

COVID 19 UPDATE

VENTILATION:

With the winter season upon us we will begin to turn on our Heaters, bundle up in blankets and in some cases sit in front of a crackling fire while enjoying our favorite Christmas classic films. With the most recent data available showing an increase in positive tests and confirmed through information provided by Dr. Megan Coffee MD PhD, a global infectious disease doctor with over 15 years' experience, ventilation has proven to be one of the most effective methods of decreasing transmission of any disease. While we cannot be expected to open our windows in the cold winter months potentially exposing ourselves to decreased immune systems. While we can certainly turn on the exhaust fans in our homes located in bathrooms, laundry rooms and kitchens to assist with ventilation here are few helpful tools that can be purchased to help continue to decrease the risk while remaining comfy and cozy at home:

1. A CO2 monitor with digital readout [\$22.00 – Higher] [Lowest at WalMart.com]
 - a. This is a measuring system to see how clean the air is in the room or home. The recommended setting for indoor would be between 300-500ppm for adequate ventilation. If you see the numbers climbing greater than the 1000ppm range you may want to think about ventilating a little better (see #2)
2. A HEPA Air Filter [\$50.00 – Higher] [Lowest at Amazon.com]
 - a. Must have "HEPA" *High-Efficiency Particulate Air Filter* in purchase listing as it will purify the air of the room in use reducing the overall contaminants in the air, reducing the CO2 and providing well ventilated air.

We must remember that this virus is not airborne, but in studies conducted all over the world lack of adequate ventilation proved to be one the highest contributing factors to the spread of the virus.

MASKS:

While we have been wearing masks since the beginning of March 2020, we must remember why we wear them: Masks reduce the risk of transmission of the disease to you! There is no way to identify who will be the most affected by infection, so masks are a general measure of total population risk reduction. While the recommended masks would be double lined it ultimately remains up to you which mask you feel more comfortable with however it must cover your nose and mouth.

While the central valley has seen a decrease in Flu virus positive tests from previous years, likely due to face mask coverings, we are continuing to see the Cold virus (Rhino Virus) positives unaffected by masks and continues to see an increase of reported symptoms and cases. Frequent handwashing has been proven the effective method to reduce the transmission of the Cold (Rhino) virus.

TESTING:

While the COVID PCR has been the Gold standard of testing developed throughout the United States California has approved the "LAMP" test which can produce a result within 30min versus the 5-7days the PCR lab test requires for adequate results. If you would like to know the results of a test quickly request what type of test that will be completed.

VACCINATIONS:

Over the last 10months several vaccines have been in production and in testing phases with a possible release of Mid December 2020 with a certain availability date of mid-January 2021. Here is an update on

the 3 most prominent vaccines currently in Phase 3 of clinical trials (typically vaccines are released after Phase IV *Regulatory Review and Approval*) that may be available shortly:

1. Pfizer's COVID 19 Vaccine:
 - a. Will come in two (2) separate injections 21-28 days apart
 - b. Current Clinical trials show a 95% efficacy rate
 - c. Complication: Must be stored at -80degree Celsius making transportation problematic.
2. Moderna's COVID 19 Vaccine:
 - a. Will come in two (2) separate injections 21-28 days apart
 - b. Current Clinical trials show a 97% efficacy rate
 - c. Studies revealed antibodies present 3months after injections
 - d. Stored at -20degrees Celsius a common transportation method
3. AstraZeneca's COVID 19 Vaccine
 - a. Originally stated only 1 injection with 60% efficacy rate increased to 2 injections separated by 21-27 days with a 90% efficacy rate
 - b. Poor vaccination protocol has led to problematic data with their first round of trials.
 - c. Reported 2degree to 8degree Celsius storage (average refrigerator temps)

California will release the vaccinations in 3 separate "Phases":

Phase 1: Acute Care Hospitals (At Risk Patients and all Healthcare Workers)

Phase 2: Community Health Centers (EMS/Transitional Care Facilities/ect.)

Phase 3: Specialty Clinics (Dental Offices/ENT/Geriatrics/ect.)

QUARANTINE:

The CDC has stated that Quarantine is utilized to mitigate (or reduce) risk of transmission of COVID 19 however the 14day length recommendation has been reduced to 7-10days with one additional marker for lessening or lengthening the amount of time; "Fever" or a temperature "above or greater than 100.4F". Most developing symptoms occur within 5days of exposure, should an individual remain asymptomatic by day five without a fever throughout the 5days will not require isolation past day 7, but if fevers persist beyond day 10 it is recommended to remain under quarantine until they have been without a fever for 24hours.

NOTE: Praise Chapel Fresno California does not render any recommendations on treatment, testing or vaccinations; our goal is to provide our community with up to date information so that the individuals that comprise our congregation can make informed decisions in their own best interest.

If you would like to listen to the conference call completed with Dr. Megan Coffee MD PhD you may find it on YouTube: www.youtube.com/watch?v=txunZQu9vzE

Thank you,