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HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS

COVID-19 Vaccines

*How Vaccinations Can Help
End the Current Pandemic*



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The COVID-19 situation changes rapidly.
Information provided in this
presentation is accurate as of:

February 3, 2021

Key Terms



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- **Vaccine:** prepares your body to fight the disease faster and more effectively by producing antibodies, so you are less likely to get sick if you are exposed to the disease-causing germ.
- **Vaccination:** the act of getting a vaccine, usually as a shot.
- **Immunization:** the process of becoming immune to (protected against) a disease.

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COVID-19 Vaccine – Common Myths



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- **MYTH:** COVID-19 vaccines give you COVID-19.
- **MYTH:** COVID-19 vaccines will cause you to test positive on COVID-19 viral tests.
- **MYTH:** People who have gotten sick with COVID-19 will not benefit from getting vaccinated.
- **MYTH:** Getting vaccinated will not help prevent you from getting sick with COVID-19.
- **MYTH:** Receiving an mRNA vaccine will alter your DNA.
- **MYTH:** The COVID-19 vaccines that received emergency use authorization in the United States contain the live virus that causes COVID-19.

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Why Get Vaccinated?

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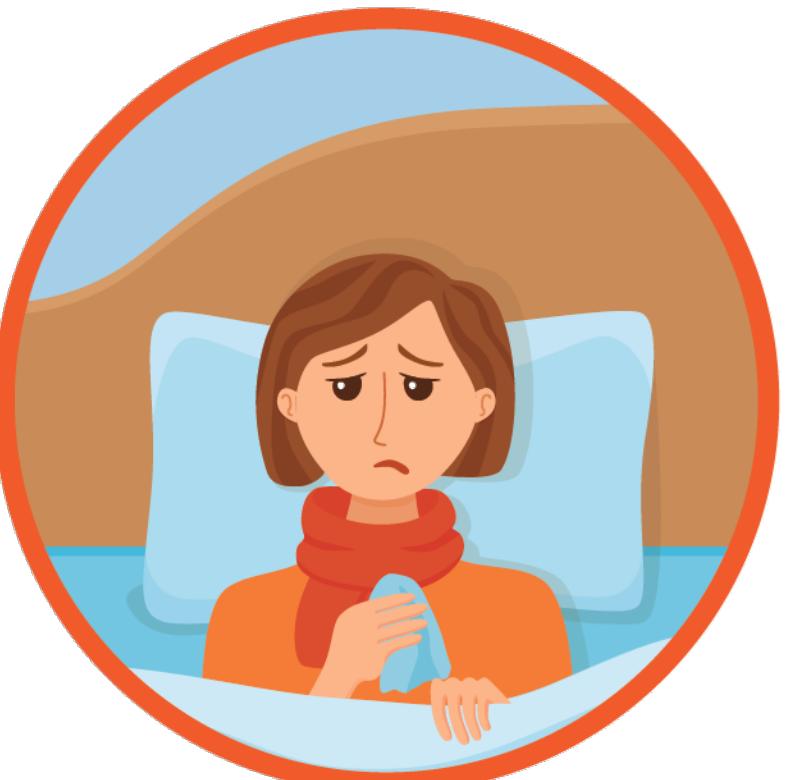
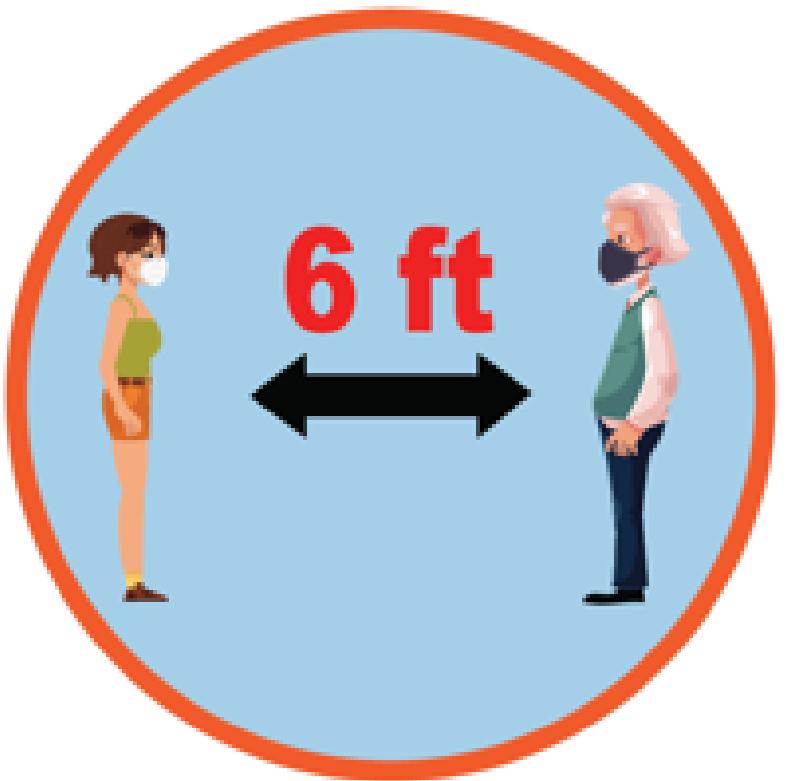
Using All Available “Tools” Against COVID-19



