

An Open Conversation about COVID-19 Vaccines

All Nations Church, Women's Conference
September 17, 2021

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A COVID-19 Vaccine Conversation from Three Points of View

- **Patient #1: Pro-COVID-19 vaccines but hesitant**
Concerned about the vaccine being too new, but open to getting it
- **Patient #2 Anti-COVID-19 vaccine and concerned**
Worried about taking anything that they are forced to do and would rather take their chances with getting COVID-19
- **Patient #3 Not for or against COVID-19 vaccines, just scared**
Hear valid points from those who are for and against COVID-19 vaccines and not sure who to believe

Patient #1:

Pro-COVID 19 Vaccines, but hesitant

Concern:

How is this vaccine different from other vaccines I have had in the past?

Understanding the COVID-19 Vaccine by Comparing it to the Flu Shot

Ways that Vaccines Work



Flu Mist

Expose the body to a small amount of a live virus



Flu Shot

Expose the body to a small amount of a killed virus



COVID-19 Vaccines

Give the body instructions on how to make a piece of the virus

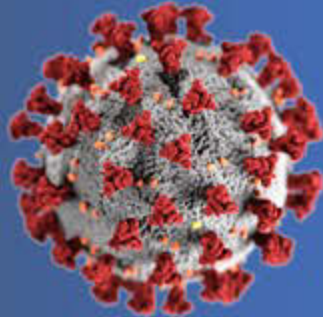
**The COVID-19 vaccines do NOT have any live virus
You CANNOT get COVID-19 from the vaccine**

How the Pfizer and Moderna COVID-19 Vaccines Work

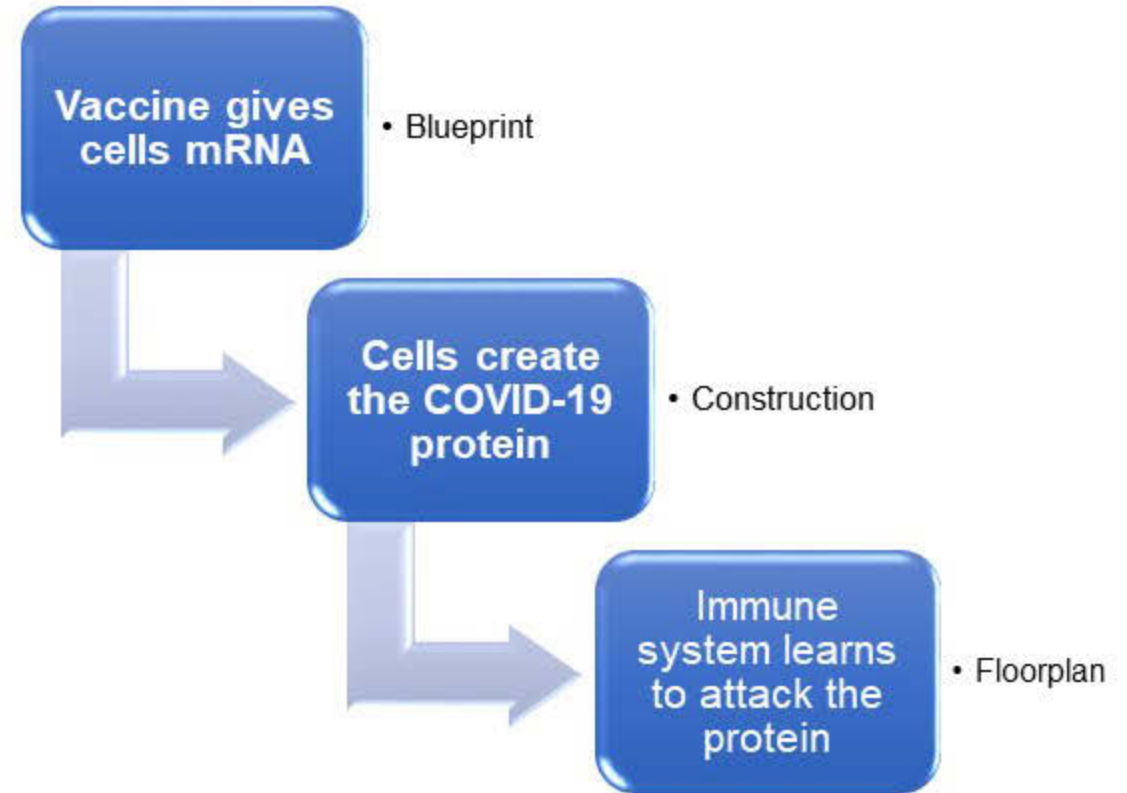
mRNA is a temporary set of instructions for cells to make the COVID-19 spike protein

