Covid 19 Update

CCA Fall Meeting 10-2-21



How does COVID-19 spread? COVID-19 is spread in three main ways:

• Breathing in air when close to an infected person who is exhaling small droplets and particles that contain the virus.

• Having these small droplets and particles that contain virus land on the eyes, nose, or mouth, especially through splashes and sprays like a cough or sneeze.

The impact of this virus not only affects (and infects) the individual but those around us!

The majority of members of this club are among the most vulnerable due to age with the poorest outcomes if infected

January 20, 2020 CDC confirms the first U.S. laboratory-confirmed case of COVID-19 in the U.S. from samples taken on January 18 in Washington state.

April 3, 2020

At a White House press briefing, CDC announces new mask wearing guidelines and recommends that all people wear a mask when outside of the home.

December 30, 2020 First U.S. case of UK variant reported in the U.S.in Colorado.

March 11, 2020 The World Health Organization declares COVID-19 a pandemic.

> December 11, 2020 Food and Drug Administration issues an Emergency Use Authorization (EUA) for the first COVID-19 vaccine – the Pfizer-BioNTech COVID-19 vaccine.

Timeline of Covid 19

March 15, 2020

U.S. states begin to shut down to prevent the spread of COVID-19. New York City public schools system (the largest school system in the U.S., with 1.1 million students) shuts down, while Ohio calls for restaurants and bars to close.



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2020 Newport Bermuda Race Cancelled

March 23, 2020

Press Releases



(NEWPORT, RI—March 23, 2020) The Bermuda Race Organizing Committee (BROC) has cancelled the 2020 Newport Bermuda Race due to the COVID-19 pandemic. The biennial race, founded in 1906, had 200 entries and was due to start for the 52nd time on June 19.

"As representatives of the race's co-sponsoring clubs—the Cruising Club of America and the Royal Bermuda Yacht Club—the BROC believes in promoting the practice of safety as a way of life offshore," Jay Gowell, BROC Chairman, wrote in a letter to competitors today.

"Our Committee has always held the position that we can only conduct the Bermuda Race if conditions for competitors and local populations made it safe to do so. After continuing to seek guidance from numerous government and medical advisors, it has become evident there is no longer a timeline allowing our sailors and supporters to prepare for and participate in this offshore race safely."

The driving factor in the decision was reducing the risk of exposure to competitors and the community. Preparing boats for an offshore race takes time, commitment, and logistics that may expose communities and families unnecessarily. Sailing offshore may result in contact with asymptomatic infected shipmates during the race and could adversely affect the Bermudian population at the conclusion of the race.

"This decision is extremely disappointing to our sailors as well as organizers," Gowell said. "As an international race organizing authority, it is our responsibility to be a part of the solution to reduce the risk of exposure."

Timeline of Covid 19

January 7, 2021 One year anniversary of CDC COVID-19 pandemic response.

January 25, 2021 First U.S. case of Brazil variant of coronavirus reported in Minnesota.

January 28, 2021 First U.S. case of South African variant of coronavirus reported in South Carolina.

February 21, 2021 U.S.COVID-19 death toll surpasses 500,000. March 8, 2021 CDC announces that fully vaccinated people can gather indoors without masks.

On May 20, the University of Texas Southwestern Medical Center announced it had identified the first two cases of Delta in North Texas using PCR testing. It called the findings "concerning" because the variant was believed to be more infectious than the original variant of COVID.

On Friday, August 6, the <u>CDC</u> updated its information on the Delta variant, which it called the predominant strain of COVID in the U.S.

significant increase in new cases reversed what had been a steady decline since January 2021.

Coronavirus disease	Cases 219M	Deaths 4.55M		
Bermuda	• Location		Cases↓	Deaths
Overview	• Bermuda		4,632 +155	43 +1
Statistics			42.3M	676K
Testing	United States	+208K	+2,252	
Symptoms	💼 India		33.5M +26,115	445K +252
Prevention	📀 Brazil		21.2M	591K
Coping			+7,884	+203
Variants	👫 United Kingdom		7.47M +35,702	135K +49

Variants

How Variants Change:

As the virus spreads, it has new opportunities to change and may become more difficult to stop. These changes can be monitored by comparing differences in physical traits (such as resistance to treatment) or changes in genetic code (mutations) from one variant to another.

