WELCOME

GINA GAMBARO

Director, Marketing &

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Asking a question is easy!

- About the topic being presented —
  - Click on the **Q&A** icon at the bottom of your screen
  - Type your question & hit Enter
  - Questions will be answered at the program's end, or offline if time runs out
- About technical issues or your certificate—
  - Click on the **Chat** icon at the bottom of your screen
  - Type your question & hit Enter
  - Our team will reply to your question right away

Housekeeping notes

- This webinar is being recorded for on-demand access later, after the series' conclusion
- **TODAY'S SESSION FULFILLS THE ILLINOIS MANDATE FOR REQUIRED TRAINING OF UNVACCINATED LONG-TERM CARE STAFF BUT DOES NOT PROVIDE C.E. CREDIT**
- **For those sharing a computer**
  - Complete a manual sign-in sheet before the program ends
  - Go to **Chat** to access the link for the sign-in sheet
  - Instructions will also be emailed to the program registrant
  - A certificate of completion for each attendee will be sent to the registrant

COVID-19 Vaccine Training for Unvaccinated LTC Employees to Fulfill Illinois Mandate

Presented by

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Panelists

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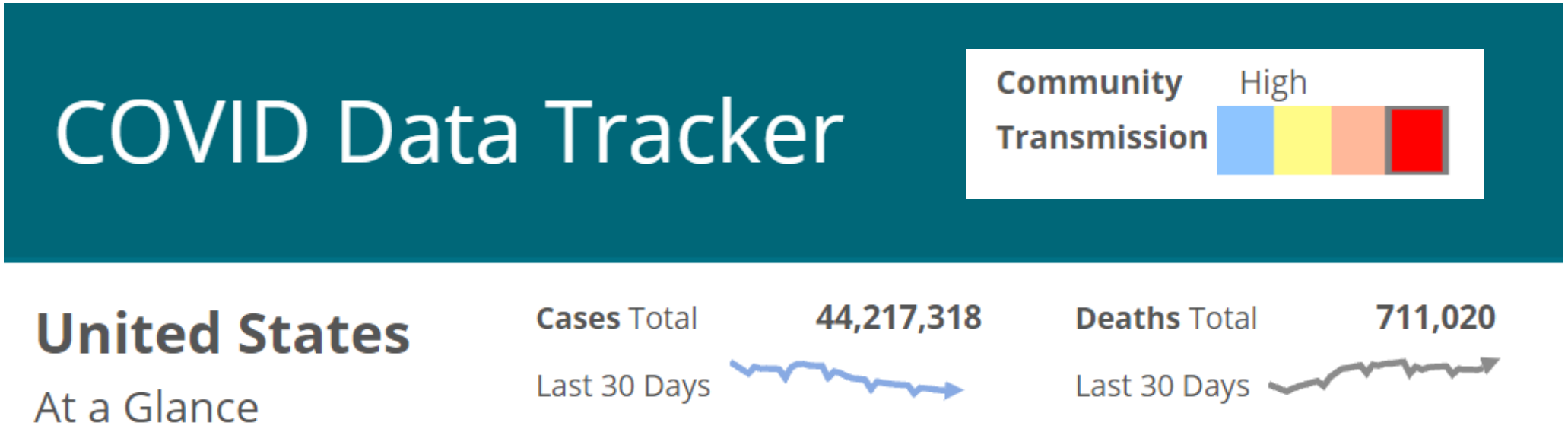
President, Forum Extended Care Services

All content sourced from the Centers for Disease Control & Prevention and the Food & Drug Administration

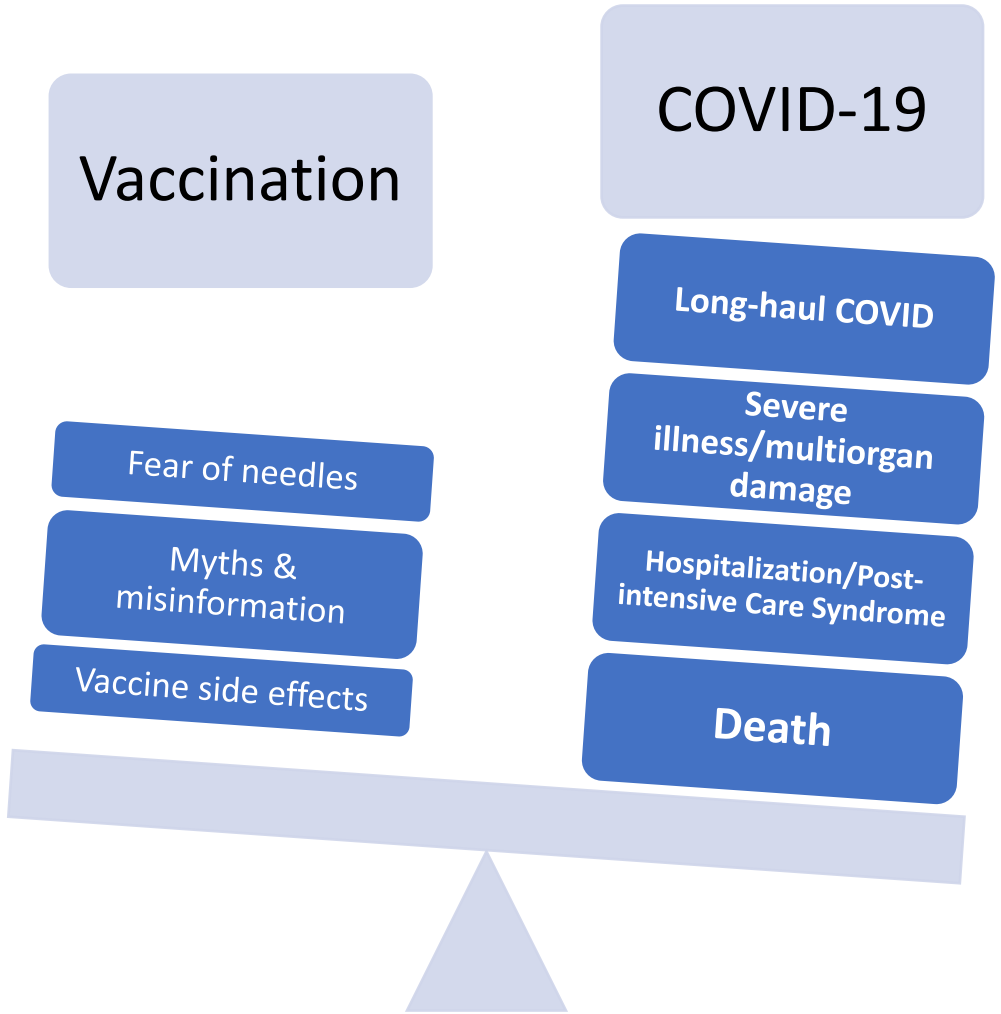
Why do we have to learn about this?



