Learning about the COVID-19 Vaccine: Basics and More
Overview

• Why Take the Vaccine?
• Getting the Vaccine
• Can I Get Vaccinated If….?
• If you are Vaccine-Curious or Vaccine Hesitant
• Vaccine FAQs
• Additional Resources
Why Take the Vaccine?
COVID-19 Vaccine

The COVID-19 vaccines are here!

You may have questions or concerns about vaccination. This is a good thing!

It’s important for people to educate themselves about any procedure before consenting to participate.
REMEMBER

The COVID-19 vaccines are safe and effective tools in the fight against COVID-19.

COVID-19 is very serious and can cause severe and potentially long-lasting medical complications.

Some people die after contracting COVID-19. No one has died from getting the vaccine.
People in certain groups or with certain characteristics are at greater risk of becoming seriously ill with COVID-19

- People with psychiatric disorders, particularly serious mental illness, have higher rates of COVID-19 infection, serious illness, and death
- People who use tobacco are more likely to become seriously ill and hospitalized with COVID-19
- People who use drugs may be at higher risk due to lung and vascular health as well as less access to care
- COVID-19 patients with substance use disorders (SUD) had worse outcomes than those without SUD. African-American patients with SUD, particularly opioid use disorder, had the worst outcomes

The COVID-19 Vaccine Protects YOU

The vaccine helps your immune system build up its natural defenses against coronavirus.

If you get exposed to COVID-19 after you are fully vaccinated, your immune system is ready to protect you.
The COVID-19 Vaccine Protect OTHERS

• When enough people get vaccinated, COVID-19 will not be able to spread

• This means that overall rates of infection will go down and the pandemic will end. By getting vaccinated, you are protecting your community.

Get vaccinated.
Do your part.
Protect yourself.
Protect others.
The COVID-19 Vaccine Protects EVERYONE

• When enough people get vaccinated, COVID-19 will stop mutating as quickly

• This means we will see fewer new strains
Getting to a Post-Pandemic World

Taking the vaccine is the best long-term way to get to a post-pandemic world. If enough people do not get vaccinated, we will continue to have surges, restrictions, and lockdowns periodically for years and years.

We are in control of how long it takes to get there
Our actions make a difference
Getting the Vaccine
As of 1/11/21, Child Care Providers are eligible for Vaccine Prioritization
Who Is Included?

- Owners, operators and staff of OCFS licensed and registered child care programs

- Providers and staff of New York City-based child care programs under article 42 and article 47 of the city health code (identified in the guidance as “approved child care”)

- Providers and staff of Legally Exempt Group Child Care programs
Who Is Included?

- In addition, individuals 60+ are eligible to receive vaccines.
- No unlicensed, unregistered, informal or legally exempt home-based providers of child care are eligible at this time.
How to Get a Vaccine

• Providers should schedule directly with their local department of health, pharmacy, or NYS-operated vaccination site

• You MUST have an appointment to get a vaccine. Do not just show up

• Appointments may be scheduled for as far out as 14 weeks. Please go to https://am-i-eligible.covid19vaccine.health.ny.gov/
How to Get a Vaccine
In Advance

All individuals receiving the COVID-19 vaccine must complete the New York State COVID-19 Vaccine Form for the first dose, pursuant to Executive Order 202.86, and attest they are eligible

https://forms.ny.gov/s3/vaccine
What You Should Bring

- Anything your scheduler tells you to bring
- Proof of identity (driver’s license or state ID card)

*Remember, you must have an appointment*
What You Should Bring

Vaccine locations are told to ask for proof of employment if qualifying under an employment category. These proofs can be:

• Employee ID/Badge
• Pay Stub
• Employer Letter
The Day Of

• On the day of the vaccine, you will fill out a DOH form online attesting to your eligibility
• You should not take pain medication (like acetaminophen or ibuprofen or naproxen) prior, though you can take it after if you are in pain
• You will wear your mask while getting vaccinated
• You will receive an injection in your upper arm. You can choose which arm
• After getting vaccinated, you will be observed for at least* 15 minutes for any side effects

