and how difficult it will be to eradicate it around the world. YouTube Video: <https://youtu.be/-WPQv9ghTy0>

COVID-19: Lessons Learned in Kenya

Dr. Paul Yonga discusses lessons learned in Kenya. Kenya adopted a suppression strategy guided by a newly formed National Emergency Response Committee. The country utilized regional and localized lockdowns, mandatory masking, curfews and social distancing. Barriers included stigmatization of the disease, large political rallies and a lack of vaccines, the latter of which inhibited the long-term effectiveness of a suppression strategy. There were also poor working conditions for frontline workers and healthcare staff, including a lack of PPE and pay shortages. Currently, Kenya is expecting another wave, possibly driven by the Delta Variant which comprises 90% of sequenced cases in some regions. YouTube Video: <https://youtu.be/oTOFJiLYa2Q>

COVID-19: India In Crisis -- Vineeta Gupta, MD, JD

Dr. Vineeta Gupta describes the conditions in India and the socioeconomic challenges which inhibit the pandemic's control. The impact of the Delta (B.1617.2) Variant on India and the United States is also discussed. <https://youtu.be/vsOj76yBH9g>

COVID-19: Lessons Learned in Spain

Dr. Jesús Rodríguez-Baño, MD, PhD from University Hospital Virgen Macarena, University of Sevilla discusses Spain's COVID-19 response. Spain is a federated nation. The country underwent three waves. During the first wave a national emergency was declared, and a hard lockdown was enacted. In the second and third waves regional governments guided the response. During these waves there were limitations on gatherings and universal masking was mandated. Spain did not have a well-developed anti-vaccination movement as was seen in other European countries. However, the COVID-19 response became politicized during the second and third waves, a phenomenon seen in several other countries, including the United States. There was also intense discussion over the use of the AstraZeneca vaccine. Politics and economics took the lead in some of the decisions instead of healthcare, but everyone agreed there needs to be a balance in every decision taken. YouTube Video: <https://youtu.be/pWuu10Gg7ro>

COVID-19: Lessons Learned in Germany

Dr. Sebastian Hoehl presents on COVID-19 lessons learned in Germany. Dr. Hoehl was one of the first to recognize that asymptomatic spread is a major contributor to the SARS-CoV-2 pandemic. In his presentation he discusses strategies used by Germany to quell COVID-19 surges and the importance of frequent testing in the opening of schools. He also discusses the social disparities of COVID-19 and how targets and disproportionately affects the socially disadvantaged. YouTube Video: https://youtu.be/_9is03QomGI

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COVID-19: Lessons Learned In The United Kingdom

Dr. Stephanie Dancer provides an extensive description of how SARS-CoV-2 spreads and the importance of aerosolization. COVID-19 clusters at NHS Lanarkshire, Scotland, was caused by spread from the community, and was transmitted in hospitals by both patients and staff. Corrective measures included the use of masks, opening of windows and minimizing the risks in bathrooms and of toilet plumes. Air exchanges in most hospitals were deficient. They were improved to six complete air exchanges per hour for general wards and ten for bathrooms. Proper building ventilation is of utmost importance in controlling respiratory pathogens. YouTube Video: <https://youtu.be/sMW3wUWUboA>

COVID-19: Lessons Learned in the United States

Dr. Kevin Kavanagh from Health Watch USAsm discusses how the United States has viewed and dealt with COVID-19. Barriers to true acceptance are exemplified by Kubler-Ross stages of grief: Denial, Anger, Bargaining, Depression and Final Acceptance. The role of foreign adversaries and misinformation is discussed and how this is preventing true acceptance of COVID-19 and an effective pandemic response. YouTube Video: <https://youtu.be/eV8lBv7ADU4>

COVID-19: Comments Regarding Variants

Dr. Kevin Kavanagh Discusses COVID-19 Variants

1. The Delta Variant detected in The United States & the need for more genomic sequencing to detect community spread.

2. Mutations and Variants can be tracked on the websites.

<https://nextstrain.org/> and <https://outbreak.info/>

3. How Variants are named and How The Spanish Flu Got its Name.

4. Almost all nations in almost all pandemics mitigate the severity and extent of disease and deaths.

YouTube Video: <https://youtu.be/U9Xs6JizJSE>

Health Watch USAsm Peer Reviewed Articles

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White Paper: COVID-19 lessons learned: a global perspective

On June 15, 2021, infectious disease authorities from around the world participated in a joint webinar to share experiences and lessons learned in combating the COVID-19 pandemic. One of the overriding goals of the conference “COVID-19 Lessons Learned: A Global Perspective” was to provide documentation of worldwide COVID-19 response strategies, in order to combat the plethora of misinformation and conspiracy theories that are being actively disseminated. This misinformation is having a profound negative impact on controlling the pandemic in many countries. Misinformation which was addressed in the conference included challenging the seriousness of COVID-19 infections, a refusal to recognize

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aerosolization as the major mechanism of spread, a belief that schools can be opened safely without implementation of extensive control strategies, and that masks and vaccines are not effective. A second goal was the identification of common strategies between nations. Common strategies included the implementation of a range of closures, mask mandates, travel bans and the need for expanded testing. But of utmost importance there was recognition of the need to implement a coordinated national strategy, which is depoliticized and led by scientists. ARIC. Aug. 26, 2021.

<https://aricjournal.biomedcentral.com/articles/10.1186/s13756-021-00992-x>

Health Watch USAsm - Op-Eds Courier Journal:

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1. *Why the Biden administration needs to take decisive action on COVID-19 | Opinion*

We are now enduring our fifth wave caused by a new variant "Omicron," having immune escape properties and by some estimates over three times as infectious as the Delta Variant. We can expect continued surges in the future caused by a variety of different variants. Herd immunity and returning to "Normal" is no longer an option. As a country, we need to rally around a transformative plan which will take our country in a new direction. To this end, reenactment of the Coronavirus Task Force along with creation of a National Public Health System would be the first steps to accomplish this imperative. The United States Department of Veterans Affairs' fourth mission of responding to health emergencies in the United States, may be able to serve as a foundation to build a national public health system. [References](#) Courier Journal. Dec. 27, 2021. <https://www.courier-journal.com/story/opinion/2021/12/27/omicron-should-spur-biden-administration-take-decisive-action-opinion/9005223002/>

2. *Why we must listen to science and get vaccinated to beat COVID-19 | Opinion*

I am not sure why our citizens continue to listen to those who have stated the pandemic was a hoax and medical personnel were diagnosing cases for money. Some of these same leaders also predicted the attainment of herd immunity after each COVID-19 surge. Many around the world are envious of the COVID-19 resources available in the United States and perplexed why we do not fully utilize them. For the safety of our loved ones, let's become vaccinated, wear masks and utilize home testing. All of these modalities are inexpensive and readily available. [References](#) Courier Journal. Dec. 1, 2021. <https://www.courier-journal.com/story/opinion/2021/12/01/facts-covid-19-and-why-vaccinations-work/8717665002/>

3. *Your 'right' not to vaccinate delayed my cancer treatment*

Over the past few weeks my writing was placed on hiatus, since I was finally able to obtain needed cancer surgery. The surgery had been previously delayed because a bunch of misguided souls were exercising their 'right' to not become vaccinated. And then exercised their right to receive protracted medical care by filling regional ICU's and hospitals; denying prompt medical treatment to many with serious illnesses. And some of those so-called libertarians who advocate freedom from Government actually want to use the Government to shackle the free market by prohibiting employers from implementing worker and patron safety measures. The era of Authoritarian Libertarianism, justified by pseudoscience, has been born. In health care, exposing the most vulnerable to a dangerous pathogen is unconscionable. I would state, the health care vaccine mandate has been 100% effective, because it eliminated patient exposure to individuals, who did not care enough about those who have entrusted their lives to them, to

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become vaccinated. [References](#) [Download Article PDF](#) Courier Journal. Oct. 23, 2021. <https://www.courier-journal.com/story/opinion/2021/10/25/you-not-vaccinating-stole-precious-time-my-fight-against-cancer/8528842002/>

4. *Kentucky's failure to unite against COVID-19 is like 'making a pact with the devil'*

Natural immunity does not work well with Ebola and rabies. Those who will point out that Ebola and rabies are animal viruses and are more dangerous because they do not depend upon mankind for survival need to remember SARS-CoV-2 is also an animal virus and has multiple animal hosts. SARS-CoV-2 will not miraculously disappear. In the short term, it is unlikely to become less severe. This virus has gotten meaner with each iteration. It does not need us, so it does not have to play nice. We need to create the safest school and workplace environments possible. Kentuckians not coming together to fight this virus with all their might is nothing more than making a pact with the devil. [References](#) Courier Journal Sept. 17, 2021.

<https://www.courier-journal.com/story/opinion/2021/09/17/kentuckys-failure-to-fight-covid-like-making-pact-with-devil/8339673002/>

5. *The only way for us to fight COVID-19 is with a 'layered' approach. Here's what you can do*

Vaccines are a vital layer of armor but as a recent Israeli study has illustrated not a COVID-19 cure in themselves. As stated in a previous opinion column, vaccine immunity is starting to wane, necessitating the implementation of added interventions and plans for administering boosters. We must plan to live with the continued waves of this virus by implementing layered approaches, including keeping current with vaccinations and boosters, frequent testing (twice weekly) of all frontline workers and students in schools, wearing high-quality, well-fitted masks, preferably a KN95 or N95 mask, and enacting strategies to combat an airborne virus, including upgrading of indoor sanitization and complete air exchanges. But of utmost importance, we cannot solely be centered on protecting ourselves. We must also protect others in the community and drive down community spread. Remember, we are all members of the same community so protecting others, will also protect ourselves. [References](#) Courier Journal. Sept. 8, 2021. <https://www.courier-journal.com/story/opinion/2021/09/08/we-must-wear-masks-get-covid-19-vaccines-embrace-boosters/5712515001/>

6. *How the CDC's missteps left Americans vulnerable to COVID-19's delta variant*

Unfortunately, the hospitalization of Jesse Jackson, who was fully vaccinated, and the death of former Kentucky legislator Brent Yonts from COVID-19 are not outliers. It is in line with the Israeli data on vaccine effectiveness and is the culmination of a long string of failures by the Centers for Disease Control and Prevention in generating timely data and promptly informing the public regarding the risks of COVID-19. The continued narrative that breakthrough vaccine infections are uncommon is not true. When they do occur, certain groups are at risk of hospitalizations and deaths. As immunity wanes, we all will enter this category. Thus, we will need to receive a booster. For now, wear a medical grade, KN95, or a well-fitted N95 mask, avoid indoor settings and above all keep current with your COVID-19 vaccinations. [References](#) Courier Journal. Aug. 26, 2021. <https://www.courier-journal.com/story/opinion/2021/08/26/covid-19-delta-variant-how-cdc-missteps-left-us-vulnerable/8244233002/>

7. COVID-19 is ravaging our unprotected children. Opening schools now is dangerous

Currently, we are confronting a variant that is more than twice as infectious as last year's wild-type virus; it is more deadly and has an increased propensity to infect children. Kentucky's community spread is extremely high with a test positivity rate of over 10%. To open schools at this time and expect our children to be safe is dangerous cult thinking. Unfortunately, we have done nothing to prepare for continued waves of COVID-19. We have squandered coronavirus funds and just hoped the virus will go away. However, at this point, stopping SARS-CoV-2 will also require a marked change in the way we live, along with a massive infrastructure investment and a sustained commitment to the safety and welfare of others. [References](#) Courier Journal. Aug. 10, 2021. <https://www.courier-journal.com/story/opinion/2021/08/10/how-to-makes-schools-safer-for-children-amid-covid-19/5543678001/>

8. The delta variant is the biggest public health threat we have faced. Here's how to beat it

We cannot solely vaccinate our way out of this. We must also implement stringent public health strategies to slow down the spread and mutation of this virus, including universal access to N-95 masks and upgrading building ventilation. In that way, our pharmaceutical development and production can catch up with the emerging variants. The new mRNA vaccines are a medical miracle, and we can develop a new vaccine within weeks. The challenge is in producing and distributing hundreds of millions of doses and placing them into arms. With the (Veterans Health) Administrations' large infrastructure and fourth mission mandate, it is the obvious vehicle to implement a nationwide public health care system. [References](#) Courier Journal. Aug. 4, 2021. <https://www.courier-journal.com/story/opinion/2021/08/04/delta-variant-biggest-public-health-threat-we-have-faced/5424054001/>

9. Why we need a worldwide perspective about wearing masks, especially when traveling

For many, they appear to be stuck in the stage of denial and anger. And one of the manifestations of this is the anger being displayed on air travel; most confrontations are over the use of masks. There should be little question that one of the highest risk settings for acquiring COVID-19 are crowded transportation hubs and vehicles, especially where passengers can come in contact with international travelers. Several countries, such as Australia and Singapore, have practically closed their borders to travelers. As long as the United States' borders remain relatively open and we are dealing with highly contagious variants, the least we can do is to require travelers to wear masks. [References](#) Courier Journal. July 19, 2021. <https://www.courier-journal.com/story/opinion/2021/07/19/traveling-and-covid-19-why-we-need-federal-mask-mandate/7984984002/> YouTube Video: <https://youtu.be/ILSdqxDBz8M>

10. We can't will away COVID-19, and the delta variant is spreading rapidly. Get vaccinated

Watching our nation's Fourth of July celebration one could only conclude that we have decided to will COVID-19 away and ignore its presence. Many do not want to trust science and argue over the validity and meaning of the data, but determining what will happen is actually quite easy. Just look at the United Kingdom. Currently, the U.K. is spiking cases and Boris Johnson predicted there could be 50,000 cases by July 19, Both Gov. Andy Beshear and Sen. Mitch McConnell agree that everyone who can should become vaccinated. And when those two agree on something, one should listen. [References](#) Courier Journal. July 8, 2021. <https://www.courier-journal.com/story/opinion/2021/07/08/covid-19-delta-variant-spreading-rapidly-get-vaccinated/7883587002/>

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11. *With COVID-19 variants lurking, we must prepare for the worst*

We do not have an available booster for the next variant. One of the problems is that there are several different ones and unlike the flu, last year's virus did not go away. Comparing the length of protection an infection with SARS or MERS affords is not applicable to COVID-19 with the immune escape variants. The evolutionary success of mutations is dependent upon increasing transmissibility or allowing the virus to escape immunity. SARS-CoV-2 (the virus which causes COVID-19) is doing both. In the case of the United States, we (need to) expand genomic testing of immune escape variants to early on detect community spread, and for all to receive vaccines to the wild type virus to boost their immunity to a level which will prevent disease, hopefully even mild to moderate disease, by the immune escape variants. We have the knowledge to avoid another devastation by this virus. Simply become vaccinated. [References](https://www.courier-journal.com/story/opinion/2021/06/03/with-covid-immune-escape-variants-lurking-prepare-for-worst/7507261002/) Courier Journal. June 3, 2021. <https://www.courier-journal.com/story/opinion/2021/06/03/with-covid-immune-escape-variants-lurking-prepare-for-worst/7507261002/>

12. *Rand Paul's statement about the COVID vaccine can be summed up in one word: Reprehensible*

The recent statement by Sen. Rand Paul that he does not plan to be vaccinated until more citizens become reinfected with COVID-19 and are "dying in large numbers or being hospitalized or getting very sick" was nothing short of reprehensible. As a leader, he should have the foresight to ward off catastrophes, not react to them after they have already happened. We all should be out of this pandemic by now and returning to a more normal life. Case rates are plummeting in the nation, but only slowly falling in Kentucky. In many respects, the COVID-19 pandemic has ended, and what we are faced with is a massive pandemic of misinformation, being largely ignited by foreign adversaries and whose flames are being fanned by some of our own leaders. [References](https://www.courier-journal.com/story/opinion/2021/05/25/rand-pauls-statement-covid-19-vaccine-reprehensible/7415947002/) Courier Journal. May 25, 2021. <https://www.courier-journal.com/story/opinion/2021/05/25/rand-pauls-statement-covid-19-vaccine-reprehensible/7415947002/>

13. *Kavanagh KT. Why the COVID-19 6-foot rule isn't enough and how to return to a more normal life.*

The 6-foot rule no longer applies; the virus is airborne. In poorly ventilated buildings, 60 feet is as safe as 6 feet away. These aerosols can be produced by talking, shouting and singing. We need to reopen the state smartly. As a prerequisite, all public venues should be required to meet safe ventilation standards for airborne contagions. The public needs to embrace vaccinations and we need to be prepared for other waves of new variants. Hopefully, if we can lower the case rate in our state and manage small outbreaks with rapid and effective case tracking, only then will we be able to return to a more normal life. [References](https://www.courier-journal.com/story/opinion/2021/05/13/covid-social-distancing-isnt-enough-heres-how-to-reopen-safely/5030062001/) Courier Journal. May 13, 2021. <https://www.courier-journal.com/story/opinion/2021/05/13/covid-social-distancing-isnt-enough-heres-how-to-reopen-safely/5030062001/>

14. *COVID-19: Here are the four most common myths and how to keep yourself and others safe*

Myth 1: Any type of masks will work. With these highly infectious variants, this is no longer true.

Myth 2: You are safe indoors, if you wear a mask plus are 6 feet away from someone.

Myth 3: If you survive, you recover and only the old do not survive. Too many do not worry about COVID-19, citing the extremely low chances of them dying of the acute illness.

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Myth 4: If you are vaccinated you do not need to wear a mask; if you have to wear a mask then vaccines do not work.

During this pandemic we must all weigh the risks and benefits to ourselves regarding public health advice. Almost all activities have risks. But in our decision of how we engage in activities, even those that are necessary such as seeking medical care, we should not place others or our community at an undue risk of acquiring COVID-19. And above all get vaccinated. [References](#) Courier Journal, Apr. 29, 2021. <https://www.courier-journal.com/story/opinion/2021/04/29/covid-19-four-most-common-myths-and-how-stay-safe/7390791002/>

15. *With young people and sports, COVID-19 must be our main opponent*

With the looming new variants, our society needs to have a paradigm shift in thinking; we must respect the dangers of nature and this ever-evolving natural predator. Businesses need to markedly upgrade ventilation systems; we all need to obtain the vaccine (which is highly effective against the wild-type and current UK variant); and we need to obtain the booster for the “EeK” variants once it is available. Until then we must stop spreading the virus, making it more likely that the more dangerous variants will take hold in our communities and even worse, increases the likelihood a totally vaccine-evading mutation will emerge. [References](#) Courier Journal. Apr. 15, 2021. <https://www.courier-journal.com/story/opinion/2021/04/15/covid-19-and-youth-sports-virus-must-our-main-opponent/7187850002/>

16. *What stands in the way of ending COVID-19? Only variants and anti-vaxxers*

And these roadblocks are highly related. Those who do not become vaccinated, will spread the virus and promote emergence of variants. Ironically, the same group of individuals who are against vaccinations also tend to not want to wear masks. Herd immunity will not protect them since, they tend to meet and clump together which will spread the virus. There is now more than six months of safety data with COVID-19 vaccines and so far, the benefit has been great and severe reactions extremely rare. If you are afraid of the vaccine but for the safety of others receive it anyway, then you are displaying the compassion and bravery that our nation was built upon. We all need to become vaccinated to achieve herd immunity and return our society to a new and better normal. [References](#) Courier Journal. Mar. 25, 2021. <https://www.courier-journal.com/story/opinion/2021/03/25/covid-variants-and-anti-vaxxers-stand-in-way-ending-pandemic/4797700001/>

MSN: <https://www.msn.com/en-us/health/medical/what-stands-in-the-way-of-ending-covid-19-only-variants-and-anti-vaxxers/ar-BB1eXJq4>

17. *The COVID-19 pandemic has shown the dangers of distorting science for political ends*

On Feb. 15, 12 prominent scientists, sent a letter to the White House and CDC pointing out that current policies appear to be minimizing the importance of aerosolization and are not providing adequate protection of frontline workers. And we are still following advisements designed for stop-gap measures in an acute crisis, such as reesterilization of N95 masks. I am not sure if I am most disturbed by the deficiencies discussed in the letter or that these scientists are now out of the key inner circle, having to resort to sending a letter. We must break this downward spiral in our society by not distorting science for political ends and by giving the truth to the public. Only then will we have the knowledge and willingness to invest the needed resources to address this and future pandemics. [References](#) Courier Journal. Mar. 4, 2021.

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<https://www.courier-journal.com/story/opinion/2021/03/04/coronavirus-pandemic-has-taught-us-danger-distorting-science/6905786002/>

18. *Schools can be reopened safely amid COVID, but only if we take overdue steps*

Political debate is one thing, but spinning science and placing our children at risk is unacceptable. Statements that research shows “schools are safer than the community” or that we should take the “default position of opening schools” are being grossly misinterpreted. “Safer” is not “Safe.” It depends upon the rate of community transmission, and “default” means to do something if there is not a reason to otherwise not do it. .. Instead, we need to focus on transformation and making the needed investments in our society to effectively eliminate this virus and then to snuff out outbreaks. And this includes schools. Smaller class sizes and healthier buildings are something we should have done long ago, regardless of the COVID-19 pandemic. School-age children have always been known to have an increased risk of transmitting infections from school and all these transmissions are potentially preventable. [References](#) Courier Journal. Feb. 19, 2021. <https://www.courier-journal.com/story/opinion/2021/02/19/louisville-school-reopenings-covid-19-orders-in-person-learning/6799161002/>

19. *Dangerous COVID-19 variants lurk, but there are signs of hope.*

We are fighting not only a deadly virus, but an inability of our nation to unite to confront this deadly adversary, being kept apart by “fake news” and an alternate reality being inflamed by a misplaced trust in false idols. Even more formidable strains of the virus already exist. The P1 in Brazil and the 501Y.V2 in South Africa are even more concerning. They may evade monoclonal antibodies, make the vaccines less effective and cause reinfections. We all need to receive vaccinations when vaccines become available. We now have many months of safety data which should capture the vast majority of adverse events. So far, both vaccines have been found to be effective and very safe, certainly safer than developing COVID-19. Some recall the Tuskegee experiments and are concerned, but this is much different. With this virus, our only choice is to get the vaccine or be an experimental “control.” I for one will choose the vaccine. [References](#) Courier Journal. Jan. 29, 2021. <https://www.courier-journal.com/story/opinion/2021/01/28/dangerous-covid-19-variants-lurk-but-there-signs-hope/4262830001/>

Health Watch USAsm - Op-Eds Lexington Herald Leader:

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1. *Kentucky’s nursing shortage not about supply but retention in tough working conditions*

I am not surprised that Kentucky is facing a nursing crisis with a projected need of an additional 16,000 nurses by 2024. This is a problem of retention not production of nurses. A problem which has been decades in the making. If we wish to maintain a viable healthcare system, rather than a crippled understaffed delivery system which triages care, we need to slow down the spread of COVID-19. We need to curtail spending COVID-19 relief funds on quasi-related projects and focus on changing our society to live with this endemic virus. This means investing in proper infrastructure including improvements in building ventilation, the provision of high-quality protective gear and the frequent testing for all employees. For me, I religiously follow a no-mask, no tip rule. Lexington Herald Leader. [References](#) Dec. 16, 2021. <https://www.kentucky.com/opinion/op-ed/article256656052.html>

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2. *'We are so close.' Let's not play Russian roulette with our nursing homes and COVID.*

We are so close to stopping this virus from spreading, so let's not play Russian roulette with our grandparents and with others who are at high risk for severe COVID-19 infections. We have already lost over 500,000 souls to COVID-19 and we are on the verge of stopping this pandemic. Let's undertake strict public health strategies for just a few more weeks and allow our race with vaccinations win out over the spread of variants. [References](#) Lexington Herald Leader. Mar. 20, 2021. <https://www.kentucky.com/opinion/op-ed/article250011619.html>

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1. *With the coronavirus mutating and vaccinations behind schedule, here's what we must do now*

The news media is filled with articles regarding the new UK coronavirus mutation, which modeling has shown to be 56% more infectious. This mutation appears to be widespread in the United States, possibly emerging as early as October and now is spreading in multiple states. Similar to the original virus, this one has spread undetected because of inadequate testing. The United States is not leading but is 43rd in the world for genetic sequencing to detect new strains of the virus....Remember the Louisville Zoo's snow leopards. They are particularly good at enforcing social distancing, not so much at wearing masks. They caught COVID-19. You need to do both. [References](#) USA Today. Jan. 9, 2021.

