

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

1



Topics in COVID-19 Care: Seasonal Allergies, Eczema, Vaccines & More

May 12, 2021

2

Our SPEAKERS



Dr. Mark
Corbett



Tonya
Winders

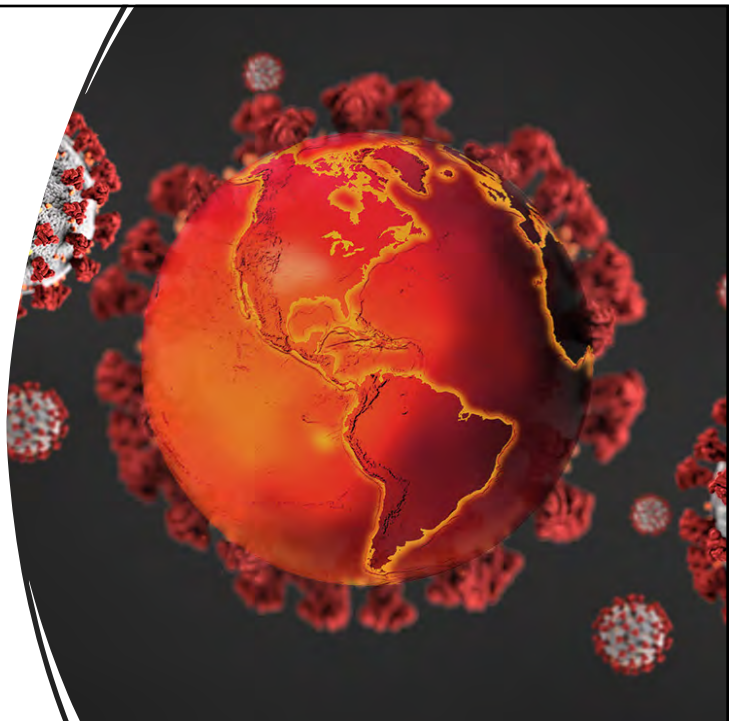
- Private practice, Family Allergy, Louisville, KY
- Clinical Professor of Pediatrics
University of Louisville - Louisville, KY
- President-Elect, American College of Allergy
Asthma and Immunology

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

3

Program OUTLINE

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



4

Poll Question

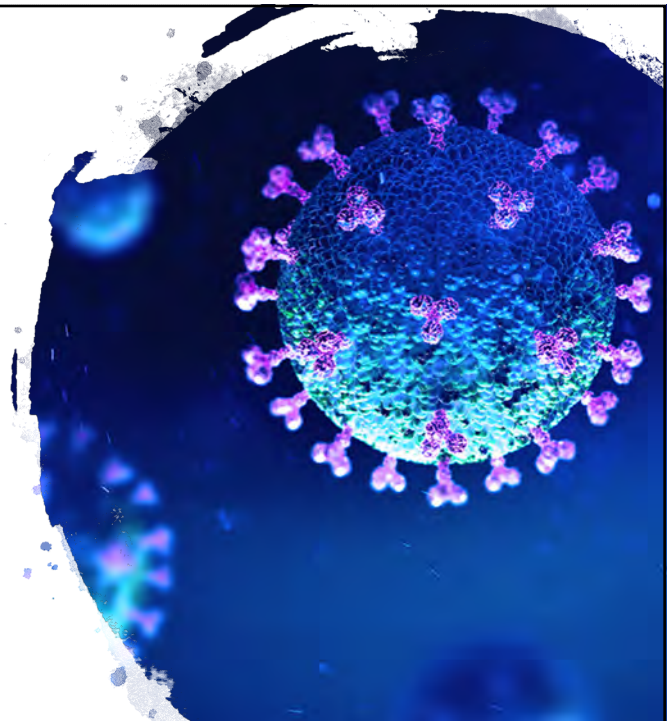


- We'd like to know who is with us today!
- What category best describes you? (we have a limited number of answers or would offer more!)