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Vaccines work with your immune system so your body will be ready to fight the virus if you are exposed.

Other steps, like washing your hands frequently, staying at least 6 feet away from others, covering your mouth and nose with a mask, staying home when you are sick, and getting tested help reduce your chance of being exposed to the virus or spreading it to others.



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Why Get Vaccinated?



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Vaccinations will reduce transmission of the virus and help our region get “back to normal.”

Every year, millions of lives are saved thanks to vaccines.

The COVID-19 vaccine:

- Is the most effective intervention we have.
- Will help keep you from getting sick from COVID-19.
- Is the safest way to help build protection for yourself and others.



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Vaccine Development and Safety

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Inside Messenger RNA (mRNA) Vaccines



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RNA is a template to produce a specific protein. RNA tells our cells to produce a viral protein that triggers an immune response.



Fatty molecules that form a protective capsule, aids in delivery, and protects the RNA.



Buffers the vaccine to stabilize the pH to match the pH of our bodies.



Protectant for lipids; keeps fatty molecules from being damaged at extremely cold storage temperatures.



moderna



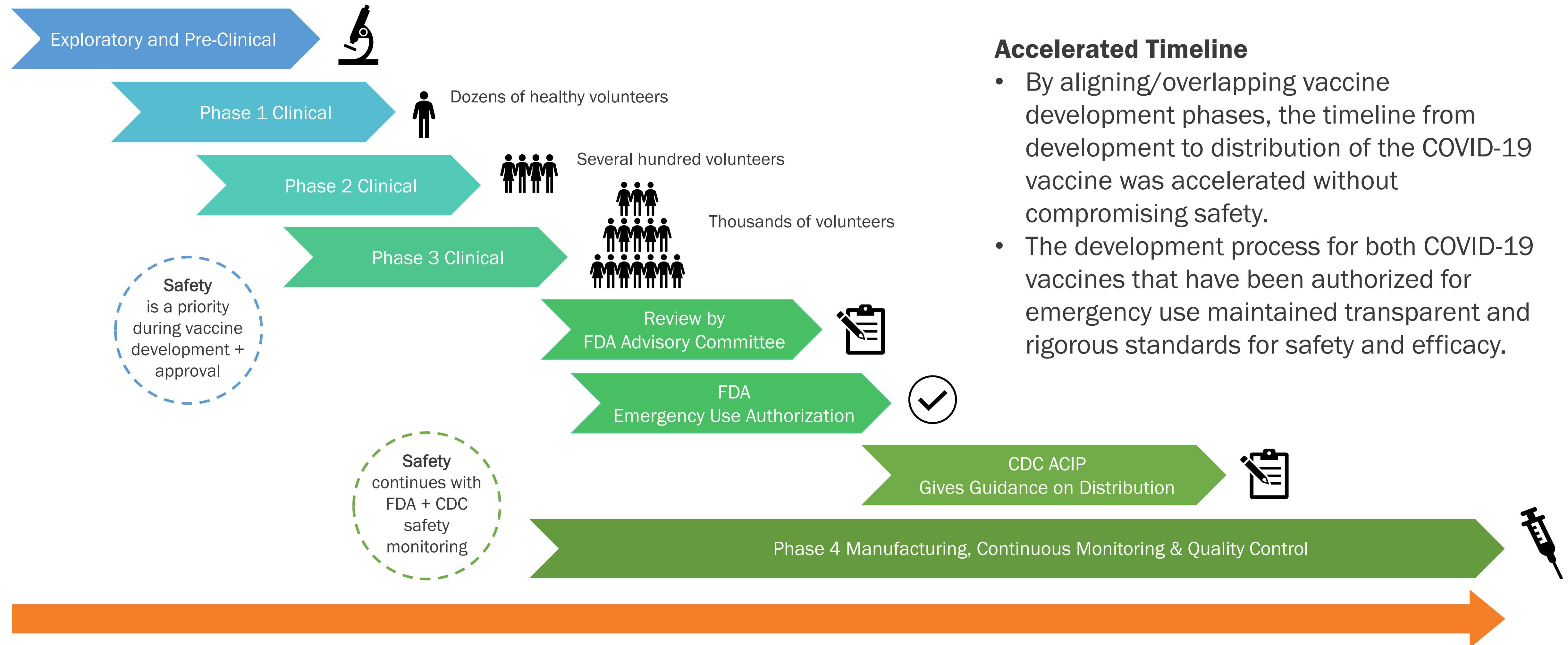
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From Development to Distribution



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Vaccine Development & Safety Steps



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From development through distribution, there are steps are in place to ensure vaccine safety.

CLINICAL TRIALS

- All vaccines must go through a clinical trial to test safety, efficacy, and effectiveness.
- Independent safety boards monitor for side effects or safety issues during trials.
