

Death rates in the UK COVID third wave (July 2021) prediction: they'll be a tiny fraction of the deaths that happened in January



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I have a simple message today: Don't let "experts" and international news agencies scare you away from doing healthy things for yourself. Especially if you are older and have medical conditions supervised by a doctor, get the COVID shots, and have faith that they'll protect you from severe illness.

And then come to Pilates. Don't miss out because it's fun, it's good for you, and besides, I miss you when you can't make it!

Today I especially want to tell you about a scary [UK Reuters news report](#). Experts and international news agencies can be wrong, and they most certainly are in this case, as I will show you. I'm qualified to do this because for 25 years I was a veterinarian and during that time, I helped countless owners of farms, horse studs, kennels and catteries through disease outbreaks. I can't say I always got things right. But I can say that I know how epidemics work, and I know false and alarmist news stories when I see them.

The fact-checker facts for this story:-

1. For practical intents and purposes, lockdown in the UK [ended on June 21st](#), so there have been four weeks for the virus to spread and for case numbers to increase.
2. The increase in cases in 4 weeks has been very rapid because the latest COVID variant is more infectious – not more deadly, just more infectious.
3. Two years ago, daily case tallies measured "sick enough to go to the doctor", but now they measure "got a test, and it turned out positive".
4. Most of the at-risk people in the UK are vaccinated, so most of the test positive cases are mild – they are no worse than a cold or have no symptoms at all.
5. Epidemics are distressing, and they always come and go. After three waves, the worst is usually over.
6. For older people with medical conditions, the COVID vaccine benefits outway the known risks.
7. For people of all ages, improving your diet and lifestyle will massively enhance your resilience, not just to COVID but to all respiratory infections, and even make your vaccine response better. The difference that lifestyle and diet can make is enormous, and I'm not just making that up. Read these two research reports: -

- [Metabolic syndrome 'better prognostic indicator' for severe COVID-19 outcomes](#)
- [Obesity Worsens Outcomes from COVID-19](#)

The rest of my article covers predictions and discussions for the third COVID wave in the UK

(In this article, when I say daily case or death rate, I refer to the seven day average of reported cases. I did this to keep things brief).

Summary:

1. Based on my mathematical prediction, we can be reasonably sure that deaths on August 1st will average 72 per day, which is a lot less than the UK January peak of 1200 per day.
2. Based on my experience and feel of the UK situation, I feel that this is the final wave of COVID in the UK, and it will peak about August 1st to 5th and then rapidly diminish.
3. Managing the way through epidemics is always stressful, and they always feel like they are out of control, but they always have an ending.

1. Calculate the case fatality ratio between COVID cases on January 9th and deaths on January 24th

I looked up the daily numbers of daily deaths and daily cases from charts at <https://www.worldometers.info/coronavirus/country/uk/>

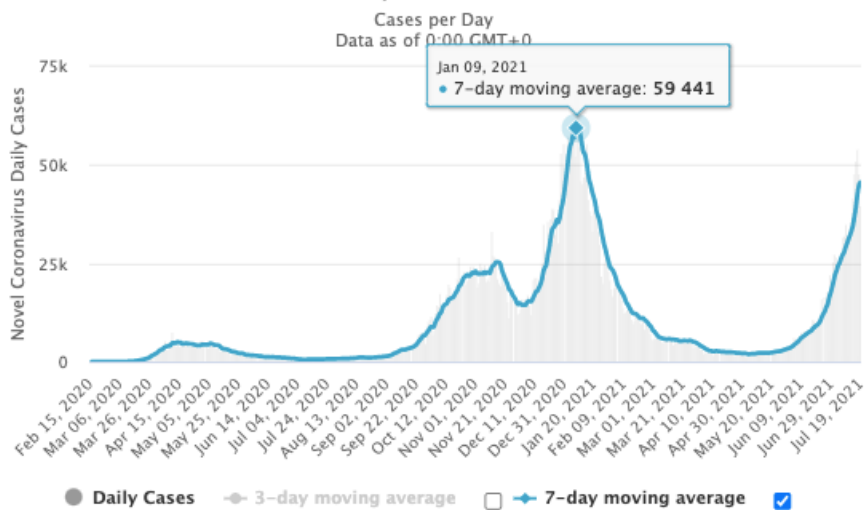
It takes an average of 2 weeks for a COVID test positive person to die if they are going to die. We can see this in the charts below, and I will explain further here: The second wave of COVID cases peaked on January 9th, and the COVID deaths peaked on January 24th, which was 14 days later. This 2-week time lag between daily cases and daily deaths won't change much and gives us a method for predicting deaths two weeks out from today.

