

CORONAVIRUS NEWS BRIEF

Compiled Periodically from various sources By:

Kaushik Amin, USA.

201-936-4927 * kaushikamin@hotmail.com

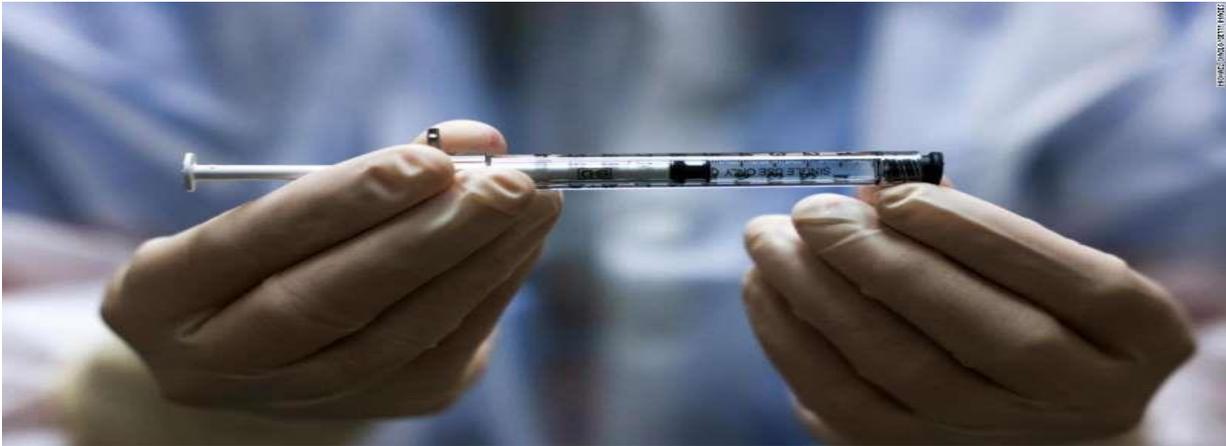
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**The US President Biden, first lady Jill Biden,
Vice President Kamala Harris & second gentleman Doug Emhoff hold a
moment of silence & candlelight ceremony in honor of a grim milestone:
the deaths of more than 500,000 Americans from COVID19.**

Johnson & Johnson vaccine: Why Americans shouldn't turn their noses up at J&J's coronavirus vaccine.

By Dakin Andone, CNN.



With Johnson & Johnson's Covid19 vaccine on the verge of being authorized for emergency use by the US Food and Drug Administration (FDA), Americans are taking another look at the vaccine and its data.

And what they see might initially give them pause. For several months, public health experts have praised the approximately 95% efficacy seen in vaccines by Pfizer-BioNtech and Moderna. But the data surrounding the Johnson & Johnson vaccine, developed by the company's vaccine arm, Janssen, falls short of that figure.

. But those comparisons aren't fair, experts say. They say the Johnson & Johnson vaccine is an effective vaccine that offers good protection against severe forms of Covid-19. Anyone should take it if given the opportunity.

"My big concern here is that the Johnson & Johnson is being labeled as the inferior vaccine," said Dr. Leana Wen, a CNN medical analyst and former Baltimore public health commissioner, "when that's not a fair assessment to make."

It's very effective against severe disease
On Wednesday, the FDA released an analysis of vaccine clinical trial data submitted by Johnson & Johnson, saying the vaccine met the FDA's requirements for emergency use authorization. According to that analysis, the single-dose vaccine showed about 66% efficacy globally against moderate to severe/critical Covid-19 cases 4 weeks after inoculation. But in the United States, the vaccine

showed a 72% efficacy. Against severe forms of the disease, it's even higher, offering nearly 86% protections.

And that's what people should be focused on, experts say. "That's probably the most important part of this vaccine or any of the Covid vaccines is the protection against hospitalizations and severe disease and dying," said Dr. Paul Goepfert, professor of medicine in the Division of Infectious Disease at the University of Alabama at Birmingham and director of the Alabama Vaccine Research Clinic.

"If we could prevent people completely from dying or getting hospitalized with Covid, we don't have a problem anymore," Goepfert said.

Dr. Wen said what really matters is a vaccine's ability to prevent severe disease, and beyond that, disease that's severe enough that leads to hospitalization or even death. She pointed to Johnson & Johnson's vaccine trial, in which there were no individuals who had a severe enough case of Covid-19 that they ended up in the hospital or on a ventilator or died.

"In this regard," she said, "all of the vaccines are essentially a hundred percent."

While preventing infections would be great -- and there is evidence Johnson & Johnson's vaccine is effective against asymptomatic infection -- its avoiding severe cases that will save lives.

"The key here isn't that we want to prevent infections, though we do," said Dr. Ashish Jha, dean of Brown University's School of Public Health, in an interview last week with CNN's Poppy Harlow. "We want to

prevent people from getting really sick and obviously prevent people from dying. And all three of these vaccines appear terrific for that goal."

You can't make head-to-head comparisons

After Johnson & Johnson released its data last month, Dr. Anthony Fauci told CNN the vaccine had "very good efficacy against severe disease," and that the results would have looked even better if it weren't for the fact it had to compete with the vaccines from Pfizer-BioNTech and Moderna.

"We would have said wow, a 72% effective vaccine that's even more effective against severe disease is really terrific," he said.

