



Health Watch USAsm 2022 Patient Advocacy Report:

Similar to 2021, 2022 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 2022 conference was a huge success.

The Table below indexes resources from Health Watch USAsm. Overall, there are 17, Op-Eds in major news media, 32 articles in Infection Control Today, 59 radio shows, 1 webinar, 24 News Reports, and the 2022 Yearly Conference.

Table of Contents (Overwhelming Topics Discuss COVID-19).

1. 2022 Conference, Frontline Workers: A Global Perspective.
2. Peer-Reviewed Articles, Op-Eds, and Blogs.
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3. Public Comments Before Federal Committees {PACCARB (1); CDC HICPAC (6) and Federal Action Letters (3)}
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Frontline Workers: A Global Perspective



Frontline Workers: A Global Perspective

Health Watch USAsm &
Massachusetts Nurses Association
Webinar Sept. 14th, 2022

Speakers Included:



Past Surgeon General Joycelyn Elders, MD

– Introduction [View Slides](#) [View Video](#)



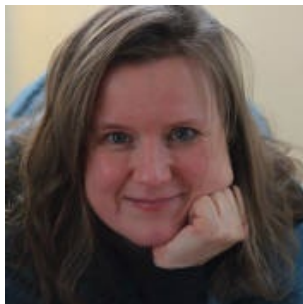
Professor Lidia Morawska, PhD, MSc. "Airborne infection transmission & Impact on Frontline Workers" Time Mag. Top 100 Most influential persons in the World for 2021. (Australia) [View Slides](#) [View Video](#)



Ambassador Deborah Birx, MD "COVID-19 USA - Lessons and new tools to improve workplace safety". Past White House Coordinator Coronavirus Response (USA) [View Slides](#) [View Video](#)

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Professor Nele Brusselaers, MD, PhD "Evaluation of science advice during the COVID-19 pandemic in Sweden" (Sweden) [View Slides](#)
[View Video](#)



Ziyad Al-Aly, MD "An Overview of Long COVID" (USA) [View Slides](#) [View Video](#)



Professor Imogen Mitchell, MBBS, PhD presenting "Australia's experience of COVID-19 Workplace Safety" (Australia) [View Slides](#) [View Video](#)



Professor Laith Jamal Abu-Raddad, PhD presenting "Immune protection of COVID-19 vaccination and natural infection" (Qatar) [View Slides](#) [View Video](#)

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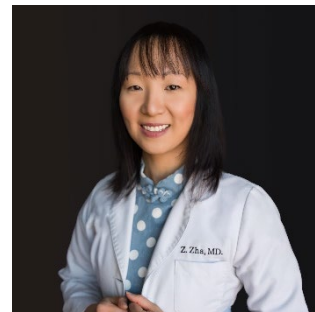


Eike Steinman, PhD

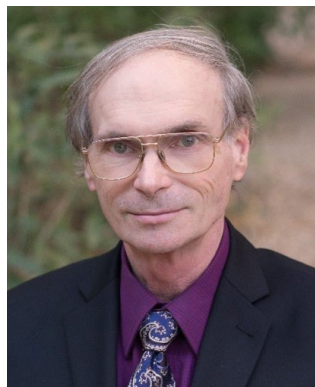
Presenting "Transmission and Inactivation of SARS-CoV-2" (Germany) [View Slides](#) [View Video](#)



Frazier Beatty, Ph.D., MPH Presenting "Impact of Healthcare Disparities on the Frontline" [View Slides](#) [View Video](#)



Mengyi "Zed" Zha, MD Presenting "Workplace Violence Against Healthcare Workers"
[View Slides](#) [View Video](#)



Kevin Kavanagh, MD, MS Webinar Summary & Closing Remarks (Left)
[View Slides](#) [View Video](#)

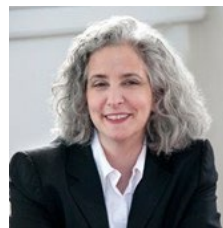
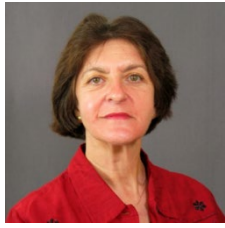
Associate Professor Matthias Maiwald Morning Session Introduction & Moderator (Right)
[View Slides](#) [View Video](#)



Panel Discussion: "The Normalization of Workarounds in Health care: An Ongoing American Crisis" Jeannie Cimiotti, RN, PhD; Christine Pontus, MS, RN; Betty Sparks, RN, CNOR, AND; Janet Haas, PhD, RN, CIC, FSHEA, FAPIC; Omid Razmpour, BSN, RN, PHN. [View Slides](#) [View Video](#)

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Panel Discussants: Left to Right. Christine Pontus, Jeannie Cimiotti, Betty Sparks, Janet Hass, Omid Razmpour.



Continuing Education Courses:



ANCC approval for 6.0 Credit Hours (total for two 3 hour enduring courses).

This nursing continuing professional development activity was approved by the Northeast Multistate Division Education Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation

Title: Frontline Worker Safety in the Age of COVID-19 A Global Perspective Approved Contact Hour(s): 3 hours for Part I (AM Agenda) and 3 hours for Part II (PM Agenda)

Program Approval Code #: 072-800-083022 Approved Expiration Date: 08/30/2024

ANCC Disclosures: [Download Document](#)

Enduring Material Presentations and Presentation Times

Link To Part I AM Course - 3 hours ANCC Approved

https://www.healthwatchusa.net/Videos-2022-Conference/CEU-CME_Video/CEU-CME-Video-Part_1_AM.html

Link To Part II PM Course - 3 hours ANCC Approved

https://www.healthwatchusa.net/Videos-2022-Conference/CEU-CME_Video/CEU-CME-Video-Part_2_PM.html

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The following educational credits can be obtained through an online course provided by Southern Kentucky AHEC and accessed using the link below.

Credits can be obtained for the following healthcare specialties:

- Physician/Nursing Home Administrator: "This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Southern Kentucky Area Health Education Center (AHEC), Massachusetts Nurses Association, and Health Watch USA. Southern KY AHEC is accredited by the Kentucky Medical Association to provide continuing medical education for physicians." The Southern KY Area Health Education Center is accredited by the Kentucky Medical Association (KMA) to sponsor continuing medical education for physicians. The Southern KY Area Health Education Center designates this live activity for a maximum of 6 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity. (6 hours AMA PRA CAT I)
- PA/Nurse Practitioner: This program has been approved by the Southern KY AHEC for Category 1 credit. (6 hours)
- Non-Physician attendance will be awarded. (6 hours)
- KBN Approval: Rockcastle Regional Hospital, Inc. has been approved as a provider of continuing education by the Kentucky Board of Nursing (KBN). Provider #4-0059-12-22-115. Expiration Date: December 31, 2022. "Kentucky Board of Nursing approval of an individual nursing education program does not constitute endorsement of program content." Total approved hours 7.2. (7.2 hours)
- Occupational Therapy: This program has been approved for six credit hours by the Kentucky Board of Licensure for Occupational Therapy.
- Physical Therapy: This course has been approved by the Kentucky Physical Therapy Association for continued competency requirements. CS30-2007-KPTA (6 hours)
- Respiratory: This program has been approved by the Kentucky Board of Respiratory Care. (6 hours)
- Dentistry: This program has been approved by the Southern Kentucky AHEC as meeting general medical/dental requirements outlined in 201 KAR 8.531 for dentists and 201 KAR 8.561 for dental hygienists. (6 hours)
- Radiology: This program has been approved by the Kentucky Board of Medical Imaging and Radiation Therapy for 5.5 hours.
- Social Work. Approved for 6 hours of Continuing Education by Kentucky Board of Social Work.
- Certificate of Completion is available for other educational participants. (6 hours)

To register for the above online course and obtain continuing education credits through Southern Kentucky AHEC, go to: <https://sokyahec.thinkific.com/courses/frontline-worker-enduring>

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Health Watch USAsm Peer-Reviewed Articles

Kavanagh and Cormier
Antimicrobial Resistance & Infection Control
(2022) 11:118
<https://doi.org/10.1186/s13756-022-01158-z>

Antimicrobial Resistance
and Infection Control

CORRESPONDENCE

Open Access

Success and failures in MRSA infection control during the COVID-19 pandemic

Kevin T. Kavanagh^{1*} and Lindsay E. Cormier²

Abstract

Private sector facilities in the United States have experienced a resurgence of Methicillin-resistant *Staphylococcus aureus* (MRSA) hospital-onset infections during the COVID-19 pandemic, which eliminated all gains that were achieved over the last decade. The third quarter of 2021, the Standardized Infection Ratio for hospital onset MRSA bloodstream infections was 1.17, well above the baseline value of 1.0. In contrast, the Veterans Health Administration (VHA) has been able to maintain its mitigation efforts and low rates of MRSA hospital-onset infections through the second quarter of fiscal year 2022 (Mar. 31, 2022), the most recent available data. The difference may be explained not only by the VHA's use of uniform mitigating policies which rely on active surveillance and contact precautions, but also on the VHA's ability to maintain adequate staffing during the pandemic. Future research into MRSA mitigation is warranted and this data supports the need for healthcare system transformation.

Keywords: MRSA, Veterans Health Administration, VHA, Pandemic, SARS-CoV-2, healthcare associated infections, NI-SEN, SIR, Staffing, ADL, Active surveillance, Contact precautions

Private sector facilities have long struggled to control Methicillin-resistant *Staphylococcus aureus* (MRSA) infections, a situation made worse by the COVID-19 pandemic. Reporting of MRSA hospital onset bacteremia became available through the National Healthcare Safety Network (NHSN) in 2009. A 2010–2011 baseline was adopted for the reporting of a Standardized Infection Ratio (SIR). The SIR is a risk adjusted rate of MRSA bacteremia per patient bed days. The SIR was set to a baseline value of 1.0. Facilities having an SIR lower than 1.0 have infection rates lower than what would have been predicted during the baseline year.

CMS implemented financial reporting incentives in 2013 which greatly enhanced the number of reporting facilities [1]. From 2013 the MRSA SIR, using facility level data, improved or decreased from 0.96 to a nadir

of 0.89 in 2014. It then increased to 0.99 in 2015, which approached its 2010–2011 baseline [2].

In 2015, the CDC re-normalized the SIR's baseline to 1.0 [3]; for MRSA, this resulted in only minor changes for the value of the SIR, although the method of risk adjustment was also modified. Current risk adjustments are based on variables including the community prevalence of MRSA, medical school affiliation, facility type, average length of stay and number of ICU beds [4].

In the first quarter of 2020, acute care hospitals almost met the 2013 U.S. Dept. of Health and Human Services' goal of a 25% reduction of invasive MRSA infections, but missed the revised 2020 goal of a 50% reduction in infections [5]. On July 12, 2022, the CDC announced a reversal in progress in the fight against antimicrobial resistance and at the same time MRSA was increasing in facilities, it was decreasing in the community [6].

The latest MRSA bloodstream infection data from the National Healthcare Safety Network (NHSN) (downloadable from <https://data.cms.gov/provider-data/>) has a data acquisition period of Oct. 1, 2020–Sept. 30, 2021. The data contained in this acquisition period had

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Success and failures in MRSA infection control during the COVID-19 pandemic

Private sector facilities in the United States have experienced a resurgence of Methicillin-resistant *Staphylococcus aureus* (MRSA) hospital-onset infections during the COVID-19 pandemic, which eliminated all gains that were achieved over the last decade. The third quarter of 2021, the Standardized Infection Ratio for hospital onset MRSA bloodstream infections was 1.17, well above the baseline value of 1.0. In contrast, the Veterans Health Administration (VHA) has been able to maintain its mitigation efforts and low rates of MRSA hospital-onset infections through the second quarter of fiscal year 2022 (Mar. 31, 2022), the most recent available data. The difference may be explained not only by the VHA's use of uniform mitigating policies which rely on active surveillance and contact precautions, but also on the VHA's ability to

maintain adequate staffing during the pandemic. Future research into MRSA mitigation is warranted and this data supports the need for healthcare system transformation. ARIC. Sept. 25, 2022. <https://aricjournal.biomedcentral.com/articles/10.1186/s13756-022-01158-z>

Health Watch USAsm – Op-Eds Courier Journal:

7. Why 'herd immunity' is as outdated as 'the earth is flat' when it comes to COVID: Opinion

This concept was formulated before science knew what viruses and mutations were. In actuality, many biological systems are highly dynamic and constantly adapting. With the exception of smallpox, no pathogen has ever been eradicated from the earth and with smallpox, eradication was achieved with a highly effective long-lasting vaccine. Our goal must be to decrease pathogen spread. We need to embrace vaccinations, the use of N95 masks in crowded venues, along with home delivery, curbside pickup and outside dining. Indoor air quality must be improved to the point where it is safer indoors than it is outdoors. [References](#) Courier Journal. Jan. 4, 2023. <https://www.courier-journal.com/story/opinion/2023/01/04/why-herd-immunity-is-as-an-outdated-concept-when-it-comes-to-covid/69750170007/>

6. There is no such thing as 'herd immunity.' Why the ongoing dangers of COVID-19 are real

We all need to recognize the dangers of COVID-19 and the risks it imposes to our long-term health and our country's workforce. Long COVID occurs in approximately 30% to 35% of cases. It

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commonly occurs with even mild disease and with reinfections. Thus, testing, masking, avoiding indoor crowded settings along with keeping vaccinations and boosters up to date are the best strategies we have to stay safe during times of high viral spread. Above all, we need to have clear and comprehensive public health messaging. We must be willing to make a few compromises in the way we live, for the safety of others and ourselves. [References](#) Courier Journal. Nov. 11, 2022. <https://www.courier-journal.com/story/opinion/2022/11/29/covid-is-an-ongoing-threat-why-theres-no-such-thing-as-herd-immunity/69682517007/>

5. *How a new phase of fighting COVID requires the public to pay: Opinion*

Due to lack of congressional funding, the Biden administration announced plans to curtail the funding of COVID-19 tests, treatments and vaccines shifting the financing and burden of the epidemic onto the public and private market. Along with Kentucky's recent devastating natural disasters, curtailing federal payment on vaccines, tests and treatments is another stressor which risks the health and well-being of Kentuckians. As calls for a national public healthcare system are becoming louder, this is a step in the opposite direction. The best advice is to take advantage of the vaccines, ordering of tests and the bivalent BA.5 booster which will be available in early September before federal coverage for all is suspended. [References](#) Courier Journal. Sept. 2, 2022. <https://www.courier-journal.com/story/opinion/2022/09/02/how-a-new-phase-of-fighting-covid-requires-the-public-to-pay-opinion/65465464007/>

4. *How patient risks of harm in the hospital have increased during the pandemic: Opinion*

Facilities appear to be responding by trying to water down regulations and to lessen the efficiency and impact of quality monitoring. And we received from the CDC were watered-down regulations, with not having specific recommendations to increase ventilation, admission COVID testing at the "discretion of the facility" and the encouragement, but not mandating, the use of N95 masks. All of the above has resulted in many staff not feeling safe, worsening the chronic nursing staff shortage. The CDC must set the highest standards for the world to emulate, not standards that are pliable for our profit-driven health care systems. [References](#) Courier Journal. July 11, 2022. <https://www.courier-journal.com/story/opinion/2022/07/11/how-risk-patient-harm-hospital-increased-during-pandemic/10012556002/>

3. *Does COVID make you dumber? Here's how you lose IQ points when you're infected*

Last night I awoke during a nightmare. We were in a COVID-19 cognitive feedback loop, where repeated infections were causing a progressive loss of intelligence which was making us more likely to undertake risky behavior. Sort of like the planet of the apes, but instead of the apes getting smarter, we were getting dumber. This apocalyptic thinking was spurred by a New York Times report detailing healthy individuals enduring multiple infections because of waning natural and vaccine immunity. And cognitive loss with COVID-19 is a real concern. [References](#) Courier Journal. May 31, 2022. <https://www.courier-journal.com/story/opinion/2022/05/31/covid-making-you-dumb-heres-how-you-lose-iq-points-when-infected/9998980002/>

2. *What the US must learn from its handling of the COVID-19 pandemic: Opinion*

As stated by researchers in Nature: "This Swedish laissez-faire strategy has had a large human cost for the Swedish society". emails revealed: "they (State Epidemiologists) at least speculated on the use of children to acquire herd immunity," but at the same time were publicly stating children "played a negligible role" in spreading the disease and did not become ill. And the elderly fared even worse, where many were given morphine instead of needed and available

