



## Health Watch USA<sup>sm</sup> Newsletter

[www.healthwatchusa.org](http://www.healthwatchusa.org) April 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 February Health Watch USA<sup>sm</sup> has:*

- Written 3 articles/opeds regarding COVID-19.
- 14 radio shows concerning the COVID-19 virus.
- 2 Interviews & Public Presentation.

Our 2020 COVID-19 Conference Presentations and additional resources can be accessed from: <http://www.healthwatchusa.org/COVID19.htm> & [www.healthconference.org](http://www.healthconference.org)  
*[The need for the public to embrace public health strategies](#)*

### *Health Watch USA's 2021 Conference:*

<http://www.healthconference.org>

### *Health Watch USA's 2020 Activities Report:*

<http://www.healthwatchusa.org/HWUSA-Officers/20201231-HWUSA-Report-2020.pdf>



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

And these roadblocks are highly related. Those who do not become vaccinated, will spread the virus and promote emergence of variants. Ironically, the same group of individuals who are against vaccinations also tend to not want to wear masks. Herd immunity will not protect them since, they tend to meet and clump together which will spread the virus. There is now more than six months of safety data with COVID-19 vaccines and so far, the benefit has been great and severe reactions extremely rare. If you are afraid of the vaccine but for the safety of others receive it anyway, then you are displaying the compassion and bravery that our nation was built upon. We all need to become vaccinated to achieve herd immunity and return our society to a new and better normal.

<https://www.courier-journal.com/story/opinion/2021/03/25/covid-variants-and-anti-vaxxers-stand-in-way-ending-pandemic/4797700001/>

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

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

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

### **'No unknown soldiers': How Kentucky missed over 600 deaths from COVID-19**

"A disease like COVID affects every organ of the body," said Dr. Kevin Kavanagh, a retired physician from Somerset and chairman of Health Watch USA. "A lot of COVID patients die from heart attacks."

<https://www.courier-journal.com/story/news/local/2021/03/25/covid-19-deaths-audit-finds-662-more-kentucky-cases/6973083002/>



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

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

### **Better Standards & Tracking To Protect Frontline Workers - CDC HICPAC Meeting**

Dr. Kevin Kavanagh from Health Watch USA<sup>sm</sup> discusses the need for stronger standards to stop dangerous pathogens. These standards should be based upon what is required to stop spread, rather than what we currently have or are willing to provide. In addition, it is imperative that a national reporting system, and harmonization of CDC materials and standards be implemented. Greater attention also needs to be placed on aerosolization of the SARS-CoV-2 and recommendations for air sanitization and complete air exchanges. Mar. 4, 2021. [Download Written Comment](#) YouTube Video: <https://youtu.be/G-Ea1dfecAQ>



### **Rush to Reopen Buys COVID-19 More Time**

There needs to be a shift from droplet precaution standards to airborne spread standards and we need to invest in the safety of our frontline workers. Quite simply, this virus is aerosolized, meaning it is airborne. I really thought this had been decided last

July when a letter was sent to the World Health Organization (WHO) by 329 top scientists from 33 countries. But although agencies responded by recognizing airborne spread in some of their statements and webpages, their recommendations on controlling spread and reopening of businesses and schools largely did not. Most importantly, the CDC needs to articulate firm and harmonized advisements which are consistent across all materials, recommendations and webpages. Until this happens, there will not be a demand for N95 masks and air sanitization units. Manufacturing will not gear up production and pathogens will continue to spread. We need to enact these reforms not only for COVID-19 and the next pandemic, but for other endemic dangerous pathogens. Our children deserve better than the status quo. Infection Control Today. Mar. 4, 2021. [References https://www.infectioncontroltoday.com/view/rush-to-reopen-buys-covid-19-more-time](https://www.infectioncontroltoday.com/view/rush-to-reopen-buys-covid-19-more-time)

### **People Vaccinated Against COVID-19 Can Mingle Maskless Again**

Kevin Kavanagh, MD, said: "Relaxation of advisements will come as a welcome relief. All are weary of living under public health restrictions. Obtaining both doses for the Pfizer/BioNTech and Moderna vaccines is essential, since this is what will give protection to the variants. The Johnson & Johnson vaccine is single dosage and even with this, its clinical trials demonstrate excellent protection against severe disease caused by the South African variant. The duration of vaccine induced immunity is a concern, especially for effectiveness against the South African and Brazilian variants. Thus, even if you become fully vaccinated, a booster may still be advised in the future." Infection Control Today. Mar. 8, 2021.

