

Covid-19 Facts 07/29/2021 Heads up Alaska will be going to a Mon, Wed, Friday update. [underline blue text are links and click on them to get more info Eligibility For Interior Vaccination or Testing sites. See Flyers on MCPFairbanks.com](#)

Country	Confirmed cases	New Cases	Deaths
Date These #'s are high It does not account for some getting tested more than 3 times. correction fact = 3	07/29/2021 WHO Began 1/21/2020 Future updates will be at the end of the day.	Source <u>WHO Reports</u> Alaska <u>Alaska COVID19 Report</u> past 24 Hours	WHO Alaska Report
USA Really???	34,473,788	82,375	606,686
Brazil Not good	19,749,073	41,411	551,835
India increases	31,528,114	43,509	422,662
Russia having problems	6,195,232	0	156,178
UK (Britain) problems	5,770,932	25,402	129,430
Columbia #10 bad problems	4,747,775	11,426	119,482
Italy increasing numbers	4,330,739	5,693	128,010
Spain Irregular reports	4,395,602	wow 15111	81,396
Iran Having problems	3,792,014	33,817	89,782
Philippines seeing an uptick	1,566,667	4,478	27,401
Sweden Irregular reports	1,098,795	643	14,655
China Censored reporting	120,469	70	5,635
Worldwide	195,886,929	595,149	4,189,148
Alaska 2,485,159 tests tests (326.99% (109.0%) of populous) 13871 tests in update 48 hrs ago, 3 day a week	Instate/out of state 71,757 / 3154 7 day <u>positivity rate</u> last 3 days from 5.10% to 5.35% to 5.55%	Resident/Non-resident 471 / 57 48 hours to begin updates only 3 days per week	Begin 3 day per week updates 379 2 - 70-79 y/o
FNSB 175,738 tests done 183.06% (61.02%) tested We are lagging behind the state & nation 1,115 test in update 48 hr, ago 3 day per week	Resident/Non-resident 8,028 / 175 7 day <u>positivity rate</u> last 3 days 5% to 5% to 6%	Resident/Non-resident 25 / 4 Not reported are military bases which do not report to this data base.	43
SE Fairbanks Matsu Borough positivity rates	peak 33.33% on 3/23/21 peak 18.10% on 12/1/20	8% to 8% to 8% today 7% to 6% to 6% today past 3 days	Positivity Rates (see vaccination rates below)

If you go to our website MCPFairbanks.com under Health Information you can find Reference links URL: [Alaska's current state](#) , [current AK](#) , [How are Deaths Reported](#) , [How we calculate COVID19 deaths](#) , [WHO Weekly summary](#) or [WHO daily Data Report](#) , [How is each state is doing?](#) [MAP of states](#), [Which state is doing poorly?](#) [Are you required to get a test?](#) [Positivity Rate by state](#), [Progress of vaccination](#) , [Eligibility](#), [Battle against COVID](#)

07/29/2021 Environmental Systems Research Institute, Inc. (Esri) GIS	
World wide (est pop 7.8 Billion)	196,414,175
World wide Deaths	4,194,057
US Cases (est pop 331,272,237)	34,723,917
US Deaths 400,000+ deaths will we see 500,000 by 3/31/2021?	612,020

Impact of COVID-19 on the US Healthcare system

Estimated US Population 331.3 million **209.81% (69.94%)** have been tested (**694.5million**)

Estimated 5% of US population will test positive for Covid-19 16.56 million (**currently 34.7 Million (10.49%) of population tested positive vs Alaska (9.44%)**) we have currently tested **an est. 694.5 million based on 34.7 mill that have tested positive discount some of these numbers by 67% to account for multiple testing of same person.**

If 8% will require hospitalization of the 16.56 million positive cases, we would need 1.325 million beds. Estimated by the American Hospital Association there are 800,000 staffed beds available.