5

Tonya Winders

Current State of COVID-19



6

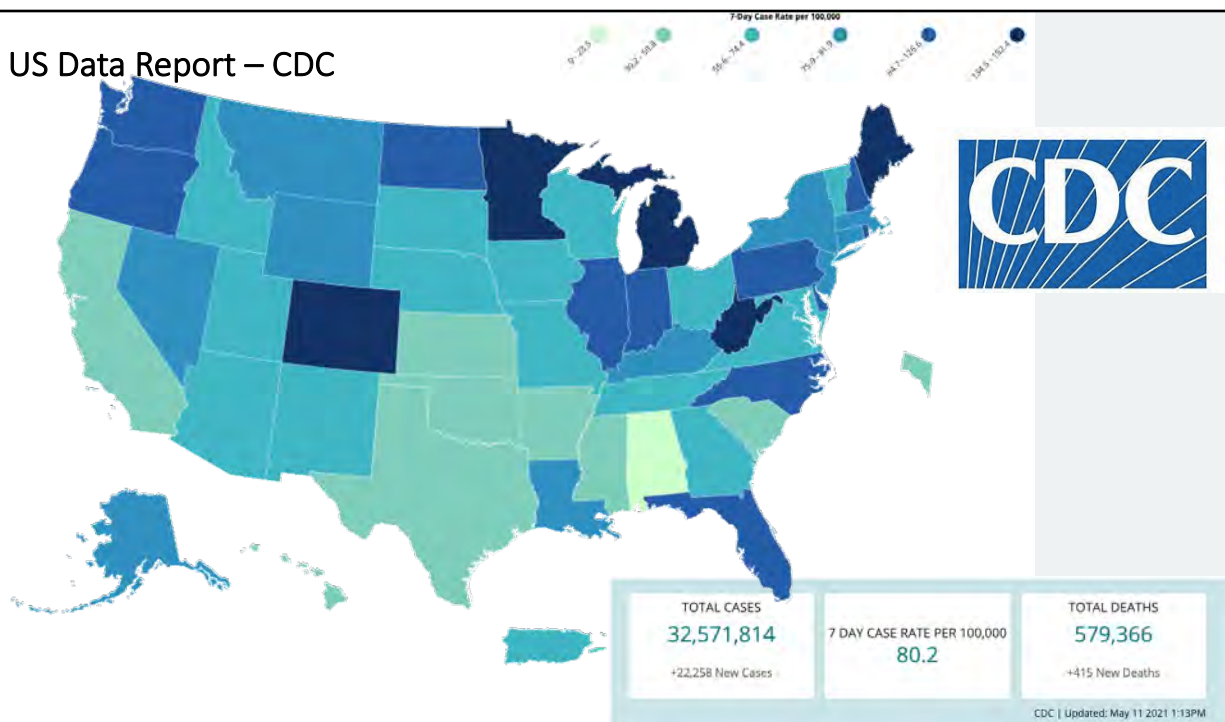
Johns Hopkins Global Map

May 12, 2021 – 9:20 AM



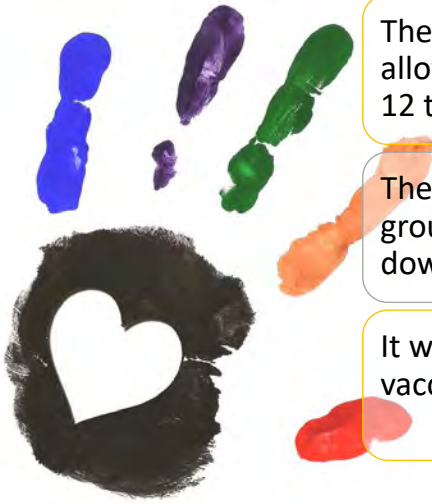
7

US Data Report – CDC



8

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

9

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



10

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

11

Updated Mask GUIDANCE



Choosing Safer Activities

	Unvaccinated People	Your Activity	Fully Vaccinated People
		Outdoor	
Safest		Walk, run, or bike outdoors with members of your household	
		Attend a small, outdoor gathering with fully vaccinated family and friends	
		Attend a small, outdoor gathering with fully vaccinated and unvaccinated people	
Less Safe		Dine at an outdoor restaurant with friends from multiple households	
Least Safe		Attend a crowded, outdoor event, like a live performance, parade, or sports event	

