

Allergy & Asthma Network EVENTS & RESOURCES



Global Food Allergy Summit

Families get the chance to hear from allergists from around the world!



July 4 x 4 Asthma Fitness Challenge

Follow our personal trainer's full body workout and track your progress!



Check the Allergy & Asthma Index in your area !

Look for the link on our Home Page

Register for events at allergyasthmanetwork.org [News](#) [Events](#)

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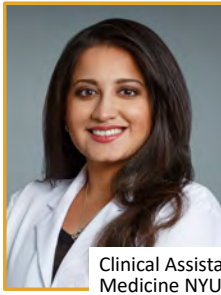
COVID-19 WEBINAR SERIES



COVID and Your Family: Variants, Vaccines and Risks Based on Age Groups

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OUR SPEAKERS



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



Tonya Winders

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

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Program OUTLINE

- Current State of COVID-19
- Vaccination & Variant Update
- Risk Factors for COVID-19
 - Pregnancy
 - Children and Teens
 - Adults
 - Seniors



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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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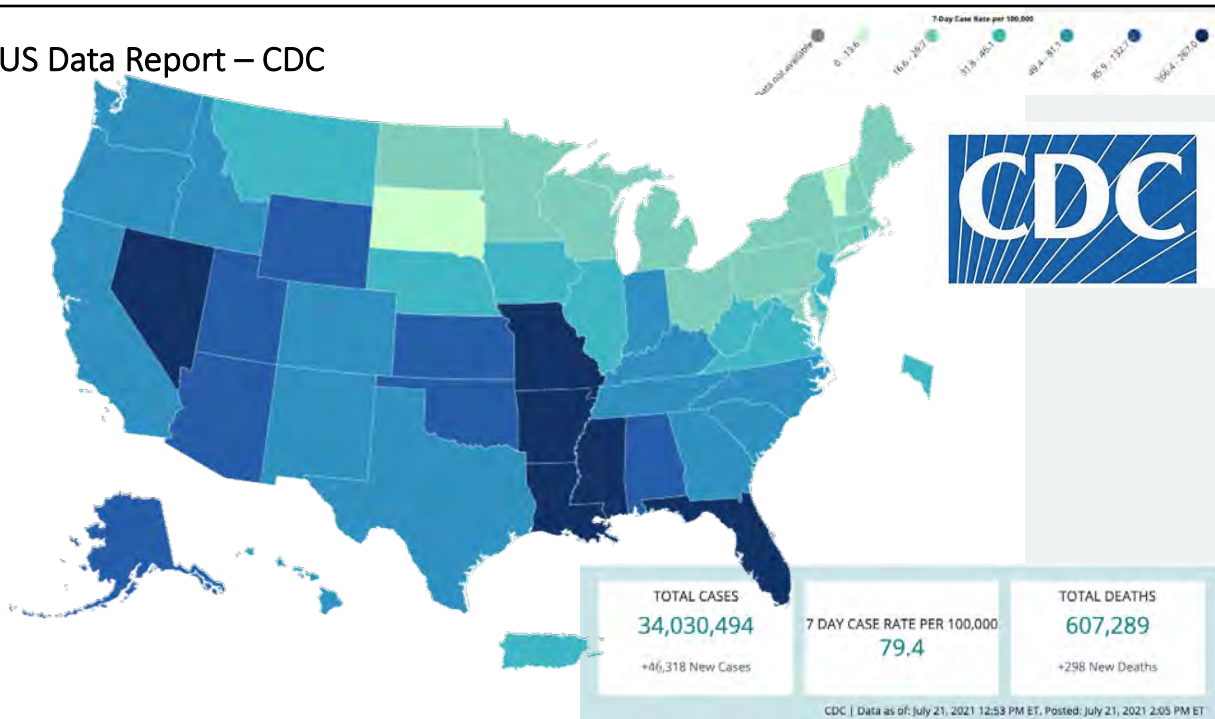
Johns Hopkins Global Map

July 22, 2021 – 12:21 PM



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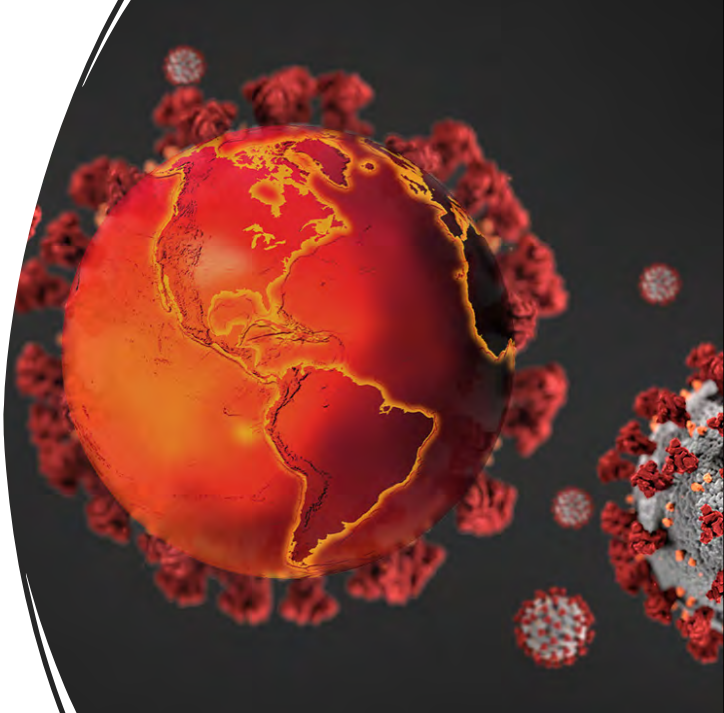
US Data Report – CDC