The US has 2.8 hospital beds per 1000 our needs could be 56, China had 4.3, Italy 3.2, South Korea 12.3

The USNS Mercy and Comfort added
Of these estimated to be admitted to ICU
The US has 16,000 ICU beds

The Needs
2,000 staffed beds, not ICU
960,000. to ICU beds
we have 68,000-85,000 beds
<16,000 ventilators

US could need 299,000beds with ventilators

Summation: Estimated **needs could be 1.325 million hospitalized beds** for just COVID-19 patients alone. **If positives represents 5% of test run, then approximately 694.5 million have been tested,** we have no idea how many tests have been run or how many multiple tests conducted on the same person, resulting in **34.7 million positive tests run with 612,020 with 241 deaths in the past 24 hours, ave 2320/day. In AK, last updated 48hr ago, with 71,757 positive cases 9.44% of Alaska, 1,723 hospitalizations, and 379 deaths. Hospitalization rate is 2.40% of those that test positive, Death Rate 0.53% overall or 22.00% of those hospitalized. Those >60 y/o represent 15% of positive cases, yet represent 80% of deaths. 712,062 vaccines given equal approximately 334,046 (43.95%) completed series and 378,016 (49.74%) vaccinated once of population.**

Normal ICU stay 5-7 days, estimated ICU stay for COVID-19 2-3 weeks and they could tie up a ventilator for that length of time also, helping only 1/3 as many patients.

This is why we need to flatten the curve by social spacing and only essential travel.

Expected Death (these are just estimates based on other countries) if 5% of the US Population (16.56 million) test positive we are now at 29.137 million positive (8.8%) and if

1% die = 165,600 people

2% die = 311,200 people

3% die = 496,800 people

6% die = 993,600 people obviously we have passed the 1.325 million positive cases we are 29.137 million so if 5% of the US population (16.56 million) test positive and 6% of those die = 993,600 deaths if no vaccine, or if 3.09% (511,704) will die, but we are 104.8% of the way there in 52 weeks (1 year).

World wide death rate of positive tests actually **2.14%**. The US is at **612,020 1.76% of those actually tested positive, that is 70% lower death rate than when we started in 3/2020 , started at 6%. But we are slipping Death % have gone from 1.67 to 1.82%. There are 7.8 Billion people in the world 331 million live in the US (4.2% of the world's population) 10.49% have tested positive. The US deaths represents 14.59% of the world's death numbers and 17.68% of worldwide confirmed cases.**

In comparison to the flu in the US.

CDC Estimates. From 2010 to 2016, the flu-related death rate was between 12,000 and 56,000, with the highest season being 2012 to 2013 and the lowest being 2011 to 2012. Most deaths are caused by complications of the flu, including pneumonia or a secondary bacterial infection of the heart or brain. or 2,000 to 9,333 per year. In 2020 in the US has 19 million cases 180,000 hospitalized and **10,000 (0.052%)** have died, typically it is 2% will die, compared to **1.76%** with COVID19. **209.81% (US), 326.99% (Alaska), & 183.06% (Fbks) are still too few to protect us from future outbreaks.** Experts feel that we need either need people to get infected with the virus and develop antibodies or get vaccinated to create immune antibodies to protect us, that we need **>60%** of the population to have positive antibody tests and **preferably 70-90%**, one expert felt they would not feel confident til **>85%** were positive, to give assurance (herd immunity) in order to go without masks and social distancing. NY City seems to have the highest number at 20%. Testing is so important. Currently we are testing at **41.07 Million tests per month.** At this rate to **test everyone once** it will take 7.99 **months or over 0.67 years. To test 3 times it would take 23.96 months or 2 years**

The **Flu** (Influenza kills approximately 1-2% of those infected (**1.6% positivity in Alaska** zero deaths for flu), SARS killed 800 people total, COVID19 appears to **kill 1.76% (612,020) of those that test positive (10.49% of US COVID) or 12% less deadly than the flu** and seems to be **more contagious.** (Seems to spread more readily) **Flu rates dropped from 300 to single digits this year** note the start of mask wearing impacted flu numbers.