The CDC released updated guidance on outdoor mask usage. CDC

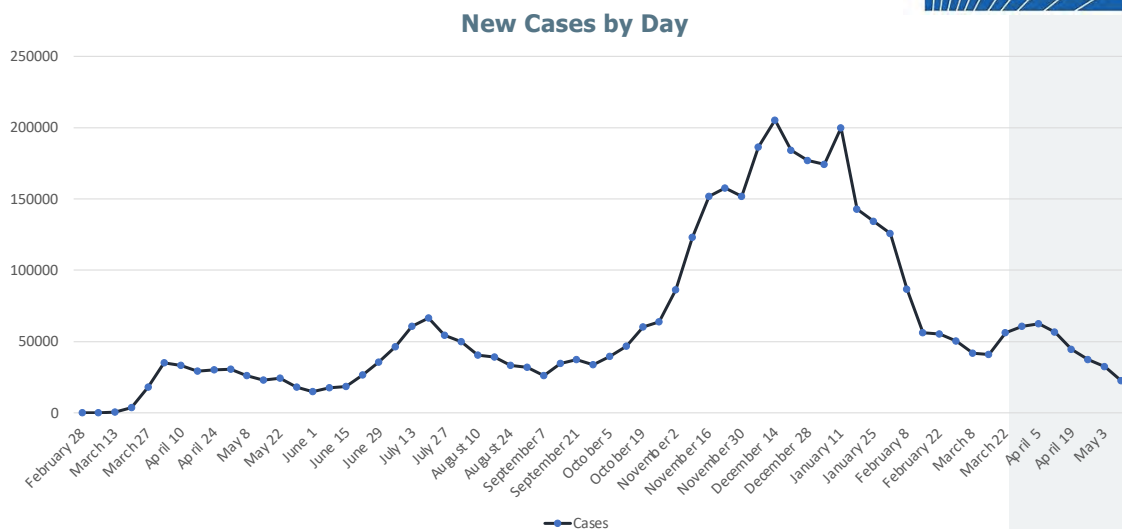
12

Updated Mask GUIDANCE



13

COVID-19 Cases in US by Date Reported



14

Poll Question



- **Have you had a COVID-19 vaccine?**

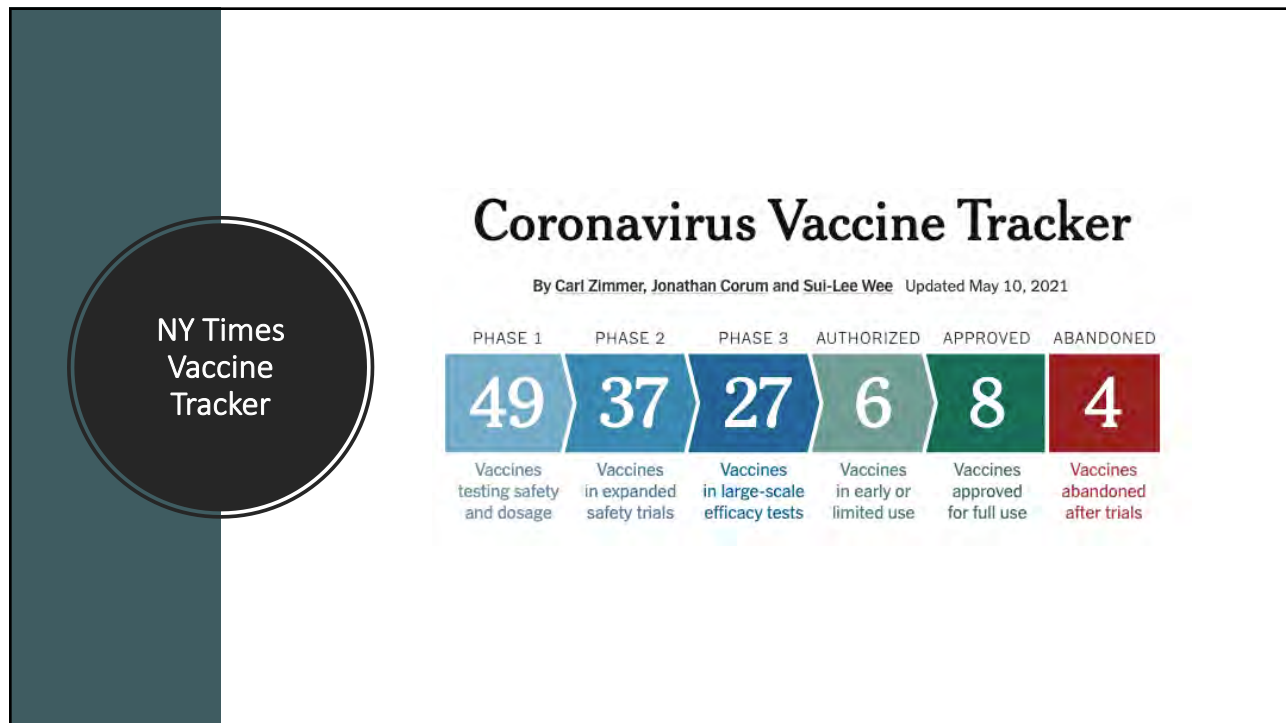
15

Dr. Mark Corbett

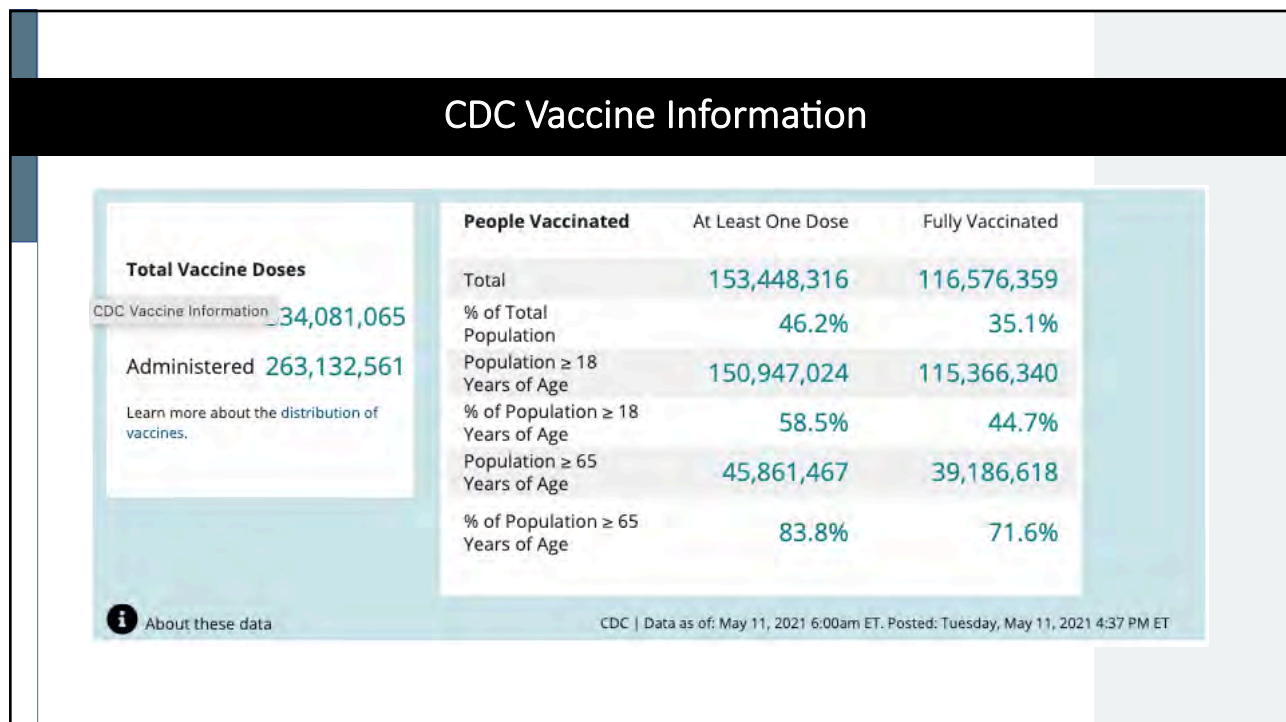
Topics in COVID-19 Care



16



17



18

COVID-19 VACCINE



Key Things to Know

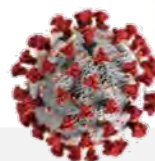
- COVID-19 vaccines are [safe and effective](#).
- You may have [side effects](#) after vaccination, but these are normal.
- It typically takes two weeks after you are fully vaccinated for the body to build protection (immunity) against the virus that causes COVID-19.
- Vaccines will become widely available, 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.