We can also calculate the case fatality ratio between these two dates. In January, this ratio was 2.1% (see the table that follows), which means that at the peak of the UK second wave in January, out of every 100 test positive COVID cases, 2.1 went on to die. (Not every infected person gets tested, so the daily reported cases was probably a fraction of actual cases, and the true case fatality ratio is likely to have been less).

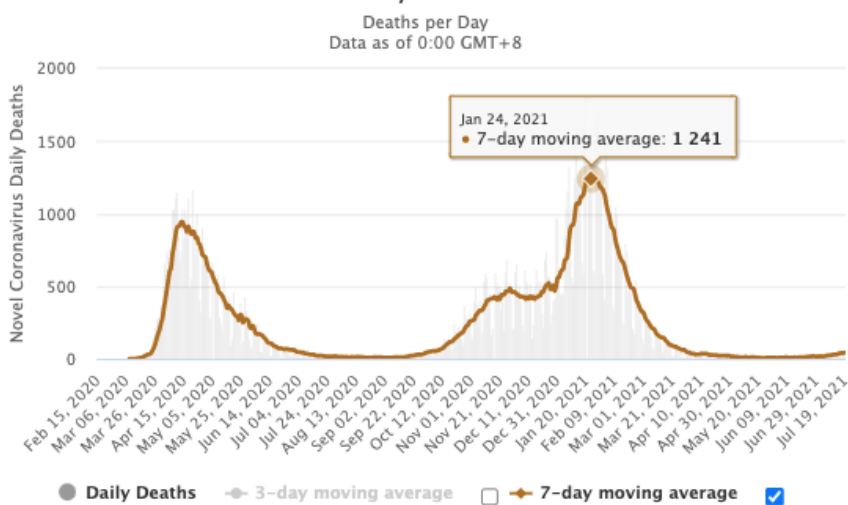
You can see my workings from the charts and table below.

	Ratio of deaths in 14 days to cases now	
Daily cases on January 9th: 59441	1241/59441 = 2.1%	Daily deaths on January 24th: 1241
	Conclusion: the case fatality ratio is 2.1%	