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In the News



- Delta variant
 - More contagious variant of COVID-19
 - Accounts for 25% of new COVID-19 cases in the US
 - Dr. Fauci: “The delta variant is the “greatest threat” to eliminating COVID-19 in the US
- Newly reported COVID-19 cases up 66%
- COVID-19 deaths up 13%
- Percent of hospitalized COVID-19 patients that are unvaccinated:
 - CDC says 97%
 - Surgeon General says 99.5%



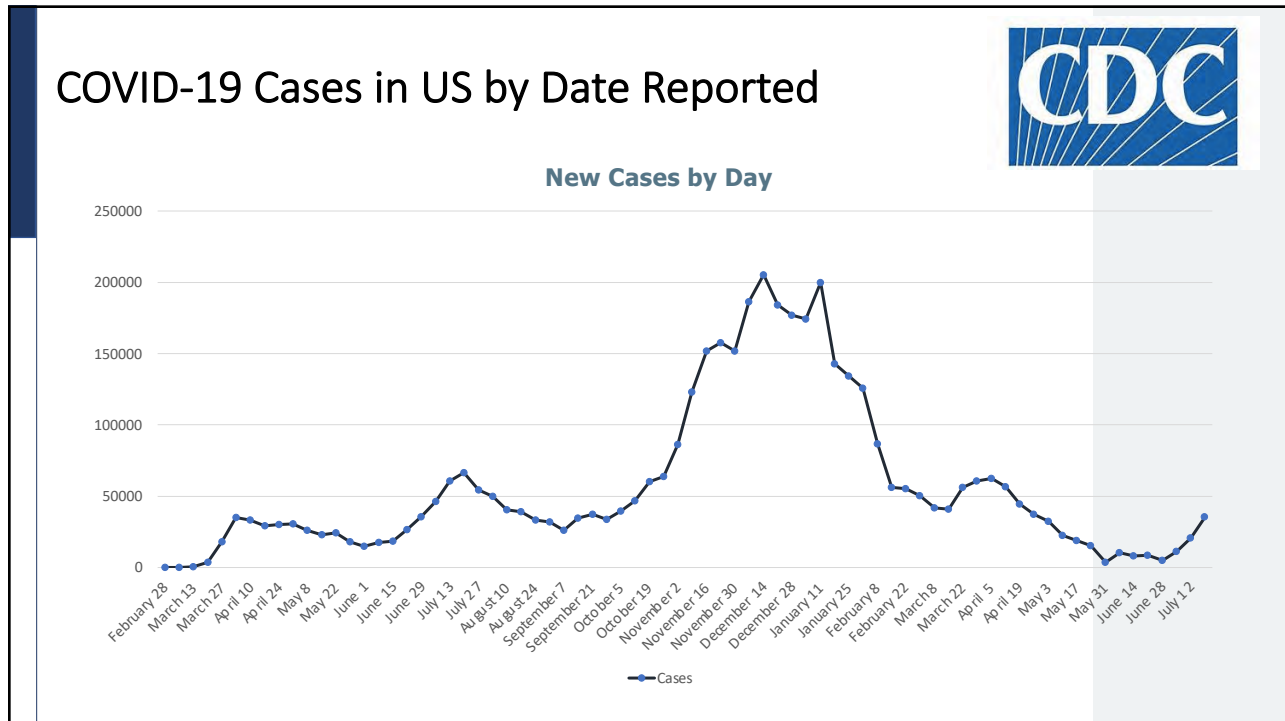
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In the News

- Vaccines may be curbing new virus mutations
- Teens have figured out how to use soft drinks to “fake” a positive COVID-19 test
- New school guidance from the CDC (more detail in section on Children & Teens)

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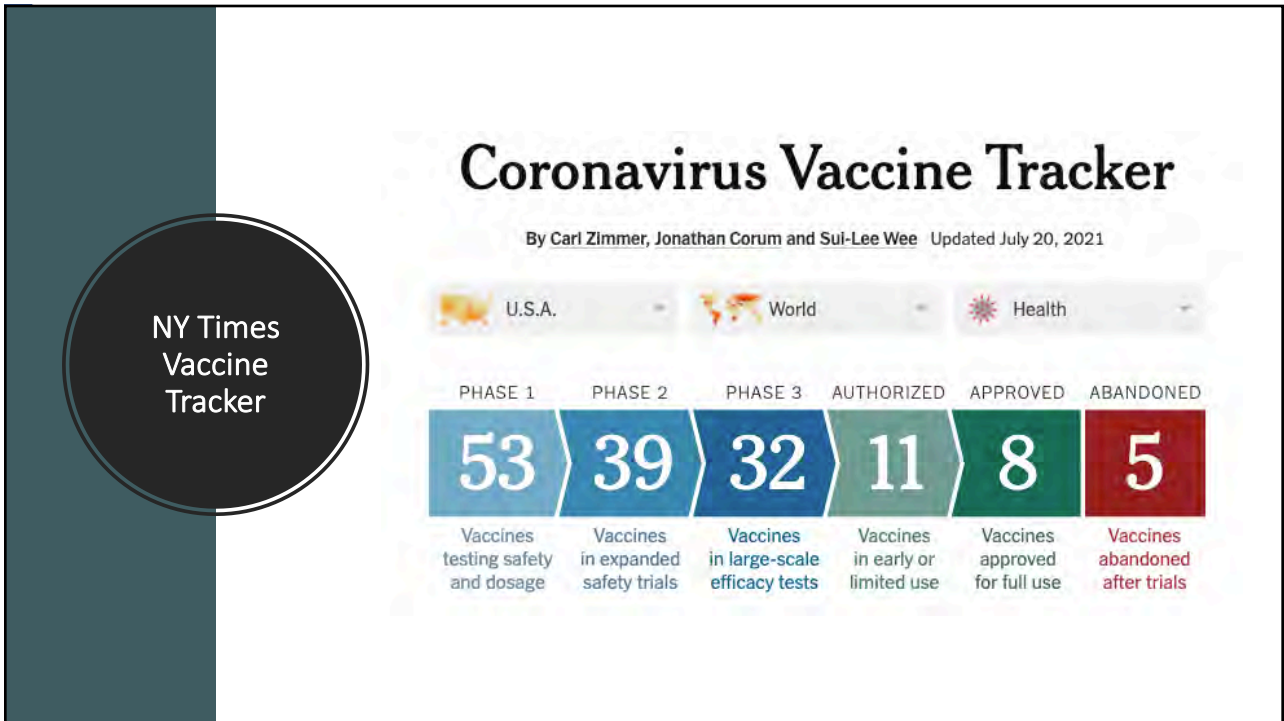
Poll Question

