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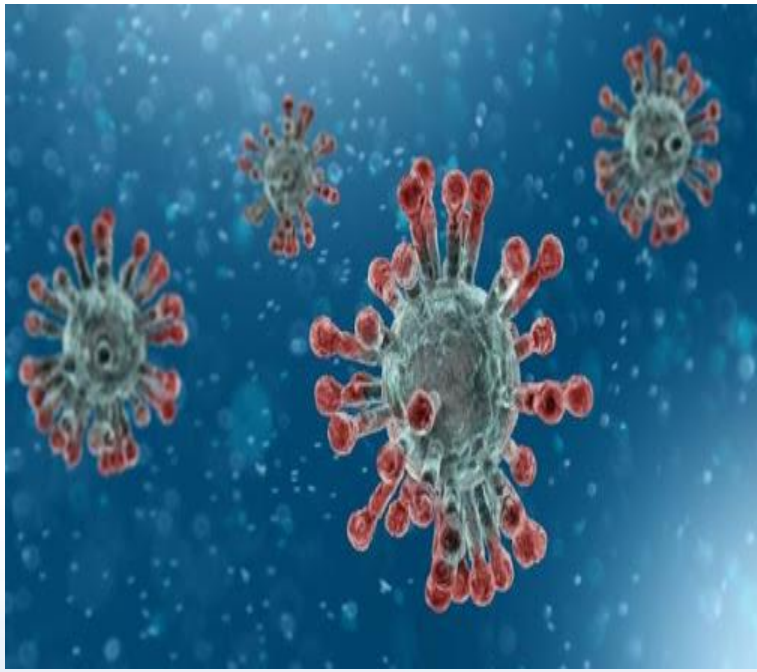
Covid-19

What is Covid-19

- COVID-19 is s an infectious disease caused by a newly discovered coronavirus.
- The new virus was first learned by the WHO on 31 December 2019, following a report of a cluster of cases of ‘viral pneumonia’ in Wuhan, People’s Republic of China.
- COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person
  - coughs or sneezes
- Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment.
- Other people example Older people, and those with underlying medical problems like heart or lung disease or diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness and at high risk for developing more serious complications



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CDC (2020) & WHO (n.d.)

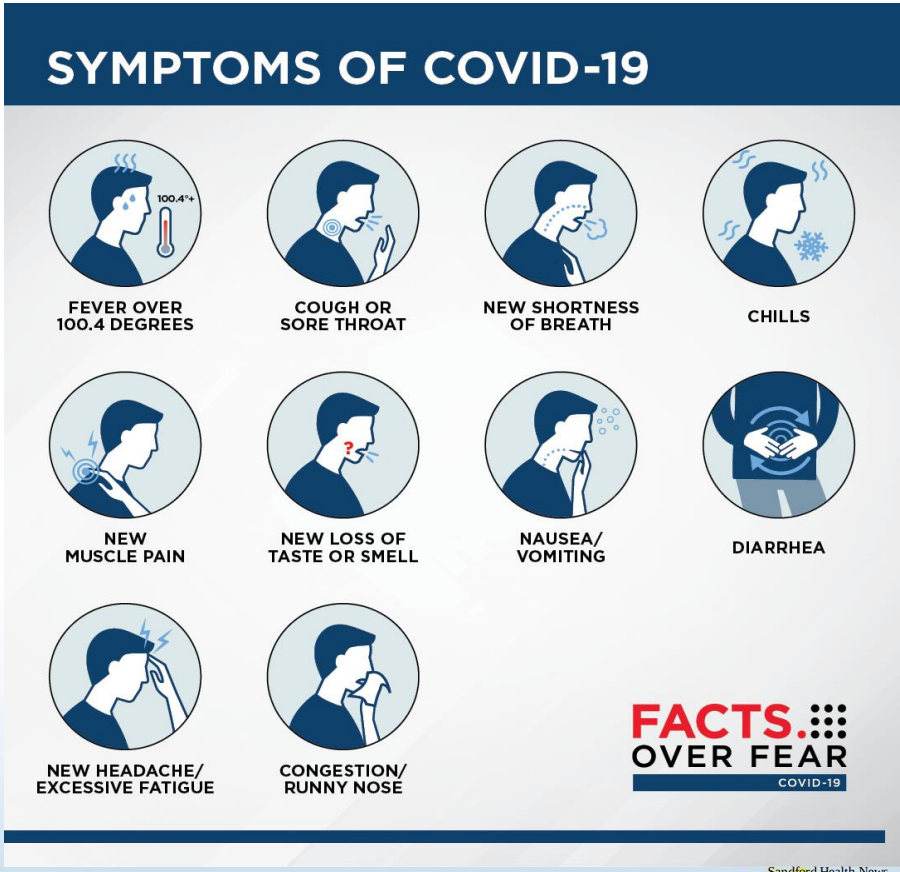
Symptoms of Covid-19

The most common symptoms of COVID-19 are

- Fever
- Dry cough
- Fatigue

Other symptoms that are less common and may affect some patients include:

- Loss of taste or smell,
- Nasal congestion,
- Conjunctivitis (also known as red eyes)
- Sore throat,
- Headache,
- Muscle or joint pain,
- Different types of skin rash,
- Nausea or vomiting,
- Diarrhea,
- Chills or dizziness.



