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Inside C2

# Southern DAILY

Make Today Different

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## Delta spreads ‘like wildfire’ as doctors study whether it makes patients sicker

LOS ANGELES, Aug 2 (Reuters) - With a new wave of COVID-19 infections fueled by the Delta variant striking countries worldwide, disease experts are scrambling to learn whether the latest version of coronavirus is making people - mainly the unvaccinated - sicker than before.

The U.S. Centers for Disease Control and Prevention warned that Delta, first identified in India and now dominant worldwide, is “likely more severe” than earlier versions of the virus, according to an internal report made public on Friday.

The agency cited research in Canada, Singapore and Scotland showing that people infected with the Delta variant were more likely to be hospitalized than patients earlier in the pandemic.

In interviews with Reuters, disease experts said the three papers suggest a greater risk from the variant, but the study populations are limited and the findings have not yet been reviewed by outside experts. Doctors treating patients infected with Delta described a more rapid onset of COVID-19 symptoms, and in many regions an overall increase serious cases. But the experts said more work is needed to compare outcomes among larger numbers of individuals in epidemiologic studies to sort out whether one variant causes more severe disease than another.

“It’s difficult to pin down increase in severity and population bias,” said Lawrence Young, a virologist at the UK’s Warwick Medical School.

In addition, it is likely that the extraordinary rate of Delta transmission is also contributing to a greater number of severe cases arriving at hospitals, the experts said.

Delta is as contagious as chicken-pox and far more contagious than the common cold or flu, according to the CDC report.



Shane Crotty, a virologist at the La Jolla Institute for Immunology in San Diego, said the clearest indication that the variant may cause more severe disease comes from the Scotland study, which found that Delta roughly doubled the risk of hospitalization compared to an earlier version. read more

The majority of hospitalizations and deaths from coronavirus in the United States are occurring in people who have not been vaccinated. But there is evidence that the shots are less effective in people with compromised immune systems, including the elderly.

For vaccinated, otherwise healthy individuals, the odds are that if they contract COVID-19 they will only experience asymptomatic or mild disease, said Dr. Gregory Poland, infectious disease expert at the Mayo Clinic.

Medical workers are reflected on a window during a tour in nightclubs and restaurants to check that they do not exceed the allowed capacity, amid the coronavirus disease (COVID-19) outbreak, in San Pedro Garza Garcia,

on the outskirts of Monterrey, Mexico July 24, 2021. Picture taken July 24, 2021. REUTERS/Daniel Becerril/File Photo



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# WEA LEE'S GLOBAL NOTES

## CORONAVIRUS DIARY

08/02/2021



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## We Are Going To Rewrite History



The coronavirus pandemic attacked the world as well as our community. Many people have passed away and many businesses have shut down. So many tragedies are still affecting our community.

We have to really appreciate all our colleagues in the different cities. In such a difficult time they are still working in the press room, TV studio and in front of the camera. Because of

their sacrifice, we are able to print our newspaper every day and broadcast our TV programs 7 days a week, 24 hours a day.

In the last fourteen months we have never missed a day of operation. This is a real miracle and we are so proud of you all my working partners.

Almost every day I arrive at my office in the morning. I pick up a fresh copy of the Southern Daily newspaper and still

smell the fresh ink. I open the TV channel and the scdaily.com website. My heart starts beating. It has been my daily work routine for the last 42 years.

Today it is a sunny day in Houston, Texas. I walked through the compound and I touched the wall of the building. I saw the colorful foundation and bright LED sign. I felt that we have been reborn again after the pandemic.

Thousands of our readers and viewers have called us in the last several months saying they are very worried and concerned about our future and for our survival.

Today I will let all of you know we are going to continue to fight for our future and we will never give up because of all of you.

I am so glad many flags fly in the blue sky in front of the International Trade Center and the sun shines on the fresh new paint of the Southern Media Center building. We are so proud. We are rewriting the history of international media.