- Typically, 3 phases of trials; last phase involves thousands.

CLINICAL TRIALS

EMERGENCY USE AUTHORIZATION

- Vaccines must meet standards of U.S. Food & Drug Administration (FDA).
- If a vaccine meets FDA safety and effectiveness standards, it can be made available in the United States by approval or by emergency use authorization (EUA).
- An EUA provides temporary authorization for production of a vaccine or medication under emergency situations, such as the current pandemic.

EMERGENCY USE AUTHORIZATION

CONTINUOUS MONITORING

- Monitoring continues after EUA.
- For the COVID-19 vaccine, the FDA and the CDC are expanding their vaccine monitoring.
- Any potential problems are most likely to emerge early in the clinical trial testing process when they can be identified and addressed.

CONTINUOUS MONITORING

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How an Emergency Use Authorization Works



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As of January 2021, only Pfizer-BioNTech and Moderna COVID-19 vaccines have received Emergency Use Authorization (EUA) by the U.S. Food and Drug Administration (FDA).

An EUA may be issued by the FDA to allow access to critical medical products that may help during a public health emergency. An EUA is different from approval/licensure.

The following criteria must be met for an EUA to be issued:

- The product will be used for a serious or life-threatening disease or condition.
- Based on all scientific evidence available, it is reasonable to believe the product may be effective.
- The known and potential benefits of the product outweigh the known and potential risks of the product.
- There is no adequate FDA-approved alternative available.

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Pfizer-BioNTech & Moderna COVID-19 Vaccines



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- 2 shots, 21 days apart.
- Injection in the muscle of upper arm.
- FDA issues EUA: 12/11/20.
- Persons age 16 years and older
- 95% effective based on large clinical study (over 43,000 participants).

