

It's Okay to Have Questions about COVID- 19!

March 22, 2022

Leadership Education in Neurodevelopmental and other
Disabilities (LEND) Program

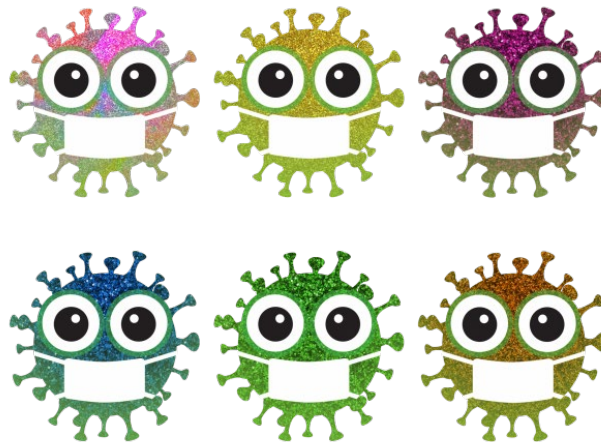
University of Cincinnati Center for Excellence in
Developmental Disabilities (UCCEDD)

Center for Independent Living Options (CILO)



Welcome to our COVID-19 Session!

We are so glad that you are here!



Housekeeping

- This is a safe environment
- Please have your camera on during the presentations
- Please turn off your sound during the presentations
- Be open to listen to the information provided

Housekeeping

- Be respectful of speakers and other attendees at all times
- Feel free to ask your questions
- If you have any types of needs related to the content of the presentation, please contact us!

Agenda

- COVID-19 Lived Experience
- COVID-19 Numbers
- Some Medical Information on COVID-19 and the Vaccine
- COVID-19 Lived Experience
- Questions & Answers
- Adjourn

Our Speakers

- Susan Koller, Self-Advocate
- Abigail Nye, MD, UC Health
- Suzanne Hopkins, CILO
- Ilka Riddle, UCCEDD

Team

- Pat Bacchus, LEND Trainee
- Angel Ehrenschwender, LEND Trainee
- Jason Harris, LEND Trainee
- Ilka Riddle, PhD, Director, UCCEDD
- Rachel Miller, Communications Coordinator
- Jennifer Walsh, Project Manager

COVID-19 Lived Experience

Chris' COVID-19 Story

https://www.youtube.com/watch?v=-841MsIYRtU&list=PLEHWL7i0kECV61_u5711vw61xL2UNFusk&index=15

Susan's COVID-19 Story

Denise's COVID-19 Story

https://www.youtube.com/watch?v=hIG3CHJ9ETo&list=PLEHWL7i0kECV61_u5711vw61xL2UNFusk&index=65

Ohio COVID-19 by the Numbers

COVID-19 Illness in Ohio

How many people in Ohio had/have COVID-19?

- Over 2.6 million people (~22% of all Ohioans)

How many people in Ohio needed to be hospitalized for COVID-19?

- 113,165 people

How many people in Ohio needed to be treated for COVID-19 in an Intensive Care Unit (ICU) at a hospital?

- 13,311 Ohioans

How many people in Ohio have died from COVID-19?

- 37,410

COVID-19 Testing and Vaccination

How many people in Ohio got tested at least one time for COVID-19?

- 21,864,308

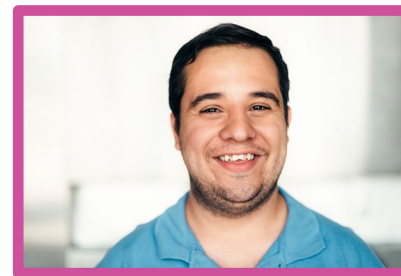
How many people in Ohio have had at least one COVID-19 vaccine shot?

