NHPCO COVID-19 Update – 03/05/21

NHPCO has created this update for hospice and palliative care providers to share recent news and helpful links. Please note, these Updates are published when there is helpful news to share.

“Many can brook the weather that love not the wind.” – William Shakespeare

Provider Update

CDC Finalizing Guidance for Activities for Fully Vaccinated People
An article from WebMD Health reports, “The CDC is expected to soon release guidelines on safe activities for fully vaccinated people. The CDC will recommend that vaccinated people try to only socialize with other vaccinated people at home. They should still wear masks elsewhere while observing other safety measures, such as social distancing.”

New York Variant Harbors a Third Worrisome Mutation
Reuters Health reports, “Researchers are learning more about the SARS-CoV-2 variant that's on the rise in New York City. The variant is known to contain the same E484K mutation seen in variants in Brazil and South Africa that is believed to make COVID-19 vaccines and antibody therapies less effective, as well as a mutation called S477N that helps the virus bind more tightly to cells when it breaks into them. A report by New York State Department of Health researchers posted on Monday on medRxiv ahead of peer review adds new information: all versions of the variant circulating in New York harbor a mutation called D235G that might reduce the efficacy of neutralizing antibodies.”

How to Cope with Zoom Fatigue
The Washington Post reports, “People working from home amid the pandemic are exhausted with video calls, and now there's a study suggesting possible reasons for that mental toll. A researcher from Stanford University found that the amount of close-up eye contact, the tendency to stare at our own faces, the lack of movement during the conversations and the required mental effort increase the burdensome feeling now known as ‘Zoom fatigue.’”

Resources

CDC Resource Pages on Each Vaccine

- **Modern Vaccine**: CDC updated their resource page for the Moderna vaccine. View information on who should get vaccinate, safety date, and more.
- **Johnson & Johnson Vaccine**: CDC updated their resource page for the Johnson & Johnson vaccine. View information on who should get vaccinate, safety date, and more.
- **Pfizer Vaccine**: CDC updated their resource page for the Pfizer vaccine. View information on who should get vaccinate, safety date, and more.