



Health Watch USAsm Newsletter

www.healthwatchusa.org Jan. 1, 2021

Member of the National Quality Forum and a designated "Community Leader" for Value-Driven Healthcare by the U.S. Dept. of Health and Human Services

In the Month of Dec. Health Watch USAsm has:

- Written 4 articles/opeds regarding COVID-19,
- Participated in 1 COVID-19 video podcasts,
- 15 radio shows concerning the COVID-19 virus.

Our 2020 COVID-19 Conference Presentations and additional resources can be accessed

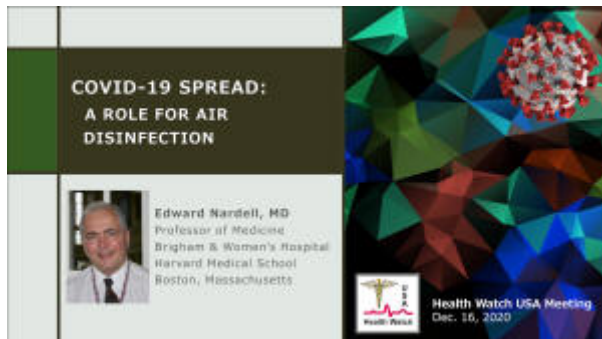
from: <http://www.healthwatchusa.org/COVID19.htm> & www.healthconference.org *The need for the public to embrace public health strategies*



In Battling COVID-19, Government Needs to Engage, Not Fight With Religious Communities

It is imperative that we need to take our head out of the sand and unite as a nation. Successfully dealing and living with viruses is the new norm. We need to adapt and need to invest in our infrastructure and transform our society. New Zealand, Australia, Taiwan, China and South Korea have done this, so can the United States. Courier Journal. Nov. 5, 2020. [References https://www.courier-journal.com/story/opinion/2020/11/05/to-deal-with-covid-19-we-must-transform-our-lives/6093570002/](https://www.courier-journal.com/story/opinion/2020/11/05/to-deal-with-covid-19-we-must-transform-our-lives/6093570002/)

Health Watch USA - Meeting Presentations



COVID-19 Spread: A Role For Air Disinfection

Edward Nardell, MD is a professor at Harvard Medical School and discusses the safety and efficacy of upper room Germicidal UV (GUV) fixtures and compares them to natural, mechanical ventilation and portable room air cleaners. A historical review is given along with the positive impact GUV fixtures have had dating back to cleaning air in schools during the 1942 measles epidemic. These fixtures can achieve the 6 to 12 complete air exchanges recommended by the CDC for infectious

disease pandemics. Health Watch USAsm meeting Dec. 16, 2020. (24:14) Video

link: <https://youtu.be/dAJC10pcVKY>



COVID-19 Down Under: The Australian Experience

Professor Imogen Mitchell, Dean of Medicine at the ANU Medical School, located in Canberra, Australia. Since March of 2020 she has been seconded to become the Clinical Director of the ACT COVID-19 Response. She discusses the COVID-19 Australian Experience. Although federated, Australia formed a national cabinet in March to address the pandemic and implemented a uniform national response. This strategy was advised by the Australian Health Principal Protection Committee.

Political leaders implemented strategies which were recommended by public health officials. Strategies of travel bans, fast and hard lockdowns, contact tracing (even the use of apps in restaurants), social distancing and use of masks are discussed. Australia is an example of how public health strategies can efficiently and effectively control a pandemic. If the United States did as well, adjusted for population, the USA would only have 12 to 13 thousand deaths as of Dec. 16, 2020. Health Watch USAsm meeting Dec. 16, 2020. Video link: <https://youtu.be/gtMo4SleRJO>

The Safe Return To Schools and Campuses -- Massachusetts Teachers Association [Download Document](#)



Viewpoint: Monitoring Systems Track COVID Vaccine Reactions

V-Safe and VAERS are 2 monitoring systems for patients who are given a COVID-19 vaccine. Infection preventionists can play a vital role in educating about the

strengths and drawbacks of each. However, questions remain. We do not know how long immunity will last, if those vaccinated can become infectious as an asymptomatic carrier, or how the vaccine affects special populations such as those who are pregnant, very young or immunosuppressed.

