

BE COVIDSAFE ✓

HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS

# COVID-19 Vaccines

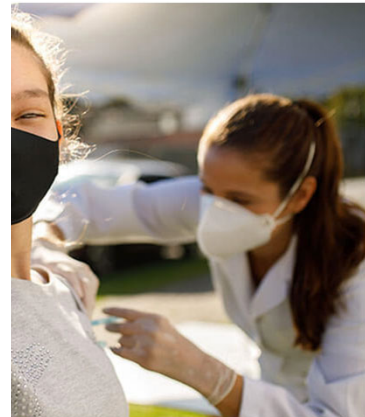
*How Vaccinations Can Help  
End the Current Pandemic*



LIVE WELL  
SAN DIEGO

BE COVIDSAFE ✓

HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS



- Thank you for joining me today to discuss this important topic.
- Today we are going to share information about the COVID-19 vaccines available, including:
  - **Why it is important** to get vaccinated
  - How the vaccines were **developed**
  - How the vaccines will be **distributed to the public**

## Note



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

**05/24/2021**

**BE COVIDSAFE** ✓

HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS

2

- This is a **rapidly changing situation**. The information I will share today is current as of...

## Today's Presentation



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

**BE COVIDSAFE** ✓

HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS

3

- Overview of what we will be covering today

## COVID-19 Vaccine – Common Myths



**MYTH:** People who have gotten sick with COVID-19 will not benefit from getting vaccinated.

**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.



**MYTH:** mRNA COVID-19 vaccines give you COVID-19.

**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.

**BE COVIDSAFE** ✓

HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS

There are several myths when it comes to vaccines. Let's address some today:

Source: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>

## COVID-19 Vaccine – Common Myths



**MYTH:** mRNA COVID-19 vaccines cause you to test positive on COVID-19 viral tests.

**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.



**MYTH:** Receiving a mRNA COVID-19 vaccine will alter your DNA.

**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

There are several myths when it comes to vaccines. Let's address some today:

Source: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>

## COVID-19 Vaccine – Common Myths



LIVE WELL  
SAN DIEGO



**MYTH:** Getting vaccinated will not help prevent you from getting sick with COVID-19.

**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.



**MYTH:** The COVID-19 vaccines can cause fertility issues

**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

Source: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>



# Why Get Vaccinated?

**BE COVIDSAFE** ✓

HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS

7

- Now let's talk about why it's important for us to get vaccinated.

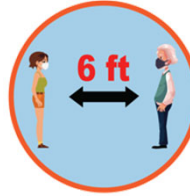
## Using All Available “Tools” Against COVID-19



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

8

**Vaccines are just one of the tools** we have to help stop the COVID-19 pandemic.

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

- Wash your hands frequently.
- Stay at least 6 feet away from others.
- Cover your mouth and nose with a mask.
- Stay home when you are sick.
- Get tested.
- **Get vaccinated.**

—Hip Pocket Notes—

Source: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>



## Why should people 12+ get vaccinated?



### 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.



**BE COVIDSAFE** ✓

HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS

9

There are several benefits for people, including young people, to get the covid vaccine

In addition to protecting themselves from the negative short and potentially long-term side affects of getting COVID-19, young people can help stop the spread and variants of this disease and prevent it from getting to their friends, classmates, family and community.

Fully vaccinated people can feel safer doing the things they love and help our entire community get back to normal. If you are fully vaccinated and come into contact with someone who is COVID-19 positive, you do not need to quarantine unless you develop symptoms. This helps you avoid missing 10 – 14 days from school or work.

There is a good chance vaccines could be required for schools. It's better to prepare and get vaccinated in advance to prevent any potential delays.