Alaska has **71,757** so far **8,053** in Fairbanks or 1 of every 9 of Alaskans, and with 43 of 379 deaths 1 in 9, the first case was transient foreign airline crew member. Interesting, the Source of Alaska's SARS-Cov2 virus **originated**

not from East Asia by travelers or the west coast (Washington where it was first observed), but came from the east coast of the US, and they were inoculated first from Europe, accordingly from New York's Governor and CDC. Currently 39 Variants known, only 8 of major concern in the US. (Europe's (china's)) Primary, plus an Ohio variant (COH.20G/501Y), California, UK (B.1.1.7), (7) South African (1.351), India (Delta), Delta-Plus, Peru and (2) Brazil (P.1), we have seen 5, Europe's (China) variant, California, Brazil, UK, South Africa, India (delta) now representing 40% of new tests in Alaska so far, the last 4 in particular as they have a 50% increase in transmissibility vs 20% in the others over the China variant, the delta variant is 50% more transmissible than the UK (B.1.1.7) version.

Best practice protection is good personal Hygiene do not touch eyes, nose, mouth, wash hands frequently for at least 20-30 seconds, before you touch your face, and observe personal spacing of 6-18 feet. Remove your shoes in your house, frequently clean surface areas, let the cleaner sit 15-20 sec before wiping off. **We are recommending to wear any kind of mask.**

Drug treatment is being researched, but as yet not been verified, only suggested. Best to isolate those sick and isolate those most susceptible (old and preconditioned with risk factors)

Risk factors: Cardiovascular disease (56.6%), Obesity (41.7%), Diabetes (33.8%), age >60, respiratory problems, especially smokers or those who vape, High Blood Pressure

If you have been exposed self isolate for 2-4 weeks

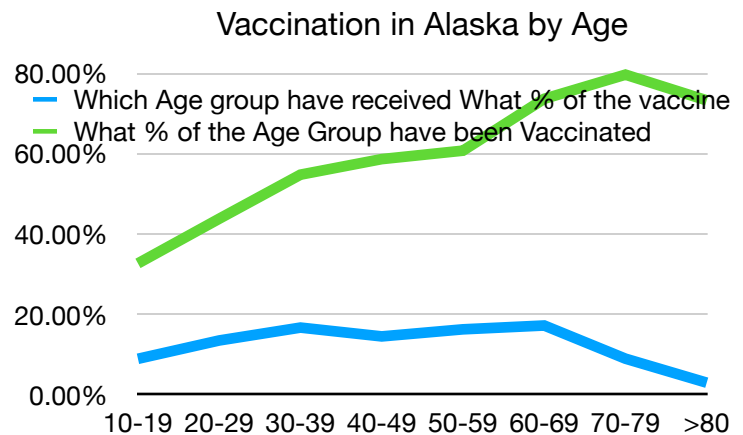
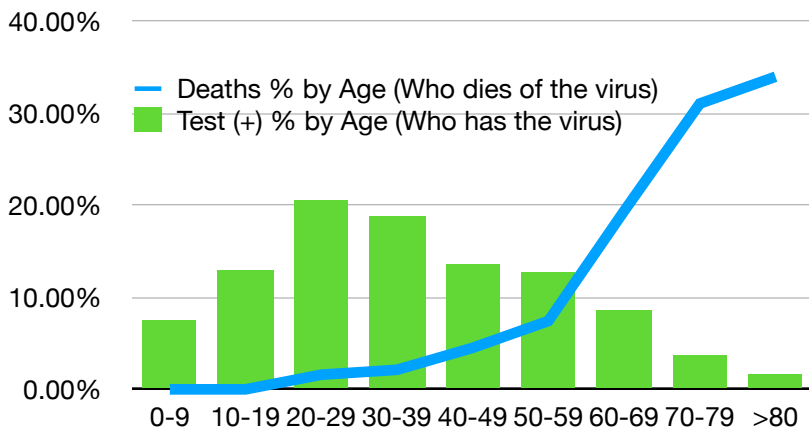
One episode in China, a man tested negative for 27 days before showing symptoms. So Isolation may want to be considered up to 4 weeks not just 10-14 days.

Italy 1 in 10 positive cases admitted to ICU due to Hypoxic failure requiring mechanical ventilation. In NY it was 1 in 7 that required hospitalization, of the 5700 hospitalized 2634 were discharged (79% (2081)) or added (21%(553)), 9 in 10 put on a ventilator died.

