




**Allergy
& Asthma
NETWORK**

Vaccines and COVID-19: Science-based Thoughts on the Long Haul

COVID-19 Webinar Series

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**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.

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MEET OUR Speakers



Dr. Douglas Jones

Board-certified Allergist,
Rocky Mountain Allergy

Co-Founder, Global Food
Therapy
Co-Founder, Food Allergy
Support Team



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

Nurse
Asthma Educator

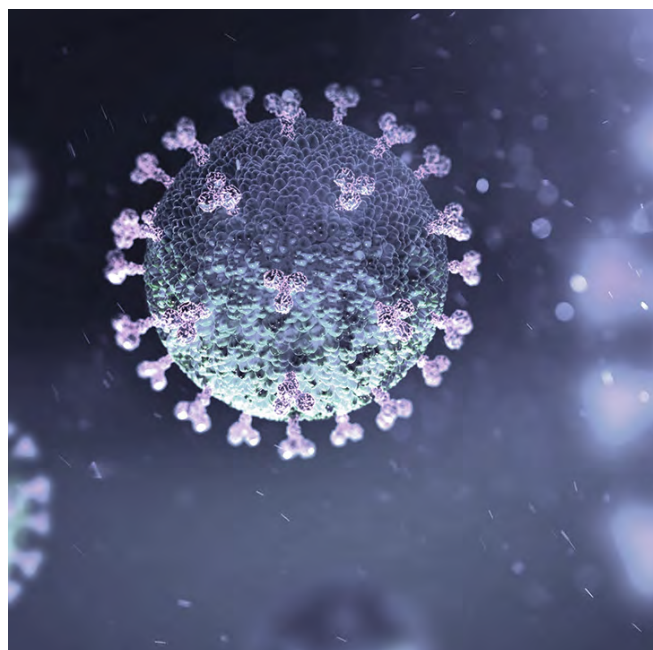
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Today's Program

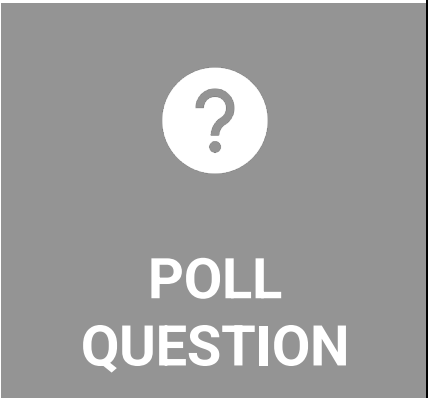

01 | CURRENT STATE OF COVID-19

02 | COVID-19 VACCINES & OVERVIEW
OF LONG HAUL COVID

03 | THOUGHTS ON THE LONG HAUL &
VACCINES



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**POLL
QUESTION**

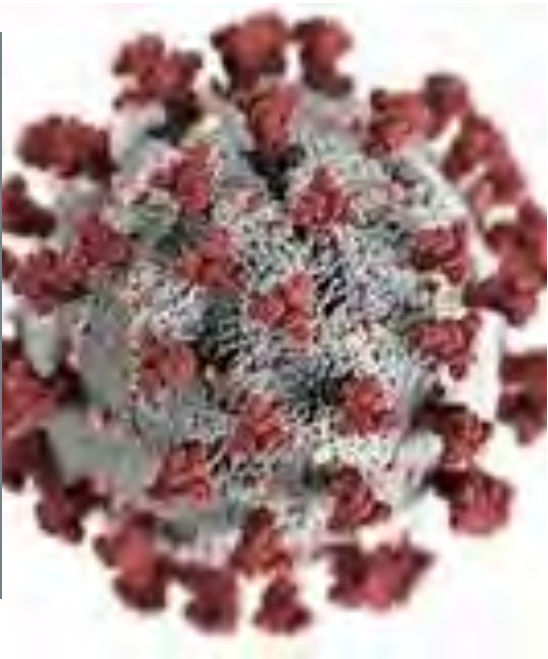
We'd like to know who is with us today!

What category best describes you? (we have a limited number of answers or would offer more!)

