



## Kentucky Hospital Research & Education Foundation Emergency Preparedness Update for March 8, 2021

### CDC interim guidelines loosen gathering restrictions for fully vaccinated individuals

(From [AHA Today](#)) The Centers for Disease Control and Prevention today released [interim guidelines](#) for fully vaccinated individuals' social practices. CDC said that those who are fully vaccinated — whether the two doses required by the Pfizer and Moderna vaccines, or the single Johnson & Johnson dose — may eschew masks or physical distancing when gathering with other fully vaccinated individuals in small groups in their homes. They can also visit indoors with unvaccinated people from a single household without wearing masks or physical distancing if that household's occupants are at low risk of severe COVID-19 disease. The guidelines still urge the use of masks and physical distancing in public. In addition to the private visitation recommendations, the guidelines also make recommendations for isolation, quarantining and testing for those who are fully vaccinated.

CDC Media Release: <https://www.cdc.gov/media/releases/2021/p0308-vaccinated-guidelines.html>

CDC Interim Recommendations for Fully Vaccinated: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>

### Gov. Beshear reports lowest daily case total since September; 4.06 percent positivity rate

(WKYT) Governor Beshear reported 331 new COVID-19 cases on Monday, which is the lowest since Sept. 14. That brings the state total to 411,040 cases. The governor says the state is seeing a 4.06 percent positivity rate. Of Monday's new cases, 49 are in kids 18 or younger. There were 10 reported COVID-19 related deaths on Monday, bringing the state total to 4,829.

Video & full story: <https://www.wkyt.com/app/2021/03/08/watch-live-gov-beshear-gives-update-on-covid-19/>

Governor says 25% of KY Adults Vaccinated: See Press Release: <https://kentucky.gov/Pages/Activity-stream.aspx?n=GovernorBeshear&prId=650>

### U.K. Challenge Study Will Expose Healthy Volunteers to the Coronavirus

Learn more: <https://www.npr.org/sections/health-shots/2021/03/08/974903666/why-scientists-are-infecting-healthy-volunteers-with-the-coronavirus>

### **Related story - Pfizer, Moderna vaccines less effective against key variant**

(Business Insider) COVID-19 vaccines from Moderna and Pfizer-BioNTech appear significantly less effective against the coronavirus variant first found in South Africa, [a lab study has suggested](#). The percentage of protective antibodies that neutralized the variant — called B.1.351, which has been recorded in 20 US states — was 12.4 times lower for Moderna's COVID-19 shot than against the original coronavirus, and 10.3 times lower for Pfizer's, [the study authors said](#).

Full story: <https://www.businessinsider.com/south-africa-variant-vaccines-pfizer-moderna-covid-vaccine-study-mutation-2021-3>

### FDA authorizes first over-the-counter molecular test for at home use

(From [AHA Today](#)) The Food and Drug Administration Friday [authorized](#) the first molecular test to detect the SARS-CoV-2 virus in a nasal swab at home without a prescription. Cue Health expects by summer to daily produce more than 100,000 of the tests, authorized for use in patients age 2 and older. The test has identified 96% of positive samples from people with symptoms and 100% of positive samples from people without symptoms. It includes a single-use test cartridge and nasal swab, reusable cartridge reader and mobile app, which in the future will allow users to report test results to public health authorities to monitor disease prevalence, FDA said.

### CDC study finds 78% of people hospitalized for COVID were overweight or obese

(CNBC) An overwhelming majority of people who have been hospitalized, needed a ventilator or died from Covid-19 have been overweight or obese, the CDC said in a new study Monday.

Among 148,494 adults who received a Covid-19 diagnosis during an emergency department or inpatient visit at 238 U.S. hospitals from March to December, 71,491 were hospitalized. Of those who were admitted, 27.8% were overweight and 50.2% were obese, according to the CDC report. Overweight is defined as having a body mass index of 25 or more, while obesity is defined as having a BMI of 30 or more.

Learn more: <https://www.cnbc.com/2021/03/08/covid-cdc-study-finds-roughly-78percent-of-people-hospitalized-were-overweight-or-obese.html>

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**POLITICO: In 2018, Diplomats Warned of Risky Coronavirus Experiments in a Wuhan Lab. No One Listened.**

Discover more: <https://www.politico.com/news/magazine/2021/03/08/josh-rogin-chaos-under-heaven-wuhan-lab-book-excerpt-474322?cid=apn>

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**Daylight Saving Time is a week away...  
Here's how you can prepare now**

(CNN) In the fall, waking up to realize Daylight Saving Time ended overnight might feel great — especially when you get that extra hour of sleep. In the spring, the transition is reversed, with the panic of waking up unexpectedly an hour late for whatever is scheduled that morning.

Yep, it's [Daylight Saving Time](#) again. Daylight Saving Time starts on the second Sunday in March at 2 a.m. and ends on the first Sunday in November at 2 a.m. in the United States. This year, that's March 14, when we set our clocks ahead one hour, through November 1, when we set them back one hour.

Depending on when you realize Daylight Saving Time is coming, there are a few ways you can prepare. Learn more: <https://www.cnn.com/2021/03/08/health/daylight-saving-time-spring-preparation-wellness/index.html>

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**Something to look forward to?**

**Billions of cicadas will be visting Kentucky as Brood X emerges May-June**



Preserved specimens show the difference between annual cicadas (top) and periodical cicadas, the one that will be in Kentucky this spring. (Photo by Jonathan Larson, UK extension entomologist)

(KyForward & UK) *This May and June, billions of 17-year periodical cicadas will emerge from the ground all across Kentucky, but don't worry. They will mostly be a noisy irritation, said a University of Kentucky College of Agriculture, Food and Environment entomologist.*

*"Periodical cicadas are not a pest necessarily, especially of people," said Jonathan Larson, UK extension entomologist. "They are not going to bite us. They are not going to attack us. They are not inherently toxic to pets. There can be some annoyance with the noise they produce, especially if you are standing right next to them. It's like standing next to a jet airplane."* <sup>11</sup> <sub>SEP</sub>

*The emerging cicadas this spring are part of Brood X, which is one of the largest groups of cicadas in the U.S. In addition to Kentucky, these cicadas will be present in Michigan, Illinois, Indiana, Ohio, New York, Georgia, Tennessee, North Carolina, Virginia, West Virginia, Pennsylvania, Maryland, New Jersey and Delaware.*

*While cicadas will be present throughout Kentucky, counties along the Ohio River, state parks and forested areas are expected to see the*

*biggest numbers.* Read more: <https://www.kyforward.com/something-to-look-forward-to-billions-of-cicadas-will-be-visting-kentucky-as-brood-x-emerges-may-june/>

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**Note: This Drill has been rescheduled from earlier in March**



**Statewide**  
**Tornado Safety Drill**  
**Tuesday, March 16 2021**  
**10:15 a.m. EDT**

The KHREF Emergency Preparedness Update is assembled several times a week. When events make it necessary, the Update may be sent out several times a day to keep our hospital and the healthcare community advised on preparedness news and information. Most of this information is compiled from open sources, and where possible reference links will be provided. There is an archive of [Emergency Preparedness Updates available here](#). If you would like to added or deleted, or have something you would like to contribute to a future edition of the Emergency Preparedness Update, please contact [Preparedness@kyha.com](mailto:Preparedness@kyha.com) (include your current email address). The preparedness program for the Kentucky Hospital Association (KHA) and KHREF are supported by US DHHS ASPR HPP funds through a contract with Kentucky Public Health.