COVID19 Vaccine 101 Workshop

Facilitators:

Land & Labor Acknowledgment

Objectives

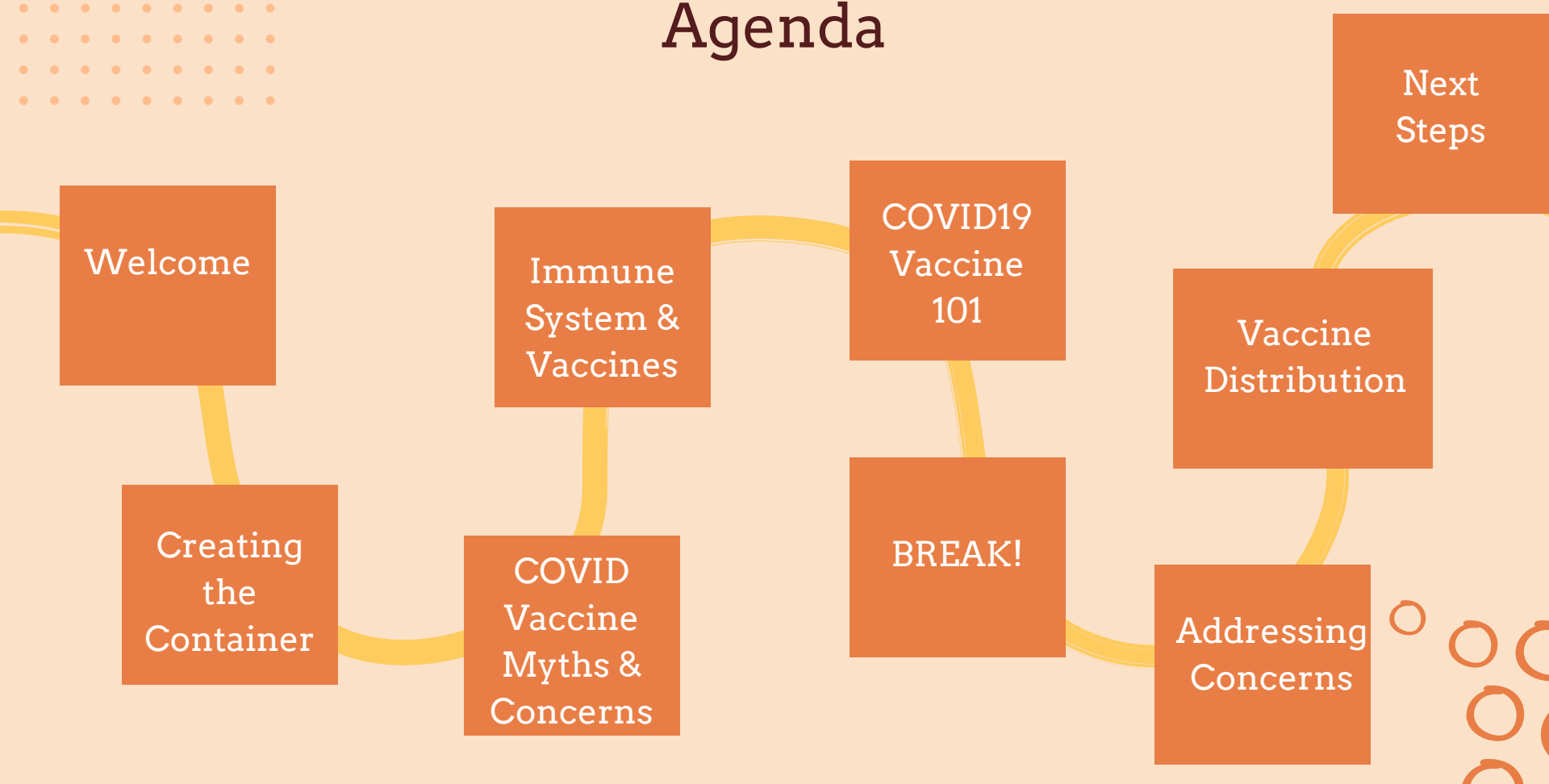
1. Acknowledge the connection between historical trauma and vaccine hesitancy for some BIPOC communities

2. Explain what the COVID19 vaccine contains, how it works, potential side effects, and dosage

3. Share how vaccines in general and the COVID19 vaccine was created, along with the vaccine approval process, and the differences and similarities between the Pfizer and Moderna vaccines

4. Understand how the immune system works and how vaccines work

Agenda


Welcome
Creating the Container
Immune System & Vaccines
COVID Vaccine Myths & Concerns
COVID19 Vaccine 101
BREAK!
Addressing Concerns
Vaccine Distribution
Next Steps

Code of Care

- Share the air -- balance participation in the room
- Listen to understand, not to respond
- Be mindful of both intent and impact and be accountable for your words and behavior
- Practice curiosity; be willing to learn and make mistakes
- All are invited to participate. You always have the choice to “pass.”
- We encourage everyone to practice self-care
- Facilitators are here if you need to process

Examples of Historical Trauma from public health for Black, Indigenous, People of Color (BIPOC) communities

- Tuskegee Syphilis Experiment on African American men
- Gynecological experiments on enslaved African American women
- Syphilis and Gonorrhea experiments in Guatemala
- Investigations into forced hysterectomies of immigrant women in ICE detention center
- Forced sterilizations of Native American women
- Medical experimentation in Auschwitz concentration camp

