**Allergy & Asthma Network**

**EVENTS**

**Webinar:** Atopic Dermatitis - Vital Issues in Skin of Color  
Tuesday, May 18th  
3:00 PM ET

**Webinar:** Asthma at School: Coordination of Care  
Thursday, June 3rd  
4:00 PM ET

**Resource:** Patient Learning Pathways  
Short video education for patients & families

Register for webinars at allergyasthmanetwork.org — News — Webinars

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**Topics in COVID-19 Care:**
Seasonal Allergies, Eczema, Vaccines & More  
May 12, 2021
Our SPEAKERS

Dr. Mark Corbett

Private practice, Family Allergy, Louisville, KY
Clinical Professor of Pediatrics, University of Louisville - Louisville, KY
President-Elect, American College of Allergy Asthma and Immunology

Tonya Winders

President & CEO, Allergy & Asthma Network
President, Global Allergy & Airways Patient Platform

Program OUTLINE

- Current State of COVID-19
- Topics in Care
  - Vaccines
  - Seasonal Allergies
  - Eczema
  - More!
- Social Guidance
Poll Question

• 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!)

Tonya Winders

Current State of COVID-19
Vaccines for Ages 12-15

The FDA approved Pfizer and BioNTech’s request to allow their Covid-19 vaccine to be given to kids ages 12 to 15 on an emergency use basis.

The agency granting use of the shot in younger age groups will accelerate the nation’s efforts to drive down infections, experts say.

It will also allow middle school-aged students to get vaccinated before school starts this fall.

In the News

- How long are vaccines effective for?
  - Needs to be studied
  - Pfizer says at least 6 months
  - Moderna says 6 months from 2nd shot
- Some states are removing COVID-19 restrictions
  - Example: Pennsylvania: Will lift all restrictions except masks on Memorial Day
Updated Mask GUIDANCE

• Outdoor activities are safe without masks — regardless of whether a person is vaccinated — as long as people are either alone or with immediate family members
• Fully vaccinated people can gather safely outdoors without masks in small groups
• People who are fully vaccinated should also feel comfortable without face coverings outside with other small groups when it's unclear whether others have had their shots
Poll Question

• Have you had a COVID-19 vaccine?

Dr. Mark Corbett
Topics in COVID-19 Care
Coronavirus Vaccine Tracker

By Carl Zimmer, Jonathan Corum and Su-Lee Wee  Updated May 10, 2021

NY Times Vaccine Tracker

CDC Vaccine Information

Total Vaccine Doses
CDC Vaccine Information: 34,081,065
Administered: 263,132,561

Learn more about the distribution of vaccines.

People Vaccinated
At Least One Dose  Fully Vaccinated

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<tr>
<th></th>
<th>Total</th>
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<tr>
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<td>153,448,316</td>
<td>116,576,359</td>
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<tr>
<td>% of Total</td>
<td>46.2%</td>
<td>35.1%</td>
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Population ≥ 18
Years of Age

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<td>150,947,024</td>
<td>115,366,340</td>
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<tr>
<td>% of Population ≥ 18</td>
<td>58.5%</td>
<td>44.7%</td>
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Population ≥ 65
Years of Age

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</thead>
<tbody>
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<td></td>
<td>45,861,467</td>
<td>39,186,618</td>
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<tr>
<td>% of Population ≥ 65</td>
<td>83.8%</td>
<td>71.6%</td>
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</table>

About these data

CDC | Data as of: May 11, 2021 6:00am ET. Posted: Tuesday, May 11, 2021 4:37 PM ET
COVID-19 VACCINE

Key Things to Know

- COVID-19 vaccines are **safe and effective**.
- You may have **side effects** after vaccination, but these are normal.
- It typically takes two weeks after you are fully vaccinated for the body to build protection (immunity) against the virus that causes COVID-19.
- Vaccines will become widely available, in the coming months. Find a COVID-19 vaccine.
- People **who have been fully vaccinated** can start to do some things that they had stopped doing because of the pandemic.

What We are Still Learning

- We are still learning how well vaccines prevent you from spreading the virus that causes COVID-19 to others, even if you do not have symptoms.
- We’re also still learning how long COVID-19 vaccines protect people.
- We are still learning how many people have to be vaccinated against COVID-19 before most people can be considered protected (population immunity).
- We are still learning how effective the vaccines are against new variants of the virus that causes COVID-19.