<https://www.infectioncontroltoday.com/view/people-vaccinated-against-covid-19-can-mingle-maskless-again>

### **COVID-19: Texas Opening To Soon With Invading Variants**

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

### **Kentucky Nursing Home Outbreak Argues Against Relaxed Visiting Rules - New Variant Evades Vaccine**

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

<https://www.infectioncontroltoday.com/view/kentucky-nursing-home-outbreak-argues-against-relaxed-visiting-rules>



### **For Spring Season, Young Athletes Get Back in the Game Despite Covid Risk**

Dr. Kevin Kavanagh, an infection control expert in Kentucky who runs the national patient safety group Health Watch USA, said contact sports are "very problematic," especially those played indoors. He said heavy breathing during exertion could raise the

risk of covid even if students wear cloth masks. Ideally, he said, indoor contact sports should not be played until after the pandemic.

"These are not professional athletes," Kavanagh said. "They're children." Ungar L. Kaiser Health News. Mar. 16, 2021.

<https://khn.org/news/article/young-athletes-return-to-team-sports-despite-covid-risk-spring-season/>

### **Medicare-Certified Long-Term Care Visitation Update: New Guidance**

Dr. Kevin Kavanagh, a retired Somerset physician who heads Health Watch USA, which focuses on infection control, objected to the new government guidelines.

He told Kentucky Health News that he had many concerns, including rules that allow visitation to continue as soon as one round of testing is completed and reveals no cases after a new case is identified. "That doesn't work," he said. "You've got a long incubation period and we saw that in the Rose Garden" event Sept. 26 for new Supreme Court Justice Amy Coney Barrett, which led to several Covid-19 cases.

Kavanagh also objected to the part of the federal guidance that will allow visitation in certain units of a home that have tested negative for the virus, while closing other units that still have active cases. Because the virus is aerosolized, he said, it can spread through the home's ventilation system to other units. "That's kind of like smoking in the back of an airplane," he said. "This thing's aerosolized. That doesn't work."

He added, "These are our highest risk individuals. . . . This virus is relentless, it does not care. And we cannot set up the elderly in an unsafe situation, especially when vaccines are available. If people want to visit the elderly, they should get vaccinated."

He expanded on his concerns in an op-ed for Infection Control Today titled, "Nursing Home Guidance Endangers Elderly."

<https://kyhealthnews.blogspot.com/2021/03/medicare-certified-nursing-homes-will.html>

## Health Watch USA - Presentations



### COVID-19: Long Hauler Syndrome

Dr. Henry Hrdlicka from Gaylord Specialty Healthcare discusses the presentations and pathophysiology of Long Hauler Syndrome. COVID-19 affects many organs of the body including lung, kidney, musculoskeletal, heart, GI and CNS. Anxiety and depression and PTSD are seen in many patients, it is unclear if these psychological symptoms are from a primary effect of the virus or a secondary effect from stress and isolation. Health Watch USA<sup>sm</sup> meeting Mar. 17, 2021. [https://youtu.be/aewNqxWm\\_Ng](https://youtu.be/aewNqxWm_Ng)

## Radio / Podcast

### COVID-19: It Is Airborne !

Dr. Kevin Kavanagh from Health Watch USA<sup>sm</sup> discusses the new Johnson & Johnson vaccine. This vaccine is a DNA vaccine which makes mRNA in the cells and mRNA then makes the viral spike protein. In addition, the Johnson & Johnson vaccine trials had no one who required hospitalization and no one died. And the trial was also run in South Africa, so it is presumably effective against the South African Variant. In addition, Dr. Kavanagh discusses the concerns over aerosolization of COVID-19 and the recent letter sent by top US Scientists to the White House and CDC advising for stronger work safety standards, use of N95 masks, better ventilation (more air exchanges and air sanitization) and abandonment of stopgap measures such as mask reesterilization. Jack Pattie Show. Mar. 1, 2021. <https://youtu.be/LI9mpBYwUtI>

