WEBVTT

1
00:00:01.044 --> 00:00:05.905
I would like to thank everyone for joining us for today's about cove and 19,

2
00:00:05.905 --> 00:00:08.904
and the impact that it has on the id'd population,

3
00:00:09.324 --> 00:00:12.625
but before we get started 1 quick housekeeping item,

4
00:00:13.015 --> 00:00:16.013
when you're submitting questions via the chat box today,

5
00:00:16.285 --> 00:00:18.504
please make sure to select all panelists,

6
00:00:18.804 --> 00:00:21.565
That'll ensure that the questions get to the right folks.

7
00:00:21.899 --> 00:00:31.260
And with that, I'm going to turn it over to today's moderator, Leslie, to growth, who is the clinical coordinator for the division of developmental disabilities.

8
00:00:31.260 --> 00:00:34.859
Wisely.

9
00:00:34.859 --> 00:00:39.240
Let me show my video here. Sorry we get a little excited.

10
00:00:40.225 --> 00:00:55.134
Good morning everyone and thank you so much for joining us. I'm Leslie to grow as, I guess said, and I'm honored to be able to introduce our speaker this morning. She will be presenting information on code 19 and how it affects people with intellectual and developmental disabilities.

11
00:00:55.493 --> 00:00:59.454
And we'll be taking questions afterwards so please put your questions in the chat.

12

00:00:59.759 --> 00:01:04.290
Now, I'd like to let, you know, some things about our esteemed speaker.

13
00:01:05.579 --> 00:01:16.555
Dr, Kristin Saul is a pediatrician with extensive experience in medical diagnosis, evaluation and treatment of children with a concern of autism and other neuro developmental disorders.

14
00:01:16.915 --> 00:01:23.905
She has an expert in quality and process improvement for comprehensive autism, diagnostic and longitudinal services.

15
00:01:24.295 --> 00:01:28.224
She's a professor of clinical child help at the University of Missouri,

16
00:01:28.495 --> 00:01:42.174
executive director of echo autism and scientific advisor for the National Institutes of neurologic disorders and stroke and medical director for Missouri telehealth network in the office of continuing medical education.

17
00:01:42.480 --> 00:01:54.090
Dr Saul is the president of the American Academy of Pediatrics, Missouri chapter. She is actively engaged in the on a national level with subcommittees councils and sections.

18
00:01:54.090 --> 00:01:59.489
She completed medical school in pediatric residency at the University of Missouri.

19
00:01:59.489 --> 00:02:10.860
Doctor saw is the site principal investigator for autism intervention, research for physical health autism, treatment network, and serves a national leadership roles with each program.

20
00:02:10.884 --> 00:02:21.594
She is also founder of echo autism and innovative framework to increase community capacity to care for children with autism and other developmental or behavioral concerns. Echo.

21
00:02:21.594 --> 00:02:27.985
Autism is considered a national model for expanding autism diagnosis and treatment to underserve, enroll populations.

22

00:02:28.229 --> 00:02:34.110
Her team has established partnerships with health care entities in more than 15 States in 5 countries.

23
00:02:34.110 --> 00:02:45.360
Doctor Saul has an extensive research profile in autism. Telehealth tell them mentoring, rural health care, delivery, health disparities and inequalities and family centered care.

24
00:02:45.360 --> 00:02:51.449
Not only all of this, but Dr Saul also has numerous publications in the aforementioned areas.

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00:02:51.449 --> 00:03:03.240
So, I'm honored to turn it over to Dr Saul and I would like to remind the audience to just don't forget to put your questions in the chat and we won't answer them after Dr salts presentation.

26
00:03:03.594 --> 00:03:18.564
Dr. Saul? Yes, thank you. Leslie for that wonderful introduction. I appreciate it. It's okay. A little bit. I'm a normal human being I'm a mom. I'm a pediatrician and I'm from Missouri, and I love what I do so thank you for that.

27
00:03:18.564 --> 00:03:30.444
Really warm. Welcome. I am delighted to be here today and to talk about something that's near and dear to my heart, which is people with disabilities but also, how do we stay healthy? And well, and so we're going to talk.

28
00:03:30.444 --> 00:03:36.534
I'll share my slides here in just a 2nd, but I want to make sure everybody kind of has a good understanding of what I'm going to cover today.

29
00:03:36.960 --> 00:03:49.074
You know, I think that there's a lot of opportunity for us to continue to, to grow and our basic understanding of what coban 19 is. And then, how do we keep our ourselves healthy? But also, how do we support our neighbors?

30
00:03:49.074 --> 00:04:03.775
Our kids are our communities in making decisions, that make sense for us and that are based in evidence, informed or evidence, evidence based information. So, I think today I'm really most interested in being able to answer your question.

31
00:04:03.775 --> 00:04:18.595
So, my talk itself is gonna be somewhat brief, but I certainly think it's always important for us to anchor ourselves in the basics of what we're talking about. I don't know about you, but I feel like at an entire new lingo has been created in the last 18 months.

32
00:04:18.595 --> 00:04:26.214
You know, nobody had ever heard of the word up until March ish, 20. maybe a little sooner.

33
00:04:26.214 --> 00:04:34.704
If you watch a lot of international news, but certainly, there's just been so much so many things to take in and so many things for us to try to figure out and to manage.

34
00:04:34.704 --> 00:04:42.504
And so that's what I want to do today is kind of anchor ourselves and some of those important things, and then have a lot of opportunity for conversation.

35
00:04:43.254 --> 00:04:50.754
So, 1st, I want to think all of you for obviously joining and being a part of this learning experience. And I think that's really important.

36
00:04:50.754 --> 00:05:00.564
It says to me that if you're here today, you're hoping to continue to grow in your understanding and your and your knowledge and hopefully your ability to support others through this pandemic.

37
00:05:00.564 --> 00:05:07.973
This pandemic has definitely been tough and we continue to see new and, you know, um.

38
00:05:08.663 --> 00:05:13.764
Updated information on an absolutely daily basis. And so today we're gonna we're gonna talk about that.

39
00:05:13.764 --> 00:05:25.524
I also want to think, um, not only the Missouri telehealth network can really support so much of the work that we do around dissemination through the Echo, or extension for community health care programs or outcomes program.

40

00:05:25.884 --> 00:05:39.473
And then also, the Missouri yes, I am the president of the Missouri. A. P. and so that is a big deal in that we want to make sure that kids in the state of Missouri are healthy and well, both mentally, physically and academically.

41
00:05:39.473 --> 00:05:54.024
So we'll talk a little bit about that too. And then clinically, I am a professor of medicine at the University, and I take care of and support many, many awesome people who, uh, may have an autism diagnosis or other types of abilities.

42
00:05:54.024 --> 00:05:56.093
And so certainly glad to be here.

43
00:05:56.488 --> 00:06:08.699
So, I'm going to I know I'm sharing my screen. Let me see if I can get it to move. Perfect. So, like I mentioned, we're going to understand the basics and then we are going to think about how do we, as.

44
00:06:46.379 --> 00:06:50.189
For me as a physician and.

45
00:06:50.189 --> 00:06:57.838
An active member of my community I think that really starting with the basic fundamentals of what exactly is.

46
00:06:57.838 --> 00:06:59.153
Is it that we're talking about,

47
00:06:59.514 --> 00:07:00.834
can be critical and so,

48
00:07:00.834 --> 00:07:05.124
as we're talking about how this pandemic affects people with disabilities,

49
00:07:05.543 --> 00:07:10.764
I think it's even more important for us to know how to use plain language and use normal,

50
00:07:10.764 --> 00:07:13.644
everyday words to explain a virus.

51
00:07:13.644 --> 00:07:26.574
So, this video is, is that a good 1? I wouldn't say it's the only 1 or the perfect 1, but I think it's a good place for us to start our conversation today. So, it's about 3 and a half minutes and so I hope that I hope that this is useful to you.

52
00:07:26.603 --> 00:07:31.793
So I'm going to start us there and then we're gonna continue to walk through the slides and the presentation. So, give me 3rd.

53
00:07:32.608 --> 00:07:37.619
To make sure that it pulls up on the right side. Like.

54
00:07:37.619 --> 00:07:42.119
All right.

55
00:07:42.119 --> 00:07:50.459
Wrong button I don't want to play it on my television then. No 1 will be able to see it. Okay. Here we go.

56
00:07:51.478 --> 00:07:57.899
Premises are easily the most abundant life form on earth. If you accept the proposition, the plot.

57
00:07:57.899 --> 00:08:01.439
I am multiplying a 2,000,000,000.

58
00:08:01.439 --> 00:08:05.579
Then multiply that and that.

59
00:08:05.579 --> 00:08:09.538
Power into mind boggling number.

