
Covid-19, the Vaccine and Me

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Event held by: Centro de Niños, Inc. and Univisión 34

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COVID-19 or SARS-CoV2 – Coronavirus

- **Reported to WHO on December 31, 2019**
 - **Global Health Emergency (WHO) January 30, 2020**
 - **Global Pandemic (WHO) March 11, 2020**
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Strategies to mitigate the spread of the virus

- **Wearing a mask**
 - **Social distancing**
 - **Avoiding crowds**
 - **Frequent hand washing**
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Factors that increase community transmission

- Large crowds
 - Close physical contact
 - Enclosed spaces
 - Time of exposure
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People at higher risk of contracting COVID-19 or its complications

- **People 65 years of age or older**
 - **People suffering from obesity**
 - **People with underlying medical conditions**
 - **Pregnant women**
 - **Smokers**
 - **Minority groups, i.e., Hispanics**
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Other factors affecting health

- **Access to health care**
 - **Occupational exposure to the virus (essential workers, etc.)**
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Most frequent symptoms of Covid-19

- **Fever or chills**
 - **Cough**
 - **Shortness of breath**
 - **Fatigue or muscle aches**
 - **Headache**
 - **Loss of sense of smell or taste**
 - **Sore throat, stuffy nose, or runny nose**
 - **Gastrointestinal symptoms (nausea, vomiting, abdominal pain and/or diarrhea)**
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**Generally, Covid-19 is mild in children,
but occasionally it can cause**

Multisystemic Inflammatory Syndrome (MIS-C)

- **Fever (24 hours or more)**
 - **Abdominal pain, vomiting, diarrhea**
 - **Skin rash**
 - **Conjunctivitis**
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When to go to the Emergency Room (MIS-C)

- **Severe abdominal pain**
 - **Difficulty waking up, confusion**
 - **Difficulty breathing**
 - **Bluish discoloration on the lips or face**
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Vaccines: Pfizer vs Moderna

- **Completed all 3 phases of clinical studies**
 - **Require two doses**
 - **The duration of immunity is unknown**
 - **Must be kept very cold**
 - **May be defrosted and stored in a refrigerating chamber**
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How do these vaccines work?

- They use a bit of the virus' genetic code (mRNA) that instructs cells on how to build the protein that triggers an immune response.
 - This protein produces antibodies that protect us against Covid-19.
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Side effects of vaccines

- Pain at the injection site
- Chills, fever
- Fatigue
- Muscle aches
- Headache

No serious side effects have been reported.

CDC Recommendations

Advice and observation for 15 minutes:

- **Pregnant or nursing women**
 - **Immunosuppressed patients**
 - **Medical history of environmental allergies, food, insects, latex**
 - **Medical history of mild allergic reactions to vaccines or oral or injected medications**
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CDC Recommendations

**Observation for 30 minutes
or potential postponement:**

- **Medical history of severe allergic reactions to vaccines or injected medications**
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Contraindications and warnings

**Contraindicated in patients who are allergic
to vaccine components**

Vaccines against Covid-19

- **Do not affect fertility**
 - **Do not increase the risk of abortion**
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**Do I still need to get the vaccine
if I already had Covid-19?**

If you're thinking:
I'm young and healthy,

**Why don't I risk getting
Covid-19 instead of getting
the vaccine?**

You are making a mistake.

**What will be the cost of the
Covid-19 vaccine?**

Factors working against the vaccine

- **Misinformation and/or myths**
 - **Fear due to immigration status**
 - **Indecision, hesitation, doubts**
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Myths about the vaccine and/or Covid-19

- **The vaccine was developed too quickly**
 - **You can get Covid-19 from the vaccine**
 - **The vaccine could cause more deaths than Covid-19**
 - **The vaccine affects people's DNA**
 - **Coincidences attributed to the vaccine**
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Beware of scams!

- **Someone trying to sell you the “Covid-19 vaccine”**
 - **Someone selling “their place” on the vaccine list**
 - **Someone requesting personal information to vaccinate you**
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Beware of scams!

- **Sale of products that claim to cure Covid-19**

**Just listen to your doctor, health clinic, pharmacy, or
your city/county health program.**

Vaccine distribution

Priorities in California:

- Health workers
 - People over 65
 - People exposed to occupational risk
 - People living in vulnerable communities
 - Everyone else
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Attention!

- Vaccines do not protect from infection 100%
- We don't know whether they prevent transmission of the virus

This is why it is important that you keep
wearing masks and
**DO NOT LOWER YOUR GUARD FOR SEVERAL
MONTHS.**

**Although the vaccine is a huge step
and represents tremendous progress
towards a Covid-free future,
that will take some time.
We have to be patient.**

The vaccine against Covid-19 is an important weapon to put an end to the pandemic, but we have to use EVERY weapon at our disposal.

**With your help, we will achieve
herd immunity
and
get this pandemic under control.**

Remember:

Wearing a mask doesn't restrict your freedom. It proves that you are not a selfish person and that you care about the health of others.



Thank you!

Dr. Aliza

Centro de Niños, Inc.

Unidos en Salud / COVID 19 Town Halls

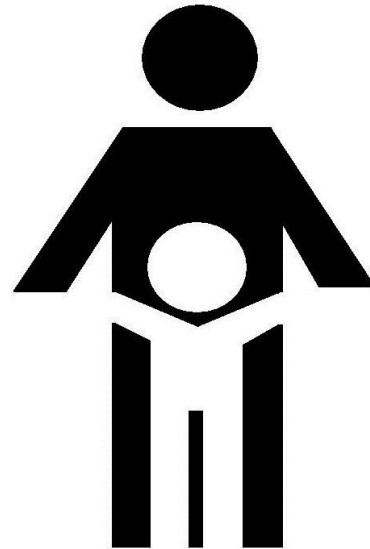
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