- 7,260,478 (62.11%)

Source: Ohio Department of Health Dashboard
<https://coronavirus.ohio.gov/dashboards/overview>

Difference between COVID-19 Infection and Illness/Disease

- COVID-19 **infection**: my test shows I have COVID-19, but I am not sick
- COVID-19 **disease**: my test shows I have COVID-19 and I am sick
- The COVID-19 **vaccine** protects you from **severe illness/disease**



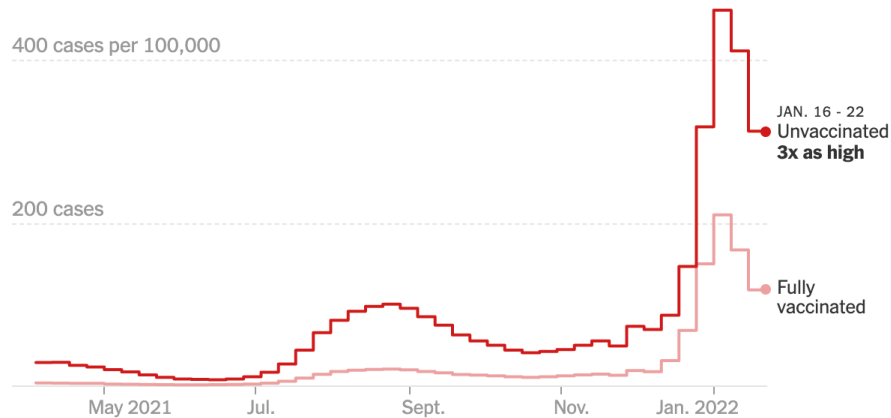
COVID-19 and the COVID-19 Vaccine from a Medical Perspective

Why get your COVID vaccine?

Rates for vaccinated and unvaccinated

Data from the Centers for Disease Control and Prevention shows that people who are unvaccinated are at a [much greater risk](#) than those who are fully vaccinated to die from Covid-19. These charts compare age-adjusted average daily case and death rates for vaccinated and unvaccinated people in the 25 states and three cities that provide this data.