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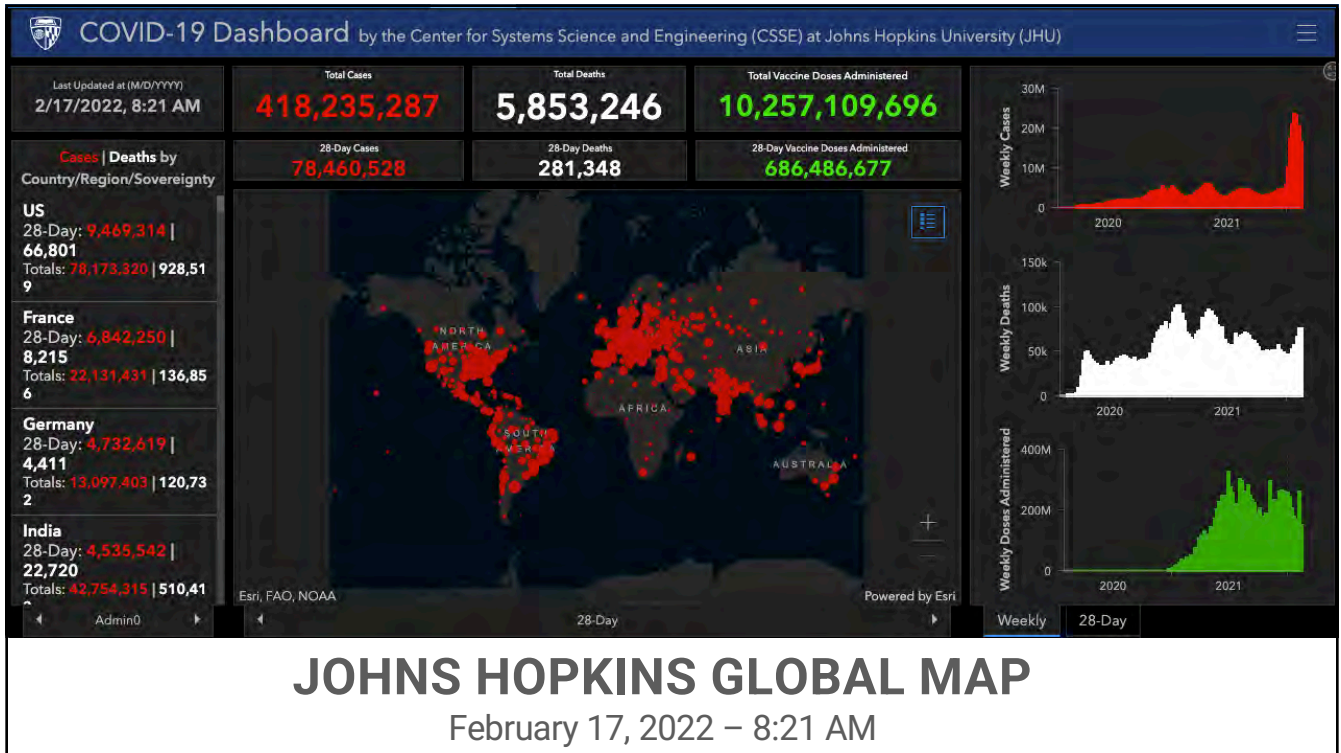