Public policy development and education is important. **How Long does Covid-19 stay on objects**

Air (droplets in air, sneeze/cough)	up to 3 hours	
Copper	4 hrs	
skin (SARS-COV2)	9.04 hrs	(Influenza virus 1.82 Hrs)
droplets on skin (sneeze)	11 hours	
Cardboard (Amazon Box)	24 hrs	
Plastic surfaces/Stainless Steel	72 hour	

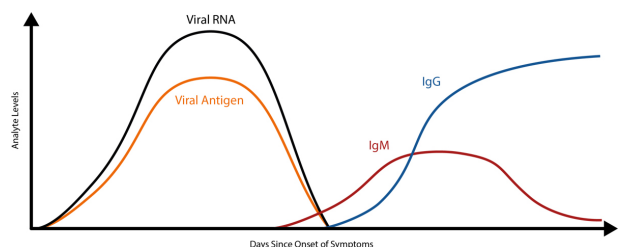
Updated graph numbers.



Project outward

Exhalation can spray	1.5 m (4.9 ft)
spittle (droplets)	
Coughing	2 m (6.6 ft)
Sneeze	6 m (19.7 ft)

Development of immune response
 Early viral testing tests to see if you currently have the virus.
 Later antibody testing tells us if you have been exposed and survived. But does not tells us if you have immunities to the virus.
 We will need to have both tests done in order to open the community..



Viral Antigen and Viral RNA tells us you have the disease and can spread the disease and if you can or are currently sick. IgM (short term) and IgG (long term antibodies) tells us you have experienced the virus or had the vaccine, and got over it. You may be resistant if your [antibody levels](#) are high enough. [Current View of antibodies/immunity](#). We have tested currently **326.99% (109.0%)** of the Alaskan population and over little **over 209.81% (69.94%)** of the US

population, **discount these numbers by 67% to reflect multiple testing of the same person.** To be safe, we need at least **25%** to see if we are making progress, **60%** to **barely qualify** to be safe, and **70-90%** to be assured we will not see a second wave of sickness. Some experts will **not feel safe til we are at 85%**. See bottom of last page to see how and where in Alaska do we and each of the boroughs stack up, compared to other states and the nation.

Three types of clinical laboratory COVID-19 or SARS-CoV-2 tests are being developed:

Molecular Gene sequencing (current method), Viral antigen (testing parts of the virus), Host antibody tests (serology). They detect the virus in different ways.

Mask & [Mask Usage](#): N95 filter out 95% of the particles in the air 3 microns in size or larger.

Mold sizes are about

10-12 microns in size. Bacteria are larger, so is dust, Gas molecules and viruses are smaller. PM2.5 are 2.5 microns in size.

Viruses can be 1 micron in size, 0.3 micron in size, or 0.1 microns in size, so they **will pass right through. We recommend wearing any mask, the mask may provide up to 5 times the protection ver wearing no mask at all.** It still **does not protect** the wearer from contracting the infection, it **can inhibit** the spreading, something is **better than nothing at all.**

Remember there is a clean side (the side towards you) and a dirty side, the side to the contaminated air is dirty. If you are COVID positive then this is reversed. When handling the mask, do not touch the dirty side and then touch your face, Wash properly your hands first after touching the dirty side before touching your face. If you are infected the dirty side is the inside surface of the mask.

Wash your homemade mask in hot water wash >133F (for at least 10 minutes) and rinse to sanitize with high heat >133F Plus and a weak bleach or peroxide (not Both) the mask. Daily if possible. If you are a frontline health care provider with a homemade fabric mask 2 hours. Do not touch the dirty side.

Conflict	Combat Death	Past 24 hours
Revolutionary War	8,000	
Civil War	214,938	
World War I	53,402	
World War II	291,557	
Korean Conflict	33,686	
Vietnam	47,424	
Gulf War	149	
Afghanistan	1,833	
Iraq	3,836	
1918 Flu	675,000	
9/11 deaths	2,977	
COVID19 deaths from 1/20/2020 to 07/29/2021	612,020	241

Mask usage: 5/13/21 While the CDC has changed it's recommendations for those who have gotten vaccinated to go mask free, except on Mass Transportation such as buses and airline, or when in crowded situations, like concerts.

Those that have not been vaccinated are still advised need to wear a mask, they are now the population at risk.

