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PUCILLO FAMILY PRACTICE P.A.  
WELLNESS CENTER

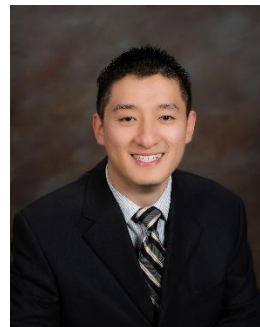


Family Medicine & Bariatrics

## PFP December: Omicron COVID variant, Updated CDC guidelines, Oral COVID treatments



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*December:*

*Happy holidays and happy new year. We wish you a holly jolly 2022.*

November newsletter:

- Omicron COVID variants
- CDC guidelines December 2021
- Oral COVID medications

# Anatomy of Omicron COVID Variant

- Initially identified on November 26, 2021 in South Africa WHO has identified **B.1.1.529**, **Omicron COVID variant**, a variant of concern

## Mutations

The omicron COVID virus has identified to have ~50 mutations, 36 of the mutations are on the spike protein. These mutations have made the virus more transmissible.

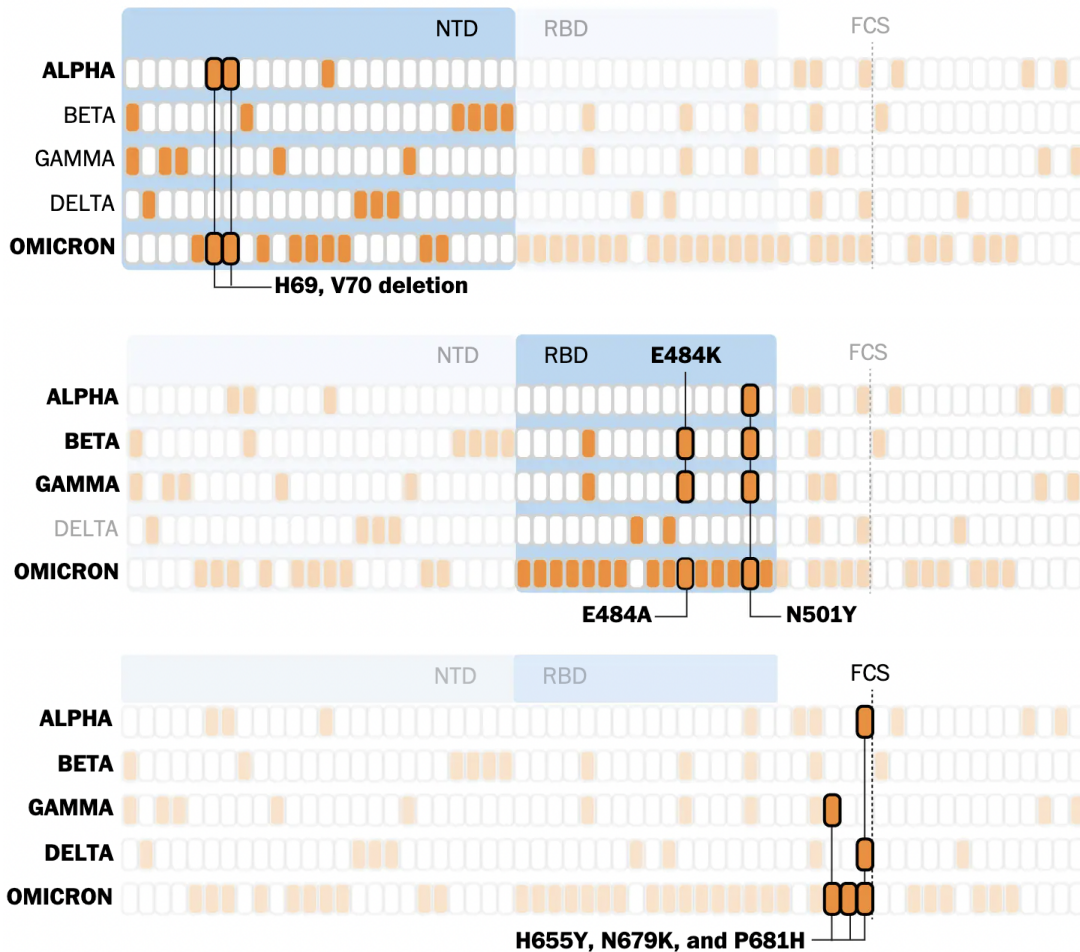


## Notable Mutations

E484A/K, H69/V70 - thwart neutralizing antibodies

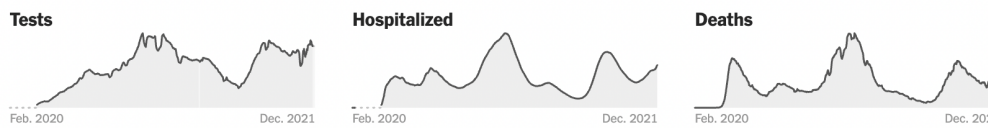
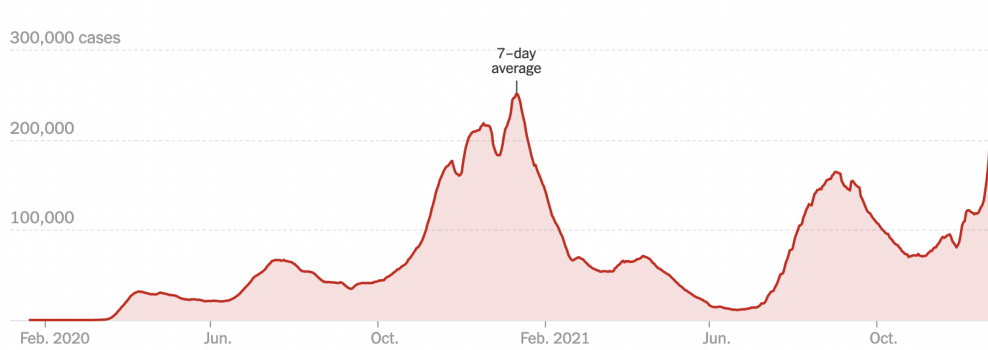
N501Y - helps to cling more tightly to cell receptors

H655Y, N679K and P681H - allows virus slide into cells easier



## Omicron COVID infections

- COVID cases has sharply risen in the month of December. As of Dec. 30th, US averaged 344,543 per day
- It has affected fully vaccinated and unvaccinated individuals
- Symptoms include - fever, fatigue, cough, headache, body aches and pains, sore throat, congestion, diarrhea



	DAILY AVG. ON DEC. 30	14-DAY CHANGE	TOTAL REPORTED
Cases	344,543	+181%	54,239,931
Tests	1,579,283	+10%	—
