COVID-19 Vaccines
How Vaccinations Can Help End the Current Pandemic

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

05/24/2021

- 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

• Overview of what we will be covering today
There are several myths when it comes to vaccines. Let’s address some today:

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

**COVID-19 Vaccine – Common Myths**

**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.

Why Get Vaccinated?

- 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.

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—

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.

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.
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—

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).

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—


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
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.
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—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.

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.

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.
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 affects 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

After vaccination:
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.

<table>
<thead>
<tr>
<th>Additional Details</th>
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<tbody>
<tr>
<td><strong>Parent/Guardian IS PRESENT</strong></td>
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<tr>
<td>• Parent/Guardian identifies minor and verifies their age (no documentation needed)</td>
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<tr>
<td>• Parent/Guardian may answer medical questions and provide consent in-person</td>
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<tr>
<td><strong>Relative Caregiver IS PRESENT</strong></td>
</tr>
<tr>
<td>(Relative must be 18 years or older and live with the minor)</td>
</tr>
<tr>
<td>• Relative caregiver must complete Caregiver Affidavit Form (may complete on-site if needed)</td>
</tr>
<tr>
<td>• Relative caregiver can confirm child’s identity and age (no documentation needed)</td>
</tr>
<tr>
<td>• Relative caregiver may answer medical questions and provide consent in-person</td>
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<tr>
<td><strong>Minor is unaccompanied OR accompanied by a non-caregiver adult</strong></td>
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<tr>
<td>• MINOR MUST HAVE AN APPOINTMENT THROUGH MY TURN TO BE VACCINATED</td>
</tr>
<tr>
<td>• Minor’s information and age provided when scheduling appointment in My Turn</td>
</tr>
<tr>
<td>• Minor or adult must show consent form filled out by parent/guardian</td>
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<tr>
<td>• Minor must bring photo ID AND proof of age</td>
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</tbody>
</table>

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

- 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 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

**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—

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.

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

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, than 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.

“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

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### Recommendations for “Fully Vaccinated” People

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<thead>
<tr>
<th>Unvaccinated People</th>
<th>Fully Vaccinated People</th>
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<tr>
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<td>Dine at an outdoor restaurant with friends from multiple households</td>
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HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS
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.


Link for COVID-19 travel recommendations by destination:
Face Coverings

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

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.
• Now let’s talk about why it’s important for us to get vaccinated.
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?

Ways that you can get involved:

- Host a virtual forum.
- Post to social media.
- Help educate friends, family, and other parents in your school or community.
- Provide your own presentations.

We all have a role to play to slow the spread in San Diego County. Here are some ways you can help:

- 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.
It is important to use data and information from reputable resources. Here are some great organizations to visit to look for information locally:

- 2-1-1 San Diego – 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
It is important to use data and information from reputable resources. Here are some great organizations to visit to look for information.

- Federal Drug Administration Fact Sheet for Recipients and Caregivers – www.fda.gov/media/144414/download
- Health and Human Services Vaccines – www.vaccines.gov/
- 2-1-1 San Diego – www.211sandiego.org/
We Value Your Feedback!

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

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