



Health Watch USAsm Newsletter

www.healthwatchusa.org April. 1, 2022

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 March. Health Watch USAsm had:

- 7 articles/op-eds regarding COVID-19.
- 9 Radio Shows concerning the COVID-19 virus.
- 2 Presentation.

Our 2021 COVID-19 Conference Presentations and additional resources can be accessed from:

<http://www.healthwatchusa.org/COVID19.htm> & www.healthconference.org

Health Watch USA's June 15, 2021 Annual Conference: COVID-19: A Global Perspective

<http://www.healthconference.org>

Health Watch USA's 2021 Activities Report:

<http://www.healthwatchusa.org/HWUSA-Officers/20211231-HWUSA-Report-2021.pdf>

Health Watch USA's 2020 Activities Report:

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

Health Watch USA - Federal Comment & Action Letter

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

CDC Healthcare Infection Control Practices Advisory Committee (HICPAC). March 24, 2022.

Kevin Kavanagh, MD, MS from Health Watch USAsm provided the following comment at the 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. [Download Written Comment](#) YouTube Video: <https://youtu.be/RVG94oT7S4c>

Health Watch USA - News Articles & OpEds



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, 2022, New York Times' 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 BA.2 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](#) Lexington Herald Leader. Mar. 22, 2022. <https://www.kentucky.com/opinion/op-ed/article259653120.html>



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/>



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 worlds' nations. Even our completeness of reporting actual cases is below that of the United Kingdom and Southern nations in South America. 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.infectioncontrolday.com/view/how-does-us-response-covid-19-compare-rest-world->

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.infectioncontrolday.com/view/evidence-shows-students-need-wear-masks-schools-despite-disinformation>

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.

[References](#) Infection Control Today. Mar. 9, 2021.

<https://www.infectioncontrolday.com/view/covid-19-brain-changes-new-evidence-details-long-term-effects-infection>

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>

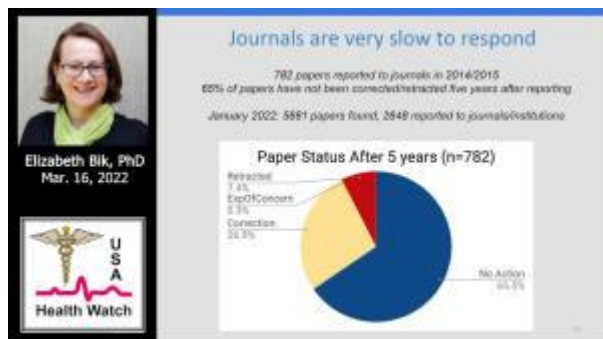
Health Watch USA Meeting Video Presentation <https://youtu.be/JVYKWhW0ffk>

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>

Health Watch USA - Presentations



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://youtu.be/jAEe8iVvtU>

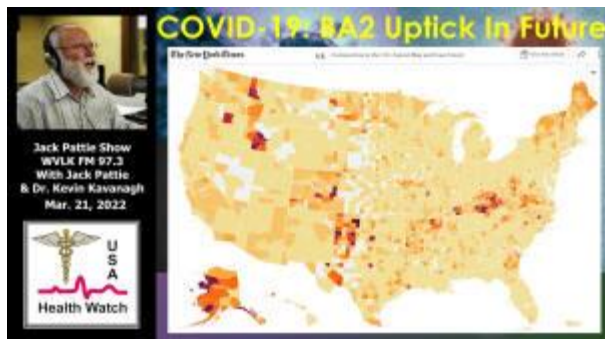
Radio / Podcasts

COVID-19: USA Increasing 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.

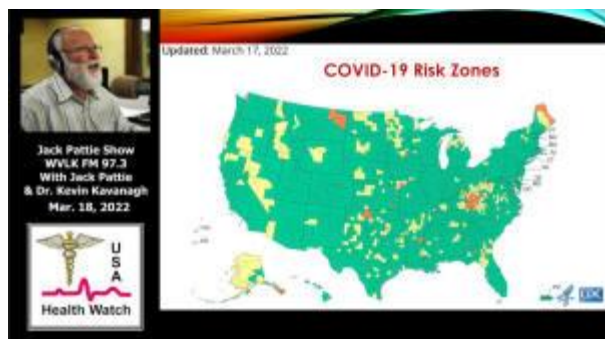
<https://youtu.be/FKV9ILqIE6A>



COVID-19: BA.2 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. Mar. 21, 2022. <https://youtu.be/cFWmTdi7PDU>



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. 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.

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>

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 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. March. 11, 2022. <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).

