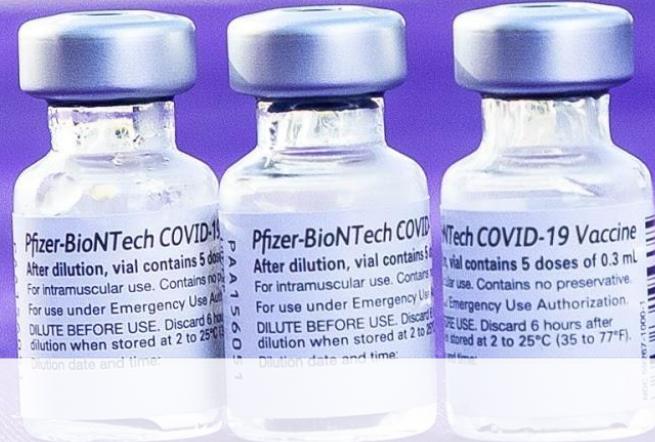


COVID-19 VACCINE: ANSWERS TO YOUR QUESTIONS



WHY SHOULD I GET VACCINATED?

- Protect myself and my family.
- Help stop spread in the community.
- Set a good example for others,
including friends, family, co-workers,
and the community-at-large.



COMMON QUESTIONS WE WILL ADDRESS:

- How do we know the vaccine is effective and safe?
- Why should we trust the vaccine?
- Is there new technology being used and is that dangerous to me?
- What is an EUA and what does that mean for me?
- When and how long will I be protected?
- Will I still need to wear a mask?
- What are the expected side effects?
- What if I've already had COVID-19?
- Where should I look to get accurate information?



ARE THE COVID-19 VACCINES SAFE?

- Safety is the most important part of vaccine approval.
- Most side effects happen within 6 weeks of vaccination. The FDA (Food and Drug Administration) requires 8 weeks of safety monitoring when testing the COVID-19 vaccines.



ARE THE COVID-19 VACCINES SAFE?

- Checking for safety will continue as the vaccine is distributed to the public.
- To make sure a vaccine is safe, FDA usually wants at least 3,000 people in the trial.
- The trials for the current COVID-19 vaccines included tens of thousands participants.



HOW EFFECTIVE ARE THE COVID-19 VACCINES?

	Pfizer (BNT162b2)	Moderna (mRNA-1273)
Effectiveness Overall	95% protection from having an infection	94.1% protection from having an infection

Similar outcomes with different groups based on race/ethnicity and age.

WHO WAS INCLUDED IN THE COVID-19 VACCINE TRIALS?

	Pfizer (BNT162b2)	Moderna (mRNA-1273)
Number of people enrolled	Over 40,000	Over 25,000
Race and ethnicity of participants:	<ul style="list-style-type: none">• 30% racially diverse• 10% black• 13% Hispanic	<ul style="list-style-type: none">• 37% racially diverse• 10% black• 20% Hispanic/Latino
Older adults	45% were 56-85 years	23% were >65 years

WHY SHOULD WE TRUST THE COVID-19 VACCINE?

- The FDA is using the same strict standards that it has for decades.
- No steps are “skipped”.



WHY SHOULD WE TRUST THE COVID-19 VACCINE?

- Two independent expert committees are reviewing the results. Members of these committees have no conflict of interest and are not associated with any vaccine companies.
 - The Vaccine and Related Biological Products Advisory Committee (VRBPAC) that advises the FDA.
 - The Advisory Committee on Immunization Practices (ACIP) that advises the CDC.



WHAT IS AN EUA AND WHAT DOES THAT MEAN FOR ME?

- An Emergency Use Authorization (EUA) for a vaccine is based on the need to use a vaccine quickly to save lives during a public health emergency.
- EUA is a shorter process but no steps are skipped in the safety evaluation process.
- The FDA is making sure the known and potential benefits outweigh the known and potential risks.
- Two separate advisory boards (VRBPAC and ACIP) also review the data and make recommendations .
- An EUA does NOT mean that the authorization was done too quickly or that the vaccine is not safe.

