

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

Volunteer

We have lots of Volunteer Opportunities!

Go to "About Us" and click on "Get Involved"!

Register for webinars at allergyasthmanetwork.org [News](#) [Webinars](#)

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

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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

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Program OUTLINE

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



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Poll Question

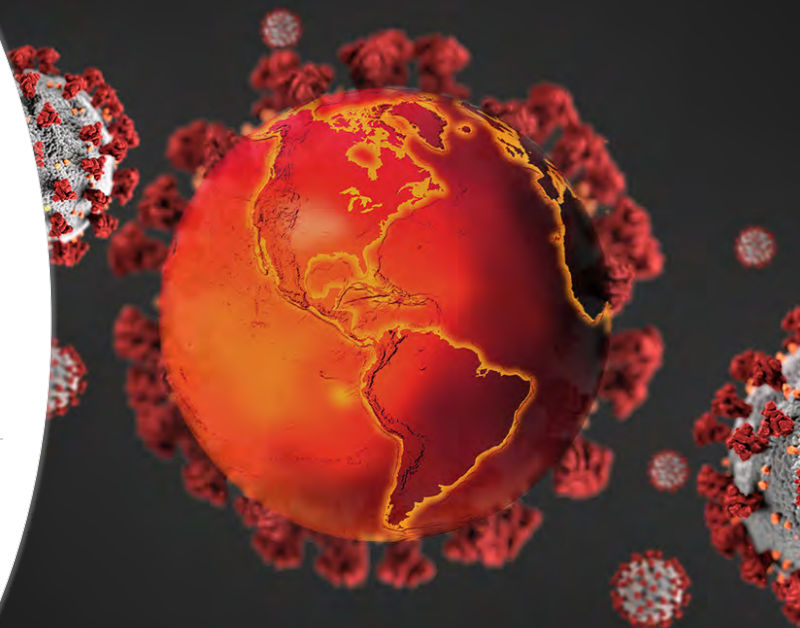


- We'd like to know who is with us today!
- What category best describes you? (we have a limited number of answers or would offer more!)

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Current State of COVID-19

Sally Schoessler



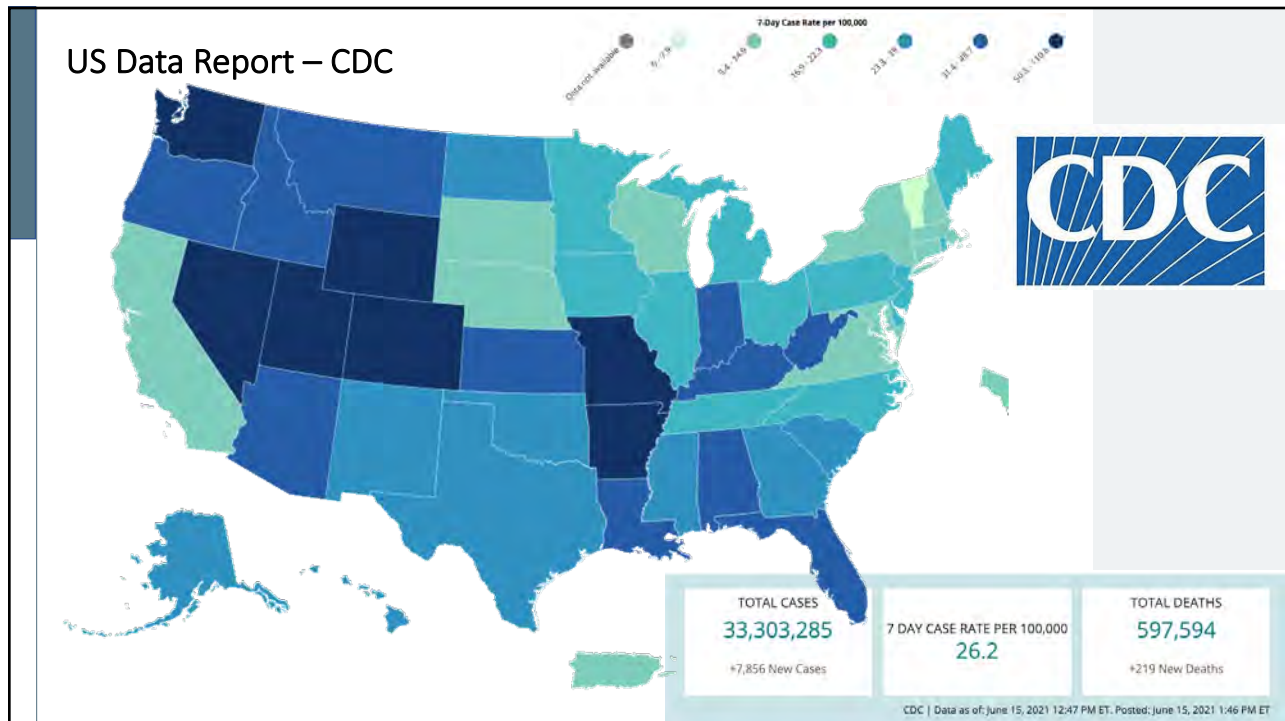
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Johns Hopkins Global Map