<https://www.infectioncontroltoday.com/view/viewpoint-monitoring-systems-track-covid-vaccine-reactions>

Vaccines Should Work Against New COVID-19 Strain

We must treat this strain with the respect it deserves, but we must not panic. There is no doubt that increased infectivity equates with increases in deaths, but it does not mean the vaccines will not work. It is imperative that we follow public health advice. Just remember what happened to the snow leopards in the Louisville Zoo, they are exceptionally good at enforcing social distancing, but not so good at wearing masks. They caught COVID-19. Thus, you must do both. And be steadfast, since we have to slow down the spread of SARS-CoV-2, so the viruses natural production laboratory does not outstrip the capacity of our pharmaceutical giants. [References https://www.infectioncontroltoday.com/view/vaccines-should-work-against-new-covid-19-strain](https://www.infectioncontroltoday.com/view/vaccines-should-work-against-new-covid-19-strain)

COVID-19 Vaccine? Hurry Up and Wait

At last, the vaccines are here! Or are they? There appears to be a shortfall, not enough to initially vaccinate even all of the frontline healthcare workers and nursing home residents against coronavirus disease 2019 (COVID-19). By some estimates only about 20% of the expected doses will be available by year's end. Shortages can more easily be corrected, than the combating of anti-vaxxer misinformation. However recent polls have been reassuring, with those willing to take the COVID-19 vaccine increasing to 63%. Infection preventionists are an important component of this effort and need to actively articulate to both patients and on social media the need to be vaccinated and to follow public health advice. Infection Control Today. Dec. 19, 2020. [References https://www.infectioncontroltoday.com/view/covid-19-vaccine-hurry-up-and-wait](https://www.infectioncontroltoday.com/view/covid-19-vaccine-hurry-up-and-wait)

Radio / Podcasts

COVID-19: Public Health Departments Need To Double Staff to Just Tread Water

Dr. Kevin Kavanagh from Health Watch USAsm discusses the the expected increase in cases caused by the new mutant virus and New Year Day's celebrations. It is unlikely that the virus will evade the vaccine but the lethality of the pandemic will greatly increase if the virus spreads more easily, which unfortunately is being promoted both by mutations and human behavior. This underscores the need for an increase in vaccinations, but the planning touted earlier this year with the program "warp speed" appears to be severely lacking. Health departments do not have nearly enough staff as it is and will have to double the amount of staff with in 3 to 4 weeks to accommodate giving the second dose of the vaccine. Vaccinations are imperative, with the increased infectivity of this new variant, the bar has been raised for obtaining herd immunity. One is probably looking at greater than 80 to 85 percent of the population will need to be immune before achieving herd immunity. <https://youtu.be/n7XjelJG370>

COVID-19: Herd Immunity Bar Raised - Myocarditis, New Mutations & Travel Bans

Dr. Kevin Kavanagh from Health Watch USA(sm) discusses the implications of Dr. Fauci raising the bar for the obtainment of Herd Immunity with vaccinations. This will be hard to achieve and underscores the need for travel bans to slow down the spread of the new mutations in England and South Africa. We need to buy time, since it is a race between getting COVID and getting the vaccine. In addition, he discusses the implications of the recent illness of Keyontae Johnson, who developed myocarditis (heart inflammation) after having COVID-19. This underscores the importance of earlier reports involving OSU college athletes where 15% of those with a positive COVID test had acute myocarditis. This virus can cause long-term sequella in the young and we need to respect it and stop its spread until we can receive the vaccine. Jack Pattie Show. WVLK AM 590. Dec. 28, 2020. (5:27) <https://youtu.be/Wm4clOLWPxl>

COVID 19 Answers: Dr Kevin Kavanagh and Ron Crider

Dr. Kevin Kavanagh answers the most important questions relating to the COVID-19 Pandemic. Kevin Kavanagh is Founder and Board Chairman of Health Watch USAsm, a non-profit patient advocacy and healthcare policy research organization. Dr. Kavanagh has been an Associate Editor for the Journal of Patient Safety since July 2014, and is a member of the Editorial Board of Infection Control Today. Dr. Kavanagh discusses a wide range of subjects from the implications of the newly reported viral mutations, how the new vaccines were developed, safe food handling, how to stay safe and slow down the spread of the virus, and long-term complications of the virus including heart damage (myocarditis) along with long hauler syndrome. Dec. 28, 2020. (38:47) <https://youtu.be/CD824wCyrVM>