Vaccine ISSUES

April 13
• Johnson & Johnson vaccine “paused” due to concern about blood clots

April 20
• FDA requests that Baltimore plant shuts down manufacturing of J & J vaccine after inspection of plant

April 25
• CDC and the U.S. Food and Drug Administration (FDA) recommend use of Johnson & Johnson’s Janssen (J&J/Janssen) COVID-19 Vaccine resume in the United States, after a temporary pause

Vaccine - CHILDREN AND TEENS

• FDA – Emergency use authorization for Pfizer/BioNTech’s coronavirus vaccine for children & teens ages 12 – 15 years
• Dr. Fauci tells teens: “Be part of the solution.”
• Pfizer expects to submit for FDA emergency use authorization for COVID-19 vaccine in children ages 2 to 11 in September
COVID-19 VACCINE ALLERGIES

- Through January 18th – 50 reported cases of anaphylaxis
  - Almost 10 million doses administered (Pfizer)
  - Occurred within 30 mins. of vaccination
- ANAPHYLAXIS IS RARE
- Most cases occur in patients with a documented history of atopy
- CDC Recommendations:
  - 30 min. observation period for people with history of anaphylaxis
  - For patients on SCIT – 24 hour waiting period between vaccine & treatment

COVID-19 VACCINE ALLERGIES

- A clinical trial is underway to determine whether people who are highly allergic or have a mast cell disorder are at increased risk for an immediate, systemic allergic reaction to the Moderna or Pfizer-BioNTech COVID-19 vaccines

“The public understandably has been concerned about reports of rare, severe allergic reactions to the Moderna and Pfizer-BioNTech COVID-19 vaccines,” said Anthony S. Fauci, M.D., director of the National Institute of Allergy and Infectious Diseases (NIAID), part of the National Institutes of Health. “The information gathered during this trial will help doctors advise people who are highly allergic or have a mast cell disorder about the risks and benefits of receiving these two vaccines. However, for most people, the benefits of COVID-19 vaccination far outweigh the risks.”

A systemic allergic reaction to a vaccine occurs in one or more parts of the body beyond the injection site.
COVID-19
VACCINE ALLERGIES

Vaccines Ingredients:

• The vaccines do not contain mercury or other preservatives
• The vaccines do not contain egg or other food allergens
• The vaccine vials do not contain latex

COVID-19
VACCINE ROLL OUT

How Do I Find a COVID-19 Vaccine?

Each state has its own plan for deciding which groups of people will be vaccinated first. You can contact your state health department for more information on its COVID-19 vaccination plan.

How can I find a vaccine? If you are eligible to get vaccinated you can do the following:

- Use VaccineFinder
- Check your local health department

COVID-19
VACCINE

Have You Been Fully Vaccinated?
People are considered fully vaccinated:

- 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine

If you don’t meet these requirements, you are NOT fully vaccinated. Keep taking all precautions until you are fully vaccinated.

COVID-19 and
HERD IMMUNITY

Start of pandemic: 60 – 70%

March 2021: 70 – 75%

Current: When children are vaccinated

April 2021: 75 – 80% +

Dr. Fauci acknowledged that he has slowly but deliberately been moving the goal posts. He is doing so, he said, partly based on new science, and partly on his gut feeling that the country is finally ready to hear what he really thinks.
Pregnancy & COVID-19 Vaccine

• The actual risk of severe illness and death among pregnant individuals is very low, it is higher when compared to nonpregnant individuals from the same age group
• NEW STUDY: Over 35,000 pregnant women received vaccine – evidence = it is safe
• Rates of miscarriage, premature births and other complications were comparable to those observed in published reports on pregnant women before the pandemic

Several options to discuss with your healthcare provider:

• Get vaccinated as soon as the vaccine is available to you
• Wait until after you give birth to get the vaccine
• Consider ways to modify your exposures to COVID-19 and possibly defer getting the vaccine
• Wait for a traditional vaccine similar to the flu shot or Tdap vaccines
Pre-existing Conditions Most Impacted by COVID-19