60
00:08:09.538 --> 00:08:13.319
Individual viral particles estimated to populate the.

61
00:08:13.319 --> 00:08:18.509
Virus is coming many shapes and designing, although they are all small. And in fact, everything.

62
00:08:18.509 --> 00:08:22.858
Plans of working. Precisely.

63
00:08:22.858 --> 00:08:31.139
Some of the things being sometimes it depends on location outside of the cell viral particle is.

64
00:08:34.379 --> 00:08:42.089
A virus can't reproduce this to them, or for that matter produce anything at all. It's the ultimate Harrison.

65
00:08:43.139 --> 00:08:54.599
Viruses travel, like only the baggage they absolutely need back into a cell, its molecular machinery multiply and make it escape.

66
00:08:54.599 --> 00:09:09.028
Viruses travel plants always includes its genome and the surrounding proteins show or capsule, which keeps the viral genome save helps the virus latch on T cells and wiggle inside. And on occasion events. offsprings.

67
00:09:09.028 --> 00:09:13.918
Some viruses also wear greasy overcoats called envelopes.

68
00:09:13.918 --> 00:09:26.249
There be from stolen charts with the outer membranes of the last shelving, infected, influenza, hepatitis C, herpes viruses and Corona viruses all have envelopes.

69
00:09:26.249 --> 00:09:38.994
These greasy overcoats breakdown and so which is why you should wash your hands often for a virus to spread. It was 1st, find a way into a cell penetrating a sales perimeter isn't easy.

70
00:09:39.173 --> 00:09:42.592
Yet viruses have ways of tricking cells into letting them.

71
00:09:43.259 --> 00:09:53.609
Typically, a portion of the viral capsids will have a strong affinity with 1 or another protein binding the surface of 1 or another particular cell type.

72
00:09:53.609 --> 00:09:56.698
Viruses use proteins, sitting on the cell surface.

73

00:09:56.698 --> 00:10:07.259
As documentation the finding of the viral capsid that cell surface protein serves as an addition to using the viruses invasion of the cell.

74
00:10:07.259 --> 00:10:13.469
The viral genome, like ours is an instruction kit for the production of proteins. The virus need.

75
00:10:13.469 --> 00:10:22.649
This genome to be made up of either DNA, as is the case with virtually all other creatures or its close chemical relative aren't.

76
00:10:22.649 --> 00:10:26.158
Switching codes, genetic information, just as.

77
00:10:26.158 --> 00:10:30.688
Most mammal infecting viruses genome are made a.

78
00:10:30.688 --> 00:10:35.969
Crucial protein or enzyme for viruses is known as a preliminary.

79
00:10:35.969 --> 00:10:40.678
Inside the cell phone number races generate numerous copies of the viruses cheap.

80
00:10:40.678 --> 00:10:47.639
Hijacking themselves, molecule and similar to produce and other vital protein.

81
00:10:47.639 --> 00:10:52.528
pepsin viruses, proteins, the symbol from their subject.

82
00:10:52.528 --> 00:11:02.938
Partially made copies of the viral genome are packaged caps and progressive escape is filed and involves when new viruses.

83
00:11:02.938 --> 00:11:05.999
Come through the outer membrane of the host South.

84
00:11:05.999 --> 00:11:20.729
Process known as mice envelopes viruses and escaped by an alternative methods, whereby they wrap themselves in a piece of members from the infected cell. It looked in these newly acquired greasy over.

85
00:11:20.729 --> 00:11:27.479
Look through the cells out of them, even that cell having burned very of baby viruses.

86
00:11:27.479 --> 00:11:39.173
Is often left beta leave. So I again, I hope that that is somewhat helpful. I'll show you the video for a few different reasons.

87
00:11:39.203 --> 00:11:40.974
And 1 of those reasons is,

88
00:11:40.974 --> 00:11:41.663
actually,

89
00:11:41.994 --> 00:11:46.073
to demonstrate how much frankly,

90
00:11:46.073 --> 00:11:56.214
detail and level of complexity there is and understanding a virus but at the same time to remind us that that's why we have science.

91
00:11:56.214 --> 00:12:10.283
And we have so many of the things that are happening around us right now. And so certainly, when we think through all of this information that's coming out all those words. And, and I will, you know, admittedly suggest that that video is great.

92
00:12:10.283 --> 00:12:21.384
But, I don't know that it meets the plain language mark that I would agree hoping for. But I think the less the rest of these slides that we talked through today will help us understand some of that complexity.

93
00:12:21.384 --> 00:12:24.744
Because 1 of the things that I know is that when I watch the news every day,

94
00:12:24.744 --> 00:12:33.504
and I like to watch a lot of different types of news channels to better understand what people are hearing and and or how people are getting their information,

95
00:12:33.774 --> 00:12:36.443

there's just a lot of stuff that's coming our way,

96
00:12:36.714 --> 00:12:40.014
and kind of like that video where it's polymerases and this,

97
00:12:40.014 --> 00:12:41.484
and that all these things that people are,

98
00:12:41.484 --> 00:12:41.693
like,

99
00:12:41.693 --> 00:12:42.624
let the world.

100
00:12:42.624 --> 00:12:46.764
Can somebody just speak English? Right? I think it's important for us to remember.

101
00:12:47.514 --> 00:12:59.484
That when we're talking about a pandemic, we're talking about, especially with a novel virus, like the virus we're talking about, something, no 1 has ever seen before, and that makes everything even more confusing.

102
00:12:59.484 --> 00:13:14.124
So, I like the video there are others out there that are made for children and I chose not to show that 1 because I knew our audience today was going to be mostly grownups. At least they're at least as far as I know. But, Hello, if there are children here and welcome of course.

103
00:13:14.124 --> 00:13:26.394
And so certainly, I hope that was at least a little bit helpful. So, giving a little bit more context to the current virus. There have been many current viruses before the corona virus itself is not brand new.

104
00:13:26.423 --> 00:13:36.683
These are things we have seen other examples, include things you've probably never heard of, but then some things you may have heard of and what we know is that the stars Co. V.

105
00:13:36.683 --> 00:13:45.413
are virus to showed up in China and in late 2019 and, you know, there's been a lot of coverage.

106

00:13:46.739 --> 00:14:00.264
As to where did it come from all of that kind of stuff and that's really not terribly relevant to the topic that we're talking about today. But nevertheless, we know that this, this B*** as I like to call it.

107
00:14:00.293 --> 00:14:03.323
This virus showed up about a late 2019,

108
00:14:03.323 --> 00:14:05.903
and we think that it 1st showed up in blue Han,

109
00:14:06.714 --> 00:14:07.913
China and so,

110
00:14:07.913 --> 00:14:09.173
as that virus,

111
00:14:09.173 --> 00:14:09.474
um,

112
00:14:09.474 --> 00:14:12.234
kind of made its way around the world going from,

113
00:14:12.234 --> 00:14:12.923
you know,

114
00:14:12.923 --> 00:14:17.004
people in China who then maybe traveled some place and then it got out,

115
00:14:17.004 --> 00:14:23.663
we started to see more and more people being affected and that's what triggered the definition of a pandemic,

116
00:14:23.663 --> 00:14:26.964
which means people all around the world started to be affected.

117
00:14:28.139 --> 00:14:37.528
By the cub of 19 virus and getting very, very sick and scientists started to recognize this is something we've never seen before what is going on.

118
00:14:37.528 --> 00:14:51.053

1 thing, I think it's important to understand as we talk about the crowd. A virus is not just like, what is a virus or what, you know, all this stuff, because I don't know what to expect any 1 to be or a scientist or any of those things.

119
00:14:51.083 --> 00:15:05.333
There are a few important things to understand the corona virus. When you look at it compared to other kinds of virus. Viruses actually can be pretty infectious. So, a lot of people like to think about this in the context of the flu virus.

120
00:15:05.333 --> 00:15:18.714
Well, when we look at this little image here, you can see that 1 person who has the flu. So, the flu is known as H1 and 1, or that's a type of flu 1 infected person with the flu tends to infect another 1 and a half people.

121
00:15:18.714 --> 00:15:30.443
Okay, so that's what this are not or fancy phrase for essentially a virus is ability to infect someone else. You're looking at Bola, which many of us have heard about in our, you know, it's pretty scary stuff.

122
00:15:30.443 --> 00:15:42.173
That 1 person who was infected with a Bola can then infect another 1.6 or almost 2 people. And you can see that. There are other definitely more infectious viruses.

123
00:15:42.173 --> 00:15:47.813
But cobit up here, and this top box still has quite a range of infection.

124
00:15:47.813 --> 00:15:58.734
And so when you have 1 person who's infected 2 and a half or 2, and a quarter, this picture, people are likely to get infected because of that 1 infection.