**Southern DAILY** Make Today Different

## Editor's Choice



A Libyan girl, who suffered burns in a fire on a boat of migrants, sits on the German NGO migrant rescue ship Sea-Watch 3 as it reaches a rendezvous point with the Italian Coast Guard to medically evacuate injured and sick migrants, off the coast of the Italian island of Lampedusa in the western Mediterranean Sea. REUTERS/Darrin Zammit Lupi



Trees burn in flames during a wildfire near Marmaris, Turkey. REUTERS/Umit Bektas



Lamont Marcell Jacobs of Italy crosses the finish line and wins gold in the 100m final at the Tokyo Olympics. REUTERS/Fabrizio Bensch



Health care workers stand near dead bodies prior moving them to a container, after a hospital morgue overwhelmed by COVID-19 deaths began to store bodies in refrigerated containers, as the country struggles to deal with its biggest outbreak to date, in Pathum Thani, Thailand. REUTERS/Soe Zeya Tun



Elaine Thompson-Herah of Jamaica celebrates crossing the finish line to win gold in the 100m final at the Tokyo Olympics. REUTERS/Hannah McKay



A car stands amongst the smoke from the Dixie Fire along Bucks Lake Road, Meadow Valley, California. REUTERS/David Swanson



# Southern DAILY

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## Dr. Scott Gottlieb: One Million Americans Daily Possibly Infected With COVID As Delta Variant spreads



“I wouldn’t be surprised if, on the whole, we’re infecting up to a million people a day right now, and we’re just picking up maybe a 10th of that or less than a 10th of that.” – Dr. Scott Gottlieb, Former Head of the FDA.

### KEY POINTS

- The highly transmissible delta variant is driving a surge in Covid cases across the U.S.
- However, Dr. Scott Gottlieb told CNBC on Friday he believes the coronavirus is significantly more widespread in the U.S. than official case counts reflect.
- “I wouldn’t be surprised if, on the whole, we’re infecting up to a million people a day right now,” the former FDA chief said.

Compiled And Edited By John T. Robbins, Southern Daily Editor

Dr. Scott Gottlieb told CNBC last Friday he believes the coronavirus is significantly more widespread in the U.S. than official case counts reflect as the highly contagious delta variant sweeps the nation. “I wouldn’t be surprised if, on the whole, we’re infecting up to a million people a day right now, and we’re just picking up maybe a 10th of that or less than a 10th of that,” the former Food and Drug Administration commissioner said in an interview on “Squawk Box.” Gottlieb now serves on the board of

Covid vaccine maker Pfizer. The current seven-day average of new daily coronavirus cases in the U.S. is roughly 67,000, according to a CNBC analysis of Johns Hopkins University data. That’s up 53% compared with a week ago, as the country grapples with a surge in new infections driven largely by delta, first discovered in India and now the dominant variant in the U.S. “What it reflects is a reality where you have a highly transmissible variant that’s

widely spread across the U.S. right now that’s spreading mostly in a population that’s either vaccinated and developing mild symptoms or no symptoms at all; or spreading in a younger population that’s also less likely to develop symptoms because they’re younger, healthier,” Gottlieb said, when asked by “Squawk Box” co-host Andrew Ross Sorkin how the physician arrived at his “staggering” estimation of 1 million new infections a day.



