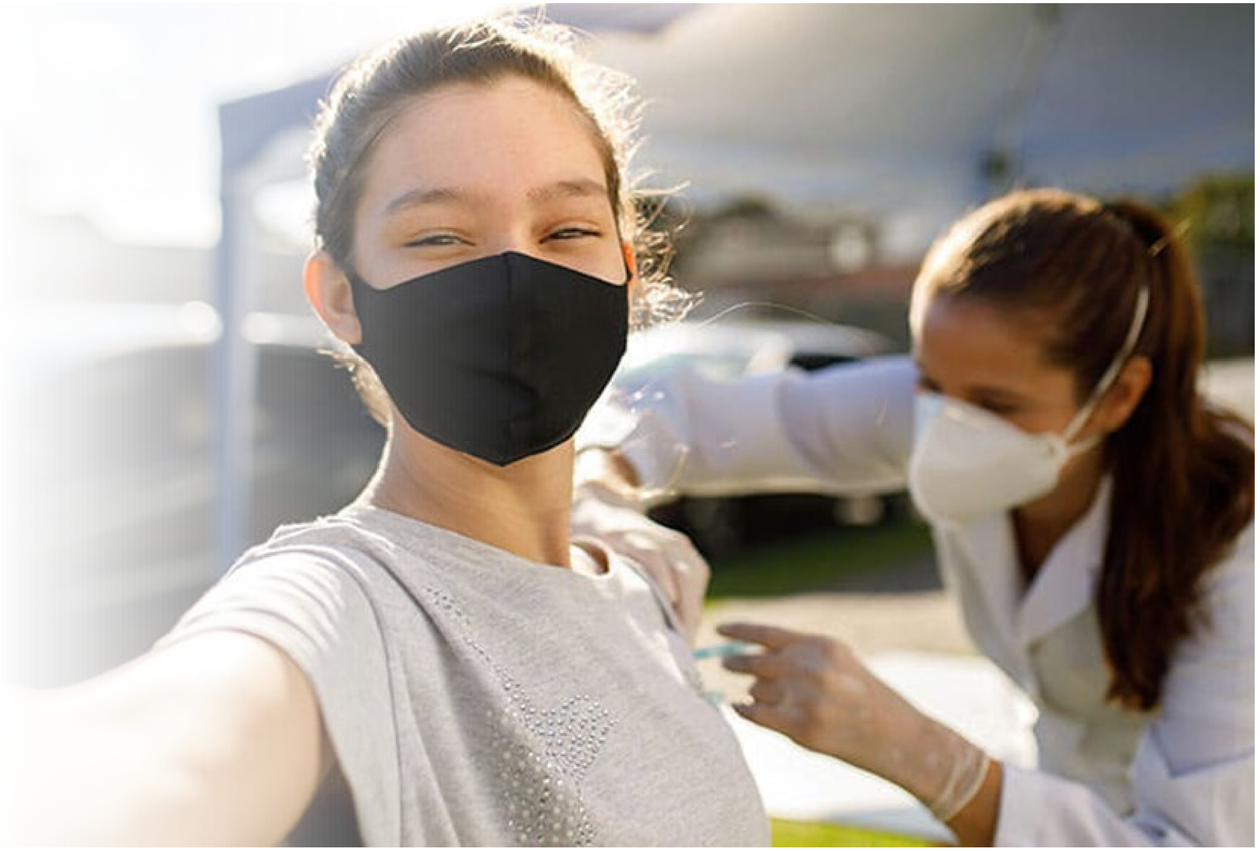
BE COVIDSAFE

HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS

COVID-19 Vaccines

How Vaccinations Can Help End the Current Pandemic



LIVE WELL SAN DIEGO

BE COVIDSAFE

HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS

Note

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

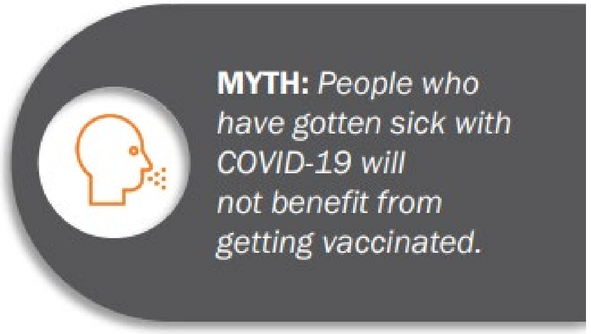
05/24/2021

Today's Presentation

LIVE WELL SAN DIEGO

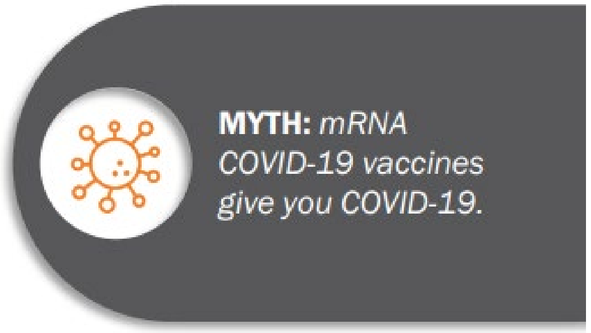
- Myths vs. Facts
- Why Get Vaccinated?
- Vaccine Development and Safety
- Getting Your Vaccination
- After You Are Fully Vaccinated
- Key Reminders

COVID-19 Vaccine – Common Myths



FACT: People who have gotten sick with COVID-19 still benefit from getting vaccinated.

