



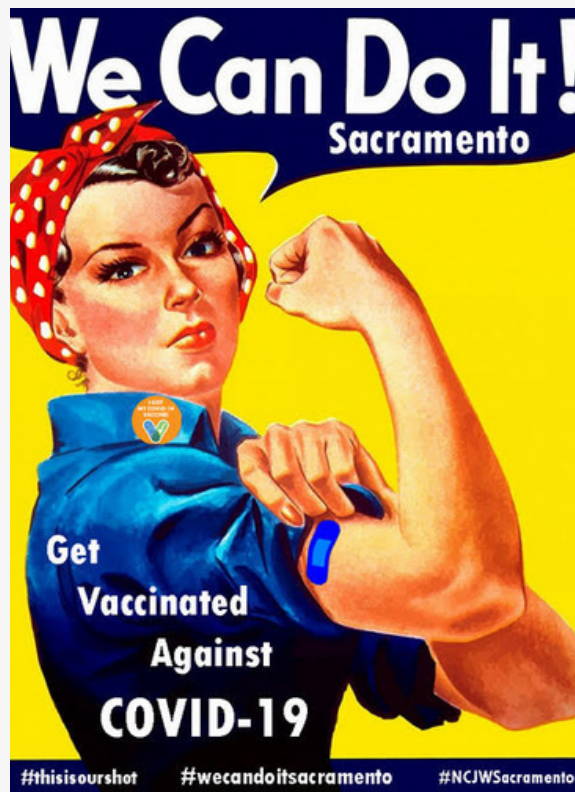
VaxFacts

National Council of Jewish Women (NCJW) Sacramento

Welcome to VaxFacts!

VaxFacts is a bulletin created by the National Council of Jewish Women Sacramento to provide our members and friends with up-to-date information on COVID-19 vaccines and the vaccination drive in our community to defeat the pandemic. The information included here is aggregated from a variety of reliable sources, such as the Centers for Disease Control, the New York Times, major health organizations, and more. We are not scientists, doctors, or public health experts so you should reach out to your doctor to answer your specific concerns and questions.

We also plan to create one or more virtual town halls where you can hear and get your questions answered by experts. That said, we hope you will find the information below and in subsequent bulletins helpful and informative. If you have specific questions you would like us to research, please send them to info@ncjwsac.org.



HOW DO I KNOW THAT GETTING VACCINATED IS SAFE?

To date, two vaccines have received emergency approval from the Federal Drug Administration, one from Pfizer-BioNTech and one from Moderna. (Continued on page 2)

SAVE THE DATE: JANUARY 28, 2021 COVID-19 VACCINATION: ASK THE DOCTOR

Join us on January 28 from 7:00 - 8:00 p.m. for a special Q&A virtual town hall - COVID-19 VACCINATION: ASK THE DOCTOR - with Dr. Jeffrey Brodovsky to get the answers to many of your questions and concerns about the COVID-19 vaccine: what it is, its efficacy and safety, and why it is so important for your health and that of our community. Dr. Brodovsky is a family medicine physician in Sacramento who has been educating communities about vaccines since 2016. Register here: <https://forms.gle/45T6tJjsaTH8xJGh6>

This presentation is part of NCJW Sacramento's "Get Out the Vax" campaign which provides updated information on the COVID-19 vaccination.

HOW DO I KNOW THAT GETTING VACCINATED IS SAFE? CONTINUED FROM PAGE 1

Both companies submitted two months of safety data from Phase III clinical trials conducted by universities and other independent bodies. In that phase, tens of thousands of volunteers got a vaccine. Their outcomes were compared to those who got placebos. No serious safety concerns were reported in either case. Test subjects continue to be followed and, again, there appear to be no serious safety concerns. People have asked if they can get COVID-19 from the vaccine; the CDC says that the answer to that question is “no”.

Californians also should be reassured that our state established an additional level of safety review – the Scientific Safety Review Work Group – composed of nationally-recognized immunization, public health, academic and other subject matter experts. The work group is staying abreast of vaccine trials, evidence of safety and efficacy, and other information to independently provide recommendations to California's leadership and vaccine planning efforts.