Link to Infection Control Today Article on CNS Effects of COVID-19 and Rising Rates in the United Kingdom:

<https://www.infectioncontroltoday.com/view/covid-19-brain-changes-new-evidence-details-long-term-effects-infection>

Link to download data from the United Kingdom: <https://coronavirus.data.gov.uk/details/download>

COVID-19: Lifting Guidelines too Soon, Vaccines Waning & Variants Looming

Dr. Kevin Kavanagh from Health Watch USA(sm) 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 decreased 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 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>

Timeline:

0:48 KY Lifting of Masking Recommendations

3:38 2 and 3 Dose Vaccine Waning

8:25 Masks and school Guidance

10:59 Ivermectin & Hydroxychloroquine

11:50 Fourth Dose Needed

COVID-19 Articles of Interest

Forbes: U.S. Covid Cases Plateau After Months Of Declines—And Rise In Some States.

"...according to data compiled by the New York Times.

Kentucky is facing the fastest rise in Covid-19 cases, with a 106% uptick in two weeks according to the Times, followed by New York (up 56%), Colorado (30%), Massachusetts (27%), Texas (18%), Connecticut (17%), Vermont (17%), Rhode Island (9%) and Delaware (8%)."

<https://www.msn.com/en-us/health/medical/u-s-covid-cases-plateau-after-months-of-declines-and-rise-in-some-states/ar-AAVywVm>

COVID Wave that Hits Children Hardest Is Headed to the U.S.

The main worry is long COVID. Even if it doesn't kill them, SARS-CoV-2 could make a lot of kids very sick for a very long time. As many as half of all adults who catch SARS-CoV-2 deal with some form of long COVID. Long COVID in adults tends to manifest as lingering fatigue and confusion, and sometimes a cough. There's also risk of long-term damage to the heart, lungs and brain. <https://www.msn.com/en-us/news/world/covid-wave-that-hits-children-hardest-is-headed-to-the-us/ar-AAVzhfp>

Risk of SARS-CoV-2 reinfections in children: a prospective national surveillance study between January, 2020, and July, 2021, in England

Children are over 3 times less like to have COVID reinfections than adults. Ages 5 to 11 had a 0.18% reinfection rate as adults 0.72 infection rate. [https://www.thelancet.com/journals/lanchi/article/PIIS2352-4642\(22\)00059-1/fulltext](https://www.thelancet.com/journals/lanchi/article/PIIS2352-4642(22)00059-1/fulltext)

Into the wild: Animals the latest frontier in COVID Fight

AP News: "Scientists are concerned that the virus could evolve within animal populations – potentially spawning dangerous viral mutants that could jump back to people, spread among us and reignite what for now seems to some people like a waning crisis."

<https://apnews.com/article/into-wild-animals-latest-frontier-covid-03ffc4fd156de891652e902ca884234f>

Evidence grows that vaccines lower the risk of getting long COVID

"It may not eradicate the symptoms of long COVID, but the protective effect seems to be very strong," says epidemiology professor Michael Edelstein, of Bar-Ilan University in Israel, who's studying long" COVID.

<https://www.npr.org/sections/health-shots/2022/03/24/1088270403/long-covid-vaccines>

CDC updates Covid-19 guidance to allow patients wear N95s

"The Centers for Disease Control and Prevention on Thursday updated its guidance so that people visiting health care facilities are allowed to wear highly protective masks such as N95s. The change comes after a POLITICO report last week found that hospitals around the country routinely ask patients and visitors to wear a surgical mask instead of their own N95." <https://www.politico.com/news/2022/03/24/cdc-updates-covid-19-guidance-to-allow-patients-wear-n95s-00020342>

Pandemic life, two years later: Where do you fit in?

Between 7.7 million & 23 million people in the United States have had long covid, That's up to 7% of all Americans, or up to 16 percent of the 140 million Americans estimated to have gotten the coronavirus. Even mild illness can cause long-lasting symptoms. <https://www.washingtonpost.com/health/interactive/2022/covid-effects-two-years-health-jobs/>

Even mild Covid is linked to brain damage, scans show

"The new British research is the first to reveal striking differences in areas of the brain based on scans taken before and after a coronavirus infection."

During the first few months following an infection, even mild cases of Covid-19 are associated with tissue damage & accelerated losses in brain regions tied to the sense of smell, as well as a small loss in the brain's overall volume, a British study finds

<https://www.nbcnews.com/health/health-news/long-covid-even-mild-covid-linked-damage-brain-months-infection-rcna18959>

COVID-19 Global Update



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

On Dec 15, 2021, a meeting of prominent infectious disease experts from around the world was conducted by Health Watch USAsm. Authorities from the United States, Singapore, Australia, Germany, and Peru were in attendance along with a short narrative update from the United Kingdom. Overall, all nations are reporting a significant rise in cases due to the Delta Variant. Omicron is starting to take hold and the United Kingdom is bracing for an onslaught of patients which may

overrun their healthcare system. Preventative strategies and barriers of the various countries are presented. Strategies discussed are masking, testing, travel bans, vaccine passports, natural immunity, vaccinations and financial disincentives. The United States, similar to other countries around the world, have little or no reserve to muster to confront an onslaught of hospitalizations due to the highly infectious Omicron Variant. Unless the United States starts to embrace public health advice, COVID-19 may become a catastrophe both in lives ruined, lost and in economically breaking dollar costs. Health Watch USAsm Meeting. Dec. 15, 2021.