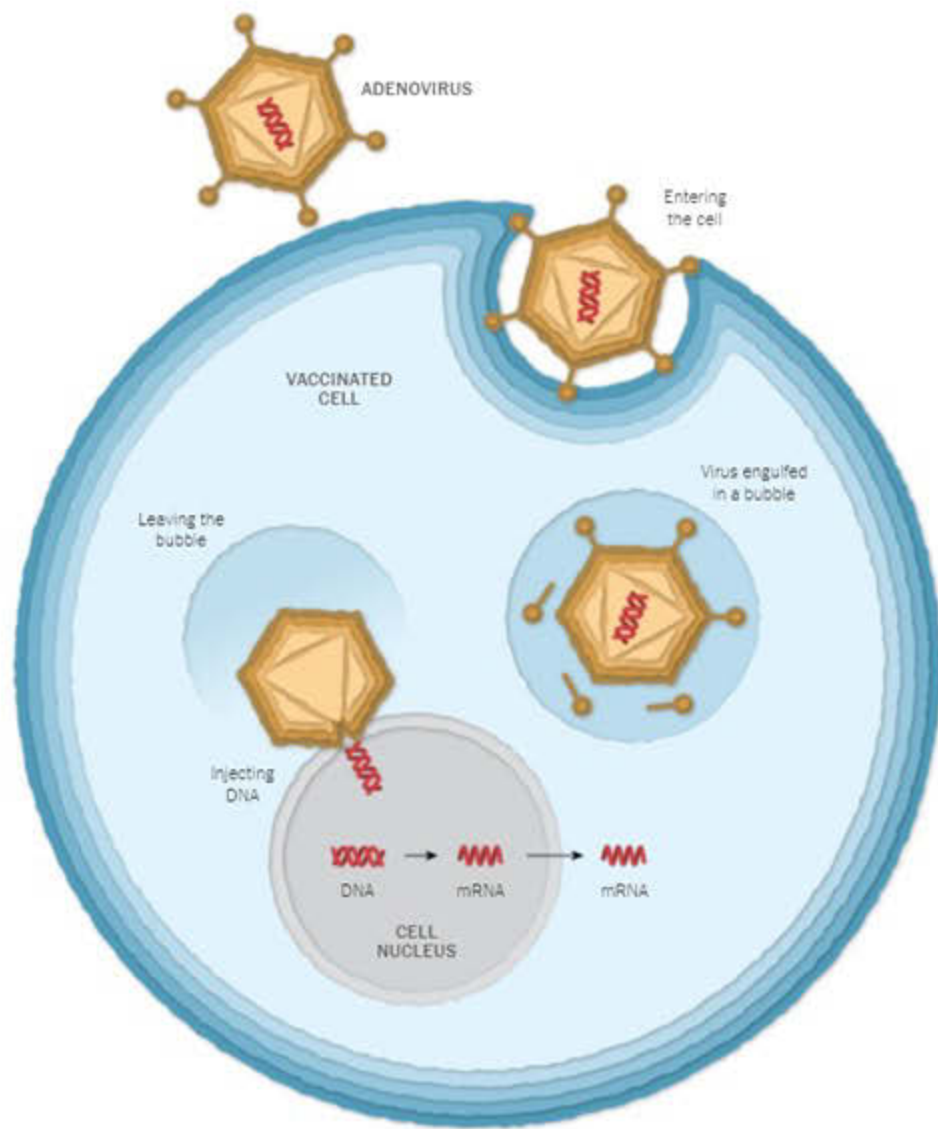
The spike protein is a unique feature of the COVID-19 virus

Spike Protein



This protein is not something our body recognizes, which triggers our immune system to attack and be prepared should it come across this protein again





The Johnson & Johnson Vaccine uses the same principle as Pfizer and Moderna, but has a few extra steps

1. Instead of giving the cell mRNA for the spike protein directly, it places the code in a common cold virus (this virus is inactivated, so it can't make you sick)
2. Then our cells translate the code into the mRNA in order to make the spike protein

Patient #1:

Pro-COVID 19 Vaccines, but hesitant

Concern:

Was this vaccine made too quickly?