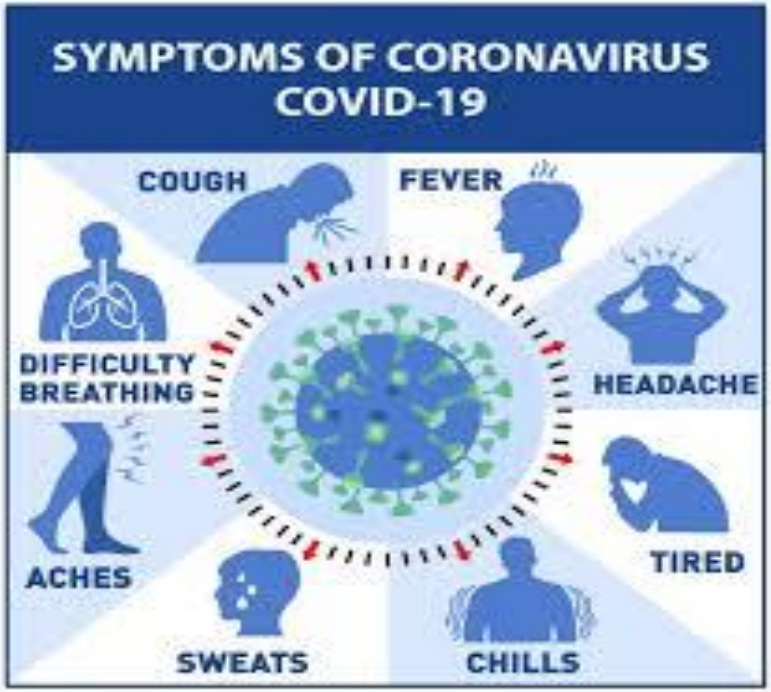
Sandford Health News

CDC (2020) & WHO (n.d.)

Symptoms of Covid-19 cont.

Symptoms of severe COVID-19 disease include:

- Shortness of breath,
- Loss of appetite,
- Confusion,
- Persistent pain or pressure in the chest,
- High temperature (above 38 ° C).
- Other less common symptoms are:
- Irritability,
- Confusion,
- Reduced consciousness (sometimes associated with seizures),
- Anxiety,
- Depression,
- Sleep disorders,
- More severe and rare neurological complications such as strokes, brain inflammation, delirium and nerve damage.



Southwest General Health Center

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CDC (2020) & WHO (n.d.)

Frequently asked questions

Who is most at risk for covid-19

- People aged 60 years and over, and those with underlying medical problems like high blood pressure, heart and lung problems, diabetes, obesity or cancer, are at higher risk of developing serious illness.
- However, anyone can get sick with COVID-19 and become seriously ill or die at any age.

What happens to people who get covid-19

- Among those who develop symptoms,
  - most (about 80%) recover from the disease without needing hospital treatment.
  - About 15% become seriously ill and require oxygen and
  - 5% become critically ill and need intensive care.
- Complications leading to death may include
  - respiratory failure, acute respiratory distress syndrome (ARDS), sepsis and septic shock, thromboembolism, and/or multi-organ failure, including injury of the heart, liver or kidneys.
- In rare situations, children can develop a severe inflammatory syndrome a few weeks after infection.

CDC (2020) & WHO (n.d.)

Frequently asked questions cont.

What are the long-term effect of covid-19

- Some people who have had COVID-19, whether they have needed hospitalization or not, continue to experience symptoms, including fatigue, respiratory symptoms (e.g Shortness or breath, cough) and neurological symptoms (e.g brain fog or freeze) .

When should 1 get tested

- Anyone with symptoms should be tested, wherever possible.
- People who do not have symptoms but have had close contact with someone who is, or may be, infected may also consider testing
- While a person is waiting for test results, they should remain isolated from others.

Therefore if you are experiencing

- fever and/or cough associated with difficulty breathing or shortness of breath, chest pain or pressure, or loss of speech or movement should seek medical care immediately.

CDC (2020) & WHO (n.d.)

