

COVID-19 Vaccine Q&A

Tuesday, January 5, 2021

Debra Poutsiaka, MD, PhD

Adam Weston, MD



What we'll cover today

- Welcome and Introductions
- Diversity and Vaccines
- About the Vaccines
- Your Questions

Covid-19 is sending Black, Latino and Native American people to the hospital at about 4 times the rate of others



(CNN) - According to data provided by the **Center for Disease Control and Prevention (CDC)**.

Nonwhite Americans have been hit hard by the coronavirus pandemic. The number of Covid-19 cases among Black and Hispanic children and across all ages is higher than other groups. Black and Hispanic people infected with the virus also died at disproportionately higher rates.

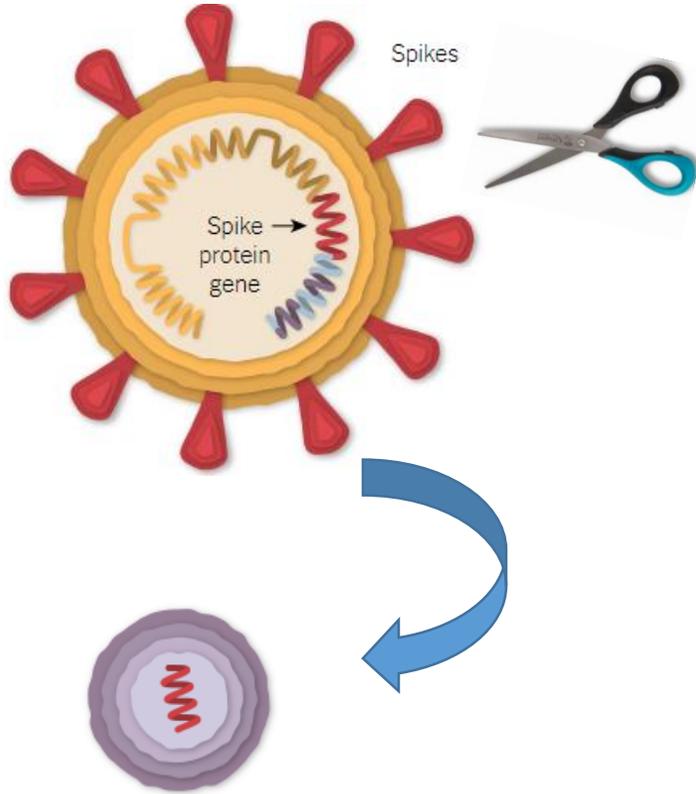
Some communities of color, including Latinos and African Americans, are often uninsured or distrust the health care system. They have higher rates of conditions like hypertension, heart disease, diabetes, obesity, which can lead to more severe reactions to Covid-19, Dr. Lisa Cooper, Director of the Center for Health Equity.

Our commitment to **Diversity, Equity and Inclusion**

Equity is to have the ability to achieve the highest level of success, and health possible, regardless of who you are, economic status, and where you live.

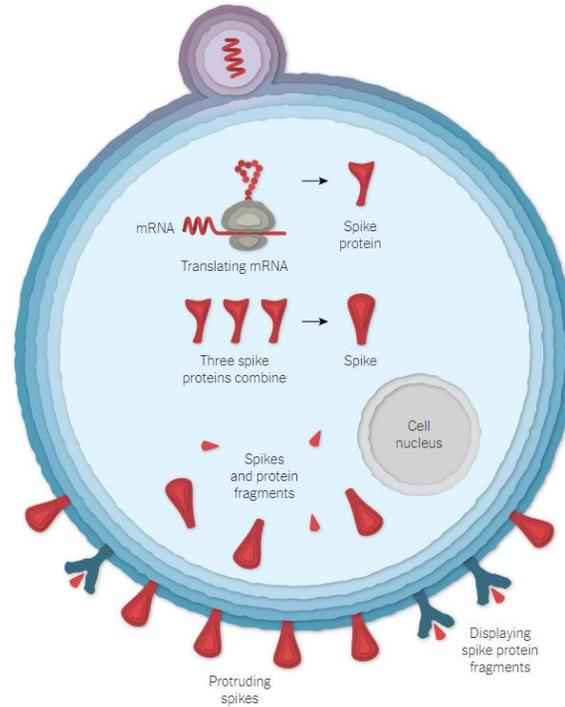


How do RNA vaccines work?