That said, as suggested above, you should consult your doctor before being vaccinated, especially if you have allergies and/or other problematic underlying health conditions. People with severe allergies who have experienced anaphylaxis should talk to their doctors about how to safely get the vaccine and what protections to take. Health officials are recommending that people with allergies should get their shots and wait the standard 15 minutes post-injections to ensure no negative side effects. Those who have experienced an anaphylactic reaction in the past should wait an extra 15 minutes. As of January 14, 10 million vaccines have been delivered so far across the U.S. It is probably inevitable that we will see severe reactions in a very tiny number of people – as we do with almost all medications and vaccinations – but this risk must be set against the risk of a continuing pandemic in which nearly 380,000 Americans have already died and many continue to suffer from lingering cases of the disease.

WHEN CAN I GET VACCINATED?

To ensure the limited supply of the vaccine is distributed equitably, distribution is guided by the California Department of Public Health in collaboration with the Centers for Disease Control. The vaccine is being provided in phases, beginning with those with the highest risk. In Sacramento, Sacramento County Public Health is working with local partners – including hospitals, clinics, and long-term care facilities – on vaccine distribution.

As of January 13, the state's rollout schedule is as follows:

- Phase 1-A of the planned rollout is focused on: health care workers and long-term care residents.
- Phase 1-B:
 - Tier 1: People 65 and older
 - Tier 2: Those working in education, childcare, emergency services, food and agriculture.
 - Tier 3: Those working in transportation and logistics; industrial, commercial, residential and shelter facilities and services; critical manufacturing; and congregate settings (incarcerated and homeless)
- Phase 1-C: People 50-64 years of age; people 16-49 years of age with underlying health conditions or disability that increases the risk of severe COVID-19; those working in the following sectors: water and wastewater; defense; energy; chemical and hazardous materials; communications and IT; financial services; government operations/community-based essential functions.

The rollout has been going more slowly than health officials hoped because of logistical challenges but the Governor announced last week that the process will accelerate from this point forward.



WHERE CAN I GET VACCINATED?

People will likely be able to access shots at pharmacies, as well as their primary health care providers. Health systems will be sending out notices to their members to advise them when they can get their vaccine. There also may be walk-in and drive-up clinics. Current testing sites are another possibility. Health officials are exploring using the Sleep Train Arena and/or Cal Expo. Sacramento County Public Health also is considering using Sac State as a Medical Point of Dispensing (MPOD), probably initially geared to the campus population.

Sacramento County received just over \$181 million in CARES Act funding and plans to spend \$3 million on supplies and resources to distribute the vaccine. The county is also purchasing two trucks and two trailers to transport vaccine to dispensing sites.

At the beginning of January, Governor Newsom announced that California also is hoping to enlist dentists, pharmacy techs, members of the National Guard and others to help speed up the pace of vaccinations.



WHAT WILL THE VACCINE COST?

You should not have to pay anything out of pocket to get the vaccine, though you will be asked for insurance information. If you don't have insurance, you should still be given the vaccine at no charge. Congress passed legislation this spring that bars insurers from applying any cost sharing, such as a co-payment or deductible. The legislation bars pharmacies, doctors, and hospitals from charging patients. There is a danger of hidden charges nonetheless, such as a doctor visit fee. People should talk to their doctor or pharmacy about potential costs.

HOW LONG DOES IT TAKE FOR THE VACCINE TO BE EFFECTIVE?

It appears that the vaccine's protection begins about 10 days after the first shot but only reaches 52% efficacy. A week after the second shot, efficacy increases to about 95%.

WHAT SHOULD I EXPECT TO RECEIVE WHEN I GET VACCINATED?

- You should receive a vaccination card or printout that tells you what COVID-19 vaccine you received, the date you received it, and where you received it.
- You should receive a paper or electronic version of a fact sheet that tells you more about the specific COVID-19 vaccine you have received.
- You should be monitored on-site for at least 15 minutes after receiving the vaccine and longer if you have experienced an allergic anaphylactic reaction in the past.
- You might ask your healthcare provider about getting started with v-safe, a free, smartphone-based tool that uses text messaging and web surveys to provide personalized health check-ins after you receive a COVID-19 vaccination. V-safe also reminds you to get your second dose. Learn more at www.cdc.gov/vsafe.

WHAT ARE THE SIDE EFFECTS FROM GETTING VACCINATED?

The injection feels like any other but there do appear to be more short-term side effects than from the flu shot. The symptoms resemble COVID-19 and last about a day or two. They include fatigue, headache, chills, muscle pain. Side effects are more likely after the second shot. To reduce the pain where you got the shot, the CDC recommends applying a clean, cool wet washcloth over the area; using or exercising your arm. If you get a little fever, drink plenty of fluids. And, of course, if your side effects are worrying you, call your doctor.

the pace of vaccinations.