https://www.cdc.gov/coronavirus/2019-ncov/vaccines/keythingstoknow.html?s_cid=10490:covid%20vaccinations:sem.ga:p:RG:GM:gen:PTN:FY21

19

COVID-19 VACCINE



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.

https://www.cdc.gov/coronavirus/2019-ncov/vaccines/keythingstoknow.html?s_cid=10490:covid%20vaccinations:sem.ga:p:RG:GM:gen:PTN:FY21

20

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

21

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

22



COVID-19 VACCINE ALLERGIES

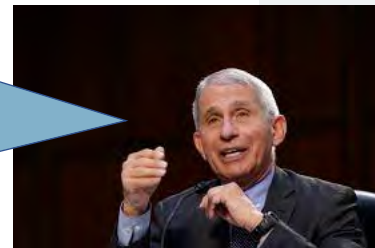
- Through January 18th – 50 reported cases of anaphylaxis
 - Almost 10 million doses administered (Pfizer)
 - Occurred within 30 mins. of vaccination
- **ANAPHYLAXIS IS RARE**
- Most cases occur in patients with a documented history of atopy
- CDC Recommendations:
 - 30 min. observation period for people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

23

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

24




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

25

COVID-19 VACCINE ROLL OUT




How Do I Find a COVID-19 Vaccine?

Updated Mar. 29, 2021 Languages ▾ Print

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 

- OR -

Check your local health department

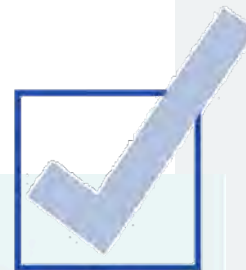
Select State / Territory ▾

[Know your Eligibility](#)

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/How-Do-I-Get-a-COVID-19-Vaccine.html>

26

COVID-19 VACCINE



Have You Been Fully Vaccinated?

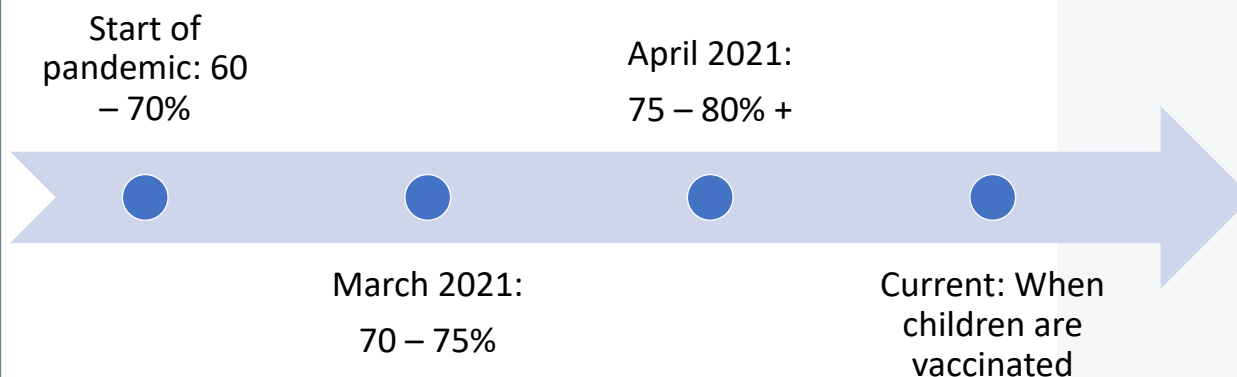
People are considered fully vaccinated:

- 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.