COVID-19: New Zealand Virus Free

Dr. Kevin Kavanagh from Health Watch USAsm discusses how New Zealand and Australia have controlled this pandemic by the public following public health strategies. In the United States, public health officials are being threatened and in Kentucky there has been a loss of almost 50% of public health staffing. These frontline workers are heroes and need to be supported. Jack Pattie Show. WVLK AM 590. Dec. 16, 2020. (6:16) <https://youtu.be/wa8NucaimFs>

COVID-19: The UK Mutation

Dr. Kevin Kavanagh from Health Watch USAsm discusses the implications of the new mutation which is spreading in the United Kingdom. The new virus appears to be 70% more infectious but it is not thought to be resistant to the vaccines. Resistance would require a mutation in the spike protein which could invade the myriad of antibodies the body produces but still attach to the Ace II receptor. This is hard, but not impossible to do. This occurrence has happened before with the D614G mutation which infected the United States and

was discussed in a recent Lexington Herald Leader OpEd. <https://www.kentucky.com/opinion/oped/article247262694.html>

Jack Pattie Show. WVLK AM 590. Dec. 21, 2020. (6:23) <https://youtu.be/EhdBiMtw2P0>

COVID-19: Is there really disagreement on when to open schools? Who should be vaccinated first?

Kevin Kavanagh from Health Watch USAsm discusses opening schools. Public health officials state it is safe to open, teachers and others say unsafe, Actually, they both agree. Schools can open if there is testing, small bubbles, upgraded safe ventilation and proper sanitization available. Also, discussed was the false hope of Hydroxychloroquine and its possible adverse effects on an inflamed COVID heart. Misinformation regarding the number of deaths from COVID-19. And finally, who should get the vaccine first? How is it decided? Should the anti-maskers and those who promote indoor activities where people congregate be relegated to the end of the line? Finally, how come the vaccine is more effective than the flu vaccine? Jack Pattie Show. WVLK AM 590. Dec. 4, 2020. (18:03) <https://youtu.be/aXjJ-YxJzV4>

2020, Dec. 18: COVID-19: Vaccine Safety and the CDC's V-Safe Monitoring System

Dr. Kevin Kavanagh from Health Watch USAsm discusses the advantages of mRNA vaccines and the expected safety benefits afforded by this technology. Both Moderna and Pfizer/BioNTech vaccines are mRNA. This technology allows rapid development of vaccines and also elicits a highly specific immunological response which would be expected to increase vaccine safety. Jack Pattie Show with Scott Johnson. WVLK AM 590. (19:08) <https://youtu.be/OEHnmRhQwyo>

COVID-19: Snow Leopards With COVID

Dr. Kevin Kavanagh from Health Watch USAsm discusses the new vaccines along with the three Snow Leopards in the Louisville Zoo who contracted COVID-19. In addition, cases are also spiking in Europe with Germany closing down schools. And the urging of Dr. Fauci to have the "default" position to open schools. This means to open schools when it is safe to do so. Jack Pattie Show. WVLK AM 590. Dec. 14, 2020. (5:22) <https://youtu.be/R8ltyS7nhrl>

Q&A: 'Arguing' Before the Supreme Court

When I read the thought process behind the Supreme Court decision, I did not feel it was a church-versus-state decision, more than saying, "Hey, we need to do everything equally." And that's extremely important in infection control. You cannot have some high-risk facilities open and others closed. That's not only not fair, but it also won't control the pandemic. As you know, we've written extensively and talked extensively about control of MRSA [Methicillin-resistant staphylococcus aureus], and how the recommendations between hospitals and nursing homes do not coincide with each other. Infection Control Today. Dec. 1, 2020. (18:38) <https://www.infectioncontroltoday.com/view/q-a-arguing-before-the-supreme-court>
YouTube Video: <https://youtu.be/63gJtFdnis>