Pfizer-BioNTech™



Moderna™



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Vaccine Distribution

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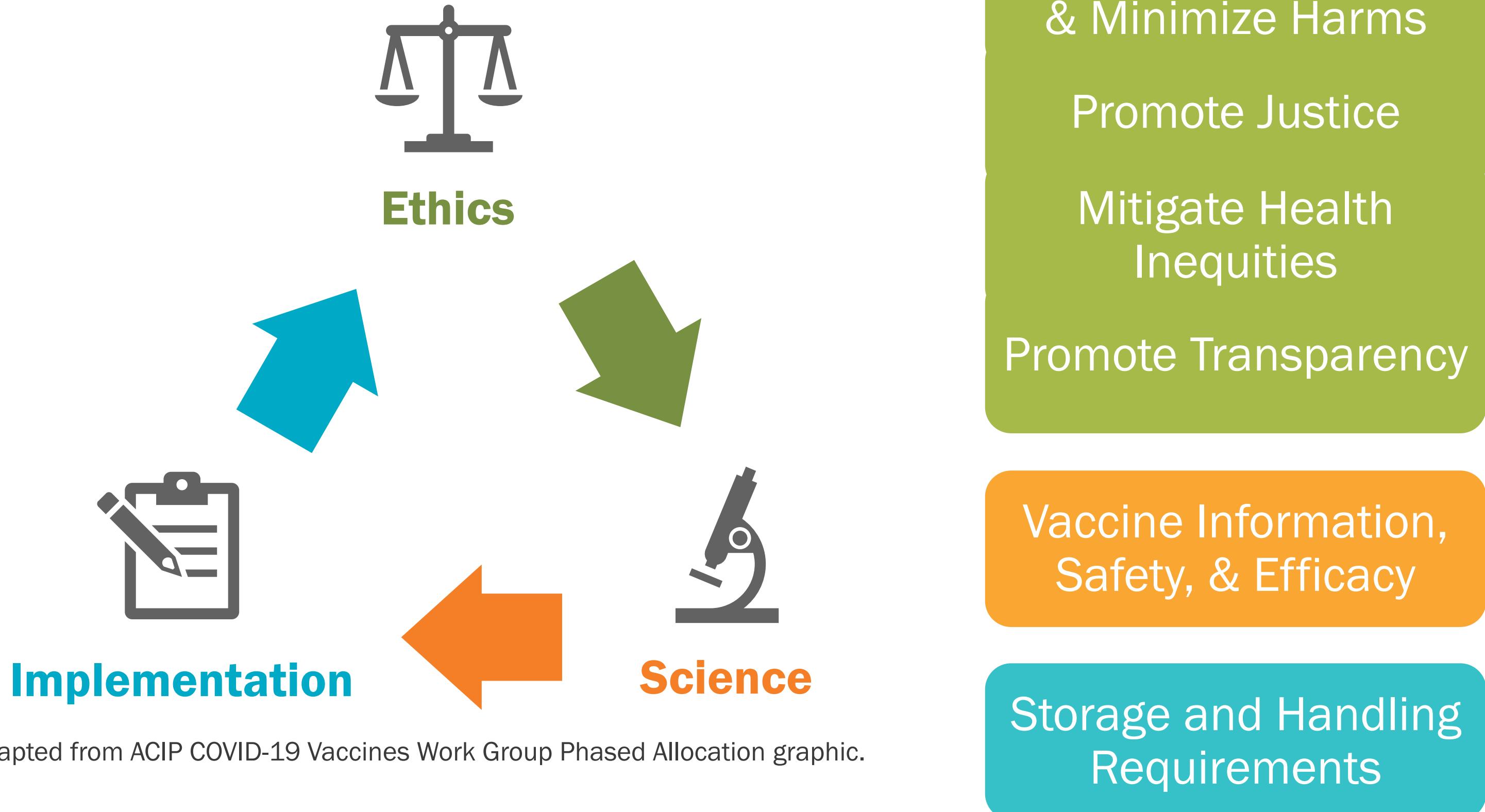
Determining Phases of Vaccine Distribution



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Vaccination phases are broadly determined by the Centers for Disease Control & Prevention (CDC) [Advisory Committee on Immunization Practices \(ACIP\)](#).