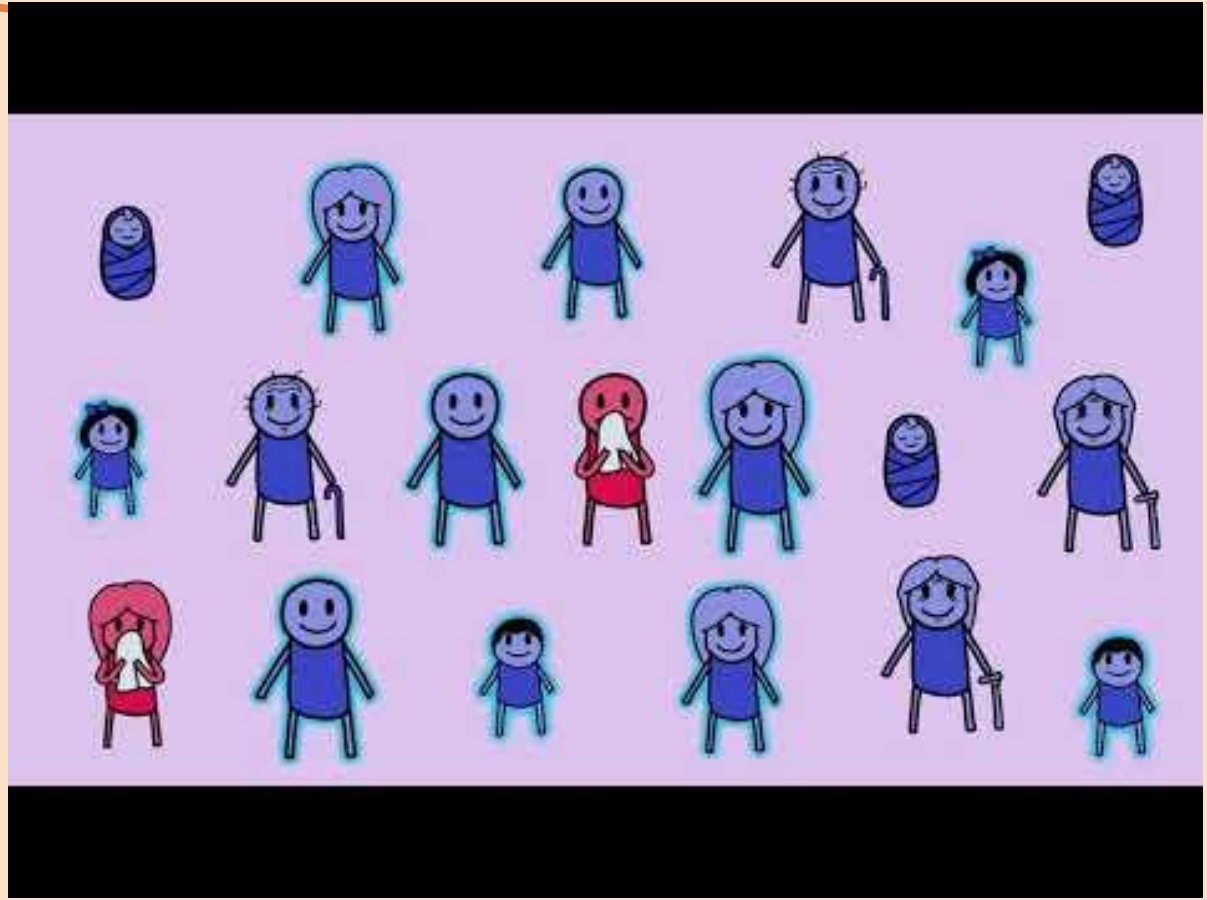
BIPOC Resistance and Survivance

- Black Panther Party established medical clinics
- Urban Indian Health Institute decolonizes data
- La Clínica del Cariño is founded as a migrant health center Hood River
- Pacific Islander Coalition leads decolonizing data project in Multnomah County
- Asian Health & Service Center provides culturally and linguistically relevant mental health, public health, naturopathic, and Chinese medicine services
- Community Health Workers played crucial role in responding to Ebola outbreak in West Africa
- Community Health Workers are critical first responders to COVID19

How does your immune system work?

https://www.youtube.com/watch?v=k7E88xEGOaE

What is herd immunity?

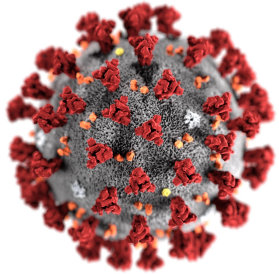


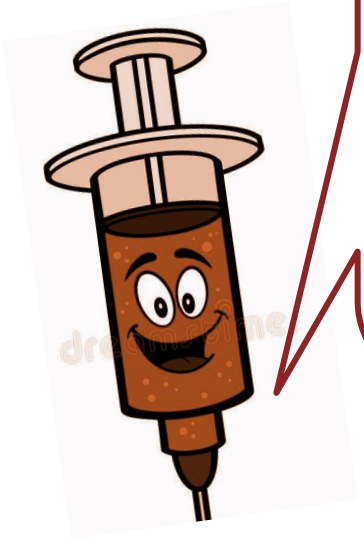
www.youtube.com/watch?v=tC47JjakPSA&feature=emb_logo

The 411 on the COVID19 Vaccine

Hi everyone! My name is Coco and I'm here today to talk about the COVID19 vaccine - what it is, what it does and how it was created.

Let's get started!





By now, you've probably seen a picture of the COVID19 virus.

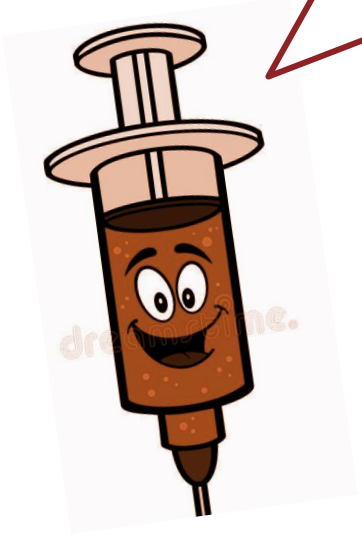
It has these spikes on the outside that allow it to attach itself to specific cells in our body.

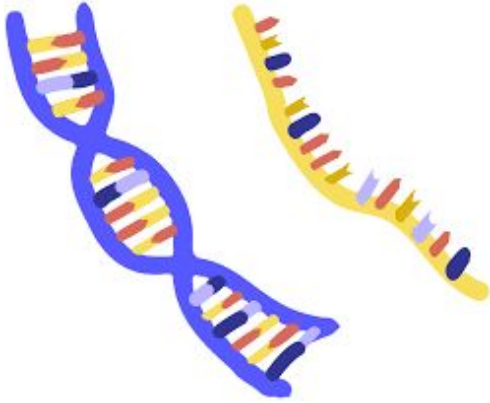
The virus can then infect the cells and make us sick.