ple who are showing up in the hospital are younger people. If that’s where the infection is occurring, then there must be a lot more infection underneath the small numerator that’s showing up in the hospital,” added Gottlieb, who led the FDA from 2017 to 2019 in the Trump administration. He’s become a closely watched voice during the pandemic, routinely appearing on CNBC and other media outlets to offer his analysis on the health crisis. The highest seven-day day average of new Covid cases recorded in the U.S. was roughly 251,000 on Jan. 8, according to CNBC’s analysis. Case counts had dropped off dramatically in the spring as the country’s vaccination campaign picked up speed. But in recent weeks, as U.S. cases again started to accelerate, Gottlieb has said a large number of coronavirus infections were likely going unreported, partly because the testing landscape is different now than at previous stages in the pandemic. In the early days, Gottlieb suggested the actual case counts were much higher than official tallies due to scarce testing resources. Now, he has said it’s a different situation, where the discrepancy between case counts and true infection levels stems from people who remain asymptomatic or develop only mild symptoms not going to get tested. Additionally, Gottlieb previously told CNBC people can now complete at-home tests and those results are unlikely to make their way to health authorities and then show up in official case counts. Last Friday, Gottlieb reiterated his view that the U.S. is much further into the surge of

delta-driven infections than others believe. “This delta wave will pass, probably at some point in September,” he predicted. (Courtesy cnbc.com)

### Related

#### Major Medical Groups Call for Mandatory COVID-19 Vaccinations for All Health Workers

Dozens of major medical groups, including the American Medical Association and the American Academy of Pediatrics, are calling for employers to mandate COVID-19 vaccines for all health care workers. “Our health care organizations and societies advocate that all health care and long-term care employers require their workers to receive the COVID-19 vaccine. This is the logical fulfillment of the ethical commitment of all health care workers to put patients as well as residents of long-term care facilities first and take all steps necessary to ensure their health and well-being,” the groups wrote in a July 26 statement (pdf).



#### A health care worker administers a shot of the Moderna COVID-19 vaccine to a woman at a pop-up vaccination site operated by SOMOS Community Care during the COVID-19 pandemic in Manhattan in New York City, on Jan. 29, 2021. (Mike Segar/Reuters)

They argued that because of the “Delta” variant, which is believed to be more contagious, and more reports of COVID-19 hospitalizations, health care settings should make vaccines mandatory. An increase in vaccinations, the statement says, will prevent the possibility of more lockdowns or other COVID-19-related orders. Their statement made no mention of individuals who had already contracted COVID-19 but recovered and developed natural immunity. Because health care workers come into frequent contact with COVID-19 cases, previous studies have shown they are more likely to have contracted the virus. Another study from the National Institutes of Health showed that those who recovered from the virus had a “lasting immunity” to the pathogen because, as the agency noted, “after people recover from infection with a virus, the immune system retains a memory of it” and “immune cells and proteins that circulate in the body can recognize and

kill the pathogen if it’s encountered again, protecting against disease and reducing illness severity.”



Meanwhile, a number of workers in the health care field aren’t vaccinated, according

to data collected by the Centers for Medicare and Medicaid Services and analyzed by LeadingAge, reported the Washington Post. About 38 percent of nursing home staff, for example, weren’t vaccinated as of July 11, the data shows.

A recent analysis by WebMD and Medscape revealed that an estimated 25 percent of hospital workers who had regular contact with patients weren’t fully vaccinated. About 56 percent of Americans aged 12 and older are fully vaccinated, according to the U.S. Centers for Disease Control and Prevention in July.

Ezekiel Emanuel, a University of Pennsylvania bioethicist who organized the joint statement released on July 26, told the Washington Post that he believes mandating vaccines among health care workers will boost the overall uptake in Americans getting the vaccine.

“Despite everything—cajoling, making access readily available at any pharmacy, making it free, having the president plead—all of this hasn’t really moved the needle very much in the nation,” he told the paper on July 26.

Weeks ago, the largest union of health care workers in the United States, 1199SEIU, said it opposed mandatory COVID-19 vaccines for employees.



“Whether there is a legal challenge that we can make, or whether it’s just a pure organizational

challenge that we can make, we are not going to just give in,” George Gresham, the head of the union, told local news website Gothamist in June. The Epoch Times has contacted the 1199SEIU for comment.

