

# INSTITUTE FOR PREVENTIVE HEALTHCARE & ADVOCACY



Kathey Avery, RN, BSN

**Avery Health - Education and Consulting** brings extensive experience and knowledge to help individuals and groups achieve positive health outcomes and implement equity.

**Kathey Avery**, founder and owner of Avery Health - Education and Consulting, has more than 35 years of experience in healthcare and community activism. She is dedicated to raising awareness about, and helping in the prevention of, chronic diseases and preventable cancers through patient and public education and personal accountability.

Contact Kathey Avery today at 828-768-2369 to schedule a talk or workshop. For more details, please visit [www.AveryHEC.com](http://www.AveryHEC.com)



The mission of the **Institute for Preventive Healthcare & Advocacy** is to promote optimum health for all residents of Buncombe County and surrounding areas by addressing the social determinants of health and the inequities in access to affordable and preventive healthcare.

[www.ifpha.org](http://www.ifpha.org)

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## Protecting Against Pandemics

KATHEY AVERY RN, BSN, CN, CEO

*What are we as a people willing to do to save the planet (us) during a pandemic?*

I feel the need to again define what a pandemic is and what needs to be done to control and rid the planet of it. The medical definition of a pandemic is an epidemic (a sudden outbreak) that becomes very widespread and affects a whole region, a continent, or the world due to a susceptible population. By definition, a true pandemic causes a high degree of mortality (death).

A pandemic is an epidemic occurring on a scale that crosses international boundaries, usually affecting people on a worldwide scale. A disease or condition must be infectious to be a pandemic, be widespread, and kill many people.

*So, how do you stop a pandemic?*

When it reaches that level of transmission, there is no way to stop the spread completely, only slow it down. "Most countries already have pandemic plans prepared if things get to that point," says Erin Sorrell, a member of Georgetown University's Center for Global Health Science and Security. "These plans are supposed to help health care systems adapt to the influx of cases, as well as try to reduce the spread of the disease by closing schools, shutting down mass gatherings, and making other changes to daily life."

In this age of freedom, Libertarianism, politics, and misinformation about basic



scientific knowledge we all learned in high school, it appears each generation has less and less concern about our fellow man.

One of the most common traits associated with narcissists is a lack of empathy, as well as an inability to relate to the emotions of others. While narcissists may appear to have an inflated sense of self-importance, this often stems from low self-esteem and insecurity. Have we become people suffering from low-self-esteem and insecurity?

The Bible verse, "Do unto others as you would have them do unto you," is commonly known as The Golden Rule ([christianity.com](http://christianity.com)). It's found in both *Matthew 7:12* and *Luke 6:31*. I took the vaccine even though I don't like shots. I had to weigh the well being of others against my own fears and knowledge of our racial history and inequities in healthcare.

In the Bible ([churchofjesuschrist.org](http://churchofjesuschrist.org)), *Moses 5:34*, Cain arrogantly replied with the question, "Am I my brother's keeper?" Over the years, that question has been asked numerous times. To that question, many today would respond with firm conviction, "Yes, Cain, you are your brother's keeper, and not only you, but each one of us is our brother's keeper."

## Covid-19 Delta Variant

Protect Yourself and Others



*What is the least we can do to mitigate the spread?*

To mitigate the effect of any infectious disease, rapid testing that provides results in hours (or even minutes), not days, would make all the difference. If such testing were widespread, the world would look very different right now—people could go to work and school, and maybe even visit relatives in nursing homes.

As the community nurse for IFPHA, and in partnership with the local health department and the North Carolina Department of Health and Human Services, I am able to get Home Self Testing Kits out to our communities.

I am hoping individuals will at least test themselves if they have not yet decided to get vaccinated, and take necessary precautions if they test positive. My goal is to try to mitigate the spread from those listening to misinformation, those with a mistrust of vaccinations due to racial history, those who hate shots, and those who feel their faith will protect them. This will, hopefully, help reduce the spread by people who may have the virus unknowingly.

We spent nearly two decades preparing for a major pandemic, but when it came, as we knew it would, we still fumbled—and at times dropped the ball—as a country. Let's collectively start putting what we've learned into practice now, in time to blunt the impact of this pandemic, and before the next one hits.

If you need a Home Self-Testing Kit, email me at [kavery65@charter.net](mailto:kavery65@charter.net).



## Covid-19 Cases in Children Rise Sharply

*Doctors call for vaccine approval.*

Children too young to be vaccinated are increasingly becoming infected with SARS-CoV-2 in the US, just as schools begin to reopen for in-person classes.

The American Academy of Pediatrics urged the Food and Drug Administration to work "aggressively toward authorizing safe and effective Covid-19 vaccines for children under age 12 as soon as possible."

According to the academy, since the pandemic began children represented 15.1% of total cumulated cases. For the week ending September 2, children were 26.8% of reported weekly Covid-19 cases. As of September 2, over 5 million chil-

dren have tested positive for Covid-19 since the beginning of the pandemic. After declining in early summer, child cases have increased exponentially, with over 750,000 cases added between August 5 and September 2. As of August 14, a record 1,902 children with Covid-19 were admitted to hospitals.

The US has nearly 74 million children under the age of 18. I hope, before another mutation occurs, and because so many Americans are unvaccinated, we all think about what we can do together to STOP the spread and save a life, including, possibly, our own.