How does the vaccine work?

Like other vaccines, the COVID19 vaccine teaches our bodies how to recognize and fight the coronavirus that causes COVID19.

For the Moderna & Pfizer vaccines, the instructions are stored in mRNA. For the Johnson & Johnson vaccine, the instructions are stored in DNA.

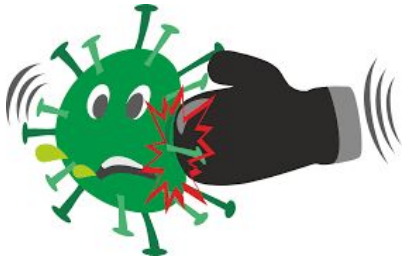


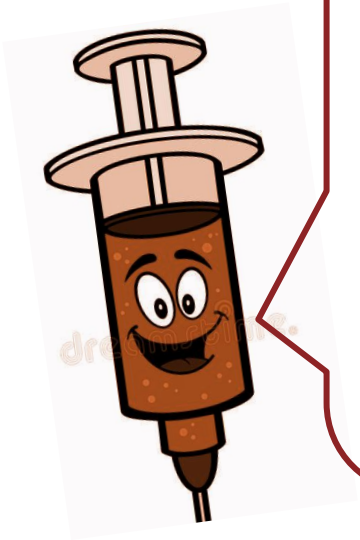


How does the vaccine work?

The mRNA and DNA in the vaccines are like an instruction manual.

They teach your body to make a harmless protein that looks like a protein on the COVID19 virus.



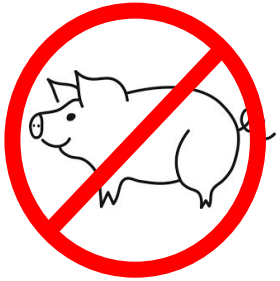


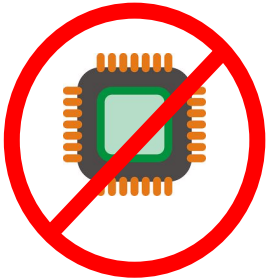
Your body responds to the protein and creates disease-fighting cells and antibodies that can recognize and fight the COVID19 virus.

If you are infected with COVID19 virus in the future, your body is ready to protect you.

How does the vaccine work?

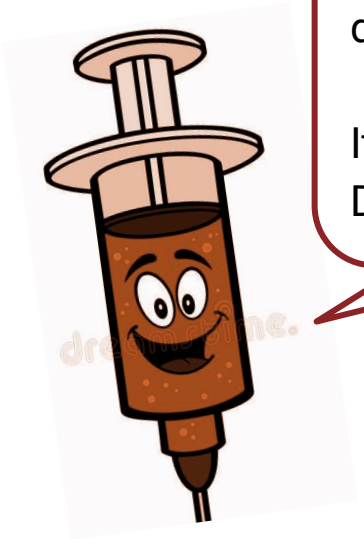
The COVID19 vaccine does not have pork, pork products or microchips in it.





The COVID19 vaccine does not give you COVID.

It does not change your DNA.

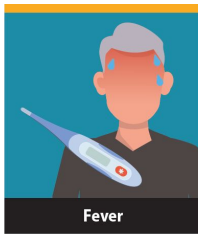


How does the vaccine work?

After getting vaccinated, you may have some common side effects including soreness in the arm where you got injected, feeling tired, muscle aches, and/or a low fever.

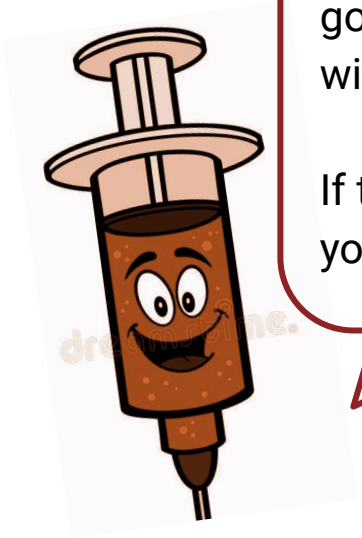
Soreness

Tiredness & Muscle Aches



These symptoms usually go away on their own within a few days.

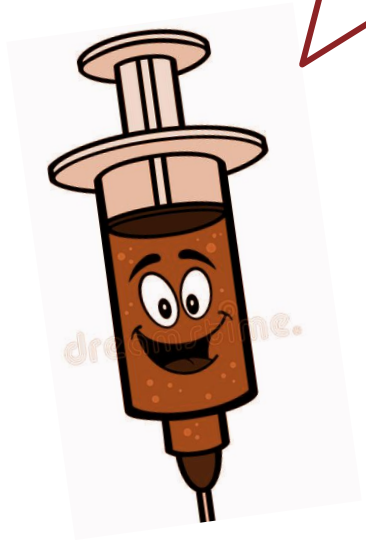
If they don't go away, call your doctor or clinic.



Allergic Reactions

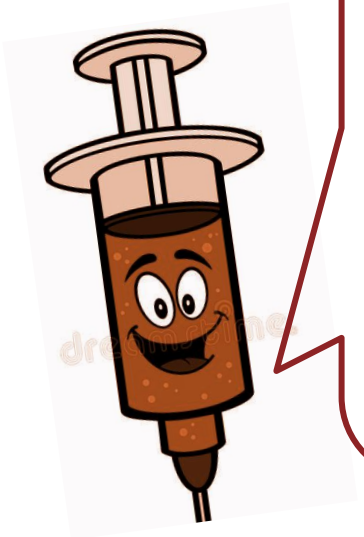
People are being asked to wait for 15 minutes after they receive the vaccine to see if they have a severe allergic reaction.

People with allergies to things like latex, pollen, or cats and dogs do not have to take any special precautions with the COVID19 vaccine.



Allergic Reactions

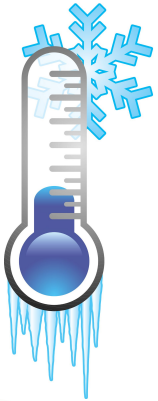
People with shellfish or other allergies that cause someone to break out in hives, to have trouble breathing, and/or need to use an Epipen should consult with their doctor before getting the vaccine.