As of 10/9/2021

Weighing the pros & cons

- Can't reliably predict who will have mild or severe illness
- Researchers have found evidence of COVID-19 damage to the lungs, kidneys, and heart & lasting effects on the brain
- Widespread vaccination is a critical tool to help stop the pandemic



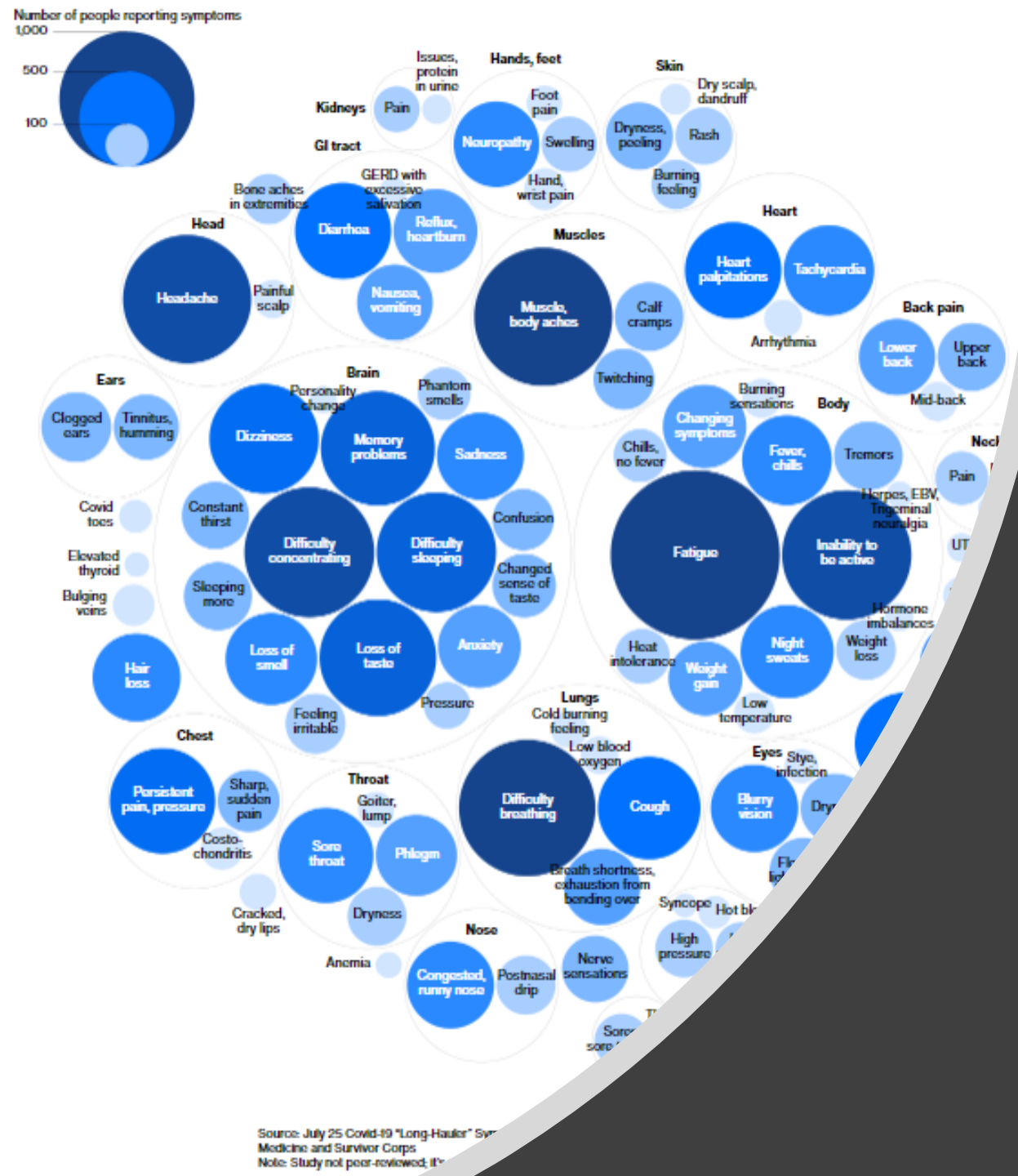
What's my risk if I smoke or vape?

Cigarette smoking increases the risk of more severe illness from COVID-19 & could result in:

- Hospitalization
- Need for intensive care
- Death

Smoking cigarettes increases the risk of respiratory infections, can cause inflammation and cell damage throughout the body, and can weaken your immune system, making it less able to fight off disease

E-cigarette use can expose the lungs to toxic chemicals, but whether those exposures increase risk or severity of COVID-19 is not known



Long-haul COVID

- Long-haul symptoms can occur ≥4 weeks after infection, even without initial symptoms present
- Can last weeks, months, or more than a year

Natural vs vaccine immunity

- COVID-19 reinfection is uncommon up to @ 90 days after initial infection
  - Unknown how long post-infection immunity protection lasts
- Evidence is emerging that people **get better protection by being fully vaccinated** compared with having had COVID-19
  - One study showed that unvaccinated people who already had COVID-19 are more than 2 times as likely than fully vaccinated people to get COVID-19 again
  - Unknown how long vaccine protection lasts; recent studies show protection may decrease over time
  - CDC recommends certain groups get a booster shot at least 6 months after the initial series
- To learn more:
  - Who is eligible for a COVID-19 vaccine booster shot
  - Vaccines Work
  - Booster Shots
  - Moderately to Severely Immunocompromised People

What if I've already had COVID-19?

- **Get vaccinated regardless of whether you already had COVID-19:**
  - Research has not yet shown how long you are protected from getting COVID-19 again after you recover from COVID-19.
  - Vaccination helps protect you even if you've already had COVID-19.
- If you were treated with monoclonal antibodies or convalescent plasma, wait 90 days before getting a COVID-19 vaccine
  - Talk to your doctor if you are unsure what treatments you received or if you have more questions about getting a COVID-19 vaccine
- If you have a history of multisystem inflammatory syndrome in adults or children (MIS-A or MIS-C), consider delaying vaccination until you have recovered from being sick and for 90 days after the date of diagnosis of MIS-A or MIS-C.
  - Learn more about clinical considerations for people with multisystem MIS-C or MIS-A

About the vaccines

What are vaccines?