While it might be an easy point of reference, Wen said it's not correct to compare the Johnson & Johnson vaccine to its counterparts by Pfizer-BioNTech and Moderna.

"That's because the trials were not done head-to-head," she said. "It's not as if we had several groups of people - one group got placebo, one group got Pfizer, one group got Moderna and one group got Johnson & Johnson. That's not how this was done."

The vaccines were also tested at different times, she said, and different types of strains were more prevalent than others depending on the location.

Notably, Johnson & Johnson's vaccine was tested in South Africa, where the dominant strain was the B.1.351 variant, which is believed to be more contagious. There, the vaccine showed a 64% efficacy rate. Offering protection against the variant could give the Johnson & Johnson vaccine a "slight edge," Wen said, since neither Pfizer's nor Moderna's vaccine was tested in that environment.

Regardless, the Johnson & Johnson vaccine's efficacy numbers exceed the 50% effectiveness bar that was previously set by the FDA.

"All three (vaccines) are way, way better than I think any of us had even hoped these vaccines would be," Jha said previously.

"I had hoped these vaccines would give us 60%, 70% effectiveness," he added. "They're all way better than that."

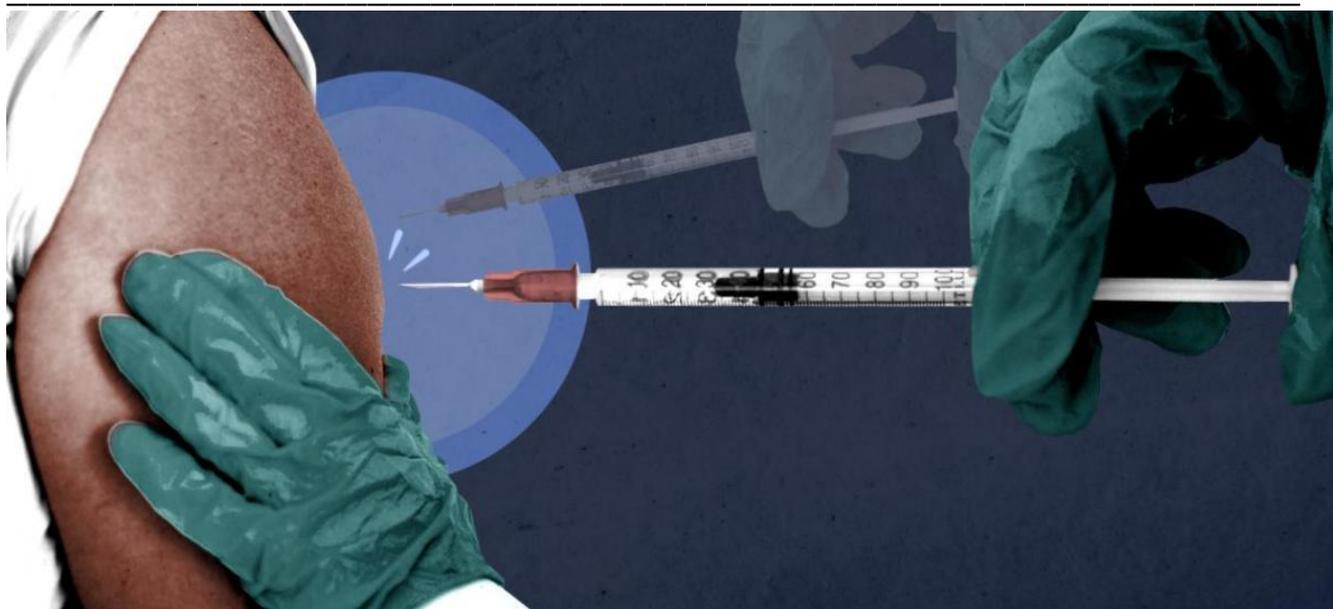
Take what you can get. At this point in the pandemic, however, Americans don't have the luxury of choice. When it comes to Covid19 vaccines, experts say to take what's offered you.

"If people are offered the Johnson & Johnson vaccine, they shouldn't say, 'I don't want it,'" Goepfert said. "We are not in a scenario where we can pick and choose vaccines."

Asked about which vaccine Americans should get, Wen said, "You should get whatever is available to you at the time that you are first eligible.

"At some point, there will be plenty of supply for everyone," she said. "That's not the case right now. Supply is the limiting factor."

She also noted the Johnson & Johnson vaccine has an ongoing trial testing a two-dose vaccine program -- a trial she's a part of. And while she hopes the one-dose program will get authorization soon, she said getting one vaccine now doesn't necessarily mean you'll be unable to get another later. Getting the vaccine now, as soon as possible, it helps you, it protects you and gives you some level of immunity," she said. "And it also helps us come to an end of this pandemic sooner."



The race to create a world-class ventilator to combat Covid-19

A raging pandemic, a dearth of life-saving equipment, and 90 days to manufacture a world-class ventilator. On March 24, 2020, a nationwide lockdown was imposed in India in the wake of a formidable adversary, the Covid-19 pandemic. With the number of cases increasing exponentially, hospitals were faced with a dangerous shortage of life-saving equipment and personnel.

In response to the imminent crisis, Amitabha Bandyopadhyay and Srikant Sastri formed the IIT Kanpur Ventilator Consortium as a task force to assist a young startup, Nocca Robotics, in building affordable high-quality ventilators for India's cash-strapped hospitals.