**CURRENT
STATE OF
COVID-19**

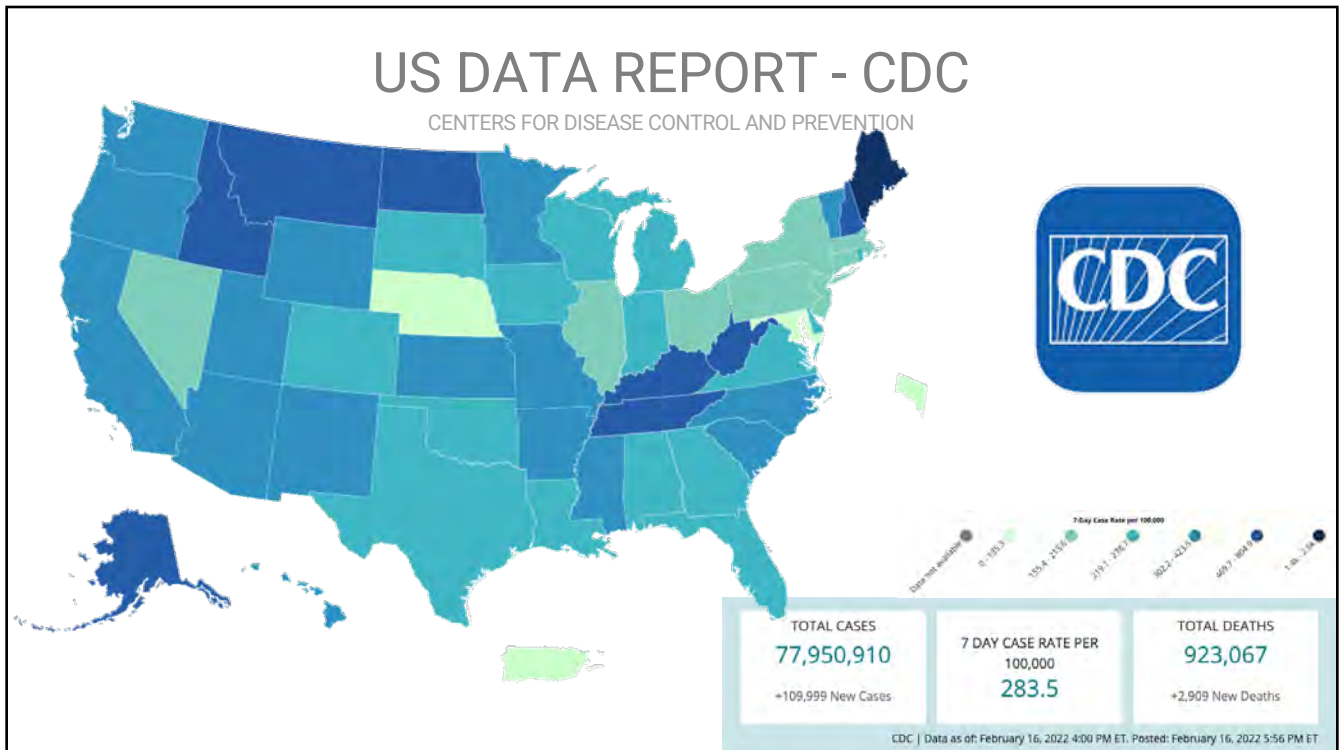


Sally Schoessler

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IN THE NEWS

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.



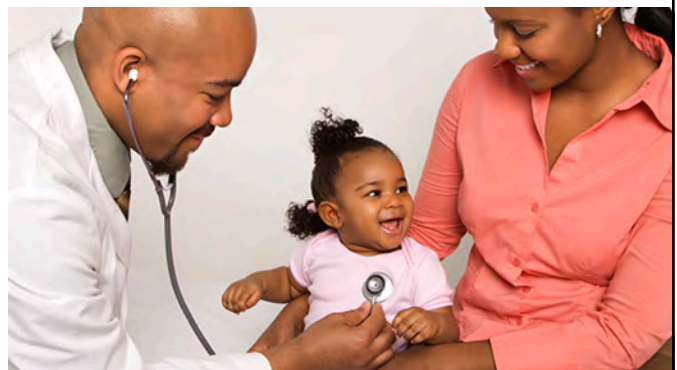
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IN THE NEWS

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.

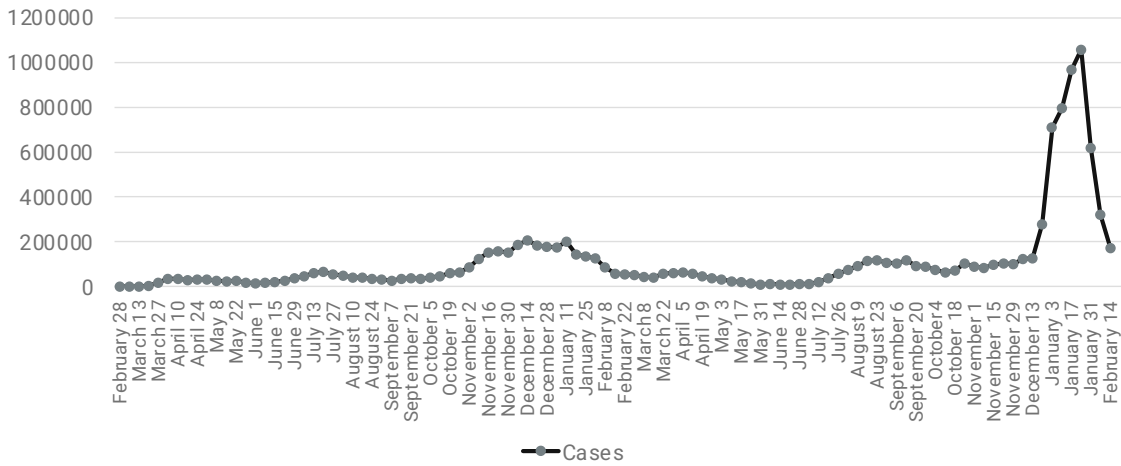


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COVID-19 Cases by Date Reported