HOW WAS THE VACCINE DEVELOPED SO QUICKLY?

Major reasons why the vaccine was able to be developed more quickly than usual:

- Global effort with the world's leading scientists focused on a single task.
- Nearly unlimited resources (money, knowledge, people power, technology) .
- A large group of adult volunteers from many ages and ethnicities participated in the trials.



THE FIRST TWO COVID-19 VACCINES

Both are mRNA vaccines:

- Pfizer (BNT162b2)
- Moderna (mRNA-1273)
 - mRNA is not short for Moderna.

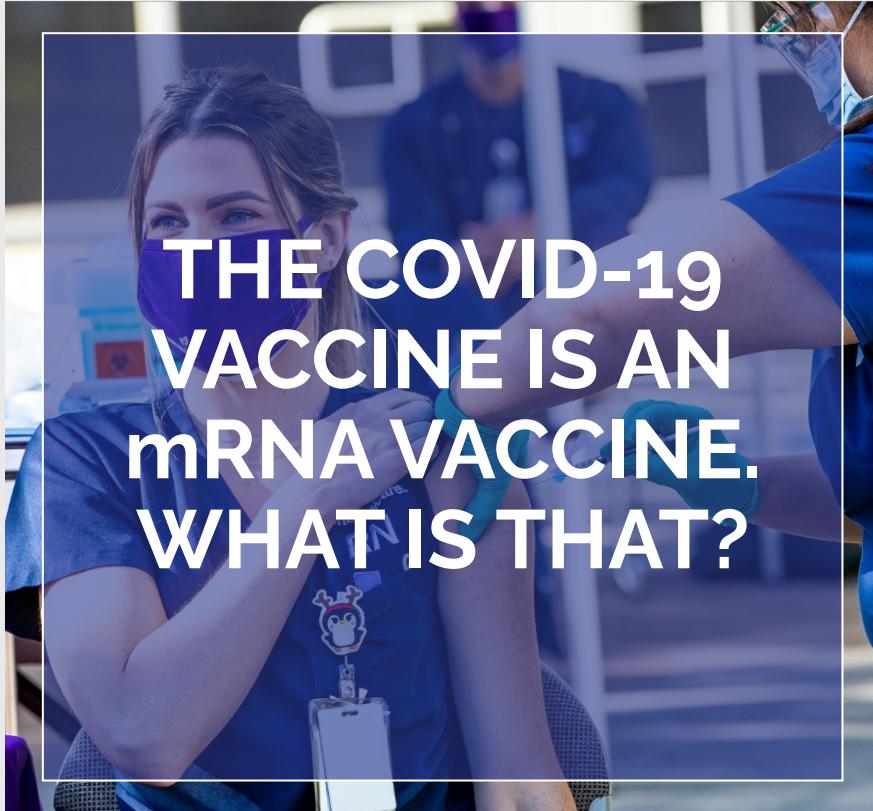
They Do NOT contain COVID-19 virus.



FUN FACT: The Moderna vaccine was developed by Kizzmekia Corbett, PhD



mRNA COVID-19 Vaccines



- mRNA technology is a new type of vaccine but it has been studied for more than ten years as a possible treatment for cancer
- COVID-19 mRNA vaccines tell our cells how to make a harmless piece of the “spike protein.”
- The spike protein is found on the surface of the COVID-19 virus.
- Our body know that this spike protein should not be there, so it makes antibodies that will remember how to fight COVID-19 if it is infected in the future.

WHEN AND HOW LONG WILL I BE PROTECTED BY THE COVID-19 VACCINE?

- The two vaccines currently available are **2 doses**, 3-4 weeks apart (but it's okay if the second dose is received up to 6 weeks after).
- Full protection occurs **1-2 weeks after the second dose**.
- We don't know how long the vaccine will work once we get it. We will know more as more time passes to study the vaccine.
- You may need to have vaccine shots for COVID-19 on a regular basis in the future (like the flu shot).

WILL I STILL NEED TO WEAR A MASK AND STAY DISTANCED?

YES!