<https://www.usatoday.com/story/opinion/2021/01/09/coronavirus-vaccination-covid-19-britain-schedule-column/6594484002/>

Courier Journal: <https://www.courier-journal.com/story/opinion/2021/01/08/with-coronavirus-vaccinations-behind-schedule-heres-what-us-must-do/6557584002/>

Yahoo News: <https://news.yahoo.com/coronavirus-mutating-vaccinations-behind-schedule-120015673.html>

Kaiser Healthcare News Morning Briefing: <https://khn.org/morning-breakout/viewpoints-bring-back-science-trump-took-away-from-advisory-committees-create-a-real-vaccination-plan/>

HW USA - Infection Control Today Articles & Viewpoints:

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1. *Omicron More Infectious in Younger People, People of African Ethnicity, Study States*

Omicron can significantly avoid immunity created by both prior infections and vaccines, and younger people and people of "African ethnicity" have higher rates of infection with Omicron than with Delta, says a new study. Many are looking at the total infections and see a much lower hospitalization rate, not realizing that there is a much larger number of cases and the expansion is largely due to reinfections and breakthrough infections which produce milder disease. The unvaccinated and those not previously infected are looking at a fate similar to Delta and those with waning immunity from vaccines or previous infections may endure a fate not that much better. The bottom line is if we ignore the pandemic, it is possible that with the high infectivity of Omicron the sheer number of cases may overwhelm the world's health care systems. No one knows for sure. But what is known is that everyone needs to obtain a booster if they are 6 months after the second dose of an mRNA vaccine, and to become vaccinated

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even if they had a previous infection. [References](#) Infection Control Today. Dec. 23, 2021. <https://www.infectioncontroltoday.com/view/omicron-more-infectious-in-younger-people-people-of-african-ethnicity-study-states>

2. Countries Around the Globe Deluged by Delta, as Omicron Threat Grows

Even though Omicron may not have as high of a fatality rate, its infectivity being 3 times higher than the Delta variant creates grave risk to nations. Overstressed health care systems may collapse.

Strategies of travel bans, masking, testing, financial incentives, vaccinations and natural immunity were discussed. For example: Singapore requires mask-wearing outside of the home (indoors and outdoors) for people above the age of two. In Germany, a medical grade mask—surgical or N95—is required in indoor spaces. The US may need to follow the financial model of Singapore. Unlike Singapore, a substantial portion of the US population is not becoming vaccinated and/or is not following prevailing public health advice. If there is a safety net of 100% payment from public money, there is no tangible disincentive against promoting and/or engaging in dangerous behavior. Infection Control Today. [References](#) Dec. 20, 2021. <https://www.infectioncontroltoday.com/view/countries-around-the-globe-deluged-by-delta-as-omicron-threat-grows>

3. Omicron's Mild Symptoms Can't Mask Danger It Poses.

The high rate of infection of the Omicron variant, which is beginning to eclipse Delta infection in the United Kingdom, poses a grave risk to the US health care system. The US has a low rate of vaccination, a low rate of individuals obtaining boosters, and a relatively large segment of our population which is elderly or immunocompromised.

70% efficacy for Omicron hospitalizations with a two-dose mRNA vaccine Sound great. But this is South African data and they have just been recently vaccinated. Immunity may not have waned. Please obtain a booster. [References](#) Infection Control Today. Dec. 14, 2021. <https://www.infectioncontroltoday.com/view/omicron-s-mild-symptoms-can-t-mask-danger-it-poses>

4. Omicron Proving to Be Nothing to Sneeze At

Only a small percentage of the Omicron variant of COVID-19 cases require hospitalization so far, but high infectivity may turn this small percentage into a large number of patients, which will further stress our health care system. In the United Kingdom, it has been observed that the Omicron variant causes less severe disease, but it risks overwhelming their health care system with 5 thousand admissions to the hospital each day. Omicron currently is responsible for 30% of all cases in London. [References](#) Infection Control Today. Dec. 11, 2021. <https://www.infectioncontroltoday.com/view/omicron-proving-to-be-nothing-to-sneeze-at>

5. Viewpoint: What Doesn't Kill You Mutates and Tries Again

The looming surge from the Omicron variant may well have a lower case-fatality-rate but its high infectivity will further strain our health care system and fill our hospitals. Hospital costs for complex cases (on the ventilator or in the ICU) ranges from \$132,000 to \$472,000. Co-Pays (without waivers) for privately and employer-insured patients average \$3,800 per hospitalization. The looming surge from the Omicron variant may well have a lower case-fatality-rate but its high infectivity will further strain our health care system and fill our

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hospitals. [References](#) Infection Control Today. Dec. 8, 2021. <https://www.infectioncontroltoday.com/view/viewpoint-what-doesn-t-kill-you-mutates-and-tries-again>

6. COVID-19 Omicron May Be More Infectious, Deadlier Than Delta

If the infectivity, lethality, and immune avoidance of the Omicron variant is confirmed, it will be of utmost importance that all who can, become vaccinated. In addition, antiviral medications will become of prime importance. Omicron appears to be much more transmissible than the Delta variant. It is already spreading around the globe and is reported to be increasing exponentially in regions where it has taken hold. The epicenter of the Omicron variant is in Gauteng Province, South Africa. As can be seen from the graph below, hospitalizations tripled in just 2 weeks. [References](#) Infection Control Today. Nov. 29, 2021. <https://www.infectioncontroltoday.com/view/covid-19-omicron-may-be-more-infectious-deadlier-than-delta>

7. Smallpox Scare Offers Lessons About COVID-19 Vaccine Uptake

The recent story of finding previously unknown smallpox vials at the bottom of a deep freezer in Pennsylvania should serve as a reminder of the need for the strictest research precautions when handling dangerous pathogens and the dangers of any virus research program, especially gain of function research. Unfortunately, the vaccine hesitancy movement has placed us all at high risk for infectious disease. Those who are against mandatory vaccinations of frontline workers need to take a page from history and follow the lead of the Continental Army where an estimated 90% of the deaths were from infectious disease. After smallpox mandates were enacted in 1777, “the isolated infections that sprung up among Continental regulars during the southern campaign failed to incapacitate a single regiment.” With SARS-CoV-2 we are significantly weakening our nation by not abiding by public health advice and widely embracing vaccinations. [References](#) Infection Control Today. Nov. 17, 2021. <https://www.infectioncontroltoday.com/view/smallpox-scare-offers-lessons-about-covid-19-vaccine-uptake>

8. Confused Messaging About Boosters Might Cause 5th Wave of COVID

There is growing evidence that fully vaccinated should be defined as having 3 doses of an mRNA vaccine. The evidence is clear, and the path evident, we must expand our efforts to stop viral spread, including the upgrading of indoor ventilation along with the use of masks by all in public settings and expansion of home testing. But above all we need to offer boosters to all adults who are more than 5 to 6 months post receiving an mRNA vaccine. [References](#) Infection Control Today. Nov. 15, 2021. <https://www.infectioncontroltoday.com/view/confused-messaging-about-boosters-might-cause-5th-wave-of-covid>

9. Natural Immunity vs. Super Immunity: Only a COVID-19 Vaccination Away

Many believe that super immunity can develop in those who have had SARS-CoV-2 infections and have become vaccinated. Meanwhile, fully vaccinated might mean getting 3 doses, not 2. The bottom line is that all need to be vaccinated, even those who have had previous infections. The definition of fully vaccinated for mRNA vaccines needs to be changed to 3 doses, making previous comparisons of infection versus 2 doses of a vaccine mute. In addition, those previously infected should also become vaccinated. How many doses and the exact vaccination schedule is still under investigation. But for now, those receiving 2 doses of an

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mRNA vaccine should obtain a booster and those with a previous infection should become “super-immune” with a vaccination. [References](#) Infection Control Today. Nov. 2, 2021. <https://www.infectioncontroltoday.com/view/covid-19-booster-policy-in-flux-from-super-immunity-to-3-dose-discussions>

10. COVID-19: Numbers Look Good, but Keep Guard Up

As of today, the outlook is very good and the pandemic is on a trajectory of burning out, but there are valid concerns which require that we continue our vigilance and public health strategies. In the United Kingdom, cases from the Delta variant spiked early on July 17, 2021, and then rapidly fell in half. Then cases rose with the Delta plus variant on October 28, 2021, reaching another peak almost as high as the one in July. This raised concerns that under certain conditions, the Delta plus variant can successfully compete with the Delta variant and cause another surge in the US. [References](#) Infection Control Today. Oct. 27, 2021. <https://www.infectioncontroltoday.com/view/covid-19-numbers-look-good-but-keep-guard-up>

11. COVID-19 Boosters Need to be Encouraged

The term “mild COVID-19” is an oxymoron. The devastating long-term effects of long COVID, along with future emergence of cardiovascular disease in those with minimal initial symptoms, reminds us that all SARS-CoV-2 infections may pose grave dangers to those who contract the virus. As of October 24, 2021, the United States has only 57% of its population fully vaccinated. It is behind 50 other countries, including Cuba, Sri Lanka, Curacao, Fiji, Mongolia, Bhutan, and Cambodia, let alone the European Nations. Thus, we must encourage and administer boosters, but at the same time it is of utmost importance that we decisively counter the anti-vaxxer movement in the United States and increase the primary vaccination rates in our country. [References](#) Infection Control Today. Oct. 25, 2021. <https://www.infectioncontroltoday.com/view/covid-19-boosters-need-to-be-encouraged>

12. Viewpoint: Here’s Why COVID-19 Is Much Worse Than Flu

Unlike influenza, SARS-CoV-2 uses ACE2 receptors to infiltrate cells. Similar to HIV, SARS-CoV-2 can silently spread throughout the host’s body and attack almost every organ. Thus, COVID-19 has a myriad of different presentations, all of which can result in severe and long-term sequelae. Just because COVID-19 is asymptomatic or does not produce “severe” pulmonary disease does not mean the patient does not have a serious infection. It is of utmost importance for public health officials to implement strategies to prevent the occurrence of long-term COVID-19 related disabilities and not just focus on acute pulmonary symptoms. [References](#) Infection Control Today. Sept. 27, 2021. <https://www.infectioncontroltoday.com/view/viewpoint-here-s-why-covid-19-is-much-worse-than-flu>

13. Viewpoint: Politics, Bad Science Taints Decisions About COVID-19

Even if not hospitalized, COVID-19 often produces the most severe infection individuals will experience in their lifetimes and can produce lasting symptoms of fatigue, weakness, brain fog and cardiovascular damage. Walensky swiftly acted and in the evening reversed the committee’s decision. I feel this was a very wise decision which demonstrated proactive action and the ability to separate political rhetoric from science. These are not normal times; we need swift decisions which will often have to be based upon experience and the

preponderance of evidence. As stated by John F. Kennedy “There are risks and costs to action. But they are far less than the long-range risks of comfortable inaction.” [References](#) Infection Control Today. Sept. 24, 2021. <https://www.infectioncontroltoday.com/view/viewpoint-politics-bad-science-taints-decisions-about-covid-19>

14. Viewpoint: On COVID Boosters, CDC Panel Must Recover Ball That FDA Panel Fumbled

Health care workers know all too well the lasting and debilitating effects of long COVID-19. They were one of the first to become vaccinated and are some of the first experiencing breakthrough infections. They are tired, burned out, and many are on the brink of collapse. Initially, the FDA's concern appeared to be centered on having solid data which showed severe breakthrough infections were developing, especially in those who are biologically at high risk for disease. After the second vote, the concern was focusing on individuals having a high risk of exposure to COVID-19, regardless of the biological susceptibility of the individual. It would be more reasonable to either reconsider the initial proposal of offering boosters to all who are 16 years of age or older, or at least offering boosters to those who are 30 years of age or older, plus individuals who are at high risk for severe long COVID. Not including individuals with non-occupational exposure was unwise, since the proposal now may exclude caregivers of unvaccinated school age children, and places these caregivers at an unnecessary risk.

[References](#) Infection Control Today. Sept. 20, 2021. <https://www.infectioncontroltoday.com/view/viewpoint-on-covid-boosters-cdc-panel-must-recover-ball-that-fda-panel-fumbled>

15. FDA Panel Sidesteps Decision for Broad Distribution of Booster Shots

Some medical experts say that in this case, inaction is also an action—either the US gives boosters or does not. That decision needs to be based on the best available evidence. Instead, there seems to be a desire to wait another 6 months for pristine randomized controlled studies. The logic of distinguishing between occupational and non-occupational high-risk exposure and why that makes a true difference was not evident. In addition, if exposure indeed is a major variable to obtaining a booster—shouldn't the initial question about far-reaching availability of booster shots be readdressed? [References](#) Infection Control Today. Sept. 18, 2021. <https://www.infectioncontroltoday.com/view/fda-panel-sidesteps-decision-for-broad-distribution-of-booster-shots>

16. Viewpoint: We're Reopening Schools Too Quickly

The further away from an infected person you are, the less likely you are to contract the disease. But you are still not safe at 6 feet. The virus is airborne and can spread much further to the back of the classroom. There are those who advocate for herd immunity, but in reality, this is a fool's dream. Teleschooling and hybrid programs may be a vital long-term strategy. They were not fully successful last year, but instead of discarding this strategy we should be developing improvements. It is apparent that the SARS-CoV-2 pandemic is an extremely difficult ever-changing problem. We must slow down the spread of this virus by adopting a layered approach so our pharmaceutical industry has time to catch up with development of therapeutics and next generation vaccines. [References](#) Infection Control Today. Sept. 10, 2021. <https://www.infectioncontroltoday.com/view/viewpoint-we-re-reopening-schools-too-quickly>

17. Mu Variant Might Escape Immunity from Vaccines, Past Infection.

After the Delta surge subsides, another surge is expected, possibly from the Mu variant. If Mu completely escapes immunity from vaccines and past infections, we must resort to stringent public health strategies. It is also becoming apparent we cannot vaccinate our way out of this pandemic. The vaccine's effectiveness is waning, and the variants are becoming resistant making the wearing of masks, in a mask resistant population, an imperative. It was welcome news to finally have a clinical trial published by research from Stanford which demonstrated the effectiveness of surgical masks in curtailing COVID-19 infections. In those over 60, there was a decrease of 34.7%. Mask usage became even more important with a recent report in the CDC's Morbidity and Mortality Weekly Report (MMWR) demonstrating aerosolization in schools. A school outbreak was traced back to an unvaccinated, mildly symptomatic teacher who reportedly read unmasked to her 24 students who presumably were wearing masks. [References](#) Infection Control Today. Sept. 6, 2021.

<https://www.infectioncontroltoday.com/view/mu-variant-might-escape-immunity-from-vaccines-past-infection>

18. Viewpoint: Should US Adopt an Elimination Strategy Against COVID-19?

On July 29, 2021, Infection Control Today® sounded the alarm regarding vaccine breakthrough infections and waning immunity, citing Israeli data which found vaccine effectiveness in the prevention of all infections and symptomatic infections to be only 16% after 5 months from full vaccination. In nursing homes, we need to administer boosters to residents who were fully vaccinated early in this pandemic. Nursing home residents are the most frail and highest risk members in our society. In Beijing the total cases in an outbreak were reported to be less than 10. China used over 100 million tests to eradicate what would be classified as a very small outbreak by US standards. [References](#) Infection Control Today. Aug. 25, 2021.

<https://www.infectioncontroltoday.com/view/should-us-adopt-an-elimination-strategy-against-covid-19->

19. Viewpoint: Expanding Booster Shots to US Adults Needed to Happen

In the Middle Ages a pandemic wiped out 50% of the world's population. Presently we have a much higher population density, making us a feeding buffet for infectious disease.... If we do not follow the recommendations of modern science and public health, we are no better off than if we were living in the Middle Ages. "We do not have the luxury of waiting. Delta is here. In the case of delta, inaction is also an action, and an expedited decision is needed. Currently, the United States is discarding vaccines and these vaccines are known to be very safe. If we do not administer boosters to this high-risk population, we risk having a catastrophe on our hands." The solution, if you have not already done so, get vaccinated. If you are vaccinated and are at risk of immunity waning, get a booster as soon as they are available. [References](#) Infection Control Today. Aug. 18, 2021.

<https://www.infectioncontroltoday.com/view/viewpoint-expanding-booster-shots-to-us-adults-needed-to-happen>

20. Take a Stand Now to Stop COVID-19 Variants

Herd immunity is no longer possible, the virus is mutating and likely has animal hosts. We must raise the bar on public health outcomes, not only focusing on deaths but also morbidity and long-hauler syndrome which can be all too common, even occurring with vaccine breakthrough infections. An emerging pattern is that each new wave which envelops a nation is caused by different variants of the virus. It also is apparent that each major wave is caused

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by a variant which possesses immune escape properties. Slowing down the replication and mutation of this virus is of utmost importance. We must plan and invest in long-term solutions. This virus might disappear, similar to the 1918 flu, or it could be present for decades. Consistent messaging and widespread embracement of vaccines along with public health measures are key to providing our pharmaceutical industry the necessary time to formulate new vaccines and therapeutics which can effectively treat and prevent infections.

References Infection Control Today. Aug 17, 2021

<https://www.infectioncontrolday.com/view/take-a-stand-now-to-stop-covid-19-variants>

21. Messaging Muddle: Pushing Vaccination as COVID Vaccines' Effectiveness Wanes

While not perfect, the mRNA vaccines do markedly reduce the chances of hospitalizations from critical disease and death. This is a huge plus. Combining all of these reports shows that to control this pandemic we need to enact multiple layers of prevention including effective masking, vaccinations, upgrading ventilation systems and social distancing. This virus is endemic. It is here to stay, and new variants are waiting in the wings to cause another surge with reinfections and breakthrough infections. If we do this, we will be able to start to learn to live with this virus, we cannot simply wish it away. **References** Infection Control

Today. Aug. 12, 2021. <https://www.infectioncontrolday.com/view/messaging-muddle-pushing-vaccination-as-covid-vaccines-effectiveness-wanes>

22. Get Vaccinated Even If You've Gotten COVID-19, Study Suggests

A CDC investigation shows 2.3 times the number of reinfections with natural immunity compared to breakthrough infections in those who are vaccinated. Public Health England (PHE) briefing includes updated hospitalization data for Delta, which shows that in the period since the last update on July 19, "1467 people were hospitalised with cases of Delta confirmed by sequencing or genotyping." Of these, 808 (55.1%) were unvaccinated, while 512 (34.9%) had received both doses of a vaccine. This supports the Health Ministry of Israel's data which shows waning of vaccine protection in those who are over 60 years of age and are more than 5 months post vaccination. As Infection Control Today® reported, 8.6% of breakthrough infections in this group of elderly patients have resulted in hospitalization and 2% have resulted in death. **References** Infection Control Today. Aug 8, 2021.

<https://www.infectioncontrolday.com/view/get-vaccinated-even-if-you-ve-gotten-covid-19-study-suggests>

23. Lambda Variant, COVID-19 Animal Hosts Present Deadly Mix

Data collected by Britain's Scientific Advisory Group for Emergencies, Japanese researchers, and the US Department of Agriculture paint a picture of a growing challenge. Taken together, the report from SAGE, the viruses' establishment of an animal host and the news regarding the lambda variant is an extremely deadly mix. We need to come together as a society so we can slow down the spread of this virus so viral recombination will not occur, and genetic drift slows. In addition, we need to formulate strategies to prevent the spread from animal hosts to mankind. Above all, we need to learn how to live with this virus so our pharmaceutical giants can develop and manufacture vaccines faster than the virus can mutate. **References** Infection Control Today. Aug. 5, 2021. <https://www.infectioncontrolday.com/view/lambda-variant-covid-19-animal-hosts-present-deadly-mix>

24. COVID-19 Booster Shots for Older Americans Might be Needed

Overall, the vaccines are still very effective in preventing hospitalizations and deaths, with the

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exception of those over 60 who have been fully vaccinated before the end of January 2021. Most of the infections in Israel are caused by the Delta variant. Overall if there was a breakthrough infection: 8.6% hospitalized and 2% died. However, the test positivity rate appears to be low, about 0.3%, indicating that vaccines afford protection against infection. Those who are not vaccinated need to become vaccinated and, similar to Israel, those over the age of 60 who were fully vaccinated before January of this year, should be considered for a booster. Infection Control Today. [References](#) Infection Control Today. Aug. 2, 2021. <https://www.infectioncontroltoday.com/view/covid-19-booster-shots-for-older-americans-might-be-needed>

25. Latest Data Point to a Need for COVID-19 Booster Shots

Overall, The Israeli data found that after 2 doses of the vaccine the effectiveness in the prevention of infection with the Delta variant was 39% and the prevention of symptomatic disease was 41%. However, the main observation is that once immunity takes hold, the infections by the alpha variant (in May—middle graph) almost disappeared. But in late June and July, the Delta variant emerged and markedly decreased the vaccine's ability to prevent breakthrough infections. Surprisingly, as indicated by anecdotal reports, the young are not spared. The Israeli data need to be confirmed. A good first step would be for the CDC to release its data on reinfections so all can evaluate it. [References](#) Infection Control Today. July 29, 2021. <https://www.infectioncontroltoday.com/view/latest-data-point-to-a-need-for-covid-19-booster-shots>

26. Viewpoint: CDC Continues to Bumble COVID-19 Response

We need to have a paradigm shift in the way we view this virus, planning and implementing strategies to allow us to live with an endemic pathogen. Needless-to-say, early recognition of aerosolization would require the use of N-95 masks and make upgrading ventilation systems an imperative. Others are starting to follow former Surgeon General Jerome Adams' advice. On July 19, 2021, the American Academy of Pediatrics recommended that all children over the age of 2, regardless of vaccination status, wear masks in schools this fall. [References](#) Infection Control Today. July 20, 2021. <https://www.infectioncontroltoday.com/view/cdc-arguably-continues-to-bumble-covid-19-response>

Kentucky Health News: <https://ci.uky.edu/kentuckyhealthnews/2021/07/26/somerset-doctor-says-spread-strength-of-delta-variant-mean-its-too-late-to-vax-it-or-mask-it-both-needed-in-high-spread-areas/>

27. Stage May be Set for Next COVID-19 Surge

Beating back infection is a numbers game: viruses against antibodies. If the virus changes its armor so the antibodies cannot attach, it develops an advantage. However, it can also produce viruses which are more efficient at attaching to and invading cells, or simply just produce a lot more viruses, overwhelming the immune system.

As we are on the beginnings of another COVID-19 surge, many are starting to question whether we can vaccinate our way out of this pandemic. Can we vaccinate our way into herd immunity? Possibly not, because 3 barriers are shedding doubt on accomplishing this goal. [References](#) Infection Control Today. July 13, 2021.

<https://www.infectioncontroltoday.com/view/stage-may-be-set-for-next-covid-19-surge>

28. We Might Ignore the Delta Variant, but It's Not Ignoring the U.S.

"It has been two weeks since Infection Control Today® sounded the alarm that the Delta variant (B1617.2, Double Mutation Indian Variant) was spreading rapidly in the United States. On June 15, the Centers for Disease Control and Prevention (CDC) issued a warning regarding the variant and declared it a "variant of concern." As Australia and Singapore have adopted a zero tolerance to COVID-19, closing down sectors of the country with even 2 or 3 cases, we have adopted a wait-and-see policy, largely ignoring the potential dangers posed by these new variants. And there is now a Delta Plus variant (AY.1 & AY.2) which has emerged in India which is more resistant to monoclonal antibodies, including antibody cocktails and has also entered the United States. For now, I would strongly advise every person (even those who have had COVID-19) to be fully vaccinated to boost one's immunity to the highest possible level and wear masks when indoors in poorly ventilated buildings. It is far too soon to be fully reopening our society." [References](#) Infection Control Today. June 21, 2021.