125
00:15:58.734 --> 00:16:11.394
And actually, this changes a little bit, you know, I'm sure most of you have thought about to be a Delta or heard of the delta virus, and it's actually got an even higher what we call again and are not or infection rates.

126
00:16:11.423 --> 00:16:13.464
So to speak,

127
00:16:13.494 --> 00:16:14.214

that's used very,

128
00:16:14.214 --> 00:16:14.693
very broadly,

129
00:16:14.693 --> 00:16:16.764
but it says bash guys,

130
00:16:16.764 --> 00:16:18.144
the delta virus,

131
00:16:18.173 --> 00:16:24.024
the delta version of this is actually even more infectious than the 1,

132
00:16:24.053 --> 00:16:28.764
the version of 2019 that we saw last fall and even in the winter and so as doctors,

133
00:16:28.793 --> 00:16:30.923
we are aware of like oh,

134
00:16:30.923 --> 00:16:31.163
boy,

135
00:16:31.163 --> 00:16:35.153
right this means we're gonna start start to see a whole lot more people getting infected.

136
00:16:35.153 --> 00:16:35.933
Does that mean?

137
00:16:37.528 --> 00:16:50.903
Every person who's in contact with, in contact with a person who asked going to get the virus no, but it does tell us. Okay. But Here's what we can expect based on the number of people getting this infection.

138
00:16:51.083 --> 00:17:02.423
Here's what we're gonna start to see, and we're gonna start to see our hospitals fill up. And then, to be honest, that pattern has been very predictable, very, um, you know, we can see it start to happen.

139
00:17:02.423 --> 00:17:10.433

And that's when things get really dicey and really difficult to think about how do we support people who need us to support them whether that be a child,

140
00:17:10.463 --> 00:17:14.753
whether that'd be a person with a disability where they need additional significant supports,

141
00:17:15.054 --> 00:17:16.614
whatever that might look like and so,

142
00:17:16.703 --> 00:17:17.453
I'm hoping.

143
00:17:18.144 --> 00:17:26.963
That by giving you, maybe some information about the virus that maybe you haven't seen or heard before that it might help to bring to light why people are.

144
00:17:26.963 --> 00:17:37.253
So adamant about different kinds of mitigation or prevention strategies and really that's what we're trying to think about. Now. Is How do we prevent the ongoing spread?

145
00:17:37.253 --> 00:17:43.374
And I'll talk a little bit about that in a few slides, but I think it bears repeating. So when we talk about.

146
00:17:44.243 --> 00:17:58.854
Comparing flu to Colvin it's like apples and oranges. Um, you know, and it is certainly important for us to understand that. Yes the flu can be super serious. Um, and yes, the flu can, you know, spread to throw community pretty quickly.

147
00:17:59.124 --> 00:18:08.814
But it is much less infectious than coven they team and the flu has a shorter what we call incubation time. So, that kind of actually helps us in some ways.

148
00:18:08.844 --> 00:18:09.203
When you,

149
00:18:09.233 --> 00:18:10.013
when you have somebody,

150
00:18:10.013 --> 00:18:10.884
you ask the flu,

151
00:18:11.183 --> 00:18:12.384
we know that if so,

152
00:18:12.384 --> 00:18:12.983
for example,

153
00:18:12.983 --> 00:18:14.903
if my husband got the flu tomorrow,

154
00:18:15.144 --> 00:18:18.594
the ads of me getting it within the next couple of days are pretty high,

155
00:18:18.594 --> 00:18:23.064
but I'm going to know within a few days if I'm gonna get it or not unlike coven,

156
00:18:23.094 --> 00:18:28.344
that incubation period where there's time to be infected or time to show.

157
00:18:28.344 --> 00:18:40.703
Symptoms is really, really long and that makes it even more difficult to kind of keep yourself protected or make sure that people around. You don't have coven, because that can be a big deal and then hospitalization rates.

158
00:18:40.703 --> 00:18:53.993
So this again is fluctuating based on the variant right now. Our hospital raised hospitalization. Right. Is actually a little bit higher. And so, when we look at that, that means 2%, just 2 out of 100 people who get the flu get hospitalized.

159
00:18:54.054 --> 00:19:08.483
Right so, tons of people get the flu and very few get hospitalized. But with Colvin you can see that. That rates quite a bit higher. So, when people run around saying, oh, it's just like the flu. Everybody's making this way bigger deal than it is not so much. Right? Not so much.

160
00:19:08.483 --> 00:19:22.314

You can see that. This is a big difference. And then also, when we look at the number of people who are dying from the flu versus cobit, again, this number has fluctuated. And right now we're at the higher end of this pace mentality that we call it.

161
00:19:22.314 --> 00:19:32.544
Because what we're seeing is that this delta variance, or the delta version is much more infectious than the ones we've seen before 1 of some of us are starting to call it.

162
00:19:32.544 --> 00:19:43.463
The original the origin of just to kind of play around with Marvel and some of the, you know, the superhero movies that we like to think of partially because we're also stressed that we come up with.

163
00:19:43.979 --> 00:19:54.594
Little coping strategies, like saying oh, yeah, you know, the origin, um, uh, you know, the original or the, the original original virus, if you will.

164
00:19:54.834 --> 00:20:06.713
Actually, it was not as strong as what we see now and people get confused because they're like, why is it stronger? I don't understand, why is everybody talking about variance and versions and all of this stuff?

165
00:20:06.713 --> 00:20:06.864
Well,

166
00:20:06.864 --> 00:20:09.173
it's because viruses are smart and so,

167
00:20:09.173 --> 00:20:18.384
for those of you who did did find the little video clip useful to me 1 of the things that I like to share with people is that every chance we give a virus,

168
00:20:18.413 --> 00:20:19.284
not just Colvin,

169
00:20:19.284 --> 00:20:21.384
but any virus to get us sick,

170
00:20:21.683 --> 00:20:29.094

gives it more chances to learn how to how to basically be our system doesn't mean they're trying to take this over.

171
00:20:29.124 --> 00:20:37.554
Doesn't mean they're alien invaders. Our bodies are smarter. However, the viruses are constantly learning. It's kind of like thinking about.

172
00:20:38.874 --> 00:20:51.054
Well, I mean to borrow a little bit of biology lingo, it's kind of like survival of the fittest. Now we are smart. We are humans our bodies are so, so intricate and incredible.

173
00:20:51.384 --> 00:21:00.804
And yet, viruses are out there to try to say, hey, I'm a worthy opponent. And they're trying to learn how to beat our system, our human body.

174
00:21:00.804 --> 00:21:15.653
And so, every time we give it a chance to learn and to then turn itself into something different. So a new variant or new version of itself that is even more issue that we have to then face as humans to be like.

175
00:21:15.683 --> 00:21:26.304
Oh, dang. It now we've gotta start not over, but we have to start thinking about this and even broader strokes. And so I think what then that turns into on the media side is.

176
00:21:26.578 --> 00:21:41.368
Nobody knows what they're talking about just last week they said we, if we were vaccinated, we could take our masks off, you know, and now they're telling us we've got to put them all back on some of that frustration and that change and messaging is because we are learning new information every.

177
00:21:41.368 --> 00:21:55.673
Single day, but why are we learning new information every single day? Because this little virus is infecting more and more people, and then therefore, learning new ways to get sick every single day. So we've got to figure out how to stop that.

178
00:21:55.673 --> 00:22:09.203
And so hopefully thinking about this in this, um, you know, viruses have been around forever like the video talked about and there are jillions of them. That's it. That's it's her. And you should look up jillions of viruses that circulate around us every single day.

179

00:22:09.203 --> 00:22:16.223
And that's why our bodies are so awesome because they can learn and they can, they can adapt to those too. There's, um.

180
00:22:16.709 --> 00:22:28.193
Foreign bodies, if you will, but sometimes we have to help it. Otherwise we get really, really sick and then that's when people experience death or serious, serious consequences. And so we'll talk a little bit about that.

181
00:22:28.733 --> 00:22:38.394
Another thing that I like to really emphasize again when thinking about just the basics right? The basics that I'm absolutely open to talking about well, beyond the basics but I think sometimes it's helpful to remember this.

182
00:22:39.088 --> 00:22:46.709
What it does how coban spreads is through our spit are through our saliva. Okay. And so.

183
00:22:46.709 --> 00:22:59.519
Again, our human body is very cool. Um, and it can do all kinds of interesting things. So when we're speaking, you know, we are actually expelling little, tiny, tiny, tiny droplets from our saliva.

184
00:22:59.519 --> 00:23:09.473
Now, of course, some people as I'm sure some of you have experienced might spit more than others. You maybe have someone with a disability who has more grueling than others.

