

“We now have vaccines to prevent more than 20 life-threatening diseases, helping people of all ages live longer, healthier lives.”

~ World Health Organization



CHAP Weekly Update

February 19, 2021

Vaccination for COVID-19 and Influenza

Covid-19

Both the Pfizer and the Moderna Vaccines are very effective and prevent disease in 95% of people who are vaccinated.

- Partial immunity is seen two weeks after the first dose: 50% with Pfizer, 80% with Moderna
- Both vaccines are slightly less effective in people > 65 years old.
- In the five percent of people who do not become immune after vaccination, there is still some protection. If they become ill with COVID-19, they are not as sick and are much less likely to be hospitalized or die.



The Johnson and Johnson vaccine is somewhat less effective at preventing any disease, but still highly effective at preventing serious disease. Both Pfizer and Moderna appear to decrease transmission (spread) of COVID-19, although how well they prevent transmission is not yet known.

Influenza

Every year scientists match the vaccine to the flu virus that is circulating in other parts of the world. Sometimes the flu virus changes by the time it gets to the US and to Alaska. When the flu virus changes, the vaccine may not be a good “match.” An important study published in 2019 showed that even if the vaccine isn’t a great match, it is still helpful to be vaccinated. When vaccinated people got sick, their illness was less severe:

- Fewer hospitalizations and shorter time in the hospital
- Fewer people had to be put on breathing machines
- Fewer people died



All vaccines, even for those who are not immune:

- Prevent illness
- Decrease the severity of the disease if someone does become ill
- Prevent spread of disease (transmission) to people who are vulnerable including:
 - ◊ Elders who don’t have as strong an immune response
 - ◊ People who can’t be vaccinated: i.e., too young, medical problems
 - ◊ Immunocompromised people

What about people who have already had COVID-19? Do they need vaccination too?

Yes, because:

- We don’t know how long natural immunity will last
- Reinfection appears rare, but sometimes it can be more harmful
- We think the immune response from a vaccine is stronger and will last longer than immunity from natural disease



SAVE THE DATE



February 23, 2021

Marcia Anderson will talk about Food Security and Sustainable Food Systems.

March 2, 2021

Alaska DHSS will provide updates on Covid-19 variants, cases, vaccines, etc. and an overview of covid infection and treatment in Alaska. Dr. Ohlsen will provide an update on the Johnson & Johnson vaccine.

Let us know what you think! aka-CHAPCOVID-19weeklyupdates@anthc.org

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



Update on Alaska COVID-19 Cases:

AK state wide new cases on 2/16/2021: 59

AK total cases on 2/19/2021: 56,768

CHAP Weekly Update

February 19, 2021

Pregnancy and COVID-19

Vaccination, Quarantine, and TB testing

COVID-19 poses risks during pregnancy. Studies have shown women with COVID-19 have higher rates of preterm delivery and pregnancy loss, as well as higher risk of severe illness.



Immunization with the mRNA vaccines (Pfizer or Moderna) before or during pregnancy is recommended by the CDC and the American College of Obstetricians and Gynecologists. [Pregnancy, Postpartum Care and Covid-19](#)

New CDC Guidelines



People who have been exposed to someone who has COVID-19 are not required to quarantine if they have been fully vaccinated within the last three months. (Count from two weeks after second vaccine.) Your Tribal Health Organization may have more restrictions for added safety.

TB and COVID-19 Immunization

You can give the Pfizer or Moderna vaccine on the same day as you do a TB skin test. If it's not done on the same day, wait four weeks after the second COVID immunization to do a TB skin test. [More information from the CDC](#)

Alaska Vaccine Updates

Alaska Vaccine status (as of 2/16): 193,614 vaccine doses given across the state.

Update on Norton Sound Health Corporation Vaccine Campaign:

- 78% of all employees vaccinated
- 51% of all adults vaccinated in whole region with variability by village
- Recommends: vaccine promotion by phone, posters, contests, and decreasing travel restrictions

Update on Yukon Kuskokwim Health Corporation Vaccine Campaign:

- 8291 Vaccines given
- 29% of population vaccinated
- In fully vaccinated people, five people have tested positive for COVID-19. None of these five have been seriously ill and transmission from them appears to be very low.



Fast Facts About Wearing Masks (CDC)

Fact #1:

It is well known that wearing a mask protects you and the people around you. But did you know that when both an infected person and the people around the infected person are both wearing well-fitting masks, the risk of exposure is decreased by 96%? The fit on surgical masks can be improved by wearing a cloth mask over it or by knotting the elastic.

Source: [Maximizing Fit for Cloth and Medical Procedure Masks](#)

See picture:



Fact #2:

In communities where wearing a mask was mandated by community order, rates of COVID-19 and hospitalizations for COVID-19 decreased.

Source: [Decline in Hospitalization Rates Associated with Mask Mandates](#)

Thanks to:

Thanks to Dr. Kyle Pohl, Dr. Gary Peterson, Dr. Ellen Hodges and the Alaska DHSS Coronavirus Task Response team for their presentations on vaccines and vaccination updates in Alaska.



Let us know what you think! aka-CHAPCOVID-19weeklyupdates@anthc.org

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