- Question -
- Which age group do you think has the highest percentage of vaccinated individuals?

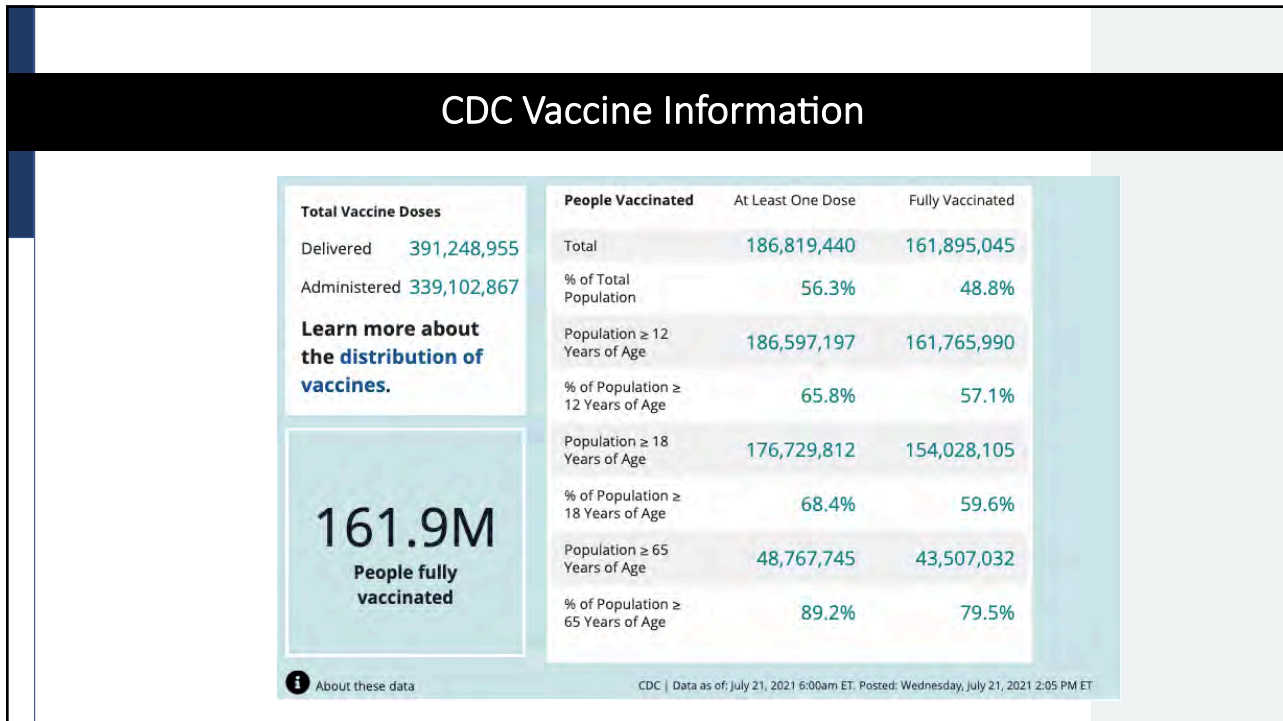
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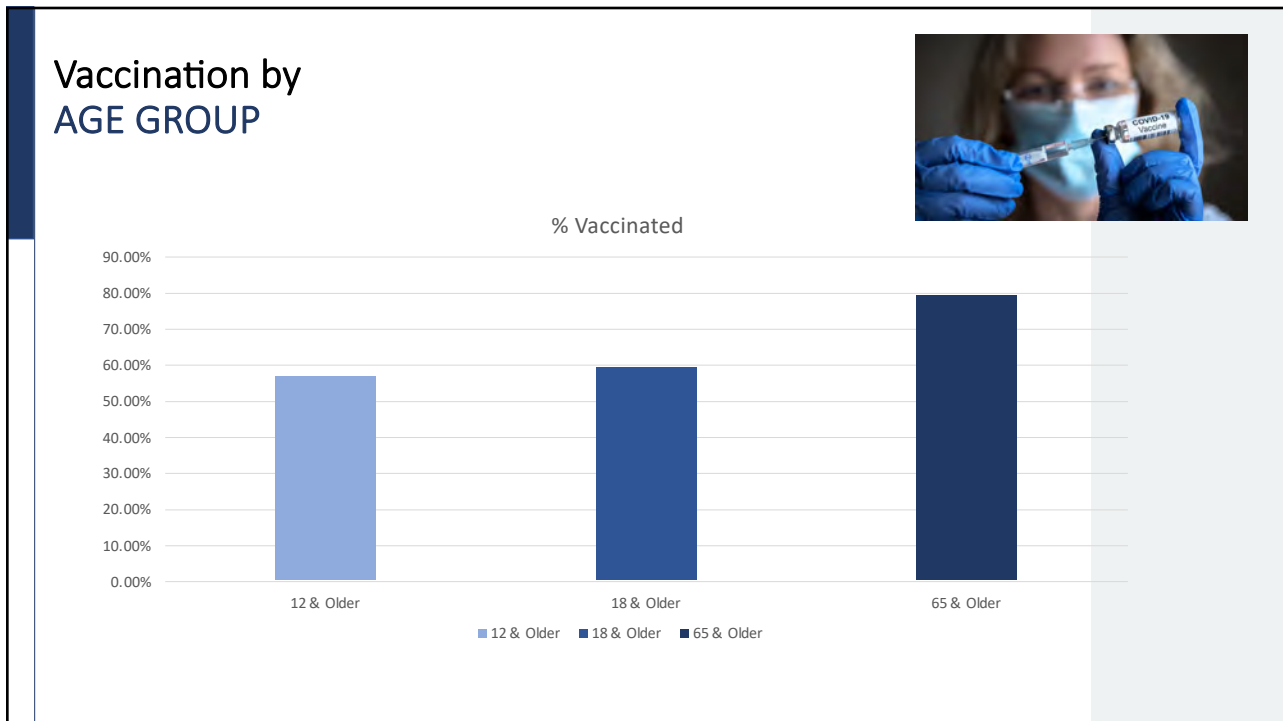
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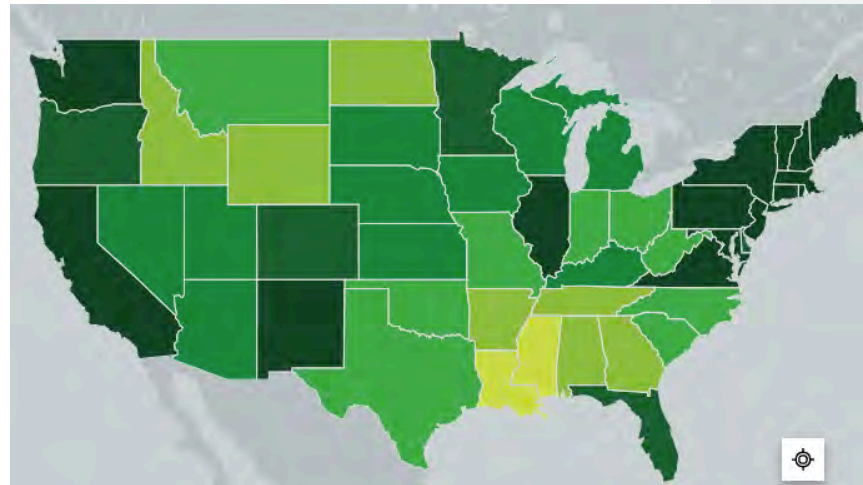