185
00:23:09.713 --> 00:23:17.874
Well, that is where virus particles live that is where the chronic virus with the SARS code, the to the official name, that's where, that virus lives.

186
00:23:18.173 --> 00:23:29.273
When we talk a certain amount of those, you know, viral particles are expected to come out of your mouth. When we yell when we saying, when we shout.

187
00:23:29.848 --> 00:23:37.614
Sneeze all of those produce a higher force or a velocity of virus coming out of our mouth. Okay.

188
00:23:37.644 --> 00:23:50.874

And so that's why, you know, we cover our mouth so that we can make sure that it's not spewing more spit at a longer distance. And so, some of us have heard. I'm sure you know, the debate between is it. 6 feet is it.

189
00:23:50.874 --> 00:24:04.703
3 feet is it 2007 feet like, what exactly is going on here. Well, the bottom line is it. Kinda depends. It kind of depends on what you're doing. If you're singing and you're really propelling that voice of yours out that's going to send more saliva droplets out.

190
00:24:04.703 --> 00:24:16.193
That's a normal thing that we all do everyday all day long. And yet, if you happen to have a virus, that means you're spewing that virus all around.

191
00:24:16.193 --> 00:24:22.013
You depending on what you're doing and so that's where close contacts come into play. So when you're thinking about them.

192
00:24:23.723 --> 00:24:38.273
Well, why do I have to, like, I wasn't even around that person? Well, the thing is that it is about risk it is about well, okay, we know that this virus is carried by droplets. Okay. So we also know it can hang out in the air. So, that's called aerosolize.

193
00:24:38.663 --> 00:24:49.644
So we know it can hang out in the air after you have sneezed or cost or, you know, saying song or whatever and we know it can hang in the air for a certain amount of time and that's also changing.

194
00:24:49.644 --> 00:24:59.213
So, the Delta, the delta variance has some different characteristics or different behaviors than other, um, prior versions.

195
00:24:59.729 --> 00:25:07.048
But, nevertheless, those close contacts, then if I am the person who has current, a virus.

196
00:25:07.048 --> 00:25:19.138
All those people that were in my proximity are at risk okay. And varying levels of risks, depending on how close they were, and all of those things. So that's where this notion of close contacts come from.

197
00:25:19.463 --> 00:25:29.243

Now, I also want to address this too. So, when we think about where we were, you know, at the very beginning of the pandemic, and maybe none of you did this but I did this.

198
00:25:29.574 --> 00:25:41.903
I was ordering my groceries from the, you know, I would pick my groceries up at the curbside or, you know, all the different type of grocery, pickup kinds of things. And then I would watch them all down with, um.

199
00:25:42.388 --> 00:25:51.534
I will hand sanitizer, not hand sanitizers. The advertising wipes because at the time we didn't know we didn't know enough about how this spread.

200
00:25:51.534 --> 00:25:58.554
And so we were very concerned that the virus was lingering on surfaces for up to 3 days. In some cases.

201
00:25:58.584 --> 00:25:59.034
I mean,

202
00:25:59.034 --> 00:26:00.084
I went so far,

203
00:26:00.384 --> 00:26:02.334
and I'm not teasing myself about this,

204
00:26:02.334 --> 00:26:05.064
but I was making sure that I was protecting my family,

205
00:26:05.064 --> 00:26:05.483
frankly,

206
00:26:05.483 --> 00:26:16.013
because I wanted to be able to see my dad who is older and I didn't want to do anything that could potentially cause him to get sick so we were putting our mail in a bucket,

207
00:26:16.044 --> 00:26:16.374
you know,

208
00:26:16.374 --> 00:26:20.003
in that touch we had a whole rotation cycle of the mail coming in and then,

209
00:26:20.003 --> 00:26:20.243
you know,

210
00:26:20.243 --> 00:26:20.604
whatever.

211
00:26:20.963 --> 00:26:35.453
So, now, we know, but it really doesn't spread as much on surfaces as we thought it is all about close contacts and that respiratory droplet as well, as kind of our air around us.

212
00:26:35.453 --> 00:26:48.624
And so, that helps to inform our new prevention strategies. They're not so new. But they're continue to evolve as we learn more about this brand new virus and that's an, I can't emphasize that enough and get it. It's annoying.

213
00:26:48.624 --> 00:26:59.394
When you hear something new every day on the news about that, what? She said this, and now he says that and then CDC said this says that it's Super frustrating and I understand that completely.

214
00:26:59.394 --> 00:27:12.564
And yet it's partially because we've never seen this before, not as living soul on this planet, unless they're over 100 has lived through a pandemic, a global pandemic. So everybody is trying to figure out what exactly.

215
00:27:13.913 --> 00:27:26.423
Are we dealing with and the amount of information coming out is so extensive at every given, frankly day. Um, and so in other words yes. Things have definitely evolved in the last 18 months since.

216
00:27:26.423 --> 00:27:38.243
We've been at this, but we are getting so much better at understanding how this virus spreads, what we can do to protect ourselves. And how do we make sure we get through this to the other side so hopefully that's somewhat helpful.

217
00:27:38.933 --> 00:27:45.324
So, this is an example of this notion around acquire practice. Right? So, 1, person in this choir.

218

00:27:45.324 --> 00:27:55.193
And this is a, is an example, a, not a made up example, is a real life example from the state of Washington 1 person in that choir had cobit. Okay.

219
00:27:55.644 --> 00:28:10.583
And then, because of that 1 person, the whole rest of the choir was a close contact, and all the little yellow boxes for people who got coded from that 1 exposure. And then the the white boxes were the ones who did it. So you can see that risk is high.

220
00:28:10.888 --> 00:28:25.074
Part of that is singing propels your voice your saliva further. Um, and so that's an important thing too. I like to tease that I'm really loud and very boisterous. So I would love for somebody to measure just how far my spit travels. Cause. I bet you.

221
00:28:25.074 --> 00:28:36.564
It's pretty far, but again, thinking about that, as in a practical sense, I feel like it can be really helpful. And then, when you start to think about the people in your world that you support, who maybe.

222
00:28:36.868 --> 00:28:37.554
You know,

223
00:28:37.584 --> 00:28:42.743
either our have a harder time understanding all of the science,

224
00:28:42.743 --> 00:28:44.604
and all of the mumbo jumbo you know,

225
00:28:44.604 --> 00:28:53.814
we certainly can bring it back down to you when your spit leaves your mouth that causes more people to have to be a potential,

226
00:28:53.844 --> 00:28:54.054
you know,

227
00:28:54.054 --> 00:28:55.344
be potentially infected,

228
00:28:55.673 --> 00:29:06.773

so that stuff we can do and so we can then use our deeper knowledge to support those around us who might need a more easy version of what we're talking about today.

229
00:29:06.773 --> 00:29:14.814
And so I hope that that's helpful for me. Knowledge is power, but I think accessible knowledge is power so the more that we can help each other understand.

230
00:29:15.449 --> 00:29:29.423
Ideally, and as plain of a language, as we possibly can, uh, the better we can all do and I think that also helps us fight misinformation because misinformation right now is rampant and I'm not here to admonish anyone and I'm not here to judgment on anyone.

231
00:29:29.423 --> 00:29:37.104
And yet, at the same time, it is so critical to make sure that where you're getting your information is reputable sources but.

232
00:29:37.618 --> 00:29:38.513
More importantly,

233
00:29:38.544 --> 00:29:39.144
that you,

234
00:29:39.144 --> 00:29:39.594
as a,

235
00:29:39.624 --> 00:29:49.463
as an individual understand how to take in information and decide is this the information I need to know or what else do I need to get so that we can make that,

236
00:29:49.763 --> 00:29:54.473
that you can make a decision both for yourself and others about what you're going to do to protect yourself.

237
00:29:54.834 --> 00:29:56.273
I think that's a really important factor.

238
00:29:56.933 --> 00:30:07.614
So, symptoms of this is sometimes a tricky 1, too, because again, I call it a B*** for a reason, because it's a vulgar. It is confusing and it looks like other things.

239
00:30:07.614 --> 00:30:19.943
And sometimes you don't even have any symptoms, and you're like, how in the world do I have covered? What the heck, right? And so certainly all of those things can contribute to the confusion of what's going on around us on a day to day basis.

240
00:30:20.394 --> 00:30:31.703
What we do know is that symptoms that are on your screen right now but in case you're just listening by audio all kind of fill those out for you that they can include fever chills, cough, shortness of breath, difficulty breathing.

241
00:30:31.733 --> 00:30:42.384
It can also include side effects, like vomiting and diarrhea. It can also include feeling really black, you know, kind of more of those traditional flu, like symptoms.

