



CDC Eases Covid Guidance to Focus on Personal Risk Assessment

Earlier this month, the U.S. Centers for Disease Control and Prevention (CDC) announced that because there's now less risk of "medically significant" Covid-19, some public health measures the agency previously advised may no longer be necessary.

After two years of medical tyranny and unscientific mandates that caused immeasurable economic and societal damage, the agency ostensibly responsible for handling the pandemic response dramatically flipped its approach and now puts an emphasis on individual responsibility in assessing risk of Covid.



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[The report](#), titled "Summary of Guidance for Minimizing the Impact of COVID-19 on Individual Persons, Communities, and Health Care Systems," reads like a vindication of all those physicians, scientists, journalists, and everyday Americans who were censored, defamed, and often harassed as "Covid deniers," "spreaders of dangerous misinformation," and "grandma killers." In the best Orwellian traditions, Americans are offered to switch to practicing a diametrically opposite approach to deal with what was once described as a "deadly virus." What many have been doing all along, i.e., deciding for themselves regarding their health, is no longer "selfish" in the eyes of the federal government:

Persons can use information about the current level of COVID-19 impact on their community to decide which prevention behaviors to use and when (at all times or at specific times) based on their own risk for severe illness and that of members of their household, their risk tolerance, and setting-specific factors.

The agency that recommends infants receive Covid shots associated with deadly side effects now tells us that Covid risks depend on age and comorbidities.

The report explains that the former health recommendations may be eased because society has reached a high degree of immunity against Covid and because of the widely available treatments, vaccines, and boosters.

According to the report, however, a person's vaccination status is no longer relevant in terms of deciding which preventative measures to choose. Apparently, the sacred cow and cornerstone of the pandemic response — the Covid vaccine — is no longer considered an effective measure in guarding off viral infection and transmission. Per the report,

CDC's COVID-19 prevention recommendations no longer differentiate based on a person's vaccination status because breakthrough infections occur, though they are generally mild.



Written by [Veronika Kyrylenko](#) on August 23, 2022

It took the agency more than a year to reaffirm its [previous finding](#) that Covid shots prevent neither infection nor transmission of Covid.

The report continues by reluctantly acknowledging the reality of natural immunity that gives the recovered “some degree of protection.” It reads,

Persons who have had COVID-19 but are not vaccinated have some degree of protection against severe illness from their previous infection.

The CDC scientists justify the shift in guidance in the first paragraph of the report, citing “high levels of vaccine- and infection-induced immunity,” among other factors, in lowering the risk of severe Covid outcomes.

[Elsewhere on its website](#), however, the CDC calls it a “myth” that natural immunity is more reliable than vaccine-induced immunity. And as in the latest report, the agency acknowledges that natural immunity “provides some protection from future illness,” but emphasizes that it is not as “predictable,” “safe,” or “effective” as vaccine-induced immunity. As of February 2022, there were more than [150 research studies](#) affirming the durability of natural immunity, with many finding it superior to vaccine-induced immunity.

Dr. Paul Alexander, who compiled the list, [wrote](#) on the matter,

Immunology and virology 101 have taught us over a century that natural immunity confers protection against a respiratory virus’s outer coat proteins, and not just one, e.g., the SARS-CoV-2 spike glycoprotein. There is even strong evidence for the [persistence of antibodies](#). Even the CDC recognizes [natural immunity for chicken-pox and measles, mumps, and rubella](#), but not for COVID-19.

Further in their report, the CDC says that “quarantine of exposed persons is no longer recommended, regardless of vaccination status.” This recommendation, apparently, is meant to help “limit the social and economic impacts” of Covid mitigation measures. Vaccinated and unvaccinated alike, the CDC noted, should get tested and wear a mask indoors for 10 days if exposed.

Contact tracing and regular surveillance testing of those without Covid symptoms are no longer recommended in most settings.

“Social distancing” is not mentioned in the report. Instead, it says that people at high risk for severe illness should avoid crowded areas and minimize direct physical contact with others.

Those sick with Covid are asked to isolate for five days, even though an overwhelming majority of them remain infectious for [a longer period](#) of time.

One may only wonder how healthcare advice went from near-total lockdowns of businesses and schools and quarantining of the healthy to the drastic ease of quarantine requirements for the sick and infectious. That might be troubling in light of the latest [research showing](#) that people sick with alpha, delta, and omicron strains exhale higher amounts of virus than do those infected with other variants. “Furthermore, [individuals who contract COVID-19 after vaccination](#), and even after a booster dose, still shed [the] virus into the air,” reports *Nature*. The fact that the CDC ignores this data is sad, but not surprising.



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Perhaps the most important issue is that if there is no difference between viral transmission among the unvaccinated and vaccinated, then the vaccine mandates could not possibly be justified. Yet they remain in place for the U.S. military, healthcare workers affiliated with Medicare and Medicaid, and federal employees, and the Biden administration [continues](#) to advocate them. Many have lost their livelihoods and given up their careers for refusing to take the shot. Some of those who caved got life-altering adverse reactions, and [some died](#). Apparently, there was no scientific justification for this, as the ever-flipping CDC now signals.



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