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Vaccination by STATE



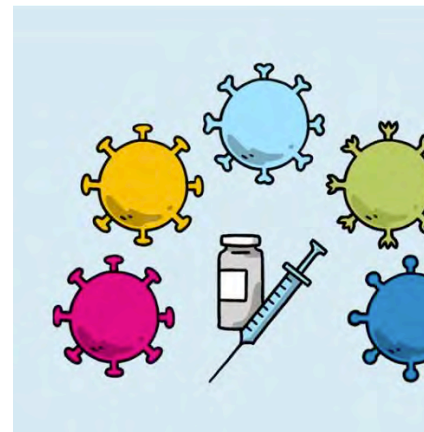
<https://www.mayoclinic.org/coronavirus-covid-19/vaccine-tracker>

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Variants



- When a virus is widely circulating in a population and causing many infections, the likelihood of the virus mutating increases. The more opportunities a virus has to spread, the more it replicates – and the more opportunities it has to undergo changes.
- Data continues to be collected and analyzed on new variants of the COVID-19 virus.
- Vaccines that are currently in development or have been approved are expected to provide at least some protection against new virus variants because these vaccines elicit a broad immune response involving a range of antibodies and cells.



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Variants of Concern



Variants of Concern

A SARS-CoV-2 variant that meets the definition of a VOI (see below) and, through a comparative assessment, has been demonstrated to be associated with one or more of the following changes at a degree of global public health significance:

- Increase in transmissibility or detrimental change in COVID-19 epidemiology; or
- Increase in virulence or change in clinical disease presentation; or
- Decrease in effectiveness of public health and social measures or available diagnostics, vaccines, therapeutics.

WHO label	Pango lineage	GISAID clade/lineage	Nextstrain clade	Earliest documented samples	Date of designation
Alpha	B.1.1.7	GRY (formerly GR/501Y.V1)	20I (V1)	United Kingdom, Sep-2020	18-Dec-2020
Beta	B.1.351	GH/501Y.V2	20H (V2)	South Africa, May-2020	18-Dec-2020
Gamma	P.1	GR/501Y.V3	20J (V3)	Brazil, Nov-2020	11-Jan-2021
Delta	B.1.617.2	G/478K.V1	21A	India, Oct-2020	VOI: 4-Apr-2021 VOC: 11-May-2021

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5 Things to Know about the DELTA VARIANT

- 1 • Delta is more contagious than other virus strains
- 2 • Unvaccinated people are at risk
- 3 • Delta could lead to “hyperlocal outbreaks”
- 4 • There is still more to learn about Delta
- 5 • Vaccination is the best protection against Delta

<https://www.yalemedicine.org/news/5-things-to-know-delta-variant-covid>

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Delta VARIANT

- Surgeon General:

- COVID cases are “plateauing” due to Delta variant
- Delta variant is highly transmissible

"Get vaccinated. It's the best way to protect yourself from this variant and from all the other variants that we've seen before."

