• 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:

February 22, 2021

- This is a **rapidly changing situation**. The information I will share today is current as of...
Here are some key terms that we will be using during this presentation:

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

Source: https://www.vaccines.gov/basics
There are several myths when it comes to vaccines. Let’s address some today:

• **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.

• **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: 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: 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:** 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.

• **FACT:** None of the authorized and recommended COVID-19 vaccines or COVID-19 vaccines currently in development in the United States contain the live virus that causes COVID-19.
  - That means COVID-19 vaccines will not give you COVID-19 and are safe for with immune compromising conditions.

—Hip Pocket Notes—

**FACT:** COVID-19 vaccines will not give you COVID-19

None of the COVID-19 vaccines currently in development in the United States use the live virus that causes COVID-19. There are several different types of vaccines in development. However, the goal for each of them is to teach our immune systems how to recognize and fight the virus that causes COVID-19. Sometimes this process can cause symptoms, such as fever. These symptoms are normal and are a sign that the body is building immunity. Learn more about how COVID-19 vaccines work. It typically takes a few weeks for the body to build immunity after vaccination. That means it’s possible a person could be infected with the virus that causes COVID-19 just before or just after vaccination and get sick. This is because the vaccine has not had enough time to provide protection.

**FACT:** COVID-19 vaccines will not cause you to test positive on COVID-19 viral tests

Vaccines currently in clinical trials in the United States won’t cause you to test positive on viral tests, which are used to see if you have a current infection.

If your body develops an immune response, which is the goal of vaccination, there is a possibility you may test positive on some antibody tests. Antibody tests indicate you had a previous infection and that you may have some level of protection against the virus. Experts are currently looking at how COVID-19 vaccination may affect antibody testing results.

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

Due to the severe health risks associated with COVID-19 and the fact that re-infection with COVID-19 is possible, people may be advised to get a COVID-19 vaccine even if they have been sick with COVID-19 before. At this time, experts do not know how long someone is protected from getting sick again after recovering from COVID-19. The immunity someone gains from having an infection, called natural immunity, varies from person to person. Some early evidence suggests natural immunity may not last very long.
We won’t know how long immunity produced by vaccination lasts until we have more data on how well it works. Both natural immunity and vaccine-induced immunity are important aspects of COVID-19 that experts are trying to learn more about, and CDC will keep the public informed as new evidence becomes available.

**FACT: Getting vaccinated can help prevent getting sick with COVID-19**

While many people with COVID-19 have only a mild illness, others may get a **severe illness** or they may even die. There is no way to know how COVID-19 will affect you, even if you are not at an increased risk of severe complications. If you get sick, you also may spread the disease to friends, family, and others around you while you are sick. COVID-19 vaccination helps protect you by creating an antibody response without having to experience sickness. Learn more about how COVID-19 vaccines work.

**FACT: Receiving an mRNA vaccine will not alter your DNA**

mRNA stands for messenger ribonucleic acid and can most easily be described as instructions for how to make a protein or even just a piece of a protein. mRNA is not able to alter or modify a person’s genetic makeup (DNA). The mRNA from a COVID-19 vaccine never enter the nucleus of the cell, which is where our DNA are kept. This means the mRNA does not affect or interact with our DNA in any way. Instead, COVID-19 vaccines that use mRNA work with the body’s natural defenses to safely develop protection (immunity) to disease. Learn more about how COVID-19 mRNA vaccines work.

**Will there be enough vaccine for everyone? [CDC]**

Early in the response, the federal government began investing in select vaccine manufacturers to help them increase their ability to quickly make and distribute a large amount of COVID-19 vaccine. This will allow the United States to start with as much vaccine as possible and continually increase the supply in the weeks and months to follow. The goal is for everyone to be able to easily get a COVID-19 vaccine as soon as large quantities are available. Several thousand vaccination providers will be available, including doctors’ offices, retail pharmacies, hospitals, and federally qualified health centers.

**Do I need to wear a mask when I receive a COVID-19 vaccine?**

Yes. CDC recommends that during the pandemic people wear a mask that covers their nose and mouth when in contact with others outside your household, when in healthcare facilities, and when receiving any vaccine, including a COVID-19 vaccine. Anyone who has trouble breathing or is unable to remove a mask without assistance should not wear a mask. For more information, visit considerations for wearing masks.

