



Town of New Castle, NH
Settled 1623
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COVID19 Update December 11, 2020

1) Numbers

The U.S. recorded more than 3,000 deaths yesterday, a daily record, soaring past the spring peak of 2,752. Yesterday was one of the deadliest days for the U.S., with the virus killing more Americans than the Sept. 11 attacks, or the attack on Pearl Harbor.

The new deaths reflect infections that took place several weeks ago and come as the country continues to report record numbers of new cases and hospitalizations. Experts say that surging infection and death counts will not abate until more people follow mask and social-distancing rules.

“The worst is yet to come in the next week or two,” said Catherine Troisi, an infectious disease epidemiologist at UT Health School of Public Health in Houston. “What happens after that,” she added, “is going to depend on our behavior today.”

PLEASE adhere to mask, hand washing, and social distancing recommendations.

2) Pfizer’s vaccine for COVID 19 gets the green light!

A panel of experts at the Food and Drug Administration formally recommended that the agency authorize the vaccine for emergency use (EUA) on Thursday December 10, 2020. The agency the authorized the Pfizer vaccine tonight, December 11, clearing the way for health care workers and nursing home residents to begin receiving it early next week.

This vaccine, a messenger RNA vaccine which CANNOT cause a COVID 19 infection, has approximately a 95% efficacy in preventing COVID 19 after the two doses are given (3 weeks apart). Plus, the vaccine has been shown to decrease severe illnesses and reduce rates of symptomatic disease even after just one dose.

The first group who will be offered this vaccine will be health care workers and people in long term care facilities.

Other specifics about this vaccine:

Efficacy

The overall efficacy of the vaccine in the prevention of symptomatic COVID 19 infections was 95%. The efficacy was >91% in all the subgroups examined including: Age >65, Age >75, Hispanic, Black, obese, at risk due to underlying medical conditions, and >65 with underlying medical conditions.

The vaccine prevented Severe COVID 19 infections. There was 1 case of severe infection in the vaccine group as compared to 9 in placebo.

Safety

The median (50.6% of volunteers) follow-up is 2 months after the 2nd dose. 91.6% of volunteers have at least 1 month of follow-up. Data from other vaccine studies show most side effects occur within 6 weeks of dosing.

The most common side effects that are related to the vaccine, in order of highest to lower are:

Injection site reactions, for example pain, redness, swelling 84.1%

Fatigue 62.9%

Headache 55.1%

Muscle Pain 38.3%

Chills 31.9%

Joint Pain 23.6%

Fever 14.2%

Systemic side effects tended to start within 1-2 days of dosing, resolved in 1 day, occurred more frequently in younger vs. older people, and were more frequent after the 2nd dose than the first dose.

The severe side effects that occur in 2% or greater are fatigue (3.8%) and headache (2.0%)

* A special thank you to our neighbor Anthony A. Coniglio, PharmD for his input.

3) Web resources on COVID:

Updated FAQ from the State of New Hampshire regarding COVID:

<https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/covid-19-faq.pdf>

COVID dashboard website- for daily positivity rate, school infections, graphics, etc.

<https://www.nh.gov/covid19/dashboard/overview.htm>



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COVID numbers update by town:

https://www.wmur.com/article/new-hampshire-town-by-town-covid-cases/34879297?utm_source=Sailthru&utm_medium=email&utm_campaign=Coronavirus%20Newsletter%202020-12-10&utm_term=wmur-coronavirus_COMBINED

Below is the link to the NH vaccine distribution plan. For quick reference, look at pages 12 and 13.

<https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/covid19-vac-plan-draft.pdf>

Link for COVID 19 testing sites:

<https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/covid-testing-sites.pdf>

CDC guidance for holiday celebrations:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>

4) And if you are feeling blue during COVID. You are not alone.

Tips for Coping With a COVID-19 Surge

Medically Reviewed By: [Stephanie Tung, MD](#)

Many countries, states, cities, and towns are experiencing a surge of COVID-19 cases. Others are preparing for that possibility. This development has introduced more uncertainty and stress to an already difficult situation.

“A rise in cases can make it harder for people to see the light at the end of the tunnel,” explains [Stephanie Tung, MD](#), a psychiatrist in [Psychosocial Oncology and Palliative Care](#) at Dana-Farber. “We need to recognize that this is hard and work to discover new ways to find joy.”

Below are a series of suggestions from Tung on how to prepare for a potential second COVID-19 surge.

Don’t postpone life altogether — but do adhere to safety precautions

At the start of the COVID-19 outbreak, many people were under the mindset that the virus would be contained relatively quickly. As the pandemic continues, and the timeline remains uncertain, it’s important for people to discover new ways to find joy in their daily lives.

While you should continue to adhere to safety precautions, don’t postpone life until *after* the pandemic. Try to enjoy the present moment by finding a hobby you can do safely, such as hiking, reading and writing, or an arts and crafts project. These will give you something to look forward to and allow you to switch up your daily routine.

Hiking can be a way of staying in the present moment.

If you feel comfortable doing so, and if it can be done safely, enjoy a local getaway or a picnic outdoors (weather permitting). Both are great ways to experience a change of scenery.

Create a schedule

Creating and sticking to a schedule is another way to maintain good mental health. When constructing your schedule, be sure to build in breaks and time for yourself, even if it's only for a few minutes for a short walk outside. These breaks are a great way to reset and allow you to focus on something else for a moment.

With many adults and students now learning from home, creating a schedule is also an excellent way to maximize space. If you find yourself competing for privacy, put together a schedule to determine who gets to use each area and at what time.

Staying connected while avoiding video fatigue

It's important to remain connected to the people you care about, but with most gatherings now happening over video conferencing, even fun personal calls may feel like a chore. While effective, video calls cannot seamlessly replicate the in-person experience, often leaving us tired and mentally drained following meetings.

One way to address this fatigue is by using other forms of technology to stay connected. Instead of scheduling a video meeting, call the person or write them an email (or letter) instead. If you're calling someone, try having your conversation while on a walk; this allows you to step away from your computer screen and also engage in an active activity.

Intentional interaction

Occupying the same household during the day is not the same as being together. It's important to schedule intentional activity. It doesn't matter if it's a family game night, dinner, or watching a movie — just make sure to find something everyone enjoys.

In addition, don't shy away from taking time for yourself as needed. It can become impossible to care for others if you don't first care for yourself.

Join a group

Find a hobby or activity you enjoy, and then connect with others who share the same interest. Joining a group (even if it's just virtually) allows you to meet new people and share stories, which in turn helps keep the brain active by creating new experiences and memories.

Forgive yourself

COVID-19 has introduced countless new obstacles and challenges. It's important to acknowledge there are things out of your control. For example, you may be trying to fulfill your job responsibilities while also caring for your family. Be sure to have open communication with your company and explain your current situation. Everyone is adapting to these new circumstances and it's important to not be overly hard on yourself for things you can't change (such as schools closing or cramped work environments).

Remember to stay vigilant

In addition to caring for your mental health, it's important that everyone continues to work to prevent the spread of the virus. This [means taking steps such as:](#)

- Wearing a mask when out in public



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- Maintaining physical distancing (at least 6 feet) from people who aren't in your household
- Practicing frequent hand washing
- Always covering your coughs and sneezes

People who are physically present at their jobs should make sure to be familiar with company policies on COVID-19, including what to do if you are experiencing symptoms or have come in contact with someone who has a confirmed case of COVID-19.

The town health department wishes you a peaceful, safe, healthy, and joyful holiday season.

Yours in Health,

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