CDC Data

New Cases by Day



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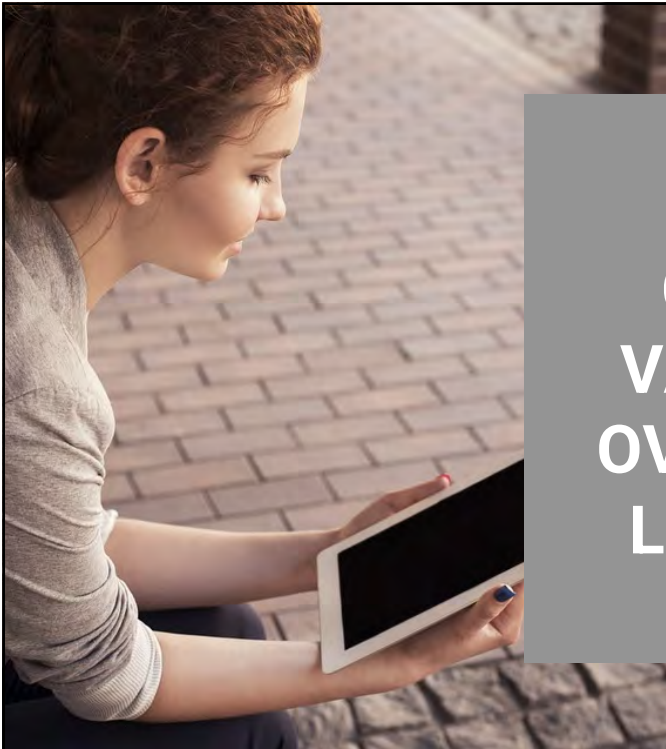


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POLL QUESTION

What age group do you think has the highest COVID-19 vaccination rates?

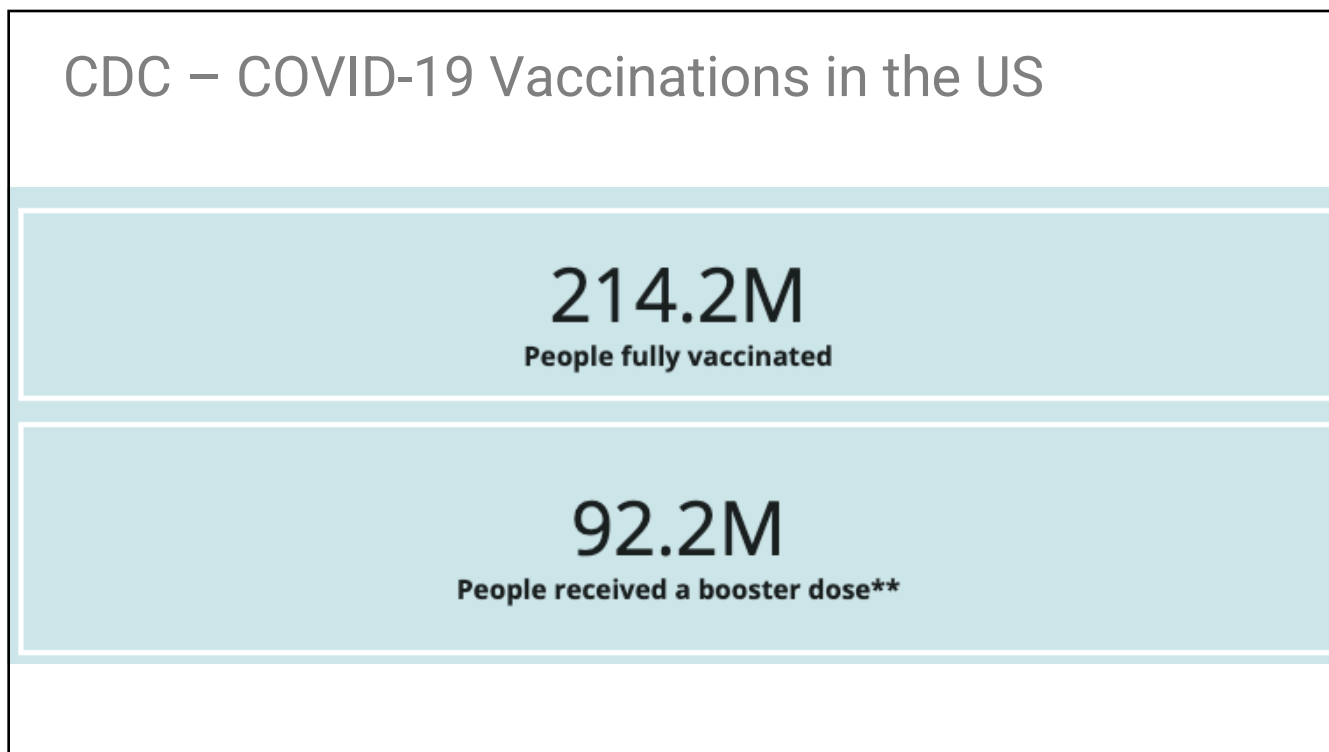
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**COVID-19
VACCINES &
OVERVIEW OF
LONG HAUL
COVID**