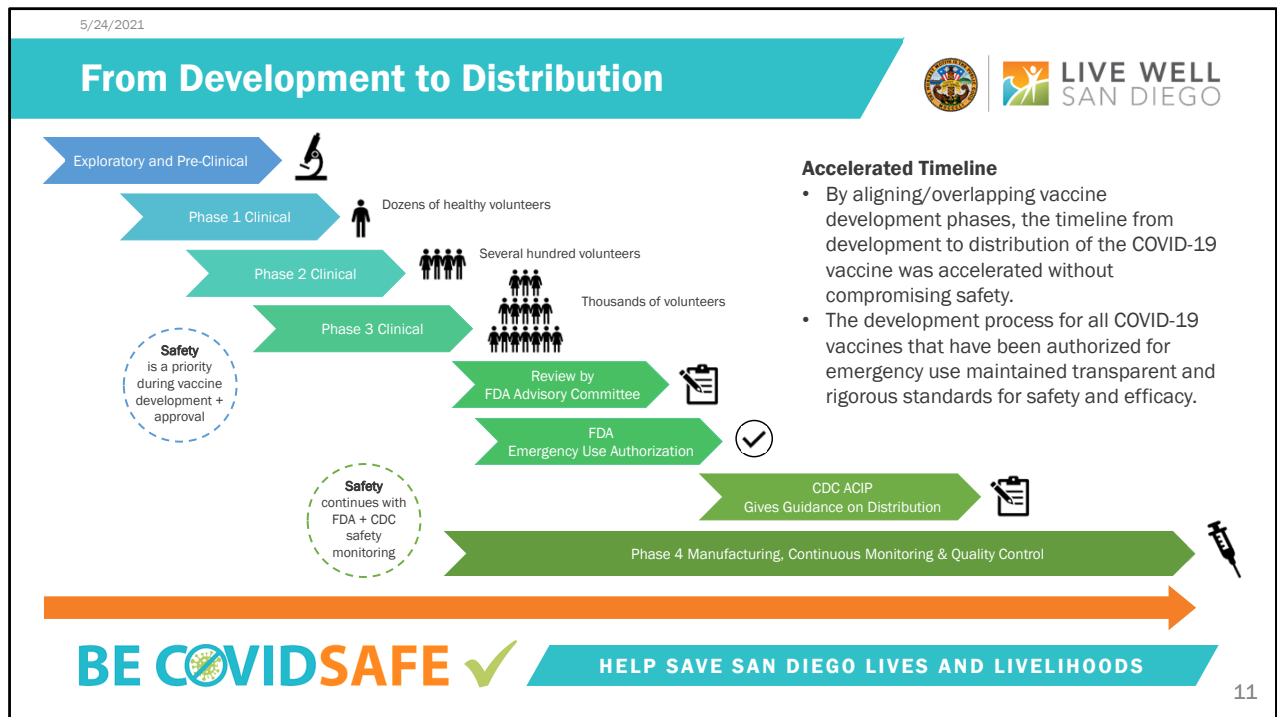
# Vaccine Development and Safety

BE COVIDSAFE ✓

HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS

10

- Now let's talk about how vaccines are developed, including the important safety measures involved.



While the coronavirus pandemic made mask-wearing and physical distancing a part of our everyday lives, it also spurred global cooperation for vaccine research and distribution.

- Under normal circumstances, making a vaccine can take up to [10–15 years](#) given the complexity of vaccine development.
- Dr. Michael Parry, the chair of Infectious Diseases at Stamford Health in Stamford, CT, told *MNT* that vaccines train our immune system to remember an infectious agent — without our having to contract it.
- “Traditionally, they have contained weakened or inactivated parts of a particular virus (antigen) to trigger an immune response within the body. These vaccines will prompt the immune system to respond, much as it would have on its first reaction to the actual pathogen.”
- **However, amid a global pandemic, time was a luxury the world could not afford. Researchers quickly mobilized to share their coronavirus data with other scientists.**
- Dr. Yager said that thanks to advances in genomic sequencing, researchers successfully uncovered the viral sequence of SARS-CoV-2 in [January 2020](#) — roughly 10 days after the first reported pneumonia cases in Wuhan, China. The ability to [fast-track](#) research and clinical trials was a direct result of this worldwide cooperation.
- Due to the aligning/overlapping of vaccine development phases, the timeline for the

development to distribution of the COVID-19 vaccine was accelerated.

- Other factors include higher priority over other vaccine development and only submitting for Emergency Use Authorization (EUA), not formal approval.

**—Hip Pocket Notes—**

Graphic adapted from “A Review of the Progress and Challenges of Developing a Vaccine for COVID-19” from

<https://www.frontiersin.org/articles/10.3389/fimmu.2020.585354/full>.

## About Pfizer-BioNTech™



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.

- 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).

