

# Hospice and Palliative Care Resources for the Coronavirus Disease (COVID-19)



## 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**

- **Moderna Vaccine:** CDC updated their resource page for the [Moderna vaccine](#). View information on who should get vaccinated, safety data, and more.
- **Johnson & Johnson Vaccine:** CDC updated their resource page for the [Johnson & Johnson vaccine](#). View information on who should get vaccinated, safety data, and more.
- **Pfizer Vaccine:** CDC updated their resource page for the [Pfizer vaccine](#). View information on who should get vaccinated, safety data, and more.