### COVID-19: Possible New Variant Causes Outbreak in Highly Vaccinated Nursing Home

Dr. Kevin Kavanagh from Health Watch USA<sup>sm</sup> discusses the recent outbreak in a Kentucky Nursing Home caused by what appears to be a new variant which has the potential to at least partially evade the vaccines. Variants are starting to cause COVID-19 surges in other countries and are suspected as a possible cause of increasing cases in several States. To make matters worse, the many young people traveling for spring break has the potential of spreading these variants around the nation. The young have a lower fatality rate but are still susceptible to developing Long-Haulers syndrome which has recently been reported in up to 25% of mild COVID-19 cases. Jack Pattie Show with Scott Johnson. WVLC 590 AM. Mar. 17, 2021.

<https://youtu.be/LtJIJSiHKw8>

### COVID-19: Concerns With CMS New Guidance For Nursing Home Visitations

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

00:47 - Vaccine Dosage Schedule.

02:02 - Concerns With CMS's Nursing Home Guidelines.

05:06 - Should you get Two Doses of J&J Vaccine or Both Types of Vaccines?

09:02 - Cotton Masks May Work Better Than Originally Thought.

10:01 - Do Vaccines Protect Against Asymptomatic Carriage of the Virus?

12:24 - Does the Vaccine Stay in Your Arm?

13:32 - Brazil and Europe Having New COVID-19 Surges.

Jack Pattie Show. WVLC AM 590. Mar. 12, 2021.

[https://youtu.be/Jg\\_1M5JkOig](https://youtu.be/Jg_1M5JkOig)

### **COVID-19: Spring Break Versus Variants**

Dr. Kevin Kavanagh from Health Watch USA<sup>sm</sup> discusses the problems posed by spring break travel, composed of mostly young unvaccinated individuals. Florida has a high incidence of variants and these vacationers may spread the variants around the nation. In addition, the young can frequently develop long-haulers' syndrome. Persistent symptoms are reported in almost 25% of individuals who had asymptomatic or mild illness. To complicate matters, disinformation about vaccines abounds and is being promoted by Russian disinformation campaigns. In Colorado, 88% of Democrats plan to get vaccinated as compared to 29% of Republicans. Also discussed is the recent surge in Italy and the dangers imposed by the New York Variant. Jack Pattie Show with Scott Johnson. WVLK AM 590. Mar. 15, 2021.

<https://youtu.be/C9m8KYc09nQ>

### **COVID-19: Antimaskers And Variant Reinfections with Vaccines**

Dr. Kevin Kavanagh from Health Watch USA(sm) discusses the importance of wearing a mask even if vaccinated. The looming variants can still cause infections and spread in those who are vaccinated, but vaccinations appear to give protection against death and hospitalizations. Of concern is the statement by Dr. Fauci that having an infection with the common strain of the virus gives no protection from infections from the South African Variant. The New York Strain which is fast becoming the most common strain in New York State shares some of the mutations to avoid the immune system with the South African Strain. Aerosolization is also discussed along with changing student separation from 6 feet to 3 feet. Timeline of discussion:

00:10 - Under Reporting of Deaths.

02:37 - Underestimation of Deaths and Excess Death Data

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

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

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

12:48 - The AstraZeneca/Oxford Vaccine.

14:22 - Countering arguments with an antimasker. Discussed mask filtration, viral dosage, fit and utility of two masks. Jack Pattie Show with Scott Johnson. WVLK AM 590. Mar. 19,

2021 <https://youtu.be/D7V7JfXC2ak>

## **COVID-19 Articles of Interest**

### **Scientists Call on C.D.C. to Set Air Standards for Workplaces, Now**

The agency has not fully reckoned with airborne transmission of the coronavirus in settings like hospitals, schools and meatpacking plants, experts said. On Friday, the Centers for Disease Control and Prevention issued new guidelines for reopening schools, but quickly passed over improved ventilation as a precaution. It was only in July that the World Health Organization conceded that the virus can linger in the air in crowded indoor spaces, after 239 experts publicly called on the organization to do so. The letter urged the C.D.C. to recommend the use of high-quality masks, such as N95 respirators, to protect workers at high risk of infection. At present, health care workers mostly rely on surgical masks, which are not as effective against aerosol transmission of the virus.

