

Zoom Group Meeting Central Valley Bariatric

November 24, 2020

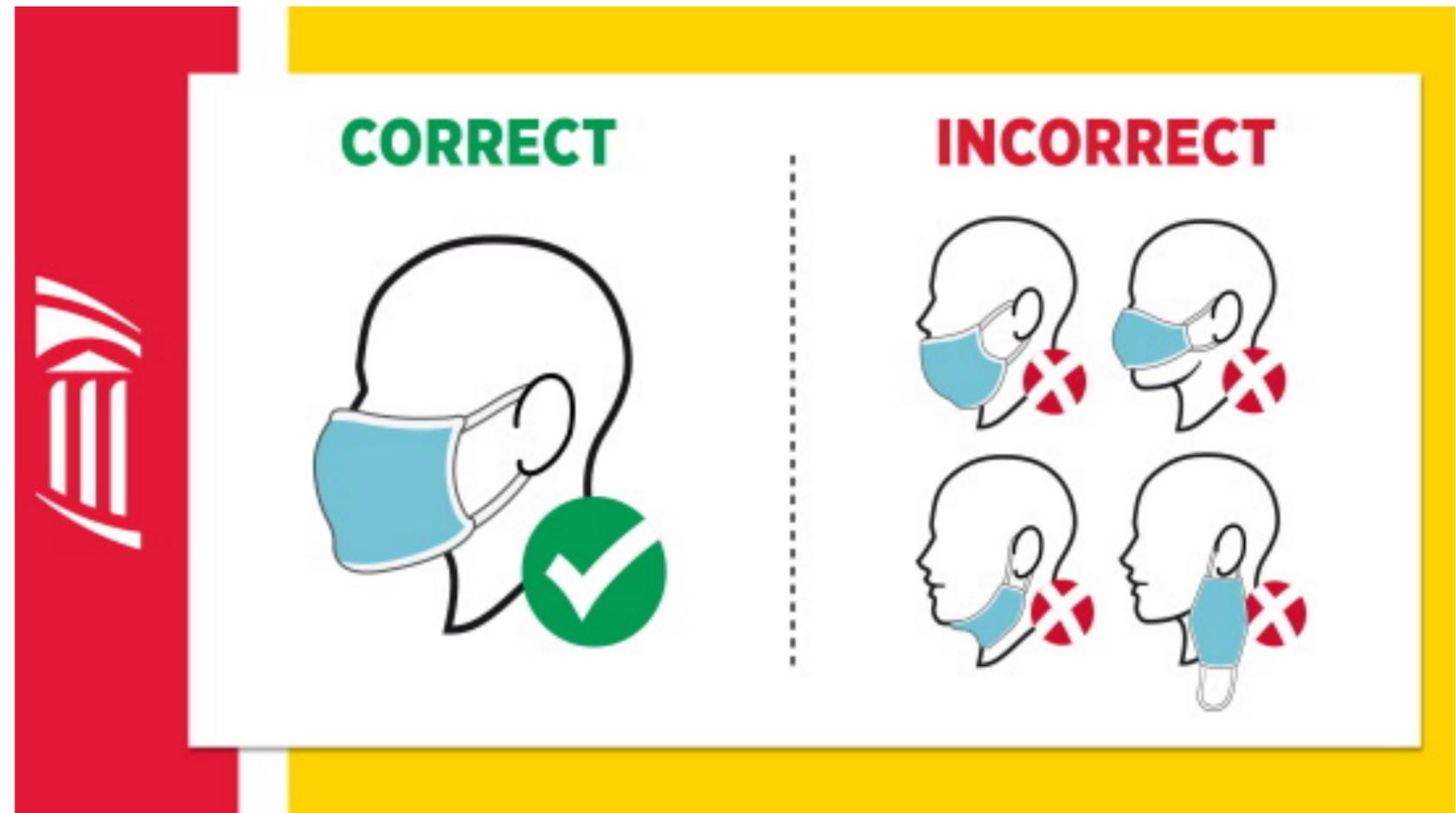


COVID - 19 Update

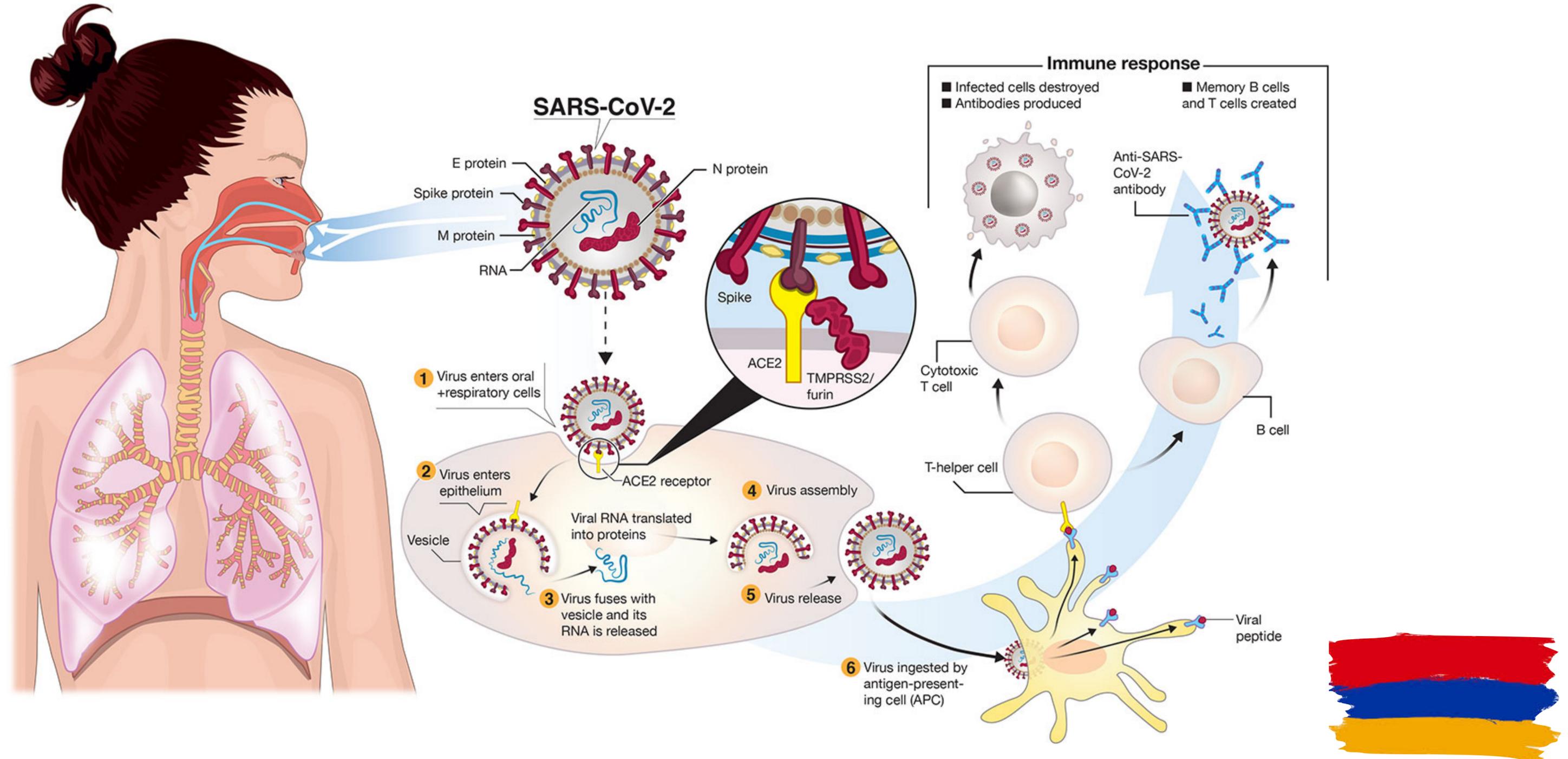
Wear a mask

Wear it all the time

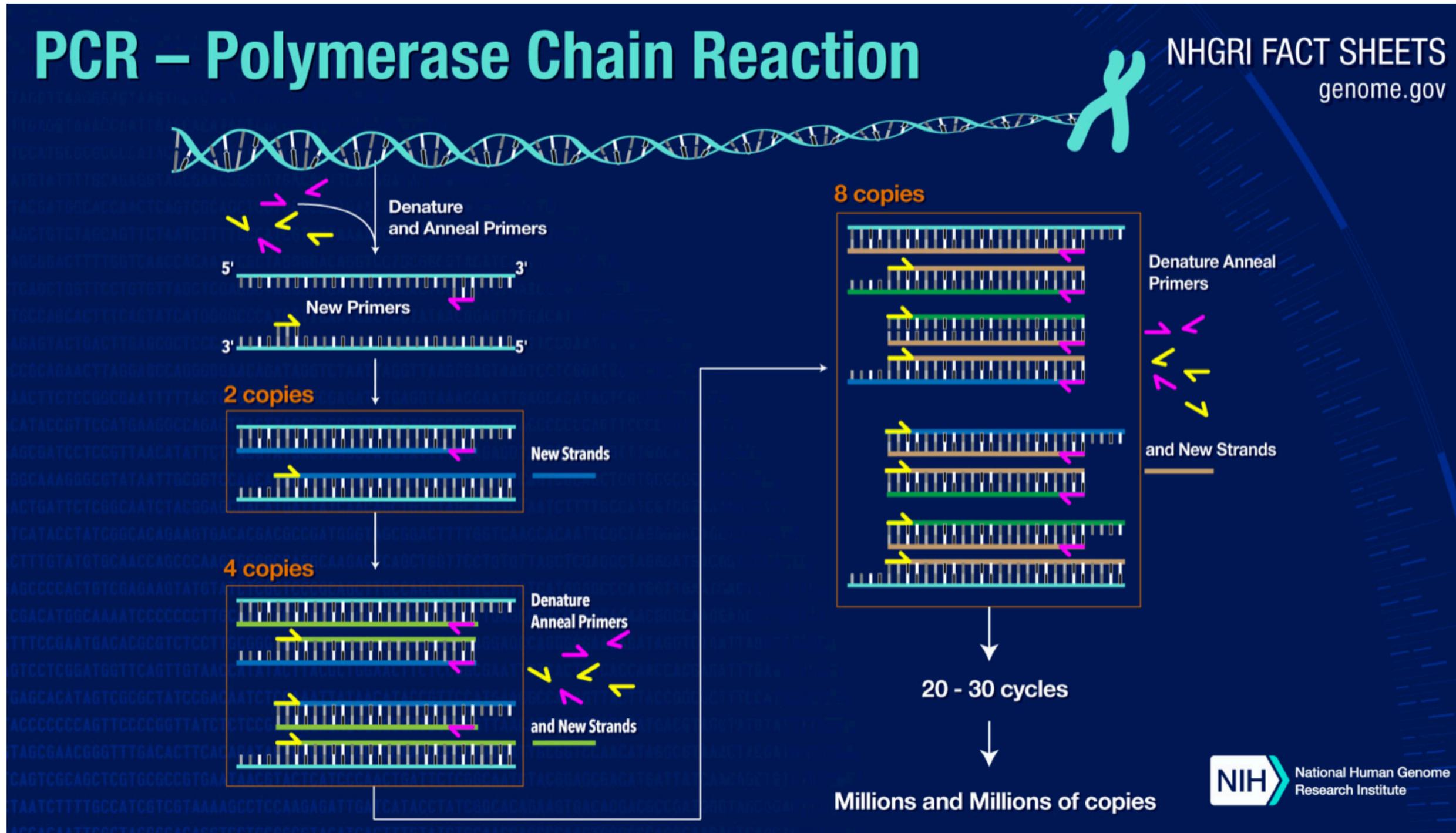
Wear it correctly



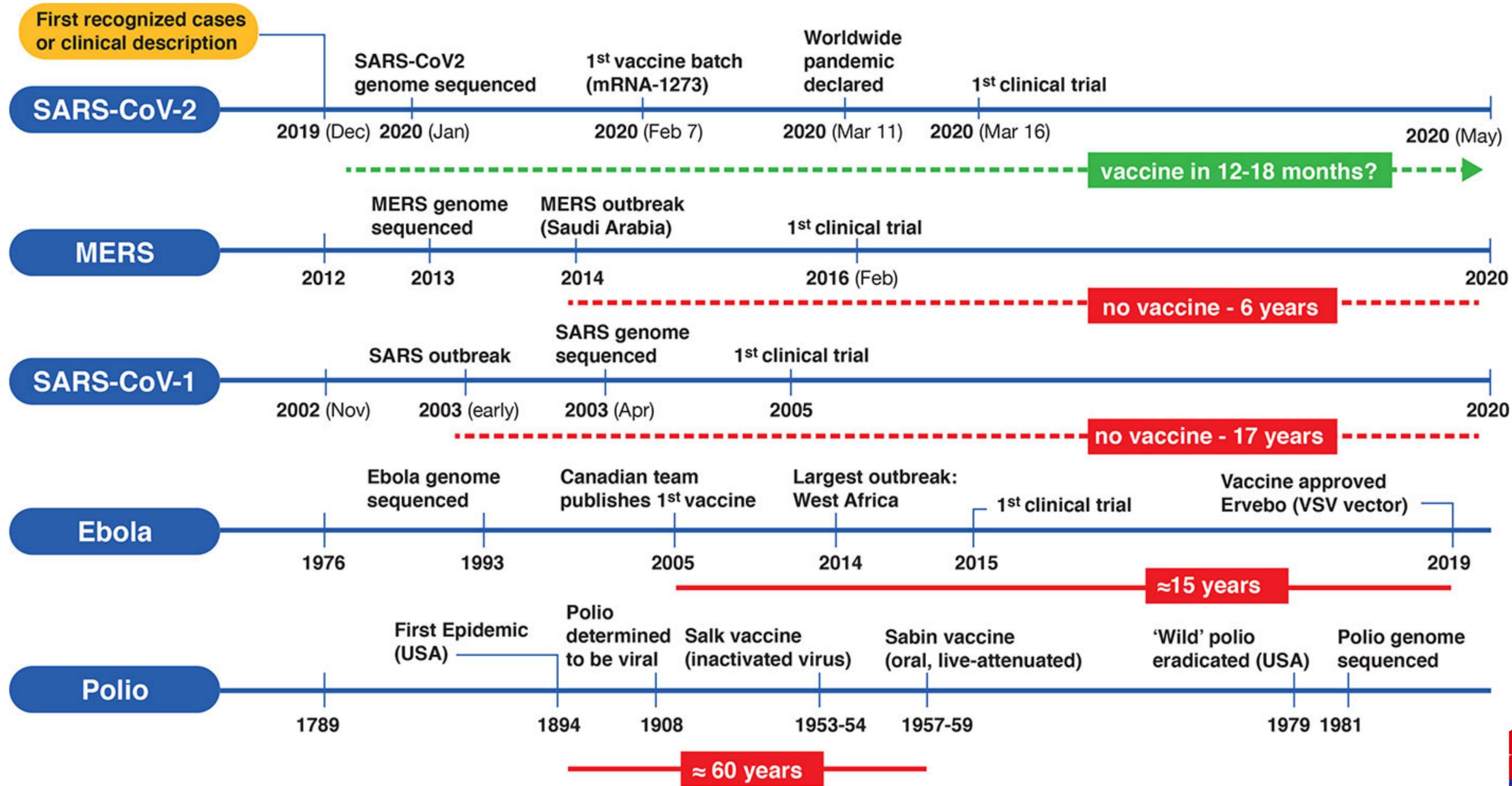
Covid Transmission



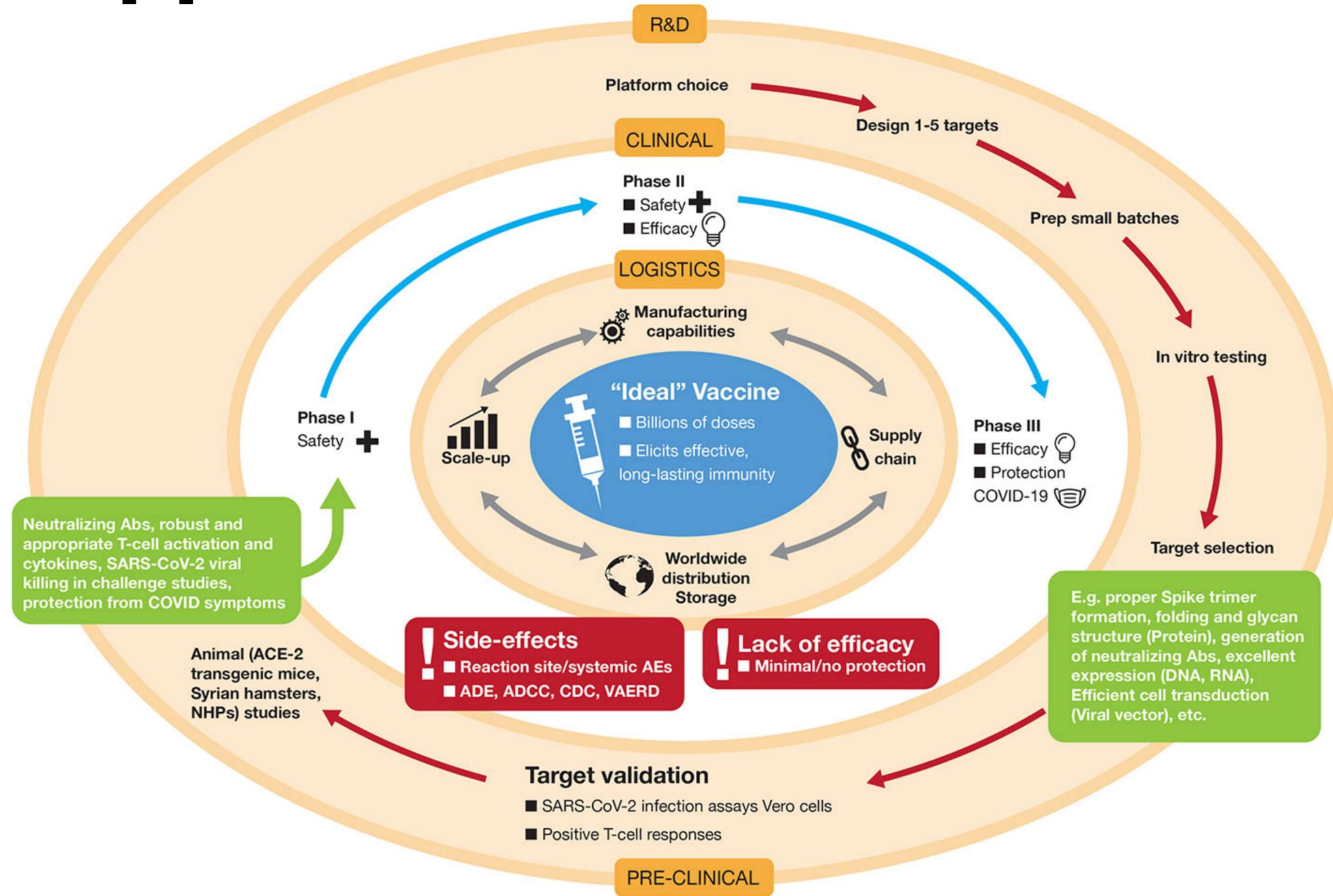
PCR - Medical Copier



Vaccine Development