<https://www.infectioncontroltoday.com/view/we-might-ignore-the-delta-variant-but-it-s-not-ignoring-the-u-s->

29. Not Quite Over Yet: COVID-19 Variants on Rise in the U.S.

As the United States emerges from the COVID-19 pandemic, nobody really wants to hear (and few media outlets report) that the rapid emergence of immune escape COVID-19 variants pose a clear and present danger of a setback. Over three weeks, the percentage of genomic testing which was comprised of the Indian Double Mutation Variant, or Delta Variant, jumped from 1% to 7% in the U.S. The data was derived from Outbreak.info, a website operated by Scripps Research and funded by the NIC, the Centers for Disease Control and Prevention (CDC) and National Center for Data for Health. [References](#) Infection Control Today. June 7, 2021.

<https://www.infectioncontroltoday.com/view/not-quite-over-yet-covid-19-variants-on-rise-in-the-u-s->

30. Viewpoint: CDC Might Help COVID-19 Make a Comeback in U.S.

The day before the publication of the modeling study's dire warning, the CDC abruptly removed mask and physical distancing requirements for those who are vaccinated. Unfortunately, this will probably also result in many unvaccinated individuals unmasking. Those of you who advocate reopening at the peril of those who are vaccine hesitant—letting nature decide the fate of the ill-informed—need to remember that survival is not the same as recovery. Let's not be cavalier in our approach to a return to a new normal. Let's be smart and cautious. Continued masking and social distancing for a few months, possibly just a few weeks, is a small price to pay to assure the safety of our nation. [References](#) Infection Control Today. May 18, 2021. <https://www.infectioncontroltoday.com/view/viewpoint-cdc-might-help-covid-19-make-a-comeback-in-u-s->

31. COVID-19 Model Says 905,289 Died of the Disease in U.S.

Infection preventionists need to stress the importance of aerosolization with increased recommendations for N-95 masks and we all need to realize that a prerequisite of reopening a business, school or public venue should be safe ventilation. Nowhere is safe inside a poorly ventilated building. The six-foot rule does not apply. Infection preventionists need to stress the importance of aerosolization with increased recommendations for N-95 masks and we all need to realize that a prerequisite of reopening a business, school or public venue should be safe ventilation with an increased number of complete air exchanges along with air sanitization. [References](#) Infection Control Today. MAY 8, 2021.

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<https://www.infectioncontroltoday.com/view/covid-19-model-says-905-289-died-of-the-disease-in-u-s->

32. Infection Preventionists Must Ward Off a COVID Comeback

What happens in India, or anywhere else in the world, doesn't stay there. The longer COVID-19 hangs around, the more chance it has of mutating into a variant that the vaccines won't stop. Policymakers have falsely equated outdoor safety, produced by the rapid dissipation of aerosols, with safety from droplets and have ill-advised not wearing masks at some outdoor events. This may be effective in suppressing community spread, but it will not afford adequate protection for the individual. [References](#) Infection Control Today. May 4, 2021.

<https://www.infectioncontroltoday.com/view/infection-preventionists-must-ward-off-a-covid-comeback>

33. Viewpoint: Health Care Professionals—Get Vaccinated or Get Out

In the last 2 months COVID-19 cases have not fallen. They are hovering above 60,000 per day (7 day moving average). Some have wondered why doubling the number of vaccinated Americans has not budged the numbers. There are two reasons: variants and vaccine hesitancy. Thus, even with the E484K variants, vaccination appears to provide substantial protection against severe COVID-19. However, for the most part, severe is defined as dying or being hospitalized. This is a very low bar to set for community health. I personally know too many of my friends who have had “mild” COVID and are now suffering from chronic dyspnea and heart disease, such as arrhythmias. If you work in a health care facility, you need to be vaccinated against SARS-CoV-2. If you choose not to become vaccinated, then you should choose not to be working in a health care setting. Infection Control Today. Apr. 22, 2021.

[References](#) <https://www.infectioncontroltoday.com/view/iewpoint-health-care-professionals-get-vaccinated-or-get-out>

34. COVID-19 Variants Make Road to Normal a Bit Rocky

Infection preventionists (IPs) are now faced with delivering a difficult message. It is much easier to advocate for vaccinations which prevent disease, than it is for vaccinations which lessen the severity of disease or reduces your chances of becoming infected. Thus, both natural (post-infection) and vaccine immunity appear to provide excellent protection against COVID-19. At least for the original strain or wild-type of the virus. One must ask, why are some sounding the alarm? Fauci recently has stated that the COVID-19 case rate has crept up from around 30,000 to 40,000 cases per day to 60,000 cases per day. And he warns we do not want to declare victory prematurely because of the viral variants. Variants which are of special concern contain one of two new spike protein mutations which can evade immunity. Thus, both natural and vaccine immunity appear to provide excellent protection against COVID-19. At least for the original strain or wild-type of the virus. Infection Control Today. Apr. 8, 2021. [References](#)

<https://www.infectioncontroltoday.com/view/covid-19-variants-make-road-to-normal-a-bit-rocky>

35. Viewpoint: South African Variant Could Spur a New U.S. Surge

If one does the math, if a third of our population is vaccinated, which means they may be protected from severe illness but can become infected and spread the virus, it places those not vaccinated at grave risk. If these variants are more infectious and deadlier than last year's, D614G, then we may be headed for another major surge. Those offering reassurance based on

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the upcoming warm weather have forgotten last year's lessons and the major summer surges. The best advice is to get vaccinated and follow strict public health advice. Infection Control Today. Mar. 19, 2021. [References](https://www.infectioncontroltoday.com/view/viewpoint-south-african-variant-could-spur-a-new-u-s-surge)
<https://www.infectioncontroltoday.com/view/viewpoint-south-african-variant-could-spur-a-new-u-s-surge>

36. Possible New Variant Causes Outbreak in Highly Vaccinated Nursing Home - Argues Against CMS's New Guidance.

As I have stated repeatedly, if we keep spreading around SARS-CoV-2, it may well mutate into a variant which evades the vaccines for coronavirus disease 2019 (COVID-19). According what recently went on in a Kentucky nursing home, the virus may well have done just that. According to WKYT: "The governor says a COVID-19 outbreak has been reported at a nursing home in eastern Kentucky. There are 41 cases reported, including five residents that have been hospitalized. Dr. Steven Stack says 30% of vaccinated individuals are symptomatic and 83% of the unvaccinated at the nursing home are showing symptoms." It is reported that one vaccinated resident is hospitalized (1 in 71) with COVID-19, compared to 4 unvaccinated residents that are hospitalized (4 in 13). According to Kentucky.com "85 percent of residents and 48 percent of staff opted to get a coronavirus vaccine." Infection Control Today. Mar. 17, 2021. [References](https://www.infectioncontroltoday.com/view/kentucky-nursing-home-outbreak-argues-against-relaxed-visiting-rules)
<https://www.infectioncontroltoday.com/view/kentucky-nursing-home-outbreak-argues-against-relaxed-visiting-rules>

37. Viewpoint: Nursing Home Guidance Endangers Elderly

Our elderly in nursing homes have been at grave risk for contracting coronavirus disease 2019 (COVID-19). Yesterday the Centers for Medicare and Medicaid Services (CMS) released revised nursing home guidelines for visitation recommendations. They are designed to provide relief to the grave psychological toll COVID-19 has inflicted through long-term isolation and separation of residents from loved ones. But one has to ask, are they safe? I have grave concerns.... Regardless of what we deeply desire to take place, or are able to mandate or recommend, the virus will spread relentlessly. It is an uncaring soulless machine which is evolutionarily programmed to inflict a devastating toll as it efficiently spreads and evolves throughout our communities. Enacting these recommendations at this time is reckless and places nursing home residents at undue risk. Our loved ones deserve better. Infection Control Today. March. 11, 2021. [References](https://www.infectioncontroltoday.com/view/viewpoint-nursing-home-guidance-endangers-elderly)
<https://www.infectioncontroltoday.com/view/viewpoint-nursing-home-guidance-endangers-elderly>

38. Rush to Reopen Buys COVID-19 More Time

There needs to be a shift from droplet precaution standards to airborne spread standards and we need to invest in the safety of our frontline workers. Quite simply, this virus is aerosolized, meaning it is airborne. I really thought this had been decided last July when a letter was sent to the World Health Organization (WHO) by 329 top scientists from 33 countries. But although agencies responded by recognizing airborne spread in some of their statements and webpages, their recommendations on controlling spread and reopening of businesses and schools largely did not. Most importantly, the CDC needs to articulate firm and harmonized advisements which are consistent across all materials, recommendations and webpages. Until this happens, there will not be a demand for N95 masks and air sanitization units. Manufacturing will not gear up production and pathogens will continue to spread. We need to enact these reforms not only for COVID-19 and the next pandemic, but for other endemic

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dangerous pathogens. Our children deserve better than the status quo. Infection Control Today. Mar. 4, 2021. **References** <https://www.infectioncontrolday.com/view/rush-to-reopen-buys-covid-19-more-time>

39. Viewpoint: CDC's School Reopening Plan Gets an 'F'

The argument that preventative strategies need to be tailored to the needs and resources of local communities, along with a one-size-does-not-fit-all approach, may placate political pressures, but the virus does not care. You need to do what you need to do to control the disease. It needs to be clearly stated what needs to be done and if a community cannot comply and wants to open schools, then the parents need to be informed of the increased risks to students. Recommendations should not be changed to reassure families of a degree of safety which does not exist.....Frequent, (three times a week) screening of our athletes has been key to the opening of professional sports. Our students deserve the same safety precautions as professional athletes. Infection Control Today. Feb. 15, 2021. **References** <https://www.infectioncontrolday.com/view/viewpoint-cdc-s-school-reopening-plan-gets-an-f->

40. Beginning of the End? Some Hopeful COVID Developments

The good news? The fact that 3 different viruses with 3 different lineages came up with the same mutation to evade natural immunity and the vaccines. And initial reports are that it only partially evades the vaccines. And one needs to ask, why did these viruses not come up with different mutations? After all they do not plan the mutations, they evolve by random chance. Maybe the answer is that this random amino acid combination is possibly the last major mutation the virus can produce without changing its ability to enter the cells or its infectivity. Infection Control Today. Feb. 3, 2021. <https://www.infectioncontrolday.com/view/beginning-of-the-end-some-hopeful-covid-developments>

Kentucky Health News. Feb. 3, 2021. <http://kyhealthnews.blogspot.com/2021/02/as-virus-mutations-pop-up-around-world.html>

43. Problem: COVID-19 Hospital-Acquired Infections

HSJ analyzed England's National Health Service Data regarding hospital-acquired SARS-CoV-2 infections. SARS-CoV-2 is the virus that causes COVID-19 and unfortunately HSJ found that hospital-acquired infections (HAIs) are not uncommon, estimated to cause almost 1 in 4 hospital COVID-19 cases. We need to have mandatory reporting of worker and patient acquisition of SARS-CoV-2 and the development of COVID-19 with metrics to provide us the most accurate estimate of cases so we can effectively plan and allocate resources. Infection Control Today. Jan. 20, 2021. **References** <https://www.infectioncontrolday.com/view/problem-covid-19-hospital-acquired-infections>

44. As Vaccine Rollout Stalls, Move Monoclonal Antibodies Into COVID Fight

As of January 16, 2021, only 39.4% of the 31.2 million allocated vaccine doses have been placed in arms. The original goal was to vaccinate 20 million citizens by the end of 2020. Until vaccines become widely available, it is imperative that those at high risk for severe COVID-19 be offered monoclonal antibody therapy. So far, the use of monoclonal antibodies has not been a priority in the United States' COVID-19 response, and the medication has largely gone unused, with 80% of the 600,000 doses still "sitting on shelves." Monoclonal antibodies need

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to be given within 3 days of diagnosis and to those who are at high risk for severe COVID-19. To locate a facility, the Dept. of Health and Human Services has posted a medication locator at: <https://combatcovid.hhs.gov/> Then click on the "Find Infusion Locations" screen button. Infection Control Today. Jan. 17, 2021. [References](https://www.infectioncontrolday.com/view/as-vaccine-rollout-stalls-move-monoclonal-antibodies-into-covid-fight) <https://www.infectioncontrolday.com/view/as-vaccine-rollout-stalls-move-monoclonal-antibodies-into-covid-fight>

45. COVID-19 Variants Make Infection Prevention Harder

Infection preventionists need to spread the message and articulate the uncertainties of this new variant of COVID-19. They need to emphasize that it is just not the old who are at risk and employ stricter containment measures.... Many health departments are understaffed. In one Kentucky Public Health District, staffing has been cut almost in half over the last decade. Our stressed healthcare system has an inadequate infrastructure to administer the initial vaccine dose, let alone doubling the effort to administer the second dose. Infection Control Today. Jan. 4, 2021. [References](https://www.infectioncontrolday.com/view/covid-19-variants-make-infection-prevention-harder) <https://www.infectioncontrolday.com/view/covid-19-variants-make-infection-prevention-harder>

Public Comments Before Federal Committees

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1. *Oral Comment: CDC's ACIP Committee Regarding Pfizer Vaccine Boosters.*

Initially, the FDA VRBPA committee focused on vaccinated individuals who are biologically high-risk of developing severe COVID-19, but finally, also recommended boosters for those at high-risk of SARS-CoV-2 exposure. However, the degree of exposure is like being pregnant you either are exposed or you are not. During a raging pandemic, action is needed NOW, we do not have the luxury of waiting for the results of randomized controlled trials. I would recommend reconsideration of offering Pfizer boosters to all who are 16 years of age or older; or at least offering boosters to those who are 30 years of age or older, plus all individuals who are at risk of SARS-CoV-2 exposure. As a side note, we encourage the flu vaccine to be taken by all, not just those at high risk of severe disease or disease acquisition, we need to be consistent with our messaging. Comment Before CDC Advisory Committee on Immunization Practices (ACIP), Sept 23, 2021. https://youtu.be/CELug9tZI_0

2. *Public Comment Regarding Vaccines Boosters in the Elderly.*

CDC Advisory Committee on Immunization Practices (ACIP). Aug. 13, 2021
<http://www.healthwatchusa.org/downloads/20210813-CDC-PublicComment-BoostersElderly.pdf>

3. *The Need For Better COVID-19 Variant Tracking And Reporting - CDC Public Comment*

Dr. Kevin Kavanagh from Health Watch USAsm stresses the importance of having real-time accurate reporting of the COVID-19 immune escape variants. We also need to be genomic sequencing more specimens and should be reporting state specific data to help safeguard the public. In addition, the bar for public health success should not be set at survival. Too many patients are developing long COVID-19 even after mild to moderate infections. Public Comment Before the CDC HICPAC Committee. June 3, 2021. <https://youtu.be/KVYt4PyQuZw>
Download Comment Letter <http://www.healthwatchusa.org/HWUSA-Presentations-Community/PDF-Downloads/20210603-HICPAC-Variants-2-Letter.pdf>

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11. PACCARB: Universal Reporting of Pathogens, Better COVID-19 HAI Metrics.

Dr. Kevin Kavanagh from Health Watch USAsm gives a public comment during the Sept 11, 2021 Presidential Advisory Council on Combating Antibiotic-Resistant Bacteria which stresses the need for universal reporting of all dangerous pathogens, including antibiotic resistant organisms. In addition, the United States needs to increase support of public health to implement early surveillance and case tracking. Health Care Worker Acquisitions of dangerous pathogens need to be reported along with revising our current COVID-19 HAI metric, which is not effectively capturing infections. PACCARB. Feb. 11, 2021. YouTube Video:

<https://youtu.be/2O-yC0HC1dA>

Expanded Written Comments: <http://www.healthwatchusa.org/HWUSA-Presentations-Community/PACCARB-WrittenComments/20210211-PACCARB-PublicComment.pdf>

Interviews - Infection Control Today

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1. Who Gets the Lung? Vaccinated or Unvaccinated?

Kevin Kavanagh, MD: "One person with COVID-19 can spend months in the ICU, which would prevent 10 or 20, non-COVID-19 cases from going to the ICU, whether it's for a coronary bypass, or just angioplasty, or getting a cancer procedure. You have 10 or 20 times the number of patients that can't get care for other serious illnesses." think that there are some people who really don't think that this is serious enough to act. And, again, that's some of the disinformation and the idea of compound interest that "well, you know, we're not seeing a whole lot of change this year so it's not something we have to worry about." I think that there will definitely be a lot of carrots out there and examples to try to encourage people to get vaccinated. On the other hand, I'm seeing some sticks starting to emerge. Singapore is starting to implement that with no longer paying for COVID-19 related illnesses that occur in people who voluntarily are unvaccinated. Infection Control Today. Nov. 26, 2021.

<https://www.infectioncontroltoday.com/view/who-gets-the-lung-vaccinated-or-unvaccinated->

2. Animal Kingdom: COVID-19 Has So Many Hosts to Choose From.

Kevin Kavanagh, MD: "The deer apparently live with COVID-19 quite well, but, yet rapidly spread it amongst the herds. And that's actually very problematic, because if it finds a host that it doesn't make sick, but yet it can mutate and change and then reinfect other animals and plus mankind, that is one of the worrisome scenarios that could take place." Infection Control Today. Nov. 22, 2021. <https://www.infectioncontroltoday.com/view/animal-kingdom-covid-19-has-so-many-hosts-to-choose-from> YouTube Video:

<https://youtu.be/RMjHcFxii1U>

3. Deep Dive interview - The History of Health Watch USA and Its Infection Disease Policy

Initiatives. Infection Control Today. Infection Control Today. Sept. 29, 2021.

<https://www.medicalworldnews.com/view/deep-dive-into-infection-prevention>

4. The Doctor Is On: Fields Tough Questions About COVID-19

"COVID-19 is not just respiratory, it affects every organ of the body. This is a serious type of infection. And we need to be focusing on trying to keep this virus from spreading, plus protecting our young." The pediatric hospitals are filling. But you also need to remember that

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approximately 200,000 or more children have lost a caregiver to COVID-19. I mean, they can spread the disease. And it's having a profound impact on them. And people who are not getting elective surgery, they're not getting it because the hospitals are filling with [patients who have COVID-19]. It's a numbers game. Vaccination is a shield, cuts it down a bit. Masks are a shield, cuts it down a bit. Put those two together, and you're now starting to get some significant protection. You fix indoor building ventilation, you do social distancing, and now you start to formulate a workable plan of getting out of this pandemic. Infection Control Today. Aug. 11, 2021. <https://www.infectioncontrolday.com/view/the-doctor-is-on-fields-tough-questions-about-covid-19>

5. Everybody Needs to be Vaccinated and Wear a Mask

Kevin Kavanagh, MD: "The initial SARS virus is extremely deadly, and also spreads like wildfire. Luckily, it was snuffed out with public health strategies. But that virus also attached to the H2 receptor. And that's what caused this virus to be so lethal. That's the SARS virus. Well, the COVID-19 virus (SARS-CoV-2) and SARS are similar. They're both coronaviruses. (SARS-CoV-2), the virus that we're currently dealing with has a lot of room to continue to mutate, and to become more infectious and more lethal." "I am convinced this virus is about one or two iterations away from completely avoiding the vaccine. And remember, we have the lambda variant and the kappa variant which are sitting out there in the wings, waiting for immunity to drop and possibly cause another wave." Infection Control Today. July 27, 2021. <https://www.infectioncontrolday.com/view/everybody-needs-to-be-vaccinated-and-wear-a-mask> YouTube Video: <https://youtu.be/ILSdqxDBz8M>

6. U.S. Should View India as Cautionary Tale

"India has the double mutation [COVID-19] variant. That's the variant that has two escape mutations. And that is a variant we do not need to get into the United States and have it spread. Infection preventionists need to be out there beating the drum. First in their facility: They need to get everybody vaccinated." If you sound the alarm, people may say in the United States everybody's fine. You're just a reactionist. But with the news coming from India, in seeing what's going on over there, they realize that we still need to exercise caution. And if we didn't take the steps we did last year, we certainly could have wound up just like India. India is an example of what happens if you depend upon the theory of herd immunity. And it is a disaster. Infection Control Today. May 5, 2021. https://youtu.be/_Qhjj4dSn_U Transcript: <https://www.infectioncontrolday.com/view/u-s-should-view-india-as-cautionary-tale>

7. COVID-19: Texas Opening To Soon With Invading Variants

Dr. Kevin Kavanagh from Health Watch USAsm discuss the dangers of the recent decision of the Texas Governor removing mask mandates. The importance of vaccination and the dangers of the variants are discussed. It was stressed to safely open the economy, we need to provide workers with N95 masks and to upgrade building ventilation systems for air sanitization and more complete air exchanges. Infection Control Today. Mar. 5, 2021. (22:41) <https://youtu.be/QwTwWkO1McE>

8. Q&A: COVID-19 Variant Tests? 'We're Kind of Flying Blind'

Kevin Kavanagh, MD: "Throughout the history of evolution, and even through the history of mankind, you've seen species get wiped out. You've seen civilizations of man fall because of infections. And the thing that differentiates us from a tadpole is our science and our

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knowledge. And if we don't take advantage of that...." But even more worrisome is a set of mutations which have occurred in Brazil, in South Africa. It also has been noticed in the United Kingdom, and also in a patient up in Boston, Massachusetts. All having similar mutations and escape mechanisms, which may make these vaccines less effective. So, if the virus mutates in such a way that that spike protein is changed, then that can affect the vaccine's ability to kill that virus, along with affecting our ability to detect it. You may have false negatives now coming about from some of these variants. And we will not know that the patient actually has COVID-19 by a laboratory test. Infection Control Today. Feb. 12, 2021. Transcript of Interview: <https://www.infectioncontroltoday.com/view/q-a-covid-variant-tests-we-re-kind-of-flying-blind-> YouTube Video: <https://youtu.be/IPjKTDZnP7U>

9. Q&A: COVID Variants Pose a Deadly Threat

Willpower. That's what's missing, says Kevin Kavanagh, MD, a member of Infection Control Today®'s Editorial Advisory Board. "We have the technology to do it," Kavanagh tells ICT®. "We just don't have the willpower. I mean, we know how it spreads, we know how to kill it, we should be able to stop it cold in its tracks." And because of that lack of willpower among the public, there's a real danger that the variants of coronavirus disease 2019 (COVID-19) that have cropped up will stop being variants and become commonplace, But what's very distressing about the South African and the Brazilian variants is that they've mutated enough that it appears that they can evade our monoclonal antibody therapeutics. And they may be moderately resistant to the vaccines. Infection Control Today. Jan. 29, 2021. <https://www.infectioncontroltoday.com/view/q-a-covid-variants-pose-a-deadly-threat> YouTube Video: <https://youtu.be/V-B9jkhQvDk>

10. Q&A: COVID-19 Is Here to Stay

"...just the fact that animals can catch COVID-19 is just one of the reasons that makes the disease endemic, says Kavanagh. "We really do need to learn to live with the virus," Kavanagh tells ICT®. "Things will get much better, but I don't think we're going to be able to eliminate this virus off the face of the earth, similar to what we did with smallpox." On the other hand, Kavanagh believes that the new COVID-19 vaccines will be effective against the variants of the disease that have recently cropped up. "Because as you know, a vaccine causes a myriad of antibodies to be formed to that spike protein. And a virus would have to evade every single one of them to be successful. And that's a tall order." Infection Control Today. Jan. 6, 2021. <https://www.infectioncontroltoday.com/view/q-a-covid-19-is-here-to-stay> YouTube Video: <https://youtu.be/hT2sbQo79hQ>

Interviews - WVLK & UnitedHere

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1. *Founder Of Health Care Advocacy Group Disappointed In Special Session*

"It is possible the next variant will cause less disease and we will see a diminution of problems with our society, but so far, each iteration of this virus has been worse than the previous one," said Kavanagh. Kavanagh was scheduled to have surgery next week in Tennessee, but it's been postponed until early October. Kavanagh is not convinced the surgery will occur even then. "In my mind, I'm asking myself, and again, you have to remember I'm very biased on this. But, I'm asking myself why should I be the one to have to delay needed surgery which may affect my longevity in life, because someone didn't wish to take a vaccine," said Kavanagh. WVLK Stu Johnson. Sept. 10, 2021.