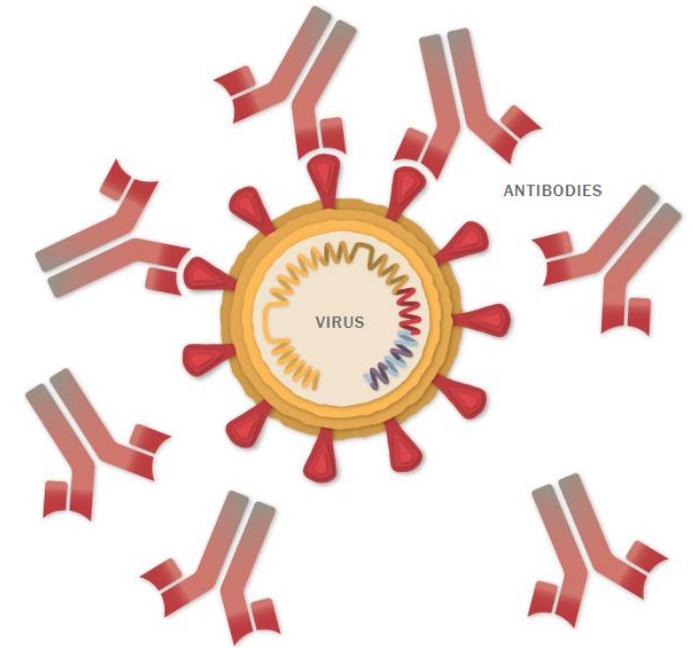
The genetic material for one gene, the spike protein, is placed in a small particle. This is the blueprint for making a protein. This goes into the vaccine. There is no virus in the vaccine.

1/8/2021



Viral particle fuses with the cell and dumps the spike protein RNA into the cell. The cell uses the blueprint to make spike protein. This then travels to the cell surface where it is seen by cells of the immune system.

Vaccine mRNA is rapidly degraded.



Antibodies are produced by our immune system. These bind to spike protein on invading SARS-CoV-2 and block the virus from causing infection.

New York Times, Dec 8 2020

Efficacy: Does the vaccine work?

- **Pfizer and Moderna mRNA vaccines approx 95% effective preventing SYMPTOMATIC disease**
 - Example: Large unvaccinated group, 100 get COVID-19.
 - If vaccinated, only 5 would have gotten ill
- Unclear if vaccines prevent COVID WITHOUT symptoms
- Likely effective against mutated variants of the SARS-CoV-2 virus (“UK variant”)
- Wellforce has both Pfizer or Moderna vaccines
- Each person gets 2 doses of same vaccine 21 days (Pfizer) or 28 days (Moderna) apart

Vaccine Safety: Is it safe?

- Very similar safety in both vaccines and compared to other vaccines
- Rigorous clinical trial and FDA process
- Mild to moderate side effects, are gone in 48-72 hours
 - Soreness at the injection site
 - Flu-like symptoms (muscle aches, headache, fatigue, low grade fevers)
 - More common after the 2nd dose and in younger people
- No serious side effects noted in either trial of >35,000
- 15 or 30 minutes observation post-vaccination
- Some side effects similar to COVID-19 symptoms.
 - Refer to information sheet given at the time of vaccination

Allergic Reactions: What if I have allergies?

- Severe allergic reactions very rare, all have recovered well
- Trained staff and meds for severe reaction at all vaccination sites
- People with history of severe allergic reactions or reaction to the first COVID mRNA vaccine - follow CDC recommendations
- Specific ingredients publicly available to help determine if any vaccine component is something you have reacted to in the past

People with allergies or reactions to the following CAN receive COVID mRNA vaccines

- CAN receive vaccine if past allergic reactions, including severe, that are ***unrelated*** to vaccines, injectable therapies, components of COVID vaccines (including PEG) or polysorbates
- Allergies/reactions that still allow for COVID mRNA vaccination, even if the reactions were severe:
 - Food, pet, venom allergies
 - Environmental allergies
 - Allergies to any medications taken by mouth
 - Latex allergies
 - Egg or gelatin allergies

Pregnancy: Is it safe for those who are pregnant?

- The Society for Maternal-Fetal Medicine and The American College of Obstetricians and Gynecologists strongly recommends:
 - Pregnant individuals have access to COVID-19 vaccines
 - Each person discuss with their healthcare professional, own personal choice
- COVID is more severe in pregnancy
 - Increased ICU care, mechanical ventilation, death, premature delivery
- No clear biological reasoning to suggest that the vaccine would cause issues in pregnancy
- Animal models showed no issues in fetal development

Lactation: What if I am breastfeeding?

- The Society for Maternal-Fetal Medicine reports that there is no reason to believe that the vaccine affects the safety of breastmilk.
- When we have an infection or get a vaccine, our bodies make antibodies to fight the infection. Antibodies formed from vaccines given during pregnancy do pass into the breastmilk and then to the baby to help prevent infections

Infertility: What if I am trying to get pregnant?

- There is no evidence or scientific concern that the vaccine could impact fertility

What if I have had/have COVID-19?

- Vaccine is safe in people with prior COVID-19
- Delay until after recovery from COVID-19 and isolation no longer necessary
- Can delay vaccination for 90 days after COVID diagnosis
 - You are already protected by your natural immunity for that period of time
- If you get COVID in between your first and second shots, wait until you are clinically recovered (i.e. able to return to work) AND sufficient time has passed (21 or 28 days) from your first dose to get your 2nd dose.
- No other medical condition prevents you from getting vaccinated

What happens AFTER I get vaccinated?

- Not known if vaccinated people can acquire COVID-19 without symptoms and, therefore, unknowingly pass it on to others
- Therefore, **even after vaccination**, continue to:
 - Wear a mask
 - Observe PPE recommendations at work
 - Socially distance
 - Wash hands frequently
 - Do not come to work or go out if you are ill

Thank you for all that you do!