It is easy to make something fast, when you have all the ingredients

How these vaccines got made so quickly



Photo credit:
<https://www.heb.com/product-detail/betty-crocker-super-moist-yellow-cake-mix/31916>

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How could these vaccines be made in a year?

(The truth: they weren't)



Researchers have been studying and working with mRNA technology to treat illness since the

1990s.

Researchers were interested in this process because mRNA vaccines can be developed in a laboratory using readily available materials.

This means the process can be standardized and scaled up, making vaccine development faster than traditional methods of making vaccines.

Patient #2:

Anti-COVID 19 Vaccines, and concerned

Concern:

I don't want to have something happen to me because I got this vaccine.

What to Expect after Getting a COVID-19 Vaccine

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect/after.html>

COVID-19 vaccination will help protect you from getting COVID-19. You may have some side effects, which are normal signs that your body is building protection. These side effects **may feel like flu** and **may even affect your ability** to do daily activities, but they should go away in a few days.

Common side effects

On the arm where you got the shot:

- Pain
- Swelling

Throughout the rest of your body:

- Fever
- Chills
- Tiredness
- Headache

Helpful tips

If you have pain or discomfort, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen or acetaminophen.



If you have a rash days after your vaccine, this is likely an immune response –not an allergy.

4 to 11 days after your vaccine you can develop a very large red swollen area on you arm. **This is NOT an allergic reaction.**

You can safely get the next dose. It will improve with ice and antihistamines (although it takes a few

Reaction tends to be milder with the 2nd dose.

Dose 1



Dose 2



Patient 3



Patient 7



Patient 11



https://www.mdanderson.org/cancerwise/2021/03/7-things-to-know-about-the-covid-19-vaccine-mammograms-and-other-diagnostic-imaging-tests/_jcr_content/blog/adaptiveimage.resize.702.404.jpg

The COVID-19 Vaccine can cause swelling in your lymph nodes.

It can take a while for this swelling to go down.

Women get your mammogram **BEFORE** your COVID-19 Vaccine or **10 WEEKS** after your first dose

How to decrease risks of common side effects

FACT: You CAN take steps to help your immune system and decrease side effects

Sleep at least 7 hours

the night before and the night of getting the vaccine

Stay away from Sweets

Sugar weakens the immune system

Take Vitamin D

or increase outdoor sun exposure by 15-20 min a day—there are a few studies that found having adequate vitamin D seems to be beneficial for the immune system

Take Vitamin C

It is beneficial for not only increasing immunity but also reducing inflammation

Take Zinc and Echinacea

There have been studies that suggest they can help your body fight a cold when taken early

CONCERN: What about long-term side effects?

FACT:

- Vaccine monitoring has historically shown that **side effects generally happen within six weeks** of receiving a vaccine dose.
- The FDA required each of the authorized COVID-19 vaccines to be studied for at least two months (eight weeks) after the final dose. **Millions of people have received COVID-19 vaccines and have not had long term side effects.**

CONCERN:
Could I get
COVID-19 from
the shot?

FACT:

- NONE of the available COVID-19 vaccines contain the live virus that causes COVID-19, so it cannot make you sick with COVID-19.
- It is safe and especially important for patients who are immunocompromised or who have underlying health conditions to get this vaccine

CONCERN:
**Can the COVID-19
vaccine make me
unable to have a
baby?**

FACT:

- These claims have been reviewed by experts on fertility and there is NO data to support that these vaccines impact fertility.
- The vaccine trials tried to exclude pregnant women but some of the women in the vaccine trials got pregnant while apart of the study
- **Getting COVID-19 during pregnancy has led to stillbirths and pregnancy complications**

CONCERN:
**Is it safe for me to
get the COVID-19
vaccine if I am
breastfeeding?**

FACT

- None of the currently approved vaccines are thought to be a risk to the breastfeeding infant.
- Unlikely vaccine would enter the bloodstream and reach breast tissue – even less likely to transfer into milk and even less likely to have any biologic impact on breastfeeding baby.
- Antibodies may passively transfer into milk and provide protection to infant that cannot get vaccinated.

