Living in the Pandemic

Presentation By: Executive Director, Norman Scherzer
My Background

• Long time resident of Little Falls, New Jersey
• 25 years experience working for the Center For Disease Control
• Served as Assistant Commissioner of Health for New York City
• Followed by Consultancies, including two years with the Harvard Institute for International Development
• Currently run a cancer non-profit, The Life Raft Group

The goal is to share information that may keep others alive and well
The Global Surge Continues

It is likely to become even worse.

- Pandemic Fatigue
- News from the UK: The virus has mutated
New Jersey Update

• Hit grim new pandemic milestone last week.
  • As of Sunday afternoon, the state had logged 17,751 confirmed and probable deaths from COVID-19.
    • Population just shy of 9 million, that amounts to about 1 death out of every 500 New Jersey residents.

• New Jersey public health infrastructure is struggling to keep up.
How We Can End the COVID Pandemic

WORK TOGETHER

• Continue to wear masks, social distance, wash our hands, and minimize travel and indoor gatherings

• Decrease Rate of Transmission: <1:1

• Most scientists estimate it will require about 70% of the population to develop **herd immunity** to stop this pandemic.
Herd Immunity: COVID-19 Infection

Develop the COVID-19 infection.

• Some patients will become very ill, both short- and long-term, and some will die.

• Unknown duration of immunity.

• Inability to precisely measure immunity leading to possibility of re-infection.
Herd Immunity: Vaccination

Vaccinations

• The new mRNA vaccines have an efficacy of over 90% in their FDA approved clinical trials.

• Immunity through vaccination may require repeat vaccinations, similar to the flu vaccine.
The FDA has granted emergency approval to Pfizer and Moderna Vaccines

- Both vaccines are based upon a principle called mRNA
- Both vaccines require two doses
- Pfizer vaccine requires storage under extreme temperatures
- Moderna vaccine does not
COVID-19 mRNA Vaccines

• mRNA vaccines are a new type of vaccine to protect against infectious diseases.

• mRNA vaccines teach our cells how to make a protein, called a spike protein, that triggers an immune response inside our bodies.

• To trigger an immune response most vaccines put a weakened or inactivated germ into our bodies. mRNA vaccines instead teach our cells to make a protein - or just a piece of a protein - that triggers an immune response.

• The immune response, which produces antibodies, is what protects us from getting infected if the real virus enters our bodies.
COVID-19 mRNA Vaccines

• These vaccines **cannot** give someone COVID-19.
  • mRNA vaccines do not use the live virus that causes COVID-19.

• The vaccines **do not** affect or interact with our DNA
  • mRNA never enters the nucleus of the cell, which is where our DNA (genetic material) is kept.
  • The cell breaks down and gets rid of the mRNA soon after it is finished using the instructions.
Many months until enough people are vaccinated

- Wear a mask
- Wash hands
- Social Distance
- Avoid Travel & Indoor Gatherings
Stay Safe