*Persons with a history of severe allergic reactions will be observed for 30 minutes
Your Vaccine

• Three vaccines are approved in the United States

<table>
<thead>
<tr>
<th>Vaccine</th>
<th>Doses</th>
<th>Interval</th>
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<tbody>
<tr>
<td>Pfizer/BioNTech</td>
<td>2 doses</td>
<td>3 weeks apart*</td>
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<tr>
<td>Moderna</td>
<td>2 doses</td>
<td>4 weeks apart*</td>
</tr>
<tr>
<td>Johnson &amp; Johnson/Janssen</td>
<td>1 dose</td>
<td></td>
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</table>

• *At your first appointment, you will be scheduled for your second dose. If you miss your second appointment, it is important to reschedule with the provider as soon as you can. This will give you the maximum amount of protection from contracting COVID-19

• The vaccines are not interchangeable. You cannot start with one and get a second dose of the other
Some people report mild or moderate reactions after getting the vaccine.

These reactions do NOT mean you are sick with COVID-19. These are signs of your immune system getting the body ready to fight COVID-19.

You are considered fully vaccinated two weeks after your second dose.
Side Effects

In people who have side effects, some of the common reactions are:

• arm soreness or swelling
• fever or chills
• tiredness
• headache

Reported side effects are similar for all three vaccines
Two-Dose Vaccine Side Effects

Some people may experience a delayed reaction (redness, itching, swelling) a few days after the first dose. This does NOT mean they cannot get the second dose.

Some people have reported that side effects are more common after the second dose. These side effects typically go away within 24-72 hours. It may be helpful to try to schedule some time to rest after your second dose, in case you do feel a strong immune response.
Can I Get Vaccinated If…?
## Medications and Drugs

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
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</thead>
<tbody>
<tr>
<td>I am taking medications, including psychotropic medications?</td>
<td>Yes, you can get vaccinated!</td>
</tr>
<tr>
<td>I am taking medications, including methadone, buprenorphine, naltrexone or any other medications for treating SUD?</td>
<td>Yes, you can get vaccinated!</td>
</tr>
<tr>
<td>I am actively using drugs (non-prescription)?</td>
<td>Yes, you can get vaccinated!</td>
</tr>
</tbody>
</table>
## Allergies

<table>
<thead>
<tr>
<th>Question</th>
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</thead>
<tbody>
<tr>
<td>I have previously had an allergic reaction to a vaccine or injectable</td>
<td>There have been some very, very rare cases of allergic reactions to the vaccine. If you have</td>
</tr>
<tr>
<td>medication I’ve gotten in the past?</td>
<td>had an allergic reaction to a vaccine in the past, talk to your doctor before getting vaccinated.</td>
</tr>
<tr>
<td>I have other allergies, including severe allergies, such as to oral</td>
<td>Yes, you can get vaccinated!</td>
</tr>
<tr>
<td>medications or environmental allergens (food, pets, etc.)?</td>
<td></td>
</tr>
<tr>
<td>I have an allergy to a component of the vaccine?</td>
<td>No, you should not get vaccinated. The ingredients can be found on the CDC site.</td>
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</table>
## Co-Occurring Conditions

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
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</thead>
<tbody>
<tr>
<td>I have a physical co-occurring condition, including a high-risk condition or an autoimmune disorder?</td>
<td>Yes, you can get vaccinated! You are at higher risk of complications from COVID-19, so you will be prioritized for vaccination.</td>
</tr>
<tr>
<td>I am immunocompromised, including HIV-positive?</td>
<td>Many people receiving behavioral health services can get vaccinated through the O-LOV program. Check your eligibility!</td>
</tr>
<tr>
<td>I have a psychiatric co-occurring condition?</td>
<td>Yes, you can get vaccinated!</td>
</tr>
<tr>
<td>I have a substance use disorder?</td>
<td></td>
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</table>
## COVID-19

