Allergy & Asthma Network
HELPFUL RESOURCES

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Webinar
Risk Factors for the Development of Food Allergies
June 24, 2021
4:00 PM ET

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COVID-19:
Ongoing Stress & Virus Variants
June 16, 2021
Our SPEAKERS

Dr. Vickram Tejwani
- Pulmonary and Critical Care Fellow
- Johns Hopkins Pulmonary Critical Care Medicine

Dr. Purvi Parikh
- 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

Program OUTLINE

- Current State of COVID-19
- Ongoing Stress
- Virus Variants
- Network Resources
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!)

Current State of COVID-19

Sally Schoessler
In the News

- National Vaccination Rate:
  - 52% of Americans have received at least one dose and about 42% are fully vaccinated
- In 15 states, half of adults or fewer have been vaccinated
  - Experts are concerned that states across the South, where vaccination rates are lagging, could face a surge in coronavirus cases over the summer
- Emergence of variants in recent months has accelerated research on boosters for COVID-19 vaccination
- NYC single-day COVID-19 positivity rate drips to record low
  - 0.35% - NY & MA lowest rates in country
Poll Question

- Question?
- Do you still find yourself feeling stressed by the COVID-19 pandemic?

Ongoing Stress with COVID-19

Dr. Purvi Parikh
Coronavirus Vaccine Tracker

By Carl Zimmer, Jonathan Corum and Sai-Lee Wee. Updated June 14, 2021

NY Times Vaccine Tracker

Novavax – showing 90.4% overall efficacy in clinical trials

CDC Vaccine Information

Total Vaccine Doses
Delivered 374,865,165
Administered 311,886,674

Learn more about the distribution of

People Vaccinated
At Least One Dose 174,674,144 145,768,367
Fully Vaccinated 31,905,213 22,416,167

145.8M
People fully vaccinated

CDC | Data as of June 15, 2021 6:01am ET. Updated: Tuesday, June 15, 2021 1:46 PM ET

About these data
Higher than expected cases of heart ailment
FOLLOWING SECOND DOSE OF VACCINE

• Heart inflammation - Pericarditis
• Caused by vaccine or behavior change?
  • Young people are going out more
  • Exchanging other viruses
• Former FDA Commissioner Dr. Scott Gottlieb doesn’t think the cases of heart inflammation change the risk-benefit balance for the COVID-19 vaccine

COVID-19 CONCERNS

Many questions remain:
• How long will the vaccine last?
• Can I still get COVID-19?
• When can I let my guard down?
• WILL THIS EVER BE OVER?!?

Stress continues to be a very real thing.
COVID-19 CONCERNS

Stress from virus/vaccination:

- Can I still catch COVID-19?
- Should I get the vaccine?
- I got the vaccine – am I REALLY safe?

Stress from social guidance:

- National guidance doesn’t always match state guidance
- Should I be wearing a mask or not?!?

How Stress Affects the Body

Physiological Reaction to Stress

[Diagram showing brain, cardiovascular, joints and muscles, immune system, gut, and reproductive system]
The Stress Response

Post COVID-19 STRESS DISORDER

Issues:

- Death toll
- Emotional issues
- Physical concerns
- Economic problems

Mental Health
ISSUES

Anxiety  Depression  Posttraumatic Stress Disorder
Trauma-related Disorders  Stress-related Disorders


“"We suffer for the things that happen to us as well as for what we see happening to others.""
Additional STRESSORS

- Social isolation
- Unemployment
- Economic losses
- Working from home
- Caring for children
- Caring for elderly


CDC - Healthy Ways to COPE WITH COVID STRESS

- Take breaks from watching, reading or listening to news
- Take care of your body
  - Take deep breaths, stretch or meditate
  - Try to eat healthy, well-balanced meals
  - Exercise regularly
  - Get plenty of sleep
  - Avoid excessive alcohol, tobacco and substance use
- Make time to unwind
- Connect with others
- Connect with your community- or faith-based organizations

Taking care of your body:
- Continue with healthcare as needed
- Get vaccinated when available
CDC – Helping Others
COPE

Take care of yourself so you can help take care of others

Stay connected with friends & family within social distancing guidance

Help others cope with stress / feel less isolated
• Phone calls
• Video chats

CDC – Mental Health
CRISIS

• If you’re struggling to cope – GET HELP
• Call your provider if stress gets in the way of your daily activities for several days in a row