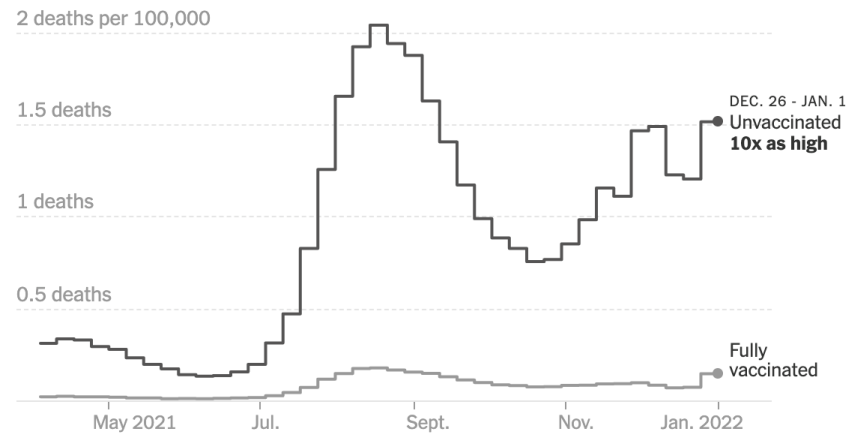
Average daily cases



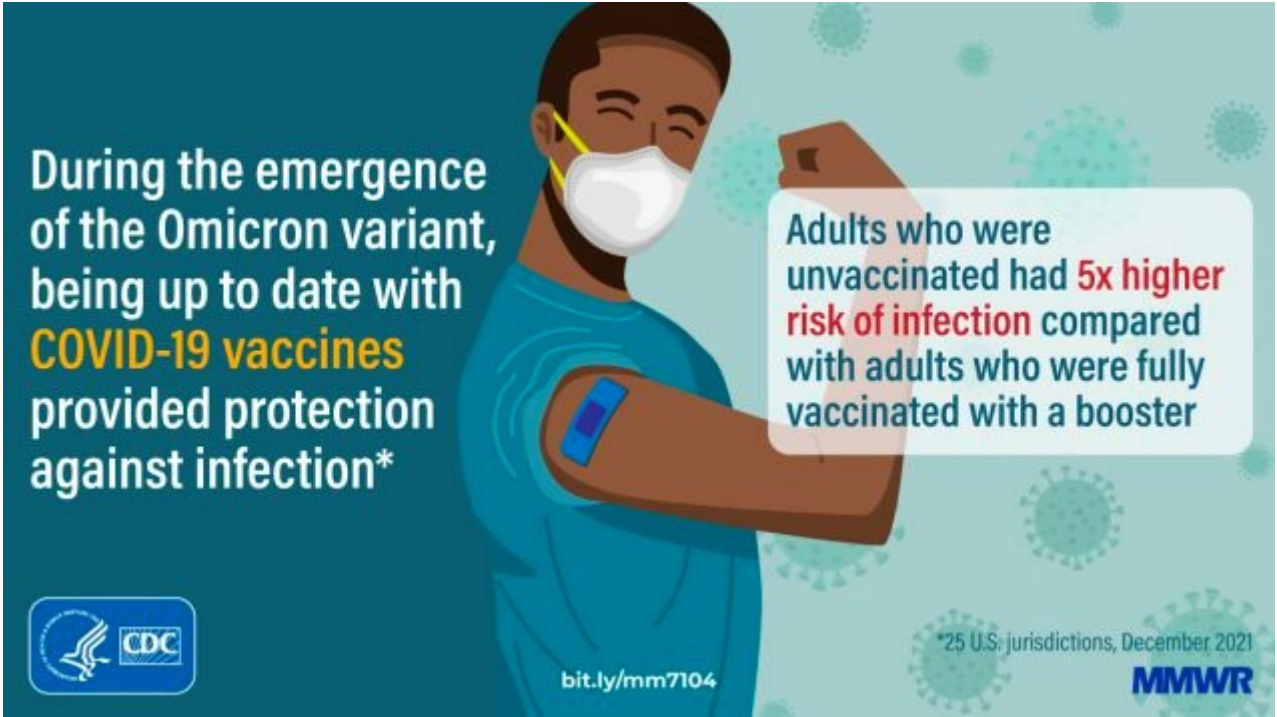
About this data:

Source: [Centers for Disease Control and Prevention](#). This data was first made available on Oct. 19 2021, and is expected to update monthly. The C.D.C. releases the data as a weekly figure per 100,000 and is presented here as a daily average per 100,000 for consistency with other population-adjusted figures on this page. See the notes on the [C.D.C.'s page](#) for more information.

Average daily deaths



Source: New York Times. Based on CDC data published January 28, 2022:
<https://www.cdc.gov/mmwr/volumes/71/wr/mm7104e2.htm>



During the emergence
of the Omicron variant,
being up to date with
COVID-19 vaccines
provided protection
against infection*

Adults who were
unvaccinated had **5x higher
risk of infection** compared
with adults who were fully
vaccinated with a booster