Under the mentorship of reputed industry leaders, the task force and the Nocca team worked tirelessly against unprecedented odds – trammled by a ban on imports and telecommuting through Zoom and Whatsapp in the face of stringent lockdown restrictions – to manufacture the Noccarc V310 in record time. This is the incredible story of its conception, creation and success, in the words of the task force co-leaders themselves.

Inspiring and riveting, "The Ventilator Project" (Pan Macmillan India) also offers an unmatched blueprint for business in the post-Covid era through first-hand lessons gleaned during the task force's phenomenal 90-day run. It proves that India, with its deep recesses of talent and ingenuity, has the potential to be a world leader in both business and social impact.

Amitabha Bandyopadhyay is a scientist trained at the Albert Einstein College of Medicine, New York and Harvard Medical School, Boston. He established his independent research group in 2006 at the Biological Sciences and Bioengineering Department of IIT Kanpur.

In 2012, Bandyopadhyay got involved with the institute's Startup Incubation and Innovation Centre. In 2018, he became the first occupant of the Kent Chair for Innovation and Entrepreneurship and the Professor-in-charge of Innovation and Incubation at IIT Kanpur.

Srikant Sastri is an alumnus of IIT Kanpur and IIM Calcutta, and wears many professional hats. He is Chairman, IIM Calcutta Innovation Park, and a board member at several other incubators. As an entrepreneurship evangelizer, he created the ChaloStartup web series and is on several government advisory bodies. As Chairman, I3G Advisory Network, he trains and advises corporations on accelerated business transformation.

What if we could instantly double COVID-19 vaccine availability in America?

This is the tantalizing prospect raised by data collected while testing the double-dose regimen for the Moderna and Pfizer vaccines. As two Canadian researchers highlighted in a letter to the New England Journal of Medicine this month, both vaccines have been found to achieve 92 percent efficacy 14 days after a recipient has been given just one dose. The second dose, administered three to four weeks after the first, offers comparatively small gains by this measure: It boosts the Pfizer vaccine's efficacy to 95 percent, and the Moderna vaccine's to 94 percent, differences of just three and two points, respectively.

"With such a highly protective first dose, the benefits derived from a scarce supply of vaccine could be maximized by deferring second doses until all priority group members are offered at least one dose," the letter argues. In other words, it's possible we could more efficiently slow the viral spread and

prevent thousands of deaths and hospitalizations in America if we saved the second shot for later, when supplies are larger.

Could a single-dose plan actually happen here in the United States? Would the FDA ever permit it, especially in the relatively short time span where this shift could make a big difference? Or is delaying the second dose a pipe dream?

The Canadian researchers dubbed such a strategic shift "a matter of national security" — strong words, and not unwarranted.

Vaccine availability has increased, but present forecasts don't see us hitting the target of 3 million per day until April. The current average is just 1.4 million per day, and of the 267 million people eligible for COVID-19 vaccination in America (the vaccines aren't approved for children yet), just 7 percent are fully vaccinated and 14 percent have one shot. We're going too slow.

Manisha Jain: Bringing People Together to Make Thousands of Home-Made Masks For Frontline Workers During the Pandemic



In March 2020, when people's lives came to a standstill, Manisha Jain's took flight in a whole new direction. Having recently quit her educational career of two decades, pondering on what was in store for her, Ms. Jain was faced with the threat of a virus that had seemed so far away, become very real and close.

In response to a post on Facebook by Emerson Hospital asking for homemade masks for their staff with detailed instructions, Ms. Jain took the first step on a journey to starting her own charitable initiative, Sew We Care, that was instrumental in donating close to 25,000 pieces of homemade PPE to local hospitals and organizations. Ms. Jain has been a leader in the Boston area's education sector for the past 25 years. Passionate about intellectual as well as creative pursuits, Ms. Jain enjoys undertaking new challenges that transform visions into reality by efficient execution. A collaborator and team player to the core, Ms. Jain has been actively involved in the community as a volunteer for several organizations such as Ekal Vidyalaya, Palakurthi Foundation, Hindi Manch, Saheli, and Triveni School of Dance, among others, wherein she likes to lead silently and by example.

In all her endeavors, Ms. Jain strives to abide by her credo of pursuing excellence coupled with lifelong learning and giving, and values that as the single most important individual trait for success and contentment in life.

Manisha Jain: In March 2020, when people's lives came to a standstill, mine took flight in an

unimaginable direction. Having recently quit my educational career of two decades, pondering on what was in store for me, I heard the dreadful news that some dear friends had contracted COVID. Suddenly, the threat of a virus that seemed far away became very real and close. It brought forth unimaginable anxiety and a feeling of helplessness...of not knowing any answers, of not being able to help or make a difference! I came across Emerson Hospital's post on Facebook- a plea for homemade masks for their staff with detailed instructions. I apprehensively stitched my first mask, and to my pleasant surprise, it came out well and fit my husband perfectly. It gave me a sense of purpose and satisfaction and I realized that this could be my contribution to survive the crisis facing healthcare heroes and all of us. I put out a request on Facebook and in my town group, urging people to help me with any of the steps of mask making, whether it be procuring fabric, cutting, ironing, sewing or delivering. The very next day I received tons of fabric donated at my doorstep. At the same time Jharna Madan, a dynamic leader in our community, reached out to me saying, "I saw your post on Facebook, I want to help." Encouraged by the generosity of so many and by Jharna's willingness to help, I made an instructional video and we began to spread the word. Though it was my anxiety that spurred this project, it gained wings through the generosity of community members who kept joining our group, aptly named "Sew We Care" by my daughter. Having evolved in the COVID-19 era, Sew We Care was a completely collaborative, yet socially distanced, process. Everything was facilitated via Whatsapp, like an assembly line spanning across households. A friend's daughter put it very eloquently "it seems like you all are running a drug cartel, a bag gets dropped off, picked up, no one meets each other, but the work gets done!" At its peak, Sew We Care included volunteers from 33 different towns across MA and NH, with approximately 150+ members who were further assisted by their family members bringing the total number to about 500 people. We became a family of givers, not saying no to anyone who requested, and working round the clock to fulfill the need. We delivered close to 25,000 masks, scrub caps and other PPE to about 250 hospitals, senior centers, homeless shelters etc. *

