10 Things to Know About the COVID-19 Vaccine

Is the vaccine right for me?
My Reason

• To protect myself
• To protect my family
• To protect my patients
• To protect my community
1. COVID-19 Is Still Spreading In Our Community

- Surges in cases continue worldwide
- New variants of the virus are easier to spread
- With over 883,000 cases and over 17,600 deaths, AZ families have been significantly impacted
2. Outbreaks Can Be Stopped With Vaccines

- Blue - Not Vaccinated
- Yellow - Vaccinated
- Red - Sick/Contagious (not vaccinated)

The more yellow vaccinated people there are in a community, the fewer red infected people in the community.
3. Vaccines Offer Us Protection - Sometimes In Different Ways.

- Some people cannot get vaccinated if they are too sick, too young or have allergies, so vaccinating you and your family helps protect them.

- Surround Your Loved Ones with a Vaccinated Family.
4. COVID-19 Vaccines Work

All approved COVID-19 vaccines are close to 100% protective against death and 85%-100% protective against severe disease.

COVID-19 vaccines also prevent most mild cases of COVID-19.
5. COVID-19 Vaccines Are Tested And Monitored For Safety

- FDA carefully reviews all safety data from clinical trials and only approves vaccines when the benefits outweigh risks.

- ACIP is a committee of doctors, nurses and scientists that reviews safety data before recommending any vaccine.

- FDA and CDC will continue to monitor the safety of COVID-19 vaccines to make sure even very rare side effects are identified.

- The vaccines were developed quickly through “Operation Warp Speed”, but none of the safety steps were skipped.
6. Vaccines Work With Your Immune System To Develop Natural Immunity
There are currently 3 COVID-19 vaccines approved. All are effective, safe, and can’t give you any infection. New but not unknown, with 20 years of studies. Vaccine components don’t interact with DNA. Not interchangeable. You don’t have to start over if you wait longer between your 1st and 2nd doses. Your doctor may recommend pregnant and immune-compromised individuals get the vaccine because of high risk of disease complications.

- **Pfizer COVID-19 Vaccine**
  - mRNA – Age 12+
  - 2 doses at least 21 days apart

- **Moderna COVID-19 Vaccine**
  - mRNA – Age 18+
  - 2 doses at least 28 days apart

- **Janssen COVID-19 Vaccine**
  - Vector – Age 18+
  - 1 dose provides 93% against hospitalization
8. Doctors, Nurses, Pharmacists and Scientists Support Vaccination

American Academy of Pediatrics
American Academy of Family Physicians
American College Obstetricians and Gynecologists
American Nurses Association
Centers for Disease Control and Prevention
American Pharmacy Association

All these strongly support COVID-19 Vaccines
9. Babies Can Get Immunity from Mom’s Vaccine

- The American College of Obstetricians and Gynecologists recommends pregnant people talk to their clinician about receiving a COVID-19 vaccine because they are at high risk of complications from infection.
- Based on how COVID-19 vaccines work, experts think they are unlikely to pose a specific risk for people who are pregnant.
- There is new evidence that babies are born protected with Mom’s antibodies from COVID-19 vaccines.
10. What To Expect After Getting COVID-19 Vaccine

- When the body’s immune system mounts a response to a natural infection OR vaccination, the result is local and/or systemic inflammation.
- Download the CDC’s V-Safe app to help them collect information on common responses.
- COVID-19 vaccines cannot cause cough, sore throat, runny nose, or loss of taste or smell.
  - Check with your doctor if you have these symptoms after a COVID-19 vaccine since they may mean that you have COVID-19 or another infection.

Certain side effects are common and show that the vaccine is working.

Note: It is normal to have pain and sometimes redness that may be more noticeable after the first 24 hours and last for several days.
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<th>Continue asking questions!</th>
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<td>Share information with friends &amp; family</td>
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<tr>
<td>Get</td>
<td>Get Vaccinated!</td>
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Thank You!

What questions do you have about COVID-19?