<table>
<thead>
<tr>
<th>Cardiovascular Disease</th>
<th>Sickle Cell Disease</th>
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<tbody>
<tr>
<td>Hypertension</td>
<td>Dementia</td>
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<tr>
<td>Diabetes</td>
<td>Down’s Syndrome</td>
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<tr>
<td>Congestive Heart Failure</td>
<td>Immunocompromised state</td>
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<tr>
<td>Chronic Kidney Disease</td>
<td>Liver Disease</td>
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<tr>
<td>Cancer</td>
<td>Smoking</td>
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<tr>
<td>Obesity</td>
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</table>
Seasonal ALLERGIES

Symptoms more common of COVID-19
- Fever & chills
- Muscle & body aches
- New loss of taste or smell
- Nausea / vomiting
- Diarrhea

Symptoms common of both
- Cough
- Shortness of breath
- Fatigue
- Headache
- Sore throat
- Congestion or runny nose

Symptoms more common of seasonal allergies
- Itchy or watery eyes
- Sneezing

Seasonal ALLERGIES

• Cloth and medical masks do a good job of protecting us from viral particles
• Masks also can be effective at filtering common allergens, which typically float around in much larger sizes, making them easier to block
• More study is needed

Using masks to alleviate allergy symptoms can require a bit of “trial and error,” said Dr. Purvi Parikh, an allergist and immunologist at N.Y.U. Langone Health. “If there’s less pollen going into your nose and mouth, you’re less likely to have an allergy attack,” she said.

Q: Are people with allergies more susceptible to severe illness from COVID-19?

• A: No. Current guidance lists many groups at high risk for complications from COVID-19 but individuals with allergies are not included.

Q: Are allergy medications helpful or harmful during this pandemic? What about nasal sprays?

• A: Allergy medications are helpful to treat allergy symptoms and should continue to be taken as needed. Allergy medications do not suppress the immune system nor put people at higher risk of COVID-19 complications. Prescription nasal sprays contain steroids to decrease nasal and sinus inflammation, but the dose is not enough to affect the immune response to COVID-19.
• Patients should continue to use their nasal sprays and keep their allergy symptoms under good control. However, whatever you do, don’t hoard or overuse any medications, only take them as prescribed.

Seasonal ALLERGIES

COVID & ASTHMA

Protect Yourself

• Get a COVID-19 Vaccination
• Wear a mask covering your nose and mouth
• Maintain social distancing from people you do not live with, 6 feet apart
• Wash your hands with soap and water and use hand sanitizer (at least 60% alcohol)
• Avoid crowds and poorly ventilated spaces
• Avoid non-essential travel

COVID & ASTHMA

Take charge of managing your asthma by:

- Follow your asthma action plan. Know where to go if you are having problems with your asthma. Call 911 for medical emergencies.
- Avoid your asthma triggers
- Continue your current asthma medications
- Do not make any changes to your asthma treatment plan without speaking with your provider first
- Make sure you have an adequate supply of asthma medications on hand

Be careful around cleaning products or disinfectants that may trigger your asthma.
- You may want to ask someone that does not have asthma to clean for you.
- Stay out of rooms when cleaners and disinfectants are being used and right after use, have good ventilation.
- Use disinfectants only when necessary, some objects might be cleaned effectively with soap and water.


COVID & COPD

About 80% of people recover fully from COVID-19 without medical treatment, however COPD patients are at higher risk for serious illnesses and infections if diagnosed with COVID-19

- ARDS (Adult Respiratory Distress Syndrome)
- Heart damage & shock

COPD patients should work to get the vaccine to reduce risk of severe illness
Eczema
ATOPIC DERMATITIS

The skin of people with atopic dermatitis lacks infection-fighting proteins, making them susceptible to skin infections caused by bacteria and viruses.

Fungal infections also are common in people with atopic dermatitis.

Dry hands? Continue to wash them!