Dr. Purvi Parikh

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

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At Least One Dose	Fully Vaccinated	Booster Doses	Booster Eligible***
Fully Vaccinated* People		Count	Percent of US Population
Total	214,218,580		64.5%
Population ≥ 5 Years of Age	214,201,874		68.6%
Population ≥ 12 Years of Age	207,179,831		73.1%
Population ≥ 18 Years of Age	192,761,412		74.6%
Population ≥ 65 Years of Age	48,536,310		88.6%

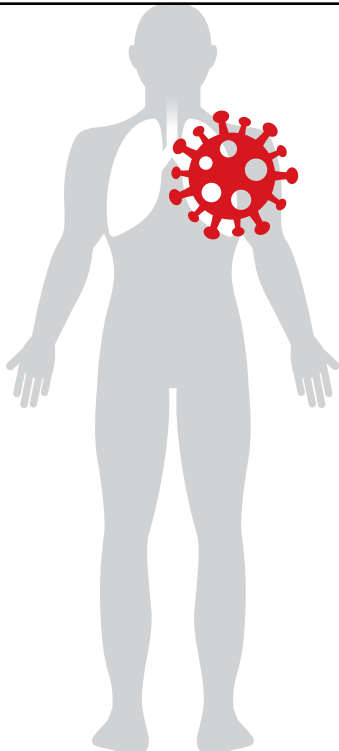
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At Least One Dose	Fully Vaccinated	Booster Doses	Booster Eligible***
Fully Vaccinated* People with a Booster Dose**		Count	Percent of Fully Vaccinated*
Total	92,168,053		43%
Population ≥ 12 Years of Age	92,153,309		44.5%
Population ≥ 18 Years of Age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

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At Least One Dose	Fully Vaccinated	Booster Doses	Booster Eligible***
Eligible People, No Booster Dose (updated Wednesdays)		Count	Percent
Total	85,466,708		50%
Population ≥ 12 Years of Age	85,466,708		50%
Population ≥ 18 Years of Age	78,275,615		48.7%
Population ≥ 65 Years of Age	14,628,361		33.9%

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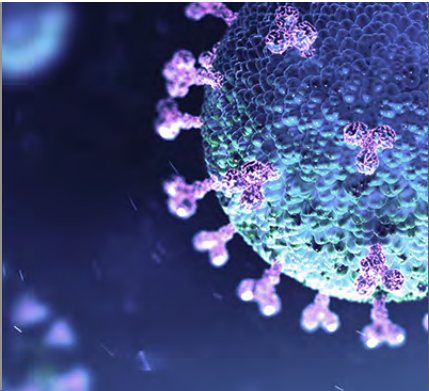
Long-haul COVID

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

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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.

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Other Effects Related to COVID-19



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Study - Final Analysis of Efficacy and Safety of Single-Dose Ad26.COVS.2.S

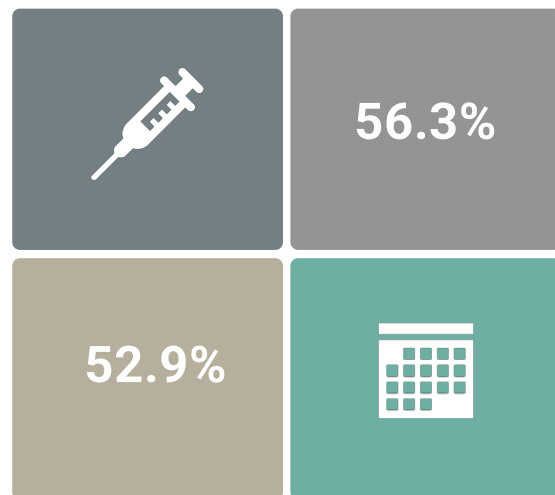
New England Journal of Medicine

Studied single injection of Ad26.COVS.2.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



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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.