Pfizer-BioNTech™



**BE COVIDSAFE** ✓

HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS

12

- The Pfizer™ vaccine is approved for persons **12 years old**, was studied in **large clinical trials**, and is **extremely effective** (95 – 100%).

The goal of COVID-19 vaccinations is to prevent deaths and hospitalizations as a result of coronavirus infection. Although efficacy varies, **all** EUA vaccinations were **100%** effective at preventing deaths and hospitalizations if the participant received a full vaccination series of any COVID-19 vaccine after 28 days.

—Hip Pocket Notes—

Vox YouTube video explaining Why You Can't Compare COVID-19 Vaccines (7 minutes):  
<https://youtu.be/K3odScka55A>

Pfizer EUA Memorandum: <https://www.fda.gov/media/144416/download>

Moderna EUA Memorandum: <https://www.fda.gov/media/144673/download>

Janssen EUA Memorandum: <https://www.fda.gov/media/146338/download>

## Inside Messenger RNA (mRNA) Vaccines



**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\***

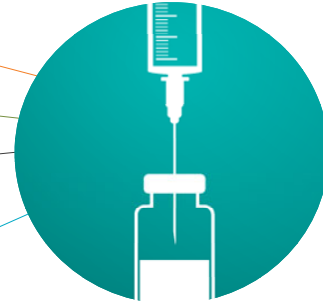
**Buffers** the vaccine to stabilize the pH to match the pH of our bodies.

**Salts**

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

**Sugar**

**moderna**



\*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

13

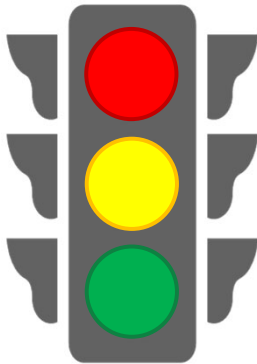
- Several of the vaccines against the COVID-19 virus (SARS-CoV-2) are what are known as “**mRNA**” vaccines, including the two currently approved in the United States, from Pfizer™ and Moderna™.
- These vaccines have 4 parts:
  - **Active ingredients:** RNA is a template to produce a specific protein. This message tells our cells to produce a viral protein that triggers an immune response.
  - **Lipids:** Fatty molecules that form a protective capsule, aids in delivery, and protects the RNA.
  - **Salts:** Buffers the vaccine to stabilize the pH to match the pH of our bodies.
  - **Sugar:** Protectant for lipids—keeps fatty molecules from being damaged at extremely cold storage temperatures.

Note: \*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.

## 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.

**BE COVIDSAFE** ✓

HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS

14

The CDC has learned of reports that some people have experienced severe allergic reactions — **also known as anaphylaxis** — after getting a COVID-19 vaccine. Anaphylaxis is a severe, life-threatening allergic reaction that occurs rarely after vaccination.

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:

- If you have had an immediate allergic reaction—even if it was not severe—to a vaccine or injectable therapy for another disease, ask your doctor if you should get a COVID-19 vaccine.
- Your doctor will help you decide if it is safe for you to get vaccinated.

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—such as food, pet, venom, environmental, or latex allergies. People with a history of allergies to oral medications or a family history of severe allergic reactions may also get vaccinated.

#### —Hip Pocket Notes—

If you are allergic to polyethylene glycol (PEG) or polysorbate:

- PEG and polysorbate are closely related to each other. PEG is an ingredient in the mRNA vaccines, and polysorbate is an ingredient in the J&J/Janssen vaccine.
- If you are allergic to PEG, you should not get an mRNA COVID-19 vaccine. **Ask your doctor if you can get the J&J/Janssen vaccine.**
- If you are allergic to polysorbate, you should not get the J&J/Janssen COVID-19 vaccine. **Ask your doctor if you can get an mRNA COVID-19 vaccine.**

Source: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/specific-groups/allergies.html>



## Vaccines in San Diego County



**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](https://coronavirus-sd.com/vaccines) or call 2-1-1**

**BE COVIDSAFE** ✓

**HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS**

15

How do people get a vaccine?

### Your Healthcare Provider

- Check first with your usual health care provider. If you have a healthcare provider or are enrolled with a local healthcare system, please wait to be notified by them. If you do not have a doctor or other healthcare provider, call 2-1-1 to be connected with one.