Daily New Cases



Daily Deaths

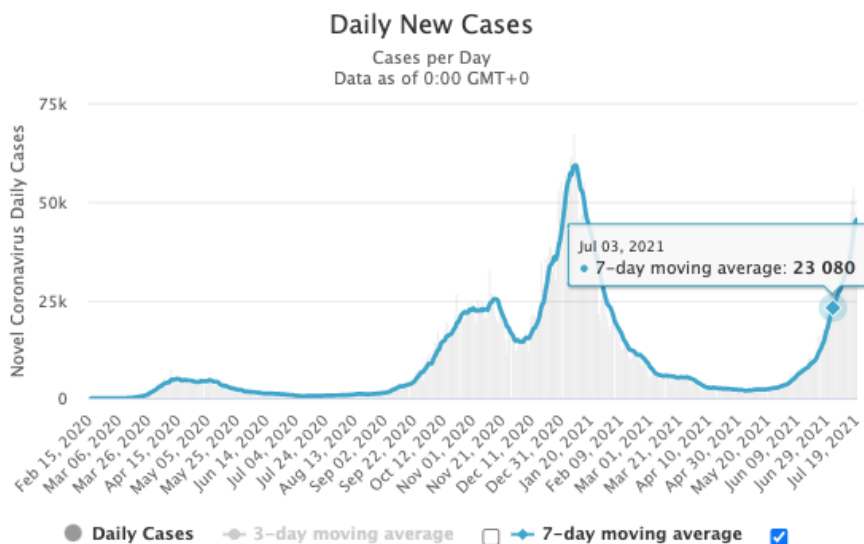


2. Calculate the case fatality ratio between COVID cases on July 3rd and deaths on July 18th

I ran the same calculation for the two weeks between July 3rd and July 18th. This time the case fatality ratio had reduced from 2.1% to 0.17%. So now, instead of 2.1 cases per 100 going on to die, the number was 0.17 – a massive reduction, showing that herd immunity had increased!

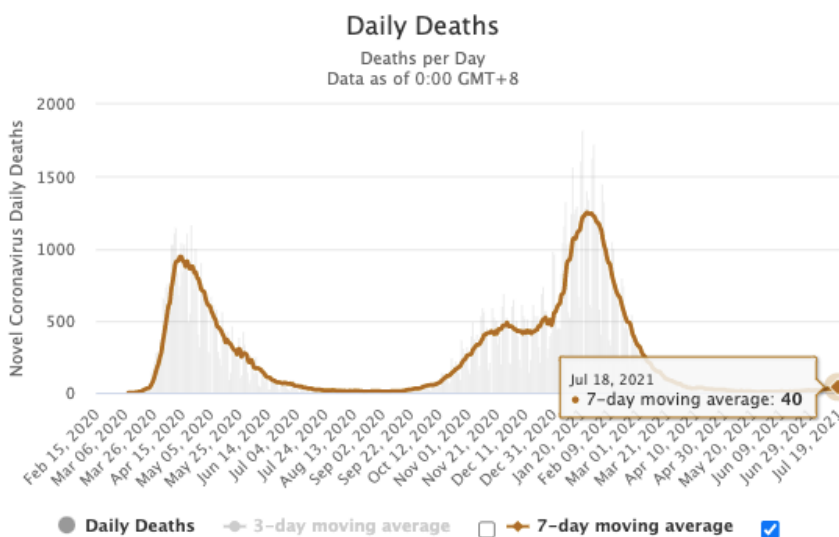
You can see my workings from the charts and table below.

	Ratio of deaths in 14 days to cases now	
Daily cases on July 3rd: 23080	40/23080 = 0.17%	Daily deaths on July 18th: 40
Conclusion: the case fatality ratio is 0.17%		



See also: [Daily Deaths Graph](#)

Daily New Deaths in the United Kingdom



3. Using the July 18th case fatality ratio to predict the daily deaths that will occur two weeks from now (on August 1st)

I then used the July 18th case fatality ratio to predict likely deaths on August 1st. The prediction for August 1st daily deaths came to 76 which is nowhere near as bad as the peak rate of January deaths.

You can see my workings from the charts and table below.

	Ratio of deaths to cases	
Daily cases on July 18th: 44706	$40/23080 = 0.17\%$ (from the estimate made on the cases and deaths of July 3rd and July 18th)	Daily deaths on August 1st th : Prediction: $44706 * 0.17\% = 76$ deaths per day

4. When will the third wave peak?

I have a hunch that the third wave of COVID deaths will peak about August 1st to 3rd and quickly diminish. I could be wrong, but I've helped many owners on many farms, studs, catteries and kennels with their epidemics, and so my hunch has a reasonable chance of being right. If I am right, then a [recheck of the UK daily cases chart in 5 to 7 days](#) will show a downturn in daily cases, allowing us to predict that death rates will peak on or soon after August 1st

So the UK citizens and officials should soon have good reason to breathe a sigh of relief. Epidemics have always come and gone, and COVID will not last forever! In a few months, the same will be true for all of us. My message is, don't worry. And do come to my Pilates!