27

COVID-19 and HERD IMMUNITY



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.

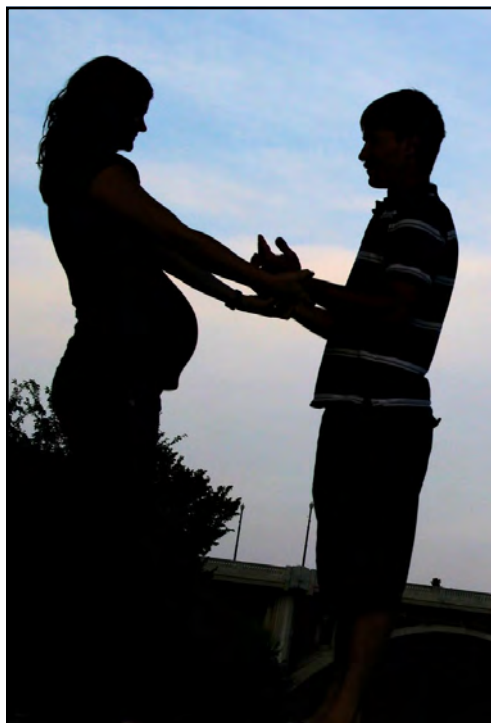
28



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

29

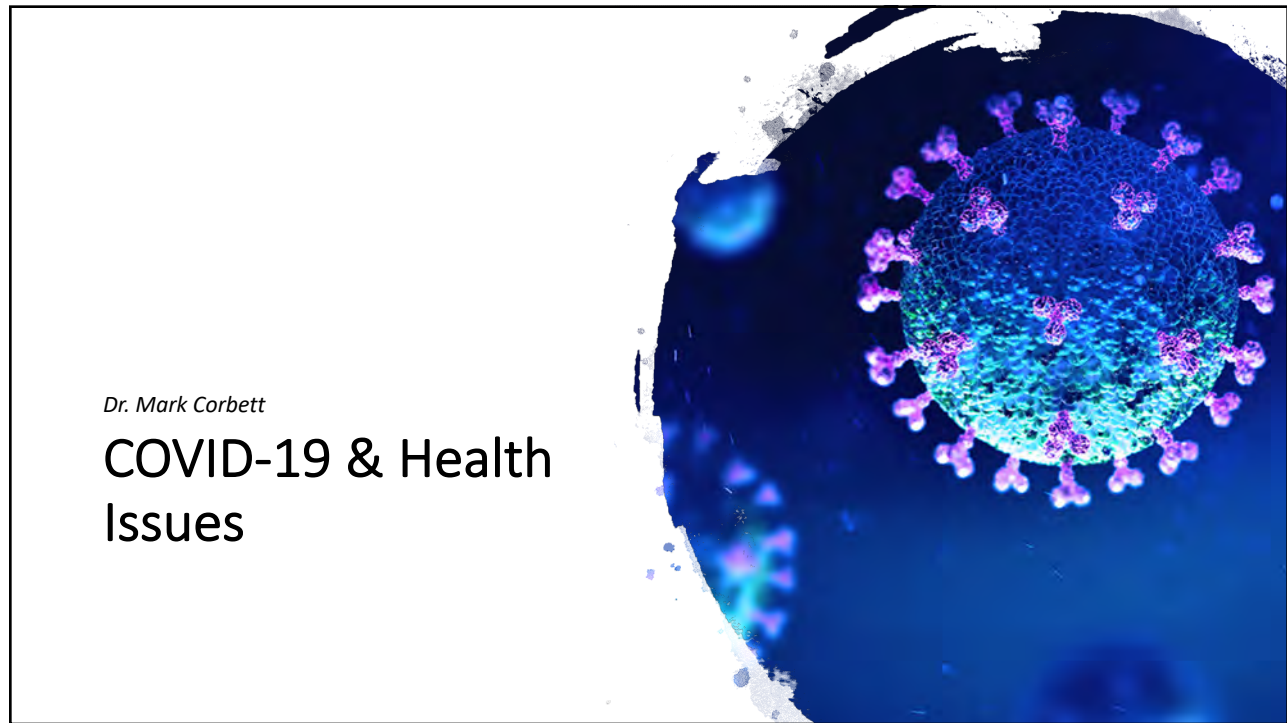


Pregnancy & COVID-19 Vaccine

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

30



31

Pre-existing Conditions Most Impacted by COVID-19

Cardiovascular Disease

Sickle Cell Disease

Hypertension

Dementia

Diabetes

Down's Syndrome

Congestive Heart Failure

Immunocompromised state

Chronic Kidney Disease

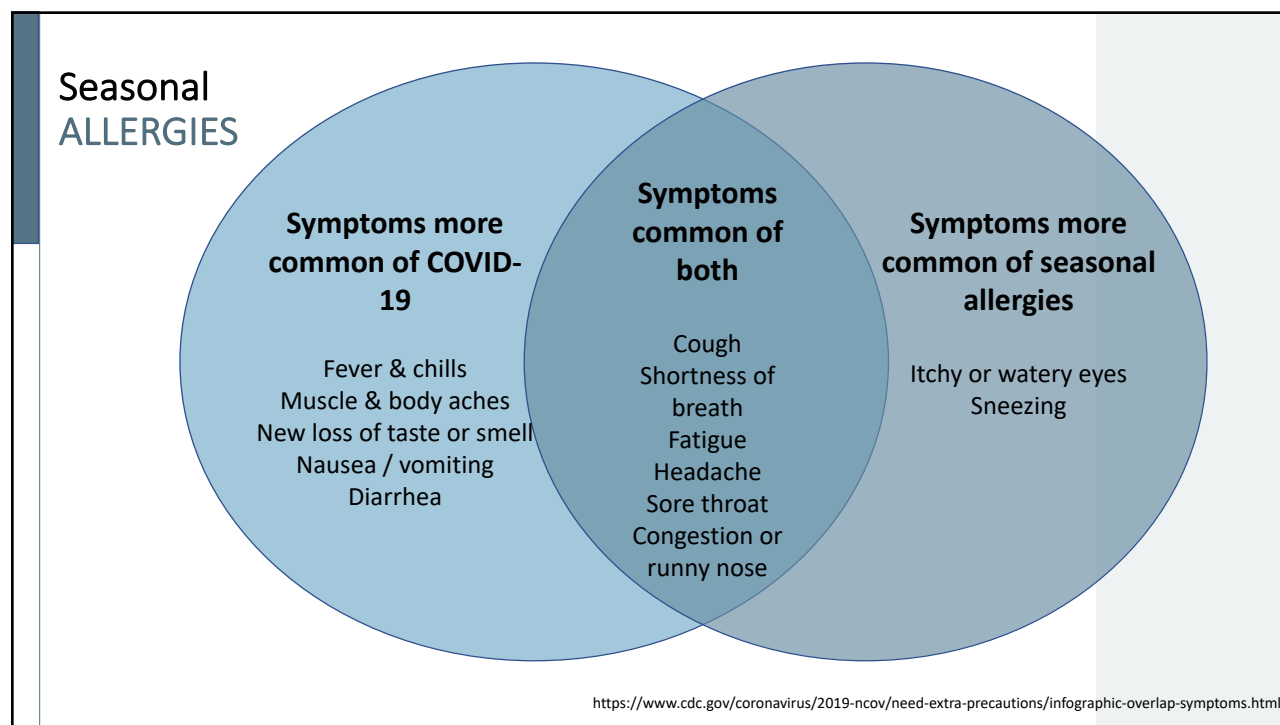
Liver Disease

Cancer

Smoking

Obesity

32



33

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.

34

Seasonal ALLERGIES



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.

35

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



<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/asthma.html>

36

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.

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/asthma.html>

37




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

38




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

39




Eczema 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."