It comes as protests erupted across the UK, Ireland, Italy, France, Greece, and elsewhere over the past weekend over vaccine mandates. European leaders have proposed vaccine passport-like systems to mandate that people show whether they’re vaccinated or have tested negative for COVID-19 before entering certain businesses or public spaces. (Courtesy <https://www.usnews.com/>)

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## The Global Pandemic Has Made Mental Well-Being A Public Health Priority



US gymnast Simone Biles has put the spotlight on athletes’ mental health at the Tokyo Olympics. (Photo: REUTERS/Lindsey Wass)

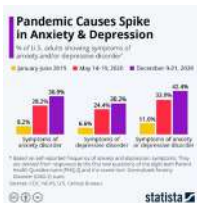
### Key Points

- With mental health symptoms surging during the pandemic, nurturing mental wellness has become a collective social responsibility.
- Early diagnosis and self-care can help manage the progression of mental illnesses and reduce healthcare costs.
- Great self-care means expanding the range of mental-health services available to the public.

Compiled And Edited By John T. Robbins, Southern Daily Editor

With the psychological impact of the pandemic likely to linger for years, self-care is not a luxury but a public health necessity. Focusing on mental wellness is a collective social responsibility. As third and fourth waves of COVID-19 surge in some parts of the world, highly vaccinated countries are cautiously reopening, breathing more freely, hopeful in early indications that inoculation will keep virus and variants under control. As we look ahead, we must also find solutions to supporting and improving mental health. During the pandemic, nearly half of US adults reported symptoms of anxiety or depression, a figure that has been largely consistent, up from one in 10 who reported these symptoms from January to June 2019. In France, cases of depression doubled. We can see similar mental health

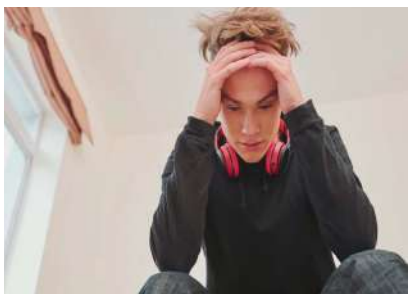
concerns growing worldwide. It’s disproportionately affecting young adults, people of color and essential workers, even people without prior mental health disorders. Lockdowns have also limited access to mental health services, creating backlogs in care. Not to mention the remote working lifestyle we have been in for more than a year now, which often creates feeling of being disconnected from colleagues, even when connected technologically to them.



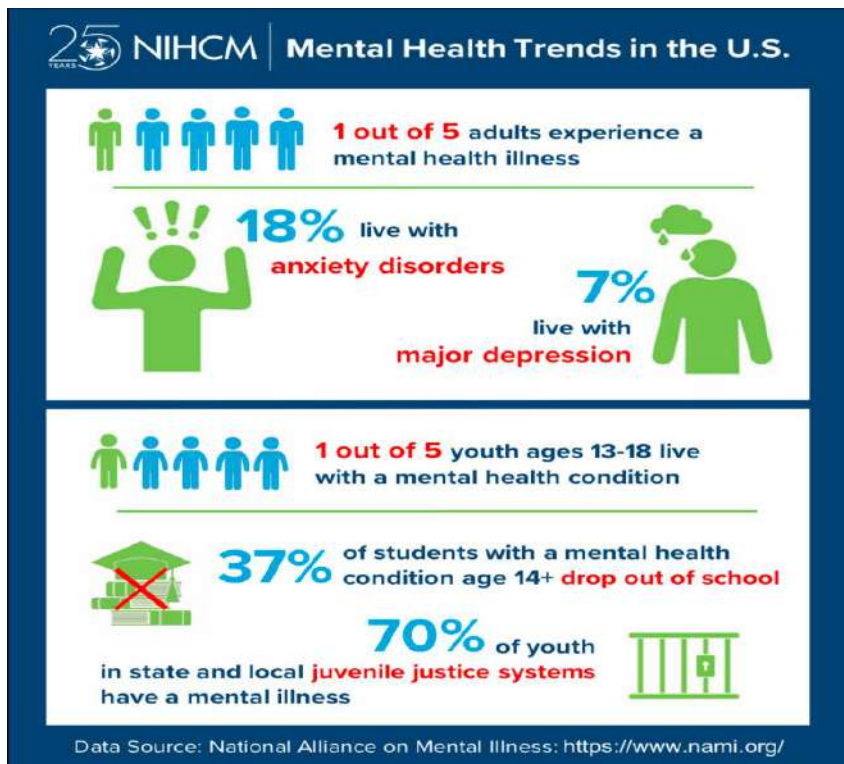
The pandemic has put mental health and wellness into sharp focus. It’s reassuring to see many initiatives doubling down

