COVID-19 vaccine in pregnancy helps protect babies

COVID-19 vaccination is recommended during pregnancy, but a new CDC report says it can also help protect babies from hospitalization for up to six months. Results from a study show that mRNA vaccines pass on antibodies from mothers to infants. The new study found that 86% of babies who ended up in the hospital for COVID-19 infections were born to mothers who had not been vaccinated. Effectiveness of COVID-19 vaccination during pregnancy against COVID-19 hospitalization among infants aged <6 months was 61%.

Vaccination can protect against long COVID-19

The UK Health Security Agency published a briefing about the effectiveness of vaccination against long COVID-19 symptoms. The results suggested that vaccinated cases (1 or 2 doses) were less likely to develop symptoms of long COVID-19 following infection. Vaccination also improved long COVID-19 symptoms. Other results show that people with long COVID-19 were less likely to report long COVID-19 symptoms after vaccination than those who were not subsequently vaccinated.

CDC updates their mask guidance

CDC now measures community risk with “COVID-19 Community Levels.” These levels consider the number of hospital beds being used, hospital admissions, and new COVID-19 cases in an area. In areas with “high” levels, the CDC advises wearing a mask in public indoor settings. In areas with “medium” levels, the CDC advises those at increased risk of COVID-19 to talk to their doctor about wearing a mask indoors. In areas with “low” levels, people can choose to wear a mask indoors, but the CDC does not officially recommend indoor masking.

CDC adds time between shots to reduce risk of myocarditis

CDC’s interim clinical considerations now claim that some people 12 years old and older can benefit from a longer wait time (8 weeks) between their first and second dose of an mRNA vaccine. Some studies have shown that the small risk of myocarditis from mRNA vaccines might be reduced—and vaccine effectiveness might be increased—with an interval longer than 4 weeks between the first two doses. Therefore, an 8-week interval may be optimal for some people ages 12 years and older, especially for males 12–39 years old.

Long COVID-19 and its treatments are a major long-term issue for public health

The post-acute sequelae of coronavirus disease 2019 or “long COVID-19” is anticipated to substantially alter the lives of millions of people globally. COVID-19 is predicted to alter the long-term trajectory of many chronic cardiac diseases which are abundant in those at risk of severe disease. A new study proposes a possible model for referral of post-COVID-19 patients to cardiac services and discusses future directions for research.