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THOUGHTS ON THE LONG HAUL


Dr. Douglas Jones

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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.

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Let's Talk about the Science . . .

Correlation does not equal causation

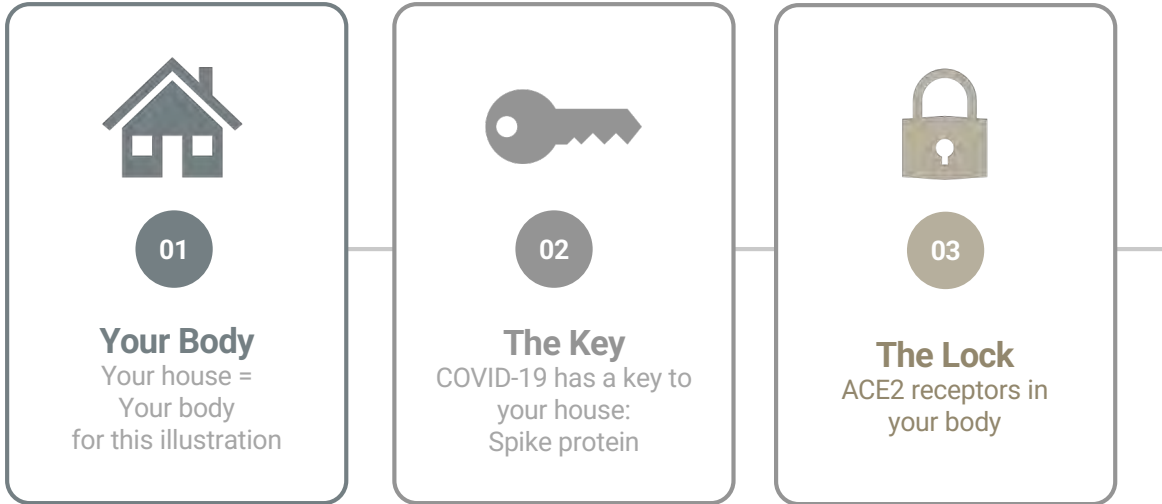
Division drives dollars

Targeted messaging

Social media hits = \$\$\$

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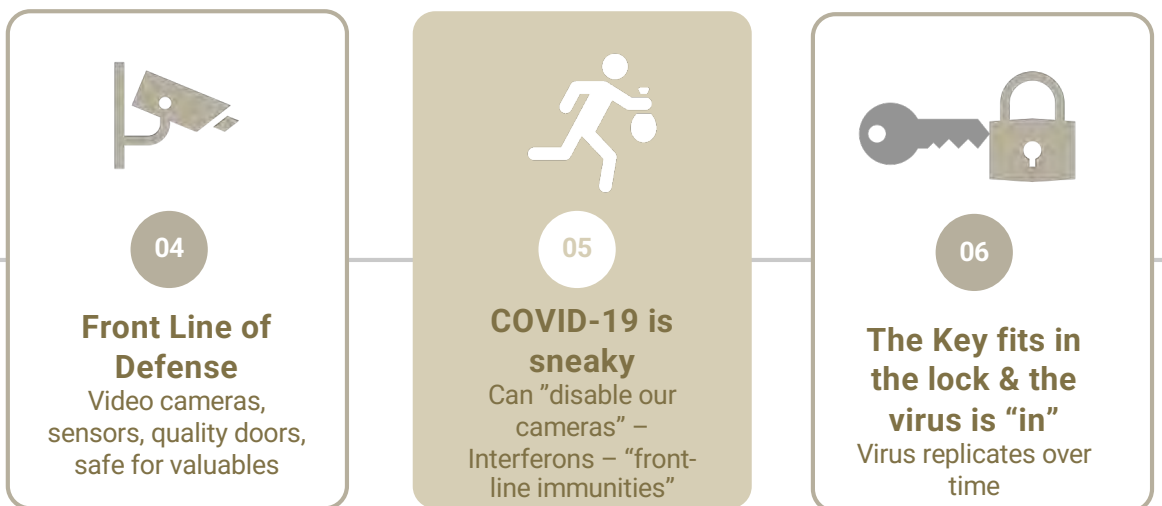
One Way to **THINK** - Think of COVID-19 as an intruder to your "house"