DO I NEED TWO SHOTS?

The only two vaccines so far approved by the FDA - Moderna and Pfizer - require two shots, about 3 weeks apart to reach full efficacy. If you forget to get the second shot or for some reason can't get it in three weeks, getting it later appears to be effective. Other vaccines now in the development stage may require only one shot.

HOW LONG DOES IT TAKE FOR THE VACCINE TO BE EFFECTIVE?

It appears that the vaccine's protection begins about 10 days after the first shot but only reaches 52% efficacy. A week after the second shot, efficacy increases to about 95%.

HOW LONG WILL THE VACCINE PROVIDE PROTECTION?

That is still to be determined. It's possible we will need annual shots - as with the flu - or the protective effects may last longer.

DO I NEED TO GET A FLU SHOT ALSO?

Experts say flu vaccines are especially important this year to help reduce the chances of people contracting influenza and COVID-19 simultaneously and/or the possibility of a "twin-demic."



WILL MY LIFE RETURN TO NORMAL AFTER I AM VACCINATED?

No, at least not for a while. The vaccine appears 95% effective in protecting you from getting the virus, but scientists don't know yet whether vaccinated individuals can be asymptomatic carriers, that is, whether they can get other people sick. So we will still need to wear masks and wash hands and keep our distance to protect people who have not yet been vaccinated.

Experts tell us that we'll have to continue to take these precautions until 70 to 75 percent of the population is vaccinated.

Right now, there is a huge surge in the virus. The new, more infectious strain of the virus combined with the holidays make the near future look pretty ominous, even as hope is on the way.

(Continued on page 5)

WILL MY LIFE RETURN TO NORMAL AFTER I AM VACCINATED? CONTINUED FROM PAGE 4

In the medium term, it is possible that some employers will require their workers to be vaccinated (with exemptions for medical or religious reasons). It is also possible that airlines, travel companies, movie theaters, sports arenas and the like maybe require proof of vaccination. Major airlines, including United, JetBlue, and Lufthansa plan to introduce a health passport app that aims to verify passengers' coronavirus test results and maybe also vaccination status. In the same way that there were permanent changes after 9/11 to ensure safety, Covid-19 may make us all live a bit differently for the foreseeable future.

WHAT CAN I DO TO HELP?

So glad you asked! There's lots you can do to be part of the solution. First and foremost, don't drop the ball now. The speed with which scientists created effective vaccines is nothing short of miraculous and offers the possibility of a light at the end of the tunnel that is not that far away.

But we need to continue to be conscientious about the practices that keep us and our communities safe or thousands and thousands more will die. That means wearing a mask, washing hands frequently, avoiding indoor gatherings, keeping social distance, and staying informed about CDC guidance ([cdc.gov](https://www.cdc.gov)), CA statewide guidance ([covid19.ca.gov](https://www.covid19.ca.gov)) and Sacramento guidance ([saccounty.net](https://www.saccounty.net)).

Secondly, learn as much as you can about the vaccines so you can answer your own questions and allay your concerns and those of your friends and neighbors. Register today for our January 28 Ask the Doctor presentation.

Third, get vaccinated as soon as you can. In fact, Jewish text supports, if not requires, Jews who are medically able, to get the vaccine. The Torah emphasizes that we need to take responsibility for the well-being of those around us when it says, "Do not stand idly by the blood of your neighbor" which is understood to mean that we must do everything we can to safeguard the health of others. By getting a vaccine, you eliminate or reduce the chance that you will infect others. The Talmud instructs us that "saving lives overrides everything."

Fourth, join NCJW Sacramento's "**Get Out the Vax**" campaign, to ensure that everyone gets vaccinated as soon as possible. The sooner we can reach what scientists call "herd immunity", the sooner we can get back to doing all the fun things we love. So, let's wear buttons saying "I got my COVID-19 vaccine", put lawn signs in our yards, and encourage our family and friends to get vaccinated. To date, almost as many Americans have died from COVID-19 as died in World War II. If ever, there was a patriotic - and neighborly - act, vaccination is it. Please feel free to share this information.

#getoutthevax #vaxfacts #thisisourshot #wecandoitsacramento #NCJWsacramento



National Council of Jewish Women
Sacramento Section

CONNECT WITH US!

www.ncjwsac.org

info@ncjwsac.org

Follow us on Facebook, Instagram and Twitter