<https://www.nytimes.com/2021/02/17/health/coronavirus-aerosols-workplaces.html>

### **Former OSHA head: We're getting it wrong on COVID workplace safety | Editorial**

Dr. David Michaels led the Occupational Safety and Health Administration, which sets workplace standards,

during the Obama administration. Now the epidemiologist is one of more than a dozen scientists calling on the Biden administration to set air standards for workplaces like grocery stores, meatpacking plants, buses and prisons, to save lives in a pandemic.

We've known for nearly a year that COVID is airborne – yet aside from hospitals, few workplaces acknowledge that the virus can hang in the air, he told Julie O'Connor of the Star-Ledger Editorial Board. Instead, they emphasize surface-scrubbing and physical distancing. Below is an edited transcript.

<https://www.nj.com/opinion/2021/02/former-osh-head-were-getting-it-wrong-on-covid-workplace-safety.html>

### **Experts Express Concern Over Airborne Spread of More Contagious Coronavirus**

"The virus spreads mainly by breathing in virus that is in aerosols," signatory Linsey Marr, PhD, a scientist at Virginia Tech and an expert on the transmission of the coronavirus through the air, told the Coronavirus Blog in an email. "These are microscopic droplets that can easily travel farther than six feet and fill a room."

<https://coronavirus.medium.com/experts-express-concern-over-airborne-spread-of-more-contagious-coronavirus-26bb720bd802>

### **CDC study shows teachers could play 'central role' in Covid spread at schools where masks aren't worn**

#### **Key Points**

1. Educators may play a "central role" in spreading Covid in schools where social distancing isn't followed and masks aren't worn.
2. Vaccinating teachers and staff may help prevent outbreaks in schools, a new CDC study said.
3. The findings come just over a week after the CDC unveiled new guidance on how schools can safely reopen for in-person learning.

<https://www.cnbc.com/2021/02/22/cdc-study-shows-teachers-could-play-central-role-in-covid-spread-at-schools-.html>

### **More Than 2,900 Health Care Workers Died This Year — And the Government Barely Kept Track**

<https://khn.org/news/article/more-than-2900-health-care-workers-died-this-year-and-the-government-barely-kept-track/>

### **Elimination could be the optimal response strategy for covid-19 and other emerging pandemic diseases**

The typical approach of high income nations (such as those in North America and Europe) has been a "suppression strategy," sometimes after initial use of a "mitigation strategy". The goal of suppression is to flatten the epidemic curve further than with mitigation, but still without expecting to end community transmission.

By contrast, China's success in containing the pandemic has shown that SARS-CoV-2 can be eliminated even after widespread community transmission.<sup>2</sup> Several other Asian jurisdictions also achieved some success in containing the pandemic at an early stage, notably Taiwan,<sup>3</sup> Hong Kong,<sup>4</sup> and South Korea.<sup>5</sup>

The New Zealand government chose an explicit elimination approach.<sup>6,7</sup> Australia also has elimination of community transmission as the stated goal, but has generally described its strategy as "aggressive suppression."<sup>8</sup> A related strategy that also aims to achieve zero community transmission is the exclusion approach that has been successfully used by some Pacific Island countries and territories. <https://www.bmj.com/content/371/bmj.m4907>



## COVID-19 Lessons Learned: A Global Perspective

*Health Watch USA<sup>sm</sup> & Massachusetts Nurses Association COVID-19 Worker Safety Conference*