Speaker Name
Contact

For More Information about COVID-19 Vaccine in AZ

https://whyimmunize.org/covid-19/
What Questions Do You Have about the COVID-19 Vaccine?

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Who Should Be Vaccinated? Age 12+

• If you are sick with COVID-19 or other acute illness, wait until isolation is over
• If you are exposed to COVID-19, wait until quarantine is over
• Pregnant and breastfeeding individuals can get vaccinated and should discuss it with their provider
• You can still get vaccinated if you have had COVID-19
• Wait 90 days after antibody therapy to be vaccinated
When will COVID-19 vaccines be available for children younger than 12 years of age?

- COVID-19 vaccine trials are in progress for children but have not yet been completed.

- The anticipated timeline would be that by fall some of the first data will be available for review (probably for 6- to 12-year-olds).

If approved for use (licensed or authorized), it is possible that vaccinations could begin by late fall, but this will depend on a number of things, such as when the data are submitted for review and how long it takes for the review process to be completed.
Is it safe for my teen to get the COVID-19 vaccine given the stories about myocarditis?

- Emerging data from the Vaccine Safety DataLink (VSD) suggest that the rates are higher than have been found in a non-vaccinated population.
  - To date, about 306 million doses of the COVID-19 vaccines have been given, and about 7.2 million of these have been in teens (12-18 years old).
  - Available data suggest that the incidence of myocarditis following mRNA vaccines is about 1 per 50,000 vaccine recipients.

- Myocarditis is somewhat common, particularly as a result of viral infections. Typically, about 100-200 cases occur per million people per year.
  - Myocarditis also occurs more commonly after either acute COVID-19 or as part of the multisystem inflammatory syndrome of children (MIS-C).

The cases of myocarditis that have occurred so far were more often in boys and after the second dose. Symptoms occurred within 4 days after receipt of the dose. Recently immunized teens and young adults who experience chest pain or shortness of breath should be seen by a healthcare provider.
### Risks and Benefits by Age per Million 2nd Doses mRNA Vaccines

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<th>12-29 year olds</th>
<th>≥ 30 years old</th>
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<tbody>
<tr>
<td><strong>With mRNA vaccines</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Myocarditis cases</td>
<td>39-47</td>
<td>3-4</td>
</tr>
<tr>
<td><strong>Risks from COVID-19 if no vaccine receipt</strong></td>
<td></td>
<td></td>
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<tr>
<td>COVID-19 cases</td>
<td>11,000</td>
<td>15,300</td>
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<tr>
<td>Hospitalizations</td>
<td>560</td>
<td>4,598</td>
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<tr>
<td>ICU admission</td>
<td>138</td>
<td>1,242</td>
</tr>
<tr>
<td>COVID-19 Deaths</td>
<td>6</td>
<td>700</td>
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**Risks if Adolescents Do Not Get COVID-19 Vaccinations**

- SARS-CoV-2 infection is in the top 10 causes of death in teens
- MIS-C (4,000 cases 5/2021)
  - Myocarditis, multi-organ inflammation
- “Long COVID-19”
- Spread to others

*MMWR, July 6, 2021 (ER)*
Can the COVID-19 vaccine affect puberty or fertility in my child?

- No, the rumors related to COVID-19 vaccines affecting puberty or fertility are unfounded.
- The mRNA vaccines are processed near the injection site and activated immune system cells travel through the lymph system to nearby lymph nodes.
- They are not affecting hormone levels, nor are they traveling throughout the body to other parts of the body.
- There is not a biological reason to expect that maturation or reproductive functionality of either males or females would be negatively affected by COVID-19 vaccination now or in years to follow.

How Do We Know These Vaccines Are Safe When They Are So New? What About Long-term Side Effects?

• How vaccines work in the body has been studied for many years, so we feel confident that long term effects are rare.

• Safety monitoring for rare reactions is ongoing and any possible problems will be investigated quickly.

• New information will be shared quickly with clinicians and patients.
What About Allergies?