# COMMUNITY

on mental-health awareness now: the World Health Organization (WHO), the US Centers for Disease Control and Prevention, the UK’s Royal Family and the Global Self-Care Federation are just a few among many others that have championed it as a priority and have undertaken large-scale public service campaigns to destigmatize symptoms and raise awareness of available solutions. Taking care of mental health is good for individuals and good for public health systems in the future, as early intervention and prevention helps keep many people out of more burdensome clinical settings. Insomnia is one example that comes to mind, a condition that has grown upwards of an estimated 20% since the pandemic. By working closely with healthcare communities, we can help raise awareness of insomnia’s repercussions on overall mental and physical wellness. Over-the-counter medicines can help support people in their management of early sleep issues.



Non-medicinal solutions also exist: for example, Music Care, a research and digital program for patient care through music, has been clinically proven to naturally reduce both alertness and the need for sedation among hospital patients, decreasing heart rate and respiratory rate, promoting relaxation and sleep. There’s much more we can do with the mental health community to support improved sleep as just one small part of the solution. The pandemic has spurred many people to pay better attention to their health with increased everyday physical activity for some, and for others, an improved diet with more home-cooked meals. Yet we know good habits are sometimes hard to keep up: According to one study, 70% of adults under 40 say they believe they are performing sufficient self-care, but just over half of their doctors and pharmacists say their patients aren’t doing enough. We can close this gap with better preventive mental wellness efforts and more self-care, areas that had already begun to gain attention even before the pandemic.



Beyond raising awareness about mental health, it’s about taking concrete action and correspondingly providing appropriate resourcing and building a supportive ecosystem. During the World Health Assembly in May, WHO officials called worsened mental health worldwide from COVID-19 a “mass trauma” and consequently adopted a decision endorsing an update to the WHO’s Mental Health Action Plan: It will include forums on suicide prevention, workplace mental health, universal health coverage, mental health of children, mental health across the life course, and the involvement of people with lived experience of mental health conditions. More self-care is also about improved access to health services for the broader population. Due to the accelerated digital transformation hastened by the pandemic, internet platforms have become key levers for empowered self-care. There, people can find out more about their health conditions, including mental wellness-related ones, seek support, assess options and get solutions. Incredibly accessible, putting information literally at your fingertips, these new channels provide people with the opportunity to manage their health – to self-care – in a more effective way, without taking away resources from the frontline. The development of teleconsultation in medicine, the evolution of click and collect and home delivery by e-pharmacies is

putting the pharmacist at the centre of population health, more and more playing the role of health counsellor.



Today, there is a need to extend these services to people experiencing mental health problems, especially when pharmacists are likely to be their first point of contact. Pharmacists have a significant role to play if we make mental health for all a global reality. That said, not all mental wellness can be managed with self-care alone; but multiple studies have shown that screening and early professional intervention will prevent more severe conditions from setting in following major trauma. Individuals can be their own strongest advocates, with governments, industry and patient groups each playing a role in strengthening true consumer literacy in this field. Not only is it important to recognize mental health risks, but we also need to stay in tune to identifying symptoms, take courageous steps to self-care, and engage with the right solutions. Together, we can solve the mental health challenges we’ll still face even after COVID-19 is under control. (Courtesy weforum.org)