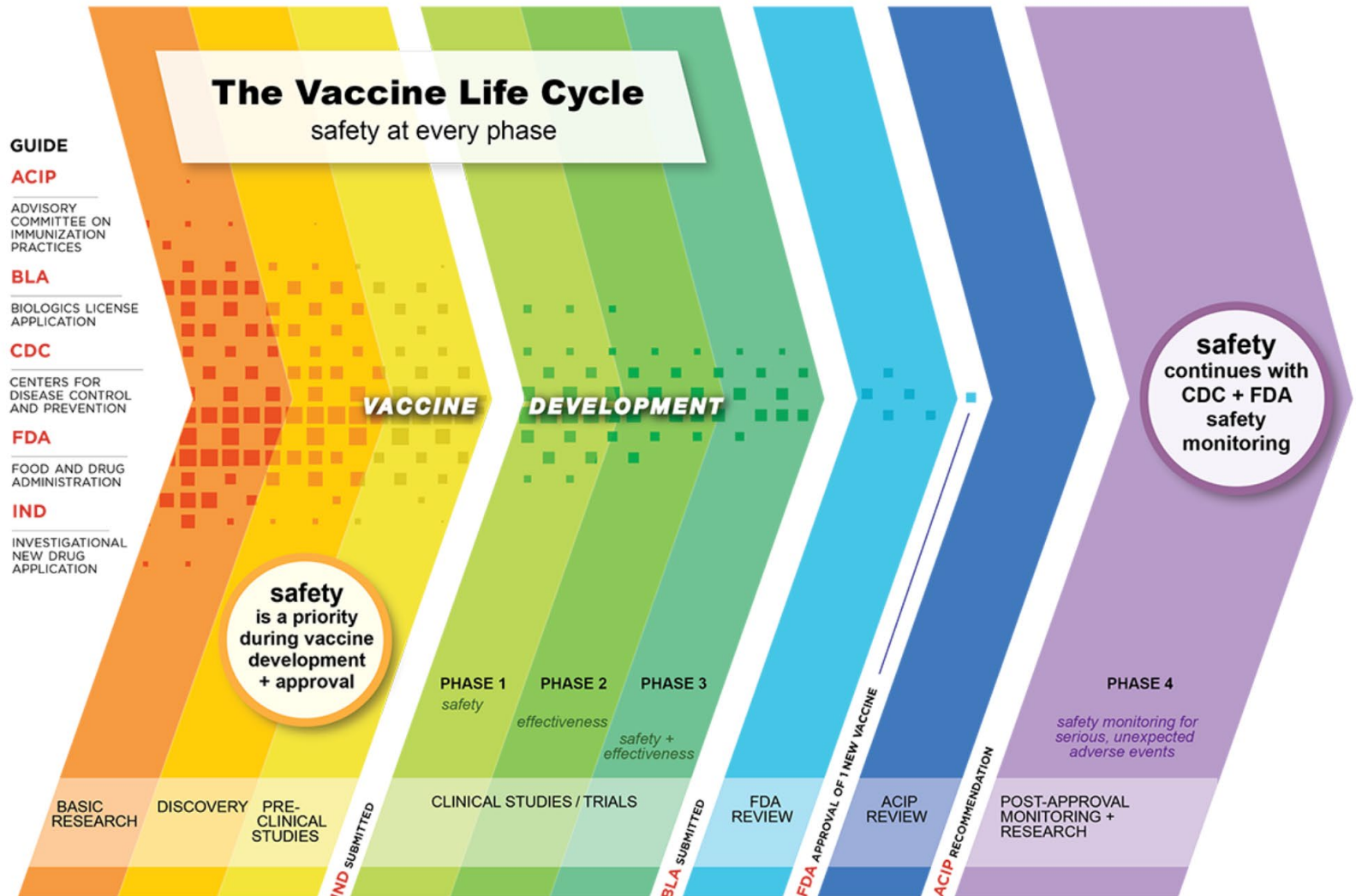


bit.ly/mm7104

*25 U.S. jurisdictions, December 2021

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The Vaccine Life Cycle: Safety at Every Phase



Vaccine Development

- mRNA Vaccines:
 - Scientists have been working on this technology for decades in hopes that it would be lifesaving in a situation just like this
 - All that was needed once the pandemic began was the genome (genetic sequence) of the virus in order to create a COVID-19 vaccine
- Viral Vector Vaccines:
 - This uses vaccine technology that has previously been used for other vaccinations
 - It still required the genome of the COVID-19 virus to be developed

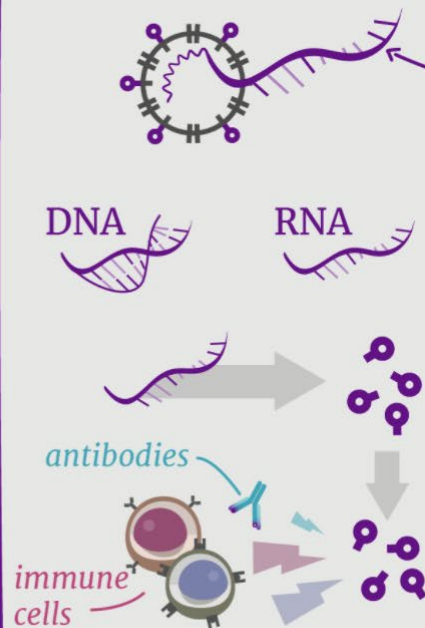
HOW DO COVID-19 VACCINATIONS WORK?

How do mRNA Vaccines Work?

Types of SARS-CoV-2 vaccines for COVID-19

Genetic vaccines (nucleic acid vaccines)

British Society for
immunology
www.immunology.org



Contain a segment of **SARS-CoV-2 virus genetic material** that codes for a specific protein. Can be DNA or RNA.

Our cells use the genetic material to make the SARS-CoV-2 protein, which is recognised by the immune system to trigger a response.

This response builds immune memory, so your body can fight off SARS-CoV-2 in future.

Considerations

Low cost and fast to develop.