Individuals with history of severe allergic reactions:

• Can be vaccinated except allergy to mRNA vaccine as below (Pfizer and Moderna)

• Severe allergic reaction (anaphylaxis) or immediate allergic reaction to any ingredient in the vaccine, such as polysorbate

• Should be observed for 30 minutes after

Individuals with history of severe or immediate reactions to first COVID-19 vaccines, components of vaccines or polysorbate should not be vaccinated unless working with their HCP or allergy specialist.
Is It Better To Get Natural Immunity Rather Than Immunity From Vaccines?

• COVID-19 can have serious, life-threatening complications, and there is no way to know how COVID-19 will affect you. If you get sick, you could spread the disease to friends, family, and others around you. Vaccines are a safe way to build protection.

• Both this disease and the vaccine are new. We don’t know how long protection lasts for those who get infected or those who are vaccinated.

• What we do know is that COVID-19 has caused very serious illness and death for a lot of people. If you get COVID-19, you also risk giving it to loved ones who may get sick. **Getting a COVID-19 vaccine is a safer choice.**
What about the Risk of Guillain-Barre syndrome (GBS)

- Guillain-Barré syndrome (GBS) is a rare disorder where the body’s immune system damages nerve cells, causing muscle weakness and sometimes paralysis.

- While its cause is not fully understood, the syndrome often follows infection with a virus or bacteria.

- To date, no cases of GBS have been reported following vaccination in participants in the mRNA COVID-19 vaccine clinical trials.

- ACIP is expected to issue precaution for J&J vaccine and previous history of GBS
Should I be worried about clotting after the J&J vaccine?

- Twenty-eight cases occurred after nearly 9 million people received the J&J vaccine, so the risk is extremely low, about 3 in a million.

- The cases occurred in individuals between 18 and 64 years of age; however, women between 30 and 49 years of age are at the highest risk of experiencing this severe side effect. To date, three people have died from this side effect.

- Most cases have occurred between 1 and 2 weeks after vaccination, but some have been identified as early as 3 days and as late as 15 days following vaccination. Therefore, anyone who gets the J&J vaccine should monitor for symptoms up to 3 weeks after getting vaccinated.

- This episode demonstrates the robustness of the vaccine safety monitoring systems in place in the U.S. as the systems detected something happening at a rate of about 1 in a million in less than 6 weeks.
If I Had COVID-19 Illness, Do I Still Need to Get the Vaccine?

• Yes, you should be vaccinated regardless of whether you already had COVID-19. That’s because experts do not yet know how long you are protected from getting sick again after recovering from COVID-19.

• If you were treated for COVID-19 with monoclonal antibodies or convalescent plasma, you should wait 90 days before getting a COVID-19 vaccine. Talk to your doctor if you are unsure what treatments you received or if you have more questions about getting a COVID-19 vaccine.

• The vaccine offers protection against other COVID strains that natural infection might not provide.

• Learn more about why getting vaccinated is a safer way to build protection than getting infected.
I Heard That There Are Fetal Cells In Vaccines

• Vector COVID-19 vaccines use human cells to grow the virus in the early part of development.
  • These cell cultures are from a legally aborted fetus in the 1960’s and were not for the purpose of obtaining these cells. These cell cultures are used for other medicines including cancer treatments.
  • All of the cellular material is filtered out from the vaccine components.

• The Catholic Church and the Southern Baptist Ethics & Religious Liberty Commission have both stated that receiving a COVID-19 vaccine that required fetal cell lines for production or manufacture is morally acceptable.

• The mRNA vaccines do not use human cell cultures in the development of the vaccine.
Facts About COVID-19 mRNA Vaccines

They cannot give someone COVID-19.
• mRNA vaccines do not use the live virus that causes COVID-19.