- Vaccines work by stimulating your immune system to produce antibodies, exactly like it would if you were exposed to the disease
- After getting vaccinated, you develop immunity to that disease
- The benefit is that you get protection without having to get the disease first

Types of vaccines

- Inactivated
- Live-attenuated
- **Messenger RNA (mRNA)**
- Subunit, recombinant, polysaccharide, and conjugate
- Toxoid
- **Viral vector**

Currently available vaccines for COVID-19

Comirnity Pfizer/BioNTech	Moderna	Janssen/J&J
• mRNA vaccine • 2 initial doses • Approved by Food & Drug Administration (FDA)	• mRNA vaccine • 2 initial doses • Authorized for emergency use by FDA	• Viral vector vaccine • 1 dose* • Authorized for emergency use by FDA

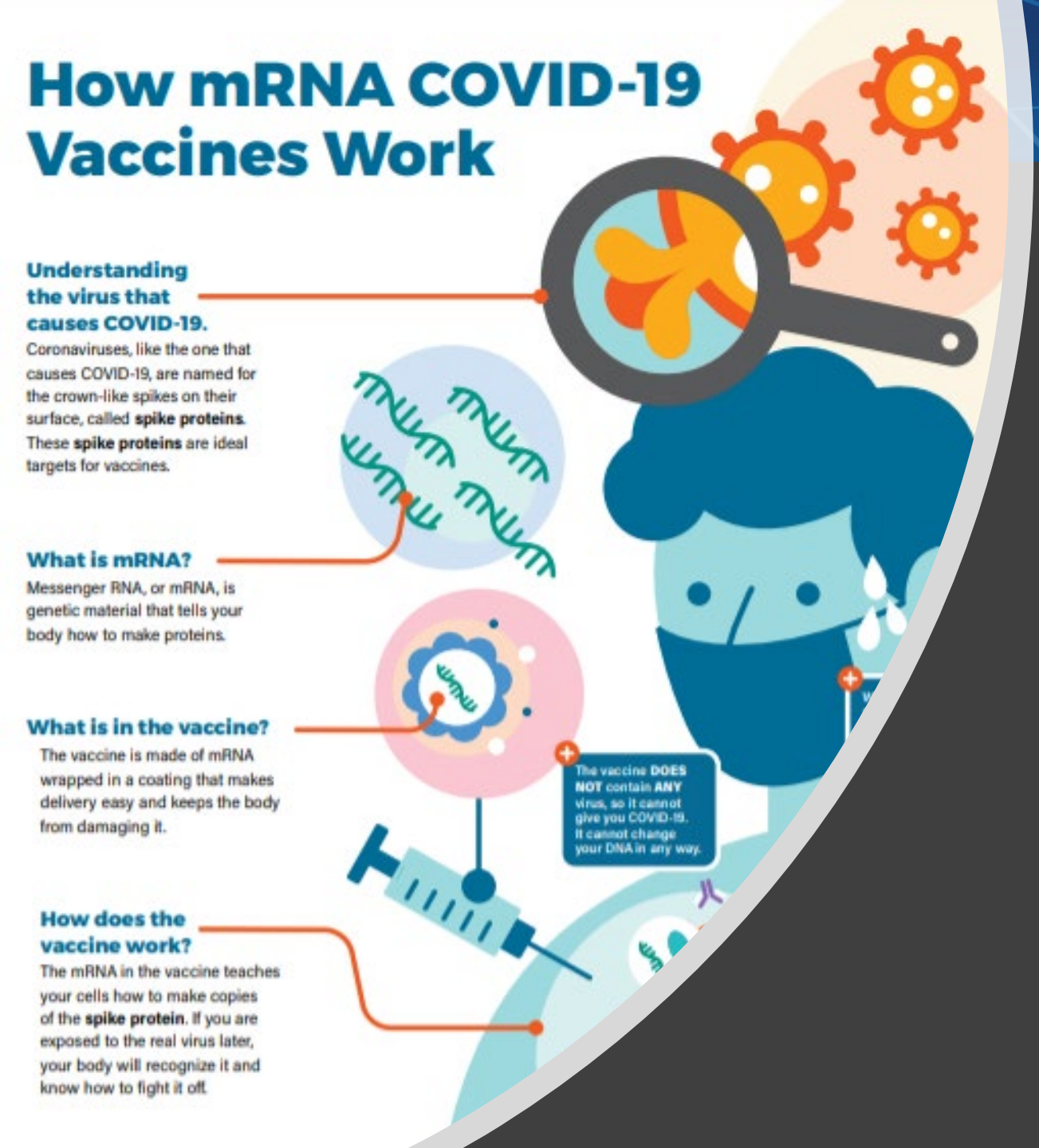
*Risk of TTS reported following vaccination with the Janssen/ J&J vaccine:

- Serious condition involving blood clots with low platelet counts
- Problem is rare; most reports were in women 18 - 49 years old
- For women ≥50 years & men of any age, problem is even more rare

TTS: thrombosis with thrombocytopenia syndrome.

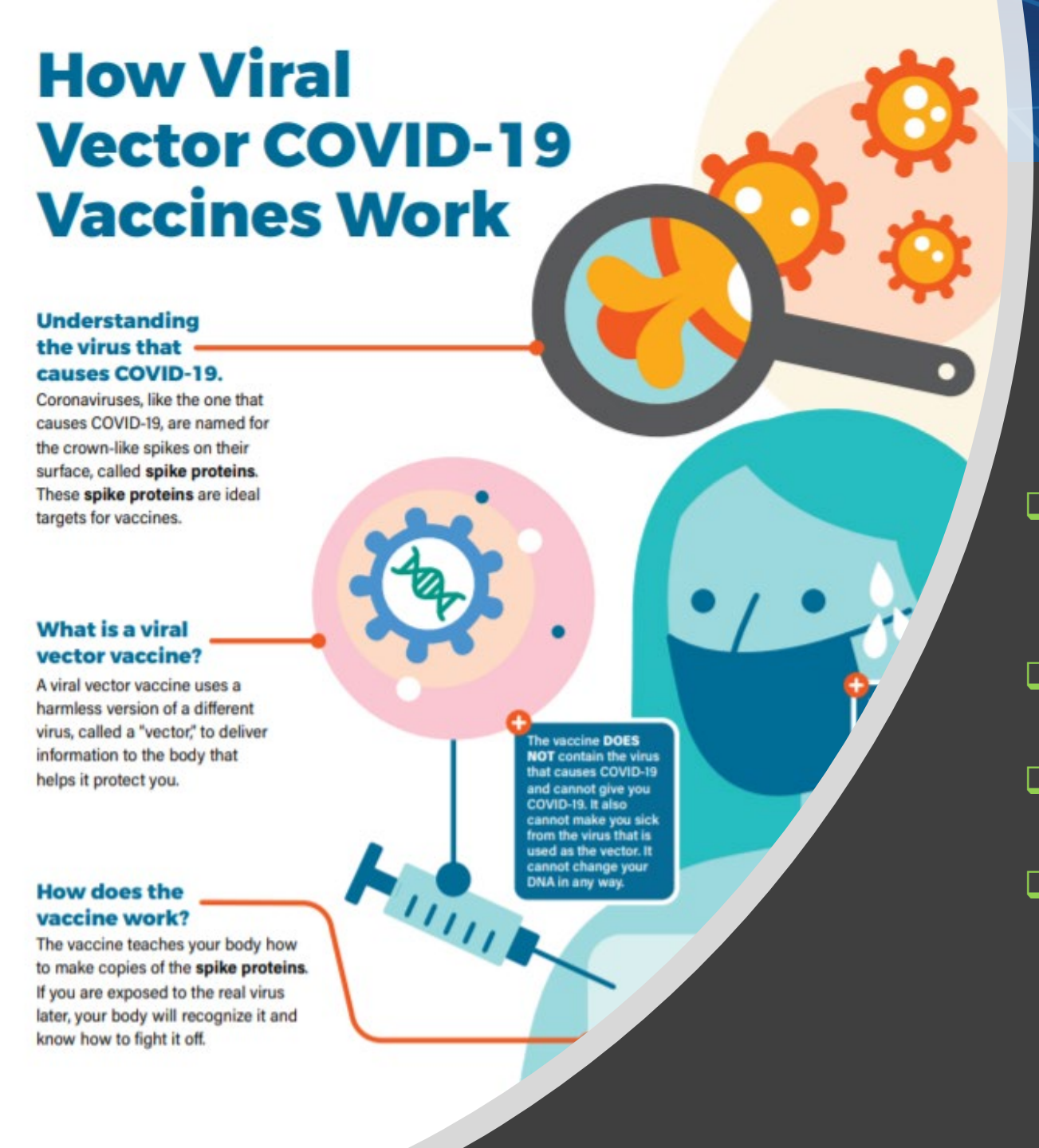
Are mRNA vaccines really considered vaccines?