They are being asked to wait for 30 minutes after they receive the vaccine in case they need an immediate dose of epinephrine (Epipen) or need to call 911.

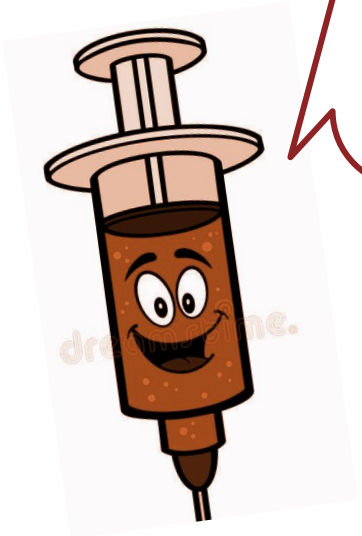
Most people who have an allergic reaction recover with treatment.

Dosage & Effectiveness



Now we have 3 COVID19 vaccines that are approved in the U.S.

The **Pfizer** and **Moderna** vaccines require 2 shots and need to be stored in really cold temperatures.

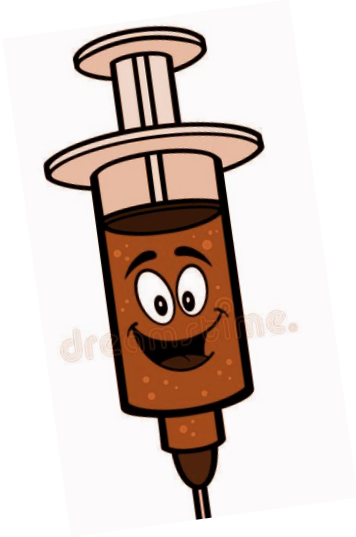


If you get the **Pfizer** or **Moderna** vaccines, you should get the same vaccine for the 2nd dose up to 6 weeks after the 1st dose.

Dosage & Effectiveness

The 2nd dose of the **Pfizer** vaccine should be taken 3 weeks after the first dose. It is approved for people age 16 and older.

The second dose of the **Moderna** vaccine should be taken 4 weeks after the first dose. It is approved for people age 18 and older.



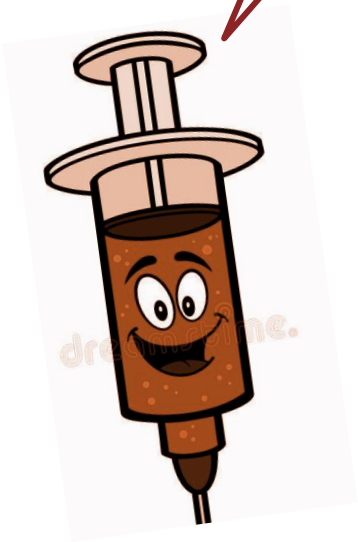
Dosage & Effectiveness

At this time, researchers believe that both the **Pfizer** and **Moderna** vaccines have a 95% effectiveness rate at preventing symptomatic COVID19 after receiving two vaccine doses.

They protect against COVID19 hospitalization and death.

Full protection begins 14 days after second dose.

The **Johnson & Johnson** vaccine is just 1 dose. It can be stored in a refrigerator for 3 months. It is approved for people ages 18 and older.



Johnson & Johnson

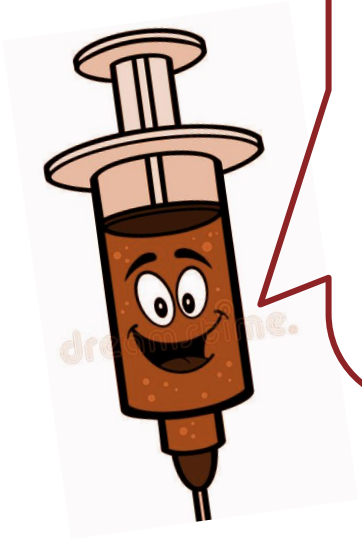
1 dose

Dosage & Effectiveness

The **Johnson & Johnson** vaccine is 85% effective in preventing severe COVID19.

It protects against COVID19 related hospitalization and death.

Full protection begins 28 days after vaccination.

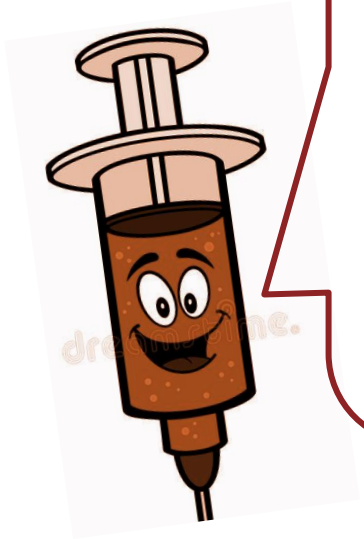


As far as we know, the vaccines are effective against the variants.

Early reports didn't find any evidence that the UK variant had any impact on vaccine efficacy. However, there is still a lot we don't know.

How Vaccines Were Developed

I've heard a lot of concerns about whether the vaccine was rushed. I'm here to let you know that the process of creating the COVID19 vaccine has been faster than vaccines for other diseases for a couple of reasons.



Pfizer & **Moderna** are mRNA vaccines. Researchers have been studying and working with mRNA vaccines for decades.

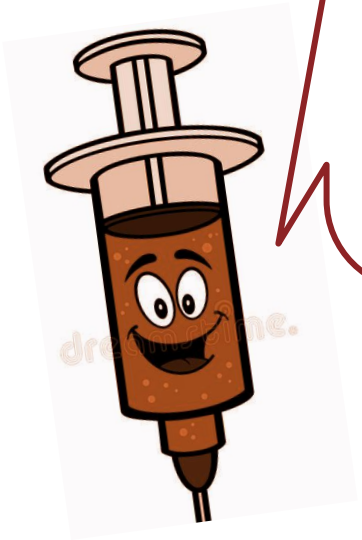
Vaccines designed with mRNA can be made easily and quickly and in large quantities from readily available materials in a laboratory.