• If you or someone you know feels suicidal – GET HELP
  • National Suicide Prevention Lifeline
  • 800-273-TALK (8255)
Virus Variants

Dr. Vickram Tejwani

Viruses constantly change through mutation

New variants of a virus are expected over time

Multiple variants of COVID-19 have been documented

Geographic separation tends to result in genetically distinct variants
Variants to Date

- **B.1.1.7**: Seen in December 2020, first seen in UK
- **B.1.351**: Seen in January 2021 from South Africa
- **P.1**: Seen in January 2021 from Brazil
- **B.1.427 and B.1429**: Seen in February 2021 from California
- **B.1.617.2**: Seen in February 2021 from India

World Health Organization

- Variants include one found in New York – B.1.526
  - Vaccines are less effective against some variants
  - Variants were surging in February
  - Patients were older and more frequently hospitalized
  - Will be challenging
- Variant found in Finland – Fin-796H
  - Similar to UK & South Africa variants
  - Should not cause major issues – PCR testing identifies

https://www.bmj.com/content/372/bmj.n597.abstract
World Health Organization
WHO

- Israel
  - 2 doses of the Pfizer-BioNTech vaccine reduced symptomatic cases by 94%
    - Hospital admissions by 87%
    - Severe covid-19 by 92%.
  - Vaccine appears to be effective against the B.1.1.7 variant
  - The lack of data on B.1.351 cases means there is no information on vaccine effectiveness against this variant

https://www.bmj.com/content/372/bmj.n597.abstract

World Health Organization
WHO

- Germany
  - Many are rejecting the Oxford-AstraZeneca vaccine after newspaper insisted the vaccine was not effective in older people
  - Based on a sliver of information – approved by European Medicines Agency
- Scotland
  - Vaccine reduced the risk of admission to hospital by up to 94%, four weeks after the first dose was administered

https://www.bmj.com/content/372/bmj.n597.abstract
Delta Variant - India

- Identified in February
- 10% of current cases attributed to this variant
- Has now gone global – classified as a “variant of concern”
  - Speed of its growth is worrying, likely more transmissible
  - Could cause an increased risk of hospitalization
- Evidence that the vaccine does work against it
- Biggest risk: Risk there could be new outbreaks in some cities where vaccination rates are low

Vaccine Protection WITH VARIABLES

**What We Know**
- COVID-19 vaccines authorized for use in the United States offer protection against most variants
- Some variants might cause illness in some people after they are fully vaccinated

**What We Don’t Know**
- Evidence is limited on how the new COVID-19 variants will affect how COVID-19 vaccines work in real-world conditions
- CDC has systems in place to monitor how common these variants are and to look for the emergence of new variants
- CDC will continue to monitor variants to see if they have any impact on how COVID-19 vaccines work in real-world conditions
Vaccines Being UPDATED

Pfizer and Oxford-AstraZeneca are reported to be in discussions regarding updating their vaccines to target new variants.

Moderna has said it is waiting on approval from regulators to start trials on a modified version of its vaccine that will target the B.1.351 variant.

What Should We Do?

People who have received the vaccines should watch for changes in guidance from the CDC.

Continue with coronavirus safety precautions to reduce the risk of infection, such as mask wearing, physical distancing and hand hygiene.
“We deal with mutations every year for flu virus, and will keep an eye on this coronavirus and track it. If there would ever be a major mutation, the vaccine development process can accommodate changes, if necessary.”

Robert Bollinger, M.D., M.P.H.

There will be more variants

We need to continue to research variants and monitor shifts in disease causation

We need to continue doing what we’re doing

We don’t need to overreact

Watch and adjust vaccines as needed

Priorities to address new SARS-CoV-2 variants

- Continue to suppress and push to eliminate SARS-CoV-2 while rolling out COVID-19 vaccines
- Improve surveillance of SARS-CoV-2 variants through global sequencing and sharing of variant-specific PCR primers
- Create a central repository of samples of sera and cells from individuals with past infection or past immunisation with available COVID-19 vaccines for seroneutralisation and cellular immunity functional testing against newly discovered variants
- Produce COVID-19 vaccines reactively and adapt them to newly emerging lineages
- Ensure global access, availability, and affordability of COVID-19 vaccines to ensure no countries are left behind


Poll Question

- Question?
- Do you feel that the scientific community is prepared to handle the virus variants?
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

Risk Factors for the Development of Asthma & Food Allergies
- Dr. Angela Hogan
June 24, 2021 - 4:00 PM ET
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