- **Yes –** mRNA vaccines (Pfizer/BioNTech & Moderna) work differently than other vaccine types, but still trigger an immune response inside your body
- These vaccines are new, but research has been underway for decades
- mRNA vaccines do not contain any live virus
- Many other vaccines use a piece of, or weakened version of, the germ that the vaccine protects against
  - When it is introduced to your body, you make antibodies to help protect against future infection



How do they work?

- mRNA vaccines deliver mRNA to our cells to teach them to make a harmless piece of a “spike protein” (found on the surface of the virus that causes COVID-19)
- After making the protein piece, cells display it on their surface
- Our immune system then recognizes that it does not belong there and responds to get rid of it
- When an immune response begins, antibodies are produced, creating the same response that happens in a natural infection
- Learn more about how mRNA COVID-19 vaccines work.



What about viral vector vaccines?

- Viral vector vaccines deliver a modified version of a different virus (the vector) to our cells to teach them to make a harmless piece of a “spike protein” (found on the surface of the virus that causes COVID-19)
- After making the protein piece, cells display it on their surface
- Our immune system then recognizes that it does not belong there and responds to get rid of it
- When an immune response begins, antibodies are produced, creating the same response that happens in a natural infection

Vaccine choice & doses

- COVID-19 vaccines are not interchangeable with each other
- CDC does not recommend one vaccine over the other; get the first one available to you
- If 2 shots are required, the shots are given several weeks apart and both shots are generally needed to provide the best protection against COVID-19
  - The 1st shot primes the immune system, helping it recognize the virus; the 2nd shot strengthens the immune response
- In a 2-shot series, get the 2nd dose even if you had side effects after the 1st, unless a doctor advises against it

CURRENTLY AVAILABLE COVID-19 VACCINES

VACCINE	# INITIAL DOSES	3RD DOSE FOR (≥28 days After Completing Initial Vaccine Series)	BOOSTER DOSE FOR (≥6 Months After Completing Initial Vaccine Series)
Janssen/J&J	**1**	No	No

Moderna (mRNA)	**2**	✓ **≥18 years old with moderate-to-severe immunosuppression:**
		• Organ transplants
		• Blood cancers
		• Moderate to severe primary immunodeficiency (DiGeorge, Wiskott-Aldrich Syndromes)
		• Advanced or untreated HIV infection
		• Those on immunosuppressant drugs, including but not limited to:
		  ○ High-dose corticosteroids (20 mg prednisone or equivalent/day)
		  ○ Transplant-related immunosuppressives
			No

Comirnaty Pfizer/ BioNTech (mRNA)	**2**	✓ **≥18 years old with moderate-to-severe immunosuppression:**
		• Organ transplants
		• Blood cancers
		• Moderate to severe primary immunodeficiency (DiGeorge, Wiskott-Aldrich Syndromes)
		• Advanced or untreated HIV infection
		• Those on immunosuppressant drugs*, including but not limited to:
		  ○ High-dose corticosteroids (20 mg prednisone or equivalent/day)
		  ○ Transplant-related immunosuppressives
			✓ **≥65 years old**
			✓ **≥18 years old who reside in high-risk settings** (ie, LTC & residential care facilities)
			✓ **≥18 years old who work in high-risk settings** (ie, LTC/residential care or other healthcare facilities)

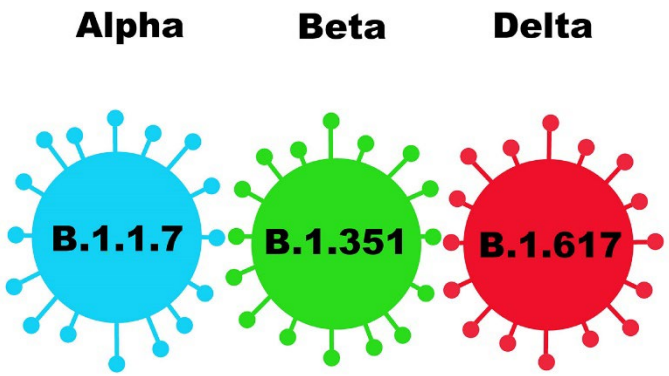
What will vaccination do for me?

- Teach our immune systems how to recognize and fight the virus that causes COVID-19, in order to:
  - Protect you from COVID-19, especially from severe illness & death
  - Reduce the risk of spreading the virus
- People can sometimes get COVID-19 after being fully vaccinated
  - Only a small proportion of people, even with the Delta variant
  - Infection tends to be mild among vaccinated people
- Learn more about the effectiveness of COVID-19 vaccines

What about virus variants?

MASKING IS STILL THE BEST PROTECTION AGAINST THE DELTA VARIANT, EVEN IF YOU'RE FULLY VACCINATED

- FDA-approved and -authorized COVID-19 vaccines help protect against Delta and other known variants
- These vaccines are highly effective at keeping people from getting very sick or dying from COVID-19, but Delta causes more infections and spreads faster than earlier forms of the virus
- We don't know how effective vaccines will be against new variants that may arise
- Learn more about variants in the U.S.



Are the COVID-19 vaccines safe?

- >3.65 billion doses have been administered around the world; >4.5 million in the U.S.
- No long-term side effects have been detected
- The most intensive safety monitoring in our history; global results show no unexpected patterns of reactions or other safety concerns have been identified during vaccine safety monitoring
- All approved & authorized COVID-19 vaccines were carefully reviewed by the FDA
  - All vaccines undergo 3 phases of clinical trials to prove they are safe and effective – for COVID-19 vaccines, phases overlapped to speed up the process, but all phases were completed
- The Advisory Committee on Immunization Practices (ACIP) reviewed all safety data before recommending the current COVID-19 vaccines for use
- **CDC continues to closely monitor the safety of COVID-19 vaccines**