June 16, 2021 – 10:22 AM



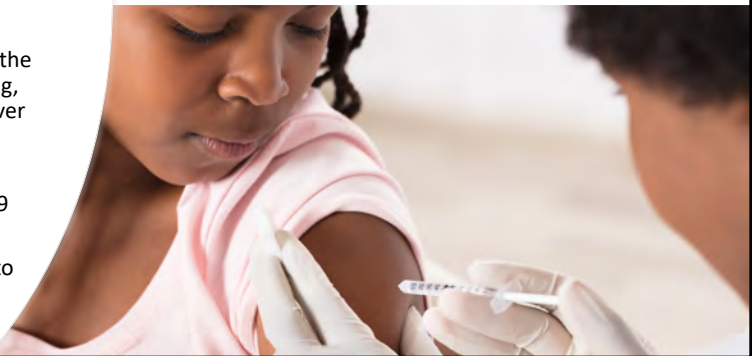
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In the News

- 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

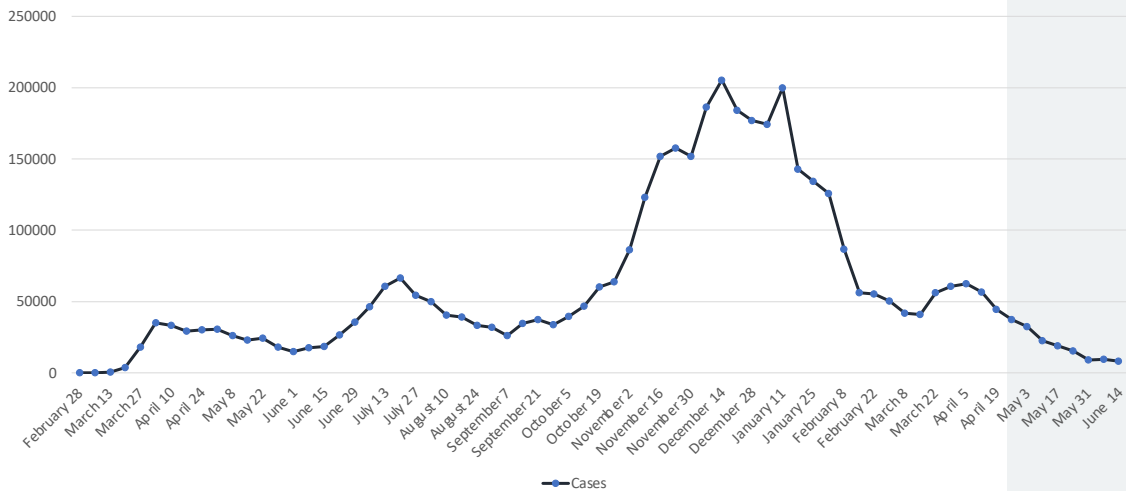


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COVID-19 Cases in US by Date Reported



New Cases by Day



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Poll Question



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

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Ongoing Stress with COVID-19