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oxygen, “effectively ending their lives.” Reuters described a European Union document that found that “Russian media ... deployed a “significant disinformation campaign” against the West to worsen the impact of the coronavirus, generate panic and sow distrust...” As a nation, we need a Federal Government which does not sugarcoat the facts of the pandemic and a public that gathers its information from a multitude of historically reliable national and international sources. [References](#) Courier Journal. Apr. 7, 2022. <https://www.courier-journal.com/story/opinion/2022/04/07/what-us-must-learn-from-its-handling-of-pandemic/9474089002/>

1. *Kentucky COVID-19 bills are based on campaign talking points, not reality: Opinion*

The toll of this pandemic has been enormous. Kentucky has had well over 13,000 deaths from COVID-19 and FAIR Health estimates, as calculated by insurance company allowables, Kentucky has spent over \$1 billion on COVID-19 hospital treatment alone, not counting outpatient or chronic rehabilitation costs. Let’s quit getting our information from social media sites. This is like reading the emails in your spam folder. ...for the safety of all Kentuckians, we need to have clear, accurate messaging. [References](#) Courier Journal. Mar. 6, 2022. <https://www.courier-journal.com/story/opinion/2022/03/06/covid-19-bills-based-campaign-talking-points-not-reality-opinion/6880879001/>

Health Watch USAsm – Op-Eds Lexington Herald Leader:

7. *Despite misinformation, we can do more to protect against Covid, RSV and flu | Opinion*

Much of the current COVID-19 misinformation has its genesis from the newly concocted explanation of “Immune Debt.” Mounting evidence indicates this is not the case. A more concerning process may be taking place. In Africa and Southeast Asia, masks and social mitigation measures have been used for decades to blunt the epidemics of SARS, MERS, and Ebola without any observed ill effects. The other more ominous possibility is “immune theft” resulting from an immunodysfunction caused by previous COVID-19 infections. A non-peer reviewed preprint recently reported that children who contracted RSV were twice as likely to have had a previous COVID-19 infection than those who did not develop an RSV infection. Common sense measures need to be taken during this winter surge. And The United States also had a large RSV spike last year. Thus, the “Immune Debt” explanation does not fit. For patrons, high-quality N95 masks should be worn when one enters indoor venues. For business, to the extent possible, make available curbside pickup and online purchasing options. [References](#) Lexington Herald Leader. Jan. 6, 2023. <https://www.kentucky.com/opinion/op-ed/article270831132.html>

6. *These holidays, we still need to think about COVID*

With the upcoming holidays and family gatherings along with the public largely ignoring masking, testing and vaccinations, we may well be in for a holiday surge of COVID-19; adding to the increasing cases in RSV and seasonal flu. Masking, testing and vaccinations to flu and COVID are in themselves good steps, but taken together will give the best possible protection. Everyone should be tested immediately before the event, which some research has shown can decrease spread by 40%. Second, ask those attending a family gathering to not enter high risk settings and to wear an N95 mask in public a week before the event. Lexington Herald leader. Nov. 21, 2021. [References](#) [Download OpEd PDF](#)

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5. *We're facing a triple threat of COVID, monkeypox and polio. Let's take them seriously*

At the same time as COVID-19 the United States is experiencing a surge in monkeypox, whose main mechanism of spread is from close contact. Needless to say, having intimate contact with strangers will readily spread disease. Having multiple contacts, exponentially fuels a pandemic. With monkeypox, there is no "safe sex." Many feel that because rates of COVID-19 have dropped the virus has become endemic, but we are still having 500 deaths per day in the nation. And cases of Long COVID continue to mount, even in those who are reinfected or develop infections after vaccination. Current rates of cases are too high to be sustained for eternity.

[References](https://www.kentucky.com/opinion/op-ed/article264598546.html) Lexington Herald Leader. Aug. 17, 2022. <https://www.kentucky.com/opinion/op-ed/article264598546.html>

4. *Kentuckians are convinced that COVID is over, but they are wrong.*

OpEd: "Herd immunity" may help end a surge, but the virus quickly adapts and strikes again. As new variants continue to rapidly emerge, the guidance actually becomes simpler: All immunity is waning, and one needs to keep your immunity as strong as possible. This means to stay up to date with your vaccinations and boosters, even if you have had a previous infection. We all need to wear high-quality N95 masks during times of high viral spread. I am not sure how to motivate Kentucky's population to do so. At the very least we need to use our vote to express political feelings, and our love for our neighbors to dictate how we act in public. [References](https://www.kentucky.com/opinion/op-ed/article262978263.html) Lexington Herald Leader, June 29, 2022. <https://www.kentucky.com/opinion/op-ed/article262978263.html>

3. *We may not have to wear masks, but COVID is still lurking out there*

Masks have again entered the public spotlight with a Florida federal judge ruling prohibiting the CDC from issuing mask mandates regarding public transportation. Mid-flight passengers cheered, oblivious to the fact that the virus could care less. Currently, we are witnessing the emergence of a new and even more infectious variant in central New York, BA.2.12.1. Now is not the time to be promoting spread around the country with maskless airline travelers. Dosage counts. If a single virus penetrates a mask, it is unlikely to cause an infection, but if someone is exposed to 1000s of viruses, that is another story. [References](https://www.kentucky.com/opinion/op-ed/article260898327.html) Lexington Herald Leader. Apr. 30, 2022. <https://www.kentucky.com/opinion/op-ed/article260898327.html>

2. *As another variant emerges in Europe, it's too soon to let down guard against COVID.*

It seems most of the nation has declared the pandemic all but over. In Kentucky, as of March 22, NYTs data showed the 14 day case average was down by 25%. However, Eastern Kentucky is telling a different story. In the United Kingdom, this resurgence started approximately two weeks after COVID-19 restrictions were lifted. The BA2 Variant is highly infectious, possibly as much as measles. Predicting severity of illness is difficult, since the vast majority of individuals have varying immunity to the virus. However, Long COVID can occur in 10% to 30% of cases. Complaints regarding cognitive function occur in approximately 70% of patients with long COVID. We must respect others, some of whom we wear a mask to protect, but above all, get vaccinated along with obtaining boosters when indicated. [References](https://www.kentucky.com/opinion/op-ed/article259653120.html) Lexington Herald Leader. Mar. 22, 2022. <https://www.kentucky.com/opinion/op-ed/article259653120.html>

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1. *Disinformation is still hurting in Kentucky's battle against COVID-19*

Immunity elicited by boosters markedly diminishes after 6 months, but vaccines are our best bridge until antiviral therapeutics become widely available and also to keep our facilities from being overrun. Pfizer and Moderna are both reformulating a vaccine for the Omicron variant and plan to have it available before Summer. For now, let's just take one month at a time and use the tools which are available to us. The disinformation which some are spewing is nothing short of parroting the propaganda playbook of our communists' adversaries. It is dividing and weakening our country. We as a country must do better. [References](#) Lexington Herald Leader. Feb. 11, 2022. <https://www.kentucky.com/opinion/op-ed/article258253965.html>

Health Watch USAsm – Op-Eds & Blogs:

2. *Opinion: With only 28% of Kentuckians boosted against COVID-19, variants could pose a big health risk*

Cases of COVID-19 are surging in Europe, there is not just one variant of concern but what appears to be a "soup" of highly infectious variants. In the United States these include the BA.5, BA.4.6, BA.2.75, BF.7, BQ.1 and BQ. 1.1 and in Southeast Asia, the XBB variant. Variant "soup" is highly problematic, since it just takes one variant that is able to evade your immunological history to cause an acute infection. "the original sin of the COVID-19 response is the failure to recognize airborne transmission as the dominant mode of transmission. ..." Industry needs to upgrade indoor ventilation and ideally install germicidal UV-C lighting. Kentucky Gazette. Nov. 16, 2022. <https://kentuckygazette.com/opinion-with-only-28-of-kentuckians-boosted-against-covid-19-variants-could-pose-a-big-health-risk/> [References](#) [Download OpEd PDF](#)

1. *COVID-19 Risk Adjustment, Driving Transformation or Normalizing Deviance? It is Our Choice*

During the COVID-19 pandemic, the U.S. healthcare system neared collapse, in large part due to lean staffing and meager stockpiles of supplies. However, instead of transformation, it appears policymakers have assumed that facilities can do little to prevent safety lapses in the presence of COVID-19, and the Centers for Medicare and Medicaid (CMS) have decided to "risk" adjust quality metrics used in financial incentives. Risk adjustment should only be applied when effective strategies do not exist to prevent the occurrence of adverse outcomes. The question remains: Are we going to meet the challenge, build the needed infrastructure and strengthen our healthcare system to adapt to the new normal, or are we going to normalize deviance with continued lean staffing and just-in-time supply chains? I would choose the former and use financial incentives to drive the change. [References](#) On Health, BMC, Sept 28, 2022. <https://blogs.biomedcentral.com/on-health/2022/09/27/covid-19-risk-adjustment-driving-transformation-or-normalizing-deviance-it-is-our-choice/>

HW USA - Infection Control Today Articles & Viewpoints:

32. *Future Directions for Vaccine Development with considerations of immune imprinting and prevention of spread*

"The commentary discusses the continued concerns about COVID-19 vaccine efficacy reduction and what he believes should be done to protect against the further spread." We need a warp

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speed on new vaccine development. Why this is not being done is one of the most significant failings of our pandemic response. Until we have a vaccine that stops spread, we need to use N95 masks, avoid crowded indoor venues, and markedly increase indoor ventilation and air sanitization (with upper room UV-C units). Because of immune imprinting, we need to consider the administration of a bivalent or monovalent BA.5 (or current variant) vaccine to COVID-19-naïve individuals, especially young children, as opposed to the monovalent vaccine with the spike protein from the wild-type virus. Finally, we have a new Warp Speed initiative designed to develop mucosal vaccines. Infection Control Today. [References](#) Dec. 27, 2022.

<https://www.infectioncontrolday.com/view/immune-imprinting-prevention-spread>

31. COVID-19 and Traffic Accidents: Is a COVID-19 Personality Disorder Caused by Viral Damage to the Prefrontal Cortex?

A study from Canada suggests that not being vaccinated for COVID-19 could mean an individual is at higher risk for an automobile accident. What if it is from brain damage from contracting COVID-19? Right-wing media have ridiculed the American Journal of Medicine article. But this observation may be based in reality with a sound explanation. Suppose COVID-19 produces a lasting COVID-19 personality disorder due to anatomical damage of the orbitofrontal cortex created by SARS-CoV-2 infection. In that case, those segments of the population that shun public health interventions and aggressively seek to stop general health measures may be entering into a vicious cycle of decline. As repeated infections occur, damage to the brain increases, resulting in decreased emotional control and increased aggression. All of this makes it imperative that we slow the spread of this disease and have clear and consistent messaging regarding the risks of COVID-19 and what mitigation procedures can be implemented.

[References](#) Infection Control Today. Dec. 20, 2022.

<https://www.infectioncontrolday.com/view/covid-19-traffic-accidents-covid-19-personality-disorder-caused-viral-damage-prefrontal-cortex->

30. COVID-19: How to Reduce Spread Without Vaccines and Monoclonal Treatments

With many of the new COVID-19 vaccines not as effective against the new variants, reducing their spread without pharmaceuticals is even more critical. Vaccines are losing their effectiveness. Although their ability to substantially prevent hospitalizations and death has remained intact, the degree of prevention with current variants cannot be determined until we are well into the COVID-19 wave. Now, more than ever, we need to take a layered approach and add non-pharmaceutical strategies to mitigate disease from and spread to SARS-CoV-2. Combined with the risks of long COVID-19, all of this means we need to reemphasize non-pharmaceutical strategies to reduce the spread of SARS-CoV-2. Three recent articles have placed renewed emphasis on ventilation, spread by fomites, and outdoor precautions. Dec. 13, 2022.

[References](#) Infection Control Today. <https://www.infectioncontrolday.com/view/covid-19-how-to-reduce-spread-without-vaccines-monoclonal-treatments>

29. Sweden's Pandemic Experiment: A Book Review

Currently, the United States' rates of COVID-19 hospitalizations are increasing, and its response is muted, even paralyzed, with a lack of public consensus. Much of the public's confusion can be traced back to Sweden's "experience," one which is shrouded in misinformation and the "massaging of data." Of particular interest was the chapter dealing with "Children at the front line of the Covid-19 pandemic" by Johanna Hoog. This chapter delved into the push to keep schools open. The policy appeared to be based upon a misinterpretation of a World Health Organization study where a lack of analysis ("not possible to determine") was reported by the

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lay press as strong evidence that children do not spread disease. In addition, there was inadequate testing and reporting of cases which masked the outbreaks that did occur. And finally, questions arose regarding how data was presented, data which appeared to mitigate the impact of SARS-CoV-2 on children. Infection Control Today. Dec. 12, 2022.

<https://www.infectioncontrolday.com/view/sweden-s-pandemic-experiment-book-review>

28. *As Holidays Approach, COVID-19 Remains a Major Concern*

As the festive holidays begin, even with vaccinations and boosters, COVID-19 still remains a concern for Long COVID and other severe long-term effects. Al Roker's, cohost of the Today Show, recent hospitalization for blood clots in his leg, which embolized to his lungs, is a sobering illustration of the long-term risks imposed by even a mild case of COVID-19, along with the reason why those who survive the acute infection should not be considered recovered.

Remember, many relatives are elderly and at a very high risk for severe COVID-19 and Long COVID. All who are able should receive the bivalent BA.5 booster. Right before family gatherings, perform a rapid antigen test on all attendees. Ask visiting relatives to follow safe practices (wearing masks and avoiding crowded indoor settings) several days before the holiday events. [References](#) Infection Control Today. Nov. 23, 2022

<https://www.infectioncontrolday.com/view/as-holidays-approach-covid-19-remains-major-concern>

27. *Respiratory Spread and the Flawed Concept of Immunological Debt: A New Understanding*

The recent CDC discussion of potential redefinition of spread, uniform application of guidelines across different types of facilities and the recommended use of N95 masks to stop the spread of SARS-CoV-2, if adopted, could provide revolutionary and needed changes in our approach to infectious disease, along potentially transforming our approach to the SARS-CoV-2 pandemic. Social media is filled with the discussion of "immunity debt" and a cause of the increase in RSV infections. I feel there is not a well-established scientific basis for this concept. One hypothesis to explain the increase in RSV hospitalizations is the possibility that SARS-CoV-2 causes a persistent immunological dysfunction in infected individuals. [References](#) Infection Control Today. Nov. 8, 2022. <https://www.infectioncontrolday.com/view/respiratory-spread-flawed-concept-immunological-debt-new-understanding>

26. *Is the Current Bivalent Booster the Correct One? Studies Suggest it Isn't*

The United States may be on the precipice of a rude awakening regarding the persistence and devastation of COVID-19. A perfect storm is brewing with the convergence of 3 untoward outcomes: The bivalent booster may primarily elicit imprinted immunity, a deadly brew of a plethora of immune escape variants is forming, and our public has thrown safety to the wind with few—if any—masking or bothering to optimize their immunity. All of this is in the background of new and disturbing data regarding the dangers of long COVID-19. [References](#) Infection Control Today. Nov. 1, 2022. <https://www.infectioncontrolday.com/view/is-the-current-bivalent-booster-correct-one-studies-suggest-it-isn-t>

25. *Have you recovered from COVID-19, or Just Survived?*

A recent controlled study from the Institute of Health and Wellbeing and the Public Health of Scotland found that almost half of COVID-19 patients have persistent symptoms at 6 months; and that the percentage of patients with symptoms did not change over an 18-month period. The additive effects of Long COVID with repeat infections, combined with the long-term persistence of Long COVID systems, does not bode well for the United States' workforce. N95

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masks, vaccines, boosters and improvements in ventilation are keys to prevention. Currently, the Brookings Institute estimates that 2 to 4 million workers, or approximately 2% of the United States Workforce is not working because of Long COVID. Vaccines and boosters offer a degree of protection. The young have been observed to have a greater incidence of Long COVID than the elderly. This is not necessarily because they have a propensity to develop the disease, but because they are less likely to be vaccinated and boosted. Infection preventionists need to educate our population regarding the dangers of long COVID and repeated infections, encourage the wearing of N95 masks in indoor venues, monitor facility ventilation with CO2 levels as a surrogate for adequate ventilation, and have MERV-13 filters installed in central HVAC systems. Finally, to prevent the spread of highly infectious airborne pathogens, upper room germicidal UV-C lighting should be installed. [References](https://www.infectioncontroltoday.com/view/have-you-recovered-covid-19-just-survived-) Infection Control Today. Oct. 14, 2022. <https://www.infectioncontroltoday.com/view/have-you-recovered-covid-19-just-survived->