242
00:30:42.503 --> 00:30:53.513
But we also know is that the loss of taste and smell is a very specific feature of and so that's an important thing to know specific means.

243
00:30:53.844 --> 00:30:59.483
If you have lost your sense of taste or smell your odds of having cobit are very high.

244
00:31:00.239 --> 00:31:06.358
Just because you didn't lose your taste in smell doesn't mean you don't have Kobe it just means if you happen to have those symptoms.

245
00:31:06.534 --> 00:31:18.713
It is highly, highly likely, but that's what's going on for you. But again, remember, I said that incubation period in is also very long compared to your common cold or compared to even the flu.

246
00:31:19.013 --> 00:31:33.384
So, you can develop symptoms way late, which is partially why we have those long quarantine timeframes to make sure that we're not contributing more people with cobit out into the community. So, certainly, I get it difficult and confusing.

247
00:31:33.384 --> 00:31:35.153
And it's also sometimes hard to know.

248

00:31:35.814 --> 00:31:38.844
Well, are these my allergies is this just a cold?

249
00:31:38.844 --> 00:31:39.864
I think it's just this,

250
00:31:39.864 --> 00:31:42.473
I think it's just that and so that's where again,

251
00:31:42.534 --> 00:31:45.834
leaning into your relationships with your healthcare professional,

252
00:31:45.834 --> 00:31:54.054
and that's a doctor or nurse practitioner asking them for guidance around your symptoms and getting tested is really critical to where we're at,

253
00:31:54.084 --> 00:31:54.983
at this point.

254
00:31:55.733 --> 00:32:01.644
So thinking about some of the information that's going around right now about cumulative child cases.

255
00:32:01.644 --> 00:32:10.854
So I know if you looked at the news any time in the last 24 to 48 hours, uh, you are seeing headlines that talk about cases and children.

256
00:32:12.179 --> 00:32:17.909
There's a really important thing to understand and I think the kids are highlighting this better than anything else.

257
00:32:18.173 --> 00:32:27.384
This Delta variant is completely not completely, but it is very different than what we were dealing with last fall and even last winter.

258
00:32:27.834 --> 00:32:35.423
So when we went back to school, last fall in August and many, many places went virtual, it was because of the need to protect.

259
00:32:35.729 --> 00:32:46.104
The elderly and the need to protect those with a compromise. We didn't have a vaccine. We had no meaningful way to protect anybody except for social distancing and mascot masking.

260
00:32:46.614 --> 00:32:47.003
So,

261
00:32:47.003 --> 00:32:47.753
at the time,

262
00:32:47.753 --> 00:32:49.794
using the information that we all had,

263
00:32:49.794 --> 00:32:51.324
and when I say we all,

264
00:32:51.324 --> 00:32:52.044
I don't literally mean,

265
00:32:52.044 --> 00:32:53.153
I work for the CDC,

266
00:32:53.394 --> 00:32:53.574
but,

267
00:32:53.574 --> 00:32:54.054
I mean,

268
00:32:54.054 --> 00:32:55.523
when the experts had,

269
00:32:55.523 --> 00:32:56.784
they made those decisions,

270
00:32:56.784 --> 00:33:04.374
they informed their decision with the information that they had and shows in many ways to have kids stay at home virtually.

271
00:33:04.374 --> 00:33:07.614
Now. I know throughout Missouri, we have a plethora of.

272
00:33:08.278 --> 00:33:20.814
Experiences that families have had, whether it's in person, hybrid, fully in person fully hybrid. I mean, last year and my patients, I take care of

kids from all across the state of Missouri and so I've, I've seen it all and I get it.

273
00:33:20.844 --> 00:33:27.534
I get it, and I know some communities had not even had a case of cobit in October of last year like yet.

274
00:33:27.864 --> 00:33:41.903
Um, and so I get how frustrating that felt and, and, um, also though, the more populous commute counties, for example, Columbia, where I'm at St. Louis Kansas City, things like that, we're seeing tons of cases, not initialling kids, but all around.

275
00:33:41.903 --> 00:33:46.463
So they made the decisions that they felt made sense fast forward 12 months to where we are.

276
00:33:46.463 --> 00:33:57.023
Now, we have this new version called them called the delta variant and remember that is because more people have let the virus have an opportunity to get.

277
00:33:57.534 --> 00:34:09.833
A new skill set. Okay. So, when you think about this virus, what a variant means is that it's the virus itself. That little thing that was crawling across the screen during the video that I showed you, it has learned a new skill.

278
00:34:10.043 --> 00:34:20.364
Okay, and that allows it to do new things and cause more issues. Now, we know that the delta variant or Delta version is causing a heck of a lot more issues in kids.

279
00:34:20.938 --> 00:34:31.048
But we've also learned that it was quite devastating to have children isolated at home last year. And so we've now had to decide, what are we going to do.

280
00:34:31.373 --> 00:34:44.244
What are we going to do both in our group settings? Whether that's a group home setting, whether that's a school setting, whether that's a community outing setting, we have to make a risk assessment and make a decision.

281
00:34:44.634 --> 00:34:48.563

And so that is a lot of what we have to think about as professionals in the field.

282
00:34:48.563 --> 00:34:49.764
And I think each of you,

283
00:34:49.974 --> 00:34:50.963
whether you're a parent,

284
00:34:50.963 --> 00:34:52.014
whether you're a caregiver,

285
00:34:52.014 --> 00:34:54.173
or whether you're a leader in your organization,

286
00:34:54.443 --> 00:34:58.974
you're making tough decisions every day based off risk assessments and what,

287
00:34:58.974 --> 00:34:59.634
you know,

288
00:34:59.693 --> 00:35:00.833
in those moments,

289
00:35:00.833 --> 00:35:04.523
and trying to predict what's going to happen with that.

290
00:35:04.523 --> 00:35:12.744
So, here with kids, we have seen a very significant increase in the number of children affected by in the last.

291
00:35:13.018 --> 00:35:25.943
About 6 to 8 weeks, all due to the delta area. It is true that kids are still not getting as sick as the adults, but they are now getting much sticker than they were before.

292
00:35:26.244 --> 00:35:41.153
So, last fall, we saw very few kids really get the virus and the ones who did weren't Super sick now, we're seeing tons of the kids, get the virus and the ones who are getting it, there's a decent percentage of them that are getting very sick. So, right now, as of about 2 days ago.

293
00:35:42.083 --> 00:35:53.784
The most recent number of children to the percentage of children and making up total chronic virus cases is 26% last year at this time. It was like, 1%. And so we're seeing just a crazy increase.

294
00:35:53.784 --> 00:36:00.864
And 1 of the things that's important to understand is that many children, especially those, under the age of 12 aren't able to do anything really?

295
00:36:00.864 --> 00:36:08.844
Except for some, you know, wearing the mask and social distancing from each other to prevent themselves from getting sick.

296
00:36:08.844 --> 00:36:22.853
That's why the layers of protection that we, as their community are responsible for doing are so so critical and why it's such an important thing. We are seeing children die. We lost a child in this state in this during this week from a virus.

297
00:36:23.213 --> 00:36:26.063
That is not okay. And those I shared with somebody.

298
00:36:27.239 --> 00:36:31.199
This week my outcome is not, you know.

299
00:36:31.494 --> 00:36:41.063
Number of children who didn't die right? Death is not the outcome I'm avoiding. I want to make sure these kids can stay in school can continue to learn and continue to be kids.

300
00:36:41.423 --> 00:36:50.184
And so certainly, we talk about deaths and it's like, oh, you know, never have any kids are dying, but that's not what we're going for. Right. And so that's an important thing to understand too.

301
00:36:51.083 --> 00:36:57.983
So also important to understand, so looking at children who tested negative for corona virus versus those, who tested positive.

302
00:36:58.403 --> 00:37:12.384
So, kids who are testing positive are more likely to have attendant large, large events price so, parties, either large events, or close, non socially distanced events. So, play dates, funerals, weddings, things like that.

303
00:37:12.773 --> 00:37:27.594
We were not seeing a lot of, um, spread through the schools and so for those of you who were in in person school last year. This was data. That was being actively collected to teach us. What do we know and how can we get kids in school safely?

304
00:37:27.954 --> 00:37:36.114
What we learned is that the kids that are masked and the teachers that are masking the schools that are doing all of those prevention strategies did actually quite well.

305
00:37:36.114 --> 00:37:47.753
And that is what we now know, and why we, as a community, and as a body of experts or pediatricians, or what have, you are definitely wanting kids in school.

306
00:37:47.753 --> 00:37:53.184
Because now we know that when the proper prevention strategies are in place, they work and they work. Well.

307
00:37:53.963 --> 00:38:07.494
Okay, so what works and how do we help to keep kids in the classroom? So, this is a good study. That came out, looking at as school system and Wisconsin, and those that were using masks and had established cohorts.

