Nurse-Led Forum for Vaccine Confidence

Turning Points for Children Town Hall: Vaccine Education

Tuesday, August 10, 2021 at 6:00 pm Eastern Time

NATIONAL NURSE-LED CARE CONSORTIUM
a PHMC affiliate

TURNING POINTS FOR CHILDREN
a PHMC affiliate

National Nurse-Led Care Consortium

The **National Nurse-Led Care Consortium (NNCC)** is a nonprofit organization that supports nurse-led care and nurses at the front lines of care.

NNCC provides expertise to support comprehensive, community-based primary care and public health nursing.

- Policy research and advocacy
- Program development and management
- Technical assistance and support
- Direct, nurse-led healthcare services

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Acknowledging structural racism, ableism and other forms of oppression

The National Nurse-Led Care Consortium recognizes that historical and current structural racism, ableism, and other forms of oppression have made it difficult for some communities (such as Black people and people with disabilities) to fully trust the public health, medical and scientific community. We want to be open and honest about the safety and development of the COVID-19 vaccine—what we know and what we don't know.

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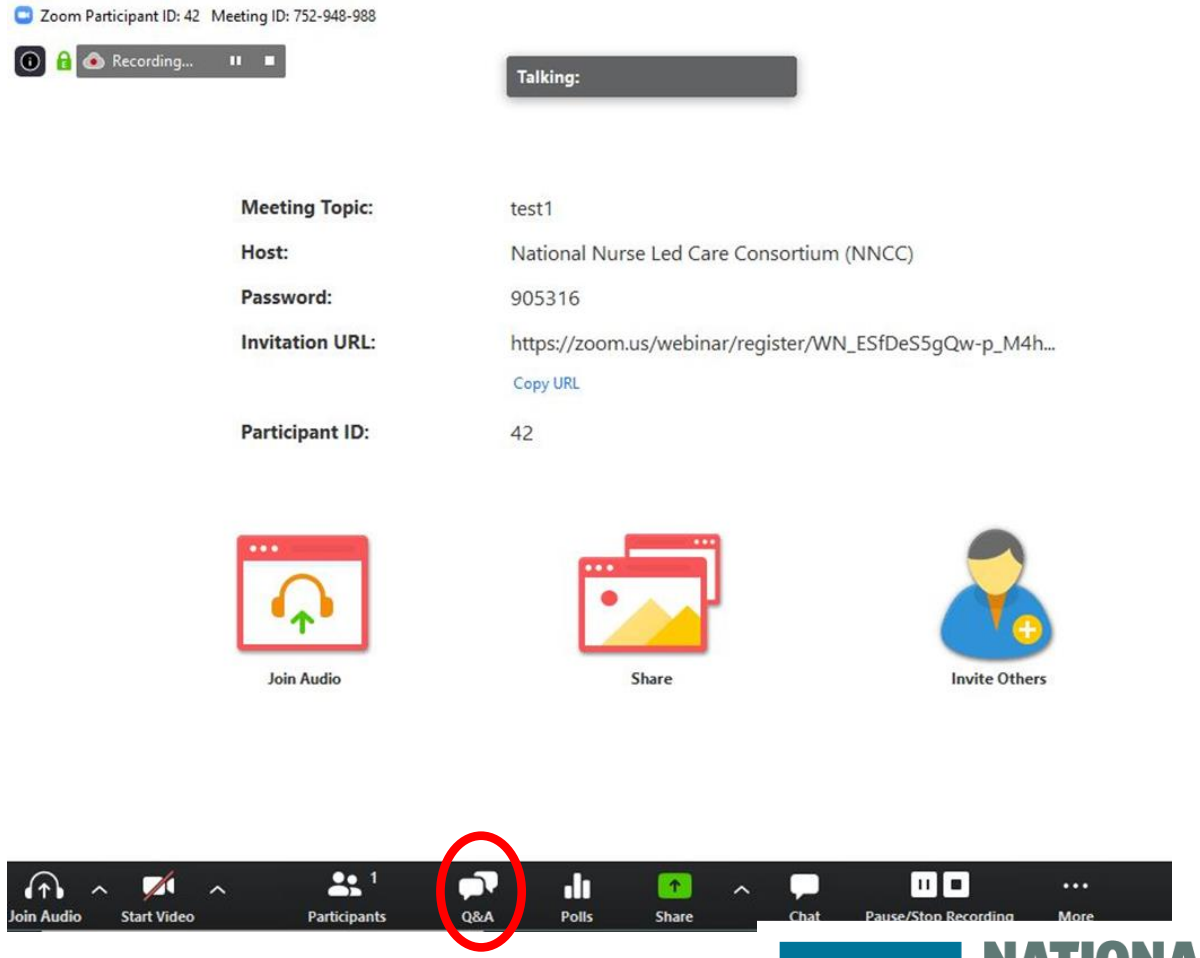
Housekeeping Items

