Building COVID-19 Vaccine Confidence: Helping People Make Informed Choices

Vaccine Education & Training
Los Rios

Moderators:
Monica Nelson
Dr. Kristin Gates

Guest Speakers:
Phu Tran
Housekeeping

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Melanie Dixon
President
American River College

Michael Gutierrez
President
Sacramento City College
Agenda

Welcome!

COVID-19: Cases, Deaths and Vaccine Rates with Mike Nguy

Vaccine Updates with Dr. Gates

How to Effectively Communicate about COVID-19 Vaccines

Next Steps
Purpose

01 Learn about COVID-19 and the latest updates on the vaccine.

02 Gain knowledge and skills to provide key messages addressing concerns about the vaccine in your institution.

03 Provide you with communication tools to have effective conversations.

04 Change the conversation around vaccine to one of choice.
Why You Matter

You can have a significant influence on vaccine acceptance or hesitancy.

If we all become influencers, we can achieve community immunity.

Let’s take care of each other, our families and our community.

Thank you for being here!
Phu Tran, MPH, MSN, RN, PHN

Senior Public Health Nurse

Sacramento County Public Health
COVID-19 Data

Cases, deaths, vaccination rates

COVID-19 Cases and deaths:
U.S. and Sacramento County (as of 09/07/21)

U.S. deaths : 644,848
Sacramento County deaths to date: 1,956
U.S. cases to date: 39,831,318
Sacramento County cases to date: 138,476

Sources:
https://covid.cdc.gov/covid-data-tracker/#cases_casesper100klast7days
https://sac-epidemiology.maps.arcgis.com/apps/MapSeries/index.html?appid=e11bc926165742ab99f834079618dad
Sacramento County COVID-19 case and death rates by Race/Ethnicity

Deaths by Race Ethnicity

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>133</td>
</tr>
<tr>
<td>Hispanic</td>
<td>103.7</td>
</tr>
<tr>
<td>Asian</td>
<td>132.3</td>
</tr>
<tr>
<td>Black</td>
<td>141.7</td>
</tr>
<tr>
<td>NHPI</td>
<td>303.4</td>
</tr>
<tr>
<td>AI/AN</td>
<td>145.4</td>
</tr>
</tbody>
</table>

Cases by Race Ethnicity

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Cases</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>5,148.6</td>
</tr>
<tr>
<td>Hispanic</td>
<td>6,943.9</td>
</tr>
<tr>
<td>Asian</td>
<td>6,230.1</td>
</tr>
<tr>
<td>Black</td>
<td>7,629</td>
</tr>
<tr>
<td>NHPI</td>
<td>7,529</td>
</tr>
<tr>
<td>AI/AN</td>
<td>6,410.2</td>
</tr>
</tbody>
</table>

AI/AN - American Indian/Alaskan Native, NHPI - Native Hawaiian or Other Pacific Islander. For these groups, interpret with caution due to small numbers.

Who’s vaccinated?
California COVID-19 Vaccination Rates

- 45,413,513 vaccines administered
- 67.3% fully vaccinated
- 786,305 doses per day

Data as of 8/13/21
Source: https://covid19.ca.gov/vaccination-progress-data/#overview
Sacramento County COVID-19 Vaccination Rates

1,697,070 vaccines administered

*62.8% fully vaccinated
(on SCPH dashboard it indicates a smaller percentage of 52.5% because we a different denominator)

Data as of 8/13/21 Sacramento County COVID – 19 Dashboard. 
https://sac-epidemiology.maps.arcgis.com/apps/MapSeries/index.html?appid=e11bc926165742ab99f834079f618dad
Sacramento County COVID-19 Breakthrough Cases

Patients with positive PCR result(s) after full vaccination: 6,420

Of those, number symptomatic (vaccine breakthrough cases): 1,429

Data as of 09/07/21 Sacramento County COVID – 19 Dashboard.
https://sac-epidemiology.maps.arcgis.com/apps/MapSeries/index.html?appid=e11bc926165742ab99f834079f618dad
Fully vaccinated by Race/Ethnicity as of 9/7/21

All values other than Hispanic are Non-Hispanic ethnicity. These numbers are an underestimate because for about a quarter of all doses, we have unknown/multi-race/other race or ethnicity.