CONCERN:
**Are there harmful
ingredients in the
vaccine?**

FACT:

- ✓ The ingredient list for the vaccines does not include any toxic ingredients. **It does not have latex, egg, or iodine**
- ✓ Injectable microchips are being studied at Columbia University to some day replace implantable medical devices (ex: pacemakers) This science is still in the VERY early stages of development. *There are no microchips in the vaccine*

Patient #2:

Anti-COVID 19 Vaccines, and concerned

Concern:

I can't trust the government. How do I know this isn't like Tuskegee?

Fueled by a History of Mistreatment, Black Americans Distrust the New COVID-19 Vaccines

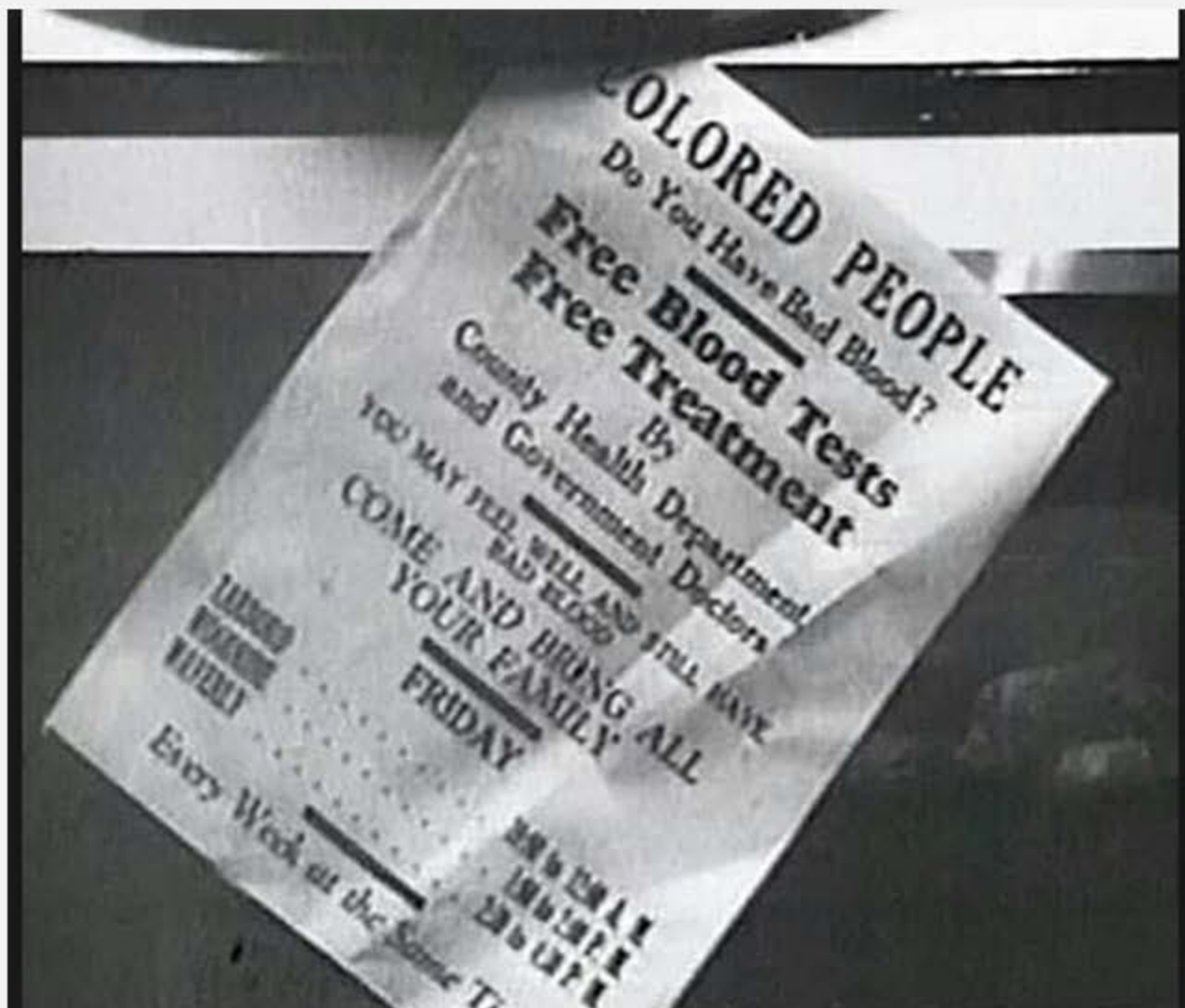


Nurse Michael Lowman gets his first dose of the Pfizer-BioNTech COVID-19 vaccine from nurse practitioner Christie Aiello at Providence St. Joseph Hospital in Orange, CA, on Dec. 16, 2020. Jeff Gritchen—MediaNews Group/Orange County Register/Getty Images