The risk has now increased for those non-vaccinated folks. They no longer have the masked people in the community to protect them. While those who have been vaccinated will not get sick or as sick. They can still pass, much more easily without the masks, the virus to those who have not been vaccinated to make them sick.

Therefore, it is even **more imperative** that those that have not been vaccinated, wear a mask to protect themselves, or get vaccinated. The sea of those with the potential to have the virus now are those <12 y/o of age, those > 12y/o who have not been vaccinated, or those who have been vaccinated and are transitory carriers. Currently, this is about 50% of the US population and about 60% of the Alaskan population. And about 80% of all children under 18y/o at this moment.

Alcohol solutions should be 60-80% alcohol **70%** is optimal. **Keep wet and rub 30 seconds**, or Happy Birthday song sung 3 times. **Hydrogen peroxide diluted to 2%** or 4 teaspoonful per quart of water (20ml per 946ml) Bleach the same ratio **Vinegar and ammonia are good cleaning agents, but not disinfectants.**

Do not mix any of these agents together, toxic fumes can result. **Disinfectants, in order to be effective,** should remain on the applied surface, to be cleaned moist (**wet**) for **30 seconds to 4 minutes** depending on material. Caution may dissolve glue or adhesives or bleach and discolor items, check with manufacturers. Do not let it get inside electronic devices. UV (10 minutes), [UV light](#) only kills where it can see.

Myths

Taking hot baths, using colloidal silver, eating garlic soup, gargling with bleach are not proven to be effective. We have already seen using chloroquine taking the wrong form in the wrong dose can be fatal, one death and one critically injured. (see Arizona couple after listening to the past-president)

We have heard of all kinds of cures. To date there is no curative or preventative treatments, only supportive therapy. At this point there is **no proof** that Quinine, zinc, Hydroxychloroquine, Chloroquine, or Vitamin C works. As they say wives-tale at best, irresponsible reporting most likely. We have seen no information that they work.

There have been ineffective dosing issues, over-dosing issues, permanently killing the senses of smell or taste, inappropriate usage, cardiac arrhythmias, and death from the usage of these agents have been reported. The virus may die out with heat of summer, or cold weather, this is a myth, There are a couple of studies at show the virus can withstand 98F. We know the body tries to use up to 104F to potentiate our immune system, to kill viruses. Taking NSAID, Aspirin, Ach-Inhibitors, Arb's and you get the COVID-19 infection are not contraindicated and no clinical evidence that says you should stop any of these classes of medications. It would be misguided and ill advised if you did so, In other words, Unless your doctor makes changes, keep taking your medications unless told to do otherwise.

Vaccine Myths and Fake information: There are no microchips, tracking devices, fetus tissue, at all in the vaccines. Vaccines will not and can not change your DNA., It can not change the fertility of men or women. It seems to be safe to the fetus and pregnant women. You should continue to wear a mask til we get to Herd Immunity levels, but can remove masks if you are outdoors, but not at concerts where you are close together. You should still get vaccinated (complete series) even if you got COVID. If you have some of the co-morbidities, it is important that you do get vaccinated, the side effects of the vaccine will be milder and survivable than getting COVID. When you have questions, ask a pharmacist or your doctor.

As of 12/21/20, DHSS was aware of 11 reports regarding possible allergic reactions from Alaska's hospitals to CDC: Bartlett Regional Hospital (8), Providence Alaska (2) and Fairbanks Memorial Hospital (1). Two were identified as anaphylaxis and one of those resulted in hospitalization for ongoing monitoring. In the other three cases, symptoms were mild and not considered anaphylaxis. the hospitalized patient has been discharged and is doing well. The CDC said there appears to be no obvious geographic clustering of these reactions, nor was a specific production lot involved. People who experience anaphylaxis after the first dose should not receive a second dose, according to CDC recommendations.

For being one of the first states in that nation to start vaccinating, those <16y/o, we have slowed down vaccinations to where we are now way behind. More people are getting sick more frequently. Soon we will have more deaths. Due to vaccination resistance, Alaska has pushed itself into near last place, in the nation, as to when we will reach "herd immunity". This is the date when we can safely remove our masks and other restrictions. Check our website www.MCPFairbanks.com for the 13 testing sites in the interior of Alaska.