None of the authorized and recommended COVID-19 vaccines or COVID-19 vaccines currently in development in the United States contain the live virus that causes COVID-19.
That means COVID-19 vaccines will not give you COVID-19 and are safe for with immune compromising conditions.

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.

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

---Hip Pocket Notes---

Why Get Vaccinated?

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

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

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

By getting vaccinated, we can reduce the transmission of the virus in our region and help us all get back to normal.

Every year, millions of lives are saved thanks to many immunizations and it is recognized widely as one of the most successful and cost-effective health interventions.

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

---Hip Pocket Notes---

Examples:
In December 2019, the world celebrated the 40th anniversary of eradicating smallpox, which killed 300 million people in the 20th century alone. The success was attributed to an intense global smallpox vaccination campaign, in coordination with broader public health measures. [6],[7] Today, we are seeing progress to similar success in polio. With effective polio vaccine and immunization efforts, the world has reduced wild polio cases...
by 99%, averting 18 million irreversible paralyze and 1.5 million children’s lives.[8]

In China, the successful childhood vaccination program has been certified wild poliovirus-free, verified maternal and neo-natal tetanus elimination in 2012, verified children under 5 were HBV-infected decreased to 0.32% in 2014, dramatically and consistently reduced vaccine-prevention diseases (VPDs) incidences to historically recorded low level by 2018 (e.g., 2.8 per million population for measles, 2.8 per million for rubella, and 1.3 per 100,000 for Japanese encephalitis), and achieved over 95% national coverage for all vaccines used for infants in 2018 [9]. [WHO]

Vaccine Development and Safety

• Now let’s talk about how vaccines are developed, including the important safety measures involved.
Several of the vaccines being developed 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 newest vaccine to receive FDA EUA against the COVID-19 virus (SARS-CoV-2) is the Johnson & Johnson Janssen COVID-19 Vaccine.

• Known as an **“Adenovirus” vaccine**, this vaccine has **5 parts**:
  - **Active ingredients:** Modified adenovirus is a weakened virus used to deliver the genetic code for the coronavirus spike protein.
  - **Emulsifier:** Medium to help stabilize and hold the vaccine’s ingredients together.
  - **Salts:** Buffers the vaccine to stabilize the pH to match the pH of our bodies.
  - **Sugar:** Protectant to help keep the weakened virus intact and prevent the virus’s protein shell from breaking down.
  - **Alcohol:** Thermal Stabilizer to improve shelf-life of the virus.
While the coronavirus pandemic made a new normal of mask-wearing and physical distancing, it also spurred global cooperation for vaccine research and distribution.

- Under normal circumstances, making a vaccine can take up to 10–15 years. This is because of 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---

• Throughout the phases of vaccine development, **there are many steps in place to ensure safety.** These include:

1. **Clinical Trials:** Volunteers are given the vaccine or placebo (non-active vaccine) and comparisons between both groups are made in 3 separate phases.

2. **Emergency Use Authorization:** The data are studied to meet U.S. Food & Drug Administration (FDA) standards.

3. **Continuous Monitoring:** Rigorous safety monitoring continues after EUA to detect and understand any potential side effects and safety issues.

---Hip Pocket Notes---

A **phase 1 trial** focuses on the safety of the vaccine candidate. Escalating doses of the vaccine are given to healthy volunteers to determine side effects and tolerability. **Phase 2 trials** expand their recruitment and may include participants with health conditions such as obesity, cancer, and diabetes. There is also active recruitment for participants of various demographics. The trial continues to test the safety of the vaccine and looks at the drug’s initial efficacy and how it affects the immune system. **Phase 3 trials** recruit thousands of participants to measure the efficacy of the vaccine.
in preventing disease.

Source: https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/is-the-covid19-vaccine-safe
As of January 2021, only Pfizer-BioNTech and Moderna COVID-19 vaccines have received Emergency Use Authorization (EUA) by the U.S. Food and Drug Administration (FDA).

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

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

Currently, the Pfizer and Moderna vaccines have received Emergency Use Authorization (EUA) by the Food and Drug Administration (FDA).

This allows access to critical medical products, like vaccines, that may help during a public health emergency.