Question & Answer

- Click Q&A and type your questions into the open field.
- The Moderator will either send a typed response or answer your questions live during the Q&A segment.
- We will collect all questions that are not answered today and share the answers with attendees in a follow-up email.



Today's Session

- COVID-19 Vaccine Information
  - Types of Vaccines & Vaccine Symptoms
  - Vaccine Safety
  - Guidance for Students/Teachers Returning to School
- Q&A with Families

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Speakers

Monica Harmon, MSN, MPH, RN
Thomas Jefferson, School of Nursing

Shawana Mitchell
National Nurse-Led Care Consortium

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COVID-19 and Vaccine Basics

What is known about COVID-19?

- Infection with SARS-CoV-2, the virus that causes COVID-19, can result in a range of illness, from mild symptoms to severe illness and death.
- We don’t know how SARS-CoV-2 will affect each person.
- Some people, such as adults 65 and older or people with certain medical conditions, are more likely than others to become severely ill.




Delta Variant

- **Viruses constantly change through mutation.** A variant has one or more mutations that differentiate it from other variants in circulation. As expected, multiple variants of SARS-CoV-2 have been documented in the United States and globally throughout this pandemic.
  - The B.1.1.7 (Alpha), B.1.351 (Beta), B.1.617.2 (Delta), and P.1 (Gamma), variants circulating in the United States are classified as variants of concern.

>> Being vaccinated can protect you and help stop the spread of COVID-19.

https://www.cdc.gov/coronavirus/2019-ncov/variants/variant-info.html

Recommendations on COVID-19 and the Delta Variant

What you need to know about the Delta Variant

- Getting vaccinated prevents severe illness, hospitalization, and death.
- Getting vaccinated reduces the spread of COVID-19.
- The Delta Variant is much more contagious than past versions of the virus.
- Vaccinated people can still get the Delta Variant, but it is rare. Virtually all hospitalizations and deaths are among people who are not vaccinated.

Recommendations on COVID-19 and the Delta Variant

What you need to know about masks:

- Everyone in high COVID-19 transmission areas should wear a mask in public while indoors, regardless of their vaccination status.
- All teachers, staff, students, and visitors to K-12 schools should wear a mask regardless of their vaccination status.

Guidance for COVID-19 Prevention in K-12 Schools

What you need to know about students returning to school:

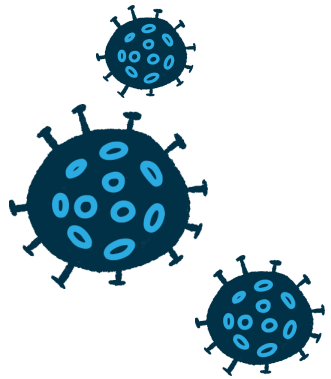
- Mask should be worn indoors by all individuals, age 2 and older, who are not fully vaccinated.
- The CDC recommends schools maintain at least 3 feet of physical distance between students within classroom.
- Schools should implement layered prevention strategies to protect those who are not fully vaccinated and students who are ineligible for vaccination at this time (students under 12 years of age).