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Total Population</th>
<th>Full Vaccinated</th>
<th>Percent fully vaccinated</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hispanic, Any Race</td>
<td>360,762</td>
<td>118,799</td>
<td>32.9</td>
</tr>
<tr>
<td>Non-Hisp AI or AN</td>
<td>8,936</td>
<td>3,402</td>
<td>38.1</td>
</tr>
<tr>
<td>Non-Hisp Asian</td>
<td>224,012</td>
<td>147,729</td>
<td>65.9</td>
</tr>
<tr>
<td>Non-Hisp Black</td>
<td>155,983</td>
<td>53,713</td>
<td>34.4</td>
</tr>
<tr>
<td>Non-Hisp NH or OPI</td>
<td>15,459</td>
<td>9,906</td>
<td>64.1</td>
</tr>
<tr>
<td>Non-Hisp White</td>
<td>720,930</td>
<td>317,335</td>
<td>44.0</td>
</tr>
</tbody>
</table>
Vaccine Effectiveness

Source: https://sac-epidemiology.maps.arcgis.com/apps/MapSeries/index.html?appid=e11bc926165742ab99f834079f618dad
Kristin Gates, MD

Kaiser Permanente, Elk Grove
Adult Primary Care Physician
What is COVID-19?

- COVID-19 is a contagious respiratory illness.
- Coronaviruses are a large family of viruses that cause colds and other respiratory illnesses.
- Experts believe it mostly spreads from person to person through droplets in the air when an infected person coughs, sneezes or talks.
- Most transmission of COVID-19 is likely from people who show no symptoms (asymptomatic) and pre-symptomatic individuals.
- COVID-19 affects different people in different ways.
- Symptoms range from mild to severe illness.
COVID-19 is at least 10 times more deadly than the flu

COVID-19 Symptoms

• Fever or chills
• Cough
• New loss of taste or smell
• Sore throat
• Muscle or body aches
• Fatigue

• Diarrhea
• Headache
• Congestion or runny nose
• Nausea or vomiting
• Shortness of breath or difficulty breathing
You can be infected with COVID-19 without having any symptoms
Things you should know about the Delta Variant:

1. Delta is more contagious than the other COVID-19 virus strains.
2. Unvaccinated people are at much higher risk for contracting it and even higher risk for hospitalization and death.
3. Vaccination is the best protection against Delta.
COVID-19: Preventing Infection

Getting vaccinated is the safest choice you can make.

Millions of Californians across different age groups, races and ethnicities have now been vaccinated — helping many people safely return to work, resume with friends and family, and travel with confidence.

Your decision to get the COVID-19 vaccine can help keep you and your loved ones safe, and help stop the spread in your community.

Learn more at VaccinateAll58.com, or call (833) 422-4265 to schedule your appointment.

LET’S GET TO IMMUNITY.

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Available Vaccines and Their Effectiveness
Approved Vaccines

Pfizer (2 dose): 12 years+; FDA approved for +16 years

Moderna (2 dose): 18 years+

Johnson & Johnson (J&J; Janssen) (1 dose): 18 years+

Other vaccines in process: Astra Zeneca and Novavax
All vaccines are tested, safe and effective.

The CDC and FDA continue to monitor the safety of all COVID-19 vaccines.
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.

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

## Pfizer, Moderna and J&J Clinical Vaccine Trial Data

<table>
<thead>
<tr>
<th></th>
<th>Pfizer: 2 doses</th>
<th>Moderna: 2 doses</th>
<th>Johnson &amp; Johnson (Janssen): 1 dose</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Participants</strong></td>
<td>&gt;43,000 participants (US); prior to variants</td>
<td>&gt;28,000 participants (US); prior to variants</td>
<td>&gt;40,000 participants (International including South Africa and Brazil) where variants exist</td>
</tr>
</tbody>
</table>
| **Vaccine efficacy** | 95%  
100% effective protection from death | 94.1%  
100% effective protection from death | 66.3% from infection  
85% effective against severe/critical COVID-19 illness  
100% effective protection from death |

Vaccine efficacy observed across age, sex, race, and ethnicity categories and among persons with underlying medical conditions.

[https://www.modernatx.com/covid19vaccine-eua/providers/clinical-trial-data](https://www.modernatx.com/covid19vaccine-eua/providers/clinical-trial-data)
[https://www.cdc.gov/mmwr/volumes/69/wr/mm6950e2.htm?s_cid=mm6950e2_w](https://www.cdc.gov/mmwr/volumes/69/wr/mm6950e2.htm?s_cid=mm6950e2_w)
[https://www.fda.gov/media/146217/download](https://www.fda.gov/media/146217/download)
The Pfizer, Moderna, and J & J trials were designed to ensure efficacy was studied across races and ethnicities, to reflect the diversity of the population who will receive the vaccine.

**Breakdown by Race**

- **US Population:** 74%
- **Pfizer:** 82%
- **Moderna:** 79%
- **Johnson & Johnson:** 62%

**Breakdown by Ethnicity**

- **Hispanic or Latinx:**
  - US Population: 18%
  - Pfizer: 26%
  - Moderna: 45%
  - Johnson & Johnson: 53%

- **Not Hispanic or Latinx:**
  - US Population: 82%
  - Pfizer: 73%
  - Moderna: 79%
Currently three EUA approved vaccines in the U.S. (Pfizer, Moderna, J&J) and others in process of being approved. FDA Approved (Pfizer) for +16 years old

All have been through rigorous FDA safety processes.