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

—Hip Pocket Notes—

Source: https://www2.cdc.gov/vaccines/ed/covid19/SHVA/10050.asp
• Both Pfizer and Moderna’s vaccines use similar technology and have a few differences:
  • Both require two shots, the time between the shots is different.
  • The Pfizer vaccine is approved for persons 16 years old and older, while the Moderna vaccine is approved for persons 18 years old and older.
  • Both were studied in large clinical trials.
  • Both are extremely effective (95% and 94%, respectively).
• Now let’s talk about how people in San Diego County can get the vaccine.
Determining Phases of Vaccine Distribution

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

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

---Hip Pocket Notes---

- Ethics:
  - 1) maximize benefits and minimize harms;
  - 2) promote justice;

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• 3) mitigate health inequities; and
• 4) promote transparency.

• **Science:** available information about the vaccine’s characteristics such as safety and efficacy in older adults and epidemiologic risk.

• **Implementation:** storage and handling requirements.

Source: https://www.cdc.gov/vaccines/acip/meetings/downloads/slides-2020-12/slides-12-20/02-COVID-Dooling.pdf
• It is important to note ACIP’s COVID-19 Vaccine Work Group followed several guiding principles during this process, with an overarching focus on equity. These principles include:
  • **Safety is paramount.** Vaccine safety standards will not be compromised in efforts to accelerate COVID-19 vaccine development or distribution.
  • **Inclusive clinical trials.** Study participants should reflect groups at risk for COVID-19 to ensure safety and efficacy data are generalizable.
  • **Efficient Distribution.** During a pandemic, efficient, expeditious and equitable distribution and administration of approved vaccine is critical.
  • **Flexibility.** Within national guidelines, state and local jurisdictions should have flexibility to administer vaccine based on local epidemiology and demand.
California is allocating COVID-19 vaccines as they become available to ensure equitable distribution.

California Department of Public Health (CDPH) recommended vaccines be prioritized for specific groups based on a variety of risk factors, identifying sub-populations, or Tiers, within Phases outlined by ACIP.
for specific groups based on a variety of risk factors, identifying sub-populations, or

Tiers, within Phases outlined by ACIP.

• Initially vaccination was limited to healthcare workers and long-term care residents.

• The next to be vaccinated will be individuals who:
  • Have higher risk for severe disease or death (due to age or other factors)
  • Are unable to work at home
  • Live or work in geographic areas that have been highly impacted
  • Are most likely to spread disease to other workers or to the public

• As of 1/25/2021, after individuals in Phase 1A and Phase 1B-Tier One have been vaccinated, the State will shift to an age-based prioritization. Specific details regarding this revised, age-based distribution are still being released from CDPH.
As of 01/23/21, only individuals in
• Phase 1A (All Tiers) and
• Persons aged 65 years and older
  (part of Phase 1B, Tier 1)
who live or work in San Diego County
can be vaccinated at sites managed by the
County of San Diego, including points of
dispensing (PODs) and super stations.

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

• Doctors, pharmacies, community clinics, and other healthcare providers are working
to provide vaccinations to San Diegans.
• Currently, individuals in Phase 1A (all Tiers) and persons aged 65 years and older are
  eligible to be vaccinated.
• While vaccines have arrived to the region, it is important to note that supplies remain
  extremely limited.
• Not everyone who is eligible for the vaccine now will be able to make an appointment
  right away.
• All vaccinators in San Diego County are acting as quickly as possible to provide the
  vaccine safely to those who are eligible as supply allows.
• As more vaccine supplies arrive, providers will be able to perform more vaccinations.
• The County of San Diego is working to establish multiple vaccination sites and
  partnering with other healthcare facilities to administer vaccines.
• You can learn more about these COVID-19 vaccination locations by visiting
Learn When It’s Your “Turn” for the Vaccine

• The California Department of Public Health recently launched a new system to help all Californians learn WHEN they are eligible to be vaccinated.

• “My Turn” can be used to:
  • Check if you’re eligible for vaccine.
  • Schedule appointments.
  • Get notifications for your 2nd dose.
  • Also helps track vaccination data across the state.

• Because of limited supply, distribution of the vaccine to the general public will take some time.
• The California Department of Public Health recently launched a new system to help all Californians learn WHEN they are eligible to be vaccinated.
• “My Turn” can be used to make an appointment (if you’re eligible), sends notifications if a person still needs their second dose, and also helps track vaccination data across the state.
• It is being piloted here in San Diego County, as well as Los Angeles County. At this time, rollout to the rest of the state is anticipated in February.
• Individuals can visit https://myturn.ca.gov to register to receive eligibility notifications immediately.