Vaccine ingredients

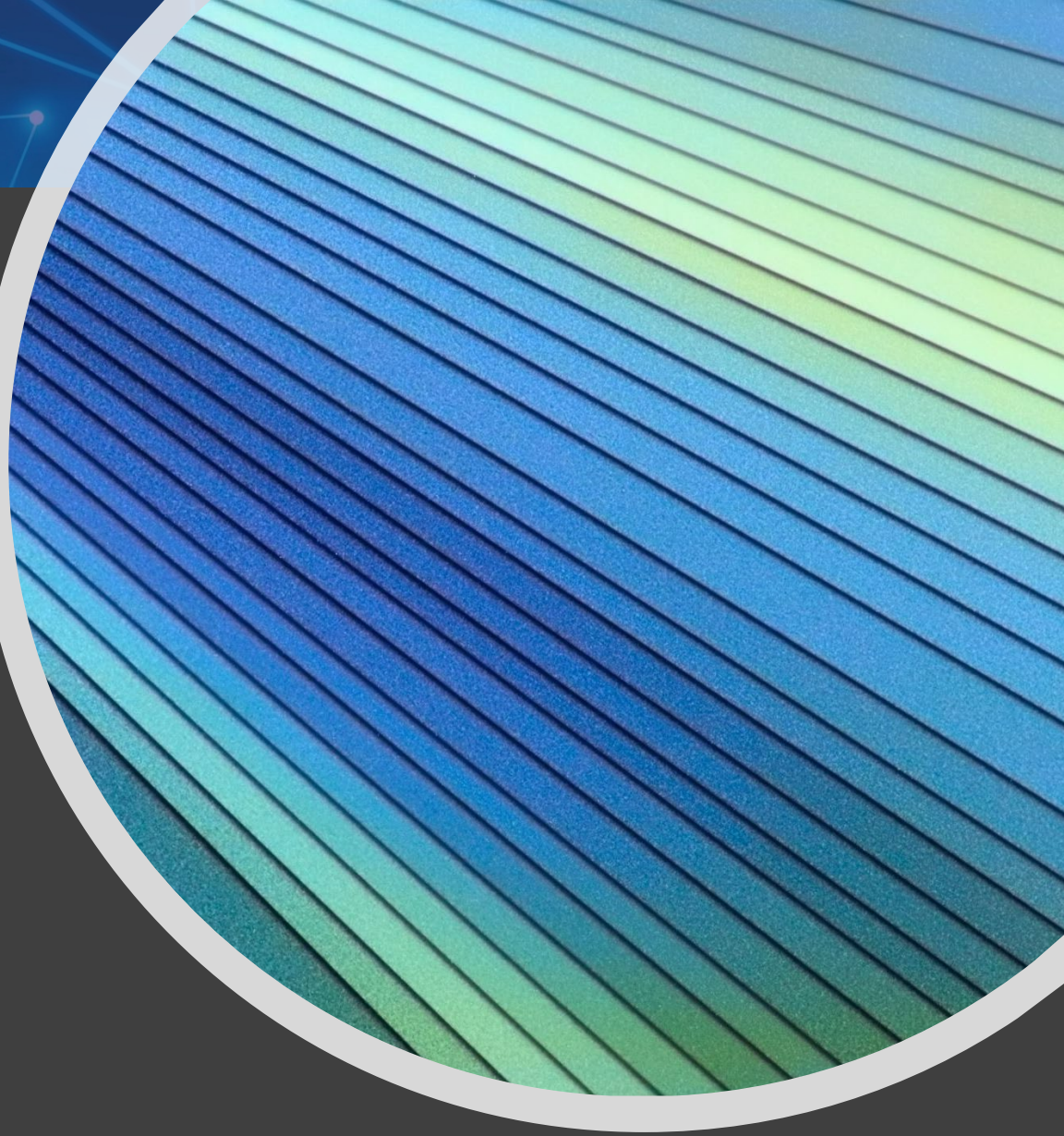
Vary by manufacturer

Current COVID-19 vaccines are free of:

- Eggs
- Gelatin
- Latex
- Preservatives
- **Metals** such as iron, nickel, cobalt, lithium, and rare earth alloys
- Manufactured products such as microelectronics, electrodes, carbon nanotubes, or nanowire semiconductors

To learn more about the ingredients in authorized COVID-19 vaccines, see:

- Pfizer-BioNTech COVID-19 Vaccine Overview and Safety
- Moderna COVID-19 Vaccine Overview and Safety
- Johnson & Johnson's Janssen COVID-19 Vaccine Overview and Safety
- Ingredients Included in COVID-19 Vaccines



Recommended even during pregnancy

- COVID-19 vaccination is recommended for people who are pregnant, breastfeeding, trying to get pregnant now, or might become pregnant in the future
- If you have questions, talk with your healthcare provider
- If you are pregnant and received a COVID-19 vaccine, enroll in **v-safe**, CDC's smartphone-based tool for personalized health check-ins after vaccination
- To learn more:
  - COVID-19 Vaccines for Pregnant or Breastfeeding People
  - Monitoring Systems for Pregnant People
  - V-safe Pregnancy Registry
  - Planning for Pregnancy

Recommended for children ≥12 years

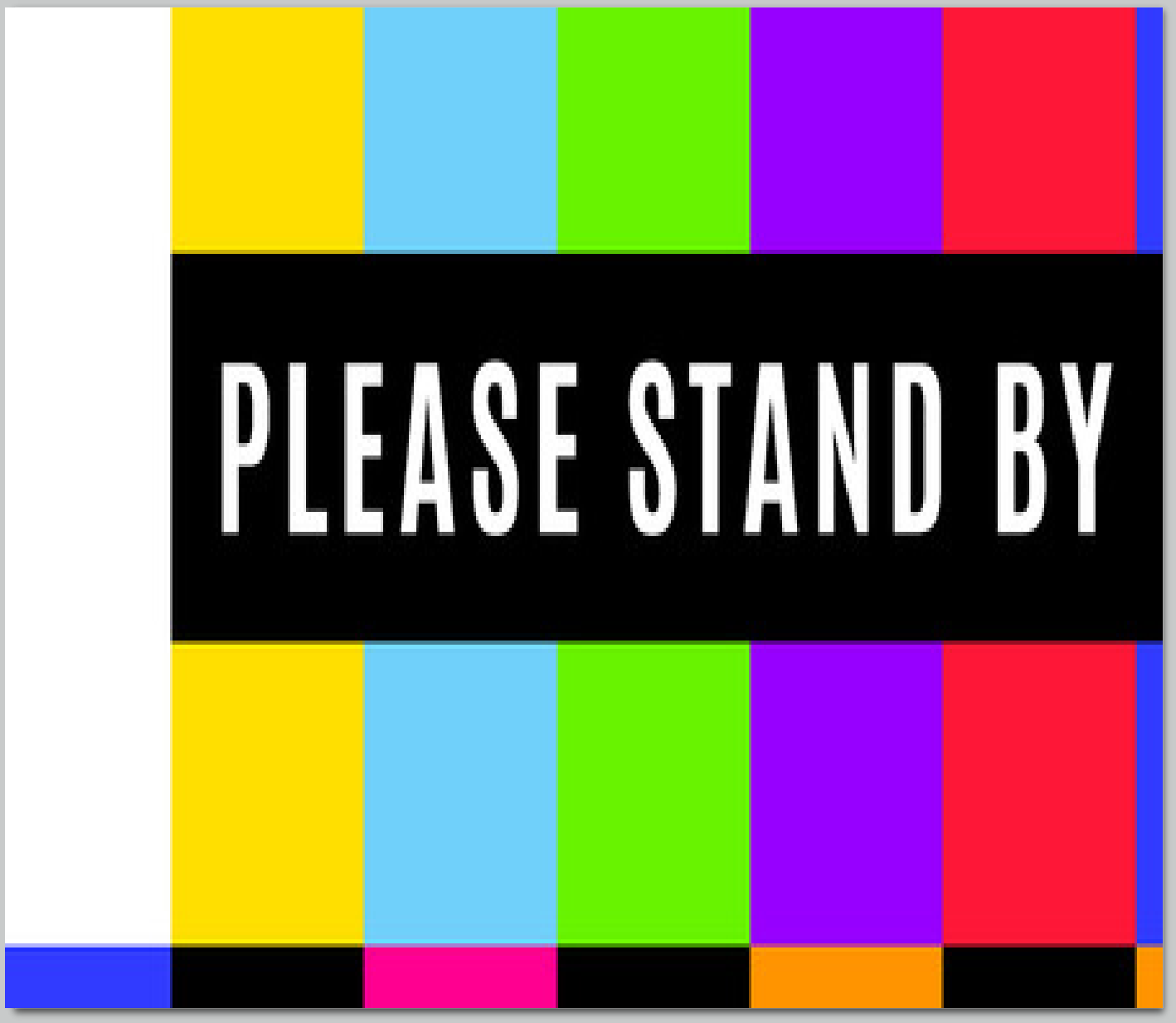
- Children can get sick from COVID-19 & can spread it to others
- Like adults, children may have some side effects after COVID-19 vaccination, which may affect their ability to do daily activities, but they should go away in a few days
- To learn more:
  - COVID-19 Vaccines for Children and Teens
  - Pfizer-BioNTech
  - Possible Side Effects
  - Families and Children