COVID-19 Articles of Interest

Covid-19 Was Consuming India, Until Nearly Everyone Started Wearing Masks

Wall Street Journal: One of the world's most boisterous and diverse democracies has embraced a proven pandemic strategy with little debate <https://www.wsj.com/articles/covid-19-was-consuming-india-until-nearly-everyone-started-wearing-masks-11609329603>

Fauci says herd immunity could require nearly 90% to get coronavirus vaccine

"We need to have some humility here," Fauci told the New York Times here. "We really don't know what the real number is. I think the real range is somewhere between 70 to 90 percent. But, I'm not going to say 90

percent." <https://www.reuters.com/article/health-coronavirus-usa/fauci-says-herd-immunity-could-require-nearly-90-to-get-coronavirus-vaccine-idUSL1N2J411V>

Health Watch USA has been saying this all along: This virus has an R0 of 5.7. It would, thus, take above 80%-85% to be immune.

https://wwwnc.cdc.gov/eid/article/26/7/20-0282_article

Florida's Keyontae Johnson diagnosed with heart inflammation following collapse at game

"The heart inflammation, called myocarditis, has various causes, most commonly viral infections. It has been linked to COVID-19..... Johnson tested positive for COVID-19 during the summer, along with several of his teammates. UF athletes who've been infected must complete a cardiac evaluation that includes an electrocardiogram, an echocardiogram and a blood test that can reveal evidence of cardiac problems before being cleared to play, according to SEC protocols."

<https://www.gatorsports.com/story/basketball/2020/12/22/florida-gators-keyontae-johnson-has-season-ending-heart-issue/4006117001/>

Is COVID-19 Primarily a Heart and Vascular Disease?

Sept. 8, 2020: "Thus, the once thought asymptomatic patients who luckily dodged a bullet and were spared from the ravages of the disease, may indeed be truly sick. A significant portion of them may develop myocarditis along with vascular vasodilation with resultant hypoxemia.

" <https://www.infectioncontrolday.com/view/is-covid-19-primarily-a-heart-and-vascular-diseases>



Tennessee needs 'public health orders' to force COVID compliance, White House says

Bill Frist (Tweet): Today 81 of our 95 counties are in the "red zone" according to the White House Coronavirus Task Force. That (is) why last week I encouraged our governor and governors nationwide where hospitalizations and deaths are increasing to mandate masks in public to slow the spread of #Covid19.

Read Bill Frist's op-ed on masking in Forbes here:

<https://www.forbes.com/sites/billfrist/2020/11/24/in-the-absence-of-a-national-strategy-governors-should-require-masking/>

Pandemic backlash jeopardizes public health powers, leaders

"At least 181 state and local public health department leaders have resigned, retired or been fired during the pandemic"

In Kentucky, 189 employees, about 1 in 10, left local health departments from March through Nov. 21, according to Sara Jo Best, public health director of the Lincoln Trail District Health Department. That comes after a decade of decline: Staff numbers fell 49% from 2009 to 2019. She said workers are exhausted and can't catch up on the overwhelming number of contact tracing investigations, much less run COVID-19 testing, combat flu season and prepare for COVID-19 vaccinations.

<https://apnews.com/article/pandemics-public-health-michael-brown-kansas-coronavirus-pandemic-5aa548a2e5b46f38fb1b884554acf590>

New Zealand lifts all Covid restrictions, declaring the nation virus-free

<https://www.bbc.com/news/world-asia-52961539>

COVID-19 Education Courses



Zelenko Protocol and use of facial masks. Nov. 12, 2020. Kentucky Rural Health Association. <https://youtu.be/G7OUYGWaatA>

COVID-19 The Need for the Public To Embrace Public Health Strategies

Dr. Kevin Kavanagh from Health Watch USAsm discusses reasons why the public has not embraced public health guidance. They include, overstatement of treatment efficacy, mixed messaging regarding the use of masks, testing for asymptomatic carriers and aerosolization of COVID-19. In addition, false narratives (that herd immunity can be achieved with few deaths, COVID-19 is no deadlier than the flu and children do not become sick) are discussed. Finally, ways of retorting misinformation with examples given regarding the effectiveness of the



COVID 19: History of Ineffective Infectious Disease Policy

Dr. Kevin Kavanagh from Health Watch USAsm updates his previous lecture which traces the history of the United States' response to the COVID-19 epidemic. A historical perspective is given, covering President George Bush's 2005 proposal of the Pandemic and All-Hazards Preparedness Act to the disastrous second peak of the first wave with continued shortages of medical supplies and the changing federal advisements on asymptomatic

spread, viral aerosolization and use of masks. Treatments are reviewed along with overstatements of efficacy. Finally, vaccines are discussed along with the review process and distribution barriers. Sept. 29, 2020.