How Vaccines Were Developed

The mRNA vaccines do not have to be grown and sterilized like traditional vaccines because they have zero actual virus in them.

mRNA vaccines have been studied for flu, Zika, rabies, and other diseases including being used in the fight against certain cancers.

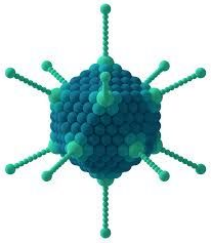
mRNA technology allows for the targeting of specific cell proteins.

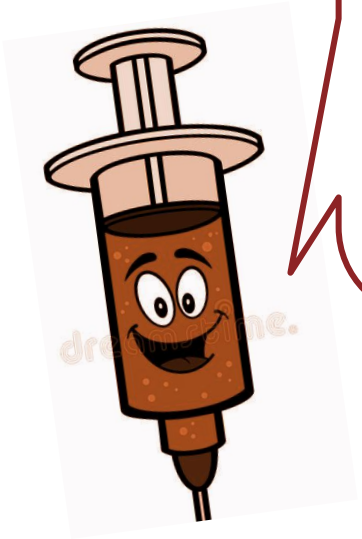


How Vaccines Were Developed

The modified adenovirus in the **Johnson & Johnson** vaccine can enter cells but can't reproduce or cause illness.

Viruses that cause the common cold are examples of adenoviruses.





The Johnson & Johnson vaccine is based on decades of research on adenovirus-based vaccines.

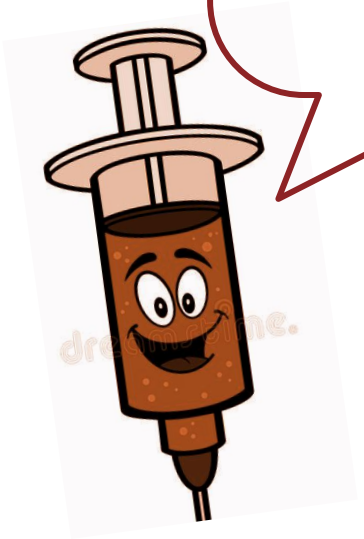
For example, an adenovirus vaccine for Ebola was approved in July 2020.

How Vaccines Were Developed

Another reason why the vaccines were able to be developed quickly is that the federal government gave a lot of money early on to develop the COVID19 vaccine.

Researchers were able to recruit people to participate and run all three phases of the clinical trials at the same time.

While the trials were taking place, the federal government gave money to the vaccine manufacturers to begin making and packaging the vaccines while the clinical trials were happening.



How Vaccines Were Developed

Also, because so many people have COVID19, the scientists could see pretty quickly how many vaccinated people got COVID19 compared to how many got sick without the vaccine.

Past research, federal funding, and the high rates of COVID19 in the community allowed the COVID19 vaccine to be developed quickly.

Vaccine Trials

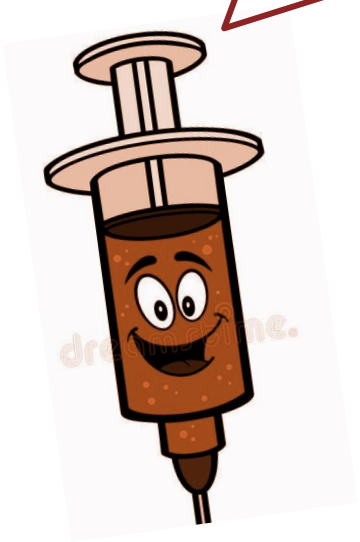
Many Reviews

The COVID19 vaccines went through all of the steps to test them and check for safety.

No steps were skipped.

The clinical trials measure if a vaccine is safe and if it works.

Scientists were able to build on earlier research on other forms of the coronavirus like SARS and MERS. They used that research to develop a vaccine that went through the clinical trials.

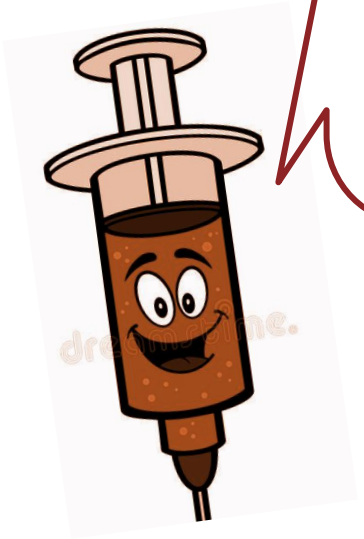


Vaccine Trials

In the Phase 3 clinical studies for each vaccine, there were two groups.

One group was given an injection of salt water and the other group was injected with a COVID19 vaccine.

The researchers then compared the two groups as time passed.



The people who got the COVID19 vaccine were unlikely to get COVID19.

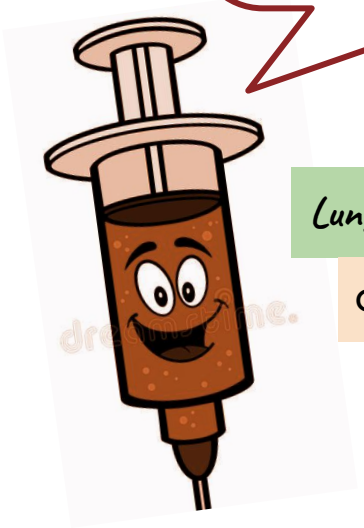
The people who got the salt water injection were much more likely to get COVID with symptoms.

Vaccine Trials

People with chronic conditions participated in all of the vaccine trials.

The vaccines have been approved for people with chronic conditions.

It's important to remember that people with chronic conditions are at a much higher risk for more severe illness if they get the COVID19 virus itself.



DIABETES

Lung Disease

Heart Disease

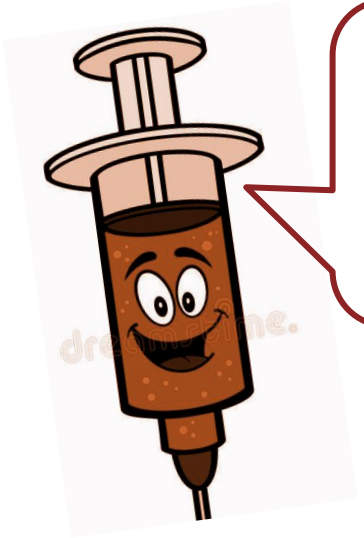
Obesity

Liver Disease

Vaccine Trials

Many of us have had concerns about the vaccine given the history of medical experimentation on people of color.

