COVID-19 VACCINE: ANSWERS TO YOUR QUESTIONS
A PRESENTATION FOR STAFF AND RESIDENTS IN POST-ACUTE AND LONG-TERM CARE
WHY SHOULD I GET VACCINATED?

• Protect myself and my family
• Keep my residents safe
• Help stop spread in the community
• Set the example for others, including residents, families, 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 priority in vaccine approval

• Most side effects occur within 6 weeks of vaccination. To be more cautious, the FDA (Food and Drug Administration) requires 8 weeks of safety monitoring of the COVID-19 vaccines

• Monitoring for safety will continue as the vaccine is distributed to the public

• To assess safety FDA typically advises that a minimum of 3,000 participants are included in the trial. The current COVID-19 vaccine trials include 30,000 to 50,000 participants
HOW EFFECTIVE ARE THE COVID-19 VACCINES?

<table>
<thead>
<tr>
<th></th>
<th>Pfizer (BNT162b2)</th>
<th>Moderna (mRNA-1273)</th>
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<tbody>
<tr>
<td><strong>Efficacy Overall</strong></td>
<td>95% protection from having an infection</td>
<td>94.1% protection from having an infection</td>
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*Similar efficacy with different race, ethnicity and age*
WHO WAS INCLUDED IN THE COVID-19 VACCINE TRIALS?

<table>
<thead>
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<tbody>
<tr>
<td>Number of people enrolled</td>
<td>Over 40,000</td>
<td>Over 25,000</td>
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<tr>
<td>Race and ethnicity of participants</td>
<td>Total 30% racially diverse 10% black, 13% Hispanic</td>
<td>37% racially diverse 10% black, 20% Hispanic/Latino</td>
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<tr>
<td>Older adults</td>
<td>45% were 56-85 years</td>
<td>23% were &gt;65 years</td>
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Notes: Courtesy of Dr. Anuj Mehta. Data is accurate as of 11/18/2020. More information is constantly becoming available. Sub-group comparisons (e.g., comparisons about efficacy between races or age groups) may be less accurate due to smaller numbers. Sub-group numbers for the Pfizer vaccine are given for US participants with international percentages in parentheses.

- [https://www.modernatx.com/sites/default/files/content_documents/2020-COVE-Study-Enrollment-Completion-10.22.20.pdf](https://www.modernatx.com/sites/default/files/content_documents/2020-COVE-Study-Enrollment-Completion-10.22.20.pdf)
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”
• Two independent advisory committees are reviewing the results. Members and experts of these committees have no conflict of interest and are not associated with any vaccine manufacturers
  1. The Vaccine and Related Biological Products Advisory Committee (VRBPAC) that advises the FDA
  2. The Advisory Committee on Immunization Practices (ACIP) that advises the CDC
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 will assess if the vaccine known and potential benefits outweigh the known and potential risks.

Two separate advisory boards (VRBPAC and ACIP) will also review the data and make recommendations.

An EUA does NOT imply that the authorization was done too quickly or that the vaccine is not safe.
Major reasons we were able to get these vaccines developed more quickly than usual include:

- Global effort with the world’s leading scientists focused on a single task
- Nearly unlimited resources (money, knowledge, manpower, technology)
- A large pool of diverse adult volunteer trial participants
THE FIRST TWO COVID-19 VACCINES

Both are mRNA vaccines
- Pfizer (BNT162b2)
- Moderna (mRNA-1273)

They Do **NOT** contain COVID-19 virus
mRNA COVID-19 Vaccines

• mRNA technology is new in vaccine production but is already being used in cancer treatment. It has been studied for more than ten years.

• COVID-19 mRNA vaccines give instructions for our cells to make a harmless piece that looks like the “spike protein.” The spike protein is found on the surface of the COVID-19 virus.

• Our bodies recognize that this protein should not be there, so they build antibodies that will remember how to fight the virus that causes COVID-19 if we are infected in the future.

Can mRNA vaccine give me COVID-19? **NO**
Can mRNA vaccine change my DNA? **NO**
WHEN AND HOW LONG WILL I BE PROTECTED BY THE COVID-19 VACCINE?

- Most of the vaccines are **2 doses**, 3-4 weeks apart
- Protection occurs **1-2 weeks after the second dose**
- We will most likely not know how long the vaccine will be protective once we receive it. We will know more as more time passes in the current research
- May need to have vaccine shots for COVID-19 on a regular basis (like the flu shot)
WILL I STILL NEED TO WEAR A MASK?

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.
WHAT SHOULD I EXPECT WHEN I GET THE VACCINE?

THE VACCINE CANNOT GIVE YOU COVID-19!

- You can expect to have short-term discomfort: fatigue, headache, muscle pain, chills, fever and pain at injection site after vaccination
- These reactions will last for 24-48 hours and are typically more pronounced after the second dose
- Side effects mean your body is doing its job and making antibodies (IT IS A GOOD THING)
- These side effects are normal, common and expected
MOST COMMON SIDE EFFECTS

BASED ON DATA FROM CLINICAL TRIAL OF PFIZER COVID-19 VACCINE

- Fever: 4-16%
- Fatigue: 34-59%
- Headache: 25-52%
- Muscular pain: 14-37%

Side effects were more common after the second dose of the vaccine.

Reference: Data published in the New England Journal of Medicine:
WHAT SHOULD I EXPECT WHEN I GET THE VACCINE?

• YOU MUST GET THE SECOND DOSE because the vaccine will not protect you if only get one dose

• It is important to get the SAME VACCINE as the first dose
It is safe to get the COVID-19 vaccine even if you have had COVID-19.

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 (CDC, AMDA, medical directors, providers) Social media is full of misinformation and opinions based on that misinformation

Here are some link to information:

• CDC: https://www.cdc.gov/vaccines/hcp/covid-conversations/answering-questions.html
• CDC: Provider Resources for COVID-19 Vaccine Conversations with Patients and Answering Patients’ Questions: https://www.cdc.gov/vaccines/hcp/covid-conversations/
VACCINES ARE THE ONLY WAY TO CONTROL THE COVID-19 PANDEMIC

• Everyone has to do their part and get vaccinated to get back to a normal life
QUESTIONS?