May need to be stored at specific low temperatures.



Approved in the UK for COVID-19

Pfizer/BioNTech & Moderna

In clinical trials for COVID-19

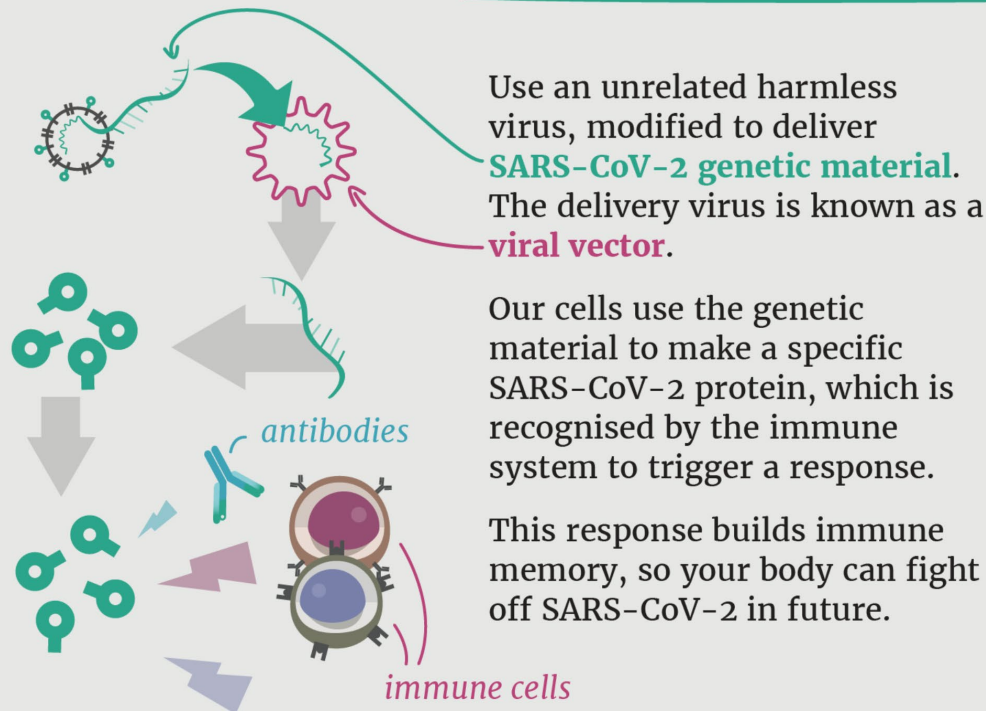
CureVac, Inovio Pharmaceuticals

How do Viral Vector Vaccines Work?

Types of SARS-CoV-2 vaccines for COVID-19

Viral vector vaccines

British Society for
immunology
www.immunology.org



Considerations

Generate strong immune response.
May need to be stored at specific low temperatures.



Examples in human use for other diseases

Ebola vaccine

Approved in the UK for COVID-19

AstraZeneca/Oxford

Approved elsewhere in the world for COVID-19

Jannsen, CanSino, Gamaleya

Ingredients included in Pfizer-BioNTech and Moderna mRNA COVID-19 vaccines

Description	Pfizer-BioNTech (mRNA)	Moderna (mRNA)	Janssen (viral vector)
Active ingredient	Nucleoside-modified mRNA encoding the viral spike (S) glycoprotein of SARS-CoV-2	Nucleoside-modified mRNA encoding the viral spike (S) glycoprotein of SARS-CoV-2	Recombinant, replication-incompetent Ad26 vector, encoding a stabilized variant of the SARS-CoV-2 Spike (S) protein
Inactive ingredients	2[(polyethylene glycol (PEG))-2000]-N,N-ditetradecylacetamide	PEG2000-DMG: 1,2-dimyristoyl-rac-glycerol, methoxypolyethylene glycol	Polysorbate-80
	1,2-distearoyl-sn-glycero-3-phosphocholine	1,2-distearoyl-sn-glycero-3-phosphocholine	2-hydroxypropyl- β -cyclodextrin
	Cholesterol	Cholesterol	Citric acid monohydrate
	(4-hydroxybutyl)azanediylbis(hexane-6,1-diyl)bis(2-hexyldecanoate)	SM-102: heptadecan-9-yl 8-((2-hydroxyethyl) (6-oxo-6-(undecyloxy) hexyl) amino) octanoate	Trisodium citrate dihydrate
	Sodium chloride	Tromethamine	Sodium chloride
	Monobasic potassium phosphate	Tromethamine hydrochloride	Ethanol
	Potassium chloride	Acetic acid	
	Dibasic sodium phosphate dihydrate	Sodium acetate	
	Sucrose	Sucrose	