- Washing helps prevent illness by removing harmful bacteria and viruses.
- Dry your hands with a clean towel but leave some water on them. You can also let your hands air dry. While your hands are slightly damp, apply your hand cream or ointment.
- Apply hand cream or ointment to your skin, making sure you work some of the moisturizer into your fingertips and nails. Dermatologists recommend using a hand cream or ointment that: Contains mineral oil or petrolatum, comes in a tube rather than a pump-bottle, says it’s “fragrance-free” and “dye-free.”
Cystic FIBROSIS

Patients with CF might be at an increased risk for severe illness if they catch COVID 19

Some CF patients are also immunocompromised due to organ transplants

Patients with CF have thick sticky mucus in their lungs that blocks airways and can cause lung damage, this also traps germs and increases the chance of developing infections

It can also prevent proteins needed for digestion from reaching the intestines which decreases the body’s ability to absorb nutrients from food
COVID & HEALTH ISSUES

People with moderate-to-severe or uncontrolled asthma are more likely to be hospitalized from COVID-19

If someone in your home has COVID-19 have them stay away from the rest of the household to reduce the risk of spreading the virus

Coping with Stress DURING COVID-19

It is natural to feel stress, anxiety, grief, and worry during the COVID-19 pandemic

How you can help yourself, others, and your community manage stress:

• Take breaks from watching, reading, or listening to news stories, including those on social media
  • It’s good to be informed, but hearing about the pandemic constantly can be upsetting. Consider limiting news to just a couple times a day and disconnecting from phone, tv, and computer screens for a while.

• Pursue health:
  • Eat balanced meals
  • Exercise
  • Get enough sleep

• Continue with routine preventive measures (such as vaccinations, cancer screenings, etc.) as recommended by your healthcare provider.
  • Get vaccinated with a COVID-19 vaccine when available.
Prevention Strategies – A FEW REMINDERS

- Fully vaccinated people can attend small outdoor gatherings without wearing a mask
  - With mixture of vaccinated and unvaccinated people
  - May dine at outdoor restaurants with friends from multiple households

- Fully vaccinated people can also attend a crowded, outdoor event, like a live performance, parade, or sports event as long as they remain masked
- May walk, run, hike or bike outdoors alone or with members of their household
Masks
Masks protect both you and the people around you
Still need mask even if fully vaccinated
Masks are required on public transportation

If you’re fully vaccinated:

<table>
<thead>
<tr>
<th>You Can</th>
<th>You Shouldn’t</th>
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<tbody>
<tr>
<td>Visit inside a home or private setting without a mask with</td>
<td>Visit indoors, without a mask, with people at increased risk for severe illness from COVID-19</td>
</tr>
<tr>
<td>other fully vaccinated people of any age</td>
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What Can You Do if You’re FULLY VACCINATED

Social Guidance
- You can gather indoors with fully vaccinated people without wearing a mask or staying 6 feet apart
- You can gather indoors with unvaccinated people of any age from one other household
- If you’ve been around someone who has COVID-19, you do not need to stay away from others or get tested unless you have symptoms

Travel
- If you travel in the United States, you do not need to get tested before or after travel or self-quarantine after travel
- You need to pay close attention to the situation at your international destination before traveling outside the United States
What We Know and WHAT WE’RE STILL LEARNING

<table>
<thead>
<tr>
<th>What We Know</th>
<th>What We’re Still Learning</th>
</tr>
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<tbody>
<tr>
<td>• <strong>We know</strong> that COVID-19 vaccines are effective at preventing COVID-19 disease, especially severe illness and death.</td>
<td>• <strong>We’re still learning</strong> how effective the vaccines are against variants of the virus that causes COVID-19.</td>
</tr>
<tr>
<td>• <strong>We know</strong> that other prevention steps help stop the spread of COVID-19, and that these steps are still important, even as vaccines are being distributed.</td>
<td>• <strong>We’re still learning</strong> how well COVID-19 vaccines keep people from spreading the disease.</td>
</tr>
<tr>
<td></td>
<td>• <strong>We’re still learning</strong> how long COVID-19 vaccines can protect people.</td>
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Stay Connected DURING COVID-19

**Taking care of yourself can better equip you to take care of others**

- During times of social distancing, it is especially important to stay connected with your friends and family.
- Helping others cope with stress through phone calls or video chats can help you and your loved ones feel less lonely or isolated.

**Continue to follow social guidance until herd immunity can be reached**
Poll Question

• What are the ways that you are staying connected with family members that do not live in your household during COVID-19?

• (You can choose more than one answer)

TIME FOR QUESTIONS

Record your questions in the question box
We’ll get to as many as we can!
JOIN US FOR OUR UPCOMING WEBINAR

Atopic Dermatitis: Vital Issues in Skin of Color
- Dr. Kelly Maples
May 18, 2021 - 3:00 PM ET

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Visit Allergy & Asthma Network at www.allergyasthmanetwork.org

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