The work of ACIP takes into account [phases outlined by the National Academies of Sciences](#). The ACIP advises the CDC on vaccine recommendations.



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Determining Phases of Vaccine Distribution



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Safety



Inclusion



Distribution



Flexibility



Equity

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Determining Phases of Vaccine Distribution



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- California is allocating COVID-19 vaccines as they become available to ensure equitable distribution.
- California Department of Public Health (CDPH) recommended vaccines be prioritized for specific groups based on a variety of risk factors, identifying sub-populations, or Tiers, within Phases outlined by ACIP.



Phase 1A	Phase 1B	Phase 1C
<p>IN PROGRESS</p> <p>About 3 million people</p> <ul style="list-style-type: none">• Healthcare workers• Long-term care residents <p>See CDPH Allocation Guidelines for Phase 1a</p>	<p>State of California—Health and Human Services Agency California Department of Public Health</p> <p> Sandra Shewry Acting Director Erica S. Pan, MD, MPH Acting State Health Officer</p> <p>December 5, 2020</p> <p>TO: All Californians SUBJECT: CDPH Allocation Guidelines for COVID-19 Vaccine During Phase 1A: Recommendations</p> <p>Recommendation A: Populations for Phase 1a During Phase 1a of allocation, COVID-19 vaccine should be offered to the following persons in California:<ul style="list-style-type: none">• Persons at risk of exposure to SARS-CoV-2 through their work in any role in direct health care or long-term care settings.<ul style="list-style-type: none">◦ This population includes persons at direct risk of exposure in their non-clinical roles, such as, but not limited to, environmental services, patient transport, or interpretation.• Residents of skilled nursing facilities, assisted living facilities, and similar long-term care settings for older or medically vulnerable individuals.</p> <p>Recommendation B: Subprioritization During Phase 1a • During Phase 1a, if there are not enough doses of COVID-19 vaccine for all who choose to receive them, then health departments should subprioritize doses as needed to match the level of available supplies in a sequential fashion using the following ranked categories:<ul style="list-style-type: none">◦ Persons exposed through work in health care or long-term care settings, by:<ol style="list-style-type: none">1. Type of facility or role2. Location of facility3. Attributes of individuals</p> <p>• Health departments may reprioritize temporarily under limited circumstances described in Recommendation C.</p> <p>Recommendation B1: Subprioritization by type of facility or role • If supplies are limited during Phase 1a, COVID-19 vaccines should be directed to as many tiers, and categories in each tier (e.g., hospitals) as possible to reach the prioritized populations.<ul style="list-style-type: none">• The tiers and categories in each tier are presented in ranked order.</p>	 <p>GAVIN NEWSOM Governor</p>

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Vaccine Distribution in San Diego County



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As of 01/23/21, only individuals in

- Phase 1A (All Tiers) and
- Persons aged 65 years and older
(part of Phase 1B, Tier 1)

who live or work in San Diego County
may be vaccinated at sites managed by the
County of San Diego, including points of
dispensing (PODs) and super stations.

Groups within each phase and distribution
timelines are subject to change. (1/26/2021)

The screenshot shows the official website for COVID-19 vaccination information. At the top, there's a navigation bar with links for 'CORONAVIRUS IN SAN DIEGO', 'HEALTH ORDER', 'REOPENING', and 'HEALTH PROFESSIONALS'. Below the navigation, a main heading reads 'COVID-19 Vaccination Sites & Appointments'. A sub-section titled 'Get Vaccinated at a Location Near You' provides information about vaccination locations and availability. To the right, there are two large buttons: 'Vaccination Locations' (with a location pin icon) and 'Vaccination Schedule' (with a calendar icon). Below these buttons, there are links for 'See Map and Choose Site to Make Appointment' and 'Vaccination Sites by Day | Horario de sitios de vacunas'.

