

“One of the deep secrets of life is that all that is really worth doing is what we do for others.” ~ Lewis Carol



# CHAP Weekly Update

December 18, 2020

## Updates on COVID-19 Vaccination

### Pfizer Vaccine

The Pfizer vaccine was approved by the FDA on Dec. 11, 2020, followed by CDC guidelines released on Dec. 13, 2020. The vaccine has arrived in Alaska and healthcare workers are already getting vaccinated.

Your THO will provide guidance on who and how to vaccinate.



### Key Points

- Due to limited supply, initial vaccines will be given to healthcare workers and to residents and staff of nursing homes and long term care facilities.
- The vaccine requires two doses, 21 days apart with a four-day grace period (day 17 through day 21 for second dose). If the second dose is late, give as soon as possible. Two doses are required to be protected.
- The vaccine may be given to anyone over 16 years of age.
- The vaccine may be given to people who have a history of prior COVID infection; they should wait until they are out of isolation. However, they may be immune for 90 days, so it may be better to delay their vaccine and give it to people without any immunity
- The vaccine may be given to immunocompromised people and to pregnant women, but first discuss with your doctor.
- The vaccine reaches its best protection at about two weeks after the second dose. Even after two doses, it is important to continue social distancing, mask wearing and hand hygiene.
- To protect the community and stop the pandemic, at least 60 percent of people will need to be vaccinated. Until more vaccine is available, COVID-19 immunization is only protecting the individuals who receive it. Thus, people at high risk of exposure and serious illness are prioritized.

### Vaccine Side Effects

People may ask you about side effects from the vaccine. Here are the important points:



- Side effects are due to the immune system building up antibodies for protection; it's a sign the vaccine is doing its job.
- There is ZERO chance of getting the virus from the vaccine.
- Using Acetaminophen or Ibuprofen is OK if needed, but it's best to let the immune system ramp up and do its job.
- Side effects have been worse in young people and after the second dose.

### Common side effects include:

- Pain at injection site: 84%
- Fatigue: 63%
- Headache: 55%
- Muscle aches and joint pain: 38%
- Chills: 31%
- Fever: 14%



### Covid by the Numbers

- Alaska Cases as of December 18, 2020: **42,639**
- Alaska average daily case rate: **68.2** cases per day, per 100,000 people
- US Total: 17.3 million; **311,000** deaths
- World Total: **75.2 million**



Let us know what you think! [aka-CHAPCOVID-19weeklyupdates@anthc.org](mailto:aka-CHAPCOVID-19weeklyupdates@anthc.org)

Send questions for presenters and each other, and suggest topics for discussion.

The greatest of all mistakes is to do nothing because you think you can only do a little. - Zig Ziglar



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## Vaccine Records and Reminders

## Want More Information?

If you help with vaccinations, remember:

- All vaccinations need to be recorded within 24 hours in VacTrAK
- Use a reminder system for the second dose, such as a card like this:

**COVID-19 Vaccination Record Card**

Please keep this record card, which includes medical information about the vaccines you have received.

Por favor, guarde esta tarjeta de registro, que incluye información médica sobre las vacunas que ha recibido.

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ MI \_\_\_\_\_

Date of birth \_\_\_\_\_ Patient number (medical record or IIS record number) \_\_\_\_\_

Vaccine	Product Name/Manufacturer Lot Number	Date	Healthcare Professional or Clinic Site
1 <sup>st</sup> Dose COVID-19		mm / dd / yy	
2 <sup>nd</sup> Dose COVID-19		mm / dd / yy	

Here are a few good sources of information:

CDC website has information for providers and patients including posters for download and print.

**COVID-19 Vaccination – Clinical Resources**

<https://www.cdc.gov/vaccines/covid-19/index.html>

Look for information on:

- Vaccine storage and handling
- Who has been prioritized
- Training for health care providers
- mRNA vaccines
- Safety: VAERS, V-safe
- Toolkit: includes posters, stickers, and frequently asked questions



## V-Safe

Encourage people to use V-safe

V-safe is a text messaging service that checks up on people after they get their vaccine. It will send a survey and link them to a provider if they are having problems.

They will get a text every day for 1 week then every following week until it's time for the second shot. Then they will again receive a text every day for a week, every week for 6 weeks, and then at 3, 6, and 12 months.



**New Pfizer Resource:** <https://www.cvdvaccine.com/>

**Department of Health and Social Services**

[covidvax.alaska.gov](https://covidvax.alaska.gov)

Includes:

- Updated information on Alaska priorities, shipments, frequently asked questions
- New Alaska themed stickers



## Continuing Education

**COVID-19 Vaccination CE** – Available Dec. 21, 2020.

Also, remember you can earn CE credit for attending the COVID-19 CHAP Weekly Update zoom meetings every Tuesday, 12pm to 1pm.

Available online at: <https://anthc.remote-learner.net/>

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## New Alaska Resources

## Vaccination Stickers

“[How Vaccines Are Made](#)” - A public service announcement available to share.



### COVID-19 Vaccine Task Force Message Maps

This resource has many frequently asked questions in an easy-to-read and share format.

<http://dhss.alaska.gov/dph/Epi/id/SiteAssets/Pages/HumanCoV/COVID-19VaccineMessageMaps.pdf>

Keep a look out for healthcare providers in your area wearing stickers showing they are vaccinated against Covid-19!



First Dose



Second/Final Dose

## New Recommended CDC Resources

### Different COVID-19 Vaccines | CDC

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines.html>



### Understanding COVID-19 mRNA Vaccines

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/mrna.html>

## CHA/P on Facebook



Community Health Aide/Practitioner Facebook page:

<https://www.facebook.com/groups/AlaskaCommunityHealthAidesPractitioners>

## SAVE THE DATE



**Next session:** December 22, 2020

Join us for another session with the Alaska Department of Health and Social Services Coronavirus Response Team as they share more information about the COVID-19 Vaccine, lessons learned about first vaccinations and side effects.

Send your questions in beforehand or bring them with you. No bulletin for the next two weeks. If you have questions send to [clgolnick@anthc.org](mailto:clgolnick@anthc.org) and we will get them answered.

### Thanks to:

Dr. Bob Onders, Alisha Nelson and the Alaska Department of Health and Social Services Coronavirus Response Team who participated in the call and brought us education about COVID vaccine response.



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