Recovery after Covid.

Please join us this coming Monday, March 1, 2021 at 6:00 PM ET to meet and learn from Dr. Nilam Srivastava, MD (Chief, Division of Internal Medicine and one of the leaders of the COVID-19 Recovery Program at Saint Peter's University Hospital). She and Dr. Meena Murthy, MD, FACE (Chief, Division of Endocrinology, Nutrition, and Metabolism and Director of Thyroid & Diabetes Center and South Asian Institute) will discuss COVID-19 recovery. Saint Peter's Healthcare System launched a COVID-19 Recovery Program in August 2020, which addresses lingering complications that many patients who have previously had COVID-19 experience. It provides patients access to individualized, multispecialty care from experienced physicians who have supported patients since the beginning of the pandemic. To join this session, please register by visiting [*tinyurl.com/SADC2021Mar*](https://tinyurl.com/SADC2021Mar). After registering, you will receive a confirmation email containing information about how to join the meeting. If you know someone who would like join our mailing list, please forward this email to them and ask them to sign up at tinyurl.com/SADCsignup. We hope you and your loved ones continue to stay safe. As always, please reach out to us if you need individual support..



SKN South Asian Diabetes Center invites you to join our
March Monday Meetup
COVID-19 Recovery at its Best



Dr. Nilam Srivastava, MD
Chief, Division of Internal Medicine, Saint Peter's University Hospital
Leader, Saint Peter's COVID-19 Recovery Program
and
Dr. Meena Murthy, MD, FACE
Chief, Division of Endocrinology, Nutrition, & Metabolism
Director, Thyroid & Diabetes Center & South Asian Institute
Saint Peter's University Hospital

Monday, Mar 1 at 6PM ET
Register at: tinyurl.com/SADC2021Mar



SouthAsianInstitute@saintpetersuh.com | 732-339-7219

***Vaccines by Pfizer-BioNTech and AstraZeneca are gradually beating down the pandemic, real-world data from the inoculation program in the UK show.**

The data: An analysis by Public Health England shows the Pfizer vaccine reduces the risk of infection by more than 70% after the first dose and 85% after the second dose. Hospitalization and death from Covid-19 were reduced by over 75% in those who have received a dose of the Pfizer vaccine. A study in Scotland, led by the University of Edinburgh, showed both Pfizer's and the Oxford-AstraZeneca vaccine reduced the risk of hospitalization by over 80%. The AstraZeneca shot cut hospitalization by 94% by the fourth week after a single dose, while the Pfizer vaccine reduced hospitalization by 85% after the first shot.

The significance: These vaccines had previously proven their efficacy in controlled settings of late-

stage trials, but these are the first evidence of their performance in the real world, raising hopes that the vaccines can gradually beat the pandemic. Pfizer/BioNTech and Moderna pledged to boost their current distribution of COVID19 vaccines. As it stands, Pfizer & Moderna are distributing 4- m vaccine doses each week. Pfizer plans to up that to 13m doses weekly by mid-March & Moderna is working to distribute 40m doses per month, the companies told the House Energy and Commerce Committee during a hearing. Moderna plans to ship at least 100m doses by the end of May. The increased production promises come amid a sluggish coronavirus vaccine rollout; President Biden has set the US on a goal of distributing 1.5m doses each day. Both companies are currently testing booster shots that may work better against more transmissible COVID19 variants, & Moderna is testing its vaccine's efficacy on older children.

Can You Test Positive for COVID19 After Getting the Vaccine?

Tina Donvito



If you got the COVID-19 vaccine, you're not in the clear just yet. Here are the possible scenarios where you can still test positive for COVID after being vaccinated.

The COVID19 vaccines and testing positive.

After surviving a full year of a highly contagious and deadly virus, the development of COVID-19 vaccines brings a glimmer of hope. The rollout has been slow, but there are people who have already received one or two of their COVID-19 vaccine shots. When enough people—just how many is still unclear—are vaccinated, we'll achieve herd immunity. This means the virus is likely to spread less and eventually die down or die out.

However, before most of the population is inoculated and even then, you still need to exercise caution. You still can test positive for COVID-19 after getting the vaccine, but there are a lot of factors that come into play. Here's what you need to know about the vaccine, how it works, and the possible scenarios where you can test positive

How effective are the COVID-19 vaccines, and are they safe?