—Hip Pocket Notes—
The My Turn system will also automatically report vaccination information into state data systems. Providers will be required to either administer vaccines via the My Turn scheduling system or an electronic health record with an automatic data feed into the state’s system. This will reduce data lags and give us real time information on how we are doing at the local and statewide levels.
• Now we will talk about how to get ready for your COVID-19 vaccination.
Before Vaccination

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

---Hip Pocket Notes---

There are a few important things to consider before getting vaccinated:
- Visit the County's website to see if COVID-19 vaccination is recommended for you right now. Coronavirus-sd.com/vaccine.
- Take it easy the night before to ensure potential symptoms are not a result of other unrelated activities.
- Anticipate the COVID-19 vaccines may cause side effects.
- Do not take acetaminophen or ibuprofen in anticipation of potentially having side effects from the vaccine.
- 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.

Source: https://www.cdc.gov/vaccines/covid-19/info-by-product/clinical-considerations.html
During Vaccination

A COVID-19 vaccination card will be given to you with:
- The type of vaccine you received.
- The date you received it.
- Where you received it.
- You will also receive a fact sheet that tells you more about the COVID-19 vaccine you were offered and received.
- You will be monitored for allergic reactions on-site for at least 15 or 30 minutes.
- You will be advised to enroll in V-SAFE to:
  - Receive personalized health check-ins,
  - Get reminders if you need a second vaccine dose,
  - Quickly tell the CDC if you have any side effects after getting the COVID-19 vaccine.

---Hip Pocket Notes---

Here is what to expect when you go for your vaccination.

- A COVID-19 Vaccination Card will be given to you with:
  - The date you received it.
  - Where you received it.
  - WE RECOMMEND YOU TAKE A PICTURE OF YOUR CARD!

- You will also receive a fact sheet that tells you more about the COVID-19 vaccine you are being offered.
- You will be asked to wait on-site for about 15 minutes to watch for sign of a rare case of severe allergic reactions.
- If you have a history of allergic reactions, you will be asked to be monitored for at least 30 minutes after your vaccination.
- You will be asked to download the free V-SAFE app for:
  - Personalized health check-ins.
  - Reminder to get your second dose.
  - Quickly tell the CDC if you have any side effects after getting the COVID-19 vaccine.

After Vaccination

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

**Before your 2nd dose, wait at least:**

<table>
<thead>
<tr>
<th>Days</th>
<th>Vaccine Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>21</td>
<td>Pfizer</td>
</tr>
<tr>
<td>28</td>
<td>Moderna</td>
</tr>
</tbody>
</table>

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

- Here is what to expect AFTER your vaccination:
  - **It takes time** for your body to build protection after any vaccination.
  - The Pfizer and Moderna COVID-19 vaccines require **two shots** for them to work best.
    - **Pfizer:** 2nd dose after **21 days**.
    - **Moderna:** 2nd dose after **28 days**.
    - 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.
    - The vaccine is **most effective 2 weeks (14 days)** following your second 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---

Some people may experience some side effects after COVID-19 vaccination. Here are some helpful tips:

- **To reduce pain and discomfort where you got the shot:**
  - Apply a clean, cool, wet washcloth over the area.
  - Use or exercise your arm.

- **To reduce discomfort from fever:**
  - Drink plenty of fluids.
  - Dress lightly.

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

---Hip Pocket Notes---

Side Effects After COVID-19 Vaccination

Signs and Symptoms unlikely to be from COVID-19 vaccination:
- Presence of ANY signs and symptoms consistent with SARS-CoV-2 infection (e.g., cough, shortness of breath, runny nose, sore throat, loss of taste or smell).
- Another infection that is not typical for post-vaccination signs and symptoms.

Signs and symptoms that may be from either COVID-19 vaccination, SARS-CoV-2 infection, or another infection:
- Presence of ANY signs and symptoms that are consistent with post-vaccination signs and symptoms, SARS-CoV-2 infection or another infection.

Some people may experience **signs and symptoms after their vaccination that are unlikely to have been caused** by the vaccination. These include:
- Presence of ANY signs and symptoms consistent with SARS-CoV-2 infection.
  - For example: cough, shortness of breath, rhinorrhea, sore throat, loss of taste or smell.
- Another infection that is not typical for post-vaccination signs and symptoms. Some people may experience **signs and symptoms after their vaccination that may be from either COVID-19 vaccination, SARS-CoV-2 infection, or another infection**. These include:
  - Presence of ANY signs and symptoms that are consistent with post-vaccination signs and symptoms, SARS-CoV-2 infection or another infection.