All are highly effective at preventing COVID-19 disease and spread. There were no serious safety concerns in the clinical trials with any vaccine.

All three vaccines produce antibody responses as well as memory T Cell responses that provide lasting protection.

Numerous studies looking at effectiveness of all three vaccines against the existing variants show they offer high levels of protection.

For the two-dose vaccines, it is very important to get both doses to ensure this high level.


BBC: “Covid: Pfizer and AstraZeneca jabs work against Indian variant -- study.”
All vaccines are free.

Vaccines are available for 12 years+ for Pfizer; 18 years+ for Moderna and J&J.

More than a billion people in the world have been vaccinated.

The hope is vaccines will bring an end to the pandemic.

Being vaccinated is the most effective way to protect those around you.

BBC: “Covid: Pfizer and AstraZeneca jabs work against Indian variant -- study.”
Let’s review some of the top concerns people have about getting vaccinated in our community.
Top 5 Reasons for Not Getting Vaccinated

1. Belief that the vaccines are not tested enough/ were created too quickly
2. Worried about the potential side effects/long term effects.
3. Afraid of getting COVID-19 from the vaccine.
5. Worried there are harmful ingredients in the vaccine.
CONCERN #1: The Vaccine Was Created too Quickly to be Safe

FACT:
Researchers have been studying and working with mRNA vaccines for decades.

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.
CONCERN #1: The Vaccine Was Created too Quickly to be Safe

Example:
Have you ever seen a home makeover TV show, where they build a beautiful home in a week?

• If you have the money and the resources, you can speed up a timeline and still create a very high-quality product!
CONCERN #2: Worried about potential side effects.

FACT: You might have some side effects that last only a short period of time (usually 48-72 hours) This means your body is building protection.

Throughout the rest of your body:
- Tiredness
- Headache
- Muscle pain
- Chills
- Fever
- Nausea

On the arm where you got the shot:
- Pain
- Redness
- Swelling
CONCERN #2: Worried about potential 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 #2: Worried 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 no long-term side effects have been detected.
CONCERN #3: Afraid of Getting COVID-19 from the vaccine

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.
• The vaccine will help to protect you from getting COVID-19 by teaching your body how to make an antibody to fight COVID-19.
CONCERN #4: COVID-19 Vaccine and Fertility

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.

• People undergoing fertility treatment and/or attempting to get pregnant are encouraged to get vaccinated.

• Getting COVID-19 during pregnancy has led to stillbirths and pregnancy complications.
CONCERN #4: COVID-19 Vaccine and Fertility

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 #5: There are harmful ingredients in the COVID-19 Vaccine

FACT:
✓ There is NO LIVE VIRUS in the vaccines.

✓ The ingredient list for the vaccines does not include any toxic ingredients. It does not have latex, egg, or iodine.

✓ The vaccine is safe for those with health conditions including those who are immunocompromised.

✓ 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*
Vaccine Mandates
Unless you have had a severe allergic reaction to your first dose of a COVID-19 vaccine you are unlikely to qualify for a medical exemption.

Medical Exemption: Medical contraindications that would exempt an individual from COVID-19 vaccination are rare, and include:

- SEVERE allergic reaction (such as anaphylaxis) after a previous dose or to a component of a COVID-19 vaccine; AND the inability to take an alternative COVID-19 vaccine.

- IMMEDIATE allergic reaction to a previous dose or known (diagnosed) allergy to a component of a COVID-19 vaccine; AND the inability to take an alternative COVID-19 vaccine.

- History of myocarditis (inflammation of the heart) or pericarditis (inflammation of the tissue surrounding the heart) AFTER an mRNA COVID-19 vaccine; AND the inability to receive the Janssen/J&J vaccine due to a SEVERE or IMMEDIATE allergic reaction to that vaccine or one of its components.
Why Vaccines Matter for Low-Risk Employees

Recovery from COVID-19 can take a long time, even in young adults with no chronic conditions

To stay well and protect others...

Stay 6 feet away from others not living in your household

Wash hands often

Wear face coverings consistently and correctly in public

1 in 5 previously healthy young adults* weren’t back to usual health 14-21 days after testing positive

*ages 18-34
Random sample of adult outpatients with COVID-19 from 14 U.S. academic health care systems

CDC.GOV  bit.ly/MMWR72420
Five Key Points
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.

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.

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.
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.

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
Thank You!

Sacramento County Public Health
Mike Nguy - NguyM@saccounty.net

Kaiser Permanente
https://kp.org/covidvaccine

The Center at Sierra Health Foundation
Laura Jackson – ljackson@sierrahealth.org
Monica Nelson – mnelson@sierrahealth.org

San Francisco Department of Public Health
Vaccinate ALL 58