



## Kentucky Hospital Research & Education Foundation Emergency Preparedness Update for May 15, 2021

**Gov. Beshear reports less than 500 new cases of COVID-19,  
2.83% positivity rate; 5 recorded deaths on Saturday**

WKYT story link: <https://www.wkyt.com/app/2021/05/15/gov-beshear-reports-less-than-500-new-cases-of-covid-19-283-positivity-rate-saturday/>

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### **LIST: Who's requiring masks? Who's not?**

#### **Some stores lift mask policy/Some national chains are NOT ready yet**

(WLKY) After more than a year under COVID-19 related restrictions, normalcy is returning to society including here in the Louisville metro. While restrictions have slowly eased up over the past few weeks since vaccinations began going out to more of the general public, the impetus came when the CDC released new guidance to allow fully vaccinated people to ditch their masks in most situations. That means fully vaccinated people no longer have to wear masks outdoors and in most indoor settings, with the exception of when they're using public transportation or visiting hospitals.

That led to questions about when businesses, including grocery stores, would begin following the guidance. Here in Kentucky, Gov. Andy Beshear said the mask mandate and capacity restrictions will officially come to an end June 11. But despite the new guidance, some businesses will still require masks and others will not. It appears that will be the norm for the next few weeks.

There's also confusion about how national chains will work around state mandates that may have already expired or will in the coming weeks. And even when states like Kentucky lift their measures, some retailers may keep them in place. Here the announced plans of some major retailers:

- ✓ KROGER: Masks still required
- ✓ Lynn Family Stadium: Not needed for vaccinated
- ✓ TRADER JOES: Not needed for vaccinated
- ✓ WALMART: Not needed for vaccinated
- ✓ COSTCO: Not needed for vaccinated
- ✓ TARGET: Masks still required
- ✓ MEIJER: Masks still required
- ✓ HOME DEPOT: Masks still required
- ✓ WHOLE FOODS: Masks still required

Full story w/video: <https://wlky.com/article/list-whos-requiring-masks-whos-not-some-louisville-stores-lift-mask-policy/36435626>

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### **More Bad News for J&J Vax**

*CDC is now aware of 28 cases, three of which were fatal*

(Newser – May 13) The number of people who've experienced a rare blood clotting disorder after receiving the Johnson & Johnson coronavirus vaccine is now up to 28, the CDC announced Wednesday. Previously, 15 cases had been confirmed, all of them in women. The new cases include six men, the [New York Times](#) reports. (A single case from the J&J clinical trial was also male, and not included in the previous numbers.) Of the 28, three died, and four are still hospitalized, one of whom is in the ICU. All three deaths had already been documented at the CDC's meeting last month. The Pfizer-BioNTech and Moderna vaccines, which use different technology, have not been linked to any cases of the disorder. A [CNN](#) analysis finds that the risk of dying from COVID-19 is still 40 times greater than the risk of developing the blood clot disorder.

All the cases are in people ages 18 to 59 who received the vaccine before federal health authorities paused the vaccine for 10 days to review the risks. Women between the ages of 30 and 49 are most at risk, officials say, though they stress that the overall risk is still quite low. More than 9 million doses of the vaccine have been administered in the US. The disorder, thrombosis with thrombocytopenia syndrome, involves patients developing blood clots (often in the brain) *and* low levels of platelets, which are parts of blood that help it to clot in order to stop bleeding. Of the 28 people affected, 12 had obesity, seven had high blood pressure, three had diabetes, and three were taking estrogen. (The move comes as Canada's largest province [halted AstraZeneca shots for the same reason.](#))

Source: <https://www.newser.com/story/306100/more-blood-clot-cases-possibly-linked-to-ji-vaccine.html>

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## Pipeline operator says "normal operations" have resumed

(AP) The operator of the nation's largest gasoline pipeline — hit on May 7th by a ransomware attack — announced Saturday that it has resumed "normal operations," delivering fuel to its markets, including a large swath of the East Coast.

Multiple sources confirmed to The Associated Press that Colonial Pipeline had paid the criminals who committed the cyberattack a ransom of nearly \$5 million in cryptocurrency for the software decryption key required to unscramble their data network.

The ransom — 75 Bitcoin — was paid last Saturday, a day after the criminals locked up Colonial's corporate network, according to Tom Robinson, co-founder of the cryptocurrency-tracking firm Elliptic.

Full story: <https://apnews.com/article/nj-state-wire-technology-business-c23992dac3ba44c3052895d59937d4e6>

### **Related story - Gary, Indiana targeted by ransomware attack**

<https://news360.com/article/555661678>

## **NPR: Growing Power Outages Pose Grave Threat To People Who Need Medical Equipment To Live**

(NPR) Some experts warn that complex home-based medical care is on a collision course with climate change, as severe weather events become more frequent nationwide.

While it's difficult to attribute a single weather event like the Texas Arctic blast to climate change, these crises have become more frequent in recent years as the planet warms, highlighting the need to protect such vulnerable individuals, says [Sue Anne Bell](#), an assistant professor at the University of Michigan who studies the health effects of disasters. "Thinking that you've had your once-in-a-100-year storm — that's not a reality anymore," she says.

Climate change has fueled a rise in severe events, the power grid is aging. By the 2000s, there were 10 times more major power outages reported each year compared with the 1980s and early 1990s, according to an analysis of data from 1984 to 2012 by the nonprofit news organization [Climate Central](#). They were mostly driven by severe weather, though changes in data collection likely contributed as well.

"We have climate change coming, which is going to throw at us more of these curve balls, more of these unexpected events that can impact the infrastructure," says [Joan Casey](#), an environmental epidemiologist at Columbia University who has studied the health impact of power outages.

Casey is among a cadre of researchers, environmentalists and physicians who are trying to draw attention to the growing threat of power outages for people with medical devices. They propose more research and data collection to better identify how many Americans face this risk, as well as to document the medical complications and deaths that result. Along with highlighting the need to update and weatherize the existing power grid, they suggest a range of public health strategies, including routine text alerts warning vulnerable individuals that power might be disrupted. And, in place of generators — which can be difficult and dangerous to use — they call for the adoption of battery storage that automatically kicks in when the lights go out.

Read full story to learn more: <https://www.npr.org/sections/health-shots/2021/05/15/996872685/growing-power-outages-pose-grave-threat-to-people-who-need-medical-equipment-to->

## **Study: Six to seven hours of sleep per night lowers risk for heart attack, stroke**

(UPI & HealthDay News) There's a "sweet spot" for the amount of sleep you should get to reduce your risk of heart attack and stroke, new research shows. Folks who get six to seven hours a sleep a night -- no more, no less -- have the lowest chance of dying from a heart attack or stroke, according to new findings. Waking early or dozing on past that ideal window increases your risk of heart-related death by about 45%, researchers found.

Read full story: [https://www.upi.com/Health\\_News/2021/05/06/heart-health-sleep-six-seven-hours-study/9441620269675/](https://www.upi.com/Health_News/2021/05/06/heart-health-sleep-six-seven-hours-study/9441620269675/)

### **Related story - 1 in 4 heart attacks arrive with 'atypical' symptoms**

(UPI) A quarter of heart attack patients have atypical symptoms and are less likely to receive emergency care, Danish research reveals. These patients are also more likely to die within 30 days than those with chest pain. Atypical heart attack symptoms include breathing problems, extreme exhaustion and abdominal pain.

Find out more: [https://www.upi.com/Health\\_News/2021/05/07/heart-attack-atypical-symptoms-common-study/8131620357422/](https://www.upi.com/Health_News/2021/05/07/heart-attack-atypical-symptoms-common-study/8131620357422/)

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