24. *The Autumn COVID-19 Booster Is Here: Is it Safe and Effective?*

On Sept. 1st the first autumn boosters will begin to be available, but individuals may be concerned about their efficacy and safety. Ample safety data and immunological response data indicates the reformulated boosters to the BA.4/5 Variant will provide an improvement in efficacy. The magnitude of this improvement is not known, and the mitigation of this augmentation due to “antigenic sin” is also not known. In the beginning of the pandemic, mRNA vaccines were heralded as a major breakthrough allowing rapid adaptation and distribution of a reformulated vaccine. To accomplish this feat in 2 months is just remarkable and validates the initial optimism for this technology. I feel a monovalent vaccine booster for BA.4/5 may have been better. However, the current authorized BA.4/5 bivalent booster promises to give much better protection to the BA.4/5 variant than the original booster. I will be first in line to receive the newly reformulated version. [References](https://www.infectioncontroltoday.com/view/the-autumn-covid-19-booster-is-here-is-it-safe-and-effective-) Infection Control Today. Sept. 2, 2022. <https://www.infectioncontroltoday.com/view/the-autumn-covid-19-booster-is-here-is-it-safe-and-effective->

23. *Viewpoint: We Cannot Afford to Surrender to COVID-19 Now*

Last week the Centers for Disease Control and Prevention (CDC) relaxed recommendations which neither control or prevent a rapidly evolving and disabling disease, COVID-19. However, we must maintain effective efforts to control the spread of the virus. Many of the relaxations appeared to be timed with the opening of schools, ignoring the high rate of COVID-19 related hospitalizations, national deaths hovering just under 500 per day, and the urgent need for a reformulated vaccine, whose delivery is expected in the fall of this year. [References](https://www.infectioncontroltoday.com/view/viewpoint-we-cannot-afford-surrender-covid-19-now) Infection Control Today. Aug. 17, 2022. <https://www.infectioncontroltoday.com/view/viewpoint-we-cannot-afford-surrender-covid-19-now>

22. *A Call for Action: The Triple Threat of Polio, Monkeypox, and SARS-CoV-2*

The US is at substantial risk of having a reemergence of polio, the largest outbreak of monkeypox in the world and is enduring repeated surges of SARS-CoV-2 variants. Rapid and aggressive public health interventions are needed. If the resistance we have seen in attempting to stop SARS-CoV-2 becomes commonplace with other pathogens, we will be no better off dealing with disease than in the Middle Ages. It is apparent we cannot simply vaccinate our way back to normal. We must also encourage the public to adopt public health strategies, including the wearing of N95 masks, avoiding close contact with strangers, and improved indoor ventilation. Now, more than ever, infection preventionists are needed to turn this tide around.

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[References](#) Infection Control Today. Aug. 8, 2022.
<https://www.infectioncontroltoday.com/view/a-call-action-triple-threat-polio-monkeypox-sars-cov-2>

21. *The Public Ignores Warnings from Infection Preventionists, but at What Cost?*

Preventing infections hides an infection's true threat and firmly places IPs into the category of unsung heroes. The inability of some leaders to focus on preventing infections has placed our nation in peril, resulting in an ineffective COVID-19 response, fueled an exponential growth in monkeypox infections, along with a rise in antibiotic-resistant bacteria, and has allowed all but conquered diseases, such as polio, to start to reemerge. Scientists early on warned of exponential growth (of SARS-CoV-2), while politicians declared the epidemic gone, then under control. Only when the barn has burned down did elected officials become concerned about the once avoidable epidemic. [References](#) Infection Control Today. July 25, 2022.

<https://www.infectioncontroltoday.com/view/public-ignores-warnings-infection-preventionists-what-cost->

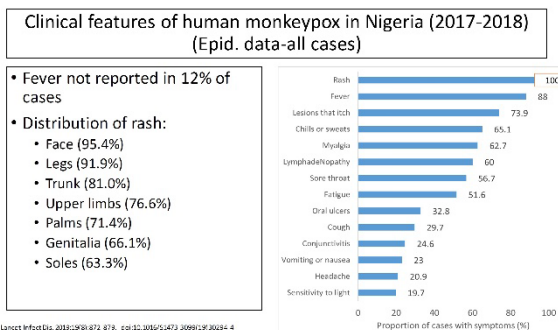
20. *Long COVID-19 and New Variants: Sounding a Continuing Alarm.*

It is easy to become complacent, but the SARS-CoV-2 pandemic is not over, and long COVID-19 and the new variants are causing rising concern. published in the New England Journal of Medicine which found that '...data show that the BA.2.12.1, BA.4, and BA.5 subvariants substantially escape neutralizing antibodies induced by both vaccination and infection.' In addition, the BA.4 and BA.5 variants may be the most infectious variants to date. Long COVID-19 has been found to occur in 30% of patients treated for COVID-19, and up to 70% have symptoms of brain fog, memory, or other cognitive problems. It also can have a profound impact on the heart and other organs. [References](#) Infection Control Today. June 27, 2022.

<https://www.infectioncontroltoday.com/view/long-covid-19-new-variants-sounding-continuing-alarm>

19. *Viewpoint: Battling COVID-19 Disinformation*

Much of the denial comes from a lack of understanding of the importance of infectivity and how it increases your chances of getting a severe infection. The best example of this is the high infectivity of the Omicron variant, which resulted in a large number of deaths and hospitalizations. Attending an event in the United States, your chances of dying of Omicron was greater than Delta, but once infected, the opposite is true. Advocating for herd immunity, downplaying the usefulness of masks; along with denying the severe impact of long-COVID and acute infections from SARS-CoV-2 makes little sense. One may choose to ignore disinformation, writing it off to a few uninformed individuals, but unfortunately, there are many. To make matters worse, disinformation can be highly organized, fanning flames that not only have the potential of placing health care workers in jeopardy but also weakening our nation. Hence, I would encourage all to engage in respectful conversations with those who spread disinformation to at least provide an opposing point of view. [References](#) Infection Control Today. June 17, 2022. <https://www.infectioncontroltoday.com/view/viewpoint-battling-covid-19-disinformation>



18. Monkeypox: CDC Raises Travel Alert, But How Much Threat Is it Really?

Many are wondering should we be concerned about Monkeypox or is it just a disease of the week, soon to pass and be forgotten. Current data indicates the former. Cases in the United States have quickly risen, now at 25 confirmed cases and many more are expected to have occurred but not been detected. Worldwide, the number of confirmed and suspected cases

has risen to nearly 1000, and spread is continuing. The virus is currently in 29 countries. Where this disease came from will probably be a mystery. Already, there are theories of biolabs and germ warfare circulating on social media. However, the history of this disease shows an increasing incidence in Africa, presumably from waning immunity. At this point, we must be vigilant but so far human-to-human spread of this virus appears to be related to risky behavior and very close physical contact. There are both vaccines and antiviral medications which are effective against Orthopoxviruses. In addition, epidemiological case tracking and public education are expected to bring this outbreak under control. [References](https://www.infectioncontroltoday.com/view/monkeypox-cdc-raises-travel-alert-but-how-much-threat-is-it-really-) Infection Control Today. June 6 2022. <https://www.infectioncontroltoday.com/view/monkeypox-cdc-raises-travel-alert-but-how-much-threat-is-it-really->

17. A Pandemic Paradigm Shift in Our Understanding of Transmission

The bugs are winning, but only because we are letting them. Modern day epidemiology has divided the spread of respiratory diseases into categories of airborne and droplet transmission. We were not facing a dichotomy in methods of spread; we were facing a continuum. There is no doubt that infection preventionists have a herculean task before them. The first step must be to educate hospital administration regarding the resources required to reverse the increasing rates of antibiotic resistance and to improve infection prevention by implementing the knowledge learned during the pandemic. Only then will an optimal safe workplace be created and the safest possible care be provided to patients. [References](https://www.infectioncontroltoday.com/view/a-pandemic-paradigm-shift-our-understanding-transmission) Infection Control Today. May 25, 2022. <https://www.infectioncontroltoday.com/view/a-pandemic-paradigm-shift-our-understanding-transmission>

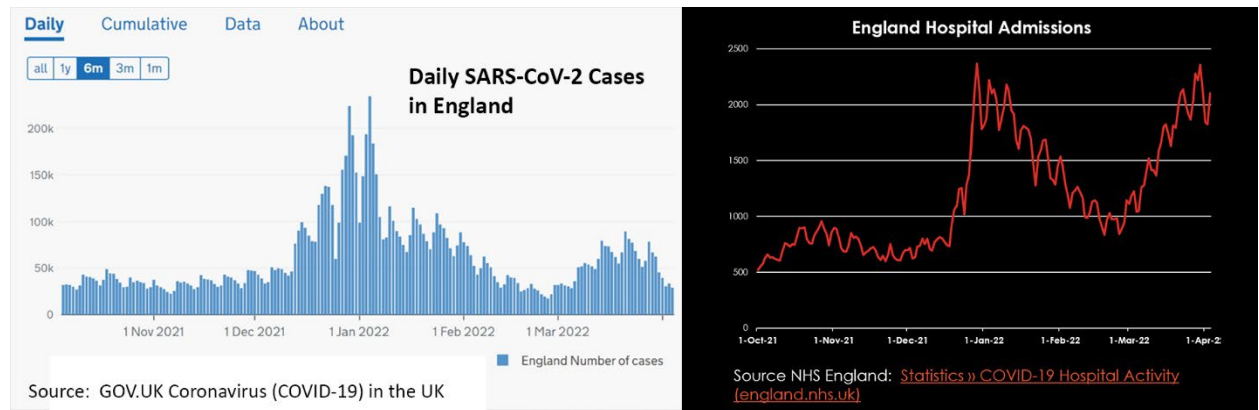
16. AB.4 and BA.5 Variants, Pandemic Fatigue, and Waning Immunity: A Toxic Mix

With new variants emerging, cases rising and a more complete understanding of the dangers of long COVID-19, one can make a strong case for resuming public health measures intended to control spread and infections from this disease. Unfortunately, even in the face of waning immunity, few individuals in the United States are currently wearing masks, and many are continuing to engage in risky behavior. This may well be a toxic mix, and healthcare facilities, and infection preventionists need to prepare for another possible surge in cases. [References](https://www.infectioncontroltoday.com/view/ab-4-ba-5-variants-pandemic-fatigue-waning-immunity-toxic-mix) Infection Control Today. May 9, 2022. <https://www.infectioncontroltoday.com/view/ab-4-ba-5-variants-pandemic-fatigue-waning-immunity-toxic-mix>

15. Viewpoint: New UK Data Show BA.2 Variant Produces More Frequent Hospitalizations Than Omicron

New data is beginning to emerge for the BA.2 variant, and the results do not look good. Data from the United Kingdom show the BA.2 surge to be about half that of the Omicron surge. However, the number of hospitalizations are the same and those caused by BA.2 may eventually

surpass Omicron. This evidence indicates that BA.2 is not only more infectious but also more virulent than the Omicron variant. [References](#) Infection Control Today. Apr. 6, 2022. Read Full Article: <https://www.infectioncontroltoday.com/view/viewpoint-new-uk-data-show-ba-2-variant-produces-more-frequent-hospitalizations-than-omicron>



14. *How Does the US Response to COVID-19 Compare With the Rest of the World?*

Among high-income nations, the United States has one of the highest rates of COVID-19 excess deaths per capita. Despite the implementation of many strategies and high population adherence in Sweden, this country has one of the highest rates of COVID-19 excess deaths among Nordic Nations. Only Denmark is higher. The United States has not performed the worst during the pandemic, but it has performed below average among the world's nations. Even our completeness of reporting actual cases is below that of the United Kingdom and Southern South America Nations. This poor performance makes it imperative that we learn the lessons of this pandemic, reform our healthcare system, and improve messaging along with public acceptance of mitigation strategies. The United States can and must do better. [References](#) Infection Control Today. Mar. 22, 2022. <https://www.infectioncontroltoday.com/view/how-does-us-response-covid-19-compare-rest-world->

13. *Evidence Shows Students Need to Wear Masks in Schools Despite Disinformation*

Multiple studies and reports show that masks in schools are effective, safe, and necessary because COVID-19 is not going away. Above all, as pointed out by the "Getting to and Sustaining the Next Normal" report, we need clear guidance on when school mitigation recommendations ("including masking, social distancing, quarantining, reduced class sizes, and outdoor learning") are to be triggered to enable communities to provide the safest environment possible for the education of our children. [References](#) Infection Control Today. Mar. 14, 2022. <https://www.infectioncontroltoday.com/view/evidence-shows-students-need-wear-masks-schools-despite-disinformation>

12. *COVID-19 Brain Changes: New Evidence Details Long-Term Effects of Infection*

A new study supports the conclusion that the "brain fog" reported by many who have recovered from mild COVID-19 infection is real and has an anatomical basis. The United States has all but declared victory and followed the United Kingdom's example by rapidly relaxing public health strategies, including masking. The BA.2 (Stealth) variant could prove more infectious than Omicron (BA.1) and is ravaging Denmark and Hong Kong. This variant is also increasing in our country. A finding that, combined with the increased concerns over the impact of long COVID, dictates that a more careful approach to relaxation of mitigation strategies may be warranted.

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[References](#) Infection Control Today. Mar. 9, 2021.
<https://www.infectioncontrolday.com/view/covid-19-brain-changes-new-evidence-details-long-term-effects-infection>

11. Preventing the Spread of COVID-19 While Keeping Kids in School: A Case Study

Amanda Mulcahy: Swampscott's overall goal was to keep students and staff safe with significant consideration to minimize the disruption to learning for students and their families. This was accomplished with layers of mitigation strategies that were applied in the district. With every added layer, another barrier was created to protect both students and staff, keeping them safe in the district's buildings and allowing the prioritization of in-person learning. Interventions included, attention to air filtration and circulation, use of masks, robust testing, case tracking and promotion of vaccinations. Infection Control Today. Mar. 3, 2022.

<https://www.infectioncontrolday.com/view/preventing-spread-covid-19-while-keeping-kids-school-case-study>

Health Watch USA Meeting Video Presentation <https://youtu.be/JVYKWhW0ffk>

10. Mutated SARS-CoV-2 Detected in White-Tailed Deer in Ontario

Mounting evidence is supporting the spread of SARS-CoV-2 in animals. The latest report is from Ontario, Canada, and has added to the evidence that white-tailed deer can become infected with SARS-CoV-2. Above all, the report by Bradley Pickering et al underscores the importance of One Health, the idea that animals and mankind live in the same biosphere and you cannot optimally promote health in mankind without also addressing the health and spread of disease in animals. It is unlikely we can stop the emergence of future dangerous variants by vaccinating all of mankind. We must also address the health of animals and modify how we interact with domesticated and wild species. [References](#) Infection Control Today. Mar. 1, 2022.

<https://www.infectioncontrolday.com/view/mutated-sars-cov-2-detected-white-tailed-deer-ontario>

9. Perspective: Relaxing Mask Guidance Must Be Done 'Carefully'

The Centers for Disease Control and Prevention (CDC) is expected to relax mask guidelines on indoor mask requirements Friday. Reports have indicated the new guidelines will be based, at least in part, on hospitalizations and hospital capacity. First, the metric for hospitalizations is a lagging indicator, and basing action on increasing hospitalizations will make our actions reactive and not proactive. Second, there are data that indicate we may not yet be in an endemic phase of the pandemic. During the month of February, deaths spiked in South Africa. In Denmark, a country whose cases are almost totally comprised of the BA.2 variant. Deaths are at an all-time high. For me, this is reason enough to continue masking. [References](#) Infection Control Today. Feb. 25, 2022.