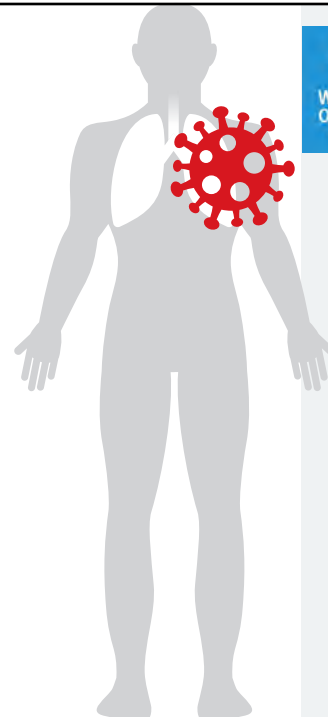


- "The good news is if you are vaccinated and fully vaccinated, it means two weeks after your last shot, then there is good evidence that you have a high degree of protection against this virus. But if you are not vaccinated, then you are in trouble," warned Dr. Murthy. "This is, again, a serious threat, and we're seeing it spread among unvaccinated people."

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How do we prevent future variants?

- Stopping the spread at the source remains key.
- Current measures to reduce transmission – including frequent hand washing, wearing a mask, physical distancing, good ventilation and avoiding crowded places or closed settings – continue to work against new variants by reducing the amount of viral transmission and therefore also reducing opportunities for the virus to mutate.
- Do not put off getting the vaccine because of the variants.



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Are you safe from the VARIANTS?

- CDC Director Dr. Rochelle Walensky said the U.S. agency is leaving it up to states and local health officials to set guidelines around mask-wearing even after the World Health Organization urged fully vaccinated people to continue the practice.

“If you are vaccinated, you are safe from the variants that are circulating here in the United States.”



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General COVID-19 Questions FOR ALL AGE GROUPS



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General COVID-19 Questions FOR ALL AGE GROUPS



Asthma

Is asthma a risk factor for COVID-19?

- Chronic lung diseases **can make you more likely** to get severely ill from COVID-19. These diseases may include:
 - Asthma, if it's moderate to severe
 - Chronic obstructive pulmonary disease (COPD), including emphysema and chronic bronchitis

Mask Mandates

Most mask mandates are lifting – why do we still wear masks when visiting the doctor or dentist if we're vaccinated? Will mask mandates come back with the Delta variant?

- New masking recommendations for people fully vaccinated against COVID-19 do not apply to health care settings.
- “This means that staff, patients, residents and visitors should continue to wear masks as recommended in all healthcare facilities”.
- Mask mandates may return with surge in cases

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General COVID-19 Questions FOR ALL AGE GROUPS



COVID -19 Transmission

Can you still get COVID-19 even if you're vaccinated?

- The risks of SARS-CoV-2 infection in fully vaccinated people cannot be completely eliminated where community transmission of the virus is widespread.
- Vaccinated people could potentially still become infected and spread the virus to others.

Booster Vaccines

What is a booster shot?

- A booster shot is an additional dose of a vaccine needed to “boost” your immunity. This will give you better protection from disease.

Are booster shots being developed?

- We know that viruses mutate.
- Moderna and Pfizer have been preparing for possible COVID-19 mutations before any new strains were even identified.
- Even though we know the current vaccines offer protection against the new strains, both companies will continue to monitor effectiveness.

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Questions for Age Groups Across the Life Span



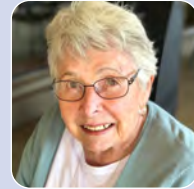
Pregnancy



Children & Teens



Adults



Seniors

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Age Group – PREGNANCY

Is a pregnant woman at high risk to get COVID-19?



Pregnant and recently pregnant people are at an increased risk for severe illness from COVID-19—including illness that requires hospitalization, intensive care, or a ventilator or special equipment to breathe, or results in death—compared with nonpregnant people. Additionally, pregnant people with COVID-19 are at increased risk for preterm birth and might be at increased risk for other poor pregnancy outcomes.

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Age Group – PREGNANCY

- Between Dec. 14 and May 8, 16.3 percent of pregnant women had received at least one COVID-19 vaccine dose.
- Of these women, 11.1 percent were fully vaccinated during their pregnancy, compared to 24.9 percent of nonpregnant women included in the database.

Is it safe for me to get a COVID-19 vaccine if I would like to have a baby one day?

Yes. If you are trying to become pregnant now or want to get pregnant in the future, you may get a COVID-19 vaccine when one is available to you.

There is currently no evidence that COVID-19 vaccination causes any problems with pregnancy, including the development of the placenta. In addition, there is no evidence that fertility problems are a side effect of any vaccine, including COVID-19 vaccines.

Like all vaccines, scientists are studying COVID-19 vaccines carefully for side effects now and will continue to study them for many years.



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Questions for Age Groups Across the Life Span



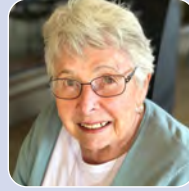
Pregnancy



**Children
& Teens**



Adults



Seniors

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Age Group – CHILDREN

Can children develop COVID-19?