Who is eligible now? All Alaskans >12 y/o, can receive the Pfizer vaccine and those >16 y/o can receive all of the other vaccines, all visitors can get vaccinated.

Johnson and Johnson, has been reinstated, but I would caution not to give it to women 12-50 years old. For

details about eligibility, to find a provider visit covidvax.alaska.gov. for vaccination sites or call 1-907-646-3322 for questions covid19vaccine@alaska.gov 9 am – 6:30 pm Monday - Friday and 9 am-4:30 pm Saturday and Sunday. You may be put on hold, but you will not need to leave a message for a return phone call if you call within business hours. Keep these tips in mind when scheduling. checkout our website www.MCPFairbanks.com Please keep these tips in mind when scheduling. Be sure to keep and save your proof of vaccination cards as you may need it for travel purposes in the future.

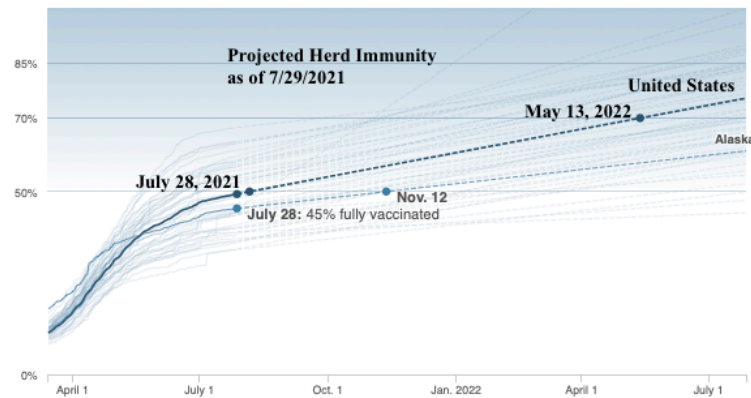
Gao Fu, the director of the China Centers for Disease Control, admitted on 4/10/2021 that the country's vaccines don't exactly give Covid-19 a knockout blow. One study from Brazil found that the vaccine from the Chinese company Sinovac was 50.4% effective, compared to Pfizer's 97%. Fu said the government is looking for ways to boost effectiveness.

Many Alaskans live with underlying health concerns

You can not change your age but you can affect change with other risk factors. Nov. 17, 2020 for more information check out [Alaska DHSS Insights](#)

Epidemiologists within the Section of Chronic Disease Prevention and Health Promotion analyzed reports from about 8,500 randomly-selected Alaska adults who participated in the annual [Behavioral Risk Factor Surveillance System \(BRFSS\)](#) telephone survey between 2016 and 2018. About 67% of Alaska adults — two out of three — have at least one of the following ongoing health concerns that have been shown to increase chances for serious illness from COVID-19:

- 46% of Alaska adults are current or former smokers
- 32% have obesity BMI >30.0
- 8% have type 1 or type 2 diabetes
- 6% have chronic obstructive pulmonary disease (COPD)
- 5% have heart disease or have had a heart attack



- 2% have chronic kidney disease

Older age and other health concerns can lead to COVID-19 complications

The CDC lists other factors that increase chances for serious illness from COVID-19 infection. Age is one of them. Even in the absence of any other risk factors, older age increases someone’s chances of serious health problems related to COVID-19. In Alaska, about 15% of adults are ages 65 years or older. If you consider older age and underlying health conditions, 71% of Alaska adults are at increased risk for serious illness from COVID-19.

This estimate is likely an undercount, given that strong evidence links other known health concerns with severe COVID-19 illness. Those health concerns include currently having cancer and sickle cell disease, as well as having had an organ transplant. The BRFSS survey does not measure the number of Alaska adults with those conditions.

There is some evidence that other conditions also may increase chances of serious COVID-19 illness. Two of those problems include high blood pressure and asthma. Those conditions affect a significant number of Alaska adults. Almost 1 out of 3 Alaska adults (31%) has ever had high blood pressure, according to recent BRFSS data. About 9% of Alaska adults have current asthma.