<https://www.infectioncontrolday.com/view/perspective-relaxing-mask-guidance-must-be-done-carefully>

8. COVID-19 Boosters: New MMWR Report Explores Waning Immunity

The research found vaccine efficacy in the prevention of visits to urgent treatment centers and emergency rooms fell from 87% at 2 months, to 66% at 4 months, to 31% at ≥ 5 months. A WHO Variant of Concern, the Stealth Omicron (BA.2), may pose even new challenges and has been reported to be more severe and infectious than Omicron (BA.1). In addition, it is being initially reported that it may "largely" escape current vaccines and could be resistant to many monoclonal antibody products, including the GSK antibody, sotrovimab. However, a vaccination

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booster appears to restore immunity with a 74% protection against illness. [References](#) Infection Control Today. Feb. 18, 2022. <https://www.infectioncontrolday.com/view/covid-19-boosters-new-mmwr-report-explores-waning-immunity>

7. Viewpoint: How to Improve U.S. Dismal COVID-19 Response

Former President Trump's Presidential Federal Advisory Committee for COVID-19 needs to be reestablished under President Biden. The United States Senate HELP Committee will hold a hearing tomorrow to officially begin the process of formulating legislation to strengthen our pandemic preparation and response. All of the provisions focus on acronyms of the CDC, FDA, BARDA, ASPR, NIAID and the GAO. What is missing is OSHA and frontline worker protection, this includes infection preventionists. [References](#) Infection Control Today. Feb. 7, 2022. <https://www.infectioncontrolday.com/view/viewpoint-how-to-improve-u-s-dismal-covid-19-response>

6. Those Who Believe in Herd Immunity Cannot Do the Math

COVID-19 mutations are evading our immunity and at the same time our immunity is waning. Herd immunity to disease and the eradication of SARS-CoV-2 is no longer possible. According to the United Kingdom's Imperial College COVID-19 response team, a two-dose vaccine (AstraZeneca and Pfizer) provides a vaccine effectiveness in the prevention of symptomatic disease between 0% and 20% with the Omicron Variant, and a previous infection gave a protection of 19%. However, unlike infections, you can safely receive a booster with an mRNA vaccine. Three-dose vaccinations provide a vaccine effectiveness for the prevention of symptomatic disease from Omicron of between 55% and 80%. Current data are placing the final nails in the coffin of herd immunity. [References](#) Infection Control Today. Jan. 26, 2022. <https://www.infectioncontrolday.com/view/those-who-believe-in-herd-immunity-cannot-do-the-math>

5. Viewpoint: COVID-19 Forever Cancels the Old Normal

Contrary to the "vaccinate and all will be well" narrative, "mild" does not mean just avoiding hospitalization, nor does surviving a COVID-19 acute illness means you have recovered. Vaccines are an important layer of armor but they, in themselves, will not stop COVID-19. Public health is focused on the community, not one's own health. In public health, as vaccine efficacy falls, it is even more imperative that all who can, become vaccinated. We must slow down the spread of this virus. It is easy to advocate for personal freedom and act irresponsibly when someone else is funding your safety net. [References](#) Infection Control Today. Jan. 24, 2022. <https://www.infectioncontrolday.com/view/viewpoint-covid-19-forever-cancels-the-old-normal>

4. Animal Farms: COVID-19 Doesn't Need Humans to Survive.

Animal infection sets the stage for an independent evolution of SARS-CoV-2 which, after an extended evolutionary period, can jump back to humans causing disease with an unpredictable infectivity and case fatality rate. This is what appears to have happened with the Omicron variant. In other words, we all need to start taking this virus more seriously and uniformly enact effective control measures. [References](#) Infection Control Today. Jan. 20, 2022. <https://www.infectioncontrolday.com/view/animal-farm-covid-19-doesn-t-need-humans-to-grow>

3. Viewpoint: Time to Consider Penalties for COVID-19 Unvaccinated

We may need to pivot to the strategy adopted by Singapore, to have voluntarily unvaccinated individuals pay at least a portion of their care. It is very easy to act irresponsibly when others are funding your safety net. SARS-CoV-2 is endemic, and we must adapt to live with it. This is based on observing that immunity from SARS-CoV-2, whether from vaccines or infections, is short lived, asymptomatic spread is frequent and the incubation time is very short, making identification of contacts problematic and vaccinations not having enough time to ward off disease. To cope with this pandemic, we need to decrease the spread of this virus. Executive action is needed for the formation of a National Public Health Service (possibly by fully implementing the Department of Veterans Affairs' 4th mission), along with the reappointment of a Coronavirus Task Force in the US. Building this pandemic response foundation is an overriding imperative. [References](#) Infection Control Today. Jan. 9, 2022.

<https://www.infectioncontroltoday.com/view/viewpoint-time-to-consider-penalties-for-covid-19-unvaccinated>

2. Even 'Mild' COVID-19 Can Make You the Sickest You've Ever Been

SARS-CoV-2 causes a system infection and is commonly detected in the heart and brain, exemplified by the loss of smell from brain tissue destruction and loss of cardiac function from myocarditis. There are well over 12,000 Kentuckians have died of COVID-19. Even with Kentucky having some of the lowest in-network costs for COVID-19 hospital care in the nation, the total bill so far is just shy of 1 billion dollars (\$990,040,866). This alone is an unsustainable amount, but it does not include the cost of outpatient care, mass testing, and chronic treatment for those afflicted with long-COVID-19. What is so infuriating is that the vast majority of individuals who are hospitalized are unvaccinated. It is imperative that they are uniformly adopted to suppress the spread of the virus in the community and prevent damage to our economy and the collapse of essential services. [References](#) Infection Control Today. Jan. 4, 2022.

<https://www.infectioncontroltoday.com/view/even-mild-covid-19-can-make-you-the-sickest-you-ve-ever-been>

1. Viewpoint: Those Who Underestimate Omicron Aren't Doing the Math

Infectivity causes more harm and deaths than lethality and in the case of Omicron more than makes up for its somewhat milder infections in immunologically naive individuals. Our best protection is to become fully vaccinated, including boosters, along with optimizing ventilation in buildings, wearing N95 masks and frequent testing. Schools might be able to be opened with a degree of safety, if these mitigation strategies are rigorously followed, but if not, both students and teachers will be at risk. In addition, it needs to be remembered that Omicron causes more severe disease in children than with other variants. [References](#) Infection Control Today. Jan. 3, 2022.

<https://www.infectioncontroltoday.com/view/viewpoint-those-who-underestimate-omicron-aren-t-doing-the-math>

Public Comments Before Federal Committees

Nov. 2, 2022. COVID-19: Vaccine Imprinting & The Need for Stronger COVID-19 Policy

Dr. Kevin Kavanagh from Health Watch USAsm comments on the effectiveness of the new bivalent boosters and the concerns regarding immunological imprinting. In addition, he stresses that we cannot vaccinate our way out of the pandemic. The isolation time for COVID-19 needs to be lengthened and incorporate negative testing before termination. Strong clear guidelines

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for the use of N95 masks, and improvements in ventilation need to be made. Finally, our goals need to be the prevention of infections and Long COVID. The latter which is starting to cripple our workforce. Public Comment at CDC HICPAC meeting. Nov. 3, 2022.

<https://youtu.be/opfxE60g84Q> & <https://www.healthwatchusa.net/Videos-Presentations/20221103-CDC-HICPAC-PublicComment.htm>

Written Comment Can Be Downloaded From: <https://healthwatchusa.org/HWUSA-Presentations-Community/PDF-Downloads/20221102-HICPACComment-3.pdf>

Sept. 13, 2022. Antibiotic Resistant Infections Increasing. During COVID-19 CMS suppressing many infection in value purchasing programs. However, MRSA infections did not increase in the VHA system. Presidential Advisory Council on Combating Antibiotic-Resistant Bacteria (PACCARB) meeting. [Download Written Comment.](#)

Aug. 23, 2022. CDC HICPAC: Need for Data and Risk Adjustment Normalization of Deviance

Dr. Kevin Kavanagh from Health Watch USAsm discusses the need for "Data for Action". Too often data is highly adjusted and delayed in its release. Risk adjustment should be done to adjust circumstances which cannot be mitigated not to normalize deviance. Risk adjusting for COVID-19, community levels of MRSA are problematic. The Veterans Health Administration has not experienced the pandemic MRSA surge in hospital onset infections that was seen in the private sector. The metric for COVID-19 hospital acquired infections is also severely flawed. Relaxation of school COVID-19 guidance is problematic with the high rate of deaths and hospitalizations in the United States along with the teacher and bus driver shortage. It would be much more pragmatic to wait until the BA.5 booster is available in the next few weeks. Public comment given before the CDC's HICPAC meeting on Aug. 23, 2022.

<https://www.healthwatchusa.net/Videos-Presentations/20220823-CDC-HICPAC-PublicComment.htm> https://youtu.be/pdTY4jG_2M0

Written Comment Can Be Viewed At: https://www.healthwatchusa.org/HWUSA-Presentations-Community/PDF-Downloads/20220823-CDC_HICPAC-Meeting-Comment.pdf

June 2, 2022. Comment Regarding The CDC adopting the highest level of safety standards to protect patients, the public and frontline staff. CDC HICPAC Committee. [Download Written Comment](#)

Mar. 24, 2022. COVID-19: Universal Use of N95 Masks & Community Risk Zones Should Be Based Upon Infections.

Kevin Kavanagh, MD, MS from Health Watch USAsm provided the following comment at the CDC's Healthcare Infection Control Practices Advisory Committee (HICPAC) Meeting. In summary, when masking is required, I would like to encourage the CDC to require universal use of N95 masks. And in view of the common and disabling effects of long COVID, the CDC should revert to a community risk ranking strategy which is based upon the rate of SARS-CoV-2 infections and has as its goal to decrease the spread of disease. CDC HICPAC. March 24, 2022.

Video: <https://www.healthwatchusa.net/Videos-Presentations/20220324-CDC-HICPAC-PublicComment.htm> Video <https://youtu.be/RVG94oT7S4c> [Download Written Comment](#)

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Mar. 24, 2022. Comment regarding CDC presentation on the use of gowns and masks by healthcare workers while treating COVID-19 patients. CDC HICPAC Meeting Supplemental Comment. [Download Written Comment](#)

Written Comments Regarding Federal Policy:

3. Mar. 10, 2022. 2023-2026 NHSS comments, “National Health Security Strategy” regarding pandemic preparedness and response. [Download Comment](#)
2. Feb. 3, 2022. Written Comment on the U.S. Senate Help Committee's bipartisan Pandemic and Public Health Preparedness and Response Bill (PREVENT Pandemics Act) [Download Comment](#)
1. Jan. 15, 2022. Action Letters Requesting an independent Presidential Federal Advisory Committee for COVID-19 be reestablished under the Biden administration. The letter is signed by Health Watch USA, National Nurses United and the Mass. Nurses Assoc.
 - * [Senator Mitch McConnell](#)
 - * [Senator Chuck Schumer](#)
 - * [White House Coronavirus Response Coordinator Mr. Jeff Zients](#)

Health Watch USAsm Meetings

6. Nov. 16, 2022. COVID-19: New Variants and the BA.5 Bivalent Booster

Dr. Wilmore C. Webley, Assoc. Professor & Assoc. Dean, Office of Inclusion & Engagement in the Graduate School at the University of Massachusetts Amherst. Dr. Webley has received a M.Sc. and Ph.D. in Microbiology at the University of Massachusetts Amherst, with expertise in immunology, infectious disease, host-pathogen interactions, and a concentration in vaccine development. Dr. Webley discusses the new bivalent BA.5 booster and the challenges the new variants impose. In addition, an overview is presented on the life cycle of viruses, their propensity for mutation and the ever-increasing myriad of SARS-CoV-2 variants which have evolved. An overview of the WHO classification of viruses is also given. Health Watch USA Meeting. Nov. 16, 2022. <https://youtu.be/VElixXmZ3f8>
<https://www.healthwatchusa.net/Videos-Meeting/20221121-WilmoreWebley.htm>

5. Oct. 19, 2022. Mitigating the Effect of COVID in Children: The Struggle Continues

Allen Geller, RN, MPH, from the Harvard TH Chan School of Public Health discusses COVID-19 in children. COVID-19 is still a serious pandemic in the United States with 350 to 400 total deaths per day. Children can get COVID-19 and develop serious disease. A common misconception is that children do not spread the disease, but they can spread it to both teachers and caregivers. Schools are one of the great reservoirs for transmission of COVID. For school safety, during high levels of community spread, masking, rapid testing and cohorting are strategies which should be implemented. Students should be vaccinated before the start of the school year. One of the goals for adequate ventilation is at least 6 air exchanges per hour which has led to better health outcome and is important for cognition and reducing school absences. During the pandemic there was approximately a doubling of absenteeism.

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- Push for districts to promote vaccinating a large number of 5- to 11-year-olds that are still not vaccinated.
- Work with districts to rebuild their COVID dashboards.
- Regular testing of children is supported by two-thirds of parents. Make provisions of rapid antigen tests opt-out rather than opt-in. There is strong support for providing take home rapid tests.
- Strongly reconsider remasking in periods of surges reviewing week by week attendance data.
- Wastewater testing has the potential of being used to monitor for the prevalence of SARS-CoV-2 in schools.
- School based attendance records are also important triggers for medical and public health review.
- Portable CO2 monitors should be used to monitor air quality in school rooms.

Health Watch USAsm meeting, Oct. 19, 2022. <https://www.healthwatchusa.net/Videos-Meeting/20221019-AllenGeller.htm>

4. May 18, 2022. *Insights Into Patterns of Bacterial Resistance During Seasonal Flu and COVID-19 Surges*

Dr. Vikas Gupta, Director, MMS Medical Affairs at Becton, Dickinson and Company; and Dr. Calvin Yu, Vice President, Medical & Scientific Affairs, US Region. Prior to being at BD, Dr Yu was Chief of Infectious Diseases at Southern California Kaiser Permanente. They discuss "Insights from near real-time data on infection rates and related outcomes in the post COVID-19 vaccine period." They also give insights into patterns of rising bacterial resistance that they have observed during this time period. Health Watch USAsm Meeting. May 18, 2022.

<https://youtu.be/RG57cihlbv4>

3. Mar. 16, 2022. *The Dark Side of Science: Misconduct in Biomedical Research*

Elizabeth Bik, PhD discusses research integrity problems in published journals. She discusses examples of plagiarism, falsification and fabrication. Dr. Bik estimates research integrity problems affect 5% to 10% of published peer reviewed scientific papers. In a review of 782 papers which had integrity problems which were reported 5 years previously to the publication, journal editors took no action on 65.5%, corrected 26.9%, retracted 7.4% and published an expression of concern in 0.3%. Some integrity problems are the result of an organized disinformation effort based in China, Russia and Iran, which generates fake research and manuscripts for those willing to purchase their services. Methods of distinguishing fake and flawed research is also discussed. Health Watch USAsm Meeting. Mar. 16, 2022.

https://www.healthwatchusa.net/Videos-Meeting/20220316-HWUSA-Elizabeth_Bik.htm

<https://youtu.be/jAEe8iVteU>

2. Feb. 16, 2022. *COVID-19: School Safety and Mitigation in Massachusetts*

Amanda Mulcahy, RN describes the COVID-19 mitigation strategies which have been implemented at her Massachusetts' school system. These include upgrading ventilation, masks, social distancing, barriers, outdoor classes, robust testing, vaccinations and boosters, and symptom monitoring and tracking. The collection of data was also used to evaluate strategies and to guide the timing of implementation. Health Watch USAsm Meeting.

<https://www.healthwatchusa.net/Videos-Meeting/20220216-HWUSAMulcahy.htm>

<https://youtu.be/JVYKWhW0ffk>

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1. Jan. 20, 2022. COVID-19 Update in the State of Florida and Issues Beyond

Linda Spaulding, RN, CIC discusses the current state of COVID-19 in the State of Florida. Topics include, staffing shortages, worker safety, violence against healthcare workers and reduced access to healthcare with critical non-COVID patients. Health Watch USAsm Meeting.