- YES!
- Many have no symptoms or mild symptoms: low-grade fever, fatigue and cough
- Few children have had serious complications
- Children with underlying health issues are at greater risk of severe illness
- Severe complication: MIS-C

MIS-C or Multisystem Inflammatory Syndrome

- Can lead to heart issues and organ inflammation
- Symptoms can include:
 - fever lasting more than a couple of days
 - rash
 - "bloodshot eyes"(redness of the white part of the eye)
 - stomachache
 - vomiting and/or diarrhea
 - a large, swollen lymph node in the neck
 - neck pain
 - red, cracked lips
 - a tongue that is redder than usual and looks like a strawberry
 - swollen hands and/or feet
 - irritability and/or unusual sleepiness or weakness.

From Harvard Health

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Age Group – CHILDREN

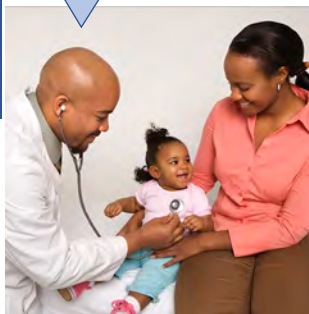
Should toddlers & children be given standard vaccines at this time?

- Short answer: YES!
- Early immunization has important benefits
- Immune systems are vulnerable

Concerned about going to the doctor's office or clinic?

- Call ahead – consider the first appointment of the day

Concerned?
Call your doctor!



When should I take my child to the doctor as the pandemic concerns continue?

- Illness or injury that could be serious
- If your child is receiving treatment for a serious medical condition – continue treatment
- Routine check-ups
 - Young children who need vaccines
 - Certain health conditions
 - Breathing issues
 - Injury or illness follow-up care
 - High blood pressure

From Harvard Health

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Age Group – CHILDREN

Play dates and social time –

- Still best to minimize contacts
- Outdoor play dates are best
 - Riding bikes
 - Hikes
 - Picnics

Older children can interact playing video games



From Harvard Health

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Age Group – CHILDREN & TEENS

Which COVID-19 vaccines have been authorized by the FDA to give to children & teens?

Pfizer/BioNTech COVID-19 vaccine to include adolescents 12 to 15 years old
Previously authorized for ages 16 and older

Pfizer has also started testing the vaccine in children younger than 12 years



Heart issues following the COVID-19 vaccine

- Higher-than-expected number of heart inflammation cases after vaccination with the mRNA COVID-19 vaccines, particularly among adolescents and young adults
- Myocarditis – inflammation of the heart muscle
 - Most common in males ages 16 to 24
 - Not all reports have been verified
 - Most people who developed myocarditis or pericarditis recovered completely after treatment
- The CDC continues to recommend that all children ages 12 year and older get vaccinated — because the scientific data indicate that the benefits of vaccination continue to greatly outweigh the risks.

From Harvard Health

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Age Group – CHILDREN & TEENS

What will the 2021 – 2022 school year bring?

School closures have impacted children on many fronts, from academics and social interaction, to equity, food security, and mental health

• BE PREPARED TO BE FLEXIBLE.

- Some areas are beginning to make plans
 - New Jersey:
 - ✓ All schools must be open for full-time, in-person instruction
 - ✓ Masks not mandated – except on public school buses
 - ✓ Individual school districts will determine their own requirements
 - ✓ Rules may be altered with any dramatic changes in the situation



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Age Group – CHILDREN & TEENS

New CDC Guidance on Schools – July 2021

- Students benefit from in-person learning, and safely returning to in-person instruction in the fall 2021 is a priority
- Vaccination is currently the leading public health prevention strategy to end the COVID-19 pandemic. Promoting vaccination can help schools safely return to in-person learning as well as extracurricular activities and sports

- Masks should be worn indoors by all individuals (age 2 and older) who are not fully vaccinated
- CDC recommends schools maintain at least 3 feet of physical distance between students within classrooms
- Many schools serve children under the age of 12 who are not eligible for vaccination at this time. Therefore, this guidance emphasizes implementing layered prevention strategies (e.g., using multiple prevention strategies together consistently)
- School administrators can promote health equity by ensuring all students, teachers, and staff have resources to support physical and mental health

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Age Group – CHILDREN & TEENS

Screening Testing Recommendations for K-12 Schools by Level of Community Transmission

[Levels of community transmission](#) defined as total new cases per 100,000 persons in the past 7 days (low, 0-9; moderate 10-49; substantial, 50-99, high, ≥100) and percentage of positive tests in the past 7 days (low, <5%; moderate, 5-7.9%; substantial, 8-9.9%; high, ≥10%.)

	Low Transmission ¹ Blue	Moderate Transmission Yellow	Substantial Transmission Orange	High Transmission Red
Students	Do not need to screen students.	Offer screening testing for students who are not fully vaccinated at least once per week.		
Teachers and staff	Offer screening testing for teachers and staff who are not fully vaccinated at least once per week.			
High risk sports and activities	Recommend screening testing for high-risk sports ² and extracurricular activities ³ at least once per week for participants who are not fully vaccinated.	Recommend screening testing for high-risk sports and extracurricular activities twice per week for participants who are not fully vaccinated.	Cancel or hold high-risk sports and extracurricular activities virtually to protect in-person learning, unless all participants are fully vaccinated.	
Low- and intermediate-risk sports	Do not need to screen students participating in low- and intermediate-risk sports. ²	Recommend screening testing for low- and intermediate-risk sports at least once per week for participants who are not fully vaccinated.		

