The mission of
ALLERGY & ASTHMA
NETWORK
Is to end the needless death
and suffering due to asthma,
allergies and related
conditions through outreach,
education, advocacy and
research.
MEET OUR Speakers

Dr. Douglas Jones
Board-certified Allergist, Rocky Mountain Allergy
Co-Founder, Global Food Therapy
Co-Founder, Food Allergy Support Team

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Clinical Assistant Professor of Medicine NYU Langone School of Medicine & Director, Allergy and Asthma Association, Murray Hill
National Spokesperson, Allergy & Asthma Network

Sally Schoessler
Director of Education, Allergy & Asthma Network
Nurse
Asthma Educator

Today’s Program

01  CURRENT STATE OF COVID-19

02  COVID-19 VACCINES & OVERVIEW OF LONG HAUL COVID

03  THOUGHTS ON THE LONG HAUL & VACCINES
We’d like to know who is with us today!

What category best describes you? (we have a limited number of answers or would offer more!)
The U.S. has almost reached the end of the “full blown” pandemic and could reach immunity levels sufficient to limit the spread of the virus soon, Dr. Anthony Fauci says.

Local health agencies should feel comfortable ending mask mandates when that happens, the White House’s top public health adviser said. He said such restrictions could pass into history this year.

Pfizer and BioNTech pushed the pause button on the process of authorizing its COVID-19 vaccine for the youngest children under age 5 years.

The companies said in a release that they want to wait until data becomes available on a third vaccine dose, likely in early April.

The FDA revised the authorizations for two monoclonal antibody treatments – bamlanivimab and etesevimab (administered together) and REGEN-COV (casirivimab and imdevimab) – to limit their use to only when the patient is likely to have been infected with or exposed to a variant that is susceptible to these treatments. They are highly unlikely to be active against the omicron variant.
COVID-19 Cases by Date Reported

CDC Data

New Cases by Day

What age group do you think has the highest COVID-19 vaccination rates?
COVID-19 VACCINES & OVERVIEW OF LONG HAUL COVID

Dr. Purvi Parikh

CDC – COVID-19 Vaccinations in the US

214.2M
People fully vaccinated

92.2M
People received a booster dose**
### COVID-19 Vaccinations in the US

<table>
<thead>
<tr>
<th>Vaccinated People</th>
<th>Fully Vaccinated</th>
<th>Booster Doses</th>
<th>Booster Eligible***</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>At Least One Dose</strong></td>
<td>Count</td>
<td>Percent of US Population</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>252,400,057</td>
<td>76%</td>
<td></td>
</tr>
<tr>
<td>Population ≥ 5 Years of Age</td>
<td>252,333,849</td>
<td>80.8%</td>
<td></td>
</tr>
<tr>
<td>Population ≥ 12 Years of Age</td>
<td>243,115,255</td>
<td>85.7%</td>
<td></td>
</tr>
<tr>
<td>Population ≥ 18 Years of Age</td>
<td>226,140,597</td>
<td>87.6%</td>
<td></td>
</tr>
<tr>
<td>Population ≥ 65 Years of Age</td>
<td>56,055,348</td>
<td>95%</td>
<td></td>
</tr>
</tbody>
</table>

### Fully Vaccinated People

<table>
<thead>
<tr>
<th>Fully Vaccinated People</th>
<th>Count</th>
<th>Percent of US Population</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>At Least One Dose</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>214,218,580</td>
<td>64.5%</td>
</tr>
<tr>
<td>Population ≥ 5 Years of Age</td>
<td>214,201,874</td>
<td>68.6%</td>
</tr>
<tr>
<td>Population ≥ 12 Years of Age</td>
<td>207,179,831</td>
<td>73.1%</td>
</tr>
<tr>
<td>Population ≥ 18 Years of Age</td>
<td>192,761,412</td>
<td>74.6%</td>
</tr>
<tr>
<td>Population ≥ 65 Years of Age</td>
<td>48,536,310</td>
<td>88.6%</td>
</tr>
</tbody>
</table>
## COVID-19 Vaccinations in the US

<table>
<thead>
<tr>
<th>At Least One Dose</th>
<th>Fully Vaccinated</th>
<th>Booster Doses</th>
<th>Booster Eligible***</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fully Vaccinated People with a Booster Dose</strong></td>
<td>Count</td>
<td>Percent of Fully Vaccinated***</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>92,168,053</td>
<td>43%</td>
<td></td>
</tr>
<tr>
<td>Population ≥ 12 Years of Age</td>
<td>92,153,309</td>
<td>44.5%</td>
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</tr>
<tr>
<td>Population ≥ 18 Years of Age</td>
<td>89,303,414</td>
<td>46.3%</td>
<td></td>
</tr>
<tr>
<td>Population ≥ 65 Years of Age</td>
<td>31,878,730</td>
<td>65.7%</td>
<td></td>
</tr>
</tbody>
</table>