<https://www.healthwatchusa.net/Videos-Meeting/20220119-HWUSA-Spaulding.htm>

https://youtu.be/ARiwww_NX30

Newspaper Articles Featuring Health Watch USAsm

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- Diamond F. XBB COVID variant presents a unique threat: study. Fierce Healthcare. Dec. 28, 2022. <https://www.fiercehealthcare.com/providers/xbb-covid-variant-presents-unique-threat-study>
- Diamond F. CDC tallies deaths from long COVID with new code. Fierce Healthcare. Dec. 14, 2022. <https://www.fiercehealthcare.com/payers/cdc-touts-code-long-covid-death-certificates>
- Diamond F. Experts urge polio vaccination to ward off any major resurgence. Fierce Healthcare Nov. 9, 2022. <https://www.fiercehealthcare.com/providers/experts-urge-polio-vaccination-ward-any-major-resurgence>
- Diamond F. CDC advisory panel recommends adding COVID vaccine to kids' routine immunization schedule. Oct. 20, 2022. <https://www.fiercehealthcare.com/providers/cdc-advisory-panel-recommends-covid-vaccine-become-part-childs-vaccination-schedule>
- Diamond F. Highly evasive BQ.1.1 appears on CDC's COVID-19 variants charts for first time . Fierce Healthcare. Oct. 17, 2022. <https://www.fiercehealthcare.com/providers/highly-evasive-bq11-appears-cdcs-covid-19-variants-charts-first-time>
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- Diamond F. MRSA resurgence reflects how COVID diminished quality of care, says study. Fierce Healthcare. Sept 30, 2021. <https://www.fiercehealthcare.com/providers/mrsa-resurgence-reflects-how-covid-diminished-quality-care-says-study>
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- Diamond F. Biden declares the COVID-19 pandemic over as experts keep wary eye on potential fall surge. Fierce Health Care. Sept. 19, 2022. <https://www.fiercehealthcare.com/payers/biden-declares-covid-19-pandemic-over>

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- Diamond F. Health plans will soon be footing the bill for COVID-19 shots, tests. Fierce Healthcare. Aug. 29, 2022. <https://www.fiercehealthcare.com/payers/health-plans-prepare-cover-covid-19-vaccine->
- Whitacre-Martonicz T. Monkeypox: Birx Says We Are Not Ready for a New Pandemic. Infection Control Today. Aug. 18, 2022. <https://www.infectioncontroltoday.com/view/monkeypox-birx-says-we-are-not-ready-new-pandemic>
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- Diamond F. Free At-Home COVID Tests on Way for Medicare Beneficiaries. Infection Control Today. Feb. 3, 2022. <https://www.infectioncontroltoday.com/view/free-at-home-covid-tests-on-way-for-medicare-beneficiaries>
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Jack Pattie Radio Show (COVID-19 Shows 122 to 238)

53. COVID-19: The Triple Threat & How to Prevent Long COVID

Dr. Kevin Kavanagh from Health Watch USAsm discusses the triple threat of RSV, Long COVID, and COVID-19. He stresses the use of masking (N95 or KN95) especially for high-risk individuals, and the use of screening with home tests before family gatherings during the holidays. Three steps can be taken to prevent Long COVID, first do not get covid (100% effective), the second is to be up to date on vaccinations and boosters (30% to 40% effective) and finally, if you become infected to use Paxlovid (26% effective). Jack Pattie Show. Nov. 15, 2022.

<https://www.healthwatchusa.net/Videos-JackPattie/20221114-JackPattie.htm>

52. Nov. 7, 2022. COVID-19: Preparation for the BQ.1 and BQ.1.1 Surge in the Face of Immunological Imprinting.

Dr. Kevin Kavanagh from Health Watch USAsm discusses steps which should be taken with the upcoming holidays to prevent spread of COVID and the use of portable CO2 monitors to screen for poor air circulation. The Pandemic emergency has been extended through Jan 11, 2023, so one can order free COVID-19 tests on insurance and screen everyone prior to an event with a rapid test. There have been studies which show this will decrease spread by about 40%. In addition, one should ask guests to use precautions a week before the event of wearing masks and not going to high-risk venues. The new bivalent booster is at least as good as the original booster. However, some studies indicate it is not giving a large amount of added protection. Immune imprinting may be taking place. Another study on long COVID has found the incidence of occurrence at about 33%, even in mild to moderate cases. Long COVID commonly affects the heart and brain. We have given warnings about effects on the heart back in July of 2020, well before the vaccine, and at that time were called alarmist. The recent cardiac death of Julie Powell, just after having COVID, has focused the public on this occurrence. It is imperative that the public adopts testing, masking and become boosted to avert a surge with COVID-19. Jack Pattie Show. <https://www.healthwatchusa.net/Videos-JackPattie/20221107-JackPattie.htm>

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51. Oct. 31, 2022. COVID-19: RSV & Flu Surging, Lack of Exposure or Suppressed Response?

Dr. Kevin Kavanagh from Health Watch USAsm discusses the rapid rise of BA.1 and BA.1.1 variants which now comprise 27% of the sequences in the United States. These variants have an increase in immune evasion and have and can cause significant disease. Being up to date on your boosters is imperative. There are reports that the new bivalent booster has a similar efficacy as the ancestral booster, but it should still be effective in preventing severe disease and death from the new variants, since the boosters elicit a wide range of antibodies. We are also seeing a resurgence of the Flu and RSV viral infections. This may be because we were not exposed to them for the last two years, but another possibility is that COVID-19 suppresses one's immunity for a period of time. With a booster that is less than 100% effective, and highly infectious immune escape variants spreading, we should continue to wear N95 masks and avoid high-risk indoor settings. Jack Pattie Show. <https://www.healthwatchusa.net/Videos-JackPattie/20221031-JackPattie.htm>

50. Oct. 24, 2022. COVID-19: Scrabble Variants, CDC Director Tests Positive

Dr. Kevin Kavanagh from Health Watch USAsm discusses the myriad of immune escape variants which are spreading in the United States. If you have had an infection before the BA.5 surge or a previous booster, it is unlikely that you have adequate protection. The new bivalent booster is designed to boost immunity to the BA.5 variant and its offspring. However, only 10% of the population 65 years of age and older have received this booster. Overall, only 5% of the United States' population has received the new booster. The CDC has expanded eligibility of the bivalent booster down to the age of 5. This is a recommendation not a mandate. And the bivalent booster for this age group is just authorized not approved. However, children can develop Long COVID and they can spread the disease to others, including their caregivers. The CDC Director has contracted symptomatic COVID, she has had the bivalent booster. Thus, even if boosted you can still become infected and spread the disease, but you should be less likely to be hospitalized or die. Because of the BQ.1 and BQ.1.1 variants, monoclonal antibodies may not be effective, but Paxlovid and Molnupiravir are still good options. Jack Pattie Show. <https://www.healthwatchusa.net/Videos-JackPattie/20221024-JackPattie.htm>

49. Oct. 17, 2022. COVID-19: BQ.1.1 Variant, Hiding in Plain Sight in the United States

The BQ.1.1 is the great grandson (or daughter) of BA.5. Thus, once it became apparent in the last few weeks that the variant is having a significant impact the data was separated. The BQ.1.1 is doubling every week and is on track to become the dominant variant in our variant soup. Europe is undergoing a surge in infections. The BQ.1 and BQ.1.1 are dominant strains. The hospital association in Germany has asked their government to mandate masks in indoor settings. Despite the looming dangers, only 4.5% of the United States' population have obtained the Bivalent BA.5 booster. Misinformation is key. The most recent came from the Florida Dept. of Health which assumed "a high level of global immunity to COVID-19" and recommended against vaccination of 18- to 39-year-old males. However, myocarditis, as found in their study still pales in comparison to that from an infection. Studies have found infections having a 7 to 11 times higher chance of myocarditis compared to that which can occur from vaccinations, plus with vaccinations and boosters, the myriad of damage from Long COVID can be avoided. Recent studies have found Long COVID to affect between 28% and 48% of individuals with symptomatic COVID-19 and that boosters can cut the chances of developing Long COVID by almost half. This underscores the importance of obtaining the bivalent BA.5 booster. For most individuals, the

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benefits of the booster far outweigh risks. Jack Pattie Show. Oct. 17, 2022.

<https://www.healthwatchusa.net/Videos-JackPattie/20221017-JackPattie.htm>

48. Oct. 10, 2022. COVID-19: Level 6 Variants. If 80% of USA's Population is Boosted, 90,000 Lives Will Be Saved.

Kevin Kavanagh, MD, from Health Watch USAsm discusses worrisome variants which are occurring. These include the B.1.1 variant which has been detected in Canada and the United Kingdom, along with a group of variants, Level 6 variants, which share a group of immune evading mutations, that are emerging in Southeast Asia. Level 6 variants can also have different lineages and are an example of convergent evolution, where different lineages take on the same mutations. The need for everyone to obtain the bivalent booster is imperative. The Commonwealth Fund projects that If 80% of the United States' eligible population becomes boosted, 90,000 lives would be saved compared to the current rate of obtaining boosters. The flu season this year may also be more severe, since Australia has had a severe flu season. One can obtain the COVID booster and flu vaccine at the same time. Jack Pattie Show. Oct. 10, 2022.

<https://www.healthwatchusa.net/Videos-JackPattie/20221010-JackPattie.htm>

47. Oct. 7, 2022 COVID-19: Dr. Nele Brusselaers Discusses the Unfortunate Case of Sweden

Dr. Nele Brusselaers joins Dr. Kevin Kavanagh on the Jack Pattie Show. Dr. Brusselaers discusses her observations regarding the COVID-19 response in Sweden. Dr. Brusselaers felt that early on Sweden did not prepare for the pandemic and was spreading disinformation. Only later did Swedish officials admit the virus was airborne. The main message was to wash your hands but for an airborne infection this strategy will not be protective against infection. Sweden was one of the last to recommend face masks. Sweden is a huge country with a population of 10 million. Thus, the population is not concentrated which should aid in control of infectious disease.

Sweden gained worldwide attention since they were promoting their strategy from the start, but they were not transparent on what was actually happening, There were emails from officials stating children could be used to reach herd immunity. And at the same time publicly stating kids do not get infected.

It was known that young children could spread SARS-CoV-2 and can also become ill. Children can become very sick and be hospitalized. Children do end up in the ICU. Mortality is very low but children can develop Long COVID. The upper high schools with children older than 16 yrs and colleges were closed and distance learning was utilized. Young children were in school, but parents or teachers were not notified if there were cases of COVID-19 in their schools.

Opening of schools is a priority. Simple measures can reduce the risk. Vaccinations are key, as is placing children in bubbles or cohorting so they are just in contact with a limited number of children. Ventilation and holding classes outside can also make the school safer. Jack Pattie Show. Oct. 7, 2022 <https://www.healthwatchusa.net/Videos-JackPattie/20221006-JackPattie.htm>

Evaluation of science advice during the COVID-19 pandemic in Sweden. Nature. Mar. 22, 2022.

<https://www.nature.com/articles/s41599-022-01097-5>

46. Oct. 3, 2022. COVID-19: BF-7 On The Rise, Hospitalizations Increasing in Europe

Dr. Kevin Kavanagh from Health Watch USAsm discusses the BF.7 variant, with rising

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hospitalizations in the United Kingdom and Europe, making the need for all to obtain the bivalent booster even more of an imperative. Kentucky has very low vaccination rates and also one of the highest rates of COVID-19 in the nation. Some countries have 98% of their population vaccinated, the United States at 68% is nowhere near this level and Kentucky at 59% is even lower. Disinformation regarding vaccines and COVID-19, in general, is inhibiting our response. There are paper mills which crank out false research and this is then used by our adversaries to misinform our public. One peer-reviewed publisher just retracted 500 articles. Later this week we will have Nele Brusselaers who will describe the situation in Sweden and how disinformation affected their response and then spread around the world. Jack Pattie Show. Oct. 3, 2022.
<https://www.healthwatchusa.net/Videos-JackPattie/20221003-JackPattie.htm>

45. Sept. 26, 2022. COVID-19: Boosters Help Prevent Long COVID

Dr. Kevin Kavanagh from Health Watch USAsm: Long COVID is all too common and occurs in about 20% of COVID-19 cases. Heart palpitations and brain fog are symptoms which commonly persist. Boosters help prevent Long COVID but we are 70th in the world in obtaining boosters. One study found that overall 42% of unvaccinated people developing Long COVID, compared with receiving three doses of the vaccine, with only 16% develop Long COVID. In addition, you should avoid crowded, poorly ventilated indoor places especially during surges and if you are at high risk for severe COVID-19. Jack Pattie Show. Sept. 26, 2022.
<https://www.healthwatchusa.net/Videos-JackPattie/20220926-JackPattie.htm>

44. Sept. 19, 2022. COVID-19: Soap Works, Indoor Safety with Portable CO2 Monitors.

Dr. Kevin Kavanagh from Health Watch USAsm discusses the use of Soap and Water to disinfect for SARS-CoV-2 (the virus which causes COVID-19). The virus has a protein lipid capsule and new research shows it is deactivated with soap. Despite what the President says, the pandemic is not over. We are still losing 3000 individuals a week to COVID-19. We need to improve indoor circulation. The use of portable CO2 monitors to monitor indoor air quality can help identify unsafe environments. Ideally one wants to keep the CO2 below 700 ppm it is not uncommon for it to be above 1000 ppm. High CO2 is associated with poor airflow and is a risk for not only spreading diseases but also can affect cognition. Finally, we need to obtain our COVID-19 boosters. We are 73rd in the world in obtaining boosters with only 33% of our population boosted. Presentations from this year's conference can be viewed at
<https://healthconference.org> Jack Pattie Show. Sept. 19, 2022.
<https://www.healthwatchusa.net/Videos-JackPattie/20220919-JackPattie.htm>

43. Sept. 8, 2022. COVID-19: Frontline Worker Safety Webinar & The Need for the BA.5 Booster

Dr. Kevin Kavanagh from Health Watch USAsm discusses the upcoming COVID-19 webinar which is free for all to attend on Sept. 14, 2022. There are an excellent number of world-renowned speakers including: Ambassador, Doctor Deborah Birx who will be discussing the pandemic response, Dr. Lidia Morawska who is one of Time Magazine's 100 most influential persons in the world for 2021 because of her work regarding the airborne spread of SARS-CoV-2 and how to make indoor places safe, and Past Surgeon General Joycelyn Elders. For a full agenda and list of speakers, along with registration information go to <https://healthconference.org>. Finally, Dr. Kavanagh stressed the need to obtain the BA.4/5 booster. Those who have had a double booster are 14 times less likely to die than the unvaccinated and 3 times less likely to die than the single boosted individual. In addition, boosters will help prevent the all-too-common occurrence of

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Long COVID. Jack Pattie Show. Sept. 8, 2022. <https://www.healthwatchusa.net/Videos-JackPattie/20220908-JackPattie.htm>

42. Aug. 29, 2022. COVID-19: KY Levels Too High, Curtailing Federal Vaccination & Testing Funding

Dr. Kevin Kavanagh from Health Watch USAsm reviews the current status of Monkeypox, Polio and COVID-19. Public health measures and vaccinations appear to be bringing monkeypox and polio under control, but COVID-19 has plateaued at a low but too high level. The United States has over a third of all Monkeypox cases in the world. In Kentucky we have just under 600 hospitalizations. The Federal Government has announced plans to curtail their free vaccination, testing and treatment programs for all. Testing and vaccinations will still have mandatory coverage by insurance, but one will not be able to walk into a pharmacy and obtain a test, no questions asked. Federal tests can still be ordered from <https://covid.gov/tests>. Jack Pattie Show. Aug. 29, 2022. <https://www.healthwatchusa.net/Videos-JackPattie/20220829-JackPattie.htm>

41. Aug. 22, 2022. COVID-19: New Bivalent BA.5 Vaccine Soon to Be Available, Childhood Monkeypox Has Been Reported

Dr. Kevin Kavanagh from Health Watch USAsm discusses the first case of childhood monkeypox in the United States and discusses how monkeypox spreads. COVID-19 is still causing increasing hospitalizations and deaths in the United States. A new bivalent vaccine designed to combat our current variant, BA.5, should be available in a few weeks. The relaxation of school COVID-19 guidance in the face of a teacher and bus driver shortage may not be prudent. Consideration should be given to wait until the new bivalent boosters are available. Jack Pattie Show. Aug. 22, 2022. <https://youtu.be/xW5lZPRu2aw> <https://www.healthwatchusa.net/Videos-JackPattie/20220822-JackPattie.htm>

40. Aug. 15, 2022. CDC Relaxes Guidelines for COVID-19, Monkeypox and Polio Continue to Spread

Dr. Kevin Kavanagh from Health Watch USAsm discusses the relaxation of CDC recommendations for controlling COVID-19. It may not be prudent to relax guidelines at a time of high viral levels and before the reformulated vaccine is available to the public. Nationally, SARS-CoV-2 is still causing almost 500 deaths per day and there is a new formulated vaccine in production. I would at least wait until the new vaccine has been formulated and distributed. There are significant risks of Long COVID, even in the young. As the CDC has relaxed guidelines the FDA recommends that those who are infected rapid test negative three times over 5 days before they have close contact with others. And there is a study out of Harvard and the Boston Public Health Commission which again shows that schools which successfully implement masking have a lower rate of COVID-19 infections. In this study 30% of all infections were attributed to unmasking policies. Polio also appears to be spreading as is monkeypox. Polio has been detected in the wastewater of New York City and cases of monkeypox are still exponentially rising. Retail establishments need to offer:

- Curbside pickup with masked personnel delivering purchased items.
- A few hours each week for mandatory masking so at-risk individuals can shop in a safer environment.

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- Improvements in indoor ventilation.
- Encourage and purchase N95 masks.

Schools need to improve indoor ventilation and institute masking during times of high viral spread. Children can still become severely sick, although relatively infrequent. Of greater concern is children spreading the virus to caregivers and the risks of Long COVID.