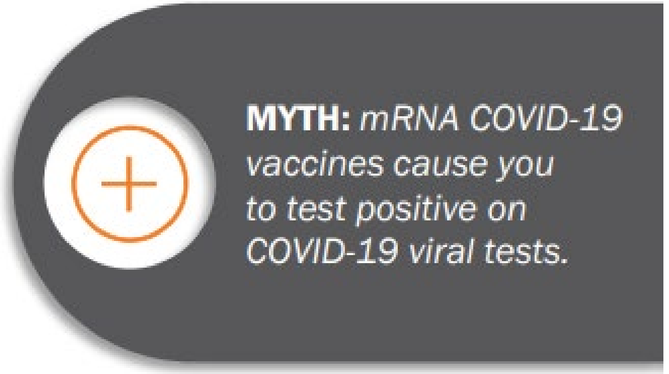
- People are advised to get a COVID-19 vaccine even if they have been sick with COVID-19 before. Reinfection is possible and getting vaccinated is one of the best ways to protect yourself, your family, and community.



FACT: COVID-19 vaccines do not give you COVID-19.

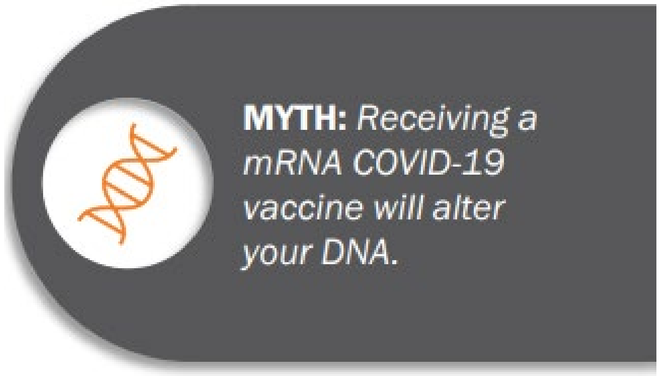
- None of the COVID-19 vaccines in development in the United States (U.S.) use the live virus that causes COVID-19. The goal for these vaccines is to teach our immune systems how to recognize and fight the COVID-19 virus.

COVID-19 Vaccine – Common Myths



FACT: COVID-19 vaccines do not cause you to test positive on COVID-19 viral tests.

- COVID-19 vaccines in the U.S. won't cause you to test positive on current infection viral tests. If your body developed an immune response and tests positive on some antibody tests, a previous infection may have given some level of protection against the virus.



FACT: Receiving a COVID-19 vaccine will not alter your DNA.

- Current COVID-19 vaccines were developed using messenger RNA (mRNA). mRNA are instructions for how to make a protein or even just a piece of protein. It is not biologically possible for mRNA from COVID-19 vaccines to alter or change a person's DNA.

BE COVIDSAFE

HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS

COVID-19 Vaccine – Common Myths

LIVE WELL SAN DIEGO

FACT: Getting vaccinated prevents you from getting sick with COVID-19.

- The vaccine is highly effective at preventing you from getting seriously ill or hospitalized with COVID-19. It is the best way to acquire immunity from the disease.

FACT: If you are pregnant, you can receive a COVID-19 vaccine. There is currently no evidence that any vaccines, including COVID-19 vaccines, cause fertility problems.

- The COVID-19 disease is associated with higher complications if pregnant. The vaccine is the safest way to acquire immunity.

BE COVIDSAFE

HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS

COVID-19 Vaccines

LIVE WELL SAN DIEGO

Why Get Vaccinated?

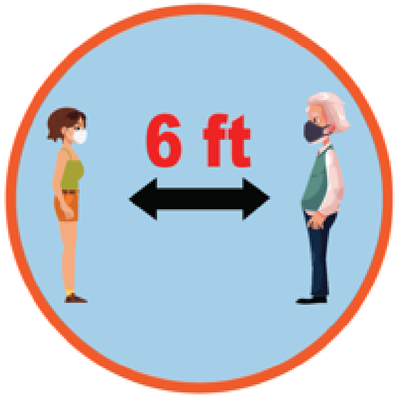
Using All Available “Tools” Against COVID-19

LIVE WELL SAN DIEGO

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

Reduce your chances of being exposed to the virus or spreading it to others using the following six “tools”:

- Wash your hands often.
- Watch your distance
- Wear a face covering
- Stay home when you are sick.
- Get tested.
- **Get vaccinated.**