Current Conditions: New cases are up, positivity rates are up. Non-Vaccinate persons represent 99.5% of all recent hospitalizations and deaths. Delta Variants represent 40-53% of tests in Alaska and 83-90% in other parts of the US. Alaska new cases are up, Fairbanks remains low, but poorly protected with only a 49% vaccination rate. 29-31% of covid patients suffer with long haulers symptoms for 6-18 months or longer after recovery.

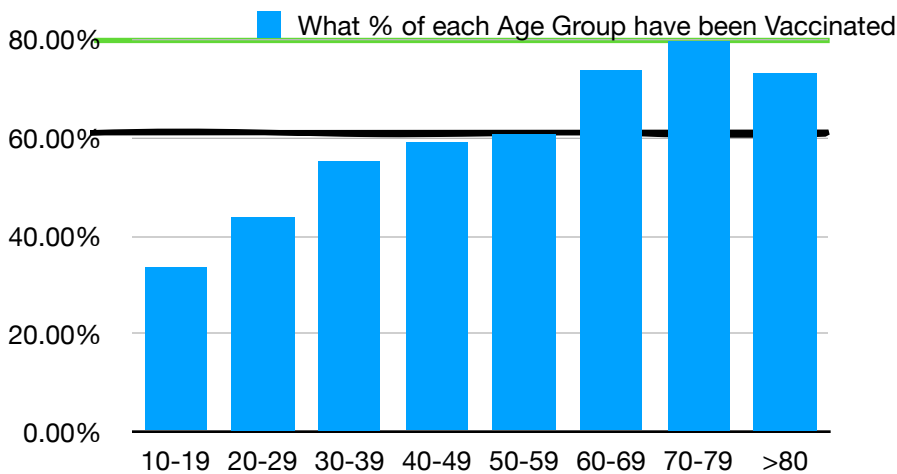
COVID Long Haulers Symptoms: Symptoms that linger long after the recovery from the infection if you did not die from the virus. This includes, but not limited to:

Lack or minimized ability to taste or smell
Shortness of breath
labored breathing
inability to walk short distances
cough

Brain fog
inability to remember/confusion
lapses in memory
inflammation of organs systems
fever/chills
fatigue/inability to stay awake

sore throat
congestion or runny nose
nausea/vomiting/diarrhea
body and muscle aches
chest pains
headaches

With The FNSB at a 49% vaccination rate. That means 51% of the population is un-vaccinated. Based on that, if heard that the weatherman predicted a 51% chance of rain, Would you plan an outdoor event without tents or would you leave your rain jacket at home ? Would you continue wearing a mask or get vaccinated.



Herd Immunity 85%

Beginning Herd Immunity within this age group 65%

Vaccine Coverage Ranked [State by state](#) , [Expected Herd Immunity Achievement Date based on current vaccination Rates. From Safest community to less safe.](#) Highest to Lowest. Latest report was **07/29/2021**

- Bristol Bay plus Lake and Peninsula **90%**
- Aleutians East Borough: **87%**
- Skagway Municipality: **83%**
- Nome Census Area: **82%**
- Kusilvak Census Area: **79%**
- Yukon-Koyukuk Census Area: **78%**

- Juneau City and Borough: **78%**
- Yakutat plus Hoonah-Angoon: **77%**
- Sitka City and Borough: **76%**
- Bethel Census Area: **74%**
- Aleutians West Census Area: **71%**
- Haines Borough: **71%**
- Denali Borough: **67%**
- Prince Of Wales-Hyder Census Area: **67%**
- Ketchikan Gateway Borough: **66%**
- Kodiak Island Borough: **66%**
- Petersburg Borough: **65%**

- Northwest Arctic Borough: **62%**
- Valdez-Cordova Census Area: **62%**
- Wrangell City and Borough: **61%**
- Anchorage Municipality: 61%**
- Dillingham Census Area: **60%**
- Fairbanks North Star Borough: 50%**
- Kenai Peninsula Borough: **47%**
- Matanuska-Susitna Borough: 40%**
- North Slope Borough: **38%**
- Southeast Fairbanks Census Area: 33%**
- AK Average Complete (29): 43.95%**
- One shot: 49.74%**
- South Dakota(27): 46.8%
- Missouri(39):41%
- US Population: 49.2%**