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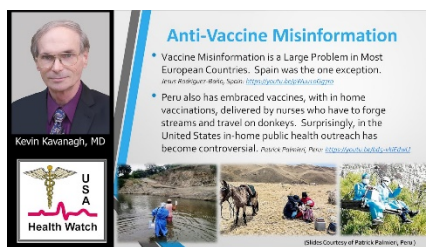
<https://www.weku.org/coronavirus/2021-09-10/founder-of-health-care-advocacy-group-disappointed-in-special-session>

2. COVID-19: Vaccine Safety, Variants & How Vaccines Work

Dr. Kevin Kavanagh from Health Watch USAsm explains how viruses work and how vaccines can stop them. In addition, he describes the vaccine approval process and the safety data which we have so far. The risks of COVID-19 including Long-Haulers Syndrome are discussed in detail and how the risks of COVID-19 far exceed the risks of the vaccine. Misinformation is spreading and various examples are refuted. Finally, COVID-19 viral variants are discussed and how they impact vaccine efficacy. Presentation to UnitedHere. Apr. 6, 2021. (27:56). Video link <https://youtu.be/gpcjD8JGN5k>

Public Educational Presentations

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Summary Presentation, COVID-19: Lessons Learned A Global Perspective.

Subjects include, disinformation, anti-vaxxers, the false narrative of herd immunity, under counting of the pandemic's deaths, animals hosts (white tail deer) for SARS-CoV-2, how masks work, how schools can be opened safely, and how to live with an endemic virus. The Delta Variant and future

variants are discussed, along with vaccine breakthrough infections. Southern Kentucky AHEC. Aug. 6, 2021. Part of a 3 Hr Continuing Education (Wide range of specialties including Category 1 AMA Credits) <https://sokyahec.thinkific.com/courses/summer-conference-recorded-aug-6>
View YouTube Link: https://youtu.be/229Cdxly3_M



COVID-19: Lessons Learned A Global Perspective

June 15, 2021 Conference, COVID-19: Lessons Learned A Global Perspective. Subjects include, disinformation, anti-vaxxers, the false narrative of herd immunity, under counting of the pandemic's deaths, animals hosts (white tail deer) for SARS-

CoV-2, how masks work, how schools can be opened safely, and how to live with an endemic virus. The Delta Variant and future variants are discussed, along with vaccine breakthrough infections. Southern Kentucky AHEC. Total 4 Hours CEU: (Wide range of specialties, except nursing, including Category 1 AMA Credits) <https://sokyahec.thinkific.com/courses/COVIDGlobalPerspective>

Health Watch USAsm Meetings

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➤ COVID-19: A Perspective from Healthcare Professionals from Around The World.

On Dec 15, 2021, a meeting of prominent infectious disease experts from around the world was conducted by Health Watch USAsm. Authorities from the United States, Singapore, Australia, Germany, and Peru were in attendance along with a short narrative update from the United Kingdom. Overall, all nations are reporting a

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significant rise in cases due to the Delta Variant. Omicron is starting to take hold and the United Kingdom is bracing for an onslaught of patients which may overrun their healthcare system. Preventative strategies and barriers of the various countries are presented. Strategies discussed are masking, testing, travel bans, vaccine passports, natural immunity, vaccinations and financial disincentives. The United States, similar to other countries around the world, have little or no reserve to muster to confront an onslaught of hospitalizations due to the highly infectious Omicron Variant. Unless the United States starts to embrace public health advice, COVID-19 may become a catastrophe both in lives ruined, lost and in economically breaking dollar costs. Health Watch USA Meeting. Dec. 15, 2021. <https://youtu.be/QOgZcBPqBEk>

➤ **COVID-19: Cardiac Manifestations in the Young and Occupational Health For Front Line Workers.**

Carol A. Clancy, NP-C, MSN, presents a severe case of COVID-19 in a young family member who developed severe myocarditis requiring ECMO but had few pulmonary symptoms. This case underscores the occupational health risks encountered by even young frontline workers. The pharmaceutical industry implemented a robust system to protect their workers, including weekly COVID-19 testing, access to onsite and home testing as needed, availability of abundant PPE, upgrading building ventilation systems, the ability for workers to work from home (if able), and paid sick leave with presumptive short-term disability. Many other sectors of the healthcare industry did not provide this degree of support for frontline workers. Health Watch USAsm Meeting. Nov. 17, 2021. https://youtu.be/sHfalhc_Owg

➤ **COVID-19: Dr. Ed Nardell Discusses Advantages of UV-C Air Disinfection Using Upper Room Fixtures.**

Dr. Nardell is professor of medicine, Harvard Medical School and Harvard School of Public Health, discusses germicidal UV is the essential technology for disinfecting air in rooms where transmission is occurring. Dr. Nardell provides information on the efficacy and safety of UV-C along with comparing the efficacy of upper room disinfection units to free standing inbox units and UV-C in central air conditioning and heating systems. In a pandemic a goal of 20 complete air exchanges per hour is ideal and upper room UV-C is a cost efficient and safe way of achieving this goal. In addition, the use of carbon dioxide monitors to determine rebreathed air fraction and infection risk is also discussed. Health Watch USAsm Meeting. Oct. 20, 2021. <https://youtu.be/HAt9b-lxW38>

➤ **COVID-19: Lessons Learned in Peru:**

Dr. Patrick Palmieri from Peru discusses the Peruvian COVID-19 pandemic and Lambda Variant. The effects of the Delta Variant are uncertain because of an underdeveloped healthcare system and poor recordkeeping. Similar to what was reported by Dr. Paul Yonga from Kenya corruption was a major barrier <https://youtu.be/oTOFJiLYa2Q> . In Peru's case this involved a lack of ventilators and oxygen. There also appeared to be a higher rate of physicians being diagnosed with COVID-19 who are vaccinated. This observation is compounded by questions of the efficacy of the vaccine and some healthcare workers giving fake vaccination shots. Compared to excess death data, the true death rate in Chile was three-fold higher. The difference was created by the Government only counting those deaths which had a positive test in a country with limited testing. This is a situation similar to India. (Dr. Rodrigueus-Bano from Spain also discussed this problem in his presentation <https://youtu.be/pWuu10Gg7ro>). There is very little vaccination hesitancy in Chile. The vaccine rollout was marred by a scandal of the rich and influential receiving the vaccine first. One success is the Peruvian program of vaccinating people in their

homes. It is perplexing why vaccines and at home vaccinations are so controversial in the United States. This type of activity should be what public health is all about. [Download Slides](#)
View YouTube Video: <https://youtu.be/bd5-vkiEdwU>

Reference for Presentation:

- 1) Cáceres, C. F., Zavaleta, A., & Gonzáles, G. F. (2021). Peru scandal: Gaps in oversight of COVID vaccine trial. *Nature*, 592(7856), 685. <https://doi.org/10.1038/d41586-021-01120-w>
- 2) Dyer O. (2021). Covid-19: Peru's official death toll triples to become world's highest. *BMJ*, 373, n1442. <https://doi.org/10.1136/bmj.n1442>
- 3) Kenyon G. (2021). Vacuna-gate escalates in Peru. *The Lancet (Infectious Diseases)*, 21(4), 463. [https://doi.org/10.1016/S1473-3099\(21\)00157-2](https://doi.org/10.1016/S1473-3099(21)00157-2)
- 4) Mega E. R. (2020). Latin America's embrace of an unproven COVID treatment is hindering drug trials. *Nature*, 586(7830), 481–482. <https://doi.org/10.1038/d41586-020-02958-2>
- 5) Taylor L. (2021). Covid-19: Why Peru suffers from one of the highest excess death rates in the world. *BMJ*, 372, n611. <https://doi.org/10.1136/bmj.n611>
- 6) Taylor L. (2021). Scandal over COVID vaccine trial at Peruvian universities prompts outrage. *Nature*, 592(7853), 174–175. <https://doi.org/10.1038/d41586-021-00576-0>

- **COVID-19: India In Crisis -- Vineeta Gupta, MD, JD**
Dr. Vineeta Gupta describes the conditions in India and the socioeconomic challenges which inhibit the pandemics' control. The impact of the Delta (B1617.2) Variant on India and the United States is also discussed. Health Watch USAsm meeting. June 9, 2021. <https://youtu.be/vsOj76yBH9g>
- **COVID-19: Infection Control in the Ambulatory Care Setting During a Pandemic.**
Sonja Rivera Saenz, MPH, Infection Control Director at Atrius Health, discusses challenges and strategies regarding the control and prevention of the spread of COVID-19 in the ambulatory care setting. Health Watch USAsm Meeting. May 19, 2021. <https://youtu.be/pxiuS3r4eJM>
- **Grief, Morning, Loss and Dying in the Age of COVID-19**
Psychologist Alan Cusher discusses the complexity of dealing with loss and death during the COVID-19 pandemic. He also discusses the different types of loss which the nation is dealing with and how COVID-19 has inhibited our ability to copy and resolve these losses. Health Watch USAsm Meeting. Apr. 21, 2021. [Download Slides](#) <https://youtu.be/99hEmPSN5PI>
- **Dr. Henry Hrdlicka, PhD Discusses Long-Hauler Syndrome.** Dr. Henry Hrdlicka from Gaylord Specialty Healthcare discusses the presentations and pathophysiology of Long Hauler Syndrome. COVID-19 affects many organs of the body including lung, kidney, musculoskeletal, heart, GI and CNS. Anxiety and depression and PTSD are seen in many patients, it is unclear if these psychological symptoms are from a primary effect of the virus or a secondary effect from stress and isolation. Health Watch USAsm meeting Mar. 17, 2021. https://youtu.be/aewNqxWm_Ng
- **Julie Blake-Griffin, RN Discusses Barriers in Accountability and Patient Safety.**
Julie Blake-Griffin, RN is a national patient advocate who tells her personal story and journey as a patient and nursing advocate. Topics discussed are institutional accountability and whistleblower retaliation. Health Watch USAsm meeting Feb. 17, 2021. <https://youtu.be/cy-BADgxfI4>

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- **Dr. Regina LaRocque from MGH and Harvard Medical School discusses the impact of COVID-19 on Massachusetts and the problems and drivers of vaccine hesitancy.** Health Watch USAsm meeting Jan. 20, 2021. (20:45) <https://youtu.be/5glqLCzcZto>

Newspaper Articles Featuring Health Watch USAsm

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Jack Pattie Radio Show (COVID-19 Shows 122 to 238)

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238. Jan. 7, 2022. Omicron: Over 10,000 Cases in Kentucky, Hospitals Triaging Surgeries

Dr. Kevin Kavanagh from Health Watch USAsm discusses the dangers of the Omicron Variant which is caused by its high infectivity. Surgical cases are being cancelled with an economic toll of \$500 million dollars in hospital care in Kentucky alone. This virus is endemic and we must make sure our children and teachers have the safest environment possible, including vaccinations, masking and improvements in ventilation. Dr. Kavanagh also responds to a caller who mitigates the impact of the SARS-CoV-2 pandemic. Jack Pattie Show. Jan. 7, 2022.

Timeline of topics:

0:44 Elective and semi-elective cases canceled.
 2:10 Kentucky and the U.S. vaccination rates.
 2:42 Economic Toll. \$500 million a year in Kentucky
 3:08 Endemic virus - We need to change
 3:43 Importance of ventilation.
 4:56 Teachers going back to work & Children spreading disease
 5:52 SARS-CoV-2 attacks ACE2 receptor.
 6:51 View point of an antivaxxer
 9:00 Response to antivaxxer
 12:28 COVID-19 in Children
 YouTube Link: <https://youtu.be/btStwbvN6-U>

237. Jan. 3, 2022. COVID-19: Kentucky Hospitalizations Cost 1 Billion Dollars So Far

Dr. Kevin Kavanagh from Health Watch USAsm discusses the high cost of the COVID-19 pandemic and how the metric of death is a very low bar for public health. We must prevent disease along with the debilitating effects of Long COVID-19 and the huge cost of care for those who develop COVID-19. In Kentucky, hospitalizations alone are estimated to cost 1 billion dollars using insurance allowable charges from FAIR Healthcare. Massive loss of work from even outpatient COVID-19 cases are threatening our frontline workers. In response, the CDC has lowered the time for isolation of asymptomatic cases from 10 to 5 days. However, there is a call to also add negative tests before

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clearance to return to work is granted. The utility of rapid testing is discussed and when multiple tests are needed. In addition, antiviral therapeutics are in short supply. Only one monoclonal antibody, GSK, is efficacious with the Omicron Variant. The antiviral drugs from Pfizer and Merck are also in short supply. Pfizer's drug, Paxlovid, has extensive drug interactions and Merck's drug, Molnupiravir, has reduced efficacy and some safety concerns. Jack Pattie Show. https://youtu.be/Im_AOqjslus

236. Dec. 24, 2021. Omicron: Skyrocketing Cases, Significant Risks for the Unvaccinated

Dr. Kevin Kavanagh from Health Watch USAsm discusses the risks and severity of Omicron infections in the unvaccinated and those who are not immune. Much of the rosy picture being painted regarding severity of disease is because of inclusion of breakthrough infections and reinfections that produce relatively mild disease. Two new drugs are coming on the market, one from Pfizer, paxlovid, and the other from Merck, molnupiravir. Both will probably not be widely available during the Omicron surge and should not be viewed as a substitute for vaccination. Only one monoclonal antibody, the one from GSK, is effective against Omicron. Home testing is critical, but unfortunately, the announced Federal Program is too little too late. Finally, you need to upgrade your masks to N95s. Jack Pattie Show. <https://youtu.be/HLInG-TdsyA>

235. Dec. 20, 2021. Omicron: 1 Million Cases a Day, Too Few Boosters Taken Bodes a Hard Winter.

Kevin Kavanagh from Health Watch USAsm discusses the urgent need for those who are vaccinated in Kentucky to obtain a booster. In Kentucky, less than 20% of those eligible have obtained one. With the Omicron Variant, if unvaccinated there is a 30% less chance of hospitalization compared to previous variants. Vaccination in South Africa is reported to provide 70% protection against hospitalization. Omicron cases are expected to peak at 1 million cases a day in the United States. This will overrun our healthcare system. In the United Kingdom cases are already at 100,000/day and rising. The UK has about 1/5 the population of the United States. Only one monoclonal antibody is effective against the Omicron Variant (Vir/GSK) but there are only around 250,000 doses available. Home testing is imperative but prevention with mask wearing and vaccination to prevent infection is by far the best strategy. Deal with mandates at the polls, deal with the virus by getting vaccinated and receiving a booster. Jack Pattie Show with Kruzer. Dec. 20, 2021. <https://youtu.be/wof7lbzOPaA>

234. Dec. 17, 2021. What Does Not Kill You, Mutates and Tries Again

Dr. Kevin Kavanagh from Health Watch USAsm discussed the high price the United States may pay with the Omicron Variant. It may be less lethal, causing a 30% less of a chance of hospitalizations in those infected but its high infectivity (replicating 70 times more than Delta) may cause so many cases that our healthcare system will be overrun. The United States may fare worse than South Africa because our population has received the 2 dose mRNA vaccine early in 2021 and our immunity may be waning. If the healthcare system is overrun, patients will not be able to obtain needed treatment and the financial cost will cripple our nation. One hospitalization in the ICU can have an out of network price of \$249,000. We need to encourage mask usage, frequent home testing and the avoidance of poorly ventilated indoor settings. In Singapore, vaccinated healthcare workers are tested twice weekly and the unvaccinated are tested daily. Good news on combating the Delta Variant, the FDA has approved monoclonal antibody products to prevent infections in the immunosuppressed. Protection can last for 6 months with a 77% efficacy in preventing COVID-19. In addition, new research supports the protective effect of natural infection against the Delta Variant. And immunity is greatly augmented if those previously infected obtain a vaccination. Jack Pattie Show. <https://youtu.be/Dh5fWC6w4yl>

233. Dec. 13, 2021. COVID-19: Omicron Spreading, Unvaccinated at Risk, Massive Bird Flu in the United Kingdom

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Dr. Kevin Kavanagh from Health Watch USAsm discusses the newly released CDC data regarding initial cases of the Omicron Variant. So far infections in the United States have occurred frequently in foreign travelers who were vaccinated and in 14 individuals who have had boosters. Only one infection resulted in hospitalization, the rest had mild symptoms. The United States has a full vaccination rate of 61%, this is 60th in the world. All need to become vaccinated and obtain boosters. It is feared that infection in those who do not have preexisting immunity may cause severe disease. In the United Kingdom, indoor mask requirements and vaccine passports have been instituted and advisories given to work at home. Because of the high infectivity of Omicron, our healthcare system may still be overrun. The Bird Flu outbreak in the United Kingdom was also discussed with the culling of 500,000 birds. Bird Flu can cause severe disease in humans with a 60% fatality rate, but it is not that transmissible. Gain of Function Research has created a Bird Flu virus which is as transmissible as the seasonal flu and as lethal as the Bird Flu. Needless to say this type of research should be banned and we need to keep our guard up for future pandemics. Jack Pattie Show.

<https://youtu.be/VkLhgtDGB2Q>

232. Dec. 10, 2021. COVID-19: Nursing Shortage, Response to Anti-Vaxxer & Skyrocketing Healthcare Costs.

Dr. Kevin Kavanagh from Health Watch USAsm discusses the urgent nursing shortage in Kentucky and how this is a decades long problem of nursing retention not production. University of Louisville has greatly increased the output of their nursing program from 80 per class to almost 240 per year. Working conditions, death benefits, presumptive disability along with safe nurse-to-patient staffing ratios are of paramount importance. In addition, the need for home testing is discussed along with the Omicron Variant. For now we should not be planning for a fourth vaccine dosage. In addition, a response was given to an antivaxxer regarding the need to become vaccinated. Timeline:

1. Melatonin in Children. 1:07
2. Is There a Need for a 4th Vaccine Dose. 3:26
3. Nursing Shortage. 7:43
4. Response to Anti Vaxxer. 8:14
- 5, Home Testing. 11:56

Jack Pattie Show. Dec. 10, 2021. <https://youtu.be/XosAgXyVNdk>

31. Dec. 6, 2021. COVID-19: Omicron in 17 States

Dr. Kevin Kavanagh from Health Watch USAsm discusses the Omicron Variant. Recent data from South Africa indicates Omicron is hospitalizing children under the age of 5 years at a disproportionately high rate, similar to the rate of those over the age of 60. Omicron appears to be more infectious than Delta, but the infection may be less severe. We still do not have definitive data at this point. In Kentucky, our state is in the beginnings of another Delta Wave with a test positivity rate of over 9% Delta is producing breakthrough infections in those who are vaccinated, so obtain a booster if it has been 5 months from full vaccination with a mRNA vaccine. Jack Pattie Show. Dec. 6, 2021.

<https://youtu.be/PhzueOisfLA>

230. Dec. 3, 2021. COVID-19: Omicron Looming: Best & Worse scenarios

Dr. Kevin Kavanagh from Health Watch USAsm presents the best and worse case scenarios for the Omicron Variant. The best case is if the virus is highly infectious and causes only mild disease. The worse case is if it is from an animal host, very infectious, evades immunity and causes severe disease. Unfortunately, the first three characteristics of the worse case scenario seems to have occurred. A recent report in STAT indicates that Omicron evolved on a separate genetic path, possibly from a

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rodent. Omicron has 7 mutations which are specific to allow the virus to attach to a rodent; and Omicron is reported to be three times as likely to cause reinfections. The vaccine and natural immunity debate is tainted due to the many variables of number of vaccine doses and severity of disease but what is clear is that everyone needs to have their immunity boosted. If you have had the vaccine get a booster. If you had an infection get vaccinated. Finally, follow public health advice by wearing masks (N95s) and utilize home testing. Jack Pattie Show. <https://youtu.be/jb0jeMfb2zE>

229. Nov. 29, 2021. COVID-19: The Omicron Variant, Gauteng Province, SA, Hospitalizations Increase 3-Fold in 2-Weeks

Dr. Kevin Kavanagh from Health Watch USAsm reviews the known information about the Omicron Variant. The variant was detected in Gauteng Province, South Africa where hospitalizations have increased 3-fold over a 2-week period. The case fatality rate is not known nor is it known how effective the vaccines are against this variant. The Omicron Variant has over 30 mutations on its spike protein which may help it evade immunity. Most experts feel the mRNA vaccines will offer a degree of protection and boosters are of utmost importance. Those who have had a natural infection should also boost their immunity by becoming vaccinated. Travel bans are important short term measures to buy time for reformulation of the vaccine and the production and distribution of antiviral medications. Pfizer is reporting distribution problems of its vaccine in South Africa with only 19 million of the 30 million delivered doses being administered. Jack Pattie Show. <https://youtu.be/7z6ubfjibfg>

228. Nov. 22, 2021. COVID-19: Workplace Safety, Thanksgiving Safety, Boosters are Imperative

Dr. Kevin Kavanagh from Health Watch USAsm discusses the urgent need for boosters and reminds everyone that even "mild" infections are not truly mild. The United States has had a number of missteps in this pandemic and the mixed messaging with the boosters is just the latest example. Work place safety is key which includes use of N95 masks, vaccination of employees, frequent (at least weekly) testing of all employees and improving ventilation. Thanksgiving safety should involve all who can being vaccinated and the use of home testing before the event. As with other holidays, the turkey should be de-thawed slowly in the refrigerator and use impeccable hygiene with frequent washing of hands and countertops. Jack Pattie Show. <https://youtu.be/oBNuUdUdIG8>

227. Nov. 19, 2021. COVID-19: Europe Surging, Highly Vaccinated Countries Needing Boosters

Dr. Kevin Kavanagh from Health Watch USAsm discusses the fading hopes for herd immunity. SARS-CoV-2 has several animal hosts, including white tail deer. Our society needs to learn to live with, not ignore this virus. Smallpox had a much higher fatality rate but reinfections and repeated surges were rare, everything was paid for at one time. COVID-19 is similar to compound interest with continued waves slowly gnawing away at society. With the rising costs of healthcare (Medicare Part B premiums and deductibles rising 14.5%, Singapore is curtailing coverage for the voluntarily un-vaccinated. Boosters are desperately needed, in Kentucky only 10% of the population have received one. Several countries including Iceland, Ireland and Gibraltar have over 90% of adults vaccinated but are undergoing a COVID-19 surge. These countries were one of the first to be vaccinated but have been slow rolling out boosters. It is hoped that the booster will stimulate immunity longer than 6 months. Many vaccines have three dosages in a course and three doses may be the standard for SARS-CoV-2. (10:26) Jack Pattie Show. <https://youtu.be/VW2DPsaJumQ>

226. Nov. 15, 2021. COVID-19 Costs are Skyrocketing, A Grave Error in Not Giving Boosters To Everyone.

Dr. Kevin Kavanagh from Health Watch USAsm discusses the surging of the Delta Variant in Eastern Europe, a region of the world which is more highly vaccinated than the United States. 65% of Austrians

are fully vaccinated, compared to 59% in the United States and only 51% in Kentucky. In addition, many fully vaccinated individuals are in need of a booster and are susceptible to the virus. It may be a grave error not recommending boosters for all who are vaccinated. COVID-19 is inflicting a heavy toll on our society directly with deaths and disability, indirectly causing non-COVID patients to forego needed care and driving up health care costs. This year Medicare Part B premiums will increase 14.5%. Jack Pattie Show. (4:58) https://youtu.be/Vcr_OdgesfQ

225. Nov. 12, 2021. COVID-19: Some USA Data is More Than 2 Months Old

Dr. Kevin Kavanagh from Health Watch USAsm discusses the need for real time data on hospitalizations and deaths by vaccination status. Data is greater than 2 months old. In addition, we need timely data on all breakthrough infections, and reinfections. The United States is also not sequencing nearly enough infections to effectively track the emergence of variants. Other topics include the need for boosters and the recent surges of the Delta Variant in Germany and France. Data from Israel found the Pfizer booster increased antibody levels by 58 times in those individuals over the age of 60. Childhood vaccinations are recommended and the remote risks of myocarditis is discussed. Myocarditis is less likely to occur in females and in individuals over the age of 30. Because of the remote risk of myocarditis, France and Germany recommend those under the age of 30 be vaccinated with the Pfizer as opposed to the Moderna vaccine. Jack Pattie Show. (13:06) <https://youtu.be/DkovZAmPRRo>

224. Nov. 8, 2021. COVID-19: Pfizer's & Merck's New Pills; Vaccines for 5 to 12 yr. Olds.

Dr. Kevin Kavanagh from Health Watch USAsm discusses the new COVID-19 pill from Pfizer, Paxlovid. Paxlovid is reported to have a 90% efficacy rate in preventing hospitalizations and deaths caused by COVID-19. It is a protease inhibitor, the type of drug which has been successfully used in HIV and HEP-C treatments in the past. The COVID-19 medication from Merck, molnupiravir, is reported to have a 50% efficacy in the prevention of hospitalizations and deaths. Molnupiravir works by substituting itself into the genetic code of the virus. There may also be safety concerns regarding this for humans. It is not to be used during pregnancy. These drugs are NOT to be substituted for vaccinations, which add another layer of armor, and are efficacious in the prevention of mild to moderate disease and long COVID-19. Finally, vaccinations for children age 5 to 12 will be available in Lexington, KY starting tomorrow. Jack Pattie Show. <https://youtu.be/9yBVcpng53g>

223. Nov. 5, 2021. COVID-19: Virus Spreading in Deer, Mandates, Children & COVID-19 Infections.

Dr. Kevin Kavanagh from Health Watch USAsm discusses the new report of the COVID-19 virus spreading in the deer in Iowa. 80% of the deer have tested positive for SARS-CoV-2 in Iowa. This follows a report earlier this year where 40% of the deer tested positive in the States of Illinois, Michigan, Pennsylvania and New York. In addition, the topic of vaccine mandates, vaccinations in children and that vaccines prevent the spread of the virus were discussed. To reopen our economy, workers must feel safe and be protected. Vaccines, proper PPE and following public health advice are crucial to allow this to happen. Jack Pattie Show. WVLK FM 97.3 <https://youtu.be/wvUzpL3JZXk>

222. Nov. 1, 2021. COVID-19: Natural (Infections) Versus Vaccine Immunity

Dr. Kevin Kavanagh from Health Watch USAsm discusses the new CDC study which found immunity from vaccines gave over five times the immunity as from natural infection. In addition, the importance of vaccinating children to COVID-19 was stressed. Children make up about 24% of cases and there is approximately a 2% rate of hospitalizations and in hospitalized children up to a 14% chance of developing Long COVID-19. Finally, vaccine mandates in frontline workers is also discussed. Jack Pattie Show. Nov. 1, 2021. (6:32) <https://youtu.be/Zf5s2HGes0Q>

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221. Oct. 29, 2021. COVID-19: Childhood Vaccinations, School Air Quality and Parental Use of CO2 Monitors.

