

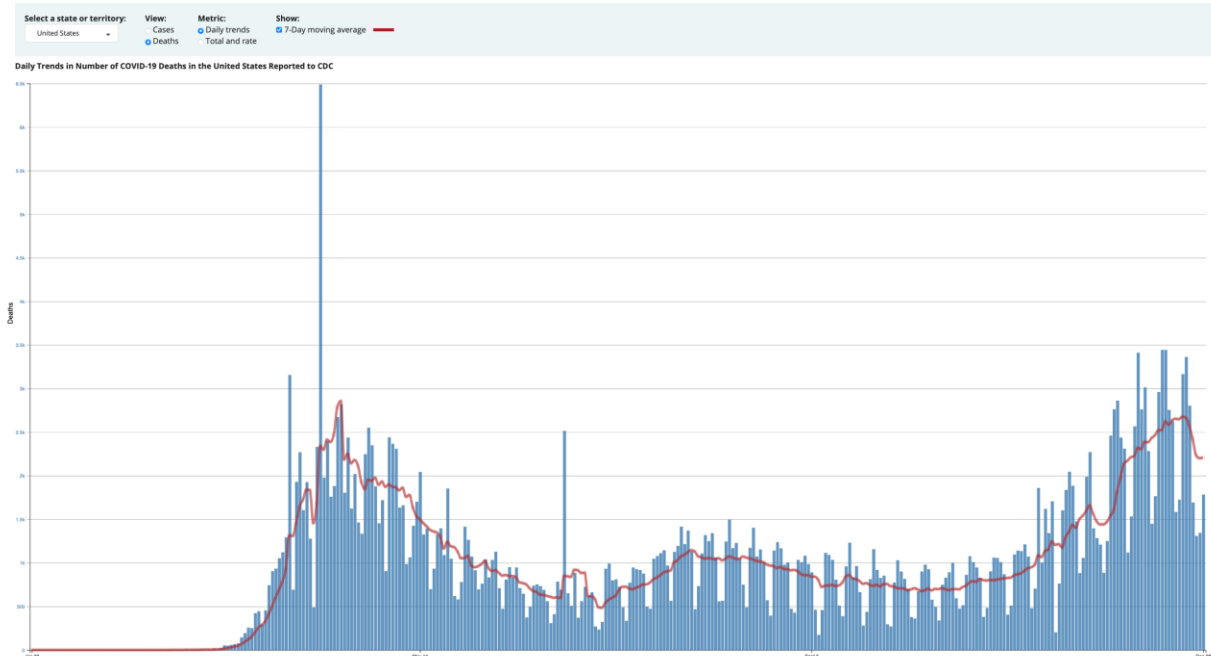


CFC-USA Covid Medical Team Bulletin #7- January 2, 2021

As we start the year 2021, we still find ourselves grappling with the COVID pandemic in the USA and also worldwide. The reports we are seeing from multiple sources such as the WHO, CDC and JHU Coronavirus Resource Center all point toward worrisome trends that have been scientifically predicted. Ten months into the restrictive way of life the pandemic has thrust upon us, it is not at all surprising that COVID fatigue has crept in.

The following graphics and tables on Dec. 29, 2020 from the CDC provide a glimpse into what has been happening in the USA.

Trends in Number of COVID-19 Cases and Deaths in the US Reported to CDC, by State/Territory
Reported to the CDC by State or Territory





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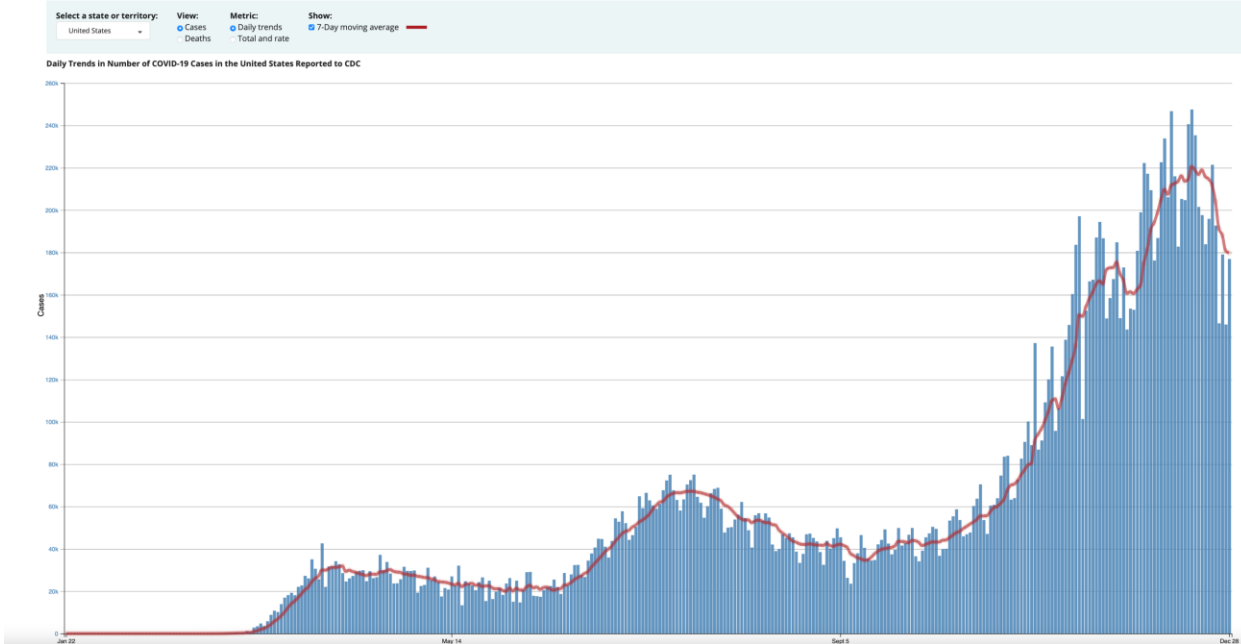
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Trends in Number of COVID-19 Cases and Deaths in the US Reported to CDC, by State/Territory