<https://youtu.be/QOgZcBPqBEk>



COVID-19 Lessons Learned: A Global Perspective

***Health Watch USAsm &
Massachusetts Nurses Association***



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

On June 15, 2021, infectious disease authorities from around the world participated in a joint webinar to share experiences and lessons learned in combating the COVID-19 pandemic. One of the overriding goals of the conference “COVID-19 Lessons Learned: A Global Perspective” was to provide documentation of worldwide COVID-19 response strategies, in order to combat the plethora of misinformation and conspiracy theories that are being actively disseminated. This misinformation is having a profound negative impact on controlling the pandemic in many countries. Misinformation which was addressed in the conference included challenging the seriousness of COVID-19 infections, a refusal to recognize aerosolization as the major mechanism of spread, a belief that schools can be opened safely without implementation of extensive

control strategies, and that masks and vaccines are not effective. A second goal was the identification of common strategies between nations. Common strategies included the implementation of a range of closures, mask mandates, travel bans and the need for expanded testing. But of utmost importance there was recognition of the need to implement a coordinated national strategy, which is depoliticized and led by scientists. ARIC. Aug. 26, 2021.

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

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



COVID-19: Veteran Administration's Fourth Mission

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

COVID-19: Introduction To Suppression Strategies

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

COVID-19: Lessons Learned in Australia

Professor Imogen Mitchell, Clinical Director of the Australian Capital Territory COVID-19 Response, discusses lessons learned in Australia. To date there are 910 deaths from COVID-19. If the United States did as well, adjusted for population, we would have lost less than 13,000 individuals. Australia is a federated nation, early on the State and Territories formed a national governing committee, guided by

scientists, to formulate and direct the nation's COVID-19 response. Strategies included a zero tolerance for cases with cities imposing lockdowns, masking, physical distancing, along with strong testing and contact tracing for as few as 1 or 2 cases. Travel restrictions and 14-day quarantine were imposed on those entering the country and travel between State and territories was restricted during outbreaks. YouTube Video: <https://youtu.be/UpFrw3Wdbmw>

COVID-19: Lessons Learned in Singapore

Dr. Matthias Maiwald, Adjunct Associate Professor at the Department of Microbiology & Senior Consultant in Microbiology, National University of Singapore, discusses the COVID-19 response in Singapore. Strategies used were social distancing, mask wearing, and the closing of schools and non-essential businesses during a full lock-down. In addition, contact tracing was facilitated by phone app reporting of contacts in Singapore's population. Outbreaks occurred in migrant workers' dorms, and other outbreaks were associated with the airport, a hospital and a shopping mall. At hospitals, all patients were tested for SARS-CoV-2 upon admission and staff were tested every two weeks, if vaccinated; and once a week, if not vaccinated. An important observation was that during the full lock-down, infectious diseases caused by many other respiratory viruses all but disappeared. Rhinoviruses and enteroviruses reappeared 13 weeks after the end of lock-down, later adenoviruses reappeared. However, influenza stayed at a very low level well into 2021. This is a testament as to how effective the transmission of SARS-CoV-2 is in comparison to other respiratory viruses, and how difficult it will be to eradicate it around the world. YouTube Video: <https://youtu.be/-WPQv9ghTy0>

COVID-19: Lessons Learned in Kenya

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

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

Dr. Vineeta Gupta describes the conditions in India and the socioeconomic challenges which inhibit the pandemic's control. The impact of the Delta (B1617.2) Variant on India and the United States is also discussed. <https://youtu.be/vsOj76yBH9g>

COVID-19: Lessons Learned in Spain

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

COVID-19: Lessons Learned in Germany

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

https://youtu.be/_9is03QomGI

COVID-19: Lessons Learned In The United Kingdom

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

COVID-19: Lessons Learned in the United States

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

YouTube Video: <https://youtu.be/eV8IBv7ADU4>

COVID-19: Comments Regarding Variants

Dr. Kevin Kavanagh Discusses COVID-19 Variants

1. The Delta Variant detected in The United States & the need for more genomic sequencing to detect community spread.
2. Mutations and Variants can be tracked on the websites.
<https://nextstrain.org/> and <https://outbreak.info/>
3. How Variants are named and How The Spanish Flu Got its Name.
4. Almost all nations in almost all pandemics mitigate the severity and extent of disease and deaths.

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

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