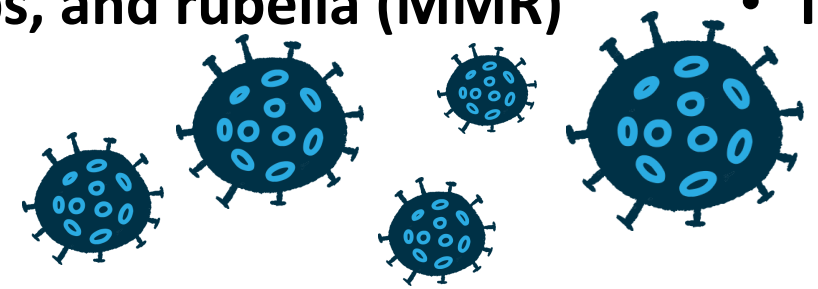
Guidance for COVID-19 Prevention in K-12 Schools | CDC

Vaccines Save Lives

Vaccines save 5 million lives, every year.
In your lifetime, you were probably vaccinated against many harmful viruses like:

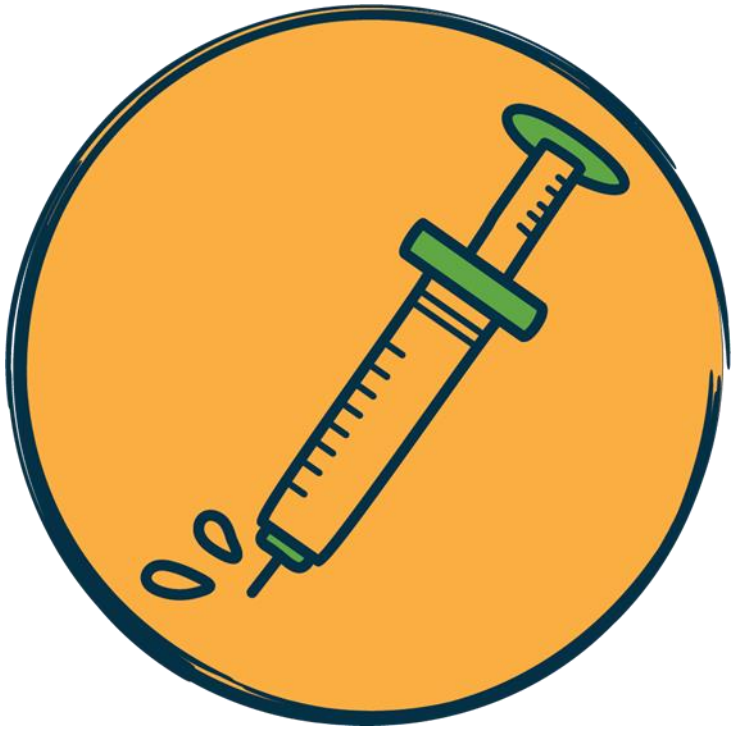
- **Chickenpox**
- **Diphtheria, tetanus, and pertussis (DTaP)**
- **Hepatitis (A, B, C)**
- **Human papillomavirus (HPV)**
- **Measles, mumps, and rubella (MMR)**
- **Meningitis**
- **Pneumococcal (PCV13)**
- **Polio**
- **Rotavirus (RV)**
- **Influenza (seasonal flu)**





How Vaccines Work

- **Vaccines help our bodies develop immunity** to a specific virus without us getting the actual illness.
- Different types of vaccines work in different ways to offer protection. But, **with all types of vaccines, the body develops "memory" cells that will remember how to fight the virus in the future.**



COVID-19 Vaccination is a Safer Way to Build Protection

- Getting the virus that causes COVID-19 may offer some natural protection, known as an antibody or immune. But experts don't know how long this protection lasts.
- The risk of severe illness and death from COVID-19 far outweighs any benefits of natural immunity.
- COVID-19 vaccination will help protect you by building immunity without the risk of severe illness.