Tens of thousands of people participated in the clinical trials for the Pfizer, Moderna, and Johnson & Johnson vaccines.



There was a conscious effort to recruit people of color to participate in these clinical trials.

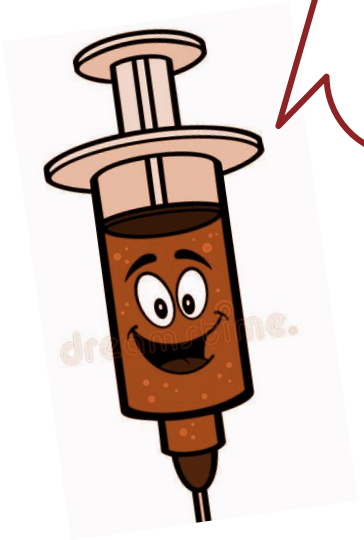
Vaccine Trials

For the **Pfizer** vaccine, 30% of the U.S. participants and 44% of the worldwide participants were people of color.

The trials took place in the U.S., Germany, Turkey, South Africa, Brazil and Argentina.

For the **Moderna** vaccine, 37% of the study participants were people of color.

The trials took place across the U.S.



Vaccine Trials

For the **Johnson & Johnson** vaccine, 83% of the participants worldwide were people of color.

The trials took place in South Africa, Mexico, Argentina, Brazil, Chile, Colombia, Peru, and the US.

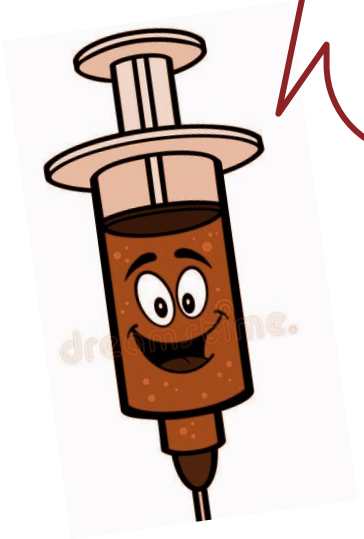
FDA Approval

Once the vaccines passed the clinical trials, they were sent to the Food & Drug Administration (FDA) for approval.

The FDA gave something called Emergency Use Authorization to use each vaccine.

The FDA added a lot of staff to shorten the review process from months to weeks.

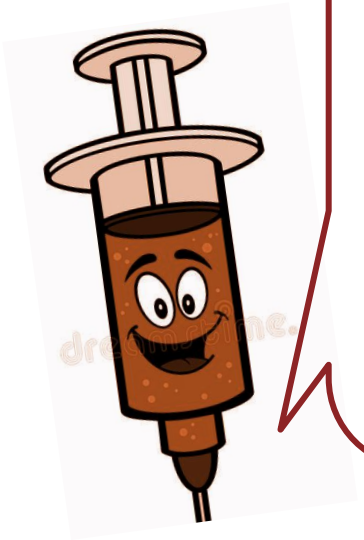
No corners were cut in the development, safety review, or approval process of the vaccines.



Life After Vaccination

What happens after you get vaccinated?

We don't yet know how long the vaccine will provide protection against COVID19, but this question will be answered with time as more people get vaccinated.

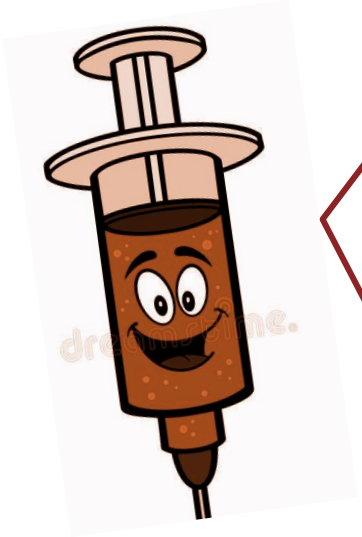


If you've had COVID19, you are considered to have natural protection for 3 months.

You can get the COVID19 vaccine anytime after you have had COVID19.

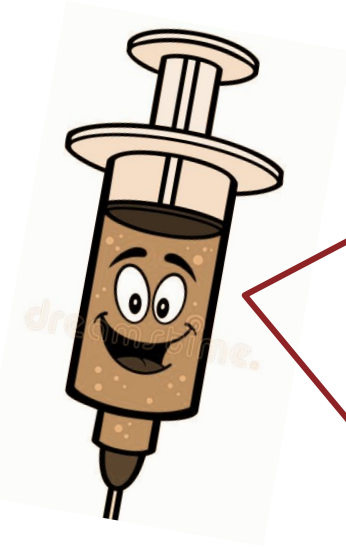
Life After Vaccination

We need the majority of our population to be vaccinated before something called “herd immunity” kicks in so that the community can become immune to an infectious disease like COVID19.



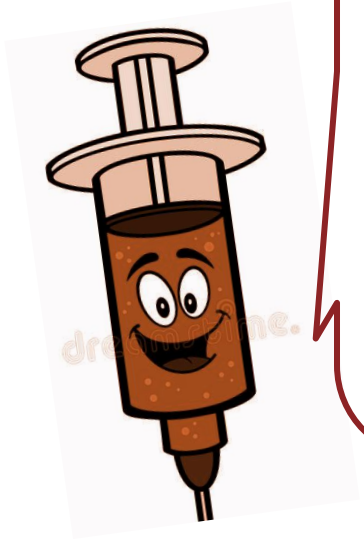
New CDC guidance allows people who have been fully vaccinated to not have to quarantine if they have been exposed to COVID19.

Life After Vaccination



Fully vaccinated people can gather indoors with other fully vaccinated people with no precautions.

They can visit low-risk unvaccinated people from 1 household without masks or physical distancing.



Fully vaccinated people still have to wear masks and physically distance in public places.

