



Spinoff

ROTARY CLUB OF WEST OTTAWA **Graeme**

Fraser, President
April 26 2022 Editor: Jill Yarnell

PROGRAM: Dr. Paul Cappon: Update on Covid transmission and vaccine policy

President Graeme Fraser welcomed members and guests to the Rotary Club of West Ottawa meeting. He began by acknowledging that we are meeting on the traditional, unceded territory of the Algonquin Anishinaabe people

Guests: Dr. Paul Cappon, our guest speaker; three guests who will soon join the club, Yves Lafontaine, Sean Hopkins of Storybook Ottawa, and Ben Fox and other guests -Roger Wilson who is a previous member, and Tony Watkins joining us from Barbados, and **Hadi Mortada's** nephew, Wael Kenj. Also joining us were four guests from Mexico who will be relocating to Ottawa. They are Luis Espinosa with the e-club of Ixtaca, his wife, Erica Encus and their daughters, Rinata (8 yrs old) and Analouisa (11 yrs old). Luis is looking for a club to join in the area. Also Camrose the wife of **Cletus Peters** and we welcome **Bea Osome** who has returned to Ottawa and joined us oday on-line.

Rob Shaw Wood accompanied us on the keyboard as we sang O Canada.

Presentation:

Gaye Moffet introduced Dr. Cappon's third talk to our club. He is a practicing physician and is on Ontario's advisory council on covid vaccinations.

Dr Cappon addressed covid in the following 6 points:

Current situation: global infection is declining due to previous infection and vaccinations. In Ontario and Quebec the current wave of covid appeared in prior to other provinces. So we have a level of herd immunity. Vaccination rates globally have increased but in Quebec and Ontario they are stagnating due to poor government communication. If you had your second dose over 6 months ago you have no protection against the Omicron variant so have a third dose. Tracking is difficult now because there is no broad per testing or contact tracing. Omicron, is exclusive now and we have three methods of monitoring: the positivity rate, waste water analysis, and hospitalization and icu admissions. Note that there is a 2 week lag between the waste water readings and the hospitalizations. Positivity rates are high but stabilizing. Waste water virus

levels are high and have most likely peaked. The Omicron variant affects the upper airways, trachea, and throat more severely than it does the lungs. Upper airways in children are not as well developed as adults so this variant is more severe for 1 or 2 year olds. The outlook for 2022 is positive. However a new variant may develop due to lack of vaccination and the easing of public health measures.

Self protection: The Omicron variant is more transmissible, so consider the viral load to which you may be exposed, the duration of possible exposure, distance from viral source, and ventilation of the area. Decrease the viral load exposure by wearing a mask, having others wear a mask and continuing to distance. Ventilation depends upon where you are. Smaller spaces are less ventilated. Airplanes are very well ventilated when they are flying but on ground air circulation and thus ventilation are reduced.

Protection by vaccination and by previous infection: 6 months after the second dose immunity to new variant such as omicron decreases and becomes equivalent to being unvaccinated. A Third vaccine provides very good protection against severe disease for another 6 months or so for most people. Although antibody levels decline within three months after the third dose other parts of our immune system, T cells and B cells, support immunity. The immune system weakens over 60 years of age and each decade thereafter. For those who have had covid, the severity of infection provides more protection.

When to obtain your next vaccine—Public health recommends that you obtain your next vaccine as soon as it becomes available. Intervals are shorter the older you are over 60 and for the immune compromised. Do not wait for a vaccine that is effective for all variants because variants move the goal post.

New therapeutics/treatments. Dr. Cappon is optimistic. Examples are monoclonal antibodies and Paxlovid. You must start taking paxlovid within five days of onset. Your family doctor can prescribe but some do not so a clinical assessment center, such as the Ottawa Hospital at 1081 Carling can check for interactions between other medications and paxlovid and prescribe if indicated Other treatments are also available. Rest and hydration are the key to recovery. If you have a respiratory problem, get an oximeter to warn of low oxygen take-up in time to get treatment

If you do get covid. Inform your family doctor

Follow-up Questions

Don Butler. How soon after covid infection should you get your next vaccine? A. Wait three months after the infection. Immunity after infection is slightly more effective than the vaccine
2. Plant-based vaccine being developed in Quebec? A. We need to know a lot more about the science.
3. Viral vector vaccines (e.g. Astra Zeneca)? A. They also work. It's a good idea to mix a variety of vaccine types.

Tom Belton. thoughts on the strategies being used in China? A. The strict lockdown is a good strategy to stop covid spread but it also slows build-up of herd immunity. This omicron variant is very infectious so China probably cannot stop it. China has very little herd immunity and their vaccines are less effective so if they cannot stop it it will spread very fast.

Eleanor Rolph. Had third dose in November when get the fourth dose? A. Right away. The recommendation is 140 days after third. The fourth vaccine will restore your immunity to the

third dose levels and will remain effective for at least 6 months.

Mike Traub. What demographic ends up hospitalized? Most are older (over 80) and those are unvaccinated. “Unvaccinated” now means you did not have three doses. Having a severe reaction to the vaccine is good because it indicates that the vaccine is doing its job.

Dorothy Young. Will covid vaccine ever become a regular annual vaccine? A. It is likely and an annual vaccine will probably cover a number of variants.

Pat Henry. What to do when you’ve been on contact with someone who has covid? A. Five Days without direct contact with others from outside your home. Do not invite people into your home until you’ve had three separate negative covid tests on three separate days

Jim Maxwell. Floridians are not social distancing nor masking. Is there herd immunity there? A. Perhaps so however, they paid a heavy price in deaths to achieve this.

Gaye thanked Dr. Cappon noting that an honorary donation has been made to Polio Plus.

Birthdays: For the Club foundation **Hadi Mortada**, recognized the following: Club member **Doug Rowlands**, Rotary Founder Paul Harris and **Hadi’s** nephew, Wael, whose birthday was last week.

Announcements;

Susan Diening.

-Calendar ads are available in \$100, \$200, \$500 slots. She showed the form to complete for your ad. Please help sell

-The Foundation Walk is in Montreal on May 14. Sponsors needed

President Graeme

-District Conference May 5-8 at the Ottawa convention Center on Coventry Rd. also on zoom

-The Board approved the donation of a \$10,000 check to the Rotary Home and \$1500 to the food bank of which \$500 will be reimbursed by the District.

- Happy Hour @ Chances R; Friday, April 29. We’ll ask **Ron Doll** and **Lynne Fraser** how it went

Final words from President Graeme

Join us again next week. We need more in-person attendance to support in-person meetings

Have a great week, wear a mask, get your booster

NOTE in- person meeting cancelled for May 3 .Meeting will be on Zoom only Cash Calendar winners

<http://www.ottawarotarycalendar.com/2022-winners.html>

3 May 2022 12:00 for 12:30

Zoom meeting

David EP Gilbert- Integrative Mental Health Therapist

Introduced and Thanked: **Lynne Fraser**

Spinoff: **TBA**

Zoom at <https://us02web.zoom.us/j/81365346181>
See **President Graeme** email for log-in details