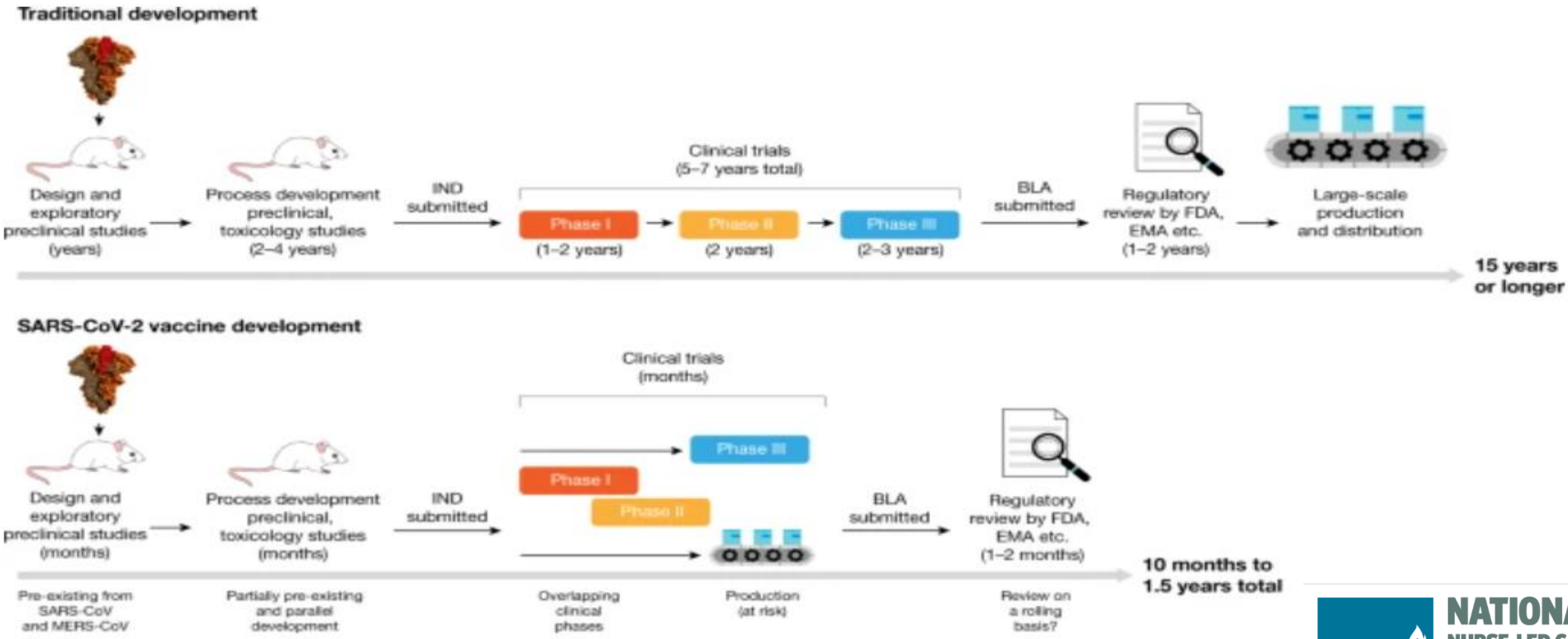
Authorized COVID-19 Vaccines

The best COVID-19 vaccine is the first one available to you.

- **The U.S. Food and Drug Administration (FDA) has given Emergency Use Authorization (EUA) to COVID-19 vaccines from Pfizer-BioNTech, Moderna, and Johnson & Johnson/Janssen.**
- **The Pfizer and Moderna vaccines require two doses.**
- **The Johnson & Johnson vaccine only requires one dose.**

COVID-19 Emergency Use Authorization Timeline

Fig. 1: Traditional and accelerated vaccine-development pipelines.