*Save the Date: Webinar June 15<sup>th</sup>, 2021*

### Morning Presentations Preliminary AM Agenda:

- Keynote Address:** Dr. Carolyn Clancy has served as Acting Deputy Secretary of Veterans Affairs since January 20, 2021. Previously she served as the Assistant Under Secretary for Health for Discovery, Education and Affiliate Networks. She has also served as the Veterans Health Administration (VHA) Executive in Charge. [Download bibliography](#)
- Australia:** 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. vid-19 lessons learned in Australia. <https://medicalschoool.anu.edu.au/people/academics/professor-imogen-mitchell>
- United Kingdom:** Dr. Stephanie Dancer is a Consultant Microbiologist in NHS Lanarkshire and Professor of Microbiology at Edinburgh Napier University, Scotland. She has been editing the Journal of Hospital Infection for 20 years, five of them as editor-in-chief. She also edits for International Journal of Antimicrobial Agents and Infection, Disease & Health. Covid-19 lessons learned in The United Kingdom. <https://www.napier.ac.uk/people/stephanie-dancer>
- Singapore:** Dr. Matthias Maiwald 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), National University of Singapore, and at Duke-National University of Singapore Graduate Medical School in Singapore. COVID-19 lessons learned in Singapore:
- Spain:** Dr. Jesus Rodriguez-Baño is the immediate Past President of the ESCMID (European Society of Clinical Microbiology and Infectious Diseases) and Associate Editor of Clinical Microbiology and Infection, Spain. COVID-19 lessons learned in Spain.
- Germany:** Sebastian Hoehl, virologists, University Hospital Frankfurt am Main, Goethe University. Dr. Hoehl has been a leader in the fight against the SARS-CoV-2 virus and as early as mid-February identified asymptomatic spread. <https://www.latimes.com/science/story/2020-02-18/report-shows-limits-of-coronavirus-screening> Dr. Hoehl will present on lessons learned in Germany.
- Kenya:** Dr. Paul Yonga currently serves as a consultant in International Health for EASO and EU Member States and is also an Infectious Disease Consultant at the CA Medlynks Tropical/Travel Medicine & Infectious Diseases Clinic in Nairobi, Kenya, and the Fountain Health Care Hospital in Eldoret, Kenya. He is experienced with HIV, HIV preventive services, as well as infectious disease and tropical/travel medicine clinical and research activities in the East and Central African region.



## Afternoon Speakers (full Schedule to be announced.)

- **USA:** Jeannie P. Cimiotti, PhD, RNUSA, Associate Professor in the Nell Hodgson Woodruff School of Nursing. She is an internationally recognized Health Services Researcher with expertise in nurse workforce issues and the quality of patient care. Her research has been cited for its expertise on nurse outcomes such job dissatisfaction and burnout and patient outcomes, specifically healthcare-associated infections and the sequela of infection such as extended lengths of stay, hospital readmissions, and mortality. <https://www.nursing.emory.edu/faculty-staff/jeannie-p-cimiotti>

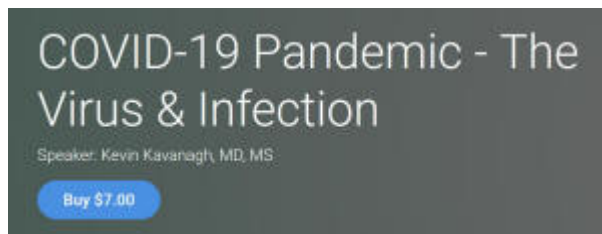
## Continuing Education

The conference has two accreditation agencies.

- Massachusetts Nurses Association: Nursing Credits for the morning and afternoon session will be provided by the MNA.
- Southern Kentucky AHEC: Four hours of Physician (AMA Category I) will be provided. In addition, Respiratory Therapy (AARC and KBRC), Physical Therapy, Pharmacy, Dentistry, Social Work, Psychology and Occupational Therapy credits will be applied for through the appropriate Kentucky Oversight board.

More information at: [www.healthconference.org](http://www.healthconference.org)

### COVID-19 Education Courses



### COVID-19 Pandemic - The Virus & Infection:

Available for this course are 1 Hour CE/CME for Category 1 AMA Credits & Kentucky Board of Nursing (KBN), also Physical Therapy Credits. **Southern Kentucky AHEC.** To take the course go to:

<https://sokyahec.thinkific.com/courses/covid-virus>



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

Dr. Kevin Kavanagh from Health Watch USA<sup>sm</sup> 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

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

29th Annual

## AHEC Summer Conference 2020 A Look Into The Future



### ***COVID 19: History of Ineffective Infectious Disease Policy - Past Course***

Dr. Kevin Kavanagh from Health Watch USA<sup>sm</sup> 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>

### ***The COVID-19 Pandemic, The Virus & Infection: Health Watch USA<sup>sm</sup> - Past Course***

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://youtu.be/Y4p6C0mORiM>

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