Can I also get a flu shot?

- You can get a COVID-19 vaccine & other vaccines, such as a flu shot, at the same visit
- Experience with other vaccines has shown that the way our bodies develop protection (immune response) and possible side effects after getting vaccinated are generally the same when given alone or with other vaccines
- Learn more about the timing of other vaccines

Can I get vaccinated while I have COVID-19?

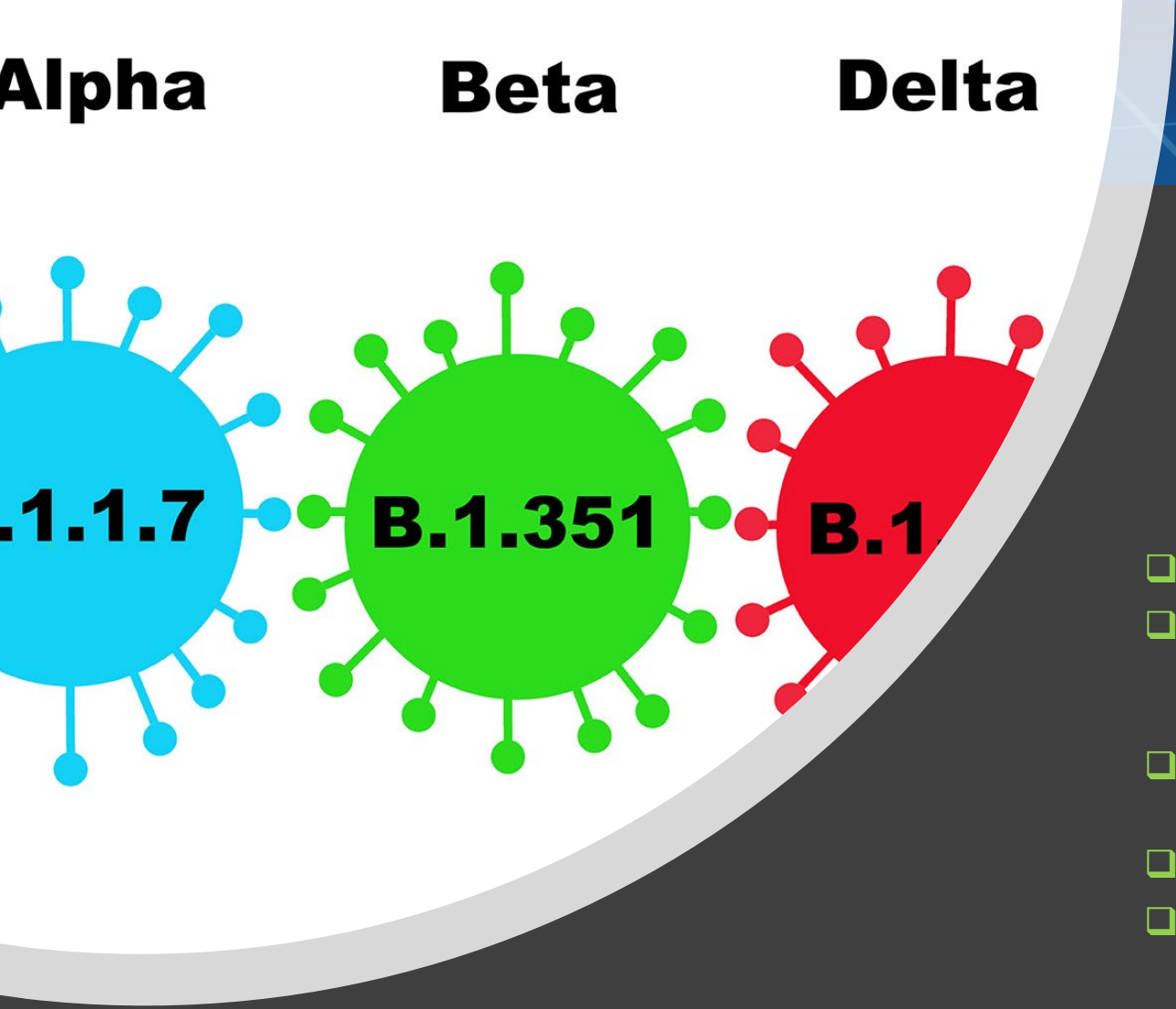
- Wait to be vaccinated until you have recovered meet the criteria for discontinuing isolation
- Anyone without symptoms should also wait until they meet the criteria before getting vaccinated
  - Also applies to people who get COVID-19 before getting their 2nd dose of vaccine.
- People exposed to COVID-19 should get not get vaccinated until their quarantine period ends, to avoid potentially exposing healthcare personnel and others
  - Also applies to people with a known COVID-19 exposure who have received their 1st dose of an mRNA vaccine but not their 2nd



But what about…?

Will the vaccine give me COVID?

- The COVID-19 vaccine will **not** make you sick with COVID-19
- COVID-19 vaccines teach your immune system to recognize and fight the virus that causes COVID-19
- Sometimes this process can cause symptoms, such as fever and chills
  - These symptoms are normal and are signs that the body is building protection against the virus that causes COVID-19.
- It typically takes a few weeks for the body to build immunity (protection against the virus that causes COVID-19) after vaccination
  - That means it's possible you could be infected with the virus that causes COVID-19 just before or just after vaccination and still get sick. This is because the vaccine has not had enough time to provide protection.



Can COVID-19 vaccines cause variants?