Similar to other vaccines, a large number of people in the community will need to get vaccinated before transmission drops enough to stop the use of masks and staying physically distant from others on a regular basis.



WHAT SHOULD I EXPECT WHEN I GET THE VACCINE?

THE VACCINE CANNOT GIVE YOU COVID-19!

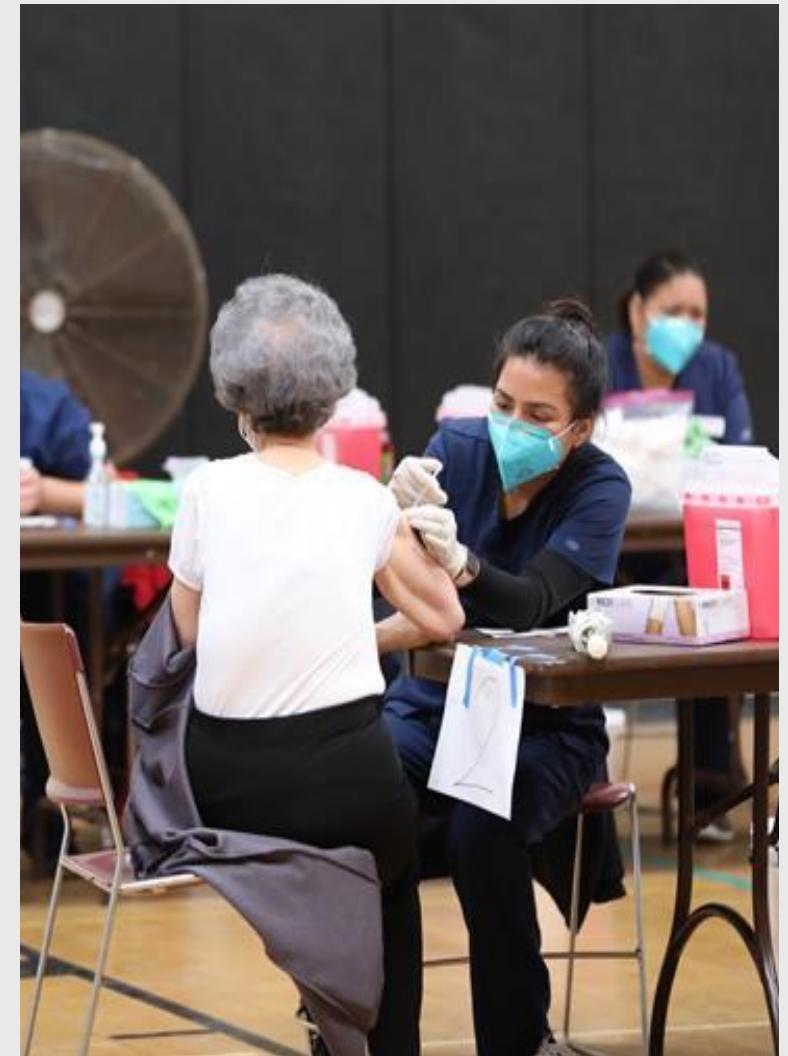
- You can expect to have some short-term discomfort such as: pain at injection site, fatigue, headache, muscle pain, chills, or fever after vaccination.
- These reactions will last for 24-48 hours and are more common after the second dose.
- Side effects mean your body is doing its job and making antibodies.
- These side effects are normal, common and expected.



WILL THE VACCINE PROTECT AGAINST NEW VARIANTS?

VACCINES PROTECT AGAINST NEW VARIANTS

- Early testing shows that both the Pfizer and Moderna vaccines seem to work against new forms of COVID-19.
- Scientists will keep studying all vaccines to make sure they work against new forms of COVID-19.



WHAT SHOULD I EXPECT WHEN I GET THE VACCINE?

- **YOU MUST GET THE SECOND DOSE** because the vaccine will not give you full protection if you only get one dose.
- It is important to get the SAME VACCINE for the second dose as the first dose.
- You should not get any other vaccine (like flu, shingles) for 14 days before or after the COVID-19 vaccine.