Dr. Purvi Parikh



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NY Times
Vaccine
Tracker

Coronavirus Vaccine Tracker

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

U.S.A.
World
Health

PHASE 1	PHASE 2	PHASE 3	AUTHORIZED	APPROVED	ABANDONED
50	36	31	8	8	4
Vaccines testing safety and dosage	Vaccines in expanded safety trials	Vaccines in large-scale efficacy tests	Vaccines in early or limited use	Vaccines approved for full use	Vaccines abandoned after trials

Novamax – showing 90.4% overall efficacy in clinical trials

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CDC Vaccine Information

Total Vaccine Doses

Delivered 374,865,165

Administered 311,886,674

Learn more about the distribution of CDC Vaccine Information

145.8M

People fully vaccinated

	At Least One Dose	Fully Vaccinated
People Vaccinated		
Total	174,674,144	145,768,367
% of Total Population	52.6%	43.9%
Population ≥ 12 Years of Age	174,499,637	145,700,973
% of Population ≥ 12 Years of Age	61.5%	51.4%
Population ≥ 18 Years of Age	166,867,018	141,041,326
% of Population ≥ 18 Years of Age	64.6%	54.6%
Population ≥ 65 Years of Age	47,504,467	41,836,490
% of Population ≥ 65 Years of Age	86.9%	76.5%

[About these data](#) CDC | Data as of: June 15, 2021 6:00am ET. Posted: Tuesday, June 15, 2021 1:46 PM ET

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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



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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.



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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?!?



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HOW STRESS AFFECTS THE BODY

BRAIN

Difficulty concentrating, anxiety, depression, irritability, mood, mind fog

CARDIOVASCULAR

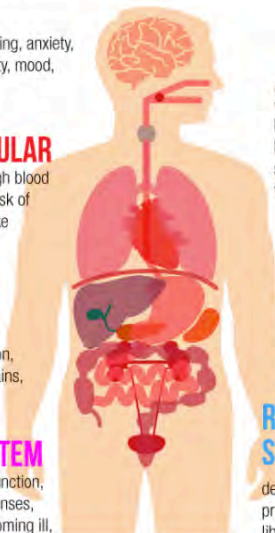
higher cholesterol, high blood pressure, increased risk of heart attack and stroke

JOINTS AND MUSCLES

increased inflammation, tension, aches and pains, muscle tightness

IMMUNE SYSTEM

decreased immune function, lowered immune defenses, increased risk of becoming ill, increase in recovery time



SKIN

hair loss, dull/brittle hair, brittle nails, dry skin, acne, delayed tissue repair

GUT

nutrient absorption, diarrhea, constipation, indigestion, bloating, pain and discomfort

REPRODUCTIVE SYSTEM

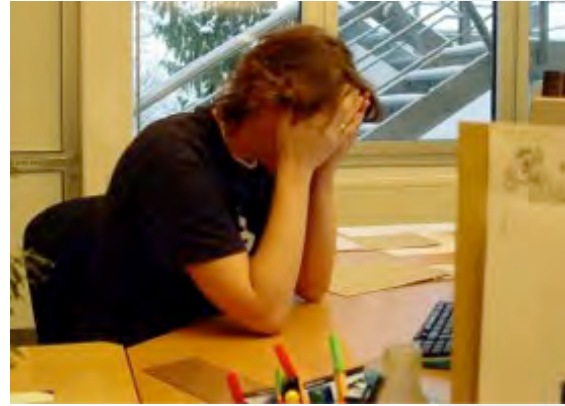
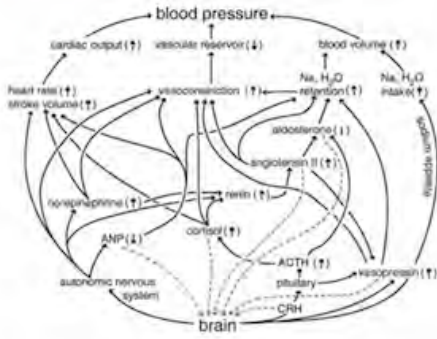
decreased hormone production, decrease in libido, increase in PMS symptoms

Physiological Reaction to Stress

<https://drwilsons.com/got-stress/how-stress-affects-the-body/>

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The Stress Response



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Post COVID-19 STRESS DISORDER