Vaccinations for polio are key to stopping spread since it has an asymptomatic rate of spread of approximately 75%. Only 1 in 200 develop paralytic polio and only 1 in 2,000 to 1 in 10,000 will die. But polio has a propensity to affect children and can cause lifelong paralysis. One needs between 80 to 90% of individuals vaccinated before spread will stop. Unfortunately, unvaccinated individuals tend to congregate together at political and social events which allows the virus to spread. There is a risk that our relaxed attitude with COVID-19 will spill over into our preventative efforts with polio. With monkeypox, there are not enough vaccines and people need to avoid close intimate contact with strangers. Jack Pattie Show with Kruser.
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39. Aug. 8, 2022. *The Triple Threat of Polio, Monkeypox and SARS-CoV-2*

Dr. Kevin Kavanagh from Health Watch USAsm discusses the triple threat of Polio, Monkeypox and SARS-CoV-2. Polio has reemerged in the United States with a single case in New York. For every single case of paralytic polio there are 200 to 300 other cases which are undetected. Polio spreads silently mostly causing mild illness with approximately 72% of cases being asymptomatic. Seven wastewater samples were found to be positive and community spread is suspected. In rural New York only 60% of individuals are vaccinated. Vaccination rates would have to be between 80% to 85% before spread would stop.

Monkeypox is also undergoing exponential spread in the United States. It is spread by skin-to-skin close contact. The virus is related to smallpox and although its mutation rate is low, it can evolve to a more dangerous form. It can also enter the rodent population, if it does this in the United States, we will not be able to eliminate the disease.

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Finally, a new SARS-CoV-2 variant, BA.4.6 is spreading which is outcompeting the BA.5 variant. It is not known if it can escape immunity or causes more severe disease. A new report from Yale Univ. estimates that testing all participants on the day of an event will lower spread by 50%. Jack Pattie Show. Aug. 9, 2022. <https://www.healthwatchusa.net/Videos-JackPattie/20220808-JackPattie.htm>

38. Aug. 1, 2022. COVID-19: BA.5 Surging in Kentucky, Keep Immunity as High as Possible

Dr Kevin Kavanagh from Health Watch USAsm: Cases of BA.5 are rising in Kentucky. Kentucky is now ranked by the New York Times as having the highest rate of infections in the United States. BA.5 is highly infectious and new research out of the Netherlands reports that BA.5 is more severe than Omicron but less so than Delta. So far, large increases in deaths are not being reported, but as seen in Kentucky, Hospitalizations and ICU admissions are increasing. The best defense is to stay up to date on vaccinations and boosters along with following public health advice. Monkeypox cases are also rising, now over 5000 in the United States, and is still largely in the gay community, but can easily spill over to heterosexuals, and in Africa it is even spread by children. One should refrain from risky behavior and not have close intimate contact with strangers. If you are at risk of acquiring monkeypox you should become vaccinated. Jack Pattie Show. Aug. 1, 2022. <https://healthwatchusa.net/Videos-JackPattie/20220801-JackPattie.htm>

37. July 25, 2022. COVID-19, Monkeypox, Polio: Become Vaccinated and Boosted.

Dr. Kevin Kavanagh from Health Watch USAsm discusses the rapid spread of monkeypox and that we need to institute more vigorous public health measures to stop the disease with case tracking and ring vaccinations. If monkeypox enters rodents in the United States it will become endemic. In addition, the rapid rise in cases of the BA.5 variant and the need to be up-to-date on vaccinations and boosters is encouraged. The BA.5 is not so much a weaker virus but the population is becoming more immune and we now have effective therapeutics. But if you are not up-to-date on vaccinations you will be at risk. If you develop symptoms of COVID-19 (do not wait for severe symptoms) and are over the age of 50 or immunosuppressed, you should see if you are a candidate for paxlovid. Hospitalizations and ICU admissions are on the rise in Kentucky. There is also the first case of polio in an unvaccinated individual. Unfortunately, vaccine hesitancy is spilling over into other diseases and the consequences can be severe, if our population does not become vaccinated. We need to act as a community not individuals and guard the health of each other. Jack Pattie Show. <https://healthwatchusa.net/Videos-JackPattie/20220725-JackPattie.htm>

36. July 18, 2022. COVID-19: Dangers of BA.5; Mask Up, Pick Up & Become Fully Boosted

Dr. Kevin Kavanagh from Health Watch USAsm discusses the increasing cases, hospitalizations and ICU admissions being fueled by the BA.5 variant. BA.5 is the most infectious pathogen known to mankind. It is more infectious than measles. Use of N95 masks, avoidance of indoor venues and when possible, use curbside pickup. Vaccination and being up to date on boosters is also an imperative. During the Omicron surge, those vaccinated with three mRNA doses had four times the death rate than those vaccinated with four doses, and those who were unvaccinated had over a 40 times greater death rate. The better outcomes and reduced case fatality rate is more dependent on the immunity of the population rather than the properties of the virus. Jack Pattie Show July 18, 2022. <https://healthwatchusa.net/Videos-JackPattie/20220718-JackPattie.htm>

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35. July 11, 2022. COVID-19: BA.5 Taking Over, Variants Arising Too Fast for Optimal Vaccine Development

Dr. Kevin Kavanagh from Health Watch USAsm discusses the impending BA.4/BA.5 surge with increasing cases and hospitalizations. So far, ICU admissions and deaths have not risen significantly. With infections and hospitalizations comes the risks of Long COVID. New research has found that over 60% of patients with Long COVID have viral antigens in the blood. This may well be a sign of an indolent subclinical infection of the virus.

Data from South Africa has shown a lower rate of hospitalizations with the BA.4 and BA.5 variants. But unlike the United States they had a large surge of the Beta Variant which offers protection against the BA.4 and BA.5 variants. The United States had a large wave with the Omicron Variant which offers much less protection. Pre-Omicron, those infected by the Delta Variant will have better protection providing their immunity has not waned.

New variants are appearing almost once a month, far too quickly for a specific vaccine. There is also another concerning variant in India the BA2.75, which may be even more infectious. With the Seasonal Flu, we have a new variant about once a year which allows for vaccine modification. However, COVID vaccines do produce a wide range of antibodies and will offer at least some protection against severe disease. There are two bivalent vaccines which are being tested which may offer even broader protection.

Vaccines are the safest way to augment your immunity, whether you have had a previous vaccination or infection become boosted. Thus, we need to take this virus seriously. We need to mask up, avoid indoor settings and stay up to date on vaccinations and boosters. Jack Pattie Show with Kruser. <https://healthwatchusa.net/Videos-JackPattie/20220711-JackPattie.htm>

34. June 27, 2022. COVID-19: Mask Up, COVID-19 & Monkeypox on the Rise; Vaccine & Natural Immunity Effectiveness Falls

Dr. Kevin Kavanagh from Health Watch USAsm. Hospitalizations and cases are up in Kentucky and Nationally. I suspect this is primarily driven by the BA.4/5 variant which by now comprises about 50% of cases. A recent serological study has found immunity produced by vaccines or prior infection is not nearly as effective, having only about 5% of the neutralizing activity as to the original wild type virus. Fayette County is in the CDC's RED Zone. Important to mask up and use N95 masks. Unfortunately, people reacted the opposite way to mandates and are not wearing masks. But employers should offer curbside pickup with delivering employees wearing N95 masks along with offering hours in the morning where masking is required so high-risk individuals can go shopping. In addition, businesses need to upgrade their ventilation. If at high risk, you need to wear a N95 mask. This affords good protection, but not as good as if others are also wearing them. They are most effective if the asymptomatic carrier is wearing the mask. We wear masks for others. Churches could also implement similar measures. For those not at high risk for hospitalizations, there is still the risk of Long COVID. New research on Long COVID has found SARS-CoV-2 antigens in serum in the majority of patients. Another study out of Australia also found a biomarker for individuals with brain fog and cognitive problems. Most disturbing is research out of the St. Louis VA by Dr. Al-Aly which shows that repeated infections producing Long COVID has accumulative added effect or disease burden. Thus, this is a dangerous virus and we all need to take precautions.

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Monkeypox has arrived in Kentucky with one case in Louisville. Cases in the USA are increasing. On June 24th the United States had 201 cases, on June 6th there were only 45 cases. Monkeypox is not as infectious as SARS-CoV-2. There is some evidence it can become airborne but this is not felt to be a major mechanism of spread. It most commonly spreads by surfaces or close contact, especially male-with-male intimate contact. This Monkeypox virus has over 50 mutations and is felt to have undergone "expedited evolution" so it is NOT the same virus which was in Africa some 40 years ago. Monkeypox is just another reason to increase public health practices and improve building ventilation. Jack Pattie Show. <https://youtu.be/g8fmD6Nwfao>

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33. June 20, 2022. COVID-19: Kentucky 49th in the Nation, Risks of Long COVID, Vaccines for Young Children.

Only 18% of parents going to get their young children vaccinated right away. Vaccinations in young children were overwhelmingly approved by the FDA and CDC Committees. The Pfizer Vaccine is given in 3 doses and the Moderna Vaccine is a higher dose and given in 2 doses. It is very important that all three doses are given with the Pfizer Vaccine since there is very little protection after 2 doses. Thus, one is vaccinated quicker with Moderna, but Pfizer may have milder symptoms. Severe symptoms are exceedingly rare with both vaccines.

Kentucky is 49th in the nation in their COVID-19 response (Commonwealth Fund). This is not good. There have been a lot of deaths, and long COVID which could have been avoided. One of the things you hear is that this virus is milder and not causing deaths as often. But really the truth is, people are getting more immune. This immunity will blunt surges but then the virus adapts becoming more infectious and developing a greater ability to escape immunity. But if you are not up to date on your vaccination, it places everyone at risk for disease. With the new variants, BA.4 and BA.5, keeping your immunity as high as possible is imperative. A two-dose

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mRNA vaccination will probably not provide any protection, you need to be boosted and keep up to date on the boosters.

Long COVID was also discussed along with a new study from Brigham and Woman's Hospital which found viral antigens in the majority of Long COVID patients' serum for up to a year after acute infection. This finding supports the true nature of Long COVID and underscores that SARS-CoV-2 is a dangerous virus. Symptoms of Long COVID include cognitive dysfunction (brain fog, memory difficulties, etc.) in up to 70% of patients along with cardiac abnormalities. Jack Pattie Show. June 20, 2022. <https://youtu.be/xUDVZ-2qVvE>

32. June 13, 2022. COVID-19: Hospitalizations Up in Kentucky, Monkeypox Up in USA

Dr. Kevin Kavanagh from Health Watch USAsm discusses the rising cases in COVID-19 along with an uptick in hospitalizations. Nationwide, infections from the BA.4 and BA.5 variant is increasing, comprising over 13% of the sequenced isolates. It is very important that all individuals who are immunocompromised or over the age of 50 be up-to-date on their boosters. In the United States only 67% of the population have a single-dose and 31% have an additional dose. Data has shown that those who are boosted have a higher rate of infection than those who have had a two-dose vaccine. This is to be expected, since they are older, higher risk and may undertake riskier behavior once they receive the booster. Those boosted have a lower rate of infections than the unvaccinated. This week the FDA will evaluate Pfizer's application for vaccination of children less than 5 years of age. Let's wait for the data before deciding. However, if you have a young child going to daycare and have high-risk individuals as caretakers, I would definitely talk to your physician regarding vaccinating your child. Cases of monkeypox is also slowly rising. Monkeypox appears to be primarily spread by MSM along with close contact. Aerosolization is also thought by some to be a possibility but is not felt to be a major route of spread. Jack Pattie Show. June 13, 2022. https://youtu.be/8ZaSES1W_40

31. June 6, 2022. COVID-19: COVID Still Here. Breakthrough Infections & Long COVID

Dr. Kevin Kavanagh from Health Watch USAsm discusses the frequent infections in those who are boosted, even more than those who have just had a two-dose vaccine. This is probably due to one undertaking more risky behavior. Infection rates are still lower than in the unvaccinated and there is also a reduced risk of hospitalizations and death in those who are booster. Long COVID is still a concern. Vaccination may reduce the risks between 15% to 50% depending upon the study but the long-term effects are very debilitating. It should be remembered that the Omicron Wave was more severe than the Delta Wave, in terms of total deaths and excess deaths, according to a new study out of Brigham and Women's Hospital. Although, cases tend to be milder, the chances of one becoming severely sick when attending any activity is the combination of the chances of contracting the virus plus the case severity rate. Finally, Health Watch USA is having its 16th annual conference on Sept 14th, 2022. Speakers include Dr. Joycelyn Elders (past US Surgeon General), Dr. Dale Fisher (WHO Committee Chairman for Global Outbreak Alert and Response Network), Dr. Lidia Morawska (Director of the International Laboratory for Air Quality and Health), and Dr. Deborah Birk (Key Past Member of US Coronavirus Taskforce). More information will be posted in the future on <https://healthconference.org> . Jack Pattie Show. <https://youtu.be/nRv2HIOaORk>

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30. May 23, 2022. COVID-19: Boosters for Ages 5 to 11 and UK's Workforce Blunted by Long COVID

Dr. Kevin Kavanagh from Health Watch USAsm discusses the importance of boosters in children aged 5 to 11. The two shot vaccination has only a 29% efficacy at preventing infection at two months. However, vaccinations prevent severe disease, with vaccinated children being one half as likely to be hospitalized as unvaccinated children. In the United States children have lost over 200,000 caregivers to COVID-19. And children can become infected, even more so than adults. The CDC found that 74% of children had antibodies to SARS-CoV-2 from infection compared to 50% of adults aged 18-49 years. We still do not know the long term effects on children and the development of symptoms down the line. More information has been coming out on Long COVID. Approximately 30% of individuals treated for COVID-19 develop Long COVID. In the United Kingdom, 2.1% of the entire population has reported having Long-COVID. The workforce has decreased in the UK by 400,000 (the USA has 5.2 times the population as the UK). Monkeypox has also been reported to have arose simultaneously in 15 countries. It is not as infectious as SARS-CoV-2 and requires close contact to spread. The virus does not produce asymptomatic carriers and aerosolization is not a major mode of spread. Jack Pattie Show. <https://youtu.be/GgcpVpZjiWM>

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29. May 23, 2022. Monkeypox, Curious Outbreaks Around the World.

Dr. Kevin Kavanagh from Health Watch USAsm discusses Monkeypox and how it has all at once produced simultaneous outbreaks in 14 countries. Monkeypox is a member of the Smallpox family. It is a well-known DNA virus which has a low mutation rate and does not spread nearly as fast as SARS-CoV-2. Its primary mode of spread is on surfaces and with close contact. It does not have significant asymptomatic spread or spread by aerosols. We do have a vaccine for monkeypox, and the smallpox vaccine should provide some protection. There is also an antiviral medication TPOXX. Long COVID has also been in the news. Most of the information has been depressing. In the United Kingdom (about 1/5 the size of the United States), they estimate 2.1% of their entire population has Long COVID and their workforce shrank 440, 000, the main driver is felt to be Long COVID. Jack Pattie Show. <https://youtu.be/bUPmTJTzPHM>

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28. May 16, 2022. COVID-19: Hospitalizations are Up, Vaccines Preventing Long-COVID

Dr. Kevin Kavanagh from Health Watch USAsm discusses the rising cases of SARS-CoV-2 in the United States. Over the last week, cases are up 25% with hospitalizations up 16%. In Kentucky, since the recent nadir, cases are up 34% and hospitalizations are up 40%. Deaths nationally have increased 10%. The Kentucky Derby is felt to be a super spreader event, and may be responsible for the spike in cases in Louisville, Kentucky. It needs to be remembered that although outdoors dissipates aerosols, spreading by large droplets can still occur if you are within 6 feet of someone infected. Shouting and screaming increases spread by large droplets and aerosols.

There is added concern regarding Long COVID which affects 10% to 25% of all patients with COVID-19. A new report has found that if one is hospitalized there is a 4.5% chance of having kidney injury at 6 months, if in the ICU, this increases to over 7%. Cognitive impairment (brain fog, memory difficulties) is seen in 70% of long COVID-19 patients. Overall, just having COVID doubles your risk of heart disease. The good news is that recent research from Case Western Reserve has confirmed that vaccination is highly effective in the prevention of Long-COVID. At 3 months, those vaccinated are only 1/3 as likely to have heart disease, 1/4 as likely to have diabetes and 1/5 as likely to have hypertension. They are also 1/5 as likely to die as compared to the unvaccinated.