OTHER IMPORTANT QUESTIONS

WHAT IF I'M PREGNANT OR BREASTFEEDING?

- There is limited data about the safety of COVID-19 vaccines for people who are pregnant or breastfeeding:
 - mRNA vaccines are not thought to be a risk to the breastfeeding infant.
- Studies in people who are pregnant or breastfeeding are planned.
- Talk to your healthcare provider about risks of exposure and potential risks or benefits of the vaccine.



OTHER IMPORTANT QUESTIONS

WHEN WILL CHILDREN BE ABLE TO RECEIVE THE VACCINE?

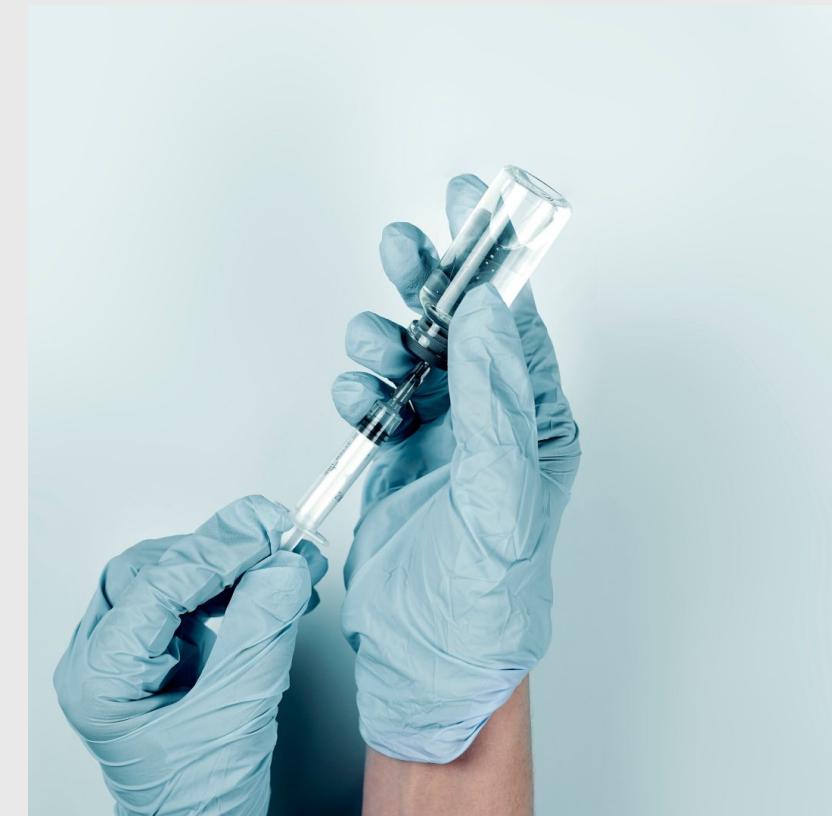
- Vaccine safety & effectiveness must be measured for each age group.
- Testing has not started for infants, toddlers or young kids yet.
- Pfizer started testing children over 12 in October 2020. Moderna started testing children 12-17 in December 2020.
- Currently, it appears unlikely that a vaccine will be ready for children before the start of the next school year in August.



OTHER IMPORTANT QUESTIONS

WHAT IF I ALREADY HAD COVID-19?

- It is safe to get the COVID-19 vaccine even if you have had COVID-19 (but you should wait until you're feeling better).
- Even if you have had COVID-19, it is important to get vaccinated. It could give you longer or better protection against the disease.
- Even if you have positive antibodies, you should get the COVID-19 vaccine.



WHERE SHOULD I LOOK TO GET ACCURATE INFORMATION?

It is important to get information from reliable sources (Centers for Disease Control and Prevention, AMDA, medical directors, providers).

Social media is full of misinformation and opinions based on that misinformation.

Recommended Information Sources:

- Long Beach Department of Health & Human Services
- California Department of Public Health
- Centers for Disease Control & Prevention

VACCINES ARE A KEY WAY TO CONTROL THE COVID-19 PANDEMIC

Everyone has to do their part
and get vaccinated to get
back to a normal life!





Thank you