—Hip Pocket Notes—

COVID-19 Vaccines & Allergic Reactions

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

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

<table>
<thead>
<tr>
<th>Reported vaccine doses administered</th>
<th>Anaphylaxis cases</th>
<th>Reporting rate (as of 12/14/20-01/18/21)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pfizer-BioNTech 9,943,247</td>
<td>50</td>
<td>5.0 per million doses administered</td>
</tr>
<tr>
<td>Moderna 7,581,429</td>
<td>21</td>
<td>2.8 per million doses administered</td>
</tr>
</tbody>
</table>

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

--- Hipp Pocket Notes ---

Definitions:
Allergic Reaction - A reaction by your immune system to foreign substances; The body's system of defense against foreign invaders, particularly pathogens (the agents of infection).
Anaphylaxis – A severe life-threatening allergic reaction that does occur rarely after vaccination, with onset typically within minutes to hours. mRNA vaccine - Messenger RNA vaccines. The vaccines teach our cells how to make a protein—or even just a piece of a protein—that triggers an immune response inside our bodies. That immune response, which produces antibodies, is what protects us from getting infected if the real virus enters our bodies.

If you have a severe allergic reaction to a COVID-19 vaccine
If you have had a severe allergic reaction to any ingredient in an mRNA COVID-19 vaccine, you should not get either of the currently available mRNA COVID-19 vaccines. If you had a severe allergic reaction after getting the first dose of an mRNA COVID-19 vaccine, CDC recommends that you should not get the second dose.

If you have a non-severe allergic reaction to a COVID-19 vaccine
CDC has also learned of reports that some people have experienced non-severe allergic reactions within 4 hours after getting vaccinated (known as immediate allergic reactions), such as hives, swelling, and wheezing (respiratory distress). If you have had an immediate allergic reaction—even if it was not severe—to any ingredient in an mRNA COVID-19 vaccine, CDC recommends that you should not get either of the currently available mRNA COVID-19 vaccines. If you had an immediate allergic reaction after getting the first dose of an mRNA COVID-19 vaccine, you should not get the second dose. Your doctor may refer you to a specialist in allergies and immunology to provide more care or advice.

If you have had an allergic reaction 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.

Based on early safety monitoring, anaphylaxis after the Pfizer-BioNTech COVID-19 vaccine appears to be a rare event; however, comparisons of anaphylaxis risk with that associated with non-COVID-19 vaccines are constrained at this time by the limited data available this early in the COVID-19 vaccination program. CDC and FDA will continue enhanced monitoring for anaphylaxis among recipients of COVID-19 vaccines.

Scientists have discovered **new virus variants (a.k.a. mutations) that spread more easily.**

This could lead to a **rapid rise** in COVID-19 cases.

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

More virus being transmitted in the community leads to more opportunities for new variants appearing.

--- Hip Pocket Notes ---

**New Variants**
On December 14, 2020, the United Kingdom reported a SARS-CoV-2 variant of concern (VOC), lineage B.1.1.7, also referred to as VOC 202012/01 or 20I/501Y.V1. In addition to the B.1.1.7 variant, notable variants include the B.1.351 lineage first detected in South Africa and the recently identified B.1.1.28 subclade (renamed “P.1”) detected in four travelers from Brazil during routine screening at the Haneda (Tokyo) airport.

Source:
CDC.Gov & Bit.ly/MMWR11521
If we use all the tools we have, we stand the best chance of getting our families, communities, schools, and workplaces “back to normal” sooner.

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

• Practice healthy behaviors and simple precautions by
  • washing your hands,
  • staying 6 feet away from others,
  • wearing a facial covering correctly,
  • staying home if you are sick,
  • getting tested if you have symptoms of COVID-19 or feel you have been exposed to COVID-19,
  • getting vaccinated for COVID-19 when it’s available to you.
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/
• **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.
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 and family.
• Provide your own presentations.
• Share promotional flyers available at coronavirus-sd.com.

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.
• 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.
• Provide your own presentations.
• Share promotional flyers available at coronavirus-sd.com.