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

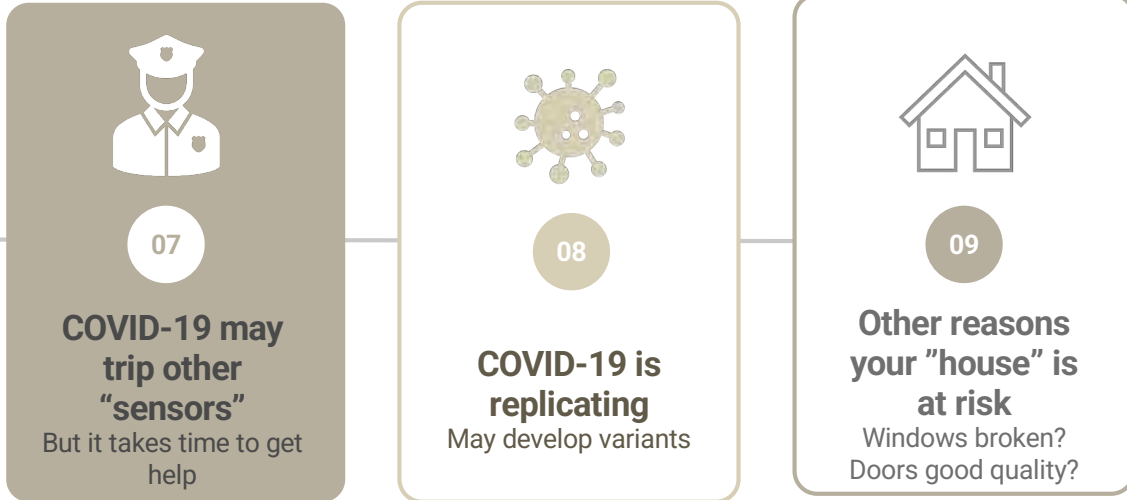
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Prevention - Immunity



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Replication, destruction, and inflammation



How do we handle this!?!?

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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%

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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

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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"