308
00:38:07.494 --> 00:38:21.054
So, smaller groups of kids, rather than, you know, 100 kids kinda all mixing up throughout the day, the smaller groups of kids. And also maintaining that socially distance space when they could, and making sure that they had close attention to quarantine.

309
00:38:21.054 --> 00:38:30.563
So if you got exposed, you stayed at home definitely. Humungous impact. And so certainly, this is a big big deal as we face this fall.

310
00:38:30.623 --> 00:38:42.474
And Missouri is seeing significant increases in the child infection rate, and also other adults as well. So it's important things to think about. These are things. I guarantee you, all of you have hurts.

311
00:38:42.474 --> 00:38:52.193
I'm not going to believer these points, but this slide, in addition to vaccination represents our layers of protection that we can do for kids to keep them healthy and help and help them stay safe.

312
00:38:52.193 --> 00:39:03.744
When I say kids, by the way, I kind of everybody as a child, because I'm a pediatrician and so I don't just mean children. I mean, all of us right? So these are things that we can do to say all right enough already virus.

313
00:39:03.744 --> 00:39:10.554
You don't get to learn our system any better than you already did. Like you're done you're done. Right? Like, no more.

314
00:39:10.554 --> 00:39:23.184
We don't want you learning our, our bodies anymore, get out and so this is important thing for us to understand every chance we give it to get us sick is another chance for it to learn how to be smarter.

315
00:39:23.184 --> 00:39:31.284
And I'm really frankly, very tired of this. Little B***, and I would like to go with I bet all of you are too, right? Like, this is no fun for anybody.

316
00:39:31.284 --> 00:39:44.393
And it's really important that we start to think about this as kind of a battle, if you will and we have tools and our battle armor to get this out of our way. And yet we have to work together to get that done.

317
00:39:45.150 --> 00:39:55.860
So this is 1 of my favorite images, and 1 of the things I hope that you'll take away from this image and we're just about done with my slide. So we'll have a good full, 20 minutes for questions and answers but.

318
00:39:56.184 --> 00:40:06.295
This is what we call the Swiss cheese model. We use it a lot in healthcare to prevent errors. We use it a lot in lots of different ways to help us. Understand how do we make sure something bad doesn't happen over here?

319
00:40:06.804 --> 00:40:13.525
Normally are I always in most situations, it's not just 1 thing that keeps a bad thing from happening. Right?

320
00:40:13.795 --> 00:40:28.224
So, for example, driving a car, you know, we have now, our automobiles systems have become so advanced that many people have, and they're brand

new, you know, if you're in a newer model car, all sorts of solutions to keeping you from having an accident. Right.

321
00:40:28.224 --> 00:40:31.014
And so there's seatbelts there's, you know.

322
00:40:32.304 --> 00:40:44.485
Abs breaks, there's all sorts of different things, there's blind spot detectors, there's, you know, all kinds of fancy stuff that are each layers of protection between you, and a car accident.

323
00:40:44.695 --> 00:40:55.465
So, this image that you're seeing right here is that same thing you've got all those ugly karate viruses over here on the left hand side of your screen, and then you have yourself at the end, trying to stay healthy. Okay.

324
00:40:56.190 --> 00:41:00.445
To picture yourself, you can picture your loved 1 with a disability. You can picture your child.

325
00:41:00.445 --> 00:41:12.534
It doesn't matter whoever you're trying to keep from getting sick and then each of these little Swiss cheese slices represents layers, but guess what happens sometimes the layers line up and that Swiss cheese or a virus come through.

326
00:41:12.954 --> 00:41:25.644
Really the only way to keep us from getting sick is to layer it up layer it up so that if it gets through the 1st, 3, it can't get through this, you know, the 4th. Oh, shoot. 1 did make it all the way to the 5th layer. Now, what?

327
00:41:25.675 --> 00:41:28.824
Right so, it's all these different things that frankly.

328
00:41:29.545 --> 00:41:41.394
Helps us to stay safe in the grand scheme of things and it's true. I get it. People are frustrated. People are irritated. Why do I have to do this? I shouldn't. I should get to decide myself. I don't want to do that layer.

329
00:41:41.394 --> 00:41:53.965
I only want to do these 6 layers where I only want to do this 1 layer and none of the other layers. I get that. But unfortunately, we are all part

of the same world. And right now we're also all part of the same kind of army.

330
00:41:53.965 --> 00:42:04.224
If you want to think about it that way, trying to battle the army of little B*** out there called the corona virus that are trying to slip their way through to get us sick.

331
00:42:04.224 --> 00:42:16.554
And so 1 of the things that's important to think about, as we're thinking about this, both as grownups, and as caretakers, or caregivers, or anybody in our community, these are real life things.

332
00:42:16.585 --> 00:42:26.664
This is not just oh, she's spewing, you know, the standard monitor them right now. Not really. This is real right? And people are dying and people are dying quite a lot.

333
00:42:27.025 --> 00:42:39.594
We've lost a lot of missourians in due to a virus and it's it's devastating. And so these are the things that we can do to prevent protect ourselves and protect our communities.

334
00:42:39.840 --> 00:42:49.710
So the last point I'm going to say on my last slide is really about supporting each other. And when I think about supporting people with developmental disabilities, Here's what I mean, by this.

335
00:44:10.260 --> 00:44:20.905
1 of the things I wanted to make sure, you know about, is that we have an echo, which is a virtual learning collaborative so anyone can join. You can come and learn. So the code and 19 and kids echo meets twice a month.

336
00:44:21.235 --> 00:44:34.764
It is for leaders in our communities, have lots and lots and lots of people engaged in this, but it's also for anyone who consider themselves leader because frankly, all of us are leaders of, at least ourselves if not our families or our, you know, our spaces.

337
00:44:35.155 --> 00:44:46.614
So, it's common to learn it's not a place to shame each other. It's not a place to say, you know, that's you're an idiot for thinking that it's a place to say. This is what I'm hearing. What do I do this is what I don't understand.

338

00:44:46.644 --> 00:44:58.164
This is what doesn't make sense help me understand so that I, as an individual can make my best informed decision. So it's really about coming together. And so there are multiple different kinds of echoes about all kinds of topics.

339
00:44:58.164 --> 00:45:04.284
We have multiple ones for autism, but this 1 is about coping 19 and kids. And how do we help support our community leaders?

340
00:45:04.284 --> 00:45:19.255
Both in the school setting, the healthcare setting, and the public health setting, make evidence informed decisions so that local decisions can have the, you know, the information that they need those decision makers have the have the information. They need to make solid and sound decisions.

341
00:45:20.010 --> 00:45:26.550
So, I know I've talked, I've actually talked a little longer than I anticipated. I hope it's been helpful and I'm going to stop with my formal comments here.

342
00:45:26.550 --> 00:45:30.840
And then open it up for questions so I'm going to go ahead and stop sharing my screen.

343
00:45:30.840 --> 00:45:38.969
And then we'll go from there together, and I think Leslie might be helping me with questions. So I'm ready when you are ready.

344
00:45:39.655 --> 00:45:53.394
Yes, I sure am. And thank you so much. Dr. so that was awesome. Information and presented in such a relatable understandable way. I appreciate it. I was that was great. Thank you. And so far, there's not anything in the chat.

345
00:45:53.394 --> 00:46:06.474
So people please just feel free to ask anything we're here to answer questions. And I'm going to make so, while we're waiting for some questions to come in, I'll ask, I'll answer a couple of things that I hear pretty commonly.

346
00:46:07.079 --> 00:46:13.349
So, 1 of them, um, and I'm going to make a couple of these very specific to people with developmental disabilities or disabilities.

347
00:46:13.349 --> 00:46:25.500
So, it is true that our data meaning the data we have worldwide demonstrates that people with disabilities are at higher risk for getting coban. I'm going to repeat that.

348
00:46:25.500 --> 00:46:39.715
People with developmental disabilities are at higher risk for getting. There are lots of factors in play there. Some of it has to do with your own, you know, a person with disabilities maybe not having as easy access to testing or to care and treatment.

349
00:46:39.715 --> 00:46:47.934
Some of it has to do with the group settings, uh, some of it has to do with self care. There's a lot of factors that go into that, but never the less people with developmental disabilities.

350
00:46:48.239 --> 00:47:03.025
Are period at higher risk for getting infected and getting significantly sick. Um, so that's an important thing to understand and what we are seeing is that it's not always related to another underlying health condition.

351
00:47:03.025 --> 00:47:15.025
So, for example, people like to say, well, it was really their down syndrome and I'm like, well, I mean, it may have contributed, but at the same time, it's still go of it but we ended them in the hospital that land with them on a ventilator that many of them.