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Questions for Age Groups Across the Life Span



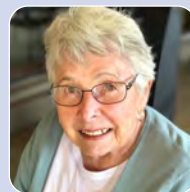
Pregnancy



Children
&
Teens



Adults



Seniors

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Review – Risks and Symptoms of COVID-19

Risks

- 95% of COVID deaths have occurred in people over 45
- People at most risk:
 - Those with an underlying health condition
 - People from many racial & ethnic groups
 - People with disabilities
- Preventative measures especially important for those at greater risk
 - Vaccination
 - Social measures

Symptoms

Fever or chills
 Cough
 Shortness of breath or difficulty breathing
 Fatigue
 Muscle or body aches
 Headache
 New loss of taste or smell
 Sore throat
 Congestion or runny nose
 Nausea or vomiting
 Diarrhea

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Lung and Other Organ Potential DAMAGE

Heart	<ul style="list-style-type: none"> • Lasting damage • Increased risk of future heart failure or heart complications
Lungs	<ul style="list-style-type: none"> • Damages tiny air sacs • Scar tissue = long-term breathing problems
Brain	<ul style="list-style-type: none"> • Strokes, seizures, Guillain-Barre syndrome • Increased risk of developing Parkinson’s disease & Alzheimer’s disease

From Mayo Clinic

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Additional Long-term ISSUES

Blood Clots	Mood /Fatigue	Unknown
<ul style="list-style-type: none"> • Heart attacks / Strokes • Lungs, liver, kidneys 	<ul style="list-style-type: none"> • PTSD (especially following ICU stay) • Depression / anxiety • Chronic fatigue syndrome 	<ul style="list-style-type: none"> • Research is ongoing • Prevention can make a real difference in the rest of a patient’s life

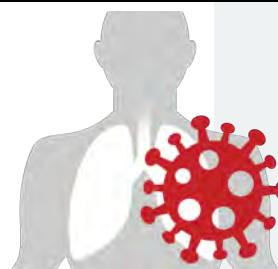
These issues do not appear in all COVID-19 patients

From Mayo Clinic

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Treatments – MONOCLONAL ANTIBODIES

- Monoclonal antibodies are laboratory-made proteins that mimic the immune system's ability to fight off harmful pathogens such as viruses, like SARS-CoV-2.
- Like other infectious organisms, SARS-CoV-2 can mutate over time, resulting in genetic variation in the population of circulating viral strains.
- They are a treatment option for COVID-19.



- Monoclonal antibody (mAb) treatment may increase your chances of recuperating at home and avoiding hospitalization.
- Monoclonal antibody treatments are authorized by the FDA.
- Treatments are generally available at little or no cost to eligible patients.

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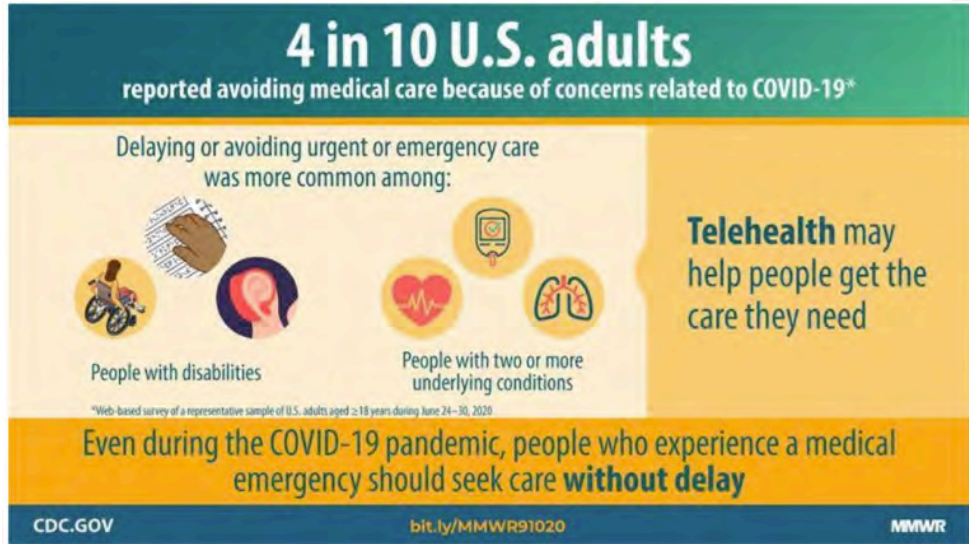
Treatments – MONOCLONAL ANTIBODIES

- Using monoclonal antibodies as a part of treatment for COVID-19 can reduce hospitalization by 70%

70%

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Medical Care in ALL ADULTS



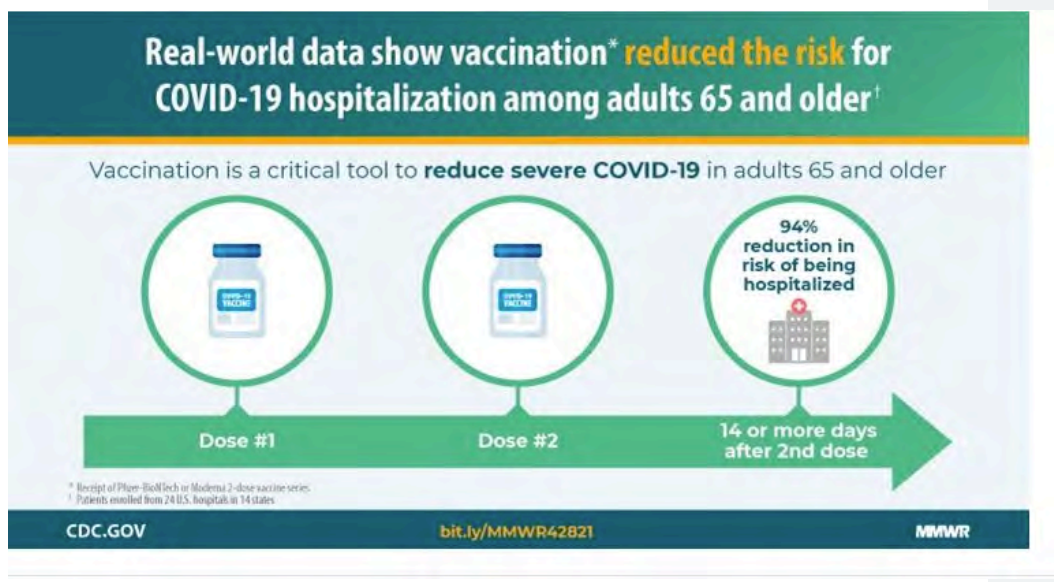
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Questions for Age Groups Across the Life Span