Dr. Kevin Kavanagh from Health Watch USAsm discusses the COVID-19 pandemic and how it is causing collateral damage by preventing needed treatment and surgery for many patients with life-threatening diseases. In addition, the FDA has recently voted to authorize the Pfizer Vaccine for children. Children make up 40% of COVID-19 cases and once infected they have a 2% chance of being hospitalized and can also develop Long COVID. Ventilation in schools is of utmost importance and some parents are using CO2 monitors to measure the ventilation freshness of indoor air. Finally, the threat that the Delta Plus Variant poses to our country and the need for boosters, especially for the Johnson & Johnson vaccine is also discussed. Jack Pattie Show. (15:13) <https://youtu.be/qEZz2lq7Xg0>

220. Oct. 1, 2021. COVID-19: KY Cases Falling Deaths are Up. We Need To All be Vaccinated Similar to Portugal.

Dr. Kevin Kavanagh from Health Watch USA(sm) discusses the August & September Delta surge in Kentucky which was worse than the Winter surge. The Delta surge has more daily cases and 40% more cases, 463 patients, were on the ventilator, compared to 253 on the ventilator over the winter surge (daily rates, 7 day moving average). Slightly less deaths, which is why we are getting better at treating respiratory distress from COVID-19. Some predict COVID-19 may be all but gone in a year, but in the USA it may take longer with only 56% of our population fully vaccinated. In Portugal, 84% of individuals in the country (including children) are vaccinated and they are opening the country. In the USA, we have far too many unvaccinated, and at the same time we are worrying about our supply chain. And, there are many individuals, such as myself who have had to put off needed surgery because of filled hospitals. A new study out of Oxford found 1 in 3 patients with COVID-19 had symptoms 3 to 6 months after diagnosis. And 40% of the Long COVID-19 patients initially developed their symptoms after 3 months. Questions were answered regarding the need for those with previous infections to get vaccinated because natural sterilizing immunity cannot be measured. In addition, there are two studies which showed that if you are vaccinated your chances of developing COVID-19 is reduced. The risks of ventilators and oxygen usage is explained. They are used when only necessary and will help some individuals but are not a cure-all and at high levels can also cause damage. Knowledge of how to best use these interventions is one of the reasons the COVID-19 death rate has fallen. Finally, the good news. Results of a new drug, molnupiravir, from MERCK to fight COVID-19 is also discussed. Jack Pattie Show. Oct. 1, 2021. (17:05) <https://youtu.be/nkBeZZUDIUw>

219. Sept. 27, 2021. COVID-19: Boosters, Vaccines, Monoclonal Antibodies & Schools

Dr. Kevin Kavanagh from Health Watch USAsm discusses the need for Pfizer boosters and recaps on last Friday's show where Dr. Hoehl from Germany stressed that schools require surgical grade masks and if unvaccinated, testing three times a week. Masks work, remember the particle size being filtered is between 10 to 100 microns and are small droplets which aerosolize. They are not the dry particle measured by electron microscopy. The FDA has approved boosters for the Pfizer vaccine, Moderna is probably soon to follow. The immunity induced by Moderna is holding up better. Moderna spaced the first and second doses out by 4 weeks and has over three times the mRNA in it compared to Pfizer. The three doses may become the vaccine schedule for the coronavirus vaccination. Most vaccines, including polio, Hepatitis B, Tetanus, H. Flu, etc., all require 3 or 4 doses. The use of monoclonal antibodies is also encouraged. Of the four available monoclonal antibodies, three, plus the cocktails are effective against the Delta. However, they may not be effective with the immune escape variants of Gamma, Beta, and Delta Plus. Vaccines produce a myriad of different types of antibodies and are much better for infections by future variants. Finally, the supply of monoclonal antibodies is limited

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and they must be given soon after diagnosis to be effective. (8:31) Jack Pattie Show.

<https://youtu.be/HbYriXnws90>

218. Sept. 24, 2021. COVID-19: Strategies in Germany - Schools, Masks, Testing and Vaccinations

Doctor Kevin Kavanagh from Health Watch USAsm and Dr. Sebastian Hoehl from the University Hospital in Frankfurt, Germany discuss COVID-19 precautions taken in Germany and the United States. Schools in Germany are open but if community rates are high students wear surgical grade masks (not cloth masks) in the classroom. Those unvaccinated (both students and teachers) are tested three times a week. Home rapid testing is readily available for the general public in Germany. Germany is currently vaccinating individuals down to the age of 12. They are using the Oxford Astrazeneca and Johnson & Johnson vaccine for those 60 years of age and older and the mRNA vaccines for those below the age of 60. In the United States we are going to soon have the FDA decision on an Emergency Use Authorization for the Pfizer/BioNTech Vaccine for children down to age 5. So far the data shows the vaccine to be very safe in this age group and able to elicit a strong immunological response. Similar to the USA, Germany also has higher rates of COVID-19 in populations who are socioeconomically disadvantaged. Jack Pattie Show. WVLK FM 97.3 (13:05) <https://youtu.be/TmzQabJ0IDo>

217. Sept. 20, 2021. COVID-19: FDA Confusing EUA for Boosters

Dr. Kevin Kavanagh from Health Watch USAsm discusses the FDA's recent EUA (Emergency Use Authorization) approval process for boosters in those above the age of 65 and those who are at high risk for infection. After the vote, the FDA appeared to walk back their guidance and include individuals who are at high risk for occupational exposure to SARS-CoV-2. Pfizer also announced today that they are submitting data for approval of the vaccine in children who are 5 to 12 years of age. Jack Pattie Show. Sept. 20, 2021. (3:14) <https://youtu.be/g9vBHNNfAf8>

216. Sept. 17, 2021. COVID-19: Booster Shot Decision

Dr. Kevin Kavanagh from Health WatchUSAsm and Dr. William Schaffner from Vanderbilt Medical Center discuss the upcoming FDA decision regarding boosters. Other topics include the opening of schools in Kentucky and the need for a layered approach (masks, vaccinations, testing, bubbling); the monoclonal antibody shortage; and that antibody testing is not accurate in the determination of protection. Jack Pattie Show. WVLK 97.3 FM (15:45) <https://youtu.be/M07Q1wBDMvk>

215. COVID-19: Misinformation on VAERS and Pfizer Trade Name Confusion.

Dr. Kevin Kavanagh from Health Watch USAsm discusses disinformation on using the VAERS reporting system to determine the incidence of vaccine deaths. Using this information, in Kentucky one would expect 180 deaths but I have not heard of any confirmed cases in Kentucky. There is also confusion made by Pfizer using a trade name when marketing their vaccine to those above the age of 16. Below ages of 16, Pfizer/BioNTech cannot yet use this name since the vaccine for this age group is only FDA authorized. Finally, even outdoors one needs to follow public health advice. Crowded stadiums with unmasked individuals are still at risk of spreading the Delta Variant. Screaming and shouting will create droplets which will not be expected to dissipate outdoors. Jack Pattie Show. (7:29) <https://youtu.be/soC4l73ce6g>

214. Sept 10, 2021. COVID-19: Gain of Function Research

Dr. Kevin Kavanagh from Health Watch USAsm discusses the dangers of Gain of Function Research. Other topics are the emergence of variants, the effect of vaccines on mutations and how outdoor gatherings can spread the viral illnesses. For vaccines to work, all must take them so community

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protection develops and mutations of the virus will not occur. Jack Pattie Show. WVLC 97.3 FM. <https://youtu.be/NMrUGnnvNd0>

- 1:39 Antibiotic Resistant Bacteria are Increasing.
- 5:47 Outdoor events spreading variants. The Fourth-of-July celebrations.
- 7:38 Gain of Function Comments.
- 10:31 The Delta Variant was not caused by the Vaccine.

213. Sept. 1, 2021. COVID-19: C.1.2 Variant May Decimate Herd Immunity

Dr. Kevin Kavanagh from Health Watch USAsm discusses the need for everyone to become vaccinated. A new study finds that Natural Immunity is greater and lasts longer than immunity from the Pfizer Vaccine. But "greater" is not "great" both the vaccinated and naturally immune are susceptible to the Delta Variant. Two studies have now shown that past infection plus vaccination provides better protection. The Delta Variant has twice the rate of hospitalization as previous variants. Those not vaccinated are more likely to be hospitalized, admitted to the ICU and die. ICU admissions, the need for ventilation and deaths are almost entirely in the unvaccinated. Because hospitals are filled, those who require care for serious non-delta ailments may not be able to receive care. Since, the unvaccinated have a poorer prognosis, they may be on the wrong end of triage decisions. Because of the new variants, such as C.1.2, herd immunity is not possible, and we will experience continued waves of the coronavirus unless we follow public health strategies. Jack Pattie Show. WVLC 97.3 FM. <https://youtu.be/vULye1DxJMY>

212. Aug 30, 2021. COVID-19: Many KY Schools Are Re-closing

Dr. Kevin Kavanagh from Health Watch USAsm discusses the re-closing of schools and the recent death and hospitalizations (two on the ventilator) of Lee County School District Staff. The rush to open staff without proper preparation has placed undo risk to both our children and their school's teachers. Those policymakers who it was so important to rush to open schools should console the families of the dead and disabled of our frontline workers. Similar to what is being done with our front line soldiers protecting our nation, frontline workers risking their lives with COVID-19 need to be given similar support. To open schools safer the following needs to take place:

- Lower Community Spread of the Virus
- Podding of classes with smaller class sizes.
- Increase complete air exchanges and air sensitization.
- Twice weekly testing of all in schools (vaccinated and unvaccinated).
- Wearing of high quality masks (KN95 and well-fitted N95 masks).
- Options for hybrid classes, which will decrease class sizes and less student density will help lessen ventilation requirements.
- Permanent options for teleschooling for high-risk students.

This virus is endemic, it is mutating and waves of immune-escape variants are to be expected in the future. We must plan for this occurrence. Jack Pattie Show. <https://youtu.be/JLWXjme7g9Y>

211. Aug 27, 2021. COVID-19: Breakthrough Hospitalizations

Dr. Kevin Kavanagh from Health Watch USAsm discusses breakthrough hospitalizations with COVID-19. Vaccines are protective but the New York Times reports 12% to 24% of COVID-19 hospitalizations are in vaccinated patients. Baptist Healthcare system reports a rate of 15%, the University of Kentucky reported a rate of 18% of current hospitalized patients. These patients would be expected to be those who are immunocompromised or greater than 60 years of age and more than 5 months post full vaccination. Similar to Kentucky's Governor, we need to up our game with the wearing of masks, using

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medical grade, KN95s or well-fitted N95 masks. The Surgeon General has recommended, high quality masks, upgrades to ventilation and testing in school systems. Medical disinformation is also a significant problem and has many of its roots in organized intelligence campaigns of foreign adversaries. (16:39) Jack Pattie Show. 97.3 FM. <https://youtu.be/gaBK4nhTmsc>

210. Aug 23, 2021. COVID-19: Early Vaccinated Elderly Are Dying.

Dr. Kevin Kavanagh from Health Watch USAsm discusses the vaccination waning in the elderly. Jesse Jackson and his wife, fully vaccinated in January, were hospitalized with COVID-19. Past KY Rep. Brent Yonts recently passed away from COVID-19, was fully vaccinated in February. Boosters need to be given now. Finally, all need to wear masks. Misinformation states that masks will not filter small viruses. But the particles which are transferred between people are actually small droplets between the sizes of 10 to 100 microns. Masks can effectively stop these particles. Use a high-grade medical mask, KN95 or a well-fitted N95 mask. Jack Pattie Show. <https://youtu.be/8lUXWhSSvaQ>

209. Aug. 20, 2021. COVID-19: Should We Triage Unvaccinated to the End of the Line ?

Dr. Kevin Kavanagh from Health Watch USAsm discusses the problem of vaccinated individuals postponing needed surgery for patients with COVID-19 who chose not to be vaccinated. Similar to Polio and Measles 90% of the public will have to be vaccinated and follow public health advice before the pandemic stops. With high community spread, the virus may undergo recombination, swapping RNA with another virus, and producing a super virus. Deaths are mounting, almost a million souls as measured by excess deaths. New Zealand views the pandemic seriously and closes down with just one case. Other countries have similar views such as Australia, S. Korea, Singapore and Taiwan. Schools cannot open safely with high community spread and test positivity rates above 12. Schools need to upgrade their ventilation systems, provide high quality N95 masks, twice weekly testing and small class sizes with hybrid teaching. SARS-CoV-2 is endemic and here to stay. Jack Pattie Show. FM 97.3. Aug. 20, 2021. <https://youtu.be/nUlchF4dwGQ>

208. Aug. 16, 2021. COVID-19: Strict Measures Needed

Dr. Kevin Kavanagh from Health Watch USAsm discusses vaccine effectiveness with the recent data from Israel and the Mayo Clinic. The Ministry of Health in Israel reported Pfizer vaccine effectiveness to be 41% in preventing symptomatic infections. The vaccines have very good effectiveness in preventing deaths and hospitalizations. Individuals especially at risk are those who are immunosuppressed, have an organ transplant or are greater than 60 years old and 5 months out from vaccination. Even breakthrough infections which produce a mild to moderate infection can also produce long COVID affecting the heart, creating brain fog and weakness. All need to wear N95 masks and avoid indoor settings whenever possible. Schools need to upgrade their ventilation systems and provide N95 or high-grade medical quality masks to all students. Jack Pattie Show. WVLK FM 97.3 <https://youtu.be/2l8zfbs474g>

207. Aug. 13, 2021. COVID-19: The Delta Variant Is Here

Dr. Kevin Kavanagh from Health Watch USAsm discusses the need for decisive government action to confront the Delta Variant. Routine, periodic testing in businesses and schools has not been implemented. There is too much emphasis on cotton/cloth masks and the protection with vaccinations when N95s or KN95s are needed, and vaccine breakthrough infections are common. One caller describes his fully vaccinated family with the Moderna Vaccine where 3 out of 4 have become sick with COVID-19. He describes how the vaccine keeps you out of the hospital and from dying, but those not hospitalized can develop long COVID. He has a friend with an enlarged heart and knows two children with long-term effects from this infection. People who he knows that did not get the vaccine

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have died or are hospitalized with long-term chronic breathing problems. Jeff Santos Show. <https://youtu.be/kQp0J40-iU4>

206. Aug. 13, 2021. COVID-19: Ignoring Delta - Strategies to Stay Safe

Dr. Kevin Kavanagh from Health Watch USAsm discusses the high infection rate of the Delta Variant and how we need to up our game in order to protect our children and prevent spread. All need to wear masks, vaccinated and unvaccinated. High quality masks work, they trap the aerosolized viral particles which are produced by talking and/or loud talking. These particles are coated by liquids and have a size between 10 and 100 micros. N95 masks are best, the next best are KN95 masks. There is also an electrostatic mechanism to trap even smaller particles. With high community spread indoor settings, including indoor dining, are best to avoid. High risk frontline workers need to wear N95 masks, goggles and gowns (or a jumpsuit). Also, good air circulation is key. This will decrease viral load making an infection less likely and if one does occur, hopefully less severe. Jack Pattie Show with Scott Johnson. WVLK FM 97.3 <https://youtu.be/Q0BAjTLCHww>

205. Aug. 8, 2021. 204. Aug. 2, 2021. COVID-19: Vaccine Vs Natural Immunity, COVID-19 in White Tail Deer

Dr. Kavanagh from Health Watch USAsm discusses COVID-19 along with new data which shows vaccine immunity can augment natural immunity and is stronger than natural immunity alone. In addition, the virus has invaded the white tail deer population and there are concerns the deer may become the natural host. Other topics include asymptomatic infections and the risks of myocarditis in the young. <https://youtu.be/OYYFSfNMTsw>

Timeline of Topics:

00:12:22 Vaccine VS Natural Immunity

02:24:23 Vaccine Boosters

04:10:00 Deaths from COVID-19 vs Vaccines

05:19:09 Myocarditis from COVID-19

08:00:00 COVID-19 White Tail Deer

<https://www.biorxiv.org/content/10.1101/2021.07.29.454326v1>

Jack Pattie Show with Scott Johnson. Aug. 9, 2021. <https://youtu.be/OYYFSfNMTsw>

COVID-19: Do the Elderly Need Boosters?

Dr. Kevin Kavanagh from Health Watch USAsm discusses the new Israeli data which shows vaccine immunity waning in the elderly, especially those over 60 years of age if the last dose of the vaccine was received before Jan 31, 2021. Those with previous infections are also at risk, some report even higher for reinfection. In addition, the Delta Variant produces 1000 times more virions and we all should wear N95 masks, avoid indoor settings and even outdoors is not completely safe. Jack Pattie Show. Aug. 2, 2021. <https://youtu.be/JG3IDqhyX2A>

203. July 26, 2021. COVID-19: Delta is Here, Masks for All, Hybrid Classes

Dr. Kevin Kavanagh from Health Watch USAsm discusses the surging Delta Variant. Masks should be worn by all, even those vaccinated. It needs to be remembered that:

1. The Delta Variant is more than two times as infectious as the Wild-Type Virus. And it produces 1000 times more viral particles.
2. All should obtain a N95 mask, or at least a good medical grade mask.
3. Similar to the winter surge, avoid indoor settings.

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4. Children are getting very sick and are becoming infected as reported by the Oklahoma University's Children's Hospital and the Mississippi Health Department. In Mississippi, 7 children are in the ICU and two on the ventilator.
5. Vaccine efficacy for preventing an infection approximates 60%. Our initial reports are in line with the data reported by Israel.
6. We need to remember the dangers of asymptomatic infection. Heart and vascular infections are often asymptomatic.
7. If the virus is spread by those vaccinated, it will not only infect others but will also mutate and eventually avoid the vaccines.

Steps need to be taken to safely open schools. Similar to last year, all need to wear masks and hybrid program options should be available to all. All school districts need to upgrade their ventilation systems, reduce class sizes, and similar to Germany test everyone (vaccinated or unvaccinated) twice a week. And finally, an in home teleschool option should be offered. Jack Pattie Show. July 26, 2021.