Fully vaccinated means:

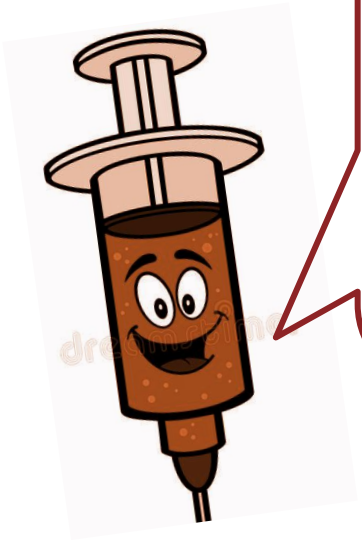
- Pfizer & Moderna = 14 days after 2nd dose

- Johnson & Johnson = 28 days after vaccination

Life After Vaccination

We know that the vaccines protect someone against getting COVID19, but we still don't know if they can spread COVID19 to others.

We will know more with more time and studies.



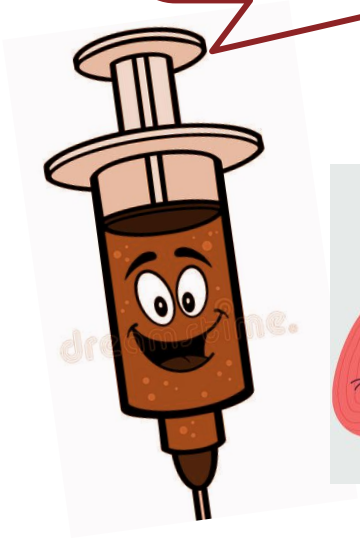
Continuing to wear a mask, washing your hands, and keeping physically distanced helps protect those around you who have not been vaccinated yet.

Life After Vaccination

The vaccine is completely voluntary.

Without the vaccine, you will continue to be at risk for COVID19 infections, severe illness or long COVID19.

Each person will need to weigh for themselves the risks from getting the virus or from taking the vaccine.

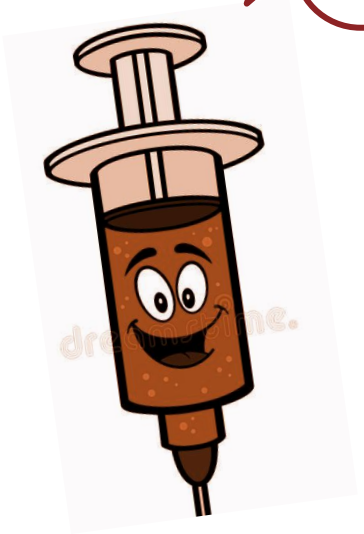


Pregnant & Breastfeeding People and Kids

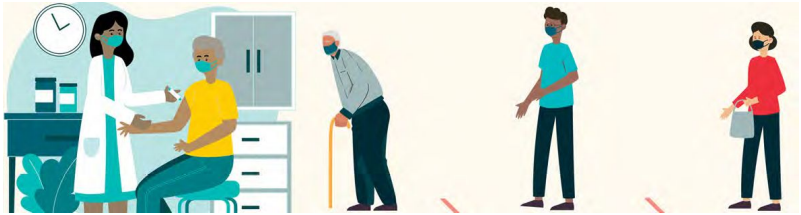
For people who are pregnant and breastfeeding - if you are in a priority group, you can be vaccinated, but it's up to you.

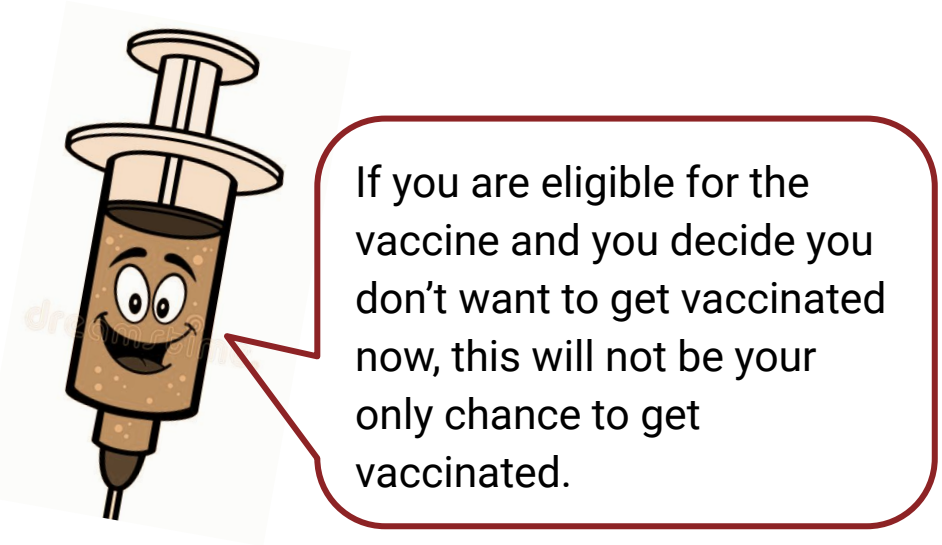
We encourage you to talk with your doctor.

Right now, there is no vaccine for children under 16 years old. Vaccine trials are just starting for children.

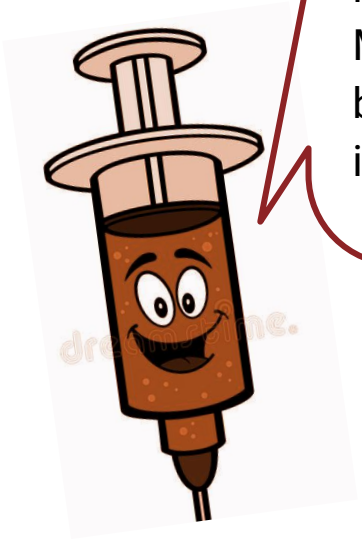


Access to the Vaccine





If you are eligible for the vaccine and you decide you don't want to get vaccinated now, this will not be your only chance to get vaccinated.



Also, the vaccine is free.

