

From: Mary Starrett
Sent: Monday, January 24, 2022 2:02 PM
To: Carolina Rook
Subject: For Agenda Packet 1/27 " COVID WEBSITE INFO"

Please add this to the agenda packet:

Additions to HHS / Public Health COVID website Info:

Present a more balanced approach to the prevailing COVID narrative on our County website and more specifically include VAERS data analyses, breakthrough data, PCR CT, hospitalizations and deaths 'with' vs 'from' COVID as well as prevention and early treatment protocols.

FAQ's which include:

- 1) Natural Immunity Data
- 2) What constitutes a breakthrough case?
- 3) Has the CDC stopped reporting breakthrough hospitalization and death data?
- 4) Is Comirnaty Fully Approved by the FDA?
- 5) Statement that COVID shots available in the U.S. are experimental products
- 6) Safety questions are still unanswered and some will not be answered until 2027
- 7) Studies on safety of COVID-19 injections during pregnancy will not be completed until 12/31/25

Informed Consent:

There is no adequate disclosure form given before the shot.

It is impossible to make an informed decision about the COVID shots until the public has open access to all safety and efficacy data; include VAERS analysis and V-safe.

Post VAERS data analysis *

- (Medical professionals are legally obligated to report all adverse events)

Post information on Vitamin D and other nutrients.

REMOVE all references to

"Safe and effective"

The COVID Shots Are Experimental.

There are no Food and Drug Administration-approved COVID shots AVAILABLE or IN USE in the United States, and experimental drugs cannot claim to be safe and effective.

The term, “safe and effective,” is an FDA term that can only be applied to licensed drugs and vaccines. Since none of the COVID shots given is actually licensed, they are, by definition, experimental or investigational. Besides, trials have not yet concluded for any of the vaccine makers. They’re still ongoing.

“FDA Approved?”

The FDA has approved the Pfizer-BioNTech COVID shot called Comirnaty — this product is not actually being used in the U.S.

In short, it comes down to liability. The two products are not interchangeable (as confirmed in federal court) because they are not identical in terms of liability under U.S. law

The FDA has approved the Pfizer-BioNTech COVID shot called Comirnaty — this product is not actually being used in the U.S.

REMOVE:

“We strongly recommend that all Yamhill County residents get the COVID-19 vaccine as a protective measure for themselves and others. Getting vaccinated prevents severe illness, hospitalization, and death. It also reduces the spread of the virus in our community”.

This has been proven incorrect as most people contracting and spreading the virus are vaccinated.

Note Increase in Myocarditis Data

Thank you,

Mary Starrett
Yamhill County Commissioner
Phone: 503.434.7501

From: Mary Starrett
Sent: Monday, January 24, 2022 1:51 PM
To: Carolina Rook
Subject: Please add to agenda packet for 1/27 " WEBSITE COVID INFO"

Carolina,
Please add to the packet for HHS COVID Website discussion item
Thank you.
Mary

Mary Starrett
Yamhill County Commissioner
Phone: 503.434.7501

From: Maeshowe Pierce <wholelifenuropath@gmail.com>
Sent: Monday, January 24, 2022 9:17 AM
To: Mary Starrett <starrettm@co.yamhill.or.us>
Subject: Public Health Recommendations

[This email originated outside of Yamhill County]

Hi Mary,

I agree that a balanced approach to the prevailing Covid narrative is needed. I struggle with people rejecting this information. Breakthrough data would be helpful as most people want this information. It would also be wonderful to know the hospitalized with vs from numbers. I love VAERS although I'm not sure most people would understand it. It could be helpful to have a link so people can report their own injuries.

One aspect that should be addressed is the accessibility of this information on the webpage. It takes some searching to find it and only if you know it's there. An actual health campaign would be fantastic.

*It is fair to suggest 2,000 IU of Vitamin D3 a day per person. This is a baseline and although it won't necessarily boost someone's low level it will help maintain or replenish post infection. I recommend 5,000IU a day for my patients but for Public Health 2,000IU is a great start.

*I would love to see information on nasal flushes. Saline neti pots are preventative after exposure or after being in a group of people. Salt water gargles also help. Xlear is a great product. It is a nasal spray with research showing it kills Covid.
<https://www.ncbi.nlm.nih.gov/labs/pmc/articles/PMC7528968/>

*Information on the importance of fevers. Of course fevers should be monitored but encouraging people to let them ride at safe levels (under 104 with doctor approval). Fevers are our body's natural

way at killing bacteria and viruses. There is some research to suggest that suppressing a fever prolongs illness.

<https://www.seattlechildrens.org/conditions/a-z/fever-myths-versus-facts/>

<https://daily.jstor.org/the-science-of-fevers/>

*Movement while sick. It is still important to keep moving even while sick. Light walking and fresh air are helpful to prevent mucus from consolidating in your lungs.

*Vitamin C. It is helpful to suggest 500mg a day as prevention and when sick up your dose to bowel tolerance.

*Zinc is huge in covid. It can help your immune system but also help with loss of smell and taste. Zinc is not something people should supplement with all of the time but during cold and flu season or while sick is great.

<https://www.frontiersin.org/articles/10.3389/fmed.2021.756707/full>

There is so much more to add. The video from El Salvador about health and wellness is wonderful. I realize that money is always a stop point. However, I believe we can get creative with messaging. Social Media is free. If we can paint the city with six feet signs and use the resources we have on masks and vaccines, we can certainly do something to promote health.

I am happy to discuss this by phone or by zoom.

El Salvador:

<https://twitter.com/nayibbukele/status/1478201251737317385>

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