### Health Centers & Pharmacies

- Check your local health centers or pharmacies. No cost COVID-19 vaccinations may be available through other organizations, including health centers and pharmacies in San Diego County.
- Includes Family Health Centers of San Diego, Ralphs Grocery Co., Rite Aid, Albertsons, and Costco.

### County Hosted Vaccine Sites

- Your local County of San Diego website. The County of San Diego and its county partners offer vaccinations to individuals in eligible priority groups.

- Includes the Military & Veteran Administration and Mobile Vaccination teams.

#### Vaccination Super Stations

- Your local health department's website will continue to have information about how to find available vaccine appointments, even as national supply remains limited.

#### Partnerships

- Check various hospitals, clinics, and partnerships to see if these sites are convenient for you.
- Includes Rady Children's Hospital, Sharp locations, and UC San Diego Health.

# 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.
- Advise your COVID-19 vaccine may cause minor side effects in some people, like some muscle, feeling tired, or mild fever.
- Do not take aspirin, ibuprofen, or other pain relievers in anticipation of potentially having side effects from the vaccine.
- Take these medications for the purpose of preventing post-vaccination symptoms is not currently recommended.
- When you go to your appointment, remember to:
  - Carry your ID and have a mask when you are around others and stay at least 6 feet away from others.
  - Bring a [BE COVIDSAFE](https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/Epidemiology/covid19/vaccines/Before%20During%20and%20After%20Your%20Vaccination.pdf) to show you live OK 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 it was received.
- 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 [COVID-19](https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/Epidemiology/covid19/vaccines/After%20COVID-19%20Vaccination_ENG_%202021.02.18.pdf) for:
  - Personalized health check-ins.
  - Reminds you to get your second dose.
  - Alerts you to 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 to 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 higher the antibodies, COVID-19 vaccine requires only **one** shot.
- The full COVID-19 vaccine requires only **one** shot.
- Continue to **wash** your hands.
- Continue to **maintain** your distance.
- Continue to **avoid** close contact with others outside your household.

For more information on COVID-19 vaccines, please visit:  
[coronavirus-sd.com/vaccine](https://coronavirus-sd.com/vaccine)

**BE COVIDSAFE ✓**

**FREE | HEALTH INSURANCE NOT REQUIRED**  
**Get Vaccinated for COVID-19**

Information to help you 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, pharmacists, community clinics, and other healthcare providers are working to provide vaccination. Services remain limited. Please be patient and check the website regularly for open appointments.

- Find, check with your healthcare provider for a vaccination.**
- If you cannot get a vaccination from a healthcare provider**, visit the [County of San Diego](https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/Epidemiology/covid19/vaccines/Before%20During%20and%20After%20Your%20Vaccination.pdf) [COVID-19](https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/Epidemiology/covid19/vaccines/Before%20During%20and%20After%20Your%20Vaccination.pdf) website to schedule an appointment.

**If you are 18 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 non-government 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 Shot Spacing
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
Johnson & Johnson	18 years and older	1	

\*Check for their and their household, PPE and Centers for Disease Control and Prevention (CDC) have recommended use of the vaccine (Pfizer and Moderna) COVID-19 vaccine receive in the United States, after a minimum pause on 04/13/2021. Information getting the full COVID-19 vaccine who need to receive the shot (Pfizer and Moderna) in long-term.

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](https://coronavirus-sd.com/vaccine)

**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**. Your side effects should go away in a few days.

**Common Side Effects**

**On the arm where you get the vaccine:**

- Pain
- Swelling

**Throughout the rest of your body:**

- Fatigue
- Headache
- Chills

**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 get the shot:**

- Apply a clean, cool, wet washcloth near 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 get the shot increases after 24 hours.
- If your side effects are worsening day or night.
- If you feel you are 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 having the vaccination, seek immediate medical care by calling 911.**  
Learn more at [www.cdc.gov/media/releases/2021/s0513-covid-vaccine-allergic-reaction.html](https://www.cdc.gov/media/releases/2021/s0513-covid-vaccine-allergic-reaction.html)

For more information on COVID-19 vaccines, please visit:  
[coronavirus-sd.com/vaccine](https://coronavirus-sd.com/vaccine)



HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS

We have materials on our website to help you prepare including information for before, during, and after your vaccination, what you need to bring, and potential side effects after the vaccine (common effects, helpful tips, and when to contact your doctor).