Types of Ingredients in a COVID-19 Vaccine

And Where Else You Can Find Them

FATS & OILS



Also Found in
Avocados

ACIDS



Also Found in
Lemon/Limes

SALT



Also Used to
Season Foods

SUGARS



Also Found in
Fruits

 **Health.**

go.uchealth.com/covid-19-vaccine-ingredients

COVID –19 Vaccine Schedules

- mRNA vaccines*
 - Moderna : first 2 doses 4 weeks apart
 - booster dose of either Moderna or Pfizer at least 5 months after
 - Pfizer-Biontech: first two doses 3 weeks apart
 - booster dose of either Moderna or Pfizer at least 5 months after
 - This is the only vaccine approved age 5-16 years
- Viral Vector
 - Johnson and Johnson/Janssen: a single dose
 - booster dose of either Moderna or Pfizer at least 2 months after

Why a Booster?

*Current CDC recommendations prefer mRNA vaccines over J&J

Vaccine Side Effects

Common Side Effects

On the arm where you got the shot:



- Pain
- Redness
- Swelling

Throughout the rest of your body:



- Tiredness
- Headache
- Muscle pain
- Chills
- Fever
- Nausea

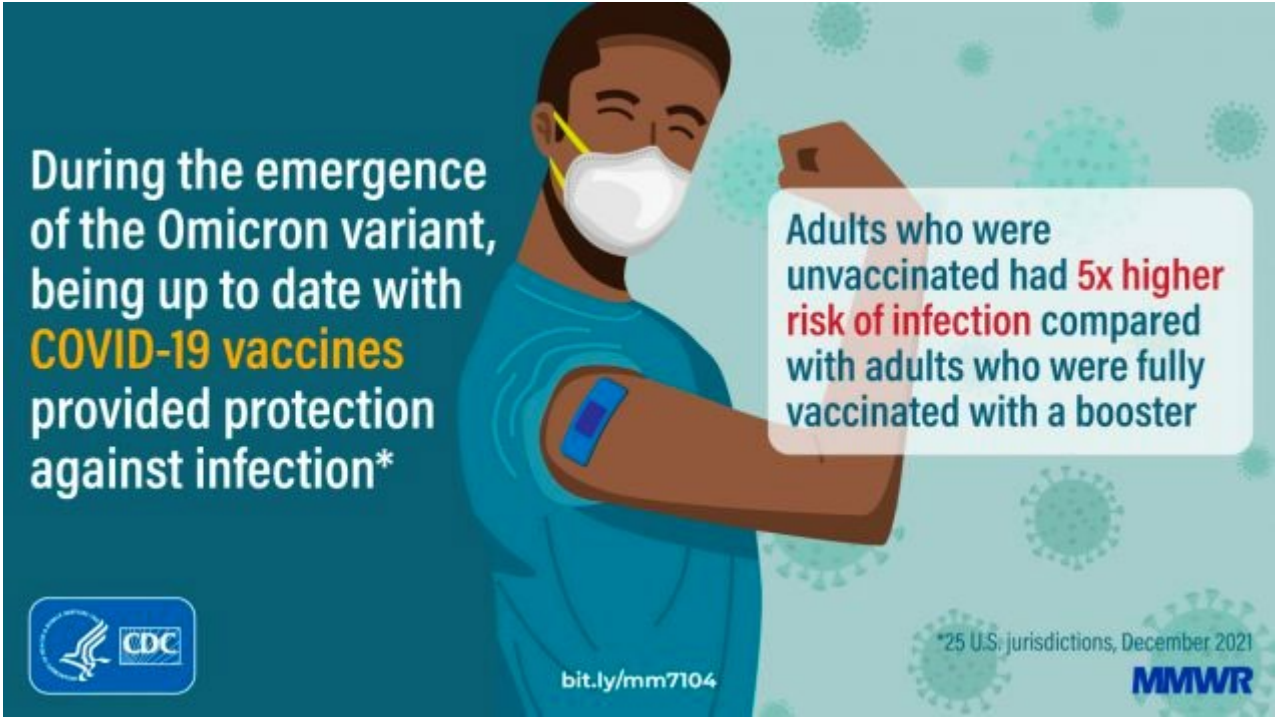
- Side effects are from your immune system responding to the vaccine
- Rarely, a severe allergic reaction called anaphylaxis can occur following a dose of an mRNA vaccine. Anyone who has this severe reaction should not receive another dose of that vaccine
- <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/safety-of-vaccines.html>