BE COVIDSAFE

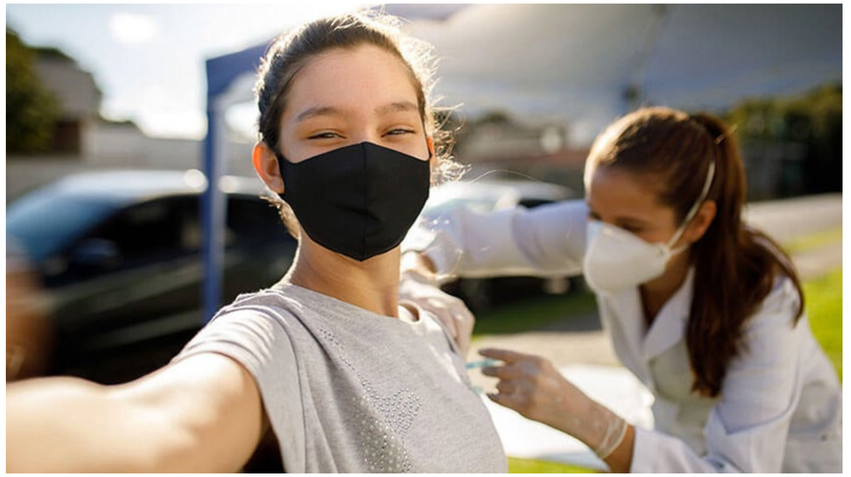
HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS

Why should people 12+ get vaccinated?

LIVE WELL SAN DIEGO

Protects Them

- Getting vaccinated is the safest way to acquire immunity.
- While less common, COVID-19 can still cause suffering in young people, including Long COVID-19 (long-haulers) and Multisystem Inflammatory Syndrome.



Protects their friends, family, and community

- Younger people may spread the virus to people at higher risk for serious complications.
- The more vaccinated individuals in our community, the less opportunity for different or new strains of COVID-19 to spread or emerge.

Enjoy activities with greater piece of mind

- Fully vaccinated individuals can feel safer doing the things they enjoy.

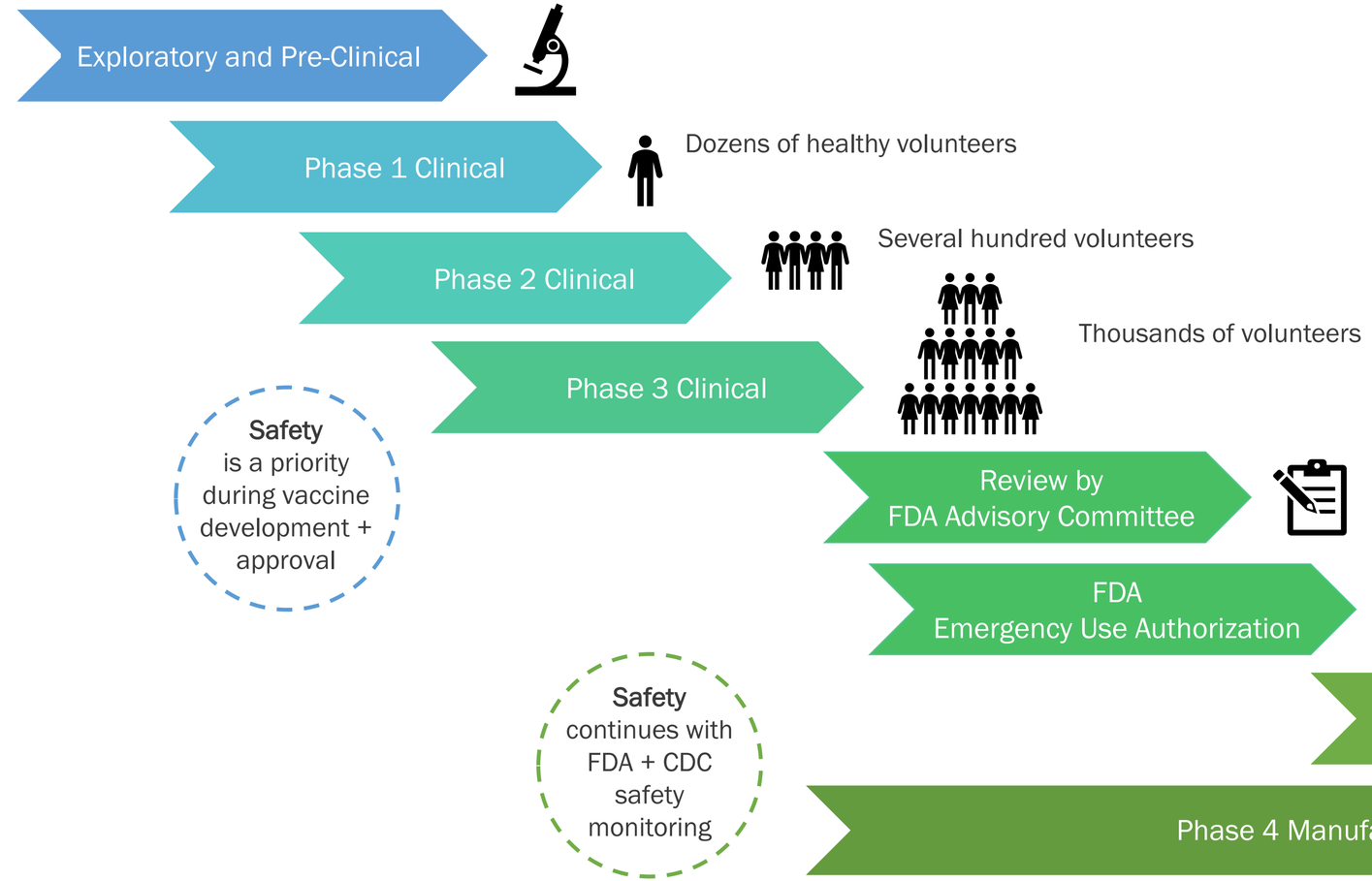
Would not need to miss days from school or work if exposed

- Fully vaccinated individuals do not need to quarantine (10-14 days at home) if exposed unless they develop symptoms.