They do not affect or interact with our DNA in any way.
• mRNA never enters the nucleus of the cell, which is where our DNA (genetic material) is kept.
• The cell breaks down and gets rid of the mRNA soon after it is finished using the instructions.

mRNA Vaccines Are New, But Not Unknown
• Researchers have been studying and working with mRNA vaccines for decades.

https://www.youtube.com/watch?v=w_5zQzlB5Uc
Facts About Viral Vector Vaccines

Vector Vaccines Are New, but Not Unknown

- Vector vaccines for COVID-19 are rigorously tested for safety before being authorized or approved for use in the US.
- Vaccines of this type have been used to respond to recent Ebola outbreaks.

They cannot give someone COVID-19 or other infections.

- Viral vectors cannot cause infection with COVID-19 or with the virus used as the vaccine vector.

They do not affect or interact with our DNA in any way.

- The genetic material delivered by the viral vector does not integrate into a person’s DNA.
How Long Will I be Protected after I’m Vaccinated?

- It takes 1-2 weeks after the 2nd dose to be considered fully vaccinated.
- We are still learning how long protection lasts and if booster doses will be needed for new variants in the future.
- No vaccine is 100% effective, so continue to use modified mitigation measures.
  - However, if you have been exposed you will not have to quarantine after you’ve been vaccinated which is great news for kids going back to school.

Continue to follow all current guidance on reducing the spread of COVID-19!
Find Clinics and Neighborhood Clinics

To find pharmacies, offices and clinics, in your neighborhood

ADHS Patient Registration Help
1-844-542-8201

Multiple Language Vaccine Finder:
https://coronavirus-vaccine-outreach-tapi.hub.arcgis.com/
What Do I Need For My Appointment?

• **Insurance is not required** to get a **no cost COVID-19 Vaccine**
  - You may be asked for Driver’s License # or Social Security#
  - If you don’t have either one, you can still get the vaccine

• Bring your insurance card, if you have one
  - Need AHCCCS number and plan name
  - Medicare requires your Medicare ID# or Social Security# **not your Advantage Plan #**
  - Private Insurance requires plan name, member & group number, Date of Birth & Social Security# for main account holder

• You might be asked for some form of proof of age or employment, but with most counties opening eligibility, that will not be required.

• For more vaccine patient information go to: [https://whyimmunize.org/covid-19-vaccination-page/](https://whyimmunize.org/covid-19-vaccination-page/)
How Do I Get My Vaccine Record?

• You will be given a paper vaccine record with your first dose of vaccine.
  • Take a picture of it!
  • Take your vaccine record with you to your 2\textsuperscript{nd} dose visit

• If you don’t have your paper record,
  • ask your provider to print your record from the state registry
  • Try the app MyIR to find immunization records \url{https://myirmobile.com/}
  • Call Arizona Department of Health Services 602.364.3630
COVID-19 (AKA Novel Coronavirus)

By Karen Lewis, M.D.

Corona is a pretty word.
It's Latin for a crown--
An item worn by kings and queens
And people of renown.

Corona is a moniker
That's used to name a beer--
A product that a lot of folks
Are drinking every year.

Now listen close, Corona bug,
You really are a jerk.
So, go away you nasty germ
And let me get to work!

By Karen Lewis, M.D.
Vaccines Will Help Us Get Back to the People & Things We Love

Continue
Continue asking questions!

Share
Share information with friends & family

Get
Get Vaccinated!
Thank You!

Speaker Name
Contact Information

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1. People in Arizona are still getting sick from COVID-19.
2. The outbreak can be stopped when enough people get their vaccine.
3. Getting your vaccine will protect you & your family.
4. COVID-19 vaccines are close to 100% protective against death and 85%-100% protective against severe disease.
5. COVID-19 vaccines are tested and monitored for safety.
6. Vaccines work with your immune system to develop natural immunity.
7. The 3 COVID-19 vaccines are recommended for every adult including people who are pregnant & immune compromised.
8. Doctors, nurses, pharmacists and scientists support COVID-19 vaccination.
9. COVID-19 immunizations are free for everyone – no insurance or ID required.
10. Vaccine side effects like sore arm & achiness are common and show that the vaccine is working.

Vaccines will help us get back to the things we love