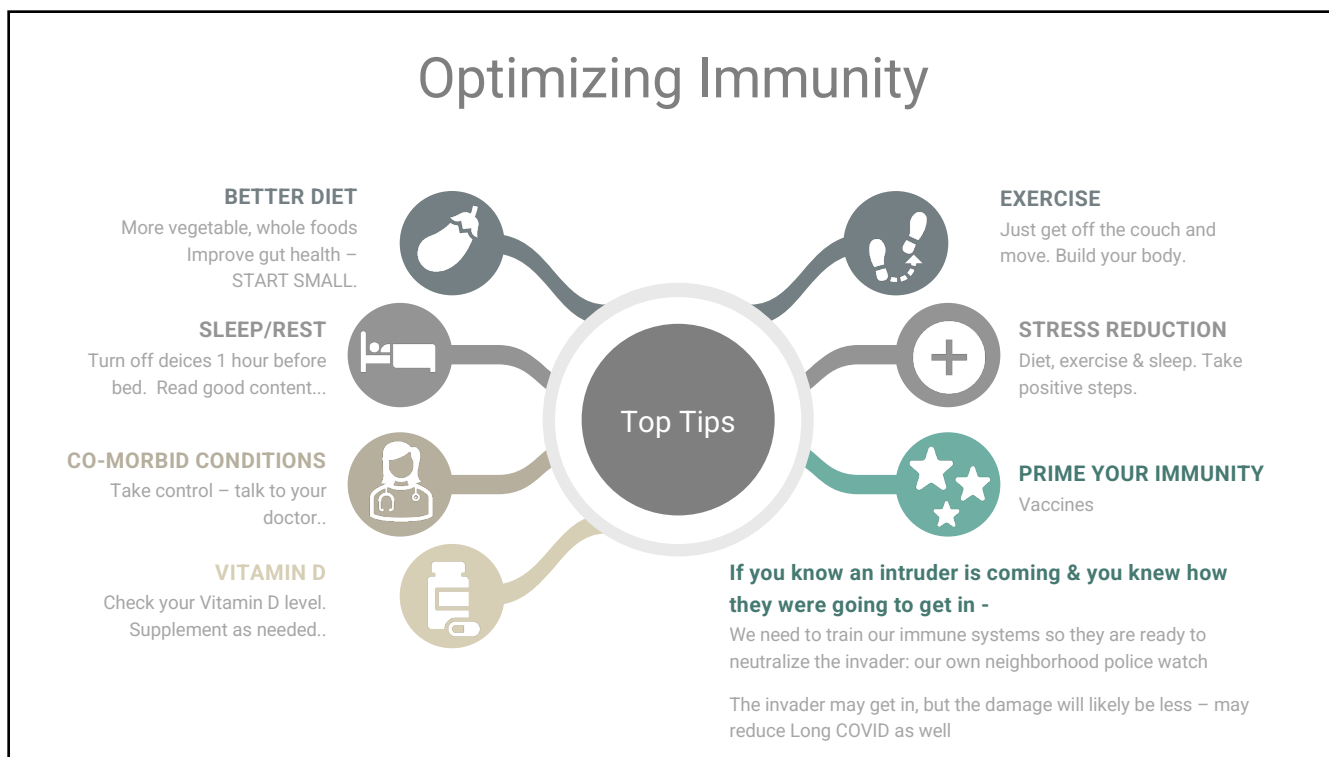


PERSONAL ACCOUNTABILITY

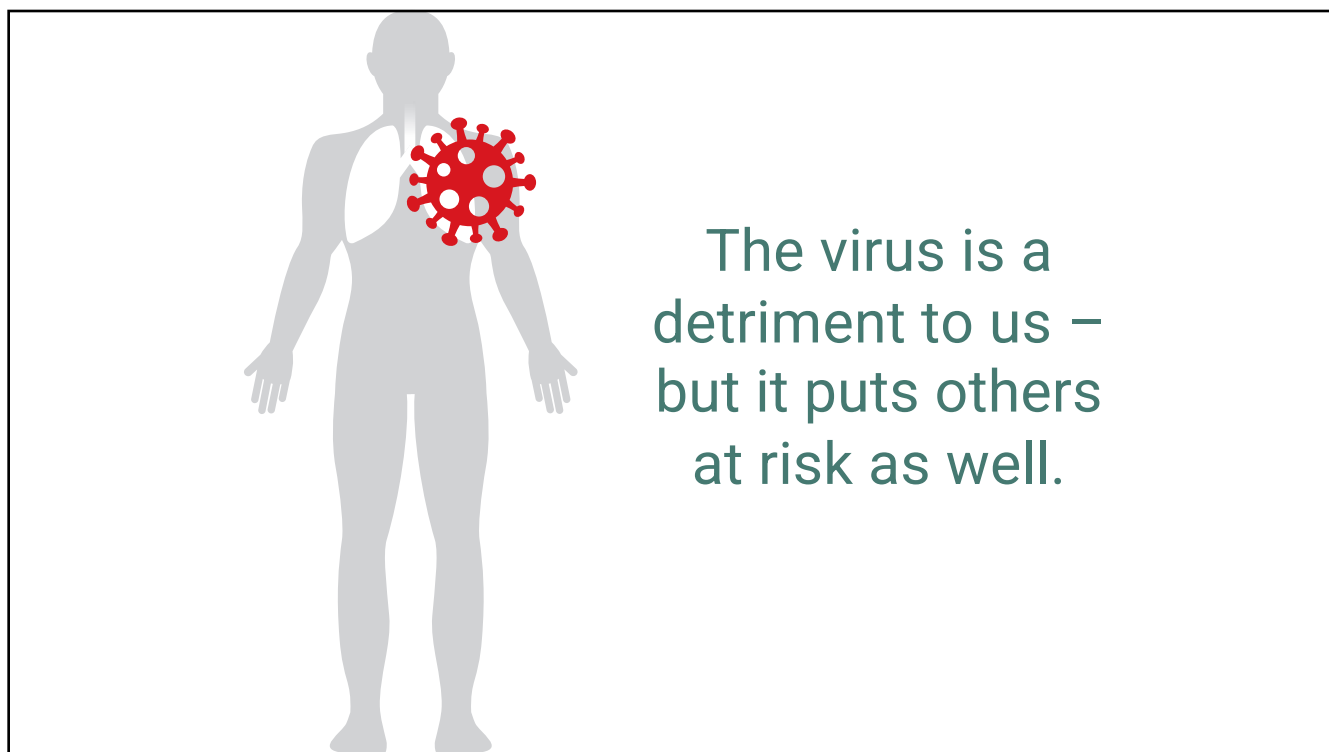
Develop a personal system of health
 TAKE ACTION



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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'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



"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



"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

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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

01

02



03

04

SOLUTIONS




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**POLL
QUESTION**

What, in your opinion, is the best way to prevent COVID-19?

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QUESTIONS



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

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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



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Breathe Better Together



Allergyasthmanetwork.org

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

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