BY **DEZIMEY KUM** DECEMBER 28, 2020 8:30 AM EST

<https://time.com/5925074/black-americans-covid-19-vaccine-distrust/>

Ad closed by G



How the COVID-19 Vaccine is Different that the Tuskegee Syphilis Experiment

-*Tuskegee Syphilis Study*. (2019, September 12). Retrieved from Macon History : <http://maconhistory.weebly.com/tuskegee-syphilis-study.html>

Patient #3:

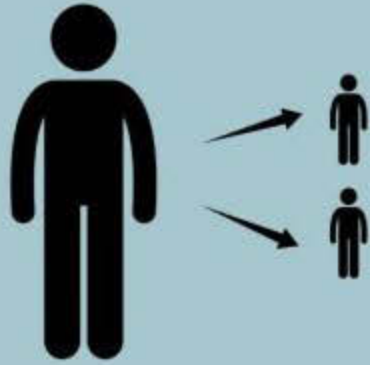
Neither for or against COVID 19 Vaccines, just scared

Concern:

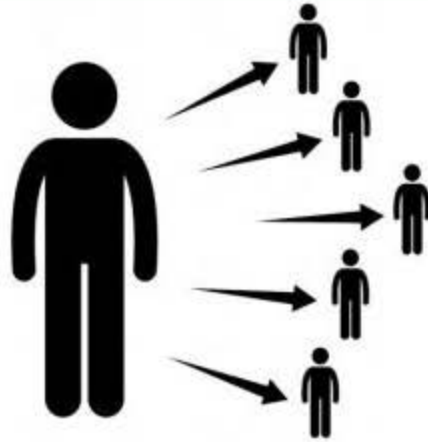
Every time I turn on the TV I'm hearing about a variant or something about boosters, what does all this mean?

The Delta variant spreads more easily than previous variants—it may cause more than **2x** as many infections

ORIGINAL COVID-19 STRAIN



DELTA VARIANT



Vaccines protect you from hospitalization, severe infections, and death



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

CS 322041-AA 08/25/2021

The delta variant remains the cause of over 99 % of COVID-19 cases in the country

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Currently, boosters are only approved for the Moderna and Pfizer Vaccines

Currently, CDC is recommending that moderately to severely **immunocompromised people should receive booster shot**. This includes people who have:

- Been receiving **active cancer** treatment for tumors or cancers of the blood
- Received an **organ transplant** and are taking medicine to suppress the immune system
- Received a **stem cell transplant** within the last 2 years or are taking medicine to suppress the immune system
- Moderate or severe **primary immunodeficiency** (such as DiGeorge syndrome, Wiskott-Aldrich syndrome)
- Advanced or untreated **HIV** infection
- Active treatment with high-dose corticosteroids or other **drugs that may suppress your immune response**

People should talk to their healthcare provider about their medical condition, and whether getting an additional dose is appropriate for them.