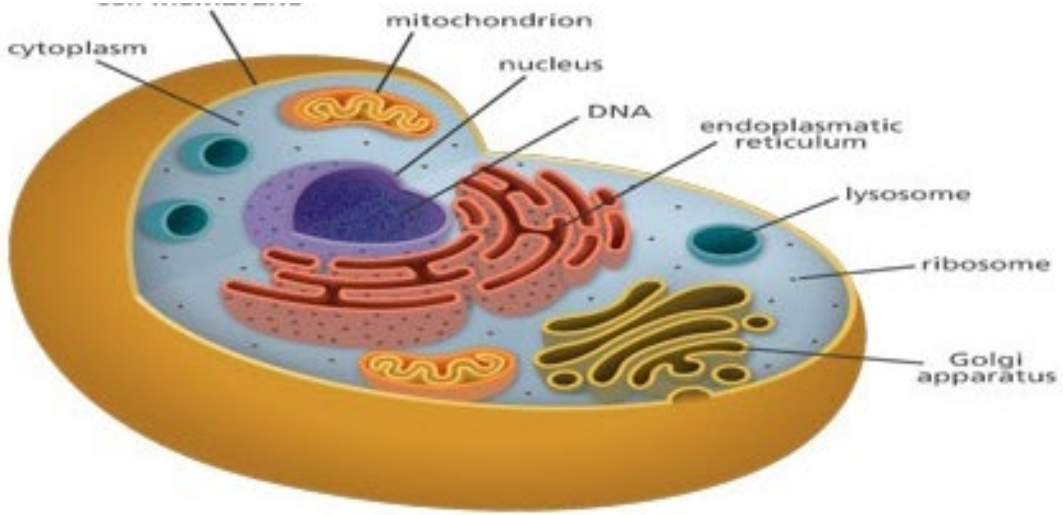
- **No**
- New variants happen because the virus that causes COVID-19 constantly changes through a natural ongoing process of mutation (change)
- Even before the COVID-19 vaccines, there were several variants of the virus
- Variants will continue to emerge as the virus continues to change
- COVID-19 vaccines can help prevent new variants from emerging
  - As it spreads, the virus has more opportunities to change
  - High vaccination coverage in a population reduces the spread of the virus and helps prevent new variants from emerging.
  - CDC recommends that everyone ≥12 years of age get vaccinated as soon as possible

Can receiving a COVID-19 vaccine cause you to become magnetic?

- No
- Receiving a COVID-19 vaccine will not make you magnetic, including at the site of vaccination, usually your arm
- COVID-19 vaccines do not contain ingredients that can produce an electromagnetic field at the site of your injection
- All COVID-19 vaccines are free from metals
- Learn more about the ingredients in U.S.-authorized COVID-19 vaccinations

Do COVID-19 vaccines contain microchips?

- No
- Vaccines are developed to fight against disease and are not administered to track your movement
- COVID-19 vaccines contain no metals
- Learn more about the ingredients in the COVID-19 vaccinations authorized for use in the U.S.
- Learn more about how mRNA COVID-19 vaccines work



Will a COVID-19 vaccine alter my DNA?

- **No**
- COVID-19 vaccines do not change or interact with your DNA in any way
- Both mRNA & viral vector COVID-19 vaccines deliver instructions (genetic material) to our cells to start building protection against the virus that causes COVID-19
  - The material never enters the nucleus of the cell, which contains our DNA
- Learn more about mRNA and viral vector COVID-19 vaccines.

Does spraying people with disinfectant lower the risk of COVID-19?

- There are no data showing that spraying people with aerosolized disinfectants, or having people walk through tunnels or rooms where disinfectant is in the air, can treat, prevent, or lower the spread of COVID-19
- Surface disinfectants should **not** be used on people or animals, only on hard, non-porous surfaces (materials that do not absorb liquids easily) such as floors and countertops, or on soft surfaces such as mattresses, sofas, and beds
- Human antiseptic drugs, such as hand sanitizers, are intended for use on human skin, but are not intended to be sprayed in the air in very small droplets
- Hand sanitizers are intended for use on the hands, and should never be used over larger body surfaces, swallowed, or inhaled

Other questions

Are all events reported to the Vaccine Adverse Event Reporting System (VAERS) caused by vaccination?

- No
- Anyone can report events to VAERS, even if a vaccine did not cause the problem
- Some VAERS reports may be incomplete, inaccurate, coincidental, or unverifiable
- Recently, the number of deaths reported to VAERS following COVID-19 vaccination was misinterpreted & misreported as if this number meant deaths that were proven to be caused by vaccination
- Reports of adverse events to VAERS following vaccination, including deaths, do not necessarily mean that a vaccine caused a health problem; these adverse events are studied by vaccine safety experts trained to evaluate these data
- Learn more about VAERS

Do any of the COVID-19 vaccines authorized for use in the United States shed or release any of their components?

- No
- Vaccine shedding is used to describe release or discharge of any of the vaccine components in or outside of the body
- Vaccine shedding can only occur when a vaccine contains a weakened version of the virus
- None of the vaccines authorized for use in the U.S. contain a live virus
- Learn more about mRNA and viral vector COVID-19 vaccines

Can being near someone who was vaccinated affect my menstrual cycle?

- No
- Menstrual cycles cannot be affected by being near someone who received a COVID-19 vaccine
- Many things can affect menstrual cycles, including:
  - Stress
  - Changes in schedule
  - Problems with sleep
  - Changes in diet or exercise
- Infections may also affect menstrual cycles

Is it safe to get a COVID-19 vaccine if I want to have a baby some day?

- **Yes**
- COVID-19 vaccination is recommended for including people who are trying to get pregnant now or might become pregnant in the future, as well as their partners
- Currently no evidence shows that any vaccines, including COVID-19 vaccines, cause fertility problems (problems trying to get pregnant) in women or men
- Learn more about COVID-19 vaccines and people who would like to have a baby

Can the COVID-19 vaccine give me COVID?

- No
- None of the authorized COVID-19 vaccines in the U.S contain the live virus that causes COVID-19
- COVID-19 vaccines teach our immune systems how to recognize and fight the virus that causes COVID-19
  - Sometimes this process can cause symptoms, such as fever
  - These symptoms are normal and are signs that the body is building protection against the virus that causes COVID-19
- You can still get COVID-19 before or just after vaccination (and then get sick) because the vaccine did not have enough time to build protection

Will I test positive for COVID-19 after getting vaccinated?

- **No**
- None of the authorized & recommended COVID-19 vaccines cause you to test positive on viral tests, which are used to see if you have a **current infection**.
- If your body develops an immune response to vaccination (which is the goal), you may test positive on some antibody tests
  - Antibody tests indicate you had a **previous infection** and that you may have some level of protection against the virus
- Learn more about the possibility of COVID-19 illness after vaccination

In summary

So what do I really need to know?

- COVID-19 vaccines help protect against severe disease and death, including the Delta variant
- CDC recommends:
  - Everyone aged 12 years and older should get vaccinated
  - People who are moderately to severely immunocompromised should get an additional dose of an mRNA COVID-19 vaccine (Pfizer/BioNTech or Moderna)
  - Certain people (including LTC residents & workers) should get a Pfizer/BioNTech booster shot.