352
00:47:15.329 --> 00:47:23.639
To not be here. Um, and so it's important for us to understand that there is a higher risk. And so that's something I wanted to make sure people people heard.

353
00:47:26.190 --> 00:47:41.094
I see 2 questions. Well, I'll take the 1st 1. I'm really I do this all the time, so lovely. We can just bounce back and forth. That's not. Okay. Yeah, that sounds fine. I apologize. I was not seeing them. That's fine. I see.

354
00:47:41.094 --> 00:47:41.394
Em, so.

355
00:47:43.980 --> 00:47:56.215
So, if someone asked is the recommendation, is there a recommendation yet for boosters for people with ID? Great question. So here's the deal. And

this I will, I will readly acknowledge that. This is a muddy point right now.

356
00:47:56.244 --> 00:48:05.394
I like to talk about money points because those are things that are, like, wait what? So, here you have the White House administration saying.

357
00:48:05.730 --> 00:48:20.550
We want you to get a booster. Okay. But then the FDA and the CDC have not officially, especially the day have not officially blessed the booster yet. So there's a big kind of like what um, so, here's the deal.

358
00:48:21.054 --> 00:48:35.005
Yes, it is going to be recommended officially that everyone receive a booster after so about 8 months after they got their last, or completed their vaccine at the cycle, and yes. People with ID are in that.

359
00:48:35.005 --> 00:48:48.505
Same lots. Here's where we're at right this minute right? Now, boosters are recommended for people who have underlying health conditions, like cancer, like, and immune deficiency.

360
00:48:48.989 --> 00:48:53.969
Things like that, like a significant asthma. There's a list, um, on the CDC.

361
00:48:53.969 --> 00:49:04.530
But, yes, it's true here is gonna be my bias and I'm gonna tell you this now, you can all go repeat me if you want to. But, um, it's my personal thing.

362
00:49:04.530 --> 00:49:17.309
Oftentimes people with ID get left off that list. Okay. And so we know there at a higher risk and yet they aren't always included when thinking about medical risk factors.

363
00:49:17.309 --> 00:49:24.989
So, I would encourage all of us to make sure that we are strongly advocating for people with ID to.

364
00:49:24.989 --> 00:49:28.260
Receive those boosters because they are at higher risk.

365
00:49:28.260 --> 00:49:40.199

So don't call the FDA on me, but I'm and I know I've got 113 people listening to me and I'm completely okay with that. But the bottom line is, you are at higher risk is important to protect them. Just like everybody else.

366
00:49:42.059 --> 00:49:50.579
Okay, thank you now, I do have some questions on here. 1 question is how do you keep yourself safe as well as your immunity?

367
00:49:50.579 --> 00:50:00.269
Wait, hang on just a 2nd, a question I have is, how do you keep yourself safe as well as keep your immunity built up being always masked and staying in.

368
00:50:00.269 --> 00:50:04.230
Great question. Um, so that.

369
00:50:04.230 --> 00:50:16.764
The bottom line is that our bodies so I'm assuming those people aren't spending in a 24 hours on a mascot. I'm assuming there's going to be a good at least 6 to 7 hours of time that I'm saying that because it's a joke, because that's all I sleep.

370
00:50:16.764 --> 00:50:30.565
And so I'm assuming you're not sleeping in a mask. Most of the time viruses and bacteria are around us everywhere we just don't see them and we also don't usually get sick because our bodies are fighting them. That's what's so cool about how our bodies work.

371
00:50:30.565 --> 00:50:42.204
However, remember corona virus is brand spanking new our bodies have never seen it before. So the masks are to protect us from that the masks artist day.

372
00:50:42.204 --> 00:50:51.474
Like, Ah, like, I need my vaccine to work, and I need to protect the people who can't get a vaccine. So that's why I got this mask on now.

373
00:50:51.744 --> 00:51:03.445
We are seeing actually some positive effects from the masks to where we saw almost no flu cases last year because guess why we were all stuck away from each other and had masks on. So that was kind of an interesting thing.

374
00:51:03.445 --> 00:51:11.394

I'm not an advocate for masking for the rest of our lives to keep us from getting the flu. That's not my point. My point is right now, our bodies.

375
00:51:12.655 --> 00:51:26.994
As a, as a population, there's not enough of us whose bodies understand our bodies recognize the corona virus to fight it. Like, they fight the common cold or like, they fight for whatever. So, then everybody gets sick.

376
00:51:27.264 --> 00:51:40.614
Everybody has to stay home. It's just a hot mess. And so we've got to tone down the hot mess. So that we can get back to a normal flu season. I do think that that's what we'll have. Eventually is growing a virus is gonna become what we call endemic.

377
00:51:40.614 --> 00:51:53.364
It's just gonna be part of our lives, and we will have eventually learned enough meaning our bodies have physically learned enough enough of us will have taught it through the vaccine or through natural immunity to, like.

378
00:51:53.699 --> 00:51:59.250
Have it be a normal thing right? Like, I do, that's gonna happen but right now.

379
00:51:59.250 --> 00:52:03.179
It's not there and so that's why so many people are 2nd dying.

380
00:52:04.980 --> 00:52:12.599
Okay, thank you for the question. Another question are annual flu shots recommended this year as well as boosters. If available.

381
00:52:12.925 --> 00:52:24.414
So, great question, yes, please, please please get your flu shot because here's what I know the flu is coming and because we are not as restricted as we were last winter. Last winter.

382
00:52:24.414 --> 00:52:37.105
We had really strict, not strict, but most people were doing a lot of social distancing. Most people were wearing their masks all the time again, most, not all and I get it. They're like, I get that the, there's differences there.

383
00:52:37.619 --> 00:52:52.375

However, this year, we're back end, so that means Lou is gonna be back and flu plus is not pretty both from a personal perspective. Like, if you get the flu and cold it at the same time, you're gonna be sick.

384
00:52:53.364 --> 00:53:06.264
And so that's going to be an important thing to understand and so yes, please, please, please get your flu shot. Definitely important and nothing changed related to getting your your regular vaccines that you would ordinarily get.

385
00:53:08.369 --> 00:53:12.690
Great a great question. Here's another 1.

386
00:53:12.690 --> 00:53:19.860
Is there a good source of information regarding the booster? We have been sharing information with individuals and families.

387
00:53:20.880 --> 00:53:34.320
Yeah, so honestly, um, the CDC is still the best source for information about what exactly you're supposed to do. Here's the client. Well, listen in on my strategy. So I, Google.

388
00:53:34.320 --> 00:53:45.715
Booster recommendations, coven, 19 booster recommendations and usually the 1st thing that will pop up is the CDC, sometimes it's occasionally a few other things. Remember part of our mission or my image.

389
00:53:45.715 --> 00:53:55.735
Frankly, it's, it's a, it's very much a personal mission, but it's also part of our coban 19 and kids mission is to help teach and guide people to make evidence, informed decisions. Right?

390
00:53:55.735 --> 00:54:02.875
So, what I just described to you is my quick and dirty way of getting to information and then I know how to decipher it. So, I'm like.

391
00:54:03.900 --> 00:54:17.994
I think that's a very reputable source moving on, right? Like, and then I'll get to the next 1 and be, like yeah. All right. You know, and then usually what I'll do and this is not taking hours, you know, but usually what I'll do is, um, what I call triangulate or fact check.

392
00:54:18.264 --> 00:54:28.824

Right so then I'll be like, okay, hold on. Yes, I like that. But, let me fact, check another reputable source and make sure they match up. Now, the good news is the CDC still is the authority.

393
00:54:29.489 --> 00:54:38.184
I get it, there's been a lot of difficulties because a lot has fluctuated and it's damaged the kind of trust in the CDC.

394
00:54:38.574 --> 00:54:50.425
Nobody I think is denying that, um, and yet the bottom line is they are the experts, and they really do know their stuff. And so if I wanted to know, or when you want to know more about the booster, that's your go to place.

395
00:54:50.425 --> 00:54:56.784
So, again, yes, I did just tell you why Google, but Google is pretty great actually and it's a quick and easy way to find yourself some really good.

396
00:54:57.300 --> 00:55:00.449
Evidence based information to make your decision.

397
00:55:03.389 --> 00:55:07.800
Well, so many great questions a little bit. Thank you guys so much for questions.

398
00:55:07.800 --> 00:55:15.389
Yes, yes what are re, infection chances for immunized individuals who also have had.

399
00:55:16.710 --> 00:55:19.829
Yeah, so this 1 is a is tricky.

400
00:55:19.829 --> 00:55:34.530
It's also changing because meaning, it's, we're getting more information again daily. So here's what we know. And I'm, I'm trying to remember what the most recent statistic is. So, forgive me because this may not be perfect.