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



<https://www.psychiatrictimes.com/view/post-covid-stress-disorder-emerging-consequence-global-pandemic>

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Mental Health ISSUES

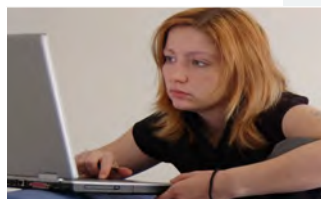
Anxiety

Depression

Posttraumatic
Stress
Disorder

Trauma-
related
Disorders

Stress-related
Disorders



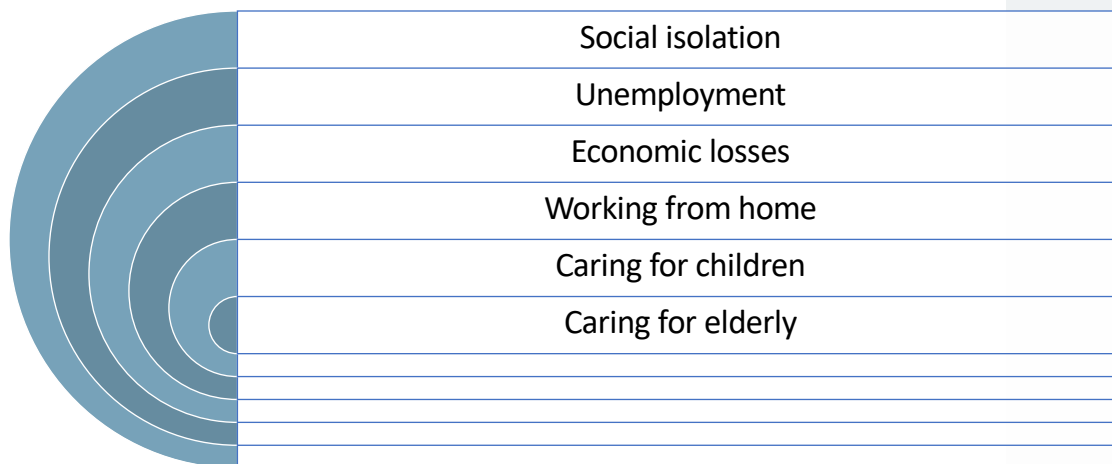
<https://www.psychiatrytimes.com/view/post-covid-stress-disorder-emerging-consequence-global-pandemic>

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

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Additional STRESSORS



<https://www.psychiatrictimes.com/view/post-covid-stress-disorder-emerging-consequence-global-pandemic>

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CDC- Healthy Ways to COPE WITH COVID STRESS

Take breaks from watching, reading or listening to news

Take care of your body

Make time to unwind

Connect with others

Connect with your community- or faith-based organizations

Taking 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
- Continue with healthcare as needed
- Get vaccinated when available

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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



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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)