Hospitalized	78,781	+15%	—
Deaths	1,221	-5%	822,719

## CDC guideline updates (CDC Dec 2021)

- On December 27, 2021, CDC changed quarantine guidelines from 10 days + asymptomatic → 5 days + asymptomatic and 5 days of wearing mask.
  - Exposure with COVID 19
    - Fully vaccinated
      - **No need to quarantine** unless the individual shows symptoms.
      - Recommend to get tested 5-7 days after exposure.
      - Wear mask for 14 days
    - Unvaccinated/partial vaccination/6 month out from last vaccine
      - **Quarantine for 5 days.** If no symptoms after 5 days, can come out of quarantine and wear mask for additional 5 days
  - Infected with COVID 19
    - Regardless of vaccination status - **isolate for 5 days.** If no symptoms for after 5 days, ok to come out of isolation and wear masks for 5 additional days
- The changes were based on data from South Africa and U.K. demonstrating vaccine effectiveness against the infection.

## Oral COVID Treatments

- In December 2021, FDA has authorized 2 oral pills for emergency use for the treatment of COVID. Both are prescribed for highest risk of COVID 19 patients such as weakened immune system, transplant patients and older adults.
  - Pfizer - **Paxlovid** - disrupt virus replication, 89% reduction in hospitalization
  - Merck - **molnupiravir** - disruption virus replication, 30% reduction in hospitalization

We thank you for allowing us to be part of your family in 2021. We hope you all will have a wonderful 2022. Please feel free to contact us if you have any questions.

Sincerely,  
Staff at Pucillo Family Practice