40


To reduce your risk of dry, cracked skin from handwashing, follow these tips from board-certified dermatologists:




Use lukewarm water.
Wash your hands with soap and lukewarm water for at least 20 seconds.




Moisturize immediately after washing your hands.
Pat your hands dry, then apply moisturizer.




Use moisturizers with mineral oil or petrolatum.
Look for ointments and creams — the ones you squeeze out of a tube — as these are more effective than products you pump out of a bottle.



Choose fragrance- and dye-free moisturizers.
These are less irritating for your skin.



When soap and water aren't available, use hand sanitizer.
The CDC recommends using hand sanitizer with at least 60% alcohol. Since these can be drying, apply moisturizer after your hands dry.



Continue washing your hands, even if they feel dry.
Washing your hands can remove harmful bacteria and viruses.

Coronavirus


Is handwashing drying your skin?
TIPS TO KEEP YOUR SKIN HEALTHY AND HYDRATED

Washing your hands is critical to help stop the spread of COVID-19, especially after using the restroom, visiting a public place, and after blowing your nose, coughing, or sneezing.

However, frequent handwashing can cause dry skin that can flake, itch, crack, and even bleed without proper precautions. This can cause open wounds in the skin that can allow in bacteria and other germs and increase your risk for infection.

Don't believe everything you hear on the internet.
Using moisturizer after washing your hands does NOT negate your handwashing efforts, and there is NO evidence that using hand sanitizer makes you more vulnerable to infections or viruses.

For more information about COVID-19, visit the CDC's website at [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus).
For help with persistently dry skin, see a board-certified dermatologist.
Find one in your area at aad.org/findaderm.

 American Academy of Dermatology Association

41

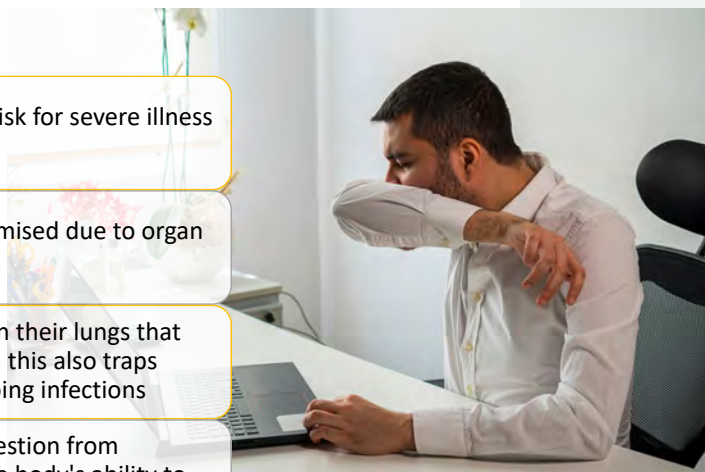
Cystic FIBROSIS

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 mucous 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



42

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



43

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.

44

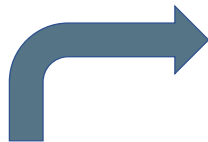
Tonya Winters

Social Guidance



45

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

46

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:

You Can



Visit inside a home or private setting without a mask with other fully vaccinated people of any age

You Shouldn't



Visit indoors, without a mask, with people at increased risk for severe illness from COVID-19



47

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

48

What We Know and WHAT WE'RE STILL LEARNING



What We Know

- **We know** that COVID-19 vaccines are effective at preventing COVID-19 disease, especially severe illness and death.
- **We know** that other prevention steps help stop the spread of COVID-19, and that these steps are still important, even as vaccines are being distributed.

What We're Still Learning

- **We're still learning** how effective the vaccines are against variants of the virus that causes COVID-19.
- **We're still learning** how well COVID-19 vaccines keep people from spreading the disease.
- We're still learning **how long** COVID-19 vaccines can protect people.

49



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

50

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)**

51

TIME FOR QUESTIONS



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

52



JOIN US FOR OUR
UPCOMING
WEBINAR

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

53

FOR MORE INFORMATION

Visit Allergy & Asthma Network at
www.allergyasthmanetwork.org

Want more information on Webinars?
Go to News – then Webinars



54