Krammer, F. SARS-CoV-2 vaccines in development. *Nature* **586,** 516–527 (2020). https://doi.org/10.1038/s41586-020-2798-3

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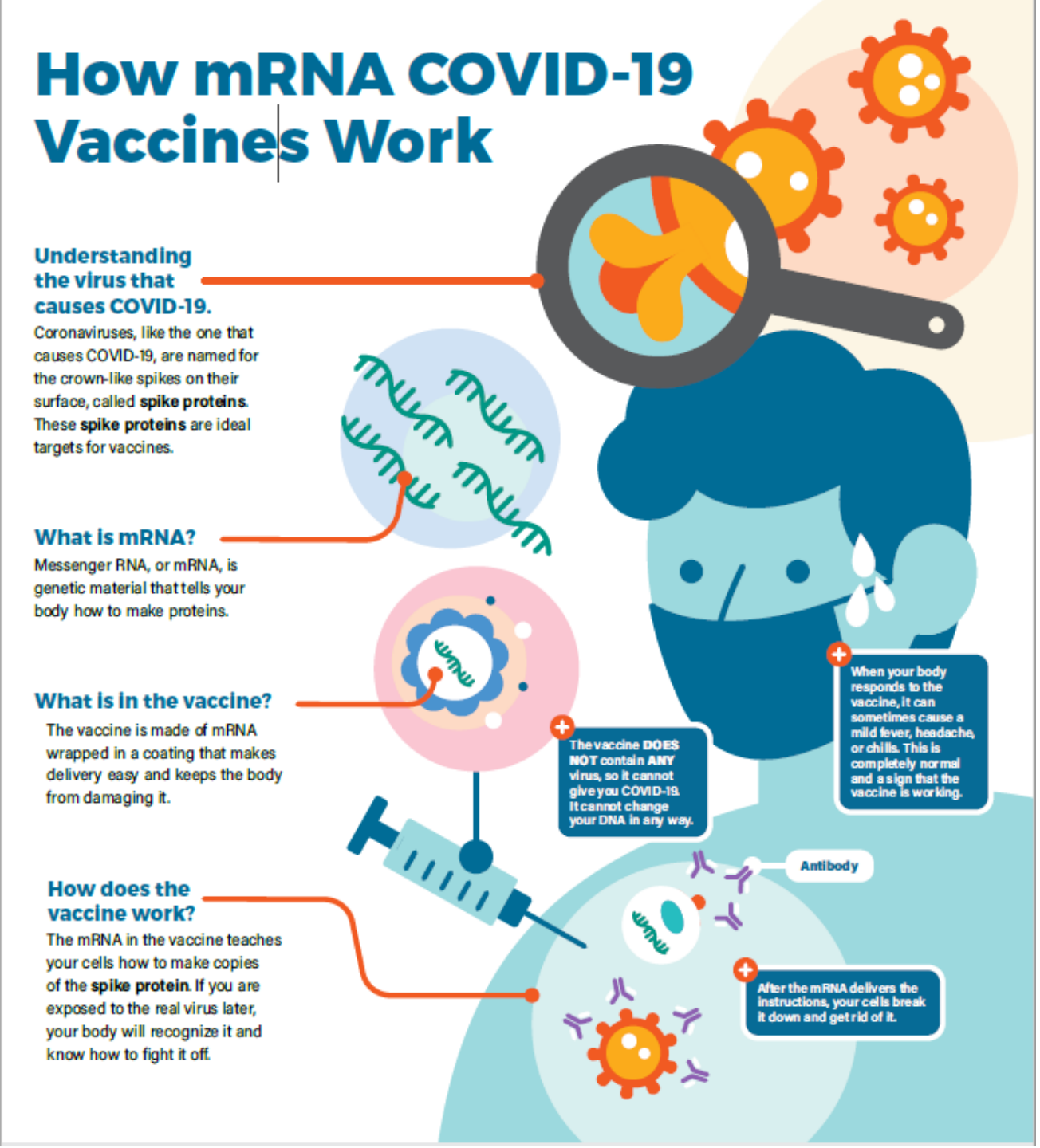
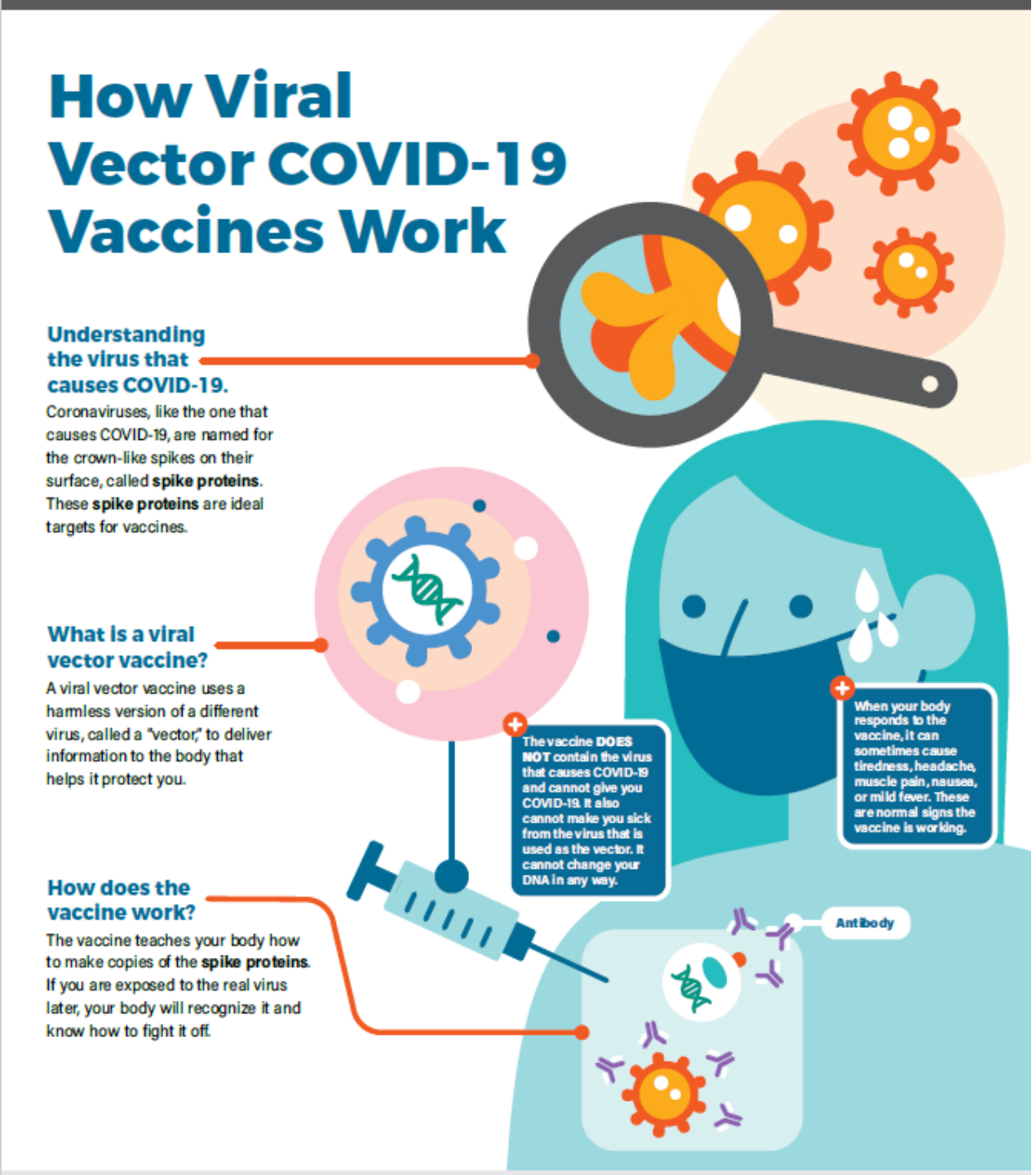
Vaccine Safety