VaccinationSuperStationSD.com

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Learn When It's Your “Turn” for the Vaccine



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- The California Department of Public Health recently launched a new system to help all Californians learn **WHEN** they are eligible to be vaccinated.
- “My Turn” can be used to:
 - Check if you’re eligible for vaccine.
 - Schedule appointments.
 - Get notifications for your 2nd dose.
 - Also helps track vaccination data across the state.

Sign up for COVID-19 vaccine notifications

Get notified when it’s your turn to get the COVID-19 vaccine. If you’re in Los Angeles or San Diego, you can also schedule your appointment.

[Sign up now](#)

myturn.ca.gov



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Preparing for Vaccinations

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Before Vaccination



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- Take it easy the night before to ensure potential symptoms are not a result of other unrelated activities.
- Anticipate the COVID-19 vaccines may cause side effects in some people, like sore muscles, feeling tired, or mild fever.
- Do not take acetaminophen or ibuprofen in anticipation of potentially having side effects from the vaccine.
 - Taking these medications for the purpose of preventing post-vaccination symptoms is not currently recommended.
- When you go to your appointment, remember to:
 - Cover your mouth and nose with a mask when you are around others and stay at least 6 feet away from others.



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During Vaccination



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A COVID-19 vaccination card will be given to you with:

- The type of vaccine you received.
- The date you received it.
- Where you received it.
- You will also receive a fact sheet that tells you more about the COVID-19 vaccine you were offered and received.
- You will be monitored for allergic reactions on-site for at least 15 or 30 minutes.
- You will be advised to register for V-SAFE for:
 - Personalized health check-ins,
 - Reminds you to get your second dose,
 - Quickly tells the CDC if you have any side effects, and after getting the COVID-19 vaccine.



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After Vaccination



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- It takes time for your body to build protection after any vaccination.
- The Pfizer and Moderna COVID-19 vaccines require **two** shots for them to work best.
 - The vaccine is most effective 2 weeks following your second dose.
- Continue to **wash** your hands.
- Continue to **watch** your distance.
- Continue to **wear** a mask that covers your nose and mouth when in contact with others outside your household.

Before your 2nd dose, wait at least:

21
Days

PFIZER-BIONTECH
COVID-19 VACCINE

28
Days

MODERNA
COVID-19 VACCINE

The CDC recommends receiving the second dose no more than 6 weeks (42 days) after the first dose.

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Side Effects After COVID-19 Vaccination



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Helpful Tips

To reduce pain and discomfort where you got the shot:

- Apply a clean, cool, wet washcloth over the area.
- Use or exercise your arm.

To reduce discomfort from fever:

- Drink plenty of fluids.
- Dress lightly.

When to call the doctor

- If the redness or tenderness where you got the shot increases after 24 hours.
- If your side effects are worrying you or do not seem to be going away after a few days.

Arm

Pain

Swelling

Body

Fever

Chills

Tiredness

Headache

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Side Effects After COVID-19 Vaccination



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Signs and Symptoms *unlikely* to be from COVID-19 vaccination:

- Presence of ANY signs and symptoms consistent with SARS-CoV-2 infection (e.g., cough, shortness of breath, runny nose, sore throat, loss of taste or smell).
- Another infection that is not typical for post-vaccination signs and symptoms.

Signs and symptoms that may be from either COVID-19 vaccination, SARS-CoV-2 infection, or another infection:

- Presence of ANY signs and symptoms that are consistent with post-vaccination signs and symptoms, SARS-CoV-2 infection or another infection.

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COVID-19 Vaccines & Allergic Reactions



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The CDC has learned of reports that some people have experienced severe allergic reactions — also known as **anaphylaxis** — after getting a COVID-19 vaccine.