Another study which found Ivermectin to be beneficial with COVID-19 has been retracted. This brings the total to 10 retracted papers. Other recent studies have found no effect. The use of ivermectin has been promoted by disinformation, and unfortunately spread by some of our leaders. The use of this drug, as opposed to effective medications such as paxlovid, has cost lives. One needs to obtain information from reliable sources and remember there are paper mills which generate fake research and papers which are used in organized disinformation campaigns.

In the near future we will probably have a surge of the Omicron, BA.2 and BA.2.12.1 variants. Hopefully, vaccines will blunt this surge. Other variants which appear to be immune escape have emerged in South Africa, the BA.4 and BA.5 variants. Similar to the Mu and the Lambda variants, they may not take hold in the United States, we will just have to see. Jack Pattie Show.

<https://youtu.be/wRjrp0agxi0>

27. May 9, 2022. COVID-19: Omicron as Deadly as Delta ? The BA4 & BA5 Immune Escape Variants.

Dr. Kevin Kavanagh from Health Watch USAsm discusses the increasing cases and hospitalizations in the United States. Cases are up 25% and hospitalizations are up 9%, nationally. This is driven by the BA.2 and BA.2.12.1 variants. New data from Harvard and Mass. General Hospital confirms previous studies and what we have been advising since December of last year, that Omicron is just as deadly as previous variants if immunity and patient demographics are controlled for. Thus, get vaccinated and if eligible get boosted. A second booster is indicated for those over the age of 50 and who are immunocompromised or at a very high risk for COVID-19. There are even more concerning variants in South Africa, the BA.4 and BA.5 variants which appear to be immune escape variants. South Africa was felt to be 90% immune to Omicron but now are undergoing another large surge. Long COVID is also a concern with new studies showing that a severe case of COVID-19 can drop one's IQ points by 10 and up to 70% of cases of Long COVID have brain fog and cognitive difficulties. Long COVID occurs in 10% to 25% of cases of COVID-19.

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Vaccinations have been shown to mitigate or lessen the chances of developing Long-COVID. For now, let's keep our immunity as high as possible, wear masks on public transportation and respect the health of others, wearing a mask for them and not just ourselves. Jack Pattie Show.
<https://www.healthwatchusa.net/Videos-JackPattie/20220509-JackPattie.htm>
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26. Apr. 25, 2022. COVID-19: BA.2.12.1 May Surge and the Need to Continue Masking.

Dr. Kevin Kavanagh from Health Watch USAsm discusses the new Sub-Sub-Variant BA2.12.1 which has arisen out of central New York. It is more infectious than the Omicron Variant and the BA2 Variant. Hospitalizations are also rising in several States. The severity of disease will be related to the immune status of an individual. Those with previous infections and who are vaccinated may still become infected but have less of a chance of hospitalizations. Infections give a variable degree of immunity while with vaccinations the immunity is more predictable. Having an infection plus becoming vaccinated often produces super immunity. New vaccines to a number of different variants are on the horizon and look promising. Until then we should follow public health advice of becoming vaccinated and wearing a high quality N95 mask. However, many are giving up masking and the new ruling regarding the lifting of mask mandates on public transportation places many at risk. Immunocompromised individuals often have to use public transportation and two-way masking is much better than just having one person wearing a mask. We all need to wear higher quality masks, either a N95 or KN95 mask. Jack Pattie Show. April 25, 2022. <https://youtu.be/7Vxr14Skv4c>

25. Apr. 18, 2022. COVID-19: Walgreens' Test Positivity Data & Efficacy of the 4th Vaccine Dose.

Dr. Kevin Kavanagh from Health Watch USAsm discusses the new data which Walgreens' is posting on test positivity rates. This is a large comprehensive data set which should give a good cross section of the nation. One can access it by Googling "Walgreens COVID-19 Index". In Kentucky, our test positivity rate has increased 100% over last week and our test positivity rate is over 10%. However, our very poor performance during the Omicron, BA.1, surge may give us some protection for the BA.2 variant, mitigating the number of cases. The second mRNA booster (Pfizer) appears to be efficacious in older individuals to restore one's immunity back to the original state. After six weeks efficacy against severe infections (hospitalizations) is augmented four times, (back to the original state) and did not wane. However, efficacy against infections approaches baseline after 6 to 8 weeks. This probably indicates a decrease in circulating antibodies but a persistence of memory B cells. New data regarding myocarditis shows that overall, the COVID-19 vaccine produces an incidence similar to other vaccines. There is one age group, young males which has an incidence of 450 out of a million vaccine doses. This is still only one case out of several thousand vaccine doses and the vast majority of cases are mild. In addition, even in this age group, the chances of contracting myocarditis from a vaccine is much less than contracting it from an infection. Jack Pattie Show.
<https://www.healthwatchusa.net/Videos-JackPattie/20220418-JackPattie.htm>
<https://youtu.be/g0P5hESU60I>

24. Apr. 11, 2022. COVID-19: As D.C. Has A Superspreader Event, The Navajo Nation Follows Public Health Advice

Dr. Kevin Kavanagh from Health Watch USAsm discusses the recent Gridiron Dinner where 70

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individuals became positive for COVID. The Omicron BA.2 Variant is starting to increase in the Northeast United States and a second booster is recommended for those over the age of 60. A two-dose vaccine or an infection prior to the Omicron BA.1 Variant will NOT give protection against the BA.2 variant. President Biden hugging Nancy Pelosi should be considered close contact. The 15 minute rule was not for touching contact and was based upon the original less infectious variant. The Omicron BA.2 Variant is as infectious as the measles. Unlike Washington D.C., the Navajo nation is following advice. On a recent trip, the nearby Taco Bell still had indoor dining closed and all wore masks. Over 85 to 95% of the adult population was fully vaccinated and there was a relatively low rate of COVID at 8 per 100,000 cases. All need to become fully vaccinated and boosted. This will not necessarily protect against getting a symptomatic infection but does have good efficacy in preventing hospitalization and death. If one becomes infected it is important to take an antiviral medication, such as paxlovid, within 5 days of symptom onset. Jack Pattie Show. April 11, 2021. <https://youtu.be/ndrkazxhGfs>

23. Mar. 28, 2022. COVID-19: USA Increase In Cases, President Biden Recommending Second Booster

Kevin Kavanagh, MD from Health Watch USAsm discusses the importance of continuing to wear masks in public indoor settings as the BA.2 variant rises in Kentucky. 10 counties in Kentucky are still in the RED with the CDC's relaxed guidelines. Even Yellow counties carry a risk, since approximately half of the adults are at risk for severe COVID-19 and everyone is at risk for Long COVID. We first discussed on this program the concern of BA.2 back in Jan 2022. In Europe, BA.2 is surging in several countries which have already had an Omicron spike and these countries are more vaccinated than the United States. We discussed the fading of vaccine induced immunity on this show back in Aug 2021. Immunity to boosters is also fading and the Biden Administration has recommended the FDA authorize, this week, a second booster for those over the age of 50. Vaccines do provide a layer of protection, but not nearly enough to abandon masking. There was another randomized controlled study regarding ivermectin which failed to show an effect on hospitalizations. Disinformation and sham research is a significant problem along with paper mills which generate sham research. Available effective therapeutics include paxlovid, molnupiravir and monoclonal antibodies. Jack Pattie Show. March. 28, 2022. <https://youtu.be/FKV9ILqIE6A>

22. Mar. 21, 2022. COVID-19: BA2 Starting to Uptick, Hospitals Taking N95 Masks from Patients

Dr. Kevin Kavanagh from Health Watch USAsm discusses the BA.2 variant and how it is expected to cause an uptick in cases. Severity of illness appears to be the same as the Omicron Variant but it will vary widely between individuals depending upon their immunological status, vaccine dosages and previous exposure to the virus. At this time, the wearing of masks indoors, especially in areas of high viral spread is advisable. This will not only help to protect the individual but also others who may be immunocompromised. There is also a report in Politico of hospitals removing a patient's N95 mask and giving them a surgical mask. This makes little sense with a highly contagious aerosolized virus. The BA.2 Variant is up to 80% more contagious than Omicron and may be as or even more contagious than measles. Jack Pattie Show. <https://www.healthwatchusa.net/Videos-JackPattie/20220321-JackPattie.htm>
<https://youtu.be/cFWmTdi7PDU>

21. Mar. 18, 20. COVID-19: Eastern Kentucky Rates Highest in the USA, World Death Data Three Times Higher

Kevin Kavanagh, MD from Health Watch USAsm discusses the rising incidence of the BA.2 variant in Europe and the dangers it poses to the United States, which are augmented by a very low vaccination rate. Vaccine effectiveness is waning and Pfizer and Moderna are applying to the FDA for a second booster (fourth dose). Vaccines are also not as effective in children as hoped with a reported 11% effectiveness in preventing infections in children 5 to less than 12 yrs old. New data on excess deaths may place the worldwide toll of the pandemic to be three times higher than the officially reported deaths. Jack Pattie Show. Mar. 18, 2022.

<https://youtu.be/BP0A6nJbWrY>

Timeline:

2:25 BA.2 Variant Causing a New Surge in Europe.

2:59 BA.2 in the United States.

3:10 USA Vaccination Rates Compared to the World.

3:32 Pfizer & Moderna Second Booster Dose Application to the FDA.

7:47 Vaccines in Young Children and Reduced Effectiveness in 5 to 12 Year Olds.

10:12 Excess Deaths Due to COVID-19

11:23 USA Vaccination Rates Compared to the World.

20. Mar. 14, 2022. COVID-19 Fourth Vaccine Dose May Be Needed, BA.2 Surging in the United Kingdom

Dr. Kevin Kavanagh from Health Watch USAsm discusses Albert Bourla's, CEO of Pfizer, advisement that a fourth vaccine dose (second booster for most) is needed "Now". Kentucky still has very high rates of SARS-CoV-2 in its Eastern counties. Some counties are seeing rates increase. Fayette County is in the "RED", even with the new relaxed CDC guidance. Dr. Joel McCullough, Commissioner in Lexington-Fayette County Health Department advises continuing to wear masks in indoor settings. Rates in the United Kingdom are continuing to rise. Currently cases are up 107% in the past 14 days. The Stealth Omicron Variant, BA.2, is responsible and bears watching. This variant is at low but increasing levels in the United States. Jack Pattie Show. Mar. 14, 2022. <https://youtu.be/kRYhE66HEkw>

19. Mar. 11, 2022. COVID-19: United Kingdom Cases Surging, New Study Finds Masks Work in Schools.

Dr. Kevin Kavanagh from Health Watch USAsm discusses organized disinformation which has surrounded the pandemic and that it may well have an origin in our foreign adversaries. Similar to the 1918 pandemic, COVID has national security implications regarding the war in Ukraine. Rates of infections, provision of vaccines will all have a significant impact. The new NIH study regarding optional versus mandatory school masking was discussed. The finding found optional masking had a 3.6 times high rate of secondary transmission. Many families in the United States are multigenerational and have members who are at severe risk for COVID-19. Cases in the

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United Kingdom are starting to surge and hospitalizations are up 12% to 13%. This is thought to possibly be due to the Stealth Omicron Variant. Deaths are also skyrocketing in Denmark. With vaccine and natural immunity waning, it is not time to let up on public health measures. Even with the relaxed CDC definitions of "RED" counties (high SARS-CoV-2 prevalence), Fayette County is still in the "RED". The current ranking system is primarily based upon hospitalizations and not focused on preventing mild disease or long COVID. With the recent study detailing the CNS effects from those who are afflicted with even mild disease makes it imperative that we focus on lowering rates of infections. Jack Pattie Show. <https://youtu.be/3gO3GwbjsZU>

Timeline:

01:18 School Masking Policy and New Research.

04:11 CDC Extends Mask Mandate on Public Transportation.

04:50 CDC Definition of Safe SARS-CoV-2 Levels.

05:37 Recent Disturbing Data from United Kingdom.

06:09 COVID-19 Misinformation.

07:28 Why is there Misinformation and Geopolitics of the Pandemic Regarding the Ukrainian War.

12:08 Boosters & Long COVID and Risks to the Central Nervous System (Brain).

18. Mar. 7, 2022. COVID-19: As China and Hong Kong Rates Skyrocket, Kentucky's Rate Plummets

Dr. Kevin Kavanagh from Health Watch USAsm discusses the continued rapid decline of rates in the United States and Kentucky. Kentucky still has some of the highest rates in the United States so it is not yet time to relax public health strategies in the majority of the state. China and Hong Kong have had significant outbreaks of Omicron and may be on the verge of ending their zero COVID tolerance policy. China has little SARS-CoV-2 immunity in their population and Omicron may not be as mild as experienced in the United States. Jack Pattie Show.

<https://youtu.be/InFeCY791ZY>

17. Mar. 4, 2022. COVID-19: Lifting Guidelines too Soon, Vaccines Waning & Variants Looming

Dr. Kevin Kavanagh from Health Watch USAsm discusses Kentucky's lifting of mask guidance at a time when over 80% of the state, including Louisville and Lexington are still in the "RED" zone, even with the new CDC's relaxed guidelines. A third report has found vaccines and booster effectiveness waning over just a few months. The Pfizer/BioNTech booster's effectiveness was observed to decrease from a 67% effectiveness in prevention of symptomatic disease at 2 to 4 weeks, to a 45.7% effectiveness at 10 weeks. Young school age children 5 to 11 years old also showed decrease vaccine effectiveness. In this group, vaccine effectiveness decreased from 65% at two weeks, to only 12% 28 to 34 days later. The use of masks and other public health strategies need to be implemented to make schools as safe as possible. These strategies include improvements in ventilation, masking, vaccination, surveillance and pool testing, along with contact tracing. Use of Ivermectin and Hydroxychloroquine is strongly discouraged, since

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multiple randomized controlled trials have failed to find a beneficial effect. In addition, Hydroxychloroquine may augment the dangers of cardiac complications which are caused by COVID-19. Instead, early use of monoclonal antibodies, paxlovid (Pfizer), molnupiravir (Merck) and remdesivir is encouraged. Finally, the prospects and timing of a fourth mRNA dose (second booster) was also discussed. Jack Pattie Show. Mar. 4, 2022. <https://youtu.be/QBagGigD-E>

16. Feb. 28, 2022. COVID-19: CDC Revises Mask Guidance & Wuhan Market

Dr. Kevin Kavanagh from Health Watch USAsm discusses the new CDC mask guidance which changed the country from 95% of the country's counties being in high risk to now only 30% are in the high risk category. The new metric is based on hospital beds and hospital admissions along with the country's case load. Concern was expressed that basing action on the lagging indicator of hospitalizations will not allow us to detect and rapidly blunt an impending surge. In other words, we will be reactive instead proactive in our public health system. In addition, these regulations may be placing the approximately 1 in 30 immunocompromised individuals at risk. Indications for the first and second booster were reviewed along with encouraging all, even those who have had a previous infection to become vaccinated. Finally, new research indicating the Wuhan Animal Market was the source of the pandemic was discussed. Jack Pattie Show. <https://youtu.be/kBdZVfQEBLA>

15. Feb. 25, 2022. COVID-19: Kentucky Rates Still High & Second Booster on the Horizon.

Dr. Kevin Kavanagh from Health Watch USAsm discusses the high rates of COVID-19 in Kentucky and the looming dangers of the BA.2 Variant. With COVID, forecasts are like predicting the stock market. Many feel it is not time to relax public health strategies, with the BA.2 variant looming. This variant is the predominant strain in Denmark and South Africa. Deaths are at an all time high in Denmark and are also spiking in South Africa. All who qualify should obtain a booster. A second booster (4th dose) is currently recommended for those who are severely immunocompromised but eligibility may be soon expanded to others. Evusheld has also become available for the immunocompromised or those who cannot tolerate a vaccination. This is a monoclonal antibody product which produces approximately 6 months of passive immunity in patients. Masking is also very important. Mask effectiveness and how to safely reuse masks is also discussed. Jack Pattie Show. <https://youtu.be/iRodV-M2DAc>

14. Feb. 21, 2022. COVID-19: BA.2's Even More Concerning Sub-Variant, H78Y Mutation

Dr. Kevin Kavanagh from Health Watch USAsm discusses the recent randomized controlled trial which failed to show any benefit of Ivermectin to prevent severe COVID-19. The CDC has reported immunity produced by boosters is waning after 4 months and the country of Israel is administering a fourth vaccine dose to all. In the United State a fourth dose is recommended to those with significant immunocompromise. If one has questions they should consult their doctor. An Omicron specific vaccine is expected to be available by late spring. The United States is relaxing restrictions for COVID-19. But this may not be a good time to let down our guard. The BA.2 Variant (Stealth Omicron) is ravaging Denmark and is more infectious and appears to cause more severe disease than Omicron (BA.1). In addition, a new Omicron Sub-Variant with a H78Y is even more concerning and has the potential to be even more infectious, cause more severe disease and even augment Omicron's propensity to evade immunity. Jack Pattie Show. <https://www.healthwatchusa.net/Videos-JackPattie/20220221-JackPattie.htm>
<https://youtu.be/iockCQ3pkek>