- **The authorized COVID-19 vaccines are safe and effective.**
- **These vaccines continue to be monitored** for rare adverse events that may not have been seen in trials.
- Even though COVID-19 vaccines were developed quickly, **no steps were skipped.**
- The clinical trials for these vaccines included tens of thousands of volunteers **with diverse genders, ages, and ethnic backgrounds** (including communities of color).



Full infographic here:

https://www.cdc.gov/coronavirus/2019-ncov/downloads/vaccines/COVID-19-mRNA-infographic_G_508.pdf



Full infographic here:

https://www.cdc.gov/coronavirus/2019-ncov/downloads/vaccines/COVID-19-viral-vector-infographic_D_FINAL-508_030621.pdf

Common side effects

On the arm where you got the shot:

- Pain
- Redness
- Swelling

Throughout the rest of your body:

- Tiredness
- Headache
- Muscle pain
- Chills
- Fever
- Nausea

https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect/after.html

To reduce pain and discomfort where you got the shot

- Apply a clean, cool, wet washcloth over the area.
- Use or exercise your arm.

To reduce discomfort from fever

- Drink plenty of fluids.
- Dress lightly.

https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect/after.html

Preparing For Your Appointment

- **The vaccine is free.**
- **Expect to wait 15 minutes after your vaccination.**
- **Before your appointment, don't take over-the-counter medicine** (ibuprofen, aspirin, or acetaminophen) **to try to avoid possible side effects**.
- **Don't plan to get your COVID-19 vaccine at the same time as other vaccines.**

During Your Appointment

- **Wait until your appointment time**.
- **Wear a mask that covers your nose and mouth.**
- **Keep your arm relaxed during the vaccination.**
- **You will get a vaccination card.**
- **The vaccination site will schedule your second appointment** (only applicable for Pfizer and Moderna).

Personal Information & Immigration Status

- **You can get the COVID-19 vaccine without insurance or an ID.**
- **Your immigration status doesn't prevent you from being able to get the vaccine in Pennsylvania.**
- **Medical information in the U.S. is private and cannot be shared with immigration officials.**

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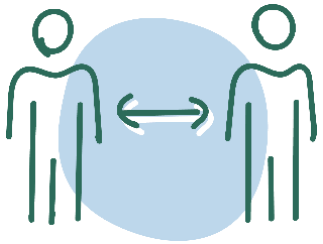
After Vaccination

- Continue COVID-19 prevention measures:

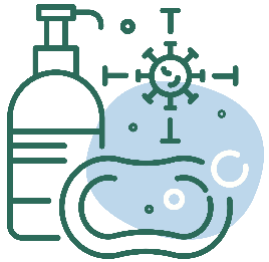
Cover your nose and mouth with a mask.



Stay at least 6 feet from people who don't live with you.

Avoid crowds and poorly ventilated spaces.

Wash your hands.



Clean and disinfect frequently touched surfaces.

- Enroll in **v-safe** program to track any symptoms.
- If you have questions about your health and vaccination, call your doctor, nurse, or clinic.

Resources for Vaccine Information

- **U.S. Centers for Disease Control and Prevention (CDC)**
  The national public health agency of the United States.

- **Philadelphia Department of Public Health - COVID-19 Vaccine FAQ Sheets**

Q&A

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Where can you get a COVID-19 vaccine?

The PHMC Health Network is vaccinating against Covid-19.
- **Currently for individuals 16 and up.**
- **Anticipate to be able to vaccinate individuals 12 and up soon.**

Sign Up for your COVID-19 Vaccination Appointment HERE

You can also visit the closest Health Department Clinic. Sign up HERE
For help scheduling an appointment, call the city's hotline at 215-685-5488 or 311.

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Vaccine Confidence Podcast Series

Topics:

Vaccine Confidence: Nurses Turn Skepticism Into Action

Vaccine Hesitancy: Is Healthcare Listening?

Vaccine Confidence: Building Trust

Vaccine Confidence: Community Partnerships & Accessibility

Sharing Your Vaccination Experience

Vaccine Confidence: Identifying Trusted Messengers

Six episodes available now

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