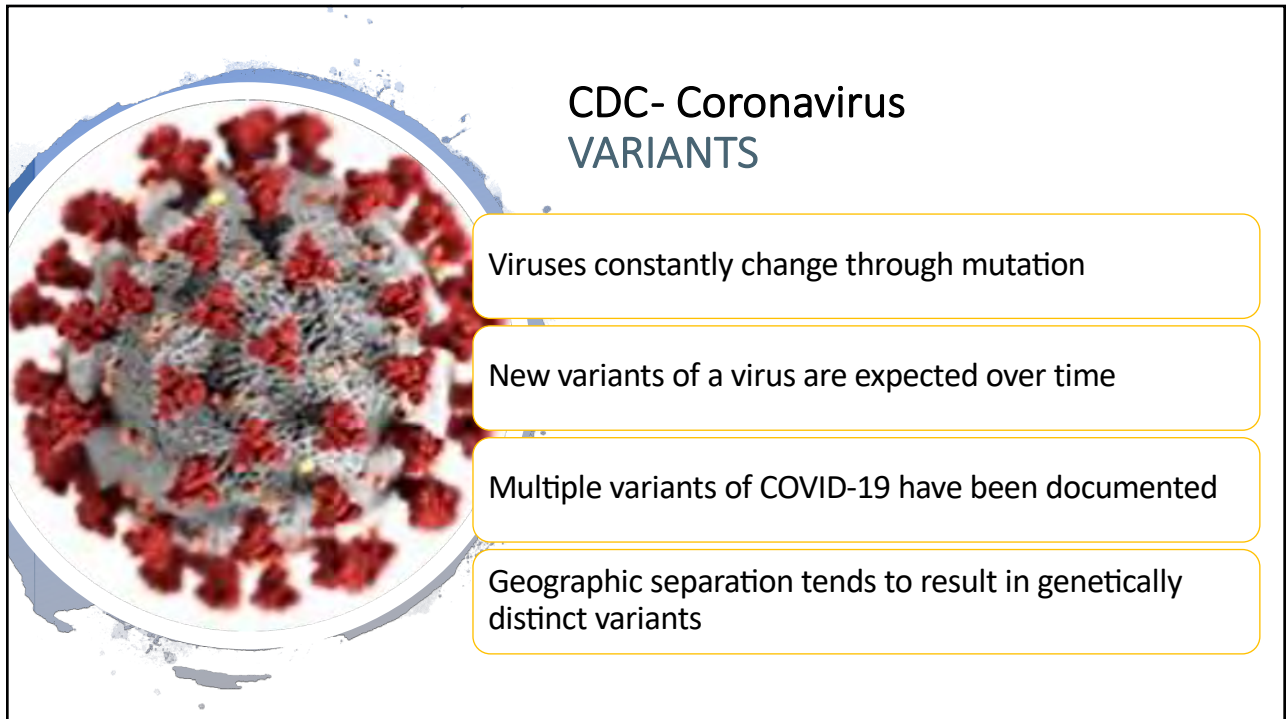
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Virus Variants

Dr. Vickram Tejwani

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CDC- Coronavirus VARIANTS

- 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

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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

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World Health Organization WHO



- 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>

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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>

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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>

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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

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Vaccine Protection WITH VARIANTS

What We Know

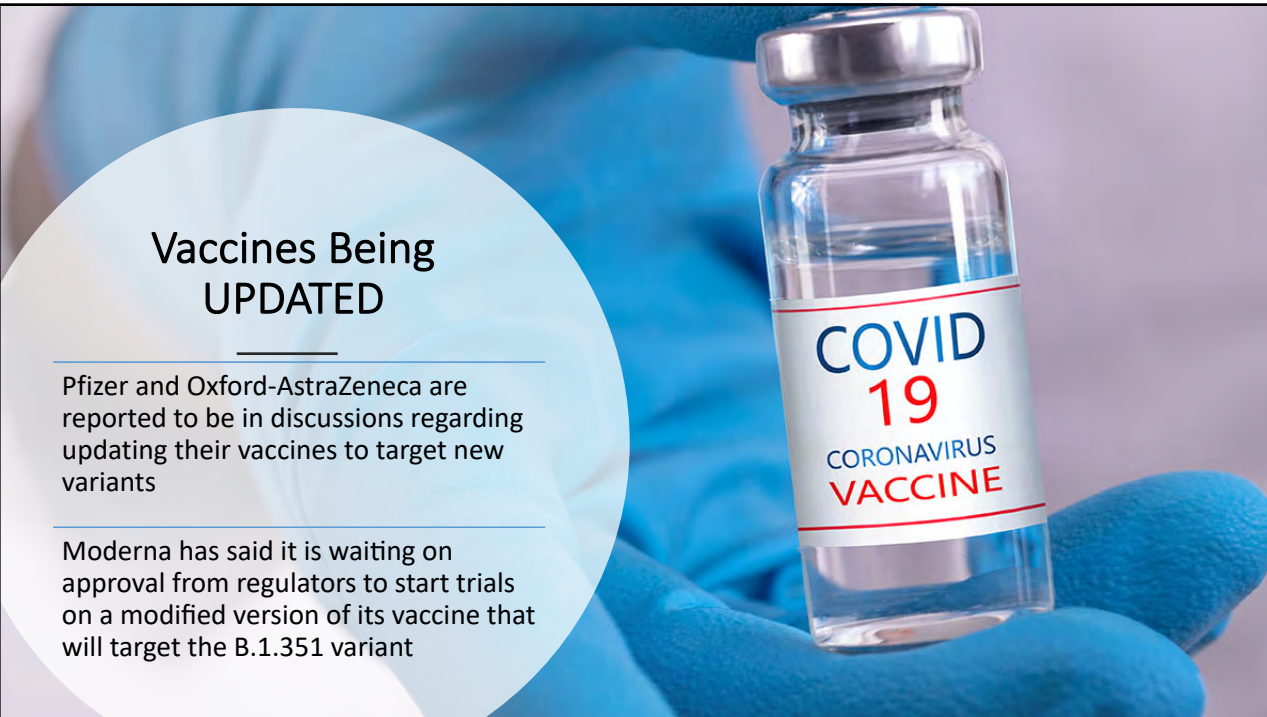
- COVID-19 vaccines authorized for use in the United States offer protection against most variants
- Some variants might cause illness in some people after they are fully vaccinated