Covid-19 Prevention

- The best way to prevent and slow down transmission is to be well informed about the COVID-19 virus, the disease it causes and how it spreads.
- Protect yourself and others from infection by
  - washing your hands or using an alcohol based rub frequently and
  - not touching your face.
  - Use face mask when outside and in close contact to others
  - Stay 6 feet apart
- So it's important that you also practice respiratory etiquette (for example, by coughing into a flexed elbow, covering your cough/sneezing).

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CDC (2020) & WHO (n.d.)

Covid-19 Vaccine

- How COVID-19 Vaccines Work
- COVID-19 vaccines help our bodies develop immunity to the virus that causes COVID-19 without us having to get the illness. Different types of vaccines work in different ways to offer protection, but with all types of vaccines, the body is left with a supply of “memory” T-lymphocytes as well as B-lymphocytes that will remember how to fight that virus in the future.
- It typically takes a few weeks for the body to produce T-lymphocytes and B-lymphocytes after vaccination. Therefore, it is possible that a person could be infected with the virus that causes COVID-19 just before or just after vaccination and then get sick because the vaccine did not have enough time to provide protection.
- Sometimes after vaccination, the process of building immunity can cause symptoms, such as fever. These symptoms are normal and are a sign that the body is building immunity.

- Who should not get vaccinated
- If you have had a severe allergic reaction (anaphylaxis) or an immediate allergic reaction—even if it was not severe—to any ingredient in an mRNA COVID-19 vaccine, you should not get an mRNA COVID-19 vaccine.*
- If you have had a severe allergic reaction (anaphylaxis) or an immediate allergic reaction—even if it was not severe—after getting the first dose of the vaccine, you should not get another dose of an mRNA COVID-19 vaccine.*
- An immediate allergic reaction means a reaction within 4 hours of getting vaccinated, including symptoms such as hives, swelling, or wheezing (respiratory distress).
- This includes allergic reactions to polyethylene glycol (PEG) and polysorbate. Polysorbate is not an ingredient in either mRNA COVID-19 vaccine but is closely related to PEG, which is in the vaccines. People who are allergic to PEG or polysorbate should not get an mRNA COVID-19 vaccine.

Do I still need to wear mask and avoid close contact after 2 doses of vaccine

Yes. To protect yourself and others, follow these recommendations:

•Wear a mask over your nose and mouth
•Stay at least 6 feet away from others
•Avoid crowds
•Avoid poorly ventilated spaces
•Wash your hands often

It's important for everyone to continue using all the tools available to help stop this pandemic as we learn more about how COVID-19 vaccines work in real-world conditions. Experts are also looking at how many people get vaccinated and how the virus is spreading in communities. We also don't yet know whether getting a COVID-19 vaccine will prevent you from spreading the virus that causes COVID-19 to other people, even if you don't get sick yourself. CDC will continue to update this page as we learn more.

Together, COVID-19 vaccination and following CDC's recommendations for how to protect yourself and others will offer the best protection from getting and spreading COVID-19. Additional information can be found at key things to know about the COVID-19 vaccine. https://www.cdc.gov/coronavirus/2019-ncov/vaccines/keythingstoknow.html.

Things to know

8 Things to Know about the U.S. COVID-19 Vaccination Program

From the Centers for Disease Control (CDC), Updated Jan. 5, 2021

The safety of COVID-19 vaccines is a top priority.

The U.S. vaccine safety system ensures that all vaccines are as safe as possible. Learn how federal partners are working together to ensure the safety of COVID-19 vaccines on the website (link at bottom of document). CDC has developed a new tool, **v-safe**, as an additional layer of safety monitoring to increase our ability to rapidly detect any safety issues with COVID-19 vaccines. V-safe is a new smartphone-based, after-vaccination health checker for people who receive COVID-19 vaccines. (https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/vsafe.html)

COVID-19 vaccination will help protect you from getting COVID-19. Two doses are needed.

Depending on the specific vaccine you get, a second shot 3-4 weeks after your first shot is needed to get the most protection the vaccine has to offer against this serious disease. Learn more about the benefits of getting vaccinated.

The goal is for everyone to be able to easily get vaccinated against COVID-19 as soon as large enough quantities are available. Once vaccine is widely available, the plan is to have several thousand vaccination providers offering COVID-19 vaccines in doctors' offices, retail pharmacies, hospitals, and federally qualified health centers.

After COVID-19 vaccination, you may have some side effects. This is a normal sign that your body is building protection.

The side effects from COVID-19 vaccination may feel like flu and might even affect your ability to do daily activities, but they should go away in a few days. Learn more about what side effects to expect and get helpful tips on how to reduce pain and discomfort after your vaccination at the link at the end of this document.

None of the COVID-19 vaccines contain the live virus that causes COVID-19 so a COVID-19 vaccine cannot make you sick with COVID-19.

Cost is not an obstacle to getting vaccinated against COVID-19.