The COVID-19 vaccines have a remarkably high-efficiency rate and have been rigorously tested for

safety. A 2020 study on the Pfizer vaccine of more than 43,000 participants published in *The New England Journal of Medicine (NEJM)*, found the vaccine was 95 percent effective at preventing COVID-19. There were only minor side effects and very few severe adverse reactions. A 2020 trial of over 30,000 participants for the Moderna vaccine, published in the *NEJM*, found similar results: The vaccine was 94 percent effective, with very rare serious adverse events.

"Pfizer and Moderna data suggest that the vaccines are both approximately 95 percent effective at preventing people from getting symptomatic COVID-19, and are particularly effective at preventing severe disease," says Anne Rimoin, a professor of epidemiology at UCLA Fielding School of Public Health. For comparison, last season's flu vaccine was 45 percent effective, according to the Centers for Disease Control and Prevention (CDC). This is why you need a new flu shot each year. In order to be approved, the known and potential benefits of a COVID-19 vaccine must outweigh the known and potential risks of the vaccine, says the CDC. That means you can be confident of the vaccine's safety and comfortably ignore any

COVID-19 conspiracy theories. However, if you are pregnant or have had allergic reactions to vaccines, talk to your doctor first.

How do the vaccines prevent COVID-19?

The COVID vaccines are “messenger RNA” vaccines, or “mRNA,” that signal your body to make a harmless version of the spike protein found in COVID-19. Then, your body recognizes the protein as an invader, destroys it as well as the messenger that brought it, and remembers the protein so it can fight it later. Even though the vaccine uses RNA, it does not change any of your DNA because the RNA never enters the nucleus of your cells, where your genetic material (DNA) is kept.

Scientists have been working on mRNA vaccines for a long time, which is in part why they were able to create these vaccines for COVID so quickly.

Can I get COVID from the vaccine?

No. There is no COVID virus in the vaccine, so you cannot test positive for COVID or get sick with COVID from the shot itself. In response to the spike protein, “the vaccine induces immune responses—both antibodies and cellular immunity,” says Stanley H. Weiss, MD, an epidemiologist and professor at Rutgers New Jersey Medical School and the department of biostatistics and epidemiology, Rutgers School of Public Health.

Cellular immunity refers to the activation of T-cells, which are white blood cells that also help fight the virus. Although this cellular immunity is likely to be very important, Dr. Weiss says, “most of what is known for the mRNA vaccines relates to the antibodies they induce. “So, because your body will develop the antibodies to fight off the virus in the future, you could potentially test positive on an antibody test; but not on a test for the virus.

Could I get COVID after being vaccinated?

There are a couple of ways this could happen. First, you could unknowingly already be infected with COVID before you receive the first (or even the second) dose, and subsequently test positive. “It will take several weeks for your body to build optimal immunity after vaccination,” says Rimoin.

“That means it’s possible a person could be infected with the virus that causes COVID-19 just before or just after vaccination. This is because the vaccine has not had enough time to provide protection. This is why it is critical that everyone remain vigilant [about masks and social distancing], even after vaccination,” he says. Find out how much longer we will need to wear face masks.

Another possibility: Because your first dose isn’t fully protective (the NEJM study on the Pfizer vaccine showed that the first jab was only 52 percent effective), you could still catch COVID in between your two shots.

“There is some protection starting 10 days after the first dose, but clearly limited,” Dr. Weiss says.

“About 10 to 14 days after the second dose there is a dramatic increase in protection as evidenced by much higher antibody titers [the amount of antibodies],” he explains.

Can you still get COVID after both doses?

Even after two doses, before we reach herd immunity, there’s still some chance of getting sick. “The meaning of ‘95 percent efficacy’ is that some people who had both vaccine doses still got COVID-19 disease; namely, 100 percent minus 95 is 5 percent that were observed to have disease,” Dr. Weiss says. That’s one in 20 people.

In addition, the studies only looked at people with an observable illness. “If everyone were tested, almost surely cases of asymptomatic infection would have been detected beyond those 5 percent,” he says. So, people “need to remain as vigilant after the first dose of the mRNA vaccines, but also remain vigilant after the second dose.”

Importantly, though, Dr. Weiss points out that among the 5 percent who did get sick, there was also an “absence of deaths,” which indicates COVID is much less severe after vaccination.

Can I still transmit the virus after being vaccinated?

Unfortunately, scientists don’t know yet. “We are still trying to understand whether or not a person can still become infected and pass the virus on to others,” Rimoin says.

“There’s not enough evidence yet on whether the vaccines also prevent asymptomatic infection and transmission. There are still ongoing studies that will answer this question. Until we know the answers we should continue to be as cautious as possible.”

Dr. Weiss agrees those who have been vaccinated should be cautioned that it’s possible they could potentially transmit the virus. “We have seen that phenomenon with some other infectious agents, so it will be important to examine this issue for COVID-19,” he says. Because there are so many asymptomatic cases of COVID-19 (more than with other viruses), it could still be possible to spread it after vaccination without actually being sick; although the likelihood of this is unclear.

The CDC notes that the vaccines need to be studied further in “real-world” conditions—not just in clinical trials, in order to know more. In the meantime.

Will the vaccine protect against new variants?

Scientists & doctors just aren’t totally sure how the vaccines will work against the COVID19 mutated versions of the virus that are coming from other countries including the UK, South Africa, & Brazil. “It is important for scientists to monitor their development and investigate these variants—Moderna just released a statement that in their studies [not yet peer reviewed], the current vaccine likely protects about as well for the U.K. variant,” Dr. Weiss says.