Reported to the CDC by State or Territory



Data Table for Average Daily Cases per 100k in Last 7 Days

CDC | Updated: Dec 29 2020 2:25PM

State/Territory ↕	Average Daily Cases per 100k in Last 7 Days ↕
California	95.3
Arizona	84.6
Tennessee	79.9
Delaware	75.3
Rhode Island	72.4
Alabama	67.2
Oklahoma	64.8
West Virginia	64.6
Arkansas	63.5
New York*	62.7

Data Table for Deaths in Last 7 Days per 100K

CDC | Updated: Dec 29 2020 2:25PM

State/Territory ↕	Deaths in Last 7 Days per 100K ↕
New Mexico	1.4
Wyoming	1.3
Arkansas	1.2
Pennsylvania	1.2
Illinois	1.1
Mississippi	1.1
South Dakota	1.1
West Virginia	1.1
Arizona	1
Indiana	1



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It is easy to see what is happening based on these tables but it is difficult to describe why it is happening. Ten months after the virus reportedly reached the US, we know more about how it is transmitted from one host to the next. The virus will continue to do what any infectious entity will do, which is to jump from one human to another given the right situation.

Thankfully, we do know some very basic measures that can help mitigate the spread of this deadly virus. By being diligent with the following measures, we know that we can help ourselves, our families, our communities, our country and the whole world.

- Wear a [mask](#) to protect yourself and others and stop the spread of COVID-19.
- [Stay at least 6 feet \(about 2 arm lengths\)](#) from others who don't live with you, and avoid crowds.
- [Wash your hands](#) with soap and water for 20 seconds or use hand sanitizer with at least 60% alcohol.

As mentioned in our previous medical bulletin, we should be mindful of the following if we plan to gather with loved ones at all:

1. Plan for outdoor events
2. Limit the time of the gathering to limit exposure
3. Limit the number of invitees/attendees
4. Invite people only from the same area
5. Remind attendees of the mitigation measures outlined above
6. Check local community levels of COVID 19



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Our community is not immune from the ravages of the virus. We are seeing a rise in the number of infected individuals and families and we are saddened by the demise of some of our brethren.

There are also reports of a new strain of the virus that have caused concern in the UK and other surrounding countries, now including the US. Although the mutated coronavirus may spread faster from person to person, it does not appear any more likely to cause severe disease or death.

As we know, though, we should not be discouraged by what is going on around us. We actually have seen God work through us and God's love more evident in this past year. This Christmas season, God's light cannot be extinguished by the darkness in our country and in this world. His light shines ever brighter.

To counter this virus, we now have, in addition to the simple mitigation measures, a growing armamentarium of tools available. Our testing capacity and speed has significantly increased. We have emergency use authorizations for single infusion monoclonal antibody drugs (such as Bamlaminivab) that will help prevent the progression of COVID in individuals belonging to a high risk strata. Our knowledge of care of COVID patients requiring hospitalization has progressed. We now have 2 vaccines that have achieved FDA emergency use authorization status that have been administered to at least 2 million individuals in the US. These vaccines have been scientifically vetted and the Vatican and USCCB have released statements in support of their use.



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To date, the US CFC medical team members have all received their initial doses of the Pfizer COVID 19 vaccine and none have reported any harsh or harmful side effects so far.



CFC-USA Medical Team Doctors Lana Galicia, Emil Sarmiento, Dave Guirao, and Mark Visitacion



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Although we are in a watershed moment, now is not the time to let our guard down. It will be several months before we see conditions favorable to allow the return of in-person activities that our community holds dear. Our Catholic church has fought for our right to continue receiving the sacraments with clear cut guardrails for our physical well-being and exemplifications from the Pope down to our bishops and parish pastors. Our CFC community has worked hard for us to continue to receive spiritual nourishment in virtual space in spite of our physical distance from each other. We also have countless tireless and courageous leaders and brethren who have helped take care of our temporal needs when we have been physically sick. Mechanisms of monetary aid for our members have been established.

We are living in a dark world and we have seen a great light. Let us be beacons of this same light for others who are longing to return to God's loving arms and let us continue to labor to build God's kingdom here on earth.

CFC-USA Covid Medical Team

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