LIVE WELL SAN DIEGO

Vaccine Development and Safety

From Development to Distribution



Accelerated Timeline

- By aligning/overlapping vaccine development phases, the timeline from development to distribution of the COVID-19 vaccine was accelerated without compromising safety.
- The development process for all COVID-19 vaccines that have been authorized for emergency use maintained transparent and rigorous standards for safety and efficacy.

BE COVIDSAFE

HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS

About Pfizer-BioNTech™

LIVE WELL SAN DIEGO

As of 5/10/2021 only Pfizer-BioNTech™ is approved for use in those under 18 (12–17-year-olds).

- 2 shots, 21 days apart.

Pfizer-BioNTech™	Pfizer-BioNTech™	Pfizer-BioNTech™
• FDA issues EUA: 11/20/20. • Persons aged **18 years and older.** • 95% overall effective based on large clinical study (more than 43,000 participants, including those aged 16+).	• FDA issues EUA: 12/11/20. • Persons aged **16 – 17 years old.** • 95% overall effective based on large clinical study (more than 43,000 participants, including those aged 16+).	• FDA issues EUA: 5/10/21. • Persons aged **12 – 15 years old.** • 100% overall effective based on large clinical study of younger adolescents (more than 2,200 participants).

Inside Messenger RNA (mRNA) Vaccines

LIVE WELL SAN DIEGO

moderna

Pfizer

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

Active Ingredients

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

Lipids*

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

Salts

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

Sugar

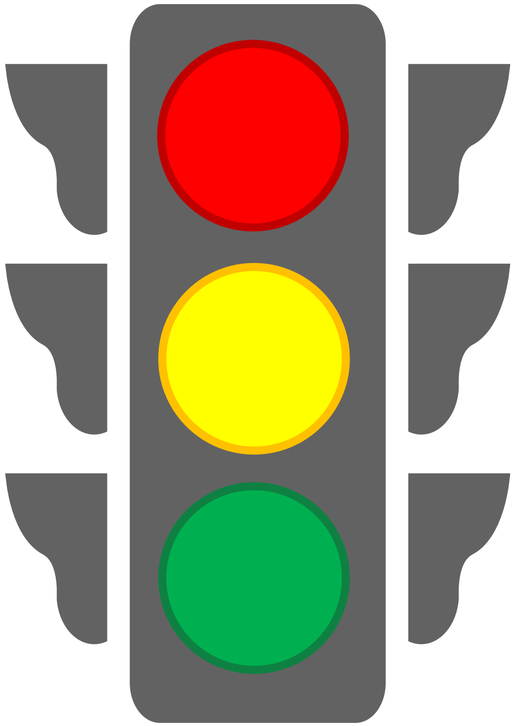
*Both mRNA COVID-19 vaccines include polyethylene glycol (PEG) 2000, a lipid known in rare cases (less than .001%) to cause anaphylaxis in vaccine recipients.

BE COVIDSAFE

HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS

Allergic Reactions

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



If you have had a severe or immediate allergic reaction (within 4 hours), or have a history of allergic reactions, to any ingredient in a COVID-19 mRNA or J&J vaccine:

- **Allergic to polyethylene glycol (PEG).** Ask your doctor about receiving the J&J vaccine instead of the mRNA vaccine for your first and/or second dose.
- **Allergic to polysorbate.** Ask your doctor about receiving the mRNA vaccine instead of the J&J vaccine.
- Do not get the vaccine if you are allergic to any ingredients found in any of the vaccines.

If you are allergic to other types of vaccines—even if it was not severe:

- Ask your doctor if you should get a COVID-19 vaccine.

If you have allergies not related to vaccines:

- CDC recommends that people get vaccinated even if they have a history of severe allergic reactions not related to vaccines or injectable medications.

Vaccines in San Diego County

LIVE WELL SAN DIEGO

COVID-19 Vaccine Appointments are quick and convenient, and many offer walk-up & evening hours

- **Your Healthcare Provider**
- **Health Centers & Pharmacies**
- **County Vaccination Sites & Vaccination Super Stations**
- **Partnerships**