[Download Presentation Slides](#) YouTube Video: <https://youtu.be/xA7pR2bDAes>

Available for this course are 1 Hour CE/CME for Category 1 AMA Credits & Kentucky Board of Nursing (KBN), also Physical Therapy Credits. To take the course go to: <http://soahec.org/ahec-summer-conference>

The COVID-19 Pandemic, The Virus & Infection: Health Watch USAsm COVID-19 Continuing Education Course With Southern Kentucky AHEC.

1 Hour CE/CME for Category 1 AMA Credits & Kentucky Board of Nursing (KBN), also Physical Therapy Credits are available. To take the course go to: <http://soahec.org/ahec-summer-conference> This one hour lecture has three modules:

1) COVID-19: Survivability And The Prevention of Spread. The course discusses the survivability of SARS-CoV-2 (COVID-19 Virus) in the environment (surfaces, sunlight, humidity, heat) and with different types of hand sanitizers. The course also describes research behind the use of masks, eye protection and social distancing along with data indicating the virus may be airborne or aerosolized more commonly than thought. Finally, risks and mitigating strategies are described in various retail and community venues.

2) COVID-19 Characteristics of the Virus, Symptoms & Long-Term Disability: The course discusses the characteristics of the SARS-CoV-2 virus along with the body's immune response and dwindling prospects for

herd immunity. Characteristics of COVID-19 along with protracted recovery and disability is also discussed.

3) COVID-19: Presentation In Children and When To Open Schools: The course discusses the various presentations of COVID-19 in children, and the risk of childhood transmission to and infections of adults. Current guidance on opening of schools along with international experience on school openings is also discussed.

Video Link: <https://www.youtube.com/watch?v=Y4p6C0mORiM>

The second one hour lecture has one module entitled: To Take The Course Go To: <http://soahec.org/ahec-summer-conference/>



Through the Eyes of the Frontline: COVID 19

Health Watch USAsm & Massachusetts Nurses Association
COVID-19 Worker Safety Conference

Online Videos of KeyNote Presentations:

- Dr. Kevin Kavanagh, Board Chairman of Health Watch USAsm. United States. View Video: <https://youtu.be/L7qShgRSLIU>
- Dr. Christina Vandembroucke-Grauls, Editor Antimicrobial Resistance and Infection Control and Professor of Medical Microbiology, VU University Medical Center: Netherlands. View Video: <https://youtu.be/UYLMgDgiI8g>
- Dr. Matthias Maiwald, Adj. Assoc. Prof., is a Senior Consultant and the Head of Service, Microbiology, at KK Women's and Children's Hospital, and an Adjunct Associate Professor at the Department of Microbiology Service & Senior Consultant (Microbiology) at Duke-National University of Singapore: Singapore. View Video: <https://youtu.be/EEWis0cOLLA>
- Dr. Rodriguez-Baño is the Immediate Past President of the ESCMID (European Society of Clinical Microbiology and Infectious Diseases) and Associated Editor of Clinical Microbiology and Infection: Spain. View Video: <https://youtu.be/mxfGYAtskVY>
- Dr. Elaine Bernard served as Executive Director of the Labor and Worklife Program from 1989-2017 at Harvard University: Harvard University, United States. View Video: <https://youtu.be/UIMg156bM0A>
- Jodi Sugerman-Brozan is MassCOSH's Executive Director. Before joining MassCOSH in April 2017, she was the Executive Director of Bikes Not Bombs which uses the bicycle as a vehicle for social change. Leadership development and community and youth organizing have been central to her work for decades. View Video: https://youtu.be/OA1CmmK0_60

More information at: www.healthconference.org

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