401
00:55:34.530 --> 00:55:46.469
I think we're right around I think around 5%, I'd have to look it up of what we call breakthrough cases, but I, I believe in the last week, I've heard it being as high as 20.

402

00:55:46.469 --> 00:56:00.510
Okay, so what does that mean? Delta is different than what we had last fall so I'm going to give you a personal example. So my son that cobin last August. Okay. Symptomatic and sick.

403
00:56:00.510 --> 00:56:06.750
Fortunately, he just has moderate asthma. He doesn't have anything else, but it was very scary. You know.

404
00:56:06.750 --> 00:56:10.769
It's very scary and so he got sick last August.

405
00:56:10.769 --> 00:56:18.239
You got vaccinated, right? Because I'm a pediatrician, like, look any split. The 2nd, it was approved for his age range. Um, and.

406
00:56:18.239 --> 00:56:24.360
He's fully vaccinated. Well, guess what uh, let's see, August 15th.

407
00:56:24.360 --> 00:56:35.635
You got it again symptomatic sick. Scary. Not fun. Why? And, yeah, I mean, I was upset, right? Like, I'm like, what is, like, I've done everything, he's done everything what?

408
00:56:35.635 --> 00:56:36.235
In the world,

409
00:56:36.235 --> 00:56:37.045
and so I get it,

410
00:56:37.045 --> 00:56:37.224
like,

411
00:56:37.224 --> 00:56:39.715
when you hear those stories and you're probably even listening to be like,

412
00:56:39.715 --> 00:56:40.045
well,

413
00:56:40.074 --> 00:56:40.885
what the heck,

414
00:56:40.945 --> 00:56:42.054
she just told us all these,

415
00:56:42.054 --> 00:56:43.795
these things were supposed to do on our own good,

416
00:56:43.795 --> 00:56:46.405
got it twice and she's easily vaccinated like,

417
00:56:46.405 --> 00:56:47.034
I get it,

418
00:56:47.184 --> 00:56:48.655
it doesn't always make sense,

419
00:56:48.954 --> 00:56:50.005
but I tell you what,

420
00:56:50.215 --> 00:56:51.985
that day when I found out that he's,

421
00:56:52.135 --> 00:56:53.545
he's a college student by the way.

422
00:56:54.385 --> 00:57:09.295
That day when I found out, he tested positive. I felt so crushed because I was like, why why? It's because we have a new variant because the stupid B*** figured out a new way to get a sticker. And, like.

423
00:57:09.864 --> 00:57:24.144
People aren't doing the things that they know they can do to help, keep our kids save. And so yeah, it was a tough day. Like, I was pretty upset, um, because it's hard, you know, and and I get it, but I hope that that's at least helpful.

424
00:57:24.144 --> 00:57:25.855
So, we're looking right now, I would say.

425
00:57:26.250 --> 00:57:35.460
I really do I have to be super honest. I don't know the exact percentage. I've heard everything from 5 to 20. there is a no number. I just don't know what it is off the top of my head.

426
00:57:37.619 --> 00:57:52.289
Thank you. Excellent question. I mean, here's another 1 that maybe kind of was answered. Are there studies comparing immunity for those who had cobit those who have been vaccinated? And those who have been sick and vaccinated.

427
00:57:52.289 --> 00:58:03.360
Great question. Okay. So that all right I'm going to also full transparency. Right? So my clinical expertise is in developmental disabilities and so I'm not a pediatric infectious disease doctor.

428
00:58:03.360 --> 00:58:13.710
So, that kind of question is a 1st of all the nominal question, because what you're getting at is essentially doesn't make a difference. What is the difference? And how do we know right? Like.

429
00:58:13.710 --> 00:58:24.715
Couldn't we just all get colon and then take our chances and is it the same as getting back to? You know, I, I totally get your question and I love it. I also don't have your specific answer to that question.

430
00:58:24.715 --> 00:58:39.204
But I do believe there is a study that looks at that, but my, my hesitancy in talking through it is that it's a complicated study and I'm afraid I would give you misinformation and so great question. You're welcome to follow up with me.

431
00:58:39.204 --> 00:58:48.684
And I can talk to the infectious disease experts and get that for you. So if that's something you're interested in, let me know, but that has that study I do believe has been done.

432
00:58:48.989 --> 00:59:00.449
Great question so many great questions. Now we're closing in it's 1129. shall we.

433
00:59:00.449 --> 00:59:10.530
I can copy these questions and maybe we can address it in a frequent, like, in a question. Q. and a, can you give a sheet later hike? And I could do that. If that sounds. Okay. Cause since we have 1 minute.

434
00:59:10.530 --> 00:59:25.074
Really until the end of the, um, but I Dr Saul, thank you so much. And if you have any closing comments, but this has been amazing and and audience

your questions have been amazing and we're gonna, we're gonna copy the rest of them that we didn't tend to cause.

435
00:59:25.074 --> 00:59:28.434
I'd like to. I'd like to be able to address them because these are.

436
00:59:29.454 --> 00:59:40.195
And I will tell you again, so, for those of you, who are really interested, or are curious, or you're, like, I don't believe any of this stuff come, come join us and our, they're free.

437
00:59:40.195 --> 00:59:50.605
They're online, meaning their virtual you can pop in coping, 19 kids, you're going to show me echo dot Org and join any of them. Here's the thing like those very questions that are still leftover are questions.

438
00:59:50.605 --> 01:00:02.125
We talk through all the time and we keep a repository of the answers. So that way you can find them and you can get them and we, you know, all that stuff. The bottom line is the way. I see it is.

439
01:00:02.155 --> 01:00:06.594
We're a team like a human, a human team trying to get.

440
01:00:07.735 --> 01:00:20.065
To basically fight this thing. Right? And so the better we can ask and challenge each other and think about these tough to tough issues. But then also be willing to accept some tough answers. I think the better we're going to get.

441
01:00:20.125 --> 01:00:24.324
But what I will say, that's where that behind comes from is it's, it's.

442
01:00:24.539 --> 01:00:31.650
And I don't mean rollover and just take everybody at face value. That's not what I mean, when I say be, when I say be kind, it means.

443
01:00:32.699 --> 01:00:45.054
Figure out your tracks, like, get the facts understand what the issues are understand what is being, you know, what is going on and let your allow yourself to make an evidence informed decision. Right?

444
01:00:45.054 --> 01:00:57.264

And so, to me, it's not about shaming people. It's not about being like, oh, you are such an idiot, you know yes. I did use that word, but, like, it's not about that. It's about us coming together and figuring out like, okay, well, how are we going to get over this? Cause?

445
01:00:57.264 --> 01:01:05.215
This is getting really old and so figuring that out, I think is super important and we will welcome you to join the 2 main cobit echoes.

446
01:01:05.244 --> 01:01:14.005
1 is about kids and decision making so leadership and how you make decisions and then the other as much more of nuts and bolts coded, you know, like.

447
01:01:14.369 --> 01:01:27.775
Open cases and all that kind of stuff. And so either 1, though, I think any of you would would enjoy. Um, so again it's show me echo dot org. And I think that that would be a really great resource for all of you, but it Thank you for. Having me today. I really appreciate it.

448
01:01:27.775 --> 01:01:40.704
This is a population and a, and a group, and an organization Department of mental health. That is super near and dear to me. And I'm so thankful for all that you guys do. Um, I actually, I know I'm way over, but I'm gonna say this anyway, because I mentioned earlier.

449
01:01:41.099 --> 01:01:45.900
The best thing we can do for people to developmental disabilities is model good behavior.

450
01:01:45.900 --> 01:01:51.150
Right so model how to wear a mask model, how to, you know, keep ourselves protected.

451
01:01:51.150 --> 01:02:02.849
What I can tell you is that my, at least my patients and my friends who have disabilities are awesome, um, at learning how to adapt and how to to, um.

452
01:02:02.849 --> 01:02:09.000
To take on a new pattern of, you know, expectations. It's just that it gets harder for them when it's.

453
01:02:09.355 --> 01:02:24.025

You know, where you mirror mass today, but you don't tomorrow the newer and again tomorrow and then not the next day you were here, but not there, you know, and that's what's tough. And of course, I'm speaking from the lens of autism at the moment. So that predictable pattern, but I think it goes for all of us.

454
01:02:24.025 --> 01:02:37.224
I think we really think about it. That's probably what we're all frustrated with is, like, which would you make up your mind, you know, and so it'd be better that we can do to be consistent to be clear to be thoughtful. I think the better that we'll all do.

455
01:02:37.255 --> 01:02:43.945
So, um, thank you for having me again and I happy to come back or happy to do what we need to do to make sure people have what they need. So, thank you.