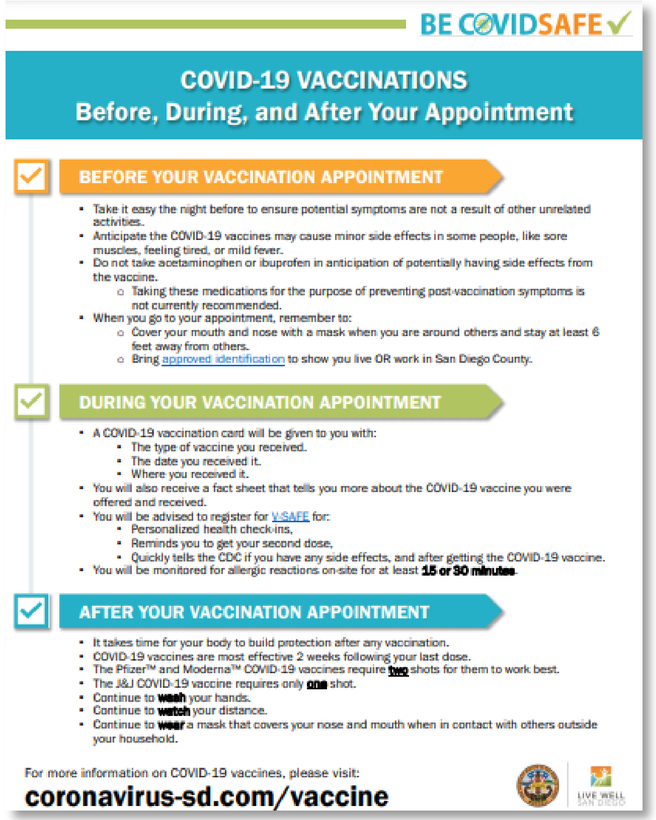
For help finding an appointment visit:
Coronavirus-sd.com/vaccines or call 2-1-1

BE COVIDSAFE

HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS

5/24/2021

Information to help you prepare



BE COVIDSAFE

COVID-19 VACCINATIONS
Before, During, and After Your Appointment

BEFORE YOUR VACCINATION APPOINTMENT

- 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 minor 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.
  - Bring approved identification to show you live OR work in San Diego County.

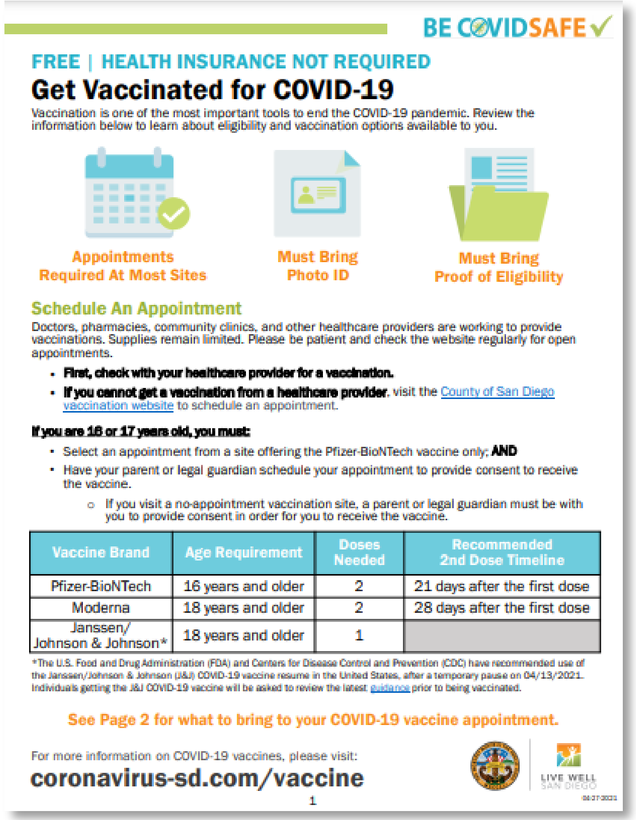
DURING YOUR VACCINATION APPOINTMENT

- 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 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.
- You will be monitored for allergic reactions on-site for at least **15 or 30 minutes**.

AFTER YOUR VACCINATION APPOINTMENT

- It takes time for your body to build protection after any vaccination.
- COVID-19 vaccines are most effective 2 weeks following your last dose.
- The Pfizer™ and Moderna™ COVID-19 vaccines require **two** shots for them to work best.
- The J&J COVID-19 vaccine requires only **one** shot.
- 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.

For more information on COVID-19 vaccines, please visit:
coronavirus-sd.com/vaccine



BE COVIDSAFE

FREE | HEALTH INSURANCE NOT REQUIRED

Get Vaccinated for COVID-19

Vaccination is one of the most important tools to end the COVID-19 pandemic. Review the information below to learn about eligibility and vaccination options available to you.

Appointments Required At Most Sites

Must Bring Photo ID

Must Bring Proof of Eligibility

Schedule An Appointment

Doctors, pharmacies, community clinics, and other healthcare providers are working to provide vaccinations. Supplies remain limited. Please be patient and check the website regularly for open appointments.

- **First, check with your healthcare provider for a vaccination.**
- **If you cannot get a vaccination from a healthcare provider**, visit the County of San Diego vaccination website to schedule an appointment.

If you are 16 or 17 years old, you must:

- Select an appointment from a site offering the Pfizer-BioNTech vaccine only; **AND**
- Have your parent or legal guardian schedule your appointment to provide consent to receive the vaccine.
  - If you visit a no-appointment vaccination site, a parent or legal guardian must be with you to provide consent in order for you to receive the vaccine.

