

Navigating COVID 19, current status and future direction

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For

St Ambrose Pastoral Care Ministry

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COVID 19

- Worldwide
>700 million Cases
>7 million Deaths
- Bahamas
>38,000 Cases
> 800 Deaths



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New variants

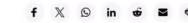
- New variants of concern continue to emerge
- Can lead to increased hospitalizations
- No specific seasonality identified
- Very important to monitor variant characteristics

Health What to know about the new covid XEC variant

A new covid-19 variant called XEC may spread more easily than past variants but vaccines are still effective against it

By Grace Wade

20 September 2024

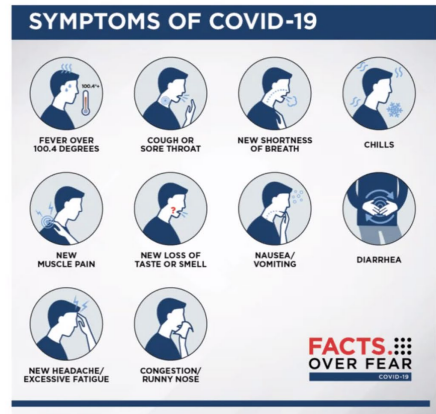


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Identifying COVID 19

- Symptoms vary from person to person and variant to variant
- Range from Asymptomatic to severe illness
- Predominantly Respiratory Symptoms
- Cough, Shortness of Breath
- Variants present with symptoms along a spectrum
- Children usually with mild symptoms



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Vaccine Effectiveness

- Vaccines reduce bad outcomes in those at high risk
- Vaccine effectiveness Decreases over time
- New Variants can evade vaccine response
- Boosters help to increase immunity
- Public health recommendations can vary



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Navigating the Current COVID Space



Know your Risk



Stay Informed of Public Health Guidelines



Monitor your health for worrying symptoms



Communicate with your healthcare provider



Be Prepared



Maintain good health by diet and exercise and controlling your medical illnesses

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- Multi-facet approach needed in the future
- Viral moitoring will help to pivot our response
- Church, community, school, health care involvement important for more resilient systems

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