## Eligible People, No Booster Dose (updated Wednesdays)

<table>
<thead>
<tr>
<th>At Least One Dose</th>
<th>Fully Vaccinated</th>
<th>Booster Doses</th>
<th>Booster Eligible***</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Eligible People, No Booster Dose</strong></td>
<td>Count</td>
<td>Percent</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>85,466,708</td>
<td>50%</td>
<td></td>
</tr>
<tr>
<td>Population ≥ 12 Years of Age</td>
<td>85,466,708</td>
<td>50%</td>
<td></td>
</tr>
<tr>
<td>Population ≥ 18 Years of Age</td>
<td>78,275,615</td>
<td>48.7%</td>
<td></td>
</tr>
<tr>
<td>Population ≥ 65 Years of Age</td>
<td>14,628,361</td>
<td>33.9%</td>
<td></td>
</tr>
</tbody>
</table>
Long-haul COVID

New or ongoing symptoms

- Difficulty breathing or shortness of breath
- Tiredness or fatigue
- Symptoms that get worse after physical or mental activities
- Difficulty thinking or concentrating (“brain fog”)
- Cough
- Chest or stomach pain
- Headache
- Fast-beating or pounding heart
- Joint or muscle pain
- Pins-and-needles feeling
- Diarrhea
- Sleep problems
- Fever
- Dizziness on standing
- Rash
- Mood changes
- Change in smell or taste
- Changes in menstrual period cycles

Multiorgan Effects of COVID-19

Multiorgan or Autoimmune response
Some people with severe illness have effects over a longer time – symptoms lasting weeks or months

Many, if not all body systems can be affected

Multisystem Inflammatory Syndrome
Mostly in children – different parts of the body can become inflamed. Can lead to post-COVID conditions

Effects of hospitalization can also include post-intensive care syndrome (PICS), which refers to health effects that begin when a person is in an intensive care unit (ICU) and can remain after a person returns home. These effects can include severe weakness, problems with thinking and judgment, and post-traumatic stress disorder (PTSD). PTSD involves long-term reactions to a very stressful event.
Other Effects Related to COVID-19

- Mental Health Effects
- Negative Economic Situations
- Lack of access to healthcare

Study - Final Analysis of Efficacy and Safety of Single-Dose Ad26.COV2.S

Studied single injection of Ad26.COV2.S

- 56.3% vaccine efficacy beginning 14 days after injection
- 52.9% efficacy more than 28 days after injection against moderate to severe-critical COVID-19.
- Protection lasted at least 6 months without an added boost
CDC Study on Vaccine Effectiveness

Waning 2-Dose and 3-Dose Effectiveness of mRNA Vaccines Against COVID-19–Associated Emergency Department and Urgent Care Encounters and Hospitalizations Among Adults During Periods of Delta and Omicron Variant Predominance — VISION Network

- These findings underscore the importance of receiving a third dose of mRNA COVID-19 vaccine to prevent both COVID-19–associated ED/UC encounters and COVID-19 hospitalizations among adults. The finding that protection conferred by mRNA vaccines waned in the months after receipt of a third vaccine dose reinforces the importance of further consideration of additional doses to sustain or improve protection against COVID-19–associated ED/UC encounters and COVID-19 hospitalizations. All eligible persons should remain up to date with recommended COVID-19 vaccinations to best protect against COVID-19–associated hospitalizations and ED/UC visits.

THOUGHTS ON THE LONG HAUL

Dr. Douglas Jones
COVID-19

- Emergency of Novel COVID-19 Virus
- Mandates
- Lockdowns

COVID-19 is Here to Stay

- How are we going to manage this?
- Variants
- Misinformation
- Politics
- Increased doubts

How do we make informed decisions?

It’s better to be prepared than it is to be scared.

Let’s Talk about the Science . . .