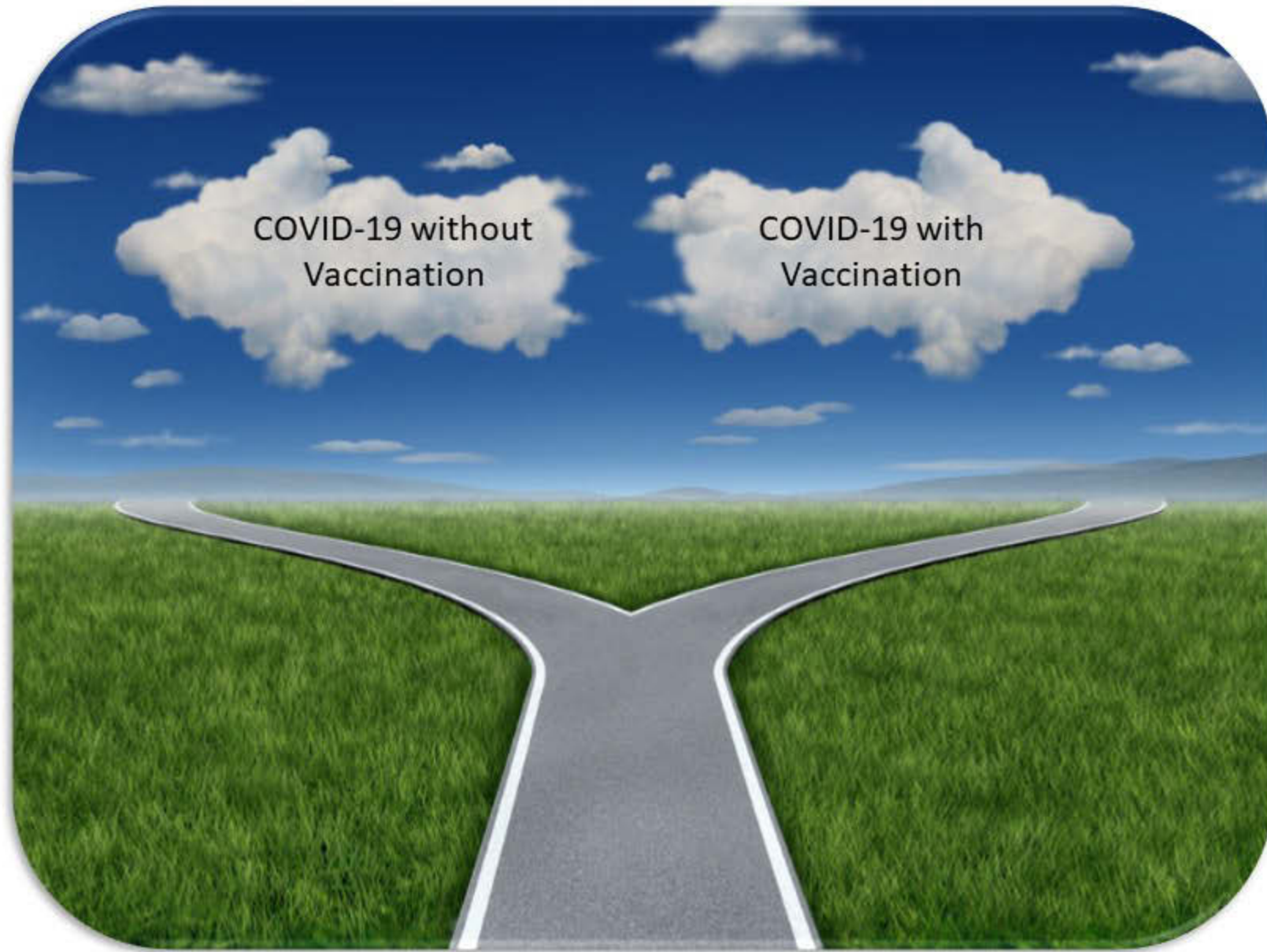


Photo credit:
<https://www.organicblueprints.com/decision-making-strategies/>

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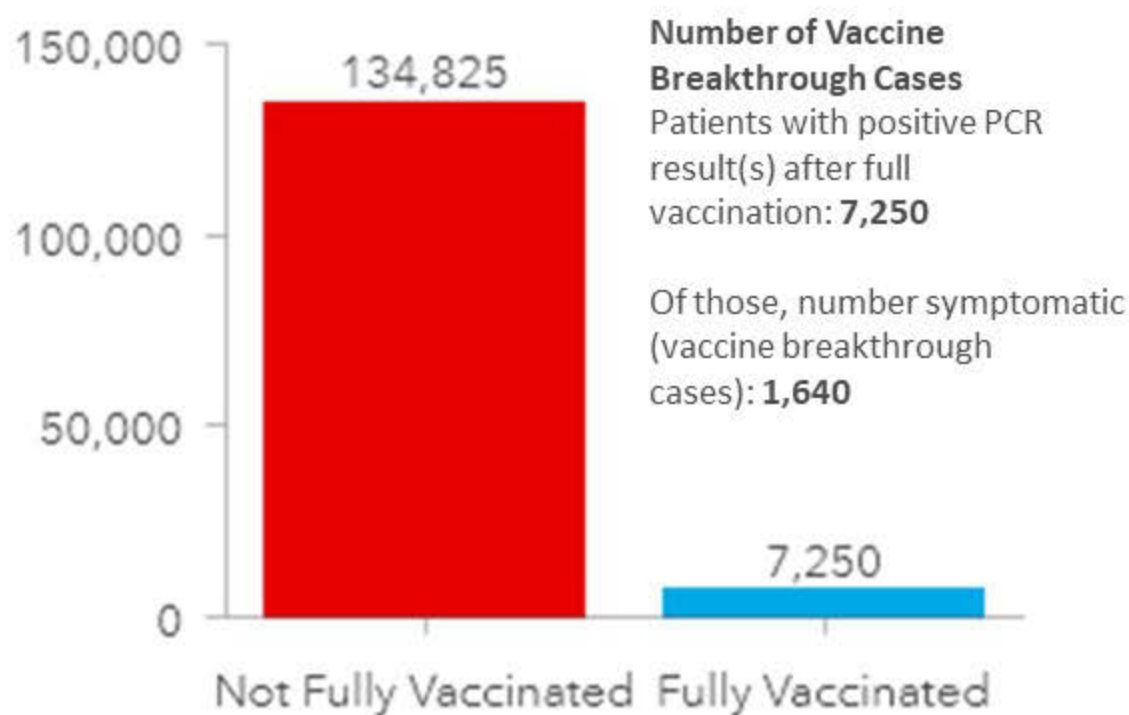
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Vaccine Effectiveness in California

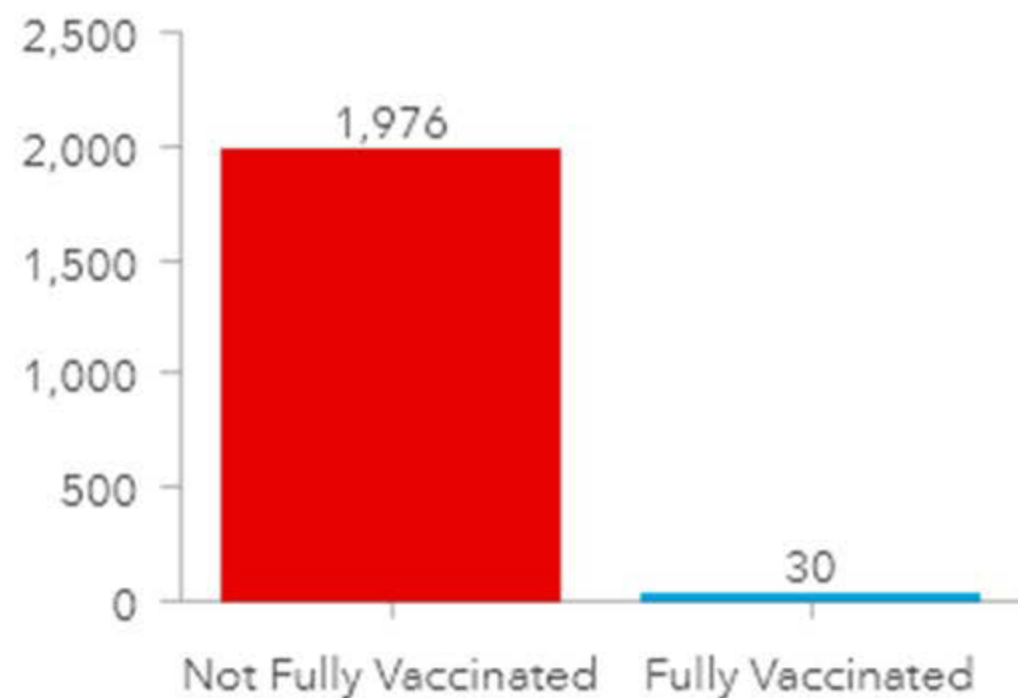
- Case rates among unvaccinated Californians are **600% higher** than vaccinated Californians.
- Of those infected with COVID-19, unvaccinated Californians are **142 times** more likely to need hospitalization and **462 times** more likely to die once hospitalized.
- **1 in 22,405** vaccinated Californians required hospitalization, compared to **1 in 157** unvaccinated Californians.