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>I have previously had COVID-19? If I have antibodies?</td>
<td>Yes, you can get vaccinated! Research indicates that the immune response from the vaccine is <strong>stronger</strong> than from the infection and is more protective against new variants.</td>
</tr>
<tr>
<td>I currently have COVID-19?</td>
<td>Yes, you can get vaccinated as soon as you are out of your isolation period.</td>
</tr>
<tr>
<td>I got COVID-19 between my two doses?</td>
<td>Yes, you can get vaccinated as soon as you are out of your isolation period! It is okay if you get your second shot late.</td>
</tr>
</tbody>
</table>
# Age

<table>
<thead>
<tr>
<th>I am an older adult?</th>
<th>Yes, you can get vaccinated! You are at higher risk of complications from COVID-19 so you will be prioritized for vaccination.</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am below 18?</td>
<td>Currently, the Pfizer vaccine is approved for 16+, and the Moderna and J&amp;J for 18+.</td>
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</table>
# Pregnancy/Lactation

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am planning or trying to become pregnant?</td>
<td>Yes, you can get vaccinated!</td>
</tr>
<tr>
<td>I am currently pregnant or lactating/breastfeeding?</td>
<td>The vaccine trials did not specifically include people in these groups. The American College of Obstetrics and Gynecology recommends that vaccines are <strong>not withheld</strong> from this group. Talk to your doctor before getting vaccinated. Pregnant people are at higher risk of complications from COVID-19. You will be prioritized for vaccination if you choose.</td>
</tr>
</tbody>
</table>
How effective are the vaccines?

All vaccines approved have been shown to cut rates of infection by over 50% (72-95% range) and to completely prevent hospitalization and death.

If you are one of the rare individuals who is infected after vaccination, your chance of serious illness or death is virtually zero.
Is one of the vaccines better for me?

The effectiveness rates of the vaccines cannot be compared directly with one another because the trials were conducted at different times, in different locations, against different strains of the virus. **ALL of the vaccines are effective at eliminating serious illness, hospitalization, and death**

Most of the time, you will not have a choice about which vaccine you get. It depends on what the site has, which is usually based on their refrigeration and storage capacity.
Is one of the vaccines better for me?

Getting the vaccine as early as possible is better for you (to protect against COVID-19) and better for the community (to get to herd immunity). When offered the vaccine, **do not wait**

**Exceptions:**

- If you have an allergy to an ingredient in one of the vaccines, wait for another
- If you are 16 or 17 years old, you can only get the Pfizer vaccine
- If you are in a situation where you are not able to schedule safely the second dose (e.g. experiencing homelessness, experiencing intimate partner violence and unable to travel freely, migrant worker), a 1-dose vaccine may be recommended for you
If You are Vaccine-Curious or Vaccine-Hesitant
An option grid may be a helpful way to think through questions you may have about your vaccination decision.

This is a partial example of a grid for the Pfizer and Moderna vaccines.

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CREDIT: Open Access EBSCO Clinical Decisions
Vaccine FAQs
How do vaccines work?

- The vaccine contains a message to your immune system:
  
  “Hey, coronavirus is out there. It looks like this. You need to start making some antibodies that can fight it.”

- The body can start to make antibodies without ever being exposed to COVID-19
How did the vaccines get developed so quickly?

• No shortcuts were taken in testing the vaccine.
• Medical innovation was possible due to several factors
  • Use of existing technology
  • More money
  • More volunteers
  • Prioritized for review
How safe are the vaccines?

- Over 110,000 people volunteered to be in the trials
- Serious side effects from vaccines (such as serious allergic reactions, seizure, development of autoimmune disorders, death) are usually seen within 4-6 weeks
  - Safety data found no serious side effects in the trials (past 4-6 weeks to several months)
- As millions have been vaccinated worldwide, as expected, some serious reactions have been seen
  - A handful of anaphylactic reactions (approximately 4.5 reactions per million vaccines) have been observed. All observed cases have recovered. None have died
Vaccine Safety for People of Color

The United States has a shameful history of experimentation on minorities, particularly Black/African-Americans and Indigenous Americans. Many BIPOC individuals are deliberating thoughtfully about the vaccine