- You should not get either of the currently available mRNA COVID-19 vaccines if you have had any severe allergic reactions to any ingredients in a mRNA COVID-19 vaccine.
- Ask your doctor if you should get a COVID-19 vaccine if you have had an allergic reaction to other types of vaccines.

Reported vaccine doses administered	Anaphylaxis cases	Reporting rate (12/14/20-01/18/21)
Pfizer-BioNTech 9,943,247	50	5.0 per million doses administered
Moderna 7,581,429	21	2.8 per million doses administered

If you get a COVID-19 vaccine and you think you might be having a severe allergic reaction after leaving the vaccination site, seek immediate medical care by calling **9-1-1**.

CDC National Center for Immunization & Respiratory Diseases, ACIP: COVID-19 Vaccine Task Force Vaccine Safety Team – United States, January 27, 2021.

<https://www.cdc.gov/vaccines/acip/meetings/downloads/slides-2021-01/06-COVID-Shimabukuro.pdf>

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New virus variants that spread more easily could lead to a rapid rise in COVID-19 cases

NOW, more than ever, it is important to slow the spread.

In the U.S.

- **New cases** are the highest ever and rising.
- Some health care systems are at or **near capacity**.
- **New variants** are emerging that spread more easily.

MORE SPREAD

MORE CASES

MORE DEATHS

Importance of Being “COVIDSafe”



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If we use all the tools we have, we stand the best chance of getting our families, communities, schools, and workplaces “back to normal” sooner.

Our best protection from COVID-19 will be a combination of the following *Be COVIDSafe recommendations:*

- Practice healthy behaviors and simple precautions by
 - washing your hands,
 - staying 6 feet away from others,
 - wearing a facial covering correctly,
 - staying home if you are sick,
 - getting tested if you have symptoms of COVID-19 or feel you have been exposed to COVID-19,
 - getting vaccinated for COVID-19 when it's available to you.

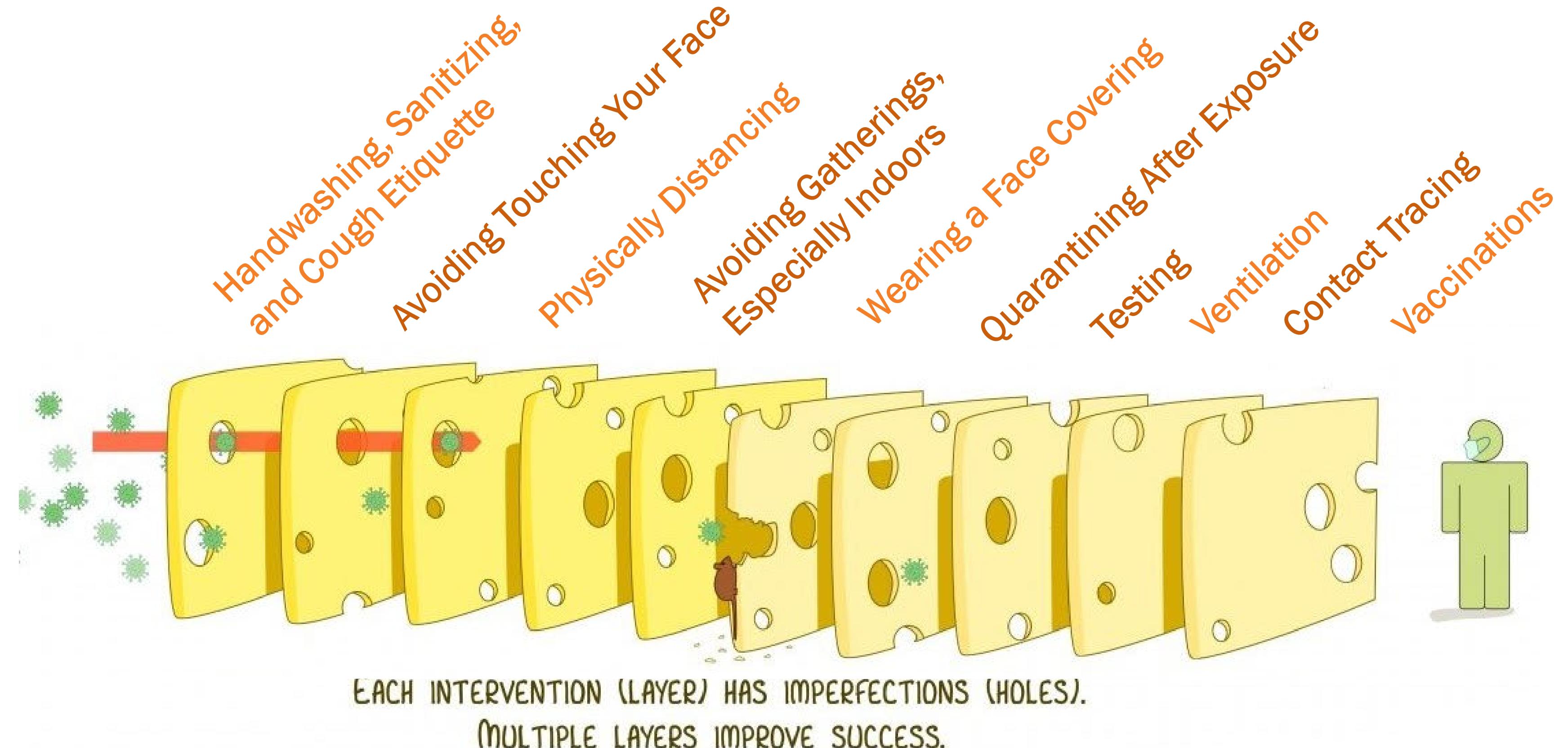
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No Single Prevention Strategy is Enough