<https://youtu.be/1tX8xYQ2o-A>

202. July 23, 2021. COVID-19: Peru Embracing Vaccines & Masks

Dr. Kevin Kavanagh from Health Watch USAsm and Professor Patrick Palmieri from Peru discuss COVID-19. Vaccines are a sought after commodity in Peru. Dr. Palmieri is surprised that in the USA people are not taking advantage of their ability to access vaccinations. People in Peru are flocking to obtain vaccinations and obtaining vaccinations are at a very high rate. It is very concerning that many people in the United States are not waiting to obtain vaccinations. Peru has also embraced the strategy of using masking. Peru has an efficient public healthcare system which reaches out to residents, even with nurses on ponies to give vaccinations in homes. In the United States in-home vaccinations has unfortunately become controversial. In Peru, public health has not been politicized as it has been in the United States. Peru does have corruption in healthcare with fees being charged to access public ICUs. In the United States there is high costs in healthcare with little effective price transparency. The Lambda Variant is also discussed. (This presentation has been edited to focus on the healthcare information.) Jack Pattie Show. (10:18) <https://youtu.be/WVM5wnvTt5k>

201. July 19, 2021. 2021-19: Delta Tightening Grip and Masks Not Required

Dr. Kevin Kavanagh from Health Watch USAsm discusses the need for all including the vaccinated to wear masks in indoor settings. Allowing those who are vaccinated to not wear masks also allowed the unvaccinated to not comply with masking requirements. In addition, there is mounting evidence that the Delta Variant can cause vaccine breakthrough infections. With this variant, vaccine effectiveness is in the mid 60% for the prevention of infections. In indoor settings we all need to wear masks. The Delta Variant also requires one to wear a high quality mask preferably an N-95 or medical grade mask. We need to prepare for living with this virus and future variants for years to come. This means upgrading our infrastructure and schools including ventilation systems, hybrid learning, small class sizes, podding and frequent testing on students and teachers. Jack Pattie Show. WVLK AM. (7:35) https://youtu.be/dl_IsDBLpNo

200. July 16, 2021. COVID-19: Delta Surging in the United States

Dr. Kevin Kavanagh from Health Watch USAsm discusses the Delta Variant. The Jack Pattie Show was one of the first to sound the alarm about this variant on June 2, 2021. Since then infections are starting to surge. All, even those vaccinated, need to wear masks and social distance. Reports indicate that the mRNA vaccines are 60% to 70% effective, meaning that even the vaccinated can become infected. However, they are less likely to be hospitalized and much less likely to die. Misinformation

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about this pandemic is a major problem and is being spread by both foreign adversaries and unfortunately some of our leaders. There are those who feel 80 to 85% of Kentucky's population is immune and herd immunity may have been reached. Schools need to prepare to live with this virus. Schools need to spend allocated funds on upgrading ventilation and testing. In Germany, every student and staff are tested twice a week. And we must not set our goal at the prevention of death. This is a low bar for good public health. A large Veterans Health Administration study found that between 30 days and 6 months non-hospitalized COVID-19 patients had 59% increased risk of dying. Long COVID-19 can affect almost every organ of the body including the heart, liver, kidney and brain. Jack Pattie Show. (16:10) <https://youtu.be/pFCPUfBOoa4>

199. July 12, 2021. COVID-19: Vaccinations Are Preventing Deaths

Dr. Kevin Kavanagh from Health Watch USAsm discusses the Delta Variant and how the current mRNA vaccines appear to have good efficacy in preventing hospitalizations and deaths. Those vaccinated can still catch the disease and there is a possibility of developing long COVID. Thus, if vaccinated it is still advisable to wear a mask in poorly ventilated indoor settings. In addition, all need to wear a mask on public transportation, especially air travel. Airports are crowded facilities with international travelers which maybe carrying other variants such as the Lambda Variant. At this stage, with cases re-surging in many states in the United States, caution is the best advice. Jack Pattie Show. (3:40) <https://youtu.be/wLWLX2bMw-A>

198. July 9, 2021. COVID-19: Are We Ignoring the Delta Variant?

Dr. Kevin Kavanagh from Health Watch USAsm discusses the politicalization of the Delta Variant and how the July 4th celebration is a setup to spread the variant and worsen the pandemic. The Delta Variant is at least twice as infectious and is infecting the young. The vaccines prevent almost all hospitalizations and deaths but still up to 35% of vaccinated individuals can become infected and may spread the disease. In addition, they are at risk for long-COVID-19. Jack Pattie Show. WVLK AM 590. (15:34) <https://youtu.be/RaLOzrEgV-k>

197. July 2, 2021. COVID-19: Delta Variant Spiking Cases in The United Kingdom

Dr. Kevin Kavanagh from Health Watch USAsm discusses the impending surge in the United States which may be caused by the Delta Variant when people congregate indoors in Aug or the Fall. In the United Kingdom, despite having over 60% of the adult population fully vaccinated, cases are spiking similar to the level they were over the Thanksgiving Holidays. In Singapore, an elimination strategy resulted in the almost complete disappearance of multiple types of viral infections, including COVID-19, flu, adenovirus, rhinoviruses, and enteroviruses. With relaxations of their COVID-19 strategies, many viral infections returned after several weeks, but the flu remains all but absent. If the United States performed as well as Singapore, we would have under 2000 deaths, total for the entire pandemic. Vaccines need to be viewed as a layer of protection, but one can still become infected with the Delta Variant if vaccinated. The WHO recommends those vaccinated continue to wear masks and social distance. Vaccines will prevent most severe disease and hospitalizations. But people can still develop mild to moderate infections. Long COVID-19 has recently been reported to occur in 27% of those with COVID-19 who were not hospitalized and in 19% of those with asymptomatic SARS-CoV-2 infections (Study from FAIR Health). Bottom line, get vaccinated and continue to observe public health strategies to avoid COVID-19. Jack Pattie Show. (17:13) <https://youtu.be/0CgxOnLmfOc>

196. June 28, 2021. COVID-19: The Delta Strain Is Coming & Vaccines Will Help To Protect You

Dr. Kevin Kavanagh from Health Watch USAsm discusses the importance of being vaccinated to protect against the Delta Strain. This strain is twice as infectious as the original variant and is thought to cause

more severe disease. It is also more likely to invade the younger generation. The mRNA vaccines are greater than 90% effective in preventing hospitalizations and 80% effective in preventing symptoms (Public Health of England).

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/996740/Variants_of_Concern_VOC_Technical_Briefing_17.pdf

However, one still needs to follow public health advice to prevent Long COVID-19. New research out of Norway has found that "52% (32/61) of home-isolated young adults, aged 16–30 years, had symptoms at 6 months, including loss of taste and/or smell (28%, 17/61), fatigue (21%, 13/61), dyspnea (13%, 8/61), impaired concentration (13%, 8/61) and memory problems (11%, 7/61)"

<https://www.nature.com/articles/s41591-021-01433-3> Jack Pattie Show. June 28, 2021. (5:45)
<https://youtu.be/lbC3EYjRWUA>

195. June 25, 2021. COVID-19: Delta and Delta Plus Variants

Dr. Kevin Kavanagh from Health Watch USAsm discusses vaccine efficacy with the Delta and Delta Plus Variants. The R0 for the Delta Plus is greater than 6, meaning that every infected individual will on average spread it to 6 other individuals. This virus is aerosolized but the vaccines still appear to afford protection. The Public Health of England found that the vaccines are over 90% effective in preventing hospitalizations and 80% effective in preventing symptoms from the Delta Variant. The Delta Plus Variant may be more problematic and more data is needed. In addition, these new variants seem to be causing more illness in the young, making it even more important for those over 12 to be vaccinated. Jack Pattie Show. June 25, 2021. (13:31). https://youtu.be/w4_R3TIL1Gc

184. June 21, 2021. COVID-19: Delta Plus Variant (AY.2) in the USA

Dr. Kevin Kavanagh from Health Watch USAsm discusses the spreading of the Delta Variant in the United States. The Delta Variant is over twice as infectious as the wild type of virus and affects both the young and old. It is several iterations away from last year's virus so you need to have your immunity as high as possible. This means getting both doses of the mRNA vaccine and if you had COVID-19 last year, you still need to become vaccinated. The vaccines are reported to be 90% effective in preventing hospitalizations but one also needs to continue to follow public health advice since one can develop long COVID with even mild to moderate infections. A new study from Oxford, England has described anatomical changes in the CNS caused by COVID-19. A new Delta Variant, the Delta Plus Variant (AY.2) has also entered the United States. It may be able to evade the immunity more but it is unknown if it will be able to effectively spread in the community. The bottom line, get fully vaccinated and continue to follow public health advice. Jack Pattie Show. June 21, 2021. (5:50) <https://youtu.be/CgfAhZ5vW60>

Related Infection Control Today Article: <https://www.infectioncontroltoday.com/view/we-might-ignore-the-delta-variant-but-it-s-not-ignoring-the-u-s->

183. June 18, 2021. COVID-19: Delta Variant Is Spreading & Its Dangers Ignored By Many

Dr. Kevin Kavanagh from Health Watch USAsm discusses the dangers imposed by the Delta Variant and how it is rapidly spreading in the United States. The United States is falling behind other countries in its approach to controlling COVID-19. The United Kingdom, despite having a third of the deaths per capita than the United States, is delaying reopening. The mRNA vaccines are 90% effective (if you receive both doses) against the Delta Variant. Vaccines provide both personal and community protection. Unfortunately, the low vaccination rates in the United States are preventing effective

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community protection and the stopping of viral spread. Misinformation is also rampant, such as children not spreading the virus. In Germany, it is mandatory that all school age children are tested twice a week for COVID-19. Jack Pattie Show. WVLK AM. (12:13)

YouTube Video: <https://youtu.be/5cWCdGTP52E>

COVID-19 Strategies Used in Germany: https://youtu.be/_9is03QomGI

182. June 16, 2021. COVID-19: A Worldwide View

Dr. Kevin Kavanagh from Health Watch USAsm gives an overview of COVID-19 strategies used around the world and discusses the "freedom" and "antivaxxer" movements in many countries. Federated countries such as the United States, Spain and Australia have approached the virus differently. In Spain, there is a large "freedom" movement, or one's personal freedom has precedent over public health advisement. The country does not have a large antivaxxer movement. In Australia, the territories formed a national committee, composed largely of scientists, to oversee the country's pandemic response and there is good acceptance to this effort by their public. The final result is that Australia, a country of 25 million, has only 910 COVID-19 deaths. If the United States had a similar performance in stopping the virus, we would have had under 12,000 deaths in total. Jack Pattie Show. June 16, 2021. Conference presentations to be posted on www.healthconference.org website over the ensuing weeks. <https://youtu.be/Nvkjb5OslJU>

181. June 11, 2021. COVID-19: Should Masking Stop ?

Dr. Kevin Kavanagh from Health Watch USAsm discusses the advantages of continuing to use masks to reduce the spread of other respiratory pathogens. Also, the need and safety for vaccinations in children is discussed along with the risks of myocarditis with COVID-19 and long haulers syndrome. Finally, advantages regarding the continued use of masks to reduce respiratory pathogens such as the flu and colds is discussed along with the need for those who are immunosuppressed, especially transplantation patients to continue to follow public health advice and wear masks. Jack Pattie Show. (11:41) <https://youtu.be/J071AZ2LtOk>

180. June 7, 2021. COVID-19: Kentucky Falling Behind in Vaccinations

Dr. Kevin Kavanagh from Health Watch USAsm stresses the importance of receiving vaccinations. In Kentucky, we were at one time ahead of the national average, now we are falling behind. And in pockets in rural areas the vaccination rate is very low. Children between the ages of 12 and 18 do not fall ill as often as adults but do readily spread the virus. Older children also need to be vaccinated. The Indian (Delta) and Brazilian (Gamma) Variants are now expanding in the United States, making vaccinations even more imperative. Jack Pattie Show. (4:36) <https://youtu.be/8ffHQS2nP-U>

179. June 4, 2021. COVID-19: The Fauci E-Mails, Masks & Wuhan Lab

Dr. Kevin Kavanagh from Health Watch USAsm discusses the changing guidance and science of wearing masks along with the growing concerns of the Wuhan Lab. Spread of disease was usually viewed in a dichotomy of being either large droplets or very small aerosols (less than 5 microns). We now know this is a continuum, and the size of particles which spread COVID-19 appear to be between 10 to 100 microns which are small droplets which can aerosolize. Thus, a well constructed well fitted cloth mask will give some protection. Other topics include:

0:00 - Health Watch USA's International COVID-19 Infectious Disease Webinar.

1:44 - Dr. Fauci and the science behind the recommendations regarding the use of masks.

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4:38 - The Wuhan Lab as a possible source of the virus.

9:16 - Myocarditis and COVID-19 Vaccines

11:15 - A Patient With Long COVID.

12:57 - Indian and other escape variants in the USA. The website: <https://outbreak.info/> and the strategies the United Kingdom is using with the Indian Variant.

14:40 - Why those who have had COVID-19 should still be vaccinated.

Jack Pattie Show. June 4, 2021. <https://youtu.be/pMFiDEO1bSo>

178. June 2, 2021. COVID-19: Indian Variant Is Here !!

Dr. Kevin Kavanagh from Health Watch USAsm discusses the new data from the WHO which found the Indian (double mutation) variant to have increased from 1% to 7% of genomic sequenced samples in the United States. The CDC is mitigating the information about this virus and has not declared it a virus of "concern". However, the increasing prevalence of the Indian Variant in the United States makes it imperative for everyone, including those with a previous infection from the wild type virus, to become vaccinated. The most up to date data is WHO data from <https://outbreak.info/> Jack Patty Show. WVLK AM 590. (4:46) <https://youtu.be/37FY7wcnWxk>

177. May 28, 2021. COVID-19: Vaccine Failure in Transplant Patients

Dr. Kevin Kavanagh from Health Watch USAsm discusses the need for everyone, including those who previously had COVID-19, to become vaccinated. Offshore immune escape variants are a major concern. In addition, about 3 to 4 percent of the population has an immunodeficiency and may not have a good immune response to the vaccine. Other topics discussed are the investigation into the Wuhan Lab, hybrid class rooms & work places, and the risks of our open borders. Jack Pattie Show. WVLK AM 590. May 28, 2021. <https://youtu.be/RAeoKDg7dlU>

176. May 24, 2021. COVID-19: Anti-Vaxxers Preventing The Pandemic From Ending ?

Dr. Kevin Kavanagh from Health Watch USAsm discusses the unwise example set by Senator Paul by declining COVID-19 vaccination. Senator Paul does not have assured protection with natural immunity from an asymptomatic to mild infection from the wild type virus more than a year ago. Dr. Paul's concern over the escape of an enhance virus from a Wuhan lab may be valid, but to mitigate the dangers of COVID-19 and at the same time warn of the escape of an enhanced virus produces conflicting narratives. Jack Pattie Show. May 24, 2021. (5:24) <https://youtu.be/CxT811Gdseo>

175. May 21, 2021. COVID-19: Booster Is Needed In 9 to 12 Months

Dr. Kevin Kavanagh from Health Watch USAsm discusses the need for a booster in 9 to 12 months. In total people may need to take 4 shots. Two for the original vaccine, another for a booster and a fourth for the E484K (South African) Variants. Also discussed was the origins of the virus and that being accidentally released from the Wuhan Lab cannot be ruled out. Finally, we must prepare for the next pandemic with upgrading building air quality, mask & PPE production, and the ability to do robust testing, including genomic sequencing. Jack Pattie Show. WVLK 590 AM. May 21, 2021. (13:21) <https://youtu.be/SkFU9AkLnt4>

174. May 17, 2021. COVID-19: USA Unmasking. Are We Moving Too Fast?

Dr. Kevin Kavanagh from Health Watch USAsm discusses the CDC's unexpected announcement of no longer recommending the wearing of masks indoors for vaccinated individuals. This caught many policymakers by surprise since just two days prior a modeling study published in the CDC MMWR predicted that there may be a surge in hospitalizations and deaths if masking was no longer used as a

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preventative measure. With only a little over a third of our population fully vaccinated, some have justified this discussion by stating, those at risk have chosen not to be vaccinated. But this ignores the dangers of the India Variant which now has a strong foothold in the United Kingdom and the ravages and disability costs of long COVID. But most importantly this is simply unethical. Jack Pattie Show. May 17, 2021. WVLK AM 590. (5:58) <https://youtu.be/D7f6dsXkOWU>

173. May 14, 2021, COVID-19: Is The CDC's New Mask Guidance Too Cavalier?

Dr. Kevin Kavanagh from Health Watch USAsm expresses concern regarding the new CDC guidance which does not require vaccinated individuals to wear masks indoors. He agrees with the states of New Jersey, North Carolina and Massachusetts which are still keeping the indoor mask mandate. This position change comes on the heels of Dr. Nancy Messonnier's resignation which was effective today. The United States has not dealt with the immune escape variants and only a little over a third of our population is vaccinated. In addition, ventilation needs to be upgraded in buildings and a mechanism for verification of vaccination needs to be implemented. We also appear to have lowered the bar on what is good public health. Survival does not equate with recovery and severe sequelae from long haulers' syndrome is all too common. Even if vaccinated I do not want to become sick for a week with a variant just because I entered a restaurant to buy a \$5 hamburger. We can do better than this. Jack Pattie Show. May 14, 2021. WVLK AM 590. (15:16) https://youtu.be/X5_7BljQENk

172. May 12, 2021, COVID-19: Pfizer Approved For Older Children

Dr. Kevin Kavanagh from Health Watch USAsm discusses the recent FDA authorization for the Pfizer Vaccine, allowing it to be given to 12 to 15 year olds and how their receiving the vaccine is crucial for us to be able to achieve herd immunity. In addition, in the future, we will have to have a booster; possibly two shots, one for the wild type or original virus and another the immunity evading variants. Finally, the pandemic has been transformative and we will return to a new, not an old, normal with many workers and businesses embracing a blended work from home strategy. Jack Pattie Show. WVLK AM 590. <https://youtu.be/DPOYEOxwXpA>

171. May 10, 2021, COVID-19: CDC Recognizes The Virus Can Aerosolize - Its Airborne

Dr. Kevin Kavanagh from Health Watch USAsm discusses the CDC's new web-posting on Friday May 7, 2021 which clearly describes the risks of aerosolization and that the virus can spread further than 6 feet from infected individuals. Indoors it can float around in a building and nowhere would be truly safe. Outdoors these aerosols rapidly dissipate but large droplet spread within 6 feet can still occur. Currently, there have been up to 900,000 deaths in the United States as reported by IHME. <http://www.healthdata.org/special-analysis/estimation-excess-mortality-due-covid-19-and-scalars-reported-covid-19-deaths> We all need to become vaccinated. Jack Pattie Show. WVLK AM 590. (4:31) <https://youtu.be/LBeZaUYWM6c>

170. May 7, 2021. COVID-19: Are We Reopening Too Soon?

Dr. Kevin Kavanagh from Health Watch USAsm discusses concerns that we are opening too rapidly. One of the prerequisites to the opening of schools and businesses should be better indoor air quality. We need to stop the spread of COVID-19 with a combination of public health strategies, vaccinations and wearing masks. With the new higher tier variants all are at risk of becoming infected although those vaccinated are at a lower risk of developing severe disease or dying. Moderna has announced two additional vaccines later this year. One is a booster for the wild type of virus, the other targeted to the South African Variant. And despite COVID-19 and the concerns it creates we all need to attend medical appointments and continue getting our healthcare checkups. This is of utmost importance. Jack Pattie Show. WVLK AM. 590. May 7, 2021. <https://youtu.be/bmVZEkyHOxA>

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169. May 5, 2021. COVID-19: The Kentucky Derby, A Super-Spreader Event Waiting to Happen

The Kentucky Derby with over 51,000 packed outdoors is a setup for a super spreader event. Outdoors helps to protect against aerosolization but within 6 feet droplet spread can easily occur. Even more concerning was that individuals from around the nation. We all need to get vaccinated so we can slow down community spread and achieve herd immunity. Jack Pattie Show. WVLK 590 AM. May 5, 2021. (3:33) <https://youtu.be/o8ITRNVwsXo>

168. May 3, 2021. COVID-19: Lessons From India & Misinformation of Vaccine Shedding

Dr. Kevin Kavanagh from Health Watch USAsm discusses lessons all should learn from India, including:

1. The virus is real and much more dangerous than the flu.
2. Hydroxychloroquine which is used to treat malaria doesn't appear to have a huge effect on the India epidemic.
3. Large religious and political gatherings, even if outdoors will spread the virus.
4. There is a huge price to pay for herd immunity which because of the ever mutating virus will probably never be achieved.
5. The entire world must control the virus or no country will be safe. The CDC needs support and funding for foreign outreach and support.

In addition, the rates of vaccine hesitancy in the United States are disturbing with almost half of the armed forces and over half of law enforcement being vaccine hesitant. And new misinformation regarding vaccines, such as vaccine shedding are also discussed. Jack Pattie Show. (6:47).

<https://youtu.be/r2QGi-Gfsac>

167. Apr. 30, 2021. COVID-19: Crushing India and the Seasonal Flu

Dr. Kevin Kavanagh from Health Watch USAsm discusses a variety of topics from Vaccine Hesitancy, the Seasonal Flu, and India. Time Line:

- 00:07 - About Health Watch USA and Our COVID-19 Conference at www.healthconference.org.
- 01:49 - Vaccine hesitancy compounded with the J & J hold.
- 3) 02:24 - COVID-19 crushed the seasonal flu. COVID-19 is more infectious and public health measures slowed down COVID-19 and almost eliminated the flu.
- 10:13 - People have a difficult time judging risks.
- 10:00 - You can get flu plus COVID-19, but it is rare.
- 10:54 - School Vaccinations.
- 13:37 - Expansion of our Public Healthcare System is needed.
- 14:08 - Fully vaccinated can hug grand-kids.
- 14:26 - When will the pandemic end?

Jack Pattie Show. WVLK AM 590. Apr. 30, 2021. (15:44) <https://youtu.be/ZYFQvfmOrCs>

166. Apr. 28, 2021. COVID-19: Relaxation of Outdoor Masking Recommendations

Dr. Kevin Kavanagh from Health Watch USAsm discusses the relaxation of outdoor masking requirements in Kentucky. Currently, masks are required at outdoor events at over 1000 individuals. Dr. Kavanagh recommends caution and reviewed the CDC guidelines which state masks should be worn at large outdoor events but not required at small events. In between there is a gray area dependent upon crowding and the risk tolerance of the individual. Over the last month, in Kentucky

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COVID cases and hospitalizations have largely plateaued. Over this time we have vaccinated many Kentuckians but the virus is mutating and working harder to spread infections. Thus, if we want to lower rates we all need to become fully vaccinated, one dose is not enough. Jack Pattie Show. WVLK AM 690 (3:27) <https://youtu.be/HluzhDRjbtY>

165. Apr. 26, 2021. COVID-19: Things Improving - Vaccine Hesitancy Persists

Dr. Kevin Kavanagh from Health Watch USAsm discusses the slow improvement in COVID-19 statistics and how this is related to highly effective vaccines. Vaccine Hesitancy is threatening our recovery and everyone needs to be vaccinated and obtain both doses. Two doses of the Pfizer and Moderna vaccine are needed to give protection against the E484K variants. India has a severe COVID-19 outbreak which is devastating their society. We need to avoid this fate and all become vaccinated. Jack Pattie Show. WVLK AM 590. (4:16) https://youtu.be/7AQwx-Si_IY

164. Apr. 23, 2021. COVID-19: Variant Outbreak In Highly Vaccinated Kentucky Nursing Home

Dr. Kevin Kavanagh of Health Watch USAsm discusses the outbreak of the E484K variant in an Eastern Kentucky Nursing Home which was caused by an unvaccinated healthcare worker. 90% of the 83 Nursing Home Residents were vaccinated. 50% of the unvaccinated residents required hospitalization compared to 2.8% of vaccinated residents. All healthcare workers should be vaccinated in nursing homes. In addition, the risks versus benefits of family visitations with vaccinated adults and unvaccinated grandchildren are discussed. Jack Pattie Show. WVLK AM 590. April 23, 2021. <https://youtu.be/IDFaENgiMhQ>

163. Apr. 21, 2021. COVID-19: Soap & Water Kills The Virus

Dr. Kevin Kavanagh from Health Watch USAsm discusses new CDC guidelines on the cleaning of surfaces and how soap and water can be used and will also disrupt the protein-lipid capsule of the virus, killing it. Also, announced is Health Watch USA's large international Webinar on COVID-19. The Keynote Speaker is Acting Deputy Secretary Carolyn Clancy. For more information go to www.healthconference.org Finally, an update on the J & J vaccine is given. Jack Pattie Show. April 21, 2021. WVLK AM 590. (4:40) <https://youtu.be/5CHGICM8AEo>

162. Apr. 19, 2021. COVID-19: Vaccine Passports

Dr. Kevin Kavanagh from Health Watch USAsm discusses vaccine passports along with the vaccine hesitancy created by the J & J vaccine being placed on hold. In Kentucky, there are almost 10,000 unfilled appointments and 500 thousand vaccine dosages in storage. Jack Pattie Show. (3:51) https://youtu.be/W5_RMqiZK4Y

161. Apr. 16, 2021. COVID-19: Vaccine Safety & Misinformation

Dr. Kevin Kavanagh from Health Watch USAsm discusses the excellent track record for the safety of the COVID-19 vaccines, including the J & J (Johnson & Johnson) vaccine. There have been incredibly few serious complications. Misinformation continues to spread on the internet, including an unfounded claim that vaccines cause variants. Vaccines reduce viral spread which will reduce variant formation. However, with the EeK (E484K) mutations post vaccination infections, although usually mild can occur, thus spread and mutations can happen, but at a lower rate than in an vaccinated individual. This is why one should wear a mask even if vaccinated. In addition, the question on when we will be out of the pandemic, depends largely on our population's behavior. If we do not adopt public health advice and keep spreading the virus, it may be quite some time. Jack Pattie Show. Apr. 16, 2021. (10:34). <https://youtu.be/3qpKfgS4-iw>

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160. Apr. 14, 2021. COVID-19: J & J Vaccine, Variants Create an Uncertain Future

Dr. Kevin Kavanagh from Health Watch USAsm discusses his concerns with the decision to place the Johnson & Johnson Vaccine on hold due to blood clots which occur in less than one in a million individuals, with one death. Holding a vaccine which has been shown in clinical trials to mitigate disease with the South African Variant may be ill advised since far more citizens may die of COVID-19 and the decision will promote anti-vaxxer narratives. In addition the decision of the Governor to tie vaccinations to opening of the Kentucky economy was discussed. Jack Pattie Show. WVLK AM 590 (5:21) <https://youtu.be/Q3ZBfldmKrl>