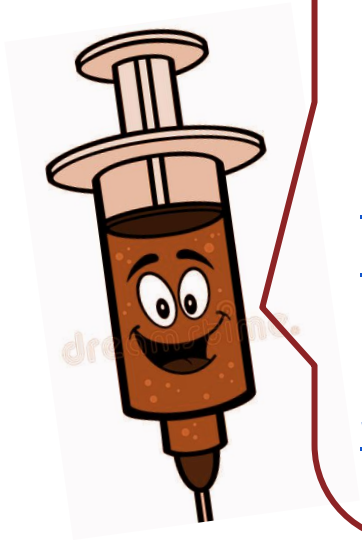
Fees have to be charged to insurance providers like private insurance, Medicaid or Medicare and cannot be charged to individuals.

Access to the Vaccine

The federal government does not require people to be vaccinated.

Most Oregon workplaces can require their employees to get a COVID-19 vaccine.

Employees can request an exemption from their employer if they do not want to get the vaccine.



We want to thank you for all that you do to keep the community safe and healthy!

Do you still have questions? Check out:

CDC: www.cdc.gov

Oregon Health Authority: https://govstatus.egov.com/OR-OHA-COVID-19

Multnomah County: www.multco.us/covid19

COVID19 Vaccine Distribution: Option 1 - OHA

- Go to OHA website: https://getvaccinated.oregon.gov/#/
  - Create an account by clicking on the “Get Started” button
- Process
  - Each week, the Oregon Health Authority (OHA) will pull a list of eligible individuals from the database (at random).
  - All4Oregon will directly outreach to individuals on that list and schedule them via phone or email.
- For additional information, go to: https://govstatus.egov.com/find-covid-19-vaccine

COVID19 Vaccine Distribution: OHA

- Assistance with OHA website:
  - Text ORCOVID to 898211 (English and Spanish only)
  - Email ORCOVID@211info.org (language assistance available).
  - Call 211 or 1-866-698-6155, which is open from 6 a.m. to 7 p.m. daily, including holidays. Call volumes may be higher than normal.
- Tri-County area vaccination centers:
  - Oregon Convention Center
  - PDX Airport

COVID19 Vaccine Distribution

- *Include information about where community members can access the vaccine in your region.*

COVID19 Vaccine Distribution: Option 3 - Pharmacies

- Retail pharmacies have very limited appointments
  - **Safeway/Albertsons:** www.safeway.com/pharmacy/covid-19.html
  - **Costco:** www.costco.com/covid-vaccine.html
  - **Health Mart:** www.healthmartcovidvaccine.com
  - **Walgreens:** https://www.walgreens.com/findcare/vaccination/covid-19
- For people without internet access, please call your local pharmacy.

Current COVID19 Vaccine Eligibility

- Click here for Oregon's COVID vaccine eligibility list

- **Currently eligible**
  - **Phase 1a**: Healthcare providers, Traditional Health Workers, adults in custody (16+ yrs), congregate care settings, caregivers, etc.
  - **Phase 1b**: Childcare providers, K-12 educators and staff, elders age 65+
  - **NEW**: Seasonal migrant farm workers currently working (as of 3/22)

COVID19 Vaccine Eligibility: Who's Next

No later than March 29, the following Oregonians will be eligible:

- Adults age 45-64 with one or more CDC-defined underlying health condition with increased risk (see next slide for list of health conditions)
- Seafood and agricultural workers and food processing workers
- People living in low-income senior housing, senior congregate and independent living
- Individuals experiencing houselessness who are sheltered and unsheltered
- Wildland firefighters
- Currently displaced wildfire victims

COVID19 Vaccine Eligibility: Who's Next

No later than April 19th, the following Oregonians will be eligible:

- Frontline workers as defined by the CDC
- Multigenerational household members
- Adults 16-44 with one or more underlying health conditions with increased risk:
  - Cancer
  - Chronic kidney disease
  - COPD
  - Down Syndrome
  - Heart conditions
  - Immunocompromised state from solid organ transplant or HIV
  - Pregnancy
  - Sickle cell disease
  - Type 2 Diabetes
  - Obesity

COVID19 Vaccine Eligibility: Who's Next

No later than May 1, the following Oregonians will be eligible:

- Anyone age 16 and older

We are seeking medical professionals who can help administer vaccines. Click here to join the Medical Reserve Corps.

We are looking for bilingual/bicultural/BIPOC community volunteers to help with vaccination events. Click here to sign up as a volunteer.

Current COVID19 Vaccine Eligibility

- Click here for Oregon's COVID vaccine eligibility list

- Currently eligible
  - **Phase 1a**: Healthcare providers, Traditional Health Workers, adults in custody (16+ yrs), congregate care settings, caregivers, etc.
  - **Phase 1b**: Childcare providers, K-12 educators and staff, elders age 65+

COVID19 Vaccine Eligibility: Who's Next

No later than March 29, the following Oregonians will be eligible:

- Adults age 45-64 with one or more CDC-defined underlying health condition with increased risk
- Migrant seasonal farmworkers, seafood and agricultural workers, and food processing workers
- People living in low-income senior housing, senior congregate and independent living
- Individuals experiencing houselessness who are sheltered and unsheltered
- Wildland firefighters
- Currently displaced wildfire victims

COVID19 Vaccine Eligibility: Who's Next

No later than May 1, the following Oregonians will be eligible:

- Adults age 16-44 with one or more CDC-defined underlying health conditions with increased risk
- Frontline workers as defined by the CDC / CISA with Oregon-specific modifications
- Multigenerational household members

We expect to open vaccines to the **general population** in the following sequence:

- No later than June 1, Oregonians ages 45-64 will be eligible.
- No later than July 1, all Oregonians are eligible for the vaccine.

Additional Resources

- COVID19 Vaccine Safety & Development fact sheet
- HOW COVID19 Vaccines Protect You fact sheet
- Diversity in Vaccine Studies fact sheet
- You Were Vaccinated for COVID19. What now? fact sheet
- Information on Johnson & Johnson Vaccine
- Video on the immune system
- Oregon Vaccine Advisory Committee recommendations
- Deep dive on how mRNA vaccines were developed
- Multnomah County Facebook, Twitter and Instagram

THANK YOU!

Questions about workshop materials? Contact xxxx

Workshop materials were created by the Multnomah County Health Department, 02/16/21. Please check with the CDC and Oregon Health Authority for updated information.

Multnomah County


slidesgo