“The vaccine also provides protection against the South African variant, but the immunologic data suggest it may be somewhat less protective, perhaps in the range of 85 percent,” he says. The possibilities of a booster dose or a new vaccine that works against multiple strains are also under consideration, he says.

Is it still worth getting the vaccine?

Absolutely. Although there are still unknowns, what’s certain is that COVID is a deadly disease, and the vaccine is a safe and effective way to avoid getting sick. Plus, getting vaccinated is the only way for things to return to some sense of normalcy—eventually.

“After a sufficient portion of the overall population has received full vaccination regimens, the general risk will decrease in the population,” Dr. Weiss says. “Estimates range from 75 to 90 percent of persons needed to be vaccinated to reach ‘herd immunity.’ The reason that this level of immunization needed to achieve herd immunity is higher than in initial estimates is that the variants are more transmissible than the original pandemic strain,” he says.

What will life be like after I get the vaccine?

For now, the recommendations are still to wear face masks and social distance, although you might feel better about socializing with others who’ve also been fully vaccinated. However, remember that young and healthy people (except essential workers) have not yet begun to receive the vaccine; and a vaccine for kids is still in the works.

“Nothing will change until we can be 100 percent sure that we’re not going to be spreading to others,” Rimoin says.

“Even after getting vaccinated, if a person is exposed to the SARS-CoV-2 virus it can take the body’s immune response some time to control infection. In the interim, we will still need to do all the things we know prevent spread: wearing a mask, hand hygiene, and social distancing,” he says. Again, “95 percent efficacy is not 100 percent, so the person remains at risk for acquiring infection,” until we reach herd immunity, Dr. Weiss says. “They also might pass it on—we don’t know. Thus, those who receive the vaccine, even after two doses, should continue to wear masks,” he says. The bottom line? Get the vaccine, and don’t get discouraged—with continued efforts to get everyone vaccinated, science is on the right path.

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How to Avoid Infectious Diseases



1. Eat Well

You need a strong immune system to fight off infectious diseases. A balanced diet that's high in nutrients and low in processed foods and red meat can keep your immune system at its best. Good eating habits can help you stay a healthy weight. That helps your immune system, too.



2. Get Good Sleep

This can help keep your immune system strong. While you sleep, your body makes proteins called cytokines, which help you fight inflammation and illness. Create a nighttime routine that helps you get some ZZZs. A good night's sleep after getting a vaccine helps it work better for you.



3. Get Vaccinated.

Vaccines play an important role in keeping infectious diseases like hepatitis A and B, polio, mumps, measles, whooping cough, and the flu under control. Check with your doctor to make sure you and your family members are up to date on all your shots.



4. Clean and Disinfect Surfaces

Keep busy areas and rooms like kitchens and bathrooms clean. They're more likely to have germs or bacteria. Wash counters first with soap and water, then clean with disinfecting wipes, not antibacterial wipes. These products are good for your hands, but they don't kill viruses. Always wear gloves when you use a disinfectant, and wash your hands afterward..



5. Wash Your Hands

You can pick up germs just by touching unclean surfaces or things commonly touched by other people, like doorknobs, gas pumps, counters, and touch screens. You get the germs on your hands and then touch your face. You can avoid this by washing your hands with soap and water often. Just soap up your hands and rub them together under warm water for about 20 seconds -- long enough to sing "Happy Birthday" two times -- then dry them with a clean towel or let them air dry.



6. Use Hand Sanitizer

This is a good way to fight germs when soap and water isn't available, as long as it's at least 60% alcohol and doesn't contain methanol, which can be harmful. But don't think of hand sanitizer as a substitute for washing your hands. It doesn't get rid of all types of germs and doesn't work as well if your hands are greasy. Be careful not to use too much sanitizer. That can create a layer of film on your hands that will actually trap germs. .



7. Don't Touch Your Face.

You probably touch your face a lot more often than you think. One study found that people touched their faces an average of 23 times per hour. That can lead to germs getting into your system via your eyes, nose, or mouth. It's also one more good reason to keep your hands clean.



8. Keep Personal Items Personal

Sharing things can also share germs and illnesses. The biggest problems come from sharing items that involve saliva (like a toothbrush, lip gloss) or blood (like shaving razors, nail clippers). If you're going to share food, take a bite from a clean portion and use your own utensils. Don't share drinks. Give everyone their own. And make sure to keep track of whose glass is whose..



9. Handle Food Carefully

The kitchen is home to a lot of germs. Always wash your hands before and after preparing food, and rinse off fruits and vegetables. Keep raw food away from cooked food, change out utensils and cutting boards that touch raw food, and wipe down counters where you've put raw food.

When cooking, make sure all food is cooked to the proper temperature: **180 degrees for chicken.**

145 degrees for most meats like roast or steak.

Fish should be cooked until you can't see through it.

After meals, get leftovers into the refrigerator as soon as you can.



10. Keep Your Distance

Physical distancing is staying at least 6 feet away from people who are not in your household. That helps keep you away from any droplets that get released when someone coughs, sneezes, or talks. If you know infections like COVID-19 or the flu are spreading in your area, it's best if social activities are held outside in small groups where guests can stay physically apart..