Correlation does not equal causation

Division drives dollars

Targeted messaging

Social media hits = $$$
One Way to THINK - Think of COVID-19 as an intruder to your “house”

01 Your Body
Your house = Your body for this illustration

02 The Key
COVID-19 has a key to your house: Spike protein

03 The Lock
ACE2 receptors in your body

COVID-19 can put the key into the lock, enter your “home” and do damage

Prevention - Immunity

04 Front Line of Defense
Video cameras, sensors, quality doors, safe for valuables

05 COVID-19 is sneaky
Can “disable our cameras” – Interferons – “front-line immunities”

06 The Key fits in the lock & the virus is “in”
Virus replicates over time
Replication, destruction, and inflammation

**07**
COVID-19 may trip other "sensors"
But it takes time to get help

**08**
COVID-19 is replicating
May develop variants

**09**
Other reasons your "house" is at risk
Windows broken? Doors good quality?

How do we handle this?!?

COVID-19 has the key – but the baseline house is not the same for each of us

People have different health baselines - Creates a spectrum of disease

Survival Rate

98 – 99%
COVID Considerations

Long Haul COVID
- Neurological disease
- Heart disease
- Clotting disorders
- Brain fog
- Fatigue
- Gut problems
- Autoimmune issues
  CAN EXTEND FOR MONTHS

Our “locks” are destroyed by COVID
- If the lock is gone, we are more vulnerable
  That’s a problem!

COVID disrupts microbiomes
- More inflammatory bacteria are left
  *3.5 times more likely to be on a ventilator
  *9 times more likely to die

How Strong is Your House?

Many people recover well from COVID
- We will still see hospitalizations
- WE NEED TO RESPECT THE VIRUS

WE CAN CAPITLIZE ON OUR DEFENSE
- Optimize our defenses
- Better “building materials”

PERSONAL ACCOUNTABILITY
- Develop a personal system of health
  TAKE ACTION
Optimizing Immunity

**Top Tips**

**EXERCISE**
Just get off the couch and move. Build your body.

**STRESS REDUCTION**
Diet, exercise & sleep. Take positive steps.

**PRIME YOUR IMMUNITY**
Vaccines

If you know an intruder is coming & you knew how they were going to get in -
We need to train our immune systems so they are ready to neutralize the invader: our own neighborhood police watch
The invader may get in, but the damage will likely be less – may reduce Long COVID as well

**BETTER DIET**
More vegetable, whole foods
Improve gut health – START SMALL.

**SLEEP/REST**
Turn off devices 1 hour before bed. Read good content...

**CO-MORBID CONDITIONS**
Take control – talk to your doctor...

**VITAMIN D**
Check your Vitamin D level. Supplement as needed...

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The virus is a detriment to us – but it puts others at risk as well.
Arguments Against Vaccines

Let’s talk about this!

“I don’t want something foreign being out in my body”
The virus is also foreign – it’s a “wash”
Which foreign thing do you want? Virus or Vaccine?
Do you put other foreign substances in your body? Smoking? Processed foods?
Do you follow this in all aspects of your life?

“I don’t know what the long-term effects of the vaccine will be”
The immune response is completed in 4 – 6 weeks – vaccine components are long gone
Long-term effects of COVID are more severe

“I’m worried about the side effects of the vaccine”
Clinical trials identify the anticipated immune response – fever, sore arm, headache, fatigue
Side effects – blood clots, heart issues – you see these with the virus – more severely and more frequently

“You can still get COVID even if you get the vaccine”
True. But vaccinated people that get COVID have less severe disease
The viral load they can share with others is decreased
The risk you pose to others is lessened

VACCINE ISN’T THE ONLY SOLUTION, IT IS PART OF THE SOLUTION

The message to us has been that the vaccine “is the only solution”
It’s not. It’s an important part of the treatment plan, but it isn’t the only solution.

The treatment plan should include more
Diet, good health habits and masking where appropriate are all important.

Allergic reactions to the vaccine happen.
The rates are about 7.19 per million. It’s higher risk than the flu shot, but still a low rate of risk.
The general components of the vaccine are not new. Talk to your doctor if you’re concerned.

It’s fair to have some hesitancy to the vaccine.
This virus is unique. When we look at this, keep in mind that the vaccine primes your immunity. We need to take personal accountability for our health and make informed decisions.

Follow Dr. Jones on Instagram - @DRDOUGLASJONES
What, in your opinion, is the best way to prevent COVID-19?

Record your questions in the question box
We’ll get to as many as we can!
Next Webinar

Join us for our upcoming webinar

Caring for Students with Chronic Health Concerns: SN CHAT

Thursday, February 24, 2022
3:00 PM ET

Breathe Better Together

Allergyasthmanetwork.org

Please stay on the line for 2 – 3 minutes to complete an evaluation survey – Thank you!