What to expect before during and after:

<https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/Epidemiology/covid19/vaccines/Before%20During%20and%20After%20Your%20Vaccination.pdf>

What to bring:

[https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/Epidemiology/covid19/vaccines/FINAL\\_Vaccination%20Eligibility%2016%20and%20Older\\_ENG.pdf](https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/Epidemiology/covid19/vaccines/FINAL_Vaccination%20Eligibility%2016%20and%20Older_ENG.pdf)

After vaccination:

[https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/Epidemiology/covid19/vaccines/After%20COVID-19%20Vaccination\\_ENG\\_%202021.02.18.pdf](https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/Epidemiology/covid19/vaccines/After%20COVID-19%20Vaccination_ENG_%202021.02.18.pdf)

## 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
<b>Parent/Guardian IS PRESENT</b>	<ul style="list-style-type: none"> <li>Parent/Guardian identifies minor and verifies their age <i>(no documentation needed)</i></li> <li>Parent/Guardian may answer medical questions and provide consent <b>in-person</b></li> </ul>
<b>Relative Caregiver IS PRESENT</b> <i>(Relative must be 18 years or older and live with the minor)</i>  <i>Examples: Grandparent, aunt, uncle, cousin</i>	<ul style="list-style-type: none"> <li>Relative caregiver must complete <a href="#">Caregiver Affidavit Form</a> <i>(may complete on-site if needed)</i></li> <li>Relative caregiver can confirm child's identity and age <i>(no documentation needed)</i></li> <li>Relative caregiver may answer medical questions and provide consent <b>in-person</b></li> </ul>
<b>Minor is unaccompanied</b>  <b>OR</b> <b>accompanied by a non-caregiver adult</b>  <i>Examples: Neighbor, nanny, family friend</i>	<ul style="list-style-type: none"> <li>MINOR MUST HAVE AN APPOINTMENT THROUGH MY TURN TO BE VACCINATED</li> <li>Minor's information and age provided when scheduling appointment in My Turn</li> <li>Minor or adult must show consent form filled out by parent/guardian</li> <li>Minor must bring photo ID <b>AND</b> proof of age</li> </ul>

**BE COVIDSAFE** ✓

HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS

17

### 12 to 17 years olds must:

- Select an appointment from a site offering the Pfizer-BioNTech vaccine only; **AND**
- Have parent/legal guardian or relative caregiver consent.

### Parent/Guardian and minor 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 and minor IS PRESENT

- 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

- 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

## **PROOF OF AGE**

### **Documentation examples:**

- Birth certificate or passport
- Provisional Driver's Permit (Learner's Permit)



# After You Are Fully Vaccinated

**BE COVIDSAFE** ✓

HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS

18

- Now let's talk about why it's important for us to get vaccinated.

## Vaccination Dosage



- 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 2<sup>nd</sup> 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

19

- **Here is what to expect AFTER your vaccination:**
- It **takes time** for your body to build protection after any vaccination.
- The vaccine is **most effective 2 weeks (14 days)** following your last dose.
- The Pfizer™ and Moderna™ COVID-19 vaccines require **two shots** for them to work best.
  - **Pfizer™:** 2nd dose after 21 days.
  - **Moderna™:** 2nd dose after 28 days.
  - **J&J:** single dose with no booster shots necessary.
  - It is recommended to get your second dose as close as possible to the time periods above. **However, don't worry if you can't get the vaccine on those exact dates.** The CDC recommends receiving the second dose no more than 6 weeks (42 days) after the first dose.
  - Until then, it is important to:
    - Continue to practice **good hand hygiene**.
    - Continue to practice **social distancing**.
    - Continue to wear a **mask that covers your nose and mouth** when in contact with others outside your household.
- If you need help scheduling your vaccine appointment for your **second shot**, contact the location that set up your appointment for assistance. For questions or if you are having trouble using vaccine scheduling systems, reach out to the organization that

enrolled you in the system. This may be your state or local health department, employer, or vaccine provider.