Vaccine Effectiveness in Sacramento County as of 9/10/21

Vaccination Status of Cases

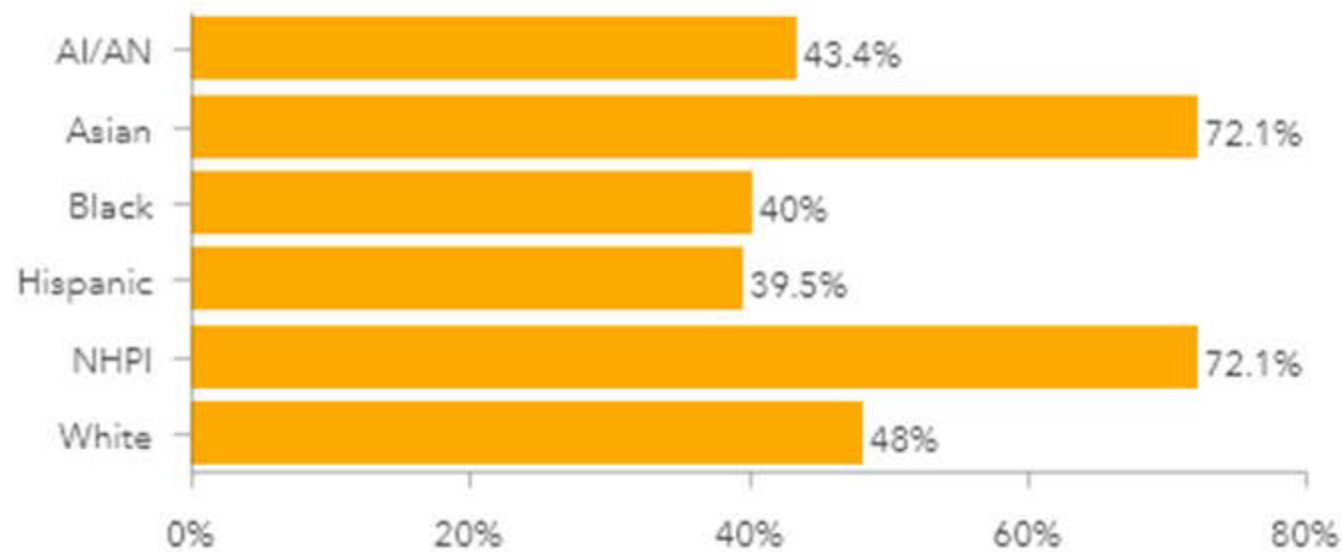


Vaccination Status of Deceased



Demographics of who is getting vaccinated in Sacramento County as of 9/10/21

Percent at Least Partially Vaccinated by Race/Ethnicity



AI/AN - American Indian or Alaska Native; NHPI - Native Hawaiian or Pacific Islander

Five Key Take Home Points



1. The vaccine is safer than COVID-19.

The evidence is overwhelming that vaccine can protect you from dying from COVID-19.

80-90% of all patients in the hospital with COVID in Sacramento County right now are unvaccinated

2. Side effects from the vaccine are common, but temporary.

The side effects from the COVID-19 vaccine often last only a few days.

The health impact from COVID-19 infection can last for months, even if you are never hospitalized.

3. The risk of getting COVID-19 is greater in 2021 than it was in 2020.

The virus has mutated into a strain that is more easily spread and lockdowns have ended.

4. This vaccine was NOT created in a year.

Health experts took all the necessary steps to produce a safe vaccine, and it was built on years of research and science.

5. Realize that there are only 2 choices: COVID-19 or the vaccine

Even when the pandemic ends, we will still have COVID-19. Much like we still have the flu after the flu pandemic of 1918 ended. We cannot wait out this storm.

If you have vaccine questions specific to your medical history, please make sure to reach out to your doctor.

Vaccination Information in Sacramento County

- Sacramento County

<https://www.saccounty.net/COVID-19>

- Vaccine Finder

<https://vaccinefinder.org/>

- My Turn

<https://myturn.ca.gov/>

- Vaccine.gov

<https://www.vaccines.gov/>

- Kaiser Permanente

<https://kp.org/covidvaccine>



A man and a woman in business attire are shaking hands in a modern office setting. Both are wearing face masks. The man is on the left, wearing a light-colored blazer and a teal face mask. The woman is on the right, wearing a dark blazer and a blue face mask. They are both smiling and looking at each other. The background shows a bright, modern office with large windows, indoor plants, and hanging lights. A semi-transparent blue banner is overlaid across the middle of the image, containing the text "Questions?".

Questions?



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