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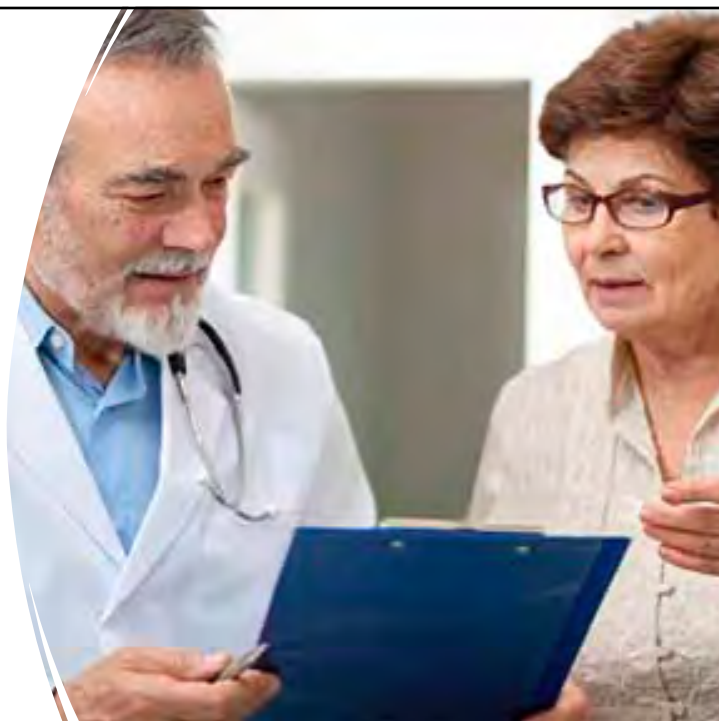
Vaccines in OLDER ADULTS



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COVID-19 in OLDER ADULTS

- **Older adults** and people of any age who have serious underlying medical conditions like heart or lung disease or diabetes are at higher risk for developing more serious complications from COVID-19 illness.
- Older adults are at increased risk of hospitalization or death



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COVID-19 in OLDER ADULTS

COVID-19 is a complex illness that **might require ongoing clinical care** even after being discharged from the hospital

1 in 11

patients hospitalized for COVID-19 were readmitted to the same hospital within 2 months

Premier Healthcare Database includes data from 865 nongovernmental, community, and teaching hospitals that contributed data during the study period

CDC.GOV

Patients who were readmitted were more likely to:



Be 65 years of age or older



Have a chronic medical condition



Have been hospitalized within the 3 months preceding the first COVID-19 hospitalization

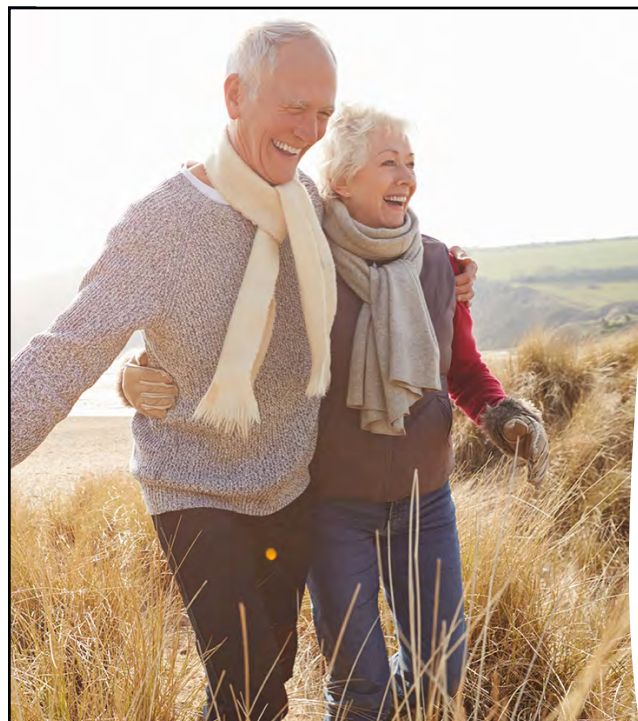


Have been discharged to a skilled nursing facility or with home health care

bit.ly/MMWR1920

MMWR

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Coping with COVID-19 for OLDER ADULTS

- Keep in regular contact with loved ones, for example by telephone, e-mail, social media or video conference.
- Keep regular routines and schedules as much as possible for eating, sleeping, and activities you enjoy.
- Learn simple daily physical exercises to do at home when in quarantine so you can maintain mobility.
- Find out how to get practical help if needed, like calling a taxi, having food delivered or asking for medical care. Make sure you have a one-month supply or longer of your regular medicines. Ask family members, friends or neighbors for support, if needed.

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Poll Question



- Question -
- Which age group do you think is most at risk with COVID-19 as we move forward?

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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**

Telemedicine and Digital Health Post-COVID-19: Where Do We Go From Here?

- Dr. Tania Elliott

July 29, 2021 - 4:00 PM ET

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