11. Wear a Mask

To fight contagious, airborne illnesses like COVID-19, the CDC recommends face coverings when you're in public or near anyone who doesn't live with you. Surgical masks work well, but they can only be worn once. Cloth masks with multiple layers can block up to 70% of droplets and can be washed and reused regularly. Be sure to wash your hands right away if you touch the inside of your mask after wearing it.



12. Practice Safe Sex

Not having sex is the only sure way to prevent the spread of sexually transmitted diseases. But you can do a few things to keep yourself safe if you're sexually active. You and your partner should both get tested to make sure you don't have HIV or other sexually transmitted diseases or infections. Only have sex with that partner. If you have sex with someone else, make sure to use a condom.



13. Keep an Eye on Your Pets

Cats and dogs that go outside can bring in ticks and the illnesses associated with them, like encephalitis and Lyme disease. To make sure all the members of your household stay healthy, schedule regular checkups with the vet and stay on top of vaccinations, keep your pet's bedding and litter box clean, and don't let them eat raw foods or drink out of the toilet..



14. Get Rid of Pests

Rodents and insects can carry disease-causing germs, so keeping them out of your house is important to your family's health. Make sure food and garbage cans are covered, seal up holes or cracks in your house's walls, and disinfect any areas where you see signs of pests (like droppings). If you have issues you can't handle on your own, call an exterminator for help.

Pfizer Inc. and BioNTech SE have begun a study testing in people whether the companies' Covid-19 shot can provide protection against emerging strains of the coronavirus.

The companies said Thursday they have started the small study to see whether a third dose of their authorized Covid-19 vaccine would increase its effectiveness against new variants, such as the strain first identified in South Africa.

The approach differs from that of Moderna Inc., which said Wednesday it had made a new vaccine targeting the strain found in South Africa and shipped doses to U.S. government researchers for human testing.

Many Americans Have Switched from Traditional Cloth Masks



How does This Mask Filter out Airborne Toxins?

Each KN95 mask is made up of 5 layers of a blown fabric featuring our patent-pending nanotechnology, giving you an extra level of protection you won't get with most other brands.

As states continue to re-open, more and more counties are beginning to actively enforce mask-wearing measures. In some localities, residents can face fines up to \$1,000 dollars for not wearing a mask.

One of the best ways to remain safe and compliant is to get a high quality face-mask that is effective, comfortable, and breathable.

Here's what's unfortunate: there's a lot of face masks out there that are made with poor quality materials, and multiple sizes/quantities are often unavailable.

However, now there's a new health supply store that has all of your masks needs covered. From reusable cloth masks, to KN95 filter masks, this site has them all available in plentiful quantities.

What is It?

It's called a KN95 Mask. This mask provides unparalleled protection when you need it the most! This mask completely covers your mouth & nose, and is extremely comfortable. It comes in both black and white in packs of 10, 25, 50, and even 100 masks, so you can choose the quantity right for you.

Why is KN95 Masks Selling out So Fast?

The KN95 Mask is a breakthrough when it comes to comfort, reducing particle spread, and most importantly breathing clean air.

Here are some of the cutting edge features of this face mask:

- Nano Technology DustFree Air Filter PM2.5
- Most Comfortable in it's class— can barely notice you're even wearing it.
- Non-Respirator: Don't risk exposing others around you to unfiltered air.
- Elastic dual-loop ear strap design that's strong and comfortable
- Fits all ages, perfect for men, women, and children
- Collapsable – put it in your pocket and take it anywhere
- Extremely Lightweight & Ultra-Thin (2mm)

Coronavirus: News from around the Globe.

Pfizer and BioNTech said they are also in discussions with U.S., European and other health regulators about studying a tweaked version of their vaccine that researchers designed to protect against the variant found in South Africa.

“We are taking multiple steps to act decisively and be ready in case a strain becomes resistant to the protection afforded by the vaccine,” Pfizer Chief Executive Albert Bourla said in a statement.

Both the Pfizer-BioNTech and Moderna Covid-19 vaccines appeared to generate a weaker immune response to the strain identified in South Africa, as did other shots in the advanced stages of development.

Companies including Johnson & Johnson are also working on new vaccines.

The U.S. Food and Drug Administration said this week it planned to evaluate any vaccine booster shots against variants quickly and wouldn't require large efficacy trials for authorization.

The two-dose Pfizer-BioNTech vaccine was the first authorized for use in the U.S., in December, after a large global study in 44,000 people found the shot was safe and 95% effective at protecting against symptomatic Covid-19.

In the new booster-shot study, researchers are offering a third vaccine dose to up to 144 people who participated in an early-stage study last year and were vaccinated six months to a year ago.

Subjects between the ages of 18 and 55 as well as between 65 and 85 are eligible. Researchers will assess the subjects for neutralizing antibodies against circulating strains when they receive the dose, then a week later and next a month afterward.

Neutralizing antibodies are part of the immune response, along with other antibodies and T-cells, that can prevent a virus from entering cells and replicating.

Pfizer and BioNTech didn't say when they expected to have results from the study, which Pfizer had previously said was in the works. During an earnings conference call earlier this month Pfizer R&D chief Mikael Dolsten said results of such a study could come around early summer.

Laboratory results published earlier this month in the New England Journal of Medicine showed that while the Pfizer-BioNTech vaccine protected against

the variant first identified in South Africa, there was a two-thirds drop in neutralizing antibodies against the variant's mutations compared with the more common form of the virus.