**—Hip Pocket Notes—**

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect/after.html>

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect.html>



## Post-Vaccination Symptoms & School



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

**BE COVIDSAFE** ✓

HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS

20

Some temporary symptoms that may occur as a result of receiving the vaccine may be similar to those experienced by someone who has a vaccine. Since schools are required to screen or send home any student or staff that experiences symptoms that could possibly be COVID-19, the following guidance is put into place for returning to school post-vaccination.

If your child experiences any symptoms, they should stay home until they feel better plus an additional 24 hours. They can return once the criteria has been met. If your child develops symptoms 3 or more days after they received the vaccine and their symptoms have not resolved within 72 hours, then it is likely that the symptoms are not due to the vaccine. In this case your child should stay home, and we recommend getting a COVID-19 test (free walk-up sites available throughout the county or through your healthcare provider).

You may want to look at appointments on a Friday or over the weekend to ensure you have enough time to rest and recover from any potential symptoms.

Based on: <https://covid-19.sdcoe.net/Portals/covid-19/Documents/Health%20Practices/Vaccine-Side-Effects-and-Quarantine-Guidance.pdf?ver=2021-01-20-100631-227>

## Recommendations for “Fully Vaccinated” People



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

**BE COVIDSAFE** ✓

HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS

21

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

All outdoor and indoor activities listed do not require a mask for fully vaccinated people.

Otherwise, unvaccinated people also do not need to wear a mask outdoors to:

- 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

## Recommendations for “Fully Vaccinated” People



LIVE WELL  
SAN DIEGO

	Unvaccinated People	Your Activity	Fully Vaccinated People	
		Indoor		
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		
Least Safe		Go to an indoor movie theater		
		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

22

Unvaccinated people should continue wearing a mask indoors to:

- Attend a crowded, outdoor event, like a live performance, parade, or sports event
- Visit a barber or hair salon
- 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
- 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

Safety levels assume the recommended prevention measures are followed, both by the

individual and the venue (if applicable).

It is important to consider your own personal situation and the risk to you, your family, and your community before venturing out.

### — Hip Pocket Notes —

If traveling outside the United States:

- You do NOT need to get tested **before** leaving the United States unless your destination requires it.
- You still need to show a negative test result or documentation of recovery from COVID-19 **before** boarding a flight to the United States.
- You should still get tested 3-5 days **after** international travel.
- You do NOT need to self-quarantine **after** arriving in the United States.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/participate-in-activities.html>

Link for COVID-19 travel recommendations by destination:

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/map-and-travel-notice.html>

## Face Coverings



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



**BE COVIDSAFE** ✓

HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS

23

The current California Department of Public Health (CDPH) guidelines that schools must follow require students and staff to wear face coverings at all times while at school unless medically exempt.

CDPH is predicting that face coverings may still be in place for next school year. *It is expected that face coverings will continue for the 2021-2022 school year until further notice*



# Key Reminders

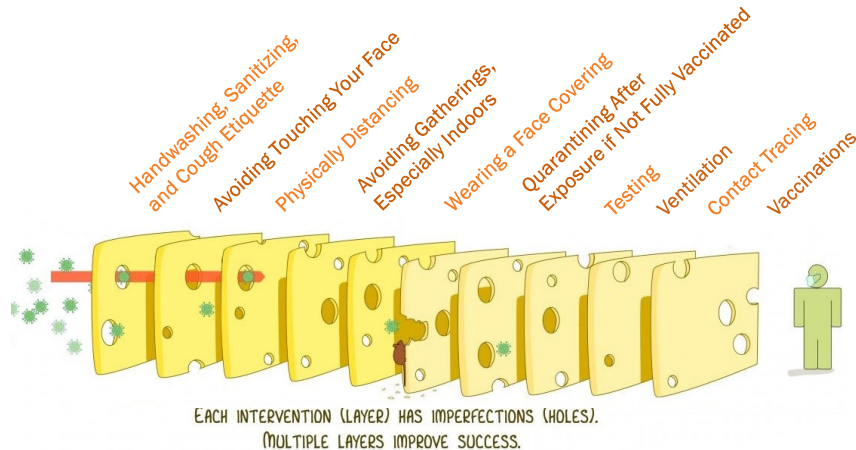
**BE COVIDSAFE** ✓

HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS

24

- Now let's talk about why it's important for us to get vaccinated.