Rare conditions and COVID-19 vaccine

- There may not yet be a vaccine study specific to your rare condition
 - What do your specialty doctors recommend?
 - It is okay to ask them why they may or may not recommend a vaccination

FAQs

- How effective are vaccines and vaccine boosters against new variants?
- I had COVID-19 infection; do I need to get the vaccine? What about natural immunity?
- Vaccine side effects vs infection side effects
 - Cardiomyopathy
 - Severe illness, hospitalization, and death
 - Missed work/school
 - Long term effects of COVID-19 infection



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of the Omicron variant,
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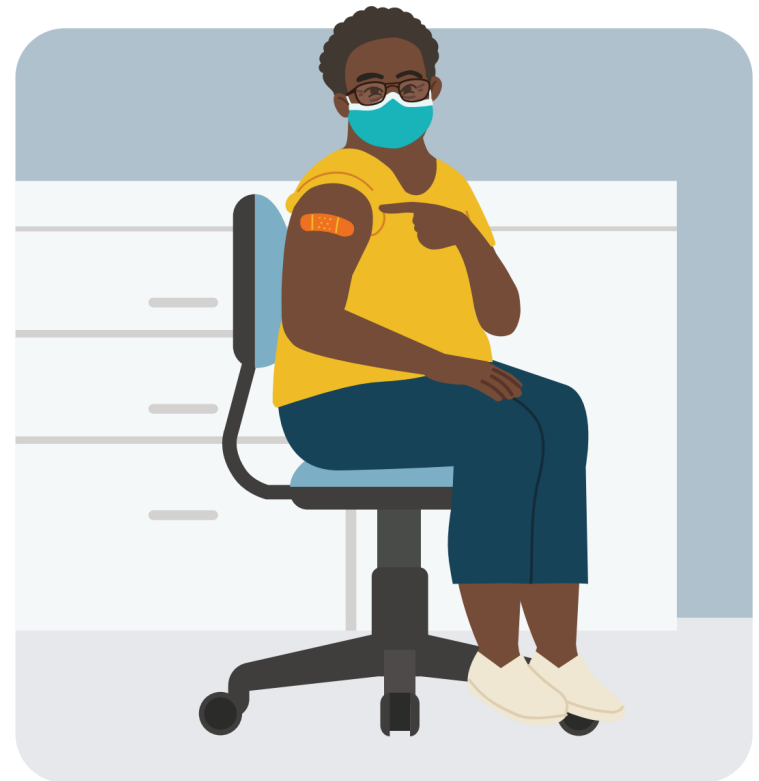
Myths

- Fertility concerns
 - There are no effects on fertility
- You can get COVID-19 from the vaccine
 - Because the vaccines do not have virus that can replicate, you cannot get COVID-19 from the vaccines.
 - You cannot test positive for COVID-19 from the vaccine.
- mRNA vaccines alter your DNA
 - They do not and cannot alter your DNA
- All events reported to the Vaccine Adverse Event Reporting System (VAERS) are caused by vaccination
 - The system exists to report all possible side effects (like medication side effects that must be reported in medication studies)
 - Scientists further investigate reported symptoms to determine whether there is a link between the vaccine and reported symptoms

Additional Resources for Individuals with Intellectual and Developmental Disabilities

Stay safe from COVID-19

- <https://www.cdc.gov/ncbddd/humandevelopment/COVID-19-Materials-for-People-with-IDD.html>
 - This includes social stories around testing, mask wearing, hand washing and getting vaccinated