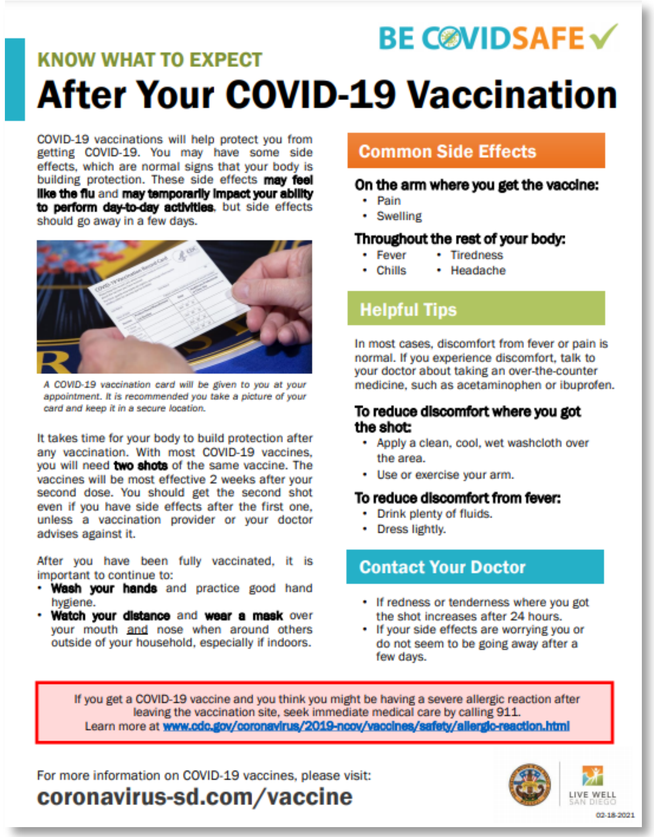
Vaccine Brand	Age Requirement	Doses Needed	Recommended 2nd Dose Timeline
Pfizer-BioNTech	16 years and older	2	21 days after the first dose
Moderna	18 years and older	2	28 days after the first dose
Janssen/ Johnson & Johnson*	18 years and older	1	

*The U.S. Food and Drug Administration (FDA) and Centers for Disease Control and Prevention (CDC) have recommended use of the Janssen/Johnson & Johnson (J&J) COVID-19 vaccine resume in the United States, after a temporary pause on 04/13/2021. Individuals getting the J&J COVID-19 vaccine will be asked to review the latest guidance prior to being vaccinated.

See Page 2 for what to bring to your COVID-19 vaccine appointment.

For more information on COVID-19 vaccines, please visit:
coronavirus-sd.com/vaccine

1



BE COVIDSAFE

KNOW WHAT TO EXPECT

After Your COVID-19 Vaccination

COVID-19 vaccinations will help protect you from getting COVID-19. You may have some side effects, which are normal signs that your body is building protection. These side effects **may feel like the flu** and **may temporarily impact your ability to perform day-to-day activities**, but side effects should go away in a few days.

A COVID-19 vaccination card will be given to you at your appointment. It is recommended you take a picture of your card and keep it in a secure location.

It takes time for your body to build protection after any vaccination. With most COVID-19 vaccines, you will need **two shots** of the same vaccine. The vaccines will be most effective 2 weeks after your second dose. You should get the second shot even if you have side effects after the first one, unless a vaccination provider or your doctor advises against it.

After you have been fully vaccinated, it is important to continue to:

- **Wash your hands** and practice good hand hygiene.
- **Watch your distance** and **wear a mask** over your mouth and nose when around others outside of your household, especially if indoors.

Common Side Effects

On the arm where you get the vaccine:

- Pain
- Swelling

Throughout the rest of your body:

- Fever
- Chills
- Tiredness
- Headache

Helpful Tips

In most cases, discomfort from fever or pain is normal. If you experience discomfort, talk to your doctor about taking an over-the-counter medicine, such as acetaminophen or ibuprofen.

To reduce 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.

Contact Your Doctor

- If 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.

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 911.
Learn more at www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/allergic-reaction.html

For more information on COVID-19 vaccines, please visit:
coronavirus-sd.com/vaccine

BE COVIDSAFE

HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS

Information to help you prepare

12 to 17 years olds must ONLY select a site offering the Pfizer-BioNTech vaccine AND have parent/legal guardian or relative caregiver consent.

	Additional Details
Parent/Guardian IS PRESENT	• Parent/Guardian identifies minor and verifies their age *(no documentation needed)* • Parent/Guardian may answer medical questions and provide consent **in-person**
Relative Caregiver IS PRESENT *(Relative must be 18 years or older and live with the minor)* *Examples: Grandparent, aunt, uncle, cousin*	• Relative caregiver must complete Caregiver Affidavit Form *(may complete on-site if needed)* • Relative caregiver can confirm child's identity and age *(no documentation needed)* • Relative caregiver may answer medical questions and provide consent **in-person**
Minor is unaccompanied **OR** **accompanied by a non-caregiver adult** *Examples: Neighbor, nanny, family friend*	• MINOR MUST HAVE AN APPOINTMENT THROUGH MY TURN TO BE VACCINATED • Minor's information and age provided when scheduling appointment in My Turn • Minor or adult must show consent form filled out by parent/guardian • Minor must bring photo ID **AND** proof of age

COVID-19 Vaccines

LIVE WELL SAN DIEGO

After You Are Fully Vaccinated

Vaccination Dosage

LIVE WELL SAN DIEGO

- **It takes time** for your body to build protection after any vaccination.
- The Pfizer™ COVID-19 vaccine requires **two** shots for them to work best.
- **Your 2nd dose should be after 21 days and no longer than 42 days after your first dose**

You are fully vaccinated:

2 weeks after your second dose

BE COVIDSAFE

HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS

5/24/2021

Post-Vaccination Symptoms & School

LIVE WELL SAN DIEGO

If your child experiences symptoms, it is recommended they stay home from school until they feel better, plus 24 hours after sympoms subside.