## No Single Prevention Strategy is Enough



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

**BE COVIDSAFE** ✓

HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS

25

- No single prevention strategy will reduce the transmission of COVID-19 in our community.
- Like this graphic shows, every strategy has “holes”.
- But used together, those holes get smaller and smaller.
- We must use **multiple tools together** to slow the spread.
- If we use **all the tools we have**, we stand the best chance of keeping our loved ones, communities, schools, and workplaces safe.
- Our **best protection from COVID-19** will be a combination of the following recommendations to **Be COVIDSafe**:
  - 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.

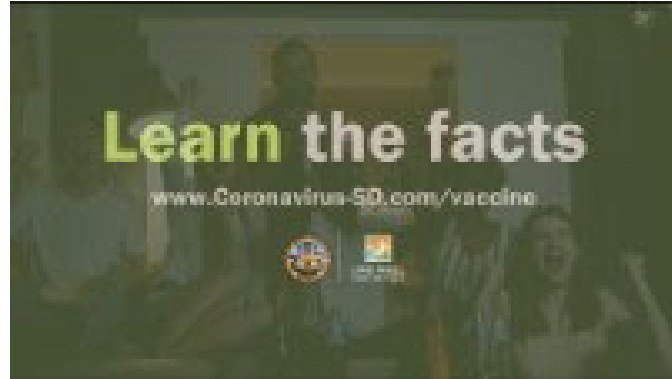
## How Else Can I Help?



LIVE WELL  
SAN DIEGO

### Ways that you can get involved:

- Stay informed by visiting [coronavirus-sd.com/vaccine](https://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](https://coronavirus-sd.com).



**BE COVIDSAFE** ✓

HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS

26

- We all have a role to play to slow the spread in San Diego County. Here are some ways you can help:
  - Stay informed by visiting [coronavirus-sd.com/vaccine](https://coronavirus-sd.com/vaccine).
  - Host a virtual forum to discuss preventing the spread of the virus, including the vaccination, in your communities and amongst your friends.
  - Post to social media.
  - Help educate friends and family., and other parents in your school or community
  - Provide your own presentations.
  - Share promotional flyers available at [coronavirus-sd.com](https://coronavirus-sd.com).



## Helpful Web Links



### Local

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

### State

- California State COVID-19 – [www.covid19.ca.gov/](http://www.covid19.ca.gov/)

**BE COVIDSAFE ✓**

**Messenger RNA COVID-19 Vaccines: Myth vs. Fact**

Read what we know about ongoing messenger RNA COVID-19 vaccines. Let's address the facts.

VACCINE MYTH	VACCINE FACT
<b>MYTH: COVID-19 vaccines will alter your DNA.</b>	<b>FACT: COVID-19 vaccines do not alter your DNA.</b> The vaccines use messenger RNA to teach your cells how to make a protein that triggers an immune response. The vaccine does not enter your cells' nuclei where DNA is stored. The vaccine does not change your DNA in any way.
<b>MYTH: COVID-19 vaccines will make you sick.</b>	<b>FACT: COVID-19 vaccines are safe and effective.</b> The vaccines are made from a piece of the virus's genetic code, called messenger RNA, which is designed to teach your cells how to make a protein that triggers an immune response. The vaccine does not contain the live virus, so it cannot make you sick.
<b>MYTH: COVID-19 vaccines will not work.</b>	<b>FACT: COVID-19 vaccines are safe and effective.</b> The vaccines are made from a piece of the virus's genetic code, called messenger RNA, which is designed to teach your cells how to make a protein that triggers an immune response. The vaccine does not contain the live virus, so it cannot make you sick.
<b>MYTH: COVID-19 vaccines will not be approved.</b>	<b>FACT: COVID-19 vaccines are safe and effective.</b> The vaccines are made from a piece of the virus's genetic code, called messenger RNA, which is designed to teach your cells how to make a protein that triggers an immune response. The vaccine does not contain the live virus, so it cannot make you sick.
<b>MYTH: COVID-19 vaccines will not be available.</b>	<b>FACT: COVID-19 vaccines are safe and effective.</b> The vaccines are made from a piece of the virus's genetic code, called messenger RNA, which is designed to teach your cells how to make a protein that triggers an immune response. The vaccine does not contain the live virus, so it cannot make you sick.