- Trials specifically studied effects on Black people and other minorities. 15,000+ Black individuals volunteered. No harmful effects were found
- Many scientists and physicians of color were involved in the development of the vaccine and/or have publicly encouraged vaccination
- COVID-19 has had disproportionate impact on people of color with higher rates of illness, hospitalization, and death than in White populations
  - 1 in 546 Black Americans has died of COVID-19, 1 in 835 Latino Americans, and 1 in 475 Indigenous Americans. (Source: American Public Media Research Lab Color of Coronavirus)
<table>
<thead>
<tr>
<th>Immediate Risks</th>
<th>Long-Term Risks</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Serious effects of COVID-19</strong></td>
<td><strong>Up to 10% of COVID-19 survivors, including with mild COVID, have “long-haul” symptoms lasting weeks to months after the virus is out of the system</strong></td>
</tr>
</tbody>
</table>
| • More than 514K people have died from COVID-19 in the US and 2.5M+ worldwide  
  - US deaths ~ 171 “9/11s”, or “9/11” every day for 6 months in a row  
  - US deaths > WW1 + WW2 + Vietnam War casualties combined  
  - 120 people in New York City died of COVID on Christmas Day | • Fatigue, shortness of breath, pain, “brain fog”, headache, depression  
• More rarely, some people experience serious long-term heart, lung, kidney, or brain complications |
| **Serious side effects of vaccines** | **Studies show no long-term side effects of the vaccine in the period in which vaccines typically show serious side effects (4-6 weeks)** |
| • ~4.5 persons/million people have had a serious vaccine side effect. **0 deaths**  
• You are 336x more likely win an Olympic Gold, 666x more likely to get struck by lightning in your lifetime, and 1000x more likely to date a millionaire than to have a serious vaccine side effect |
What is in the vaccine?

- None of the vaccines contain coronavirus. You cannot get COVID-19 or any other illness from getting the vaccination.
- None of the vaccines can affect your DNA at all.
- None of vaccines contain any chips or tracers.
- The Pfizer and mRNA vaccines contain the messenger RNA code, some sugar, some salt, some fat, and nothing else.
- The J&J vaccine uses a virus (modified so it cannot make you sick) to carry a gene, some sugar, some salt, and nothing else.
Can I transmit COVID-19 after vaccination?

While the vaccine is extremely effective in protecting the person who receives it, it **may** be possible for people to become infected with asymptomatic COVID-19 and spread it to others.

Preliminary data shows that asymptomatic transmission is reduced in those vaccinated. Research is ongoing.
Will the vaccine protect me against new strains?

• So far, the vaccines approved in the U.S. have been shown to be protective against new strains. The vaccines may be less protective against some strains, but some protection is better than no protection (for the unvaccinated)

• Vaccine companies are also studying whether booster shots might be helpful for new strains

• The more people take the vaccines, the slower new strains will arise
Will I need a yearly COVID-19 shot?

We don’t know yet. It is possible the COVID-19 vaccine might be a one-time shot, might require boosters, or might require annual injections like the flu.

The more COVID-19 mutates, the more likely it is that we may need seasonal shots. The faster people get vaccinated, the less likely it is COVID-19 will mutate.
What precautions should I take after vaccination?

Take standard precautions like handwashing, physical distancing, and masking, especially around individuals who are not vaccinated.
THANK YOU!

Thank you for everything you do everyday, for stepping up to be a champion of this critical public health effort.

Thank you especially to those who have your own anxiety and are approaching vaccination with courage as a role model.
Resources
• https://www.allhealthpolicy.org/covid-19-webinar-series-page/
• https://www.cdc.gov/vaccines/covid-19/hcp/engaging-patients.html
• https://www.cdc.gov/vaccines/covid-19/hcp/answering-questions.html
• https://omh.ny.gov/omhweb/covid-19-resources.html
• https://practiceinnovations.org/
• https://www.health.harvard.edu/diseases-and-conditions/covid-19-basics
• Moderna COVID-19 Vaccine EUA Fact Sheet for Recipients and Caregivers (https://www.fda.gov/media/144638/download)
• Pfizer-BioNTech COVID-19 Vaccine EUA Fact Sheet for Recipients and Caregivers (https://www.fda.gov/media/144414/download)
• https://am-i-eligible.covid19vaccine.health.ny.gov/