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

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Vaccines Being UPDATED

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

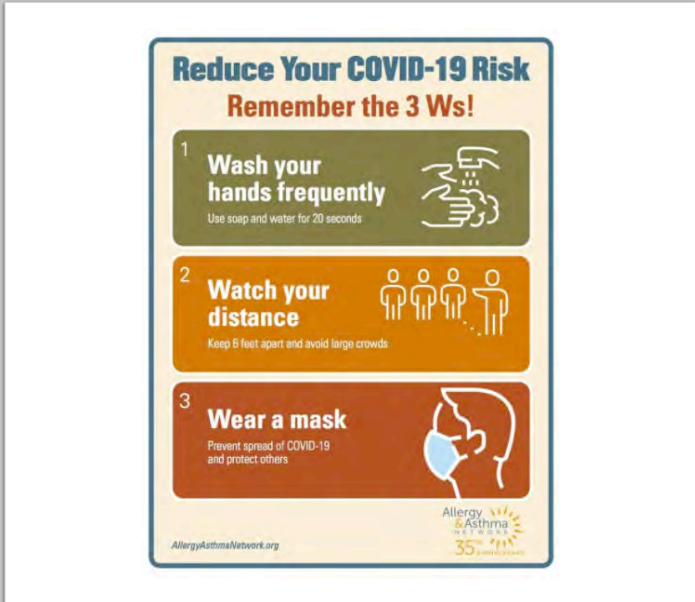
Moderna has said it is waiting on approval from regulators to start trials on a modified version of its vaccine that will target the B.1.351 variant

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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.



Reduce Your COVID-19 Risk
Remember the 3 Ws!

- 1 Wash your hands frequently**
Use soap and water for 20 seconds
- 2 Watch your distance**
Keep 6 feet apart and avoid large crowds
- 3 Wear a mask**
Prevent spread of COVID-19 and protect others

Allergy & Asthma NETWORK
AllergyAsthmaNetwork.org
35th Anniversary

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“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.

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There will be more variants

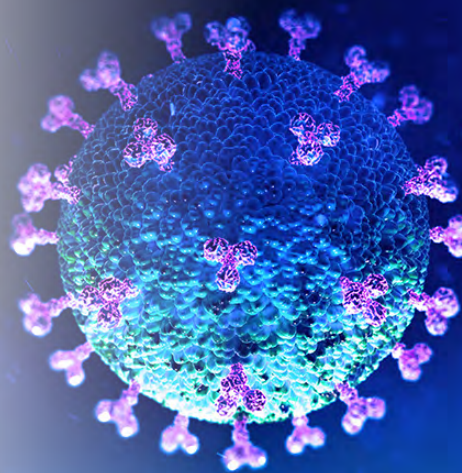
We need to continue to research variants and monitor shifts in disease causation

We need to continue doing what we're doing

We don't need to overreact

Watch and adjust vaccines as needed

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/a-new-strain-of-coronavirus-what-you-should-know>



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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

Fontanet, A., et.al. (2021) SARS-CoV-2 variants and ending the COVID-19 pandemic. The Lancet, (397) 10278. p. 952-954

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Poll Question



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

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TIME FOR QUESTIONS



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

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**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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