159. Apr. 9, 2021. COVID-19: Anti-Maskers and Anti-Vaxxers

Dr. Kevin Kavanagh from Health Watch USAsm responds to anti-maskers and anti-vaxxers. Most of the deniers are viewing the issues with all or none thinking and have a hard time judging risk. Dr. Kavanagh explains with the new E484K variants one needs to be vaccinated AND wear masks. And to caller who does not want to be experimented on, well, we are all in the experiment. The caller just chose to be in the control group, and that group is not doing too well with long COVID-19. The sequelae of death may not happen but this is a very low bar for existence, long-term disability and symptoms commonly result even in those with mild infections. Jack Pattie Show. Apr. 9, 2021. (18:04) <https://youtu.be/BZjbVwHqKOI>

158. Apr. 7, 2021. COVID-19: UK Testing Entire Nation Twice a Week

Dr. Kevin Kavanagh from Health Watch USAsm discusses how some other nations are taking the COVID-19 pandemic much more seriously. The UK is offering twice a week testing for their entire nation and Canada has travel restrictions on all individuals entering their nation with a two week quarantine. In addition, we need to be testing our children in schools, in Fayette County School System temperature checks of children were suspended. This is probably not a bad idea since there is a very high rate of asymptomatic carriage in children and community viral spread is decreasing. However, expanded testing is needed. Jack Pattie Show. WVLK AM 590 (4:12) <https://youtu.be/vbYH6tIVF0M>

157. Apr. 5, 2021. COVID-19: Variants Cause Confusion

Dr. Kevin Kavanagh from Health Watch USAsm explains that the variants can partially evade the vaccines. Thus, although vaccines are expected to make the severity of illness less, they will not reliably prevent infection with the new variants or spread of the virus. Thus, even if you are vaccinated, wear a mask. And be sure to get vaccinated. In addition, ivermectin was discussed and it has been found to not be effective in treating COVID-19. Jack Pattie Show. April 5, 2021. (4:30) <https://youtu.be/6eY0ce9m0ZU>

156. Apr. 2, 2021. COVID-19: Double Escape Mutation in India Variant

Dr. Kevin Kavanagh from Health Watch USAsm discusses how in the United States young children are driving the spread of COVID-19 viral variants. In addition, there is a variant in India which has two immunity escape mutations, one which is also found on the California Variant and another which is similar to the one found on the New York/South African variants. The India variant is very worrisome and needs to be followed carefully. In addition, everyone should continue to follow public health advisements and to be careful with handling groceries. Proper ventilation in all buildings is a must. If there is not a contraindication, all should be vaccinated. Vaccines do not change one's DNA or the genetic makeup of the cell. Jack Pattie Show. April 4, 2021. (13:16) <https://youtu.be/0knl82tErFM>

155. Mar. 31, 2021. COVID-19: Impending 4th Wave Doom In the United States?

Dr. Kevin Kavanagh from Health Watch USAsm discusses the "Impending Doom" prophecy and that we may not be in that bleak of a situation. If one looks at Europe, the countries which are experiencing the surge have few individuals in the population who have received the vaccine. In the United Kingdom, almost 50% of the population have received the vaccine and rates are falling and restrictions are being eased. The CDC is giving mixed messages with verbal warnings but recommendations which are too lax. Actions should focus on stressing the use of N95 masks and implementing standards for increasing the safety of indoor ventilation. In schools, upgrading ventilation is a suggested strategy which can be implemented but not a standard. Wolfe County School System in Kentucky has upgraded their HVAC systems and placed portable filtration units in rooms. Other schools systems need to follow their lead. Jack Pattie Show. Mar. 21, 2021. (4:21) https://youtu.be/Pk1_y8UliyA

154. Mar. 29, 2021. COVID-19: Vaccine Passports

Dr. Kevin Kavanagh from Health Watch USAsm discusses the proposed vaccine passports and how other countries may require them for entry. Passports may potentially be used within the United States. He stresses that although there can be debate regarding Federal Mandates, the rights of business owners to protect their staff and patrons and communities to protect their citizens is of paramount importance. The importance of vaccination is stressed and the example of the untimely death of Representative Elect Luke Letlow is discussed. Jack Pattie Show. (4:24) <https://youtu.be/RGU6nV9rWXc>

153. Mar. 26, 2021. COVID-19: Vaccine Hesitancy

Dr. Kevin Kavanagh from Health Watch USAsm discusses vaccine hesitance and reasons why African-Americans should take the vaccine. For protection against the variants all should take the vaccine, even if one has had COVID-19. There is now good safety data and the NIH/FDA scrutinizes safety and efficacy data. Not all vaccines will be approved. In addition, the dangers posed by the variants has underscored the need not to relax regulations such as CMS/s revised Nursing Home Visitations Standards. Jack Pattie Show. Mar. 26, 2021. WVLK AM 590. (13:19) <https://youtu.be/RxDgxlghYA>

152. Mar. 24, 2021. COVID-19: Europe Going Into Lockdown, More Problems with the AstraZeneca Vaccine

Dr. Kevin Kavanagh from Health Watch USAsm discusses how a resurgence in COVID-19 has Europe imposing increasing restrictions. Europe is not nearly as highly vaccinated as the United States and England. In England there are 45 vaccination doses given out per 100 people and their cases are going down. So let's get vaccinated. The AstraZeneca Vaccine has come under fire again for submitting old and incomplete data to the NIH. This vaccine has a history of problems with their initial clinical trials when by mistake a group of patients received a lower vaccine dosage but had better results and with a reported decrease in its efficacy against the South African variant. The South African variant has the E484K mutation which avoids immunity. This mutation is also found in the Brazilian, the New UK and New York Variants. A similar mutation, L452R, is found in the California variant which also helps to avoid immunity. Jack Pattie Show. WVLK AM 590. <https://youtu.be/tSP6ES7APSM>

151. Mar. 22, 2021. COVID-19: Reinfections With The New York, Brazilian and South African Variants.

Dr. Kevin Kavanagh from Health Watch USAsm discusses the E484K immunity escape mutation, which is being reported to cause reinfections in South Africa and New York State. This mutation is found in

the Brazilian, South African, New UK and New York Variants. In addition the AstraZeneca Vaccine did not appear to have high effectiveness against the South African Variant and thus its effectiveness against the New York variants has to be questioned. The California Variant has a similar mutation, L452R, to help evade immunity. Jack Pattie Show. WVLK AM 590. (6:23)

<https://youtu.be/6kq39AUnMog>

150. Mar. 19, 2021. COVID-19: Antimaskers And Variant Reinfections with Vaccines

Dr. Kevin Kavanagh from Health Watch USAsm discusses the importance of wearing a mask even if vaccinated. The looming variants can still cause infections and spread in those who are vaccinated, but vaccinations appear to give protection against death and hospitalizations. Of concern is the statement by Dr. Fauci that having an infection with the common strain of the virus gives no protection to infections from the South African Variant. The New York Strain which is fast becoming the most common strain in New York share some of the mutations to avoid the immune system with the South African Strain. Timeline of discussion:

00:10 Under Reporting of Deaths.

02:37 Underestimation of Deaths and Excess Death Data

04:80 Vaccinations not 100% protection from variants. |

06:07 Vaccinations provide good protection from deaths and hospitalizations caused by variants. KY vaccinated nursing home outbreak is discussed.

11:49 Wearing a make in the car and while on Zoom.

12:48 The AstraZenica/Oxford Vaccine.

14:22 Countering arguments with an antimasker. Discussed mask filtration, viral dosage, fit and utility of two masks.

Jack Pattie Show. WVLK AM 590. Mar. 19, 2021 (18:13) <https://youtu.be/qOagCnXlz0c>

149. Mar. 17, 2021. COVID-19: Possible New Variant Causes Outbreak in Highly Vaccinated Nursing Home

Dr. Kevin Kavanagh from Health Watch USAsm discusses the recent outbreak in a Kentucky Nursing Home caused by what appears to be a new variant which has the potential to at least partially evade the vaccines. Variants are starting to cause COVID-19 surges in other countries and are suspected as a possible cause of increasing cases in several States. To make matters worse, the many young people traveling for spring break has the potential of spreading these variants around the nation. The young have a lower fatality rate but are still susceptible to developing Long-Haulers syndrome which has recently been reported in up to 25% of mild COVID-19 cases. Jack Pattie Show with Scott Johnson. WVLK 590 AM. <https://youtu.be/LtJJSiHKw8>

148. Mar. 15, 2021. COVID-19: Spring Break Versus Variants

Dr. Kevin Kavanagh from Health Watch USAsm discusses the problems posed by spring break travel, composed of mostly young unvaccinated individuals. Florida has a high incidence of variants and these vacationers may spread the variants around the nation. In addition, the young can frequently develop long-haulers' syndrome. Persistent symptoms are reported in almost 25% of individuals who had asymptomatic or mild illnesses. To complicate matters, disinformation about vaccines abounds and is being promoted by Russian disinformation campaigns. In Colorado, 88% of Democrats plan to get vaccinated as compared to 29% of Republicans. Also discussed is the recent surge in Italy and the dangers imposed by the New York Variant. Jack Pattie Show with Scott Johnson. WVLK AM 590. (7:04) <https://youtu.be/C9m8KYc09nQ>

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147. Mar. 12, 2021. COVID-19: Concerns With CMS New Guidance For Nursing Home Visitations

Dr. Kevin Kavanagh from Health Watch USAsm discusses concerns over CMS's new guidance for opening visitation to nursing homes. In addition, a variety of other topics are discussed.

- 00:47 - Vaccine Dosage Schedule.
- 02:02 - Concerns With CMS's Nursing Home Guidelines.
- 05:06 - Should you get Two Doses of J&J Vaccine or Both Types of Vaccines?
- 09:02 - Cotton Masks May Work Better Than Originally Thought.
- 10:01 - Do Vaccines Protect Against Asymptomatic Carriage of the Virus?
- 12:24 - Does the Vaccine Stay in Your Arm?
- 13:32 - Brazil and Europe Having New COVID-19 Surges.

Jack Pattie Show. WVLK AM 590. https://youtu.be/Jg_1M5JkOig

146. Mar. 10, 2021. COVID-19: CDC Relaxing Guidelines

Dr. Kevin Kavanagh from Health Watch USAsm discusses CDC's guideline relaxation for those who are vaccinated. If vaccinated, one does not have to wear a mask if around grandchildren or with a small group from a single household, with no high risk individuals. Travel is still discouraged from fear of spreading variants. The good news is that research indicates that vaccinations also will inhibit asymptomatic spread. Jack Pattie Show. (5:55) <https://youtu.be/c0-5FLxXJ4o>

145. Mar. 8, 2021. COVID-19: Vaccine Hesitancy is Waning

Dr. Kevin Kavanagh from Health Watch USAsm discusses how vaccine hesitancy is subsiding and it is a race between getting people vaccinated and the spread of the variants. We want to see a continued decrease in cases and not the surge which was observed in the United Kingdom, so wear masks and social distance. In addition topics of Long Hauler Syndrome in children and new COVID-19 treatments are discussed. Jack Pattie Show. WVLK AM 590. (5:28) <https://youtu.be/CmBbppi7Svg>

144. Mar. 5, 2021. COVID-19: Vaccines Versus The Variants

Dr. Kevin Kavanagh from Health Watch USAsm discusses the susceptibility of the new variants to the Pfizer-BioNTech, Moderna and Johnson & Johnson vaccines (timeline 4:30). The utility of UV lighting is also discussed (timeline 0:19) and the need for vaccinations (timeline 2:03). Listeners were encouraged to obtain vaccinations and register for the CDC's V-Safe program. Jack Pattie Show. WVLK AM 590. (14:39) <https://youtu.be/tOSReqhd6mE>

143. Mar. 1, 2021. COVID-19: It's Airborne !

Dr. Kevin Kavanagh from Health Watch USAsm discusses the new Johnson & Johnson vaccine. This vaccine is a DNA vaccine which makes mRNA in the cells and mRNA then makes the viral spike protein. In addition, the Johnson & Johnson vaccine trials had no one who required hospitalization and no one died. And the trial was also run in South Africa, so it is presumably effective against the South African Variant. In addition, Dr. Kavanagh discusses the concerns over aerosolization of COVID-19 and the recent letter sent by top US Scientists to the White House and CDC advising for stronger work safety standards, use of N95 masks, better ventilation (more air exchanges and air sanitization) and abandonment of stopgap measures such as mask reesterilization. Jack Pattie Show. <https://youtu.be/LI9mpBYwUtl>

142. Feb. 26, 2021. COVID-19: Vaccines & Variants

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Dr Kevin Kavanagh from Health Watch USAsm discusses why it is important to receive the vaccine, that even if you have COVID-19, it is important to be vaccinated since the vaccines will provide greater immunity and the second vaccine dose will provide protection from the variants. Also the differences between the Johnson & Johnson, Moderna and Pfizer/BioNTech Vaccines are discussed. (The soundtrack has been edited to reflect that the J & J vaccine is a DNA vaccine.) Jack Pattie Show. WVLK AM 590. <https://youtu.be/1fDF9jnOA4g>

141. Feb. 22, 2021. COVID-19: As Deaths Exceed 500,000, We are Opening Schools

Dr. Kevin Kavanagh from Health Watch USAsm discusses what needs to be done when we open schools as the total COVID-19 deaths in the United States exceeds 500,000. Of importance is the National Academy of Science's findings that SARS-CoV-2 is aerosolized, making it imperative that all wear well-fitted masks and that proper attention is given to increase complete air exchanges and air sanitization. In addition, students should be in small class sizes with frequent testing and contact tracing needs to be available for positive cases and exposures. With the new variants emerging, we need to exercise caution. Indoor school contact sports is problematic. Our primary focus should be to have children return to school safely. Jack Pattie Show. Feb. 22, 2021. (5:06) Jack Pattie Show. (5:06) <https://youtu.be/igfMef6G6Hw>

140. 2021, Feb. 19: COVID-19: White House Task Force Disbanded.

Dr. Kavanagh from Health Watch USAsm discusses a variety of topics including new data on vaccine efficacy, viral aerosolization and calls for more stricter CDC regulations.

-- (Timeline 1:12) Vaccines found to be effective after the first dose.

-- (Timeline 3:17) The National Academy of Sciences' findings of viral aerosolization and the need for better masks and ventilation. This has led to the CDC to recommend the wearing of two masks to make sure the first one fits well.

-- (Timeline 5:45) President Biden has dissolved the coronavirus advisory panel. Two of the members have submitted a letter to the White House and CDC requesting more attention being giving to the dangers of aerosolization of COVID-19 and to providing N-95 masks to all frontline workers.

-- (Timeline 9:05) Estimated Life Expectancy in the United States has fallen by 1 year and there are almost 600,000 excess deaths from COVID-19.

-- (Timeline 11:34) Vit C, Zinc and Vit D, do they help?

-- (Timeline 12:28) Disparities in Healthcare.

Jack Pattie Show. WVLK AM 590. Feb. 19, 2021. <https://youtu.be/dxeWxqhaPgE>

139. 2021, Feb. 17: COVID-19: When two masks should be used & Healthy Schools

Dr. Kevin Kavanagh from Health Watch USAsm discusses the CDC advisements on wearing two masks and that they are not needed if one wears a KN95 or N95 mask. The second mask's main utility is to improve the fit of the first mask. In addition, it was stressed that healthy school buildings and small class sizes are an imperative. The importance of wearing masks in schools along with upgrading ventilation systems to promote better complete air exchanges and air sanitization is discussed. Jack Pattie Show. WVLK AM 590. Feb. 17, 2021. <https://youtu.be/FdJldLjwJE4>

138. 2021, Feb. 15: COVID-19: Rates of COVID-19 are Falling

Dr. Kevin Kavanagh from Health Watch USAsm discusses the falling rates in COVID-19 infections and deaths. We need to keep following public health advice of wearing well-fitted masks and social distancing. Vaccines are supposed to work on the UK Variant but they may not be as effective on the Brazilian and South African Variants. Pfizer is almost doubling vaccine production so the general public may be able to be vaccinated soon. Jack Pattie Show. Feb. 15, 2021. (4:13)

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<https://youtu.be/b3PKGQadw-A>

137. 2021, Feb. 12: COVID-19: Are Two Masks Better Than One?

Dr. Kevin Kavanagh from Health Watch USAsm discusses the advantage of wearing two masks and stresses the importance of a well-fitting first mask. In addition, travel bans on travelers from South Africa and South America are discussed. Good news is also present, with more vaccines being ordered and vaccine delivery schedules being moved up. Jack Pattie Show. WVLK AM 590. <https://youtu.be/BnUfICKudF0>

136. 2021, Feb. 8: COVID-19: Variants, Vaccinations & Healthcare Worker Hesitancy

Dr. Kevin Kavanagh from Health Watch USAsm discusses the improving COVID-19 statistics in Kentucky and how the Superbowl may be a driver of a surge involving the new variants. The vaccines have reduced effectiveness against the Brazilian and South African variants and a boost will probably be needed in the fall. Because there are now three strains with different lineages which independently evolved this vaccine evading mutation, this may be the only genetic combination available to the virus to evade the vaccines. Thus, we may be seeing the beginning of the end to the pandemic. Jack Pattie Show. (5:14) <https://youtu.be/W-wLfamqhI0>

135. 2021, Feb. 5: COVID-19: Anti-vaxxer and Anti-Maskers

Dr. Kevin Kavanagh from Health Watch USAsm stresses the seriousness of reports from the United Kingdom and how multiple countries are implementing public health measures to control the COVID-19 pandemic. Many callers expressed concerns that masks are not effective and that vaccines have caused serious dangers, even causing sterility. This misinformation was responded to, but is one of the root causes of why the United States has not been able to effectively respond to the pandemic. Even more problematic are the new variants which are spreading in the United States. Jack Pattie Show. WVLK AM 590. (20:02) <https://youtu.be/PTW47al-AIE>

134. 2021, Feb. 3. COVID-19: Variants Mutating - Could there be some good news?

Dr. Kevin Kavanagh from Health Watch USAsm discusses the finding that the UK variant has mutated again taking on the mutations of the South African and Brazilian Variant. Does all the random mutations in viruses with different lineages mean this is the last major mutation to evade the vaccines? Jack Pattie Show. WVLK AM 590. (3:43) <https://youtu.be/CUePQhmQSP8>

133. 2021, Feb. 1. COVID-19: The Super(spreeder) Bowl Event

Dr. Kevin Kavanagh from Health Watch USAsm discusses the dangers of the upcoming Super Bowl event and how Super Bowl parties and bars may create a huge super-spreader event with these new variants. It makes no sense to, as the State of California did, to recommend not playing TVs in bars. Bars should be closed. In addition, the usage of Tylenol and Ibuprofen after vaccination is discussed along with the problems and benefits of wearing two masks. Jack Pattie Show. (4:50) <https://youtu.be/ZY6eVCAIOAc>

132. 2021, Jan. 29. COVID-19: Variant Virus on US Soil are Vaccines Still Effective?

Dr. Kevin Kavanagh from Health Watch USAsm discusses the new and more dangerous viral strains which are found on our soil, including the strains from the United Kingdom, Brazil and South Africa. The latter two strains are very problematic and may evade monoclonal antibodies and cause the vaccines to be less effective. Both Moderna and Pfizer are making a booster which means many of us will need to get three shots this year. Novavax (a two dose vaccine) also reported data which found their vaccine to be 89% effective in preventing COVID-19 with our existing strains, but only

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60% effective with the South African Strain. Johnson & Johnson's vaccine (single dose vaccine) also reported a 72% efficacy rate with the existing strains and a 57% efficacy with the South African Strain. The need for expanded genomic testing to track the existence of strains in the USA along with travel bans from countries having these strains was discussed. Jack Pattie Show. (15:49) <https://youtu.be/5JJ411awPCg>

131. 2021, Jan. 27. COVID-19: Opening Schools Safely

Dr. Kevin Kavanagh from Health Watch USAsm discusses the opening of schools safely. This can be done as illustrated by recent studies, but only if changes are made. All need to wear masks, social distance at least 6 feet, small class sizes (12 is best) and increased testing. Lower levels of the virus in the community will also make opening safer. All of this is based upon the original variant (D614G) and not the more infectious UK (B117) or Brazilian Variant (P1). There is concern these variants may have a greater propensity to infect children. Current vaccines work on the UK Variant but may have reduced effectiveness with the Brazilian Variant. The Brazilian Variant has just been found in Minnesota, underscoring the need for all to follow public health advice to reduce spread. Jack Pattie Show. WVLK AM 590. (4:28) Jack Pattie Show. WVLK AM 590. (4:28) <https://youtu.be/h0kZb8fjbXc>

130. 2021, Jan. 25. COVID-19: UK, South African, Brazilian Strains

Dr. Kevin Kavanagh from Health Watch USAsm discusses the increased transmission and lethality of the United Kingdom (B117), South African (P1) and Brazilian (501Y.V2) Strains. In addition, there are concerns that the United Kingdom Strain may also have an increased ability to infect children compared to the previous strains. The vaccines are expected to be effective against the UK strain but may have reduced effectiveness against the South African and Brazilian Strains. The Brazilian Strain has been observed to cause a large surge of reinfections in a town which was felt to have reached herd immunity. In addition, the Defense Production Act needs to be activated to produce N95 masks and the CDC's foreign branches need to be bolstered to increase expertise and boots on the ground to stop viral spread in the country of origin. Jack Pattie Show. Jan. 25, 2021. (6.04) <https://youtu.be/QRWbL5QjnHY>

129. 2021, Jan 22. COVID-19: Vaccines Should Work on the New UK Strain

Dr. Kevin Kavanagh from Health Watch USAsm discusses the new viral variants and that there is now data that the Pfizer/BioNTech Vaccine can work on the UK Variant. In addition, the Eli Lilly's monoclonal antibody product has been shown to be 80% effective in preventing COVID-19 in nursing home residents. All of this is good news. A concerning finding was published in the journal Science which found the Brazilian variant causing a massive second wave and reinfections in Brazil, dashing any hopes for herd immunity. This underscores the importance of bolstering the need for increasing the CDC's foreign outreach and putting boots on the ground in other countries to halt epidemics before they reach our shores. Jack Pattie Show. (16:52) <https://youtu.be/2PietcehCqQ>

128. 2021, Jan. 20. COVID-19" New Overseas Variants

Dr. Kevin Kavanagh from Health Watch USAsm discusses the improvement in coronavirus cases and the need to continue to wear masks and socially distance. In addition, the implications of the South African and Brazilian strain are discussed along with the need to prevent spread of these strains into the United States. Jack Pattie Show. WVLK AM 590 (4:11) <https://youtu.be/UGcVz8f3NHk>

127. 2021, Jan. 18. COVID-19: Reinfections Are Possible

Dr. Kevin Kavanagh from Health Watch USAsm discusses the new study from Public Health England (PHE) which found that COVID-19 infection provided an 83% protection for reinfection at 5 months.

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This is less protection than what is being reported for vaccines. In addition, the cost of receiving monoclonal antibodies and the research on ivermectin is discussed. Jack Pattie Show. <https://youtu.be/5471Fd1JXhU>

126. 2021, Jan. 15. COVID-19: The Importance of Monoclonal Antibodies

Dr. Kevin Kavanagh from Health Watch USAsm discusses the importance of receiving monoclonal antibodies if you are at high risk for severe COVID-19 and within three days of diagnosis. For this to happen you need ample testing with results available within 48 hrs. Rapid testing should ideally be used if the patient has newly become symptomatic. Obtaining vaccinations are also problematic. Contact your physician, local hospital and health department for information on how you can register for a waiting list. Jack Pattie Show. WVLK AM 590. <https://youtu.be/mig4S7b53HU>

125. 2021, Jan. 11, COVID-19: Finding a Test on a Saturday

Dr. Kevin Kavanagh from Health Watch USAsm discusses his difficulties in finding a test on a Saturday and the need for 24/7 services along with better support of Public Health Departments. In addition, physician offices and outpatient centers need to be vigilant with only one person in a waiting area at a time. Timely diagnosis is important since patients at high risk can receive Regeneron's monoclonal antibodies within three days of diagnosis which can prevent severe disease. This product has been underutilized in the United States and Kentucky needs to set up more administration sites. Jack Pattie Show. WVLK AM 590. <https://youtu.be/EDjCPa3mmRA>

124. 2021, Jan. 8. COVID-19: Will The Vaccines Prevent Spread?