The findings suggested that the vaccine may not be as effective against the variant, though vaccine experts said it was hard to be sure based on the antibody laboratory results alone.

* How much did India contribute to Covid-19 research?

For a country that has the second highest number of Covid-19 infections and the fourth highest number of deaths — it was second highest at one point — India hasn't contributed much in terms of research into the pandemic. According to a study published in *Scientometrics Journal*, India contributed just 6.7% to the scientific research papers published on the pandemic in the period up to October 2020.

The US led the research with a contribution of 32.5%, followed by China (17.5%) and Italy (10.7%). The study also found a correlation between the number of research articles and the state of the pandemic in the country. For instance, China's contribution dropped sharply after the country's cases declined while "the USA and European nations turned out increasing numbers of Covid-19 articles". The study tracked contribution to research by dividing the pandemic's progress into four stages: (1) pre-COVID-19 as articles produced between 2018 and 2019; (2) Period I as January 1-April 8, 2020; (3) Period II as April 9-July 12, 2020; and (4) Period III as July 13-October 5, 2020.

In India's case, while the country's pre-Covid contribution was a dismal 3.7%, which dipped even further to 2.9% during the January-April period, it rose to 6.7% in Period II and 6.8% in Period III. Total number of articles published by Indian researchers was 3,511, which was marginally higher than the UK (3,504) and France (2,813), which were among the two worst affected countries, both in terms of infections and fatalities.

COVID19: Weekly Update.

The numbers below are from
Saturday 02-27-2021 * 12pm US East coast Time..

Compiled Periodically By:

Kaushik Amin, USA.

201-936-4927/Kaushikamin@hotmail.com

Details are compiled from various sources.

Please note: There are many times likely false data & variations in data
most of the time, so, please use the data wisely.

Marked "" are not reliable data.*

World:

114,171,276. Cases. / 2,532,719. Deaths.

Recovered till today:

89,681,595.

01. U.S. A.:

29,143,480. Cases. /523,296. Deaths.

02. India*: (???)

11,095,852. Cases. /157,078. Deaths.

03. Brazil:

10,457,794. Cases./ 252,988.Deaths.

05. UK:

4,170,519. Cases. /122,705. Deaths.

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00. (India): Gujarat* :(???)

269,482.(???) Cases. / 4,409. Deaths.

USA States:

01. California:

3,547,280. Cases. / 51,821. Deaths.

02. Texas*:

2,647,690. Cases. /43,727. Deaths.

03. Florida:

1,898,223. Cases / 30,626. Deaths.

04. New York*.::

1,664,958. Cases /47,620. Deaths.

05. Illinois:

1,183,667. Cases. / 22,675. Deaths.

06. Georgia:

1,000,822. Cases. / 17,219. Deaths.

07. Ohio:

964,381. Cases. / 17,185. Deaths.

08. Pennsylvania

931,340. Cases /24,041. Deaths.

12. New Jersey*.::

782,833. Cases. / 23,192. Deaths.

16. Massachusetts:

577,980. Cases. / 16,024. Deaths.

34. Connecticut:

279,946. Cases /7,622. Deaths.



COVID19: DOS AND DON'TS.

* Covid19 vaccines are rolling out to cities nationwide. Find out how to get yours.

* Finally Vaccine has arrived in the US; still it will be a long time to Wait for most of us. Yet post vaccination results/effects are not known to the research/medico community fully. We are in a Pandemic Period, also possible invasion of new 2 strains of UK Coronavirus. Entering the winter, the number of cases are still on a higher side, also, world over most of us are just ignoring the pandemic do's

& don'ts, particularly when we are with festivity mode in final days of 2020, so please take Extreme Care, Stay Safe & Stay Home. Yet not an easy time for every one!

* Corona is still around, & may remain lifelong! It's not as simple as viral flu. It's as dangerous as like a contest of survival of the fittest.

* Vaccine is available now, first to the frontline medico fraternity, patients in need, & nursing home/long term care facilities residents on a priority, but average person will have no easy access soon, so be careful & protect yourself & your loved ones for good. Mask, frequent hand wash with soap & social distancing only is the option for now.

* Must use Mask, even if you have taken Covid shots, Vaccine is just protection, it's not a cure! Also wear Gloves, Sunglasses & the most

important: keep safe distance, keep washing your hands frequently with soap or use reliable sanitizer either one at least for 30 seconds.

* In India nasal steam (Naas) is recommended by the Government authorities, Ayurvedic practitioners, & also is a traditional remedy, but the US CDC doesn't recommend it due to a probable risk to the brain.

* If you can, use Mouth Rinse, will help to boost your oral health.

* If you have young kids/minors attending the school or college, it's advised to put on the mask for everyone inside the home.

* We are passing through a tough time of Life & Death. Follow Social Distancing, but stay in for Social Contacts. If you know any one suffering with Corona, your nearer or dearer, call and talk to them frequently, we don't know whether they will return safely with us. Call other relatives/friends, at least ten persons a week. We are social & want to take care of those who are cut off due to Corona self-imposed lockdowns. Also keep busy yourself & family members with plenty of daily activities like yog, exercise & Stay Physically Fit, Pursue Your Hobby, Get Adequate, at least 6 to 8 hrs. Of Sleep, & Eat Healthy Balance Diet.

* Yet it's a long march to finish, no one knows when we will...!!!!

Take care, & Stay Safe.