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13. Feb. 18, 2020. COVID-19: Masks Work! Natural Immunity Augmented by Vaccinations

Dr. Kevin Kavanagh from Health Watch USAsm discusses the waning immunity with boosters which is occurring after 4 months. Immunity is also waning from natural infections but on average not as rapidly. With the omicron variant both 2 dose mRNA vaccine and natural immunity need to be boosted. New research suggests even one dose of a vaccine will greatly augment natural immunity. The dangers of the Stealth Omicron, BA.2, is discussed. It is reported to be more infectious than Omicron, as deadly as Delta and has an even greater propensity to avoid immunity. The effectiveness of masks is discussed along with the problems with a bill under consideration in the Kentucky House which would ban mask mandates in Kentucky Public Schools for all bacteria and viruses. Schools should not let up on public health strategies, including the use of masks, improving ventilation, social distancing, robust testing and contact tracing. Jack Pattie Show. Feb. 18, 2022. <https://youtu.be/qaliBT-6qJA>

12. Feb. 14, 2022. COVID-19: Pan-Variant Treatments in Pipeline, FDA Postpones Vaccine Authorization in young Children

Dr. Kevin Kavanagh from Health Watch USAsm discusses the new SARS-CoV-2 monoclonal antibody treatment from Eli Lilly. Similar to the GSK product this one also targets common areas of the virus which is present in multiple variants. We now have 4 drugs which are effective with Omicron but they are in short supply. The FDA post-pones the authorization hearing on the Pfizer Vaccine in very young children under the age of 5. The CDC has also published data of booster waning after 4 months in the prevention of visits to the ER and Urgent Treatment Centers. There is better protection against hospitalization with waning at 4 months. Jack Pattie Show. <https://youtu.be/mY26WN8YTY4>

11. Feb. 11, 2022. COVID-19: Relaxing Too Soon & Spreading Outdoors in White Tail Deer

Dr. Kevin Kavanagh from Health Watch USAsm discusses the need to bring the pandemic under control and lower rates. Now is not the time to relax. The virus will always be with us. Omicron is in white tail deer on Staten Island. Deer represent an example that this virus can effectively spread in an outdoor environment. We need to follow public health advice regarding social distancing and wearing N95 masks. New and promising treatments are under development with new vaccines and the GSK monoclonal antibody treatment is currently available which may be effective on a wide range of variants. Jack Pattie Show. <https://youtu.be/GBUA1yyJ0j4>

10. Feb. 4, 2022. COVID-19: Strict Rules at the Olympics & Omicron Surging Worldwide

Dr. Kevin Kavanagh from Health Watch USAsm discusses the strict measures undertaken by China to control spread of SARS-CoV-2 along with a near universal vaccine mandate in Austria. This is not a political issue. The Omicron Variant is surging in Kentucky and the Stealth Omicron Variant (BA.2) is waiting in the wings. The University of Kentucky has the highest rates of hospitalizations, ICU utilization and patients requiring a ventilator than they have had during the pandemic. The FDA will consider a new vaccine for young children ages 6 mo. to less than 5 years. Children can get severely sick from SARS-CoV-2 but severe illness is much less common than adults. However, they can commonly spread the virus to others and their caregivers. Jack Pattie Show. <https://youtu.be/e0UQRtmsAAG>

9. Jan. 31, 2022. COVID-19: The Army's Pan-Coronavirus Vaccine

Dr. Kevin Kavanagh from Health Watch USAsm gives an update on the Omicron & BA.2 Variants. He also discusses two research initiatives from the US Army & Duke Human Vaccine Institute.

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They are working on a Pan-Coronavirus Vaccine. The vaccine is a nano-particle vaccine which is based on the DH-1047 antibody and the army is currently in Phase III clinical trials, so I am very hopeful for this initiative. Jack Pattie Show. <https://www.healthwatchusa.net/Videos-JackPattie/20220131-JackPattie.htm> <https://youtu.be/FMNE1MIA9t0>

8. Jan. 28, 2022. *Stealth Omicron Invading, The FDA is NOT Trying to Kill Republicans*

Dr. Kevin Kavanagh from Health Watch USAsm discusses the out of control COVID-19 pandemic in Kentucky. Misinformation is fueling the pandemic and killing Kentuckians. Monoclonal antibodies are not meant to be a first line of defense in this pandemic. They can be variant specific, are difficult to manufacture and are in short supply. Two were not effective against Omicron and taken off the market. The misinformation spread by some of our leaders that this was done by the FDA to kill Republicans is further dividing our nation and playing into the playbooks of our foreign adversaries. The Stealth Omicron Variant (BA.2) is taking off in several countries and appears to be more infectious. According to Denmark infectious disease experts this may be due to further immune escape properties. Jack Pattie Show. <https://youtu.be/cp-0bGvLcj4>

Timeline:

0:35 Omicron & Stealth Omicron (BA,2).

6:02 Misinformation regarding the pandemic.

10:44 Shortage of healthcare workers is preventing the expansion of healthcare delivery.

7. Jan. 24, 2022. *Omicron: BA.2 Variant Causing 50% of Cases in Denmark*

Dr. Kevin Kavanagh from Health Watch USAsm discusses the BA.2 Variant "Stealth Omicron" which is causing 50% of the cases in Denmark and increasing exponentially. He stresses the need for boosters, and vaccinations in those who have had an infection. A two dose mRNA vaccine does not appear to provide adequate protection against Omicron and greater than 9.5% of Omicron cases are reinfections (in individuals having a previous natural infection). Jack Pattie Show. <https://www.healthwatchusa.net/Videos-JackPattie/20220124-JackPattie.htm> <https://youtu.be/Tb18IEnhrrh8>

6. Jan. 21, 2021. *Rapid Tests Explained, Medicare NOT Paying for Free Purchase of Rapid Tests.*

Dr. Kevin Kavanagh from Health Watch USAsm explains the new free rapid test program from the Federal Government. Four tests per household can be ordered from <http://covidtest.gov>. In addition, up to eight tests per individual will be paid for by private insurance but Medicare does not cover these tests. Medicare covers the highest risk group of patients who need these tests. Rapid tests are most accurate during peak infectivity of the individual. In addition, up to three N95 masks will be provided per person by the Federal Government through local pharmacies. The pandemic has inflicted a severe economic toll on the United States. Even mild disease can cause massive work outages. There have been no government mandated shutdowns in Kentucky since the summer of 2020. So far (as calculated by insurance company allowables, Kentucky has spent almost 1 billion dollars in hospital care alone. Finally, two superspreader

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events in Harlan County were discussed which were tracked back to two high school basketball games. Jack Pattie Show. <https://youtu.be/2GbOJfr0APg>

5. Jan. 17, 2022. Omicron Still Infectious After 5 days, France Mandating Vaccinations.

Dr. Kevin Kavanagh from Health Watch USAsm discusses the need for more stringent isolation recommendations in the United States. Several studies have now found 25 to 35% of COVID positive individuals are still positive after 5 days. Testing negative with two rapid tests (over two days) is needed. There is also disinformation circulating regarding the vaccines not being of use against Omicron. This has arisen from articles which have found reduced vaccine effectiveness in preventing infections. However, they are still very effective in preventing hospitalizations and deaths. Over 80% of those hospitalized and over 90% of those in the ICU are unvaccinated. Pfizer and Moderna are coming out with a new vaccine to cover Omicron in March. This will be important to take to broaden your immunity and have coverage for future variants. France has passed a law mandating vaccination for individuals in public venues, a negative test will no longer be accepted. Jack Pattie Show. <https://youtu.be/d2lQziqqYWg>

4. Jan. 14, 2022. Omicron: Faster Testing is Needed & SCOTUS Upheld Healthcare Worker Mandates

Dr. Kevin Kavanagh from Health Watch USAsm discusses the U.S. Supreme Court Ruling to uphold the coronavirus vaccine for healthcare workers. Dr. Kavanagh pointed out that often there is not a choice in providers and healthcare workers to take care of the most frail and vulnerable in our population who have entrusted their lives to them. Private employers should maintain the right to mandate vaccinations in their workplace. This will encourage both patronage and help attract new employees due to having the safest workplace possible. Even though everyone will probably get Omicron, It is important to put off being infected so you will have access to a healthcare system which is not overrun with patients and access to antiviral medications, which currently are in short supply. Over 80% of COVID patients in the hospital are not vaccinated, and over 90% in the ICU are not vaccinated. Of the vaccinated who are dying of COVID, 75% have 4 co-morbidities. Testing is also problematic. More COVID-19 tests need to be available and test results, even from PCR tests, need to be available in 24 hours, 7 days a week so antiviral medications can be started within 3 days of symptom onset. Jack Pattie Show. Jan. 14, 2022. <https://youtu.be/LudMYRualc8>

3. Jan. 10, 2022. Omicron: Hospitals in Crisis With "Non-COVID" COVID Patients.

Dr. Kevin Kavanagh from Health Watch USAsm stresses that COVID-19 affects every organ of the body. With Omicron, expect a wide range of presentations. COVID-19 is as much a cardiovascular as it is a lung disease. Patients may well present with heart attacks and strokes which may not have occurred if they did not contract SARS-CoV-2. The question which should be asked: Is the positivity rate in "non-COVID" cases greater than the rate found in the community, if it is then SARS-CoV-2 may well be a contributing factor? Dr. Kavanagh also discusses the need for testing after being released from 5 days of quarantine. And he relates two COVID-19 stories in family units of his relatives. One vaccinated with mild infections, the other unvaccinated with severe results. Both outbreaks came from children attending school and/or daycare. In addition, rapid testing was found to be very useful and predictive. Jack Pattie Show. <https://youtu.be/ZhrXcqW-koc>

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2. 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>

1. 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 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

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Jeff Santos Radio Show (COVID-19 Shows)

6. Jun. 2, 2022. COVID-19: Variants on the Rise, Few Following CDC Recommendations.

Dr. Kevin Kavanagh from Health Watch USAsm discusses the need for stronger messaging from the CDC. Presently we still have 100,000 cases per day, 300 deaths and the risks of Long COVID with chronic heart and cognitive problems is becoming an all-too-common problem. N95 masks should be worn in indoor public settings. N95 masking by all will decrease viral spread to a much greater extent than one way masking. It is most important for the asymptomatic carrier to wear a N95 mask so as not to contaminate the environment. Others wearing a mask can still be exposed with viral entry through their eyes. Businesses need to adapt to the new normal with increasing their ventilation, providing curbside pickup and setting aside morning hours for high-risk individuals where universal masking is enforced. Outside activities are less risky, but in crowded venues, large droplet spread can still occur if one is within 6 feet of others. Large droplets do not dissipate and float away when one is outdoors. Jeff Santos Show. June 2, 2022. <https://youtu.be/CG8jX021x2s>

5. Mar. 31, 2022. COVID-19: Misinformation, Masks, Vaccines and Long COVID with BA.2 Looming

Dr. Kevin Kavanagh from Health Watch USAsm discusses the need to aggressively combat misinformation regarding masks and vaccinations. With the looming BA.2 variant the use of N-95 masks are imperative. In addition, we more than ever must transform our healthcare system to provide access to all individuals. COVID-19 is here to stay and even those who survive may deal with symptoms of Long COVID for years to come. Jeff Santos Show. Mar. 31, 2022. <https://youtu.be/cz55keJX2QE>

4. Mar. 17, 2022. COVID-19: Cases Surge in Europe; The USA Needs More Efficient Vaccine Development.

Dr. Kevin Kavanagh from Health Watch USAsm discusses the emerging BA.2 pandemic wave and the threat to the United States. Boosters are needed to help prevent severe infections and Long COVID. A reformulated vaccine for the BA.2 variant is needed along with more efficient and speedier vaccine development. Universal healthcare was discussed and the importance of it during a pandemic since we all live in the same fishbowl. With the war in Ukraine raging, we must also keep our counter measures to SARS-CoV-2. Disinformation is one of the main impediments in stopping the pandemic. Vaccine hesitancy is not only prevalent in the United States but also in foreign countries. Jeff Santos Show. <https://youtu.be/FQ-T7PlIggw>

Timeline:

1:35 SARS-CoV-2 is Surging in Europe.

5:20 Need for Boosters Especially to Prevent Long COVID-19.

8:18 Need Faster And Less Bureaucratic Vaccine Development.

11:18 War in Ukraine is Causing Less Focus on the Pandemic and May Inhibit Reporting of COVID-19.

12:10 Need for Universal Healthcare to Fight Pandemics.

16:16 We All Live in the Same Fishbowl. We Need to Treat and Stop Infectious Disease in Everyone. Universal Healthcare, Regardless of the Type Needs to Be Embraced by All.

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18:17 Vaccine Hesitancy Overseas. Many Countries Will Not Accept Vaccinated Chickens for Consumption.

3. Mar. 3, 2022. COVID-19: Vaccine Rapidly Waning in Young Children, Droplet Spread Outdoors & Deer Are a Viral Host

Dr. Kevin Kavanagh from Health Watch USAsm discusses the rapid waning of vaccine efficacy in 5 to 11 year old children after just 6 weeks. The virus also appears to have found a host in white tail deer and a highly mutated virus has spread from deer to a human. The evolution and spread of the virus in deer underscores the ability for this virus to spread outdoors. We need to both slow down the spread of the virus and more rapidly develop vaccines for new variants. With vaccines waning and new immune escape variants in Europe, it may be too early to abandon public health strategies. Jeff Santos Show. <https://youtu.be/s4FBeoCRDkA>

2. Feb. 17, 2022. COVID-19: Booster Efficacy Waning. Can We Vaccinate the World

Dr. Kevin Kavanagh from Health Watch USAsm: With the Stealth Omicron letting up on public health strategies when rates are high, but falling, makes little sense. The vaccines are waning and adults should obtain a booster after 5 months from their second dose. This also includes children who are over the age of 12 and received a Pfizer/BioNTech Vaccine. Boosters may only give 4 months of good protection for visits to the ER and Urgent Treatment centers. However, if you had a previous infection and obtained a booster, data indicates you will become superimmune and have protection for greater than a year. Currently, the U.S. Army is working on a pan-coronavirus vaccine which hopefully will work on all of the variants. Vaccines and boosters are a layer of armor. If you obtain one, you still need to follow public health advice. If you increase risky behavior more than the protection afforded by the vaccine you may actually increase your chances of obtaining an infection. Jeff Santos Show. Feb. 17, 2022 <https://youtu.be/4OIXNCtYU9w>

1. Jan. 22, 2022. COVID-19: Free Homes Tests & Masks, Vaccines are Waning

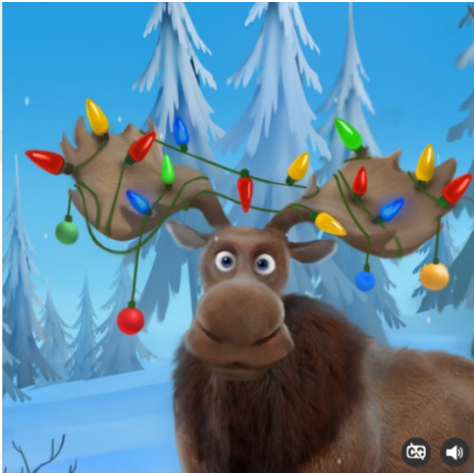
Dr. Kevin Kavanagh from Health Watch USAsm discusses the United States' free home test and N95 mask programs. Apparently, unlike private insurance, Medicare will not pay for the purchase of these tests. Omicron is causing significant illnesses in Kentucky with a rise in hospitalizations and ICU admissions along with patients needing ventilation. Monoclonal antibodies and viral therapeutics are in short supply. We need to continue following public health strategies in all venues, including schools. Jeff Santos Show. Jan. 21, 2022. <https://youtu.be/cpgv4U8SYLQ>

Health Watch USAsm Holiday Cards



Health Watch USAsm 2022 Bear COVID-19 Holiday Card.

<https://youtube.com/shorts/h9GYSHZL6XY>



Health Watch USAsm 2021 Moose COVID-19 Holiday Card.

<https://youtube.com/shorts/a6trimjZUHc>



Health Watch USAsm 2020 Santa Dog COVID-19 Holiday Card.

https://youtube.com/shorts/Gkb3jK_XPK4

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