Dr. Kevin Kavanagh from Health Watch USAsm discusses a variety of topics including the new more infectious South African Strain underscoring the need to follow public health advice. We do not know what makes the new strain more infectious so we need to be extra vigilant. A side benefit of these precautions is that the flu season has been decimated. The current vaccines stimulate IgG antibodies and may not prevent spread of the virus as opposed to stopping symptoms. More research is needed.

The demonstrations in DC may well be a superspreader event.

An increase in infectivity (ability to spread - R0) causes more damage to society than an increase in lethality (case fatality rate). We cannot become lax when improvements occur because the virus will re-surge. We all need to come together and stop the virus by following public health advice and taking the vaccine. Jack Pattie Show. WVLK AM 590. (17:04) <https://youtu.be/haXU6-XBu4>

123. 2021, Jan. 6. COVID-19: The South African Strain

Dr. Kevin Kavanagh from Health Watch USAsm discusses the new variant of the South African Strain which is not only more infectious but also may cause more disease in the young and may even have some resistance to vaccines. Luckily the Pfizer/BioNTech and Moderna vaccines are flexible and can be readily modified. The Kentucky vaccine rollout is also discussed. Jack Pattie Show. WVLK AM. Jan. 6, 2021. (3:48) <https://youtu.be/kbtrc6pdKgE>

122. 2021, Jan 4. COVID-19: Public Health Depts. Need More Support Administrating Vaccinations.

Dr. Kevin Kavanagh from Health Watch USAsm discusses the need for better support and investment in our Public Health Departments. During the severe pandemic services should be provided 24- 7, possibly supplemented by the National Guard. In addition, while the pandemic surges everyone should avoid bars, nightclubs, indoor dining, gyms, indoor church services and movie theaters. In addition, in the winter months being outdoors with the cold, dry air with cloudy skies is not as protective as in the summer. Jack Pattie Show. (7:34) https://youtu.be/j_Ptcii-rrA

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70. Dec. 2, 2021. COVID-19: Delta Surging & Omicron - Impact in Schools & Businesses

Dr. Kevin Kavanagh from Health Watch USAsm and Melissa Tomlinson from Bad A** Teachers discuss the problems with opening schools and how in-person classes are even more important with the increase in psychological symptoms which students are developing. The need for society to become fully vaccinated with boosters and to follow public health advice was stressed. The Omicron Variant was briefly discussed and problems with vaccine distribution and hesitancy in third world nations making the prevention of new variants even more difficult. Jeff Santos Show. <https://youtu.be/5UxVuOy0aAA>

69. Sept. 23, 2021. COVID-19: Pfizer Vaccines -- CDC Limits Booster, Director Disagrees.

Dr. Kevin Kavanagh from Health Watch USAsm discusses the Sept. 23, CDC ACIP Committee Meeting which voted to limit boosters, not recommending them for individuals at high risk of occupational exposure. Concerns over the need for more data and not considering the devastating effects of Long COVID appeared to sway some of the members. We are in the middle of a major pandemic and we need to make immediate decisions on the preponderance of data. Not making a decision is also a decision. In addition, the United States has a failing healthcare system. We are dependent upon Israel and the United Kingdom for data and strategies. We need more availability of COVID-19 tests, including home testing. In addition, we need universal access to our healthcare system. Jeff Santos Show. (21:49) Sept. 27, 2021. https://youtu.be/y81_dwfoe1l

68. Sept. 17, 2021. COVID-19: FDA Votes Down Boosters for All

Dr. Kevin Kavanagh from Health Watch USAsm discusses the FDA's recent decision on not to give boosters to everyone who has had the Pfizer Vaccine. In the next few hours, Dr. Kavanagh expects the FDA to authorize boosters for those above the age of 65 but the FDA needs to go further than this. The FDA inaction appears to be based on the desire to want more data. However, during a pandemic one needs to use the best data available and make a judgement, because inaction is also an action. Jeff Santos Show. Sept. 18th, 2021. (20:53). <https://youtu.be/Psfnxpm5MtE>

67. Sept. 10, 2021. COVID-19: Too Little Too Late - We need a more aggressive plan.

Dr. Kevin Kavanagh from Health Watch USAsm discusses the recent plan by President Biden which mandates vaccinations of all employees or weekly testing. However, he stresses a layered approach is needed. Individuals including one of the callers, can be vaccinated and still become extremely sick and even spread COVID-19. To stop the virus all workers should be vaccinated, wear masks and undergo twice weekly testing. Questions regarding Dr. Fauci were also answered and how multiple agencies in the Federal Government need to be performing at a higher level than they are. Jeff Santos Show. <https://youtu.be/fnLKtRj8pD4>

66. Sept. 2, 2021. COVID-19: The Urgent Need for a Safe Workplace

Dr. Kevin Kavanagh from Health Watch USAsm discusses the urgent need to transform schools and workplaces into safe places to work. We need to adopt the use of medical grade, KN95 or N95 masks. Dr. Kavanagh stresses the adverse impact that the government's bureaucracy has had on decision making and the need to streamline the process. A decision regarding the approval of a childhood vaccine is needed as soon as possible. Schools need to upgrade their

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COVID-19 preventions, including twice weekly testing, providing medical quality masks to students, and those who can need to be vaccinated. The psychological impact of children wearing masks pales in comparison to that of the knowledge they may be responsible for infecting a classmate or responsible of the death of a caregiver. So far 120,000 caregivers have been lost to COVID-19. Other variants, possibly even evading the vaccines are on the horizon. Jeff Santos Show. <https://youtu.be/N7xjH3OhgS4>

65. Aug. 26, 2021. COVID-19: The VA's 4th Mission - To Aid the US in Pandemic Response

Dr. Kevin Kavanagh from Health Watch USAsm discusses ways the VA's fourth mission could aid the entire United States in its pandemic response. In addition, vaccine breakthrough cases do not appear to be uncommon, with one caller having almost all members of his family experiencing them with the Delta Variant. Breakthrough cases can be associated with Long COVID, but have a lower incidence of hospitalizations and rarely result in admission to the ICU or death. Finally, the CDC needs to track and genetically sequence all breakthrough infections so we can detect waning vaccine immunity and the emergence of new variants. Jeff Santos Show. (20:53). <https://youtu.be/2cfVMwf3Utw>

64. Aug. 19, 2021. COVID-19: Placing Children on The Pandemic's Front Line

Dr. Kevin Kavanagh from Health Watch USAsm discusses the risks of opening schools during the height of the Delta Pandemic. 20,000 students are quarantined in Mississippi. Almost 100,000 children contracted COVID-19 over a one week period and there is a 1% rate of hospitalizations. There is a definite need to fast track FDA authorization of vaccines in the below 12 year old population. Adults who have been vaccinated with the Pfizer/BioNTech vaccine may be at risk for waning immunity. Data from Israel found overall that the Pfizer/BioNTech vaccine was less than 50% effective in preventing infections with the Delta Variant. The New York Times found that 12% to 24% of COVID-19 related hospitalizations were breakthrough infections. All need to be vaccinated and wear an N95 mask along with receiving a booster when one is available. Jeff Santos Show. https://youtu.be/IUCLy_rbiXc

63. Aug. 13, 2021. COVID-19: Gov. Dukakis Discusses Infrastructure and Opening of Schools

Dr. Kevin Kavanagh from Health Watch USAsm and Governor Dukakis discuss infrastructure upgrades (including ventilation systems) which are needed to open schools safer. Also discussed are the importance of testing everyone in schools (teachers and students) twice weekly and using N95 masks to help prevent infection with the Delta Variant All who can need to become vaccinated. Although, those vaccinated may still develop breakthrough infections, the vaccines are very good in preventing deaths and hospitalizations. Jeff Santos Show. <https://youtu.be/n2aAU5svhOs>

62. Aug. 13, 2021. COVID-19: The Delta Variant Is Here

Dr. Kevin Kavanagh from Health Watch USAsm discusses the need for decisive government action to confront the Delta Variant. Routine, periodic testing in businesses and schools has not been implemented. There is too much emphasis on cotton/cloth masks and the protection with vaccinations when N95s or KN95s are needed, and vaccine breakthrough infections are common. One caller describes his fully vaccinated family with the Moderna Vaccine where 3 out of 4 have become sick with COVID-19. He describes how the vaccine keeps you out of the hospital and from dying, but those not hospitalized can develop long COVID. He has a friend with an enlarged heart and knows two children with long-term effects from this infection. People who he knows that did not get the vaccine have died or are hospitalized with long-

term chronic breathing problems. Jeff Santos Show. <https://youtu.be/kQp0J40-iU4>

61. July 31, 2021. COVID-19: Delta Response Failure Placed Us In Peril

Dr. Kevin Kavanagh from Health Watch USAsm discusses the failure in our nation's response to the Delta Variant. We need firm and transformative leadership. We must stop trying to patch our society together for 1 or 2 weeks until a surge is over. It is not going to work. How many surges do we have to endure before we enact substantial changes in our way of life and our society's infrastructure? The past administration left the response strategies up to the localities. This caused a patchwork of responses and enabled the virus to spread. The same result will probably occur with this administration. We need a coordinated national strategy which does not have geographic exceptions. Jeff Santos Show. . <https://youtu.be/y-ejy3uH2FA>

60. July 22, 2021. COVID-19: Is The Federal Government Doing Its Job ?

Dr. Kevin Kavanagh from Health Watch USAsm discusses the spiking cases caused by the Delta Variant. Similar to the last administration, there has been a lack of national coordination and a uniform policy. It is imperative that all, even vaccinated persons, wear N-95 or a high quality mask in indoor settings. The WHO, American Academy of Pediatrics along with a growing number of municipalities have mandated that all, even vaccinated individuals, wear masks. Now with states having 4 to 5 coronavirus surges, it is unlikely herd immunity is a viable strategy, the virus just mutates and reinfects. Both public health strategies and vaccines are needed. Jeff Santos Show. <https://youtu.be/cr-6z0DWRCU>

59. July 15, 2021. COVID-19: Preparation for the Delta Variant

Dr. Kevin Kavanagh from Health Watch USAsm discusses the surging Delta Variant. Preparation in schools should include vaccinations, increasing ventilation along with universal masking and social distancing. Most business will need to increase their building's ventilation along with air sanitization and requiring universal masking. Required vaccinations of healthcare workers and vaccine passports for the general public should also be enacted. Jeff Santos Show. (20:37). <https://youtu.be/1LkgUJW-z0o>

58. July 15, 2021. COVID-19: Vaccine Misinformation. Herb Boyd Discusses Vaccine Hesitance in the Black Population.

Dr. Kevin Kavanagh from Health Watch USAsm discusses vaccine hesitancy with renown author and activist Herb Boyd. The COVID-19 pandemic is a worldwide problem and will require a worldwide solution. The virus is endemic it is also in animals and pets. We need to focus on long term solutions, including infrastructure changes in schools along with vaccinations. It is imperative to slow down the viral spread and to stop the mutations. Vaccine misinformation is a major impediment to fully vaccinating our population and misinformation is rampant in the black population. Conspiracy theories abound most predicated on a nefarious intent on the part of government. A worldwide perspective can help dispel these theories. If you do not trust the FDA, look at the European Union, United Kingdom or Singapore. Presentations from world renown infection disease experts from other countries can be viewed at <https://healthconference.org> and they can serve as a new frame of reference for those who are afraid to become vaccinated. Jeff Santos Show. (8:46) <https://youtu.be/pCvPLfUIKvE>

58. July 1, 2021. COVID-19: USA Sleeping As The Delta Variant Is Spreading.

Dr. Kevin Kavanagh from Health Watch USAsm discusses the Delta Variant and how it is rapidly

spreading in the United States. Reestablishment of public health strategies is advisable. Universal masking indoors, even for those vaccinated should be undertaken. The mRNA vaccines are effective in preventing hospitalizations and deaths but infections and the risks of long COVID can still occur. Currently the WHO recommends universal masking (including those vaccinated), the CDC does not. The United Kingdom is currently having a large spike in cases with increase in hospitalizations. The United Kingdom has delayed full reopening. Jeff Santos Show. (21:19) <https://youtu.be/644cimbud18>

57. June 17, 2021. COVID-19: Delta Variant - Are we prepared?

Dr. Kevin Kavanagh from Health Watch USAsm discusses the dangers imposed to the unvaccinated segments of our society by the fast spreading Delta Variant. All, especially healthcare workers, should be vaccinated. Mandatory vaccinations for healthcare workers need to be imposed. The mRNA vaccines (Pfizer and Moderna) are highly effective in preventing hospitalizations and deaths, but only if both doses are taken. However, they may not prevent infections or mild to moderate disease. Jeff Santos Show. <https://youtu.be/uxNlrwE8KHw>

56. May 22, 2021. COVID-19: CDC New Requirements and Schools Reopening

Kevin Kavanagh from Health Watch USAsm and Melissa Tomlinson from Bad A** Teachers discuss the school reopenings in light of the new CDC requirements and the continued necessity for expanded vaccinations. Jeff Santos Show. May 13, 2021. (19:05) <https://youtu.be/Caa1F9M1LWY>

55. May 6, 2021. COVID-19: Vaccination Rates Are Declining

Dr. Kevin Kavanagh from Health Watch USAsm discusses the need for everyone who is able to become vaccinated. Vaccinations are a key component to opening schools and soon school age children from 12 to 18 years of age will be able to receive the vaccine. In addition, schools should enforce masking, social distancing and increase indoor air exchanges and air quality. Vaccine hesitancy is too high in medical personnel, front line workers and our armed services. To achieve true herd immunity we need to control the virus throughout the world, making vaccines available to third world countries. Jeff Santos Show. May 6, 2021. <https://youtu.be/Td7ainKTN7Q>

54. Apr. 28, 2021. COVID-19: Vaccine Underutilization

Dr. Kevin Kavanagh from Health Watch USAsm discusses the underutilization of vaccines. The FDA needs to formally approve (as opposed to authorize - EUA) the vaccines along with expanding their utilization in schools. Vaccine research in young children needs to be expedited so proper dosage can be determined. In addition, all healthcare workers, especially those working with the elderly need to be vaccinated. Jeff Santos Show. <https://youtu.be/JC9TnvL4OGk>

53. Apr. 22, 2021. COVID-19: Long Haulers Syndrome

Dr. Kevin Kavanagh from Health Watch USAsm discusses the risks of Long Haulers Syndrome and COVID-19. Rates are stable but to drive COVID-19 infections lower we all must become vaccinated. It is imperative for healthcare workers to become vaccinated. Buildings need to upgrade their ventilation systems to reduce aerosol spread of the virus. Even if you are vaccinated you should still wear a mask since vaccinated individuals can still become infected and spread of the variants are still possible. Jeff Santos Show. <https://youtu.be/R6FxodJ2isY>

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52. 2021, Apr. 17. COVID-19: Dangers of Antivaxxors & School Sports

Dr. Kevin Kavanagh from Health Watch USAsm discusses the need for vaccinations. Also discussed is the negative impact of pausing the Johnson & Johnson vaccine, and that the extremely rare serious events seen in the J & J vaccine are far outweighed by the vaccines ability to prevent COVID-19 and lessen disease with the South African Variant. Currently, 40% of the United States Marine Corps. are opting out of vaccinations. The time between vaccine doses should not be changed, since both doses will be required with the emerging variants. Finally, we need to continue to follow public health advice. School sports, especially high school, are very problematic. Jeff Santos Show. April. 15, 2021. (20:31).

<https://youtu.be/LTfDdExqIAU>

51. 2021, Apr. 8. COVID-19: The Need For Universal Healthcare

Dr. Kevin Kavanagh from Health Watch USAsm and Wendell Potter discusses how the pandemic has underscored the need for Universal Healthcare. Jeff Santos Show. Apr. 8, 2021. (21:59)

<https://youtu.be/JeyEYZxxqA>

50. 2021, Apr. 21. COVID-19: Variants Looming - School and Nursing Home Guidelines Relaxing

Dr. Kevin Kavanagh from Health Watch USAsm and Melissa Tomlinson from Bad A** Teachers discuss the need for stronger regulations and action from the Federal Government regarding recommendations for the prevention of COVID-19 in schools and nursing homes. Vaccinations, Variants, Aerosolization and Masks are discussed. We need to support education and the safety of our students. Restrictions should not be relaxed especially when we are dealing with our children. Jeff Santos Show. (18:15) <https://youtu.be/TzWGWTEF0zY>

49. 2021, Mar. 18. COVID-19: Declaring Victory Too Soon

Dr. Kevin Kavanagh from Health Watch USAsm discusses the need for not solely relying on vaccinations to open the economy. With the fast spreading variants looming in the near future, we also need to rely on public health measures designed to counteract an aerosolized virus. This includes N-95 masks and attention to indoor air filtration and sanitization. All frontline workers deserve better protections. Jeff Santos Show. (14:30)

<https://youtu.be/Mm9INXa6a7Y>

48. 2021, Mar. 11. COVID-19: Fully Opening in the Age of Variants

Dr. Kevin Kavanagh from Health Watch USAsm discusses the dangers of opening too soon with viral case rates too high in our communities. Issues surrounding spring break, sporting events and nursing homes are discussed along with the increased dangers posed by the variants. In addition, strategies such as travel bans between countries and states are debated. Jeff Santos Show. (22:05) <https://youtu.be/1Sh7eSWM4hA>

47. 2021, Mar. 5. COVID-19: Texas Opening, UK Variants Invading

Dr. Kevin Kavanagh from Health Watch USAsm discusses the unwise decision of some Governors to remove the mask mandate and fully open their state. The impact of the UK variant on vaccines and its higher lethality and ability to spread was explained. Presently, Florida has the highest incidence of the UK Variant. Jeff Santos Show. (12:05)

<https://youtu.be/qcdRLYkR27M>

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46. 2021, Feb. 26: COVID-19: Vaccines, Variants & Opening The Economy

Dr. Kevin Kavanagh from Health Watch USAsm discusses the importance of aerosolization and the implications they have on vaccines, opening schools and the economy. In addition, the numerous viral variants and the impact the difficulties they create on preventing spread makes safely opening schools and indoor businesses difficult. Very problematic are indoor sporting events. To open schools safely we need robust testing, social distancing, contact tracing and an increase in complete air exchanges and air sanitization. In addition, this pandemic has underscored the need for us to aid the pandemic response in other nations so we can stop the spread of variants before they reach our shores. Finally, universal health care is an imperative, since an uninsured patient is too often an untreated patient who can spread the disease to the entire community. Jeff Santos Show.

(22:36) <https://youtu.be/6fMKzOWIwOc>

45. 2021, Feb 18: COVID-19: Is the Messaging Clear on When to Reopen Schools?

Kevin Kavanagh from Health Watch USAsm discusses the guidance regarding reopening of schools. Guidance appears to be made around droplet precautions when there is significant evidence that a significant amount of spread is caused by aerosols. Double masking is also discussed and stressing the second mask is primarily to obtain a better fit of the first mask, along with increasing filtration. Specific criteria for opening of schools is also discussed (masking, podding, testing, contact tracing and improved ventilation). Jeff Santos Show.

(20:42) <https://youtu.be/GJeSQ4mHlhc>

44. 2021, Feb. 16: COVID-19: Opening of Schools

Dr. Kevin Kavanagh from Health Watch USAsm and Melissa Tomlinson from Bad A** Teachers discuss when it is safe to open schools. Topics include upgrading school infrastructure with better ventilation and air sanitization along with the use of masks social distancing and smaller class sizes. In addition, the topic of conflicts-of-interest and bias in healthcare policy formulation was discussed. Jeff Santos. (27:23) <https://youtu.be/MtDMCs2Tk0>

43. 2021, Feb. 4: COVID-19: Messaging By Our Political Leaders & Opening Schools

Dr. Kevin Kavanagh from Health Watch USAsm discusses the mismessaging of our political leaders regarding the safety of sports, the Superbowl, and opening of schools. Schools should be opened when all are wearing masks plus social distancing along with increasing ventilation and air sanitization. Finally, community spread needs to be much lower. If schools are twice as safe as the community but community spread is 5 to 10 times too much, then opening schools is problematic. If the population has Superbowl parties, then we will have a Superbowl superspreader event. With our current variants, this may cause another large spike. We need to transform our economy and adjust our behavior to live safely with this pandemic. Jeff Santos Show. Feb. 4, 2021. (22:52) <https://youtu.be/h4qiS7g2XSw>

42. 2021, Jan. 28: COVID-19: Opening Schools, New Vaccines and Problematic Variants.

Dr. Kevin Kavanagh from Health Watch USAsm discusses the conditions to open schools including: Testing, social distancing, use of masks and increase in building airflow and sanitization. Even more concerning are the high rates of community COVID-19 in the United States. The situation may even worsen by the South African and Brazilian strains which have been reported in the United States. These strains are more infectious and the current vaccines may be less effective. Jeff Santos Show. <https://youtu.be/-kF41qMA2c8>

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41. 2021, Jan. 23: COVID-19: School Safety and Opening Schools

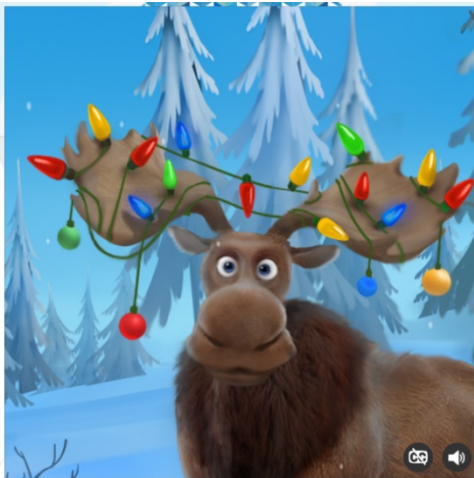
Dr. Kevin Kavanagh from Health Watch USAsm discusses the opening of schools along with the need for better PPE, including N95 masks, expanded testing, vaccinations and improvement in air sanitation and complete air exchanges. Guest Melissa Tomlinson of Bada** Teachers Association. Jeff Santos Show. Jan. 21, 2021. <https://youtu.be/b1zK3clWpiY>

40. 2021, Jan. 23: COVID-19: Social Disparities

Kevin Kavanagh from Health Watch USAsm discusses with Herb Boyd (Author, Black Detroit: A People's History of Self-Determination) COVID-19 social disparities with frontline workers along with vaccine hesitancy in the black population. A major point made was even if there was a larger demand for vaccines, they are not available to the vast majority of those who wish to obtain them. Access to healthcare further augments this problem. Jeff Santos Show. (17:49) <https://youtu.be/isphixSuZFo>

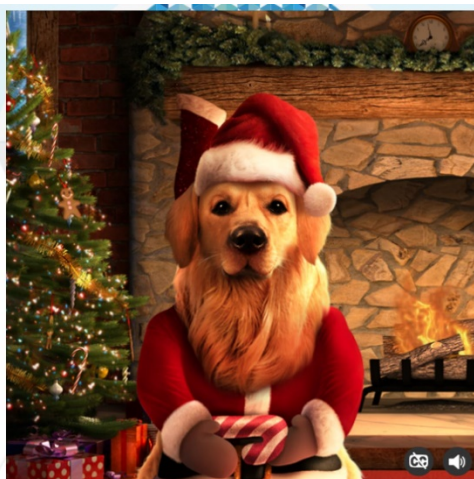
Health Watch USAsm Christmas Cards

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Health Watch USAsm 2021 Moose COVID-19 Christmas Card.

<http://bmacards.com/D0pU0S>



Health Watch USAsm Moose 2020 COVID-19 Christmas Card.

<https://www.bluemountain.com/view/r85d511d1789a46a29f8724792675f182>

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