

*Below are the most recent Coronavirus updates. If you have any questions, contact Student Health Services.*

During the current campus' limited access, Student Health Services (SHS) continues to offer Tele-Health/Triage services to students. Please contact us at [medicalSHS@pasadena.edu](mailto:medicalSHS@pasadena.edu) or call us at 626-585-7244 (messages only). We will respond to your inquiry during our business hours.

### **Possibly the Best News Besides the Performance of the Pfizer and Moderna Vaccines**

There are an increasing number of studies suggesting that [immunity to COVID after infection](#) may be long lasting for most people. While antibody levels in the blood decrease over time (a normal finding for most infectious diseases) the B and T cell immunity appears to persist. The expectation now is that nearly all persons recovered from COVID will have sufficient immune memory to prevent them from having reinfection bad enough to hospitalize them.

This is compatible with the finding that the survivors of SARS, the first novel coronavirus in 2002-2003, still have enough immunity to fend off reinfection with the SARS even now, almost 20 years later. The observation that the SARS-CoV-2 virus that causes COVID is typically slow to do harm also gives the immune system time to kick into gear.

This is all very good news for anybody who has already had COVID and supports the hope that immunity due to vaccination may also be durable.

### **Thursday's PCR Test is Not a Green Light to Saturday's Party**

Everybody is looking for more freedom and many are trying to be safer in their choices. It is a mistake to think that a [negative PCR test](#) one day becomes a passport to carefree socialization in the following days. You can get a negative PCR result when you are already infected with COVID if that test is done before the virus multiplies enough to be detected. You can also acquire infection after your test is collected and have a short incubation period with the result that you have enough virus to infect others within 1-3 days.

Adults ages 18-29 are currently the largest proportion of newly diagnosed COVID in L.A. County followed by adults ages 30-45.

### **A Promising New Test of Prior COVID Infection and Possibly a Measure of Vaccine Durability**

We know that immunity to COVID is not only a function of antibodies but also the T and B cells of the immune system. It is not ready for commercial release but Adaptive Technologies is working on streamlining a [test for measuring T cell receptors](#) that recognize parts of the virus that causes COVID. Looking for these COVID specific T cell receptors may allow us to more accurately identify people who have had prior COVID infection and may also provide a way for vaccine manufacturers to track the durability of T cell response to their vaccines.

### **Extra Steps to Making Thanksgiving Safer**

In terms of COVID risk, it seems that the timing of Thanksgiving couldn't be worse. We know that small gatherings are fueling much of the current steep rise in cases.

Ventilation in your home may be the single largest factor to address to reduce risk. Most houses by design are poorly ventilated – it helps them achieve energy efficiency for summer cooling and winter heating. The air in typical homes changes every one to two hours but the World Health Organization recommends at least 6 air changes per hour to reduce viral spread.

Be grateful you live in Southern California and throw open multiple windows. That alone can increase the ventilation to as much as 3 air changes per hour. Adding portable air cleaners and turning on stove and bathroom exhaust fans can also help. If possible, move some or all of the meal outside. Run your HVAC system to pull air through that high MERV filter to trap viral aerosols. Think about adding a humidifier to push the

indoor humidity up to 40-60% where your nose and upper airways may better resist the virus and viral aerosols may be cleared more quickly.

The highest value intervention for Thanksgiving is to reduce the number of persons present, and if possible, to include only those persons in your household so that more of us can live to celebrate Thanksgiving after the pandemic. When not eating, masks should be worn; avoid sharing serving utensils and keep your gathering short.

### **Wednesday Funny**

## **Couldn't Wash Hands**



## **Is Now Extinct**

Adapted from: <https://www.pinterest.com/janismeixsell/my-inner-t-rex/>

### **Basic Preventive Measures**

You know the drill: social distance, wear a mask, choose outside or other increased ventilation, isolate/quarantine when indicated and wash your hands. Help avoid a “twindemic” by getting a flu shot with choices including:

- Almost every pharmacy, often free if you have insurance; the lowest cash price we found was under \$20 at Costco (and you don’t have to be a member to use the pharmacy)
- [L.A. County Public Health Clinics](#) this link is contact information from January 2020, call and ask about flu shots/cost
- [Other L.A. free/low-cost vaccination clinics](#) this link is contact information from 2018, primarily for children ≤18 but some can vaccinate adults also, call and ask about flu shots

### **Quick Links to Resources**

- If you are looking for a test because you had close contact with a suspected/confirmed case, you need to quarantine: [ph.lacounty.gov/covidquarantine](https://ph.lacounty.gov/covidquarantine)
- If you are looking for a test because you have symptoms, you need to isolate: [ph.lacounty.gov/covidisolation](https://ph.lacounty.gov/covidisolation)
- Free testing by appointment (walk-up and drive-up) <https://covid19.lacounty.gov/testing/>

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