Students can return to school if:

- Symptoms started 1-2 days after a vaccine was administered AND
- Symptoms resolved within 72 hours of starting AND
- There are no other symptoms or signs of COVID-19 being experienced (e.g., loss of taste/smell; sore throat, cough, others), then they may return to work/school 24 hours after the side effects have improved.

Students should stay home if symptoms:

- Started 3 or more days after the vaccine was administered OR
- If all symptoms did not resolve within 72 hours after starting, then do not attribute these symptoms to vaccine side effects.

Recommendations for “Fully Vaccinated” People

LIVE WELL SAN DIEGO

“Fully vaccinated” means your body has built up protection following vaccination 2 weeks after your last dose of the COVID-19 vaccine.

Fully vaccinated people can start doing many outdoor and indoor activities without wearing a mask. Unvaccinated persons should continue wearing a mask for higher risk activities.

Unvaccinated People	Your Activity: Outdoor	Fully Vaccinated People
	Walk, run, or bike outdoors with members of your household	
	Attend a small, outdoor gathering with fully vaccinated family and friends	
	Attend a small, outdoor gathering with fully vaccinated and unvaccinated people	
	Dine at an outdoor restaurant with friends from multiple households	
	Attend a crowded, outdoor event, like a live performance, parade, or sports event	

Safest

Least Less Safe Safe

Safest

BE COVIDSAFE ✓

HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS

Recommendations for “Fully Vaccinated” People

LIVE WELL SAN DIEGO

	Unvaccinated People	Your Activity: Indoor	Fully Vaccinated People	
Less Safe		Visit a barber or hair salon		Safest
		Go to an uncrowded, indoor shopping center or museum		
		Attend a small, indoor gathering of fully vaccinated and unvaccinated people from multiple households		
		Go to an indoor movie theater		
Least Safe		Attend a full-capacity worship service		
		Sing in an indoor chorus		
		Dine at an indoor restaurant or bar		
		Participate in an indoor, high intensity exercise class		

BE COVIDSAFE

HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS

Face Coverings

LIVE WELL SAN DIEGO

Face coverings are required at all times in schools, even if you are fully vaccinated.