Get a COVID-19 shot

Questions & Answers

Resources



Scheduling a COVID-19 Vaccine Appointment

- Call your doctor's office, nurse, or clinic to schedule a vaccine appointment
- Call your local pharmacy to schedule a vaccine appointment
- Go online to www.walgreens.com , www.cvs.com , or <https://www.kroger.com/rx/guest/get-vaccinated> to schedule a vaccine appointment online

Scheduling a COVID-19 Vaccine Appointment



**Find COVID-19
Vaccines Near You**

Visit [Vaccines.gov](https://www.vaccines.gov)

Or Call [1-800-232-0233](tel:1-800-232-0233)



**Encuentre vacunas contra
el COVID-19 cerca
de usted**

Visite [vacunas.gov](https://www.vacunas.gov)

Llame al [1-800-232-0233](tel:1-800-232-0233)

Scheduling a COVID-19 Vaccine Appointment



[Vaccines.gov](https://www.vaccines.gov) - Find COVID-19
vaccine locations near you

Scheduling a COVID-19 Vaccine Appointment


<https://acl.gov/DIAL>

888-677-1199
Monday-Friday
9 a.m. to 8 p.m. ET


Or email
**DIAL@usaging
anddisability.org**

DISABILITY INFORMATION AND ACCESS LINE (DIAL)


COVID-19 vaccination support for people with disabilities




Help finding
local vaccination
locations




Assistance with
vaccination
appointments



Connecting
callers to local
support services



Answering
common vaccine
questions



Locating
resources to
address concerns

**CONNECT
WITH ESSENTIAL
SERVICES**

The hotline can also connect callers to services that promote independent living and address fundamental needs like food, housing, and transportation.

DIAL was created through a partnership between the Administration for Community Living (ACL) and the Centers for Disease Control and Prevention (CDC) to help older adults and people with disabilities get COVID-19 vaccines. It is run as a collaboration between USAging and a group of organizations serving people with disabilities, including:

- Association of Programs for Rural Independent Living (APRIL)
- Association of University Centers on Disabilities (AUCD)
- Independent Living Research Utilization (ILRU)
- National Association of Councils on Developmental Disabilities (NACDD)
- National Council on Independent Living (NCIL)
- National Disabilities Rights Network (NDRN)
- The Partnership for Inclusive Disaster Strategies

Learn more about DIAL at [ACL.gov/dial](https://acl.gov/dial).



ACL is an operating division of the U.S. Department of Health and Human Services.



Ohio Department of Health

Questions about COVID-19?

Visit coronavirus.ohio.gov or
call 1-833-4-ASK-ODH for answers.
(1-833-427-5634)

Ohio Department of Health call center is ready to answer your questions about COVID-19

1-833-4-ASK-ODH (1-833-427-5634)

You can also chat with our [Virtual Assistant](https://gettheshot.coronavirus.ohio.gov) at gettheshot.coronavirus.ohio.gov for any COVID-19 vaccine, registration, and scheduling questions.

The COVID-19 call center is 9am to 8pm every day of the week (even holidays).

University of Cincinnati Center for Excellence in Developmental Disabilities COVID-19 and vaccine info

<https://www.ucucedd.org/vax-learn-more/>

Ilka Riddle, PhD: ilka.riddle@cchmc.org

Rachel Miller: rachel.miller@cchmc.org

Center for Independent Living Options (CILO)

- Support for Independent Living
- Referral to other agencies/supports
- COVID-specific supplies (cleaning, sanitizing)
- Bus Voucher (Cincinnati only)

Suzanne Hopkins, EMMDS, with CILO

Direct Phone: 513-338-5109

Office Phone: 513-241-2600 ext. 114

Email: shopkins@cilo.net



Find other Centers for Independent Living in Ohio:

<http://www.ohiosilc.org/centers-for-independent-living/>

Association of University Centers on Disabilities (AUCD)

- National Center on Disability in Public Health:
 - Vaccine Resources
 - <https://nationalcenterdph.org/vaccine-resources/>

Free COVID-19 Test Kits

- Where and how to order free at-home COVID tests:
- <https://www.covidtests.gov/>
- 1-800-232-0233
- 2 sets of 4 free at-home tests can be ordered

Thank you!