Vaccine doses purchased with U.S. taxpayer dollars will be given to the American people at no cost. However, vaccination providers may be able to charge administration fees for giving the shot.

COVID-19 vaccines are one of many important tools to help us stop this pandemic.

It's important for everyone to continue using all the tools available to help stop this pandemic as we learn more about how COVID-19 vaccines work in real-world conditions. Cover your mouth and nose with a mask when around others, stay at least 6 feet away from others, avoid crowds, and wash your hands often.

https://www.cdc.gov/coronavirus/2019-ncov/vaccines/8-things.html

CDC (2020) & WHO (n.d.)

Facts on Covid-19 Vaccines

CDC Facts about COVID-19 Vaccines

Now that there are authorized and recommended COVID-19 vaccines in the United States, accurate vaccine information is critical.

FACT: COVID-19 vaccines will not give you COVID-19

None of the COVID-19 vaccines currently in development or in use in the United States, contain the live virus that causes COVID-19. There are several different types of vaccines in development. However, the goal for each of them is to 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 a sign that the body is building immunity.

It typically takes a few weeks for the body to build immunity after vaccination. That means it's possible a person could be infected with the virus that causes COVID-19 just before or just after vaccination and get sick. This is because the vaccine has not had enough time to provide protection.

FACT: COVID-19 vaccines will not cause you to test positive on COVID-19 viral tests

Neither the recently authorized and recommended vaccines nor the other COVID-19 vaccines currently in clinical trials in the United States 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, which is the goal of vaccination, there is a possibility 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. Experts are currently looking at how COVID-19 vaccination may affect antibody testing results.

FACT: People who have gotten sick with COVID-19 may still benefit from getting vaccinated

Due to the severe health risks associated with COVID-19 and the fact that re-infection with COVID-19 is possible, people may be advised to get a COVID-19 vaccine even if they have been sick with COVID-19 before.

At this time, experts do not know how long someone is protected from getting sick again after recovering from COVID-19. The immunity someone gains from having an infection, called natural immunity, varies from person to person. Some early evidence suggests natural immunity may not last very long. We won't know how long immunity produced by vaccination lasts until we have a vaccine and more data on how well it works.

Both natural immunity and vaccine-induced immunity are important aspects of COVID-19 that experts are trying to learn more about, and CDC will keep the public informed as new evidence becomes available.

FACT: Getting vaccinated can help prevent getting sick with COVID-19

While many people with COVID-19 have only a mild illness, others may get a severe illness or they may even die. There is no way to know how COVID-19 will affect you, even if you are not at increased risk of severe complications. If you get sick, you also may spread the disease to friends, family, and others around you while you are sick. COVID-19 vaccination helps protect you by creating an antibody response without having to experience sickness.

FACT: Receiving an mRNA vaccine will not alter your DNA

mRNA stands for messenger ribonucleic acid and can most easily be described as instructions for how to make a protein or even just a piece of a protein. mRNA is not able to alter or modify a person's genetic makeup (DNA). The mRNA from a COVID-19 vaccine never enter the nucleus of the cell, which is where our DNA are kept. This means the mRNA does not affect or interact with our DNA in any way. Instead, COVID-19 vaccines that use mRNA work with the body's natural defenses to safely develop protection (immunity) to disease. Learn more about how COVID-19 mRNA vaccines work.

How do I know which sources of COVID-19 vaccine information are accurate?

It can be difficult to know which sources of information you can trust. Learn more about finding credible vaccine information at www.cdc.gov/vaccines/vac-gen/evalwebs.htm

Source: Centers for Disease Control (CDC), Updated Dec. 20, 2020; https://www.cdc.gov/coronavirus/2019-ncov/vaccines/vaccine-benefits/facts.html

CDC (2020) & WHO (n.d.)

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Vaccine Registration

How to register for the COVID-19 vaccination

SIGN UP ONLINE AT: https://www.dallascounty.org/covid-19/covid-19-vaccination.php

COVID-19 Vaccine is still in very limited supply and is still being prioritized to Phase 1A Healthcare Workers. However, limited supplies of vaccine may be available for persons who meet the Phase 1B criteria (see list below). Dallas County Health and Human Services (DCHHS) is collecting names of persons to register for the vaccine, as vaccines becomes available.
To register for the vaccine, you need to be in Phase 1A or 1B at this time. Dallas County is currently distributing the Moderna vaccine, which is only available to those 18 and older.

High-Risk Individuals Are People That Meet Any One of the Following Criteria:

- 65 years of age or older
- Live in a nursing home or long-term care facility
- Have an underlying medical condition:
  - Lung disease including moderate to severe asthma and COPD
  - Serious heart conditions and hypertension
  - Immunocompromised (including cancer treatment, smoking, bone marrow or organ transplants, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