For more information on COVID-19 vaccines, please visit: [coronavirus-sd.com/vaccine](http://coronavirus-sd.com/vaccine)

**BE COVIDSAFE ✓**

**COVID-19 Vaccines: Frequently Asked Questions**

We now have vaccines to address this unprecedented public health crisis. See below for answers to common questions about COVID-19 vaccines.

- Are COVID-19 vaccines safe?**  
Yes, COVID-19 vaccines are safe and effective. The vaccines are made from a piece of the virus's genetic code, called messenger RNA, which is designed to teach your cells how to make a protein that triggers an immune response. The vaccine does not contain the live virus, so it cannot make you sick.
- How were COVID-19 vaccines developed so quickly?**  
The global health community came together to fight this pandemic. COVID-19 is new, but scientists are not. Scientists around the world used years of research to build the vaccines. They shared data on the vaccine. They used new technologies. Vaccine makers were supplied with funding for the vaccine. All of these factors helped scientists quickly produce a safe and effective vaccine.
- How do the COVID-19 vaccines work?**  
The vaccines teach your body to recognize COVID-19 as it is prepared to fight it. The vaccine is made from a piece of the virus's genetic code, called messenger RNA, which is designed to teach your cells how to make a protein that triggers an immune response. The vaccine does not contain the live virus, so it cannot make you sick.
- How do I find out if I am eligible?**  
Check the COVID-19 vaccine eligibility to see if you are eligible. Visit: [coronavirus-sd.com/vaccine](http://coronavirus-sd.com/vaccine)
- How much do COVID-19 vaccinations cost?**  
The vaccine is free of charge. The vaccine is made from a piece of the virus's genetic code, called messenger RNA, which is designed to teach your cells how to make a protein that triggers an immune response. The vaccine does not contain the live virus, so it cannot make you sick.



HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS

27

- It is important to use data and information from **reputable resources**. Here are some great organizations to visit to look for information locally
- County of San Diego COVID-19 – [www.sandiegocounty.gov/coronavirus.html](http://www.sandiegocounty.gov/coronavirus.html)
- County of San Diego COVID-19 Vaccine – [www.coronavirus-sd.com/vaccine](http://www.coronavirus-sd.com/vaccine)
- 2-1-1 San Diego – [www.211sandiego.org/](http://www.211sandiego.org/)
- Our county of san diego website also has additional materials and information for your own use or to share, such as frequently asked questions & more myths and facts

## Helpful Web Links



LIVE WELL  
SAN DIEGO

### Federal

- Centers for Disease Control and Prevention Vaccine – [www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html](http://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](http://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](http://www.fda.gov/media/144414/download)
- Health and Human Services Vaccines – [www.vaccines.gov/](http://www.vaccines.gov/)
- Health and Human Services Operation Warp Speed – [www.hhs.gov/coronavirus/explaining-operation-warp-speed/index.html](http://www.hhs.gov/coronavirus/explaining-operation-warp-speed/index.html)

BE COVIDSAFE ✓

HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS

28

- It is important to use data and information from **reputable resources**. Here are some great organizations to visit to look for information.
- Centers for Disease Control and Prevention Vaccine – [www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html](http://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](http://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](http://www.fda.gov/media/144414/download)
- Health and Human Services Vaccines – [www.vaccines.gov/](http://www.vaccines.gov/)
- Health and Human Services Operation Warp Speed – [www.hhs.gov/coronavirus/explaining-operation-warp-speed/index.html](http://www.hhs.gov/coronavirus/explaining-operation-warp-speed/index.html)
- California State COVID-19 – [www.covid19.ca.gov/](http://www.covid19.ca.gov/)
- County of San Diego COVID-19 – [www.sandiegocounty.gov/coronavirus.html](http://www.sandiegocounty.gov/coronavirus.html)
- County of San Diego COVID-19 Vaccine – [www.coronavirus-sd.com/vaccine](http://www.coronavirus-sd.com/vaccine)
- 2-1-1 San Diego – [www.211sandiego.org/](http://www.211sandiego.org/)

## 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

**BE COVIDSAFE** ✓

HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS

# 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](https://coronavirus-sd.com)



LIVE WELL  
SAN DIEGO

[End presentation slide. Also, an opportunity for questions slide.]