Delta Variant

- The Delta variant is 2-3 times more contagious than the original virus (Spread 2.5 vs 4 with Delta)
- Some data suggest the Delta variant might cause more severe illness than previous variants in unvaccinated people. In two different studies from Canada and Scotland, patients infected with the Delta variant were more likely to be hospitalized than patients infected with Alpha or the original virus that causes COVID-19. Even so, the vast majority of hospitalization and death caused by COVID-19 are in unvaccinated people.
- Unvaccinated people remain the greatest concern: The greatest risk of transmission is among unvaccinated people who are much more likely to get infected, and therefore transmit the virus. Fully vaccinated people get COVID-19 (known as <u>breakthrough infections</u>) less often than unvaccinated people.
- Fully vaccinated people with Delta variant breakthrough infections can spread the virus to others. However, vaccinated people appear to spread the virus for a shorter time

Vaccines

- Vaccines in the US are highly effective, including against the Delta variant
- The COVID-19 vaccines approved or authorized in the United States are highly effective at preventing severe disease and death, including against the Delta variant. But they are not 100% effective, and some fully vaccinated people will become infected (called a breakthrough infection) and experience illness.
- This means that even though the risk of breakthrough infections is low, there will be thousands of fully vaccinated people who become infected and able to infect others, especially with the surging spread of the Delta variant. (underreported)
- Vaccination is the best way to protect yourself, your family, and your community. High vaccination coverage will reduce spread of the virus and help prevent new variants from emerging. CDC recommends that everyone aged 12 years and older get vaccinated as soon as possible.
- Get vaccine boosters when eligible

Additional Precautions

- Given what we know about the Delta variant, vaccine effectiveness, and current vaccine coverage, layered prevention strategies, including wearing masks, are needed to reduce the transmission of this variant
- At this time, as we build the level of vaccination nationwide, we must also use all the prevention strategies available, including masking indoors in public places, to stop transmission and stop the pandemic. Everyone who is able, including fully vaccinated people, should wear masks in public indoor places and places where social distancing is not possible (crowded outdoor events)
- Hand Washing
- Social Distancing

Why Does this Matter?

- Death and severe illness leading to hospitalizations
- Spread causes mutations/variants and future variants may outsmart vaccines
- COVID-19 symptoms can sometimes persist for months. The virus can damage the lungs, heart and brain, which increases the risk of long-term health problems
- Heart. Imaging tests taken months after recovery from COVID-19 have shown lasting damage to the heart muscle, even in people who experienced only mild COVID-19 symptoms. This may increase the risk of heart failure or other heart complications in the future.
- Lungs. The type of pneumonia often associated with COVID-19 can cause longstanding damage to the tiny air sacs (alveoli) in the lungs. The resulting scar tissue can lead to long-term breathing problems.
- Brain. Even in young people, COVID-19 can cause strokes, seizures and Guillain-Barre syndrome — a condition that causes temporary paralysis. COVID-19 may also increase the risk of developing Parkinson's disease and Alzheimer's disease.

"Long Haul" Symptoms after Covid (even if vaccinated)

Fatigue	
Shortness of breath or difficulty breathing	
Cough	
Joint pain	
Chest pain	
Memory, concentration or sleep problems	
Muscle pain or headache	
Fast or pounding heartbeat	
Loss of smell or taste	
Depression or anxiety	
Fever	
Dizziness when you stand	
Worsened symptoms after physical or mental activities	

What's Next?

- Depends on Vaccine uptake, adherence to precautions and Mutants
- ? further surge with schools opening, large events, indoor migration (winter)next few months
- Good news is more getting vaccinated, boosters, children to be vaccinated, precautions especially during the surge
- Hopefully will see significant decrease in prevalence of the virus and will be able to improve activities of daily life
- BUT: We will need strategies to mitigate risks as the new norm with Covid



CCA Culture of Safety