Parallel Approach



Types of Vaccine

The final two vaccine candidates (from Moderna and BioNTech/Fosun Pharma/Pfizer) are mRNA vaccines.

What are those?

First it helps to remember that DNA is the gene and RNA gives instructions for certain proteins. So an mRNA vaccine is the instructions for the SARS-CoV2 protein. Once inside the cell, the protein is made and that triggers the immune response. Just like the vector vaccines which use viruses to deliver the protein instructions, here you are delivering the instructions alone. It's another way of getting the protein made inside of you.

Is there any risk of getting COVID-19 or COVID-19-like side effects from these vaccines?

When people talk about side effects of a vaccine, people often believe you're getting a weaker version of the virus and a minor version of the disease. That is not what these things do. Most vaccine side effects — which include anything from a sore arm, to feeling warm to muscle aches — are a sign of the immune response. It's not that you get a mild form of the disease. That's important to be clear about. People keep a very close eye because you want to make sure these vaccines are safe.

<https://labblog.uofmhealth.org/rounds/top-5-covid-19-vaccine-candidates-explained>



Help

Wearing a Mask, staying away, not getting together physically, is as important as the most cutting edge scientific finding.

Vitamin D

Exercise -

Gyms are closed.

We drive and take elevator, escalator to the GYM, pay to get in to use stair master and treadmill

Eat Healthy

Avoid Alcohol

Socialize, Does not need to be physical, call, zoom, face time



Questions?