Vaccine side effects are normal

- Not everyone has side effects, but they are normal signs that your body is building protection
- Common reactions:
  - Pain, redness, and swelling on the arm where the shot was given (similar to shingles vaccine)
  - Tiredness, headache, or chills
- Reactions after the 2nd dose in a series may be more intense than with the 1st shot
- They may affect your daily activities, but they should go away in a few days
- Do not pre-medicate before vaccination (aspirin, acetaminophen, ibuprofen, etc)
- Learn more about what to expect after getting vaccinated

When am I considered fully vaccinated?

- 2 weeks after 2nd dose in a 2-dose series (Pfizer/BioNTech or Moderna)

  or

- 2 – 4 weeks after a single-dose vaccine (Janssen/J&J)

- If you have a condition or are taking medications that weaken your immune system, you may not be fully protected even if you are fully vaccinated
  - Continue to take all precautions recommended for unvaccinated people until advised otherwise by your healthcare provider
  - People with moderately to severely compromised immune systems should receive an additional (3rd) dose of mRNA COVID-19 vaccine after the initial 2 doses

What if I didn't get a 2nd shot within the recommended time?

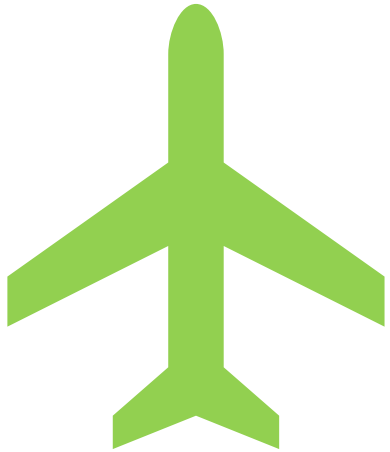
- Get your 2nd shot as close to the recommended 3-week or 4-week interval as possible
- If you receive your 2nd shot of COVID-19 vaccine at any time after the recommended date:
  - You do not have to restart the vaccine series
  - You can be considered fully vaccinated 2 weeks after getting your 2nd shot

What about after I'm fully vaccinated?

- You can resume activities that you did before the pandemic
- In general, you do not need to wear a mask outdoors
- If you've had close contact with someone who has COVID-19, get tested 3 – 5 days after exposure, even if you don't have symptoms:
  - Wear a mask indoors in public for 14 days following exposure or until your test result is negative
  - If you test +, isolate for 10 days

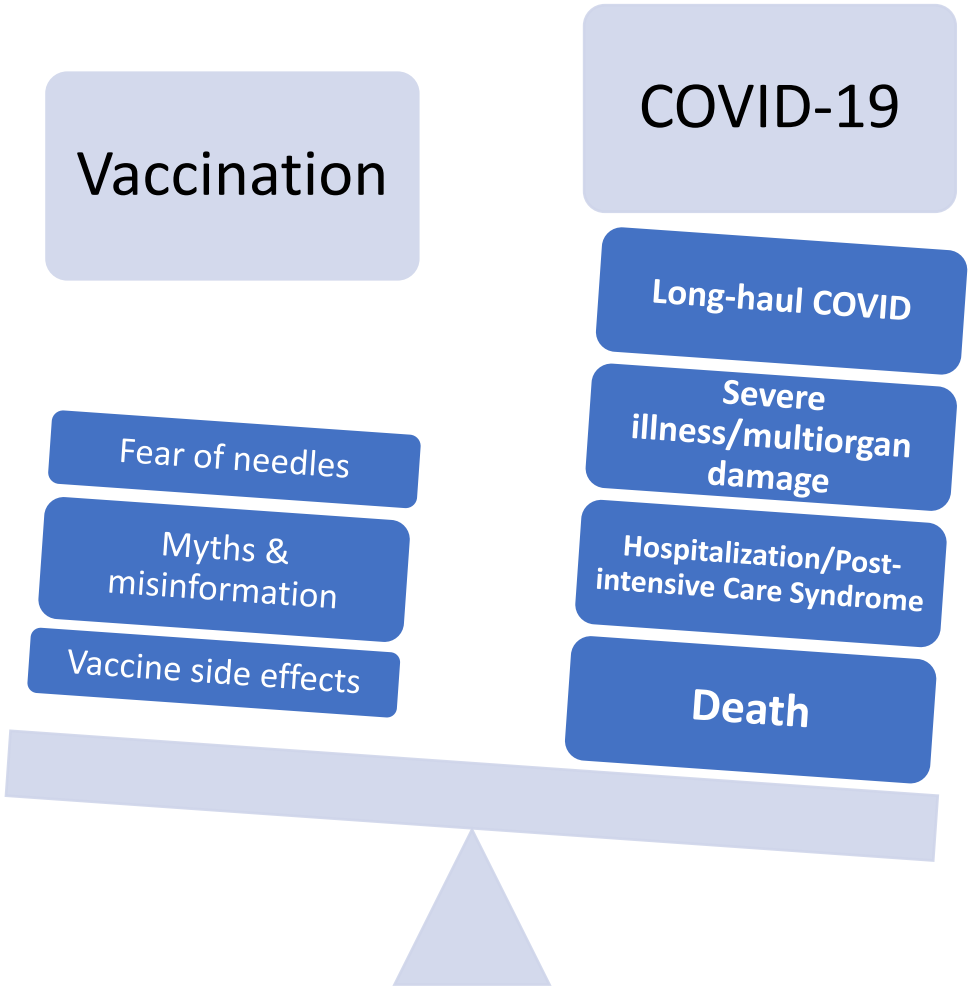
Can I travel after being fully vaccinated?

- If you travel in the U.S, you do not need to get tested before or after travel, or self-quarantine after travel
- Pay close attention to the situation at international destinationa before traveling outside the U.S.
  - You do NOT need to get tested **before** leaving the U.S. unless your destination requires it.
  - You need to show a negative test result or documentation of recovery from COVID-19 **before** boarding an international flight to the U.S.
  - You should still get tested 3-5 days **after** international travel
  - You do NOT need to self-quarantine **after** arriving in the U.S.



Final thoughts

Our health is in your hands



Consider masking in some settings, even when vaccinated

Wearing a mask reduces the risk of being infected with Delta and spreading it to others, especially in areas with high numbers of COVID-19 cases:

- Crowded outdoor settings
- Public indoor settings
- In close contact with others who are not fully vaccinated
- If you have a weakened immune system or are at increased risk for severe disease because of age or an underlying medical condition:
  - You may not be fully protected, with or without a 3rd dose of the vaccine
  - Continue to observe all precautions, including wearing a well-fitting mask
- If a member of your household has a weakened immune system, is at increased risk for severe disease, or is unvaccinated

Questions?

Want more after this?

Look for our upcoming CE webinars:

ForumPharmacy.com

November:

Empowering Elders to Serve

December:

Navigating the New MDS Updates

January:

Rising Above the Rest: Using Your Brand to Impact Recruitment, Retention and Reputation

THANK YOU!