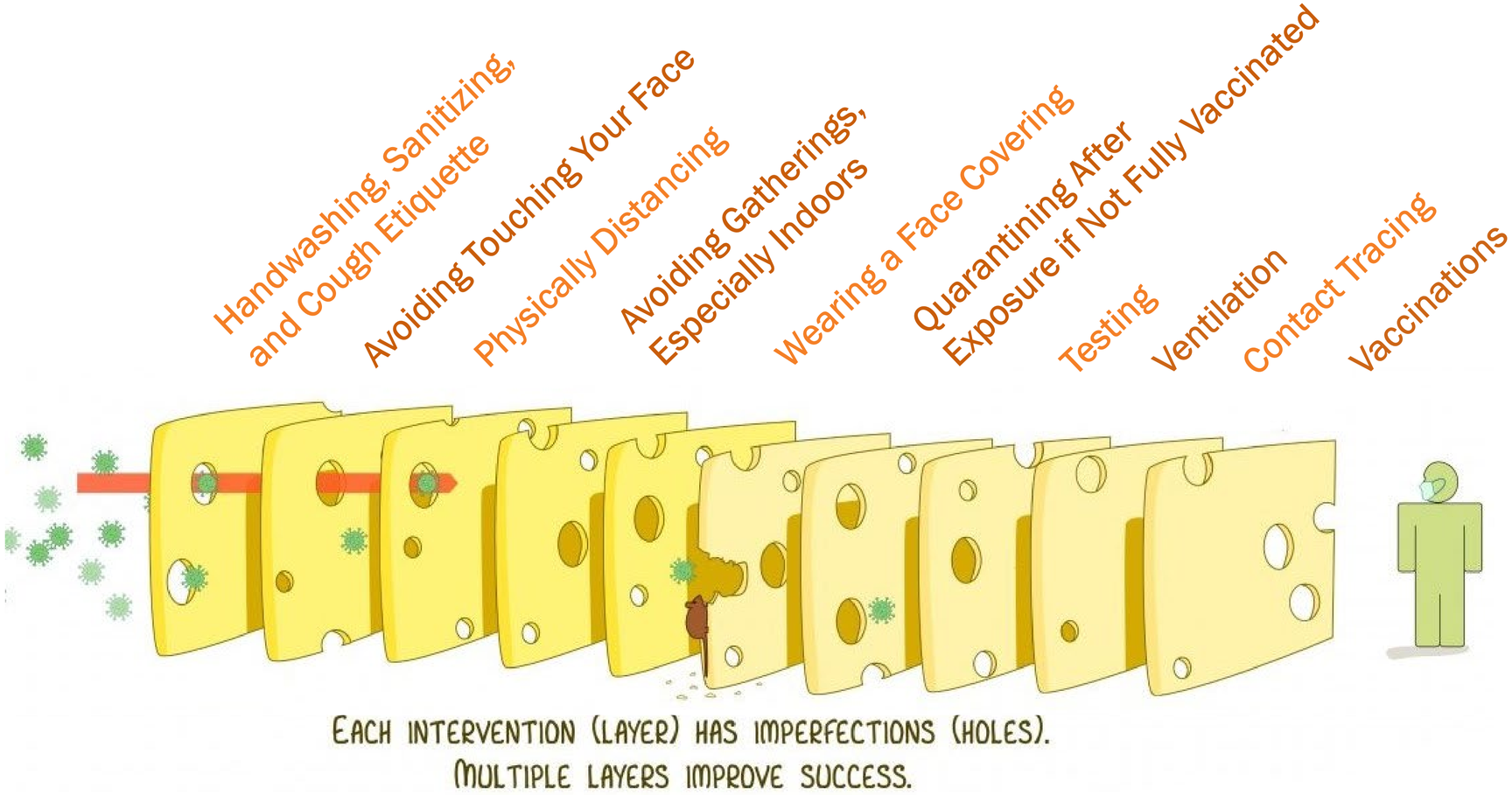
BE COVIDSAFE

HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS

COVID-19 Vaccines

Key Reminders

No Single Prevention Strategy is Enough



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

BE COVIDSAFE

HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS

How Else Can I Help?

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, family, and other parents in your school or community
- Provide your own presentations.
- Share promotional flyers available at coronavirus-sd.com.

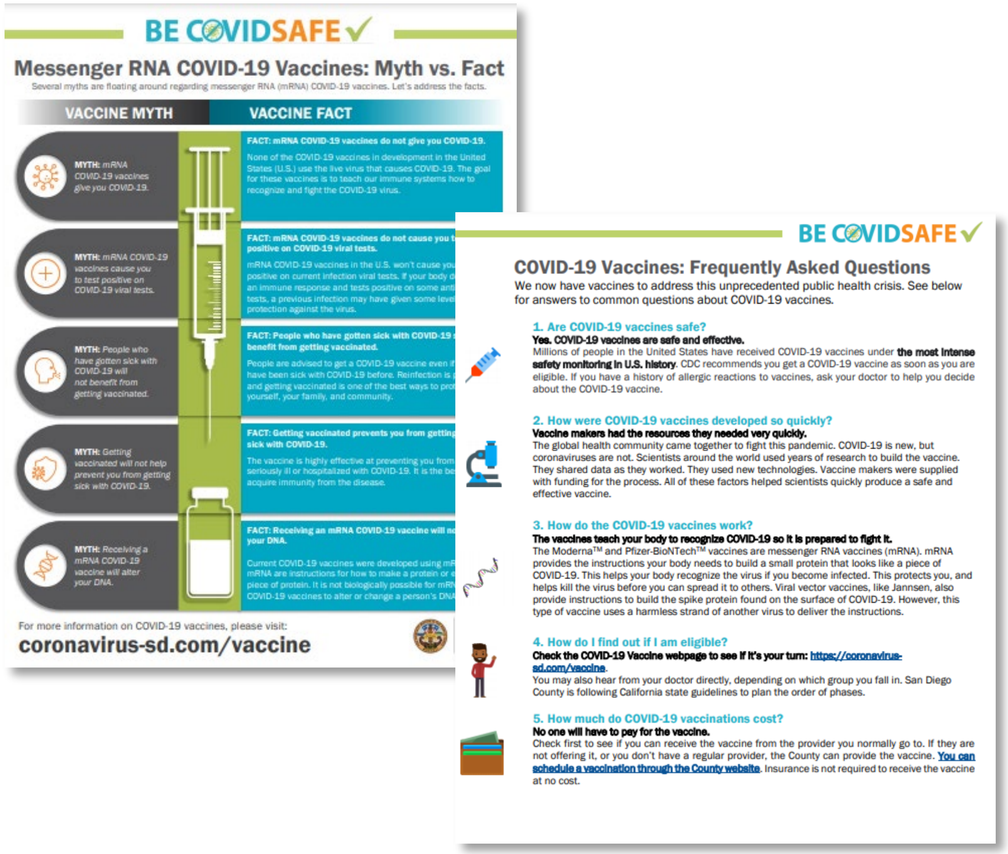
Helpful Web Links

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/

State

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



BE COVIDSAFE

HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS

Helpful Web Links

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

We Value Your Feedback!

LIVE WELL SAN DIEGO

Please take a few minutes to provide feedback about this presentation using your smart device to scan the QR code above. If you prefer to type in the URL, please visit https://bit.ly/3a9NBF6.

This form should take about 3 minutes to complete

COVID-19 numbers are trending down.

Thank you for doing your part!

But now's not the time to let our guard down.

- Keep wearing your masks
- Watching your distance
- Washing your hands frequently

Keep it up!

coronavirus-sd.com

LIVE WELL SAN DIEGO