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Adapted from: <https://www.pslhub.org/learn/coronavirus-covid19/tips/the-swiss-cheese-respiratory-virus-pandemic-defence-r3379/>

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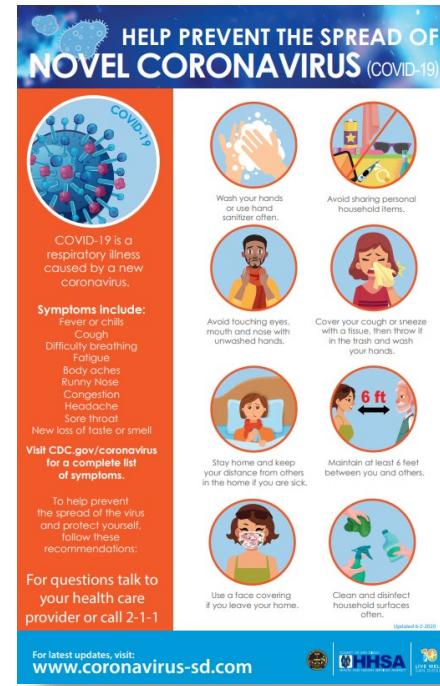
How Else Can I Help?



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Ways that you can get involved:

- Stay informed by visiting coronavirus-sd.com/vaccine.
- Host a virtual forum.
- Post to social media.
- Help educate friends and family.
- Provide your own presentations.
- Share promotional flyers available at coronavirus-sd.com.



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Helpful Web Links



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Federal

- Centers for Disease Control and Prevention Vaccine –
www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html
- V-Safe After Vaccination Health Checker –
www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/vsafe.html
- Federal Drug Administration Fact Sheet for Recipients and Caregivers –
www.fda.gov/media/144414/download
- Health and Human Services Vaccines –
www.vaccines.gov/
- Health and Human Services Operation Warp Speed –
www.hhs.gov/coronavirus/explaining-operation-warp-speed/index.html

State

- California State COVID-19 –
www.covid19.ca.gov/

Local

- County of San Diego COVID-19 –
www.sandiegocounty.gov/coronavirus.html
- County of San Diego COVID-19 Vaccine –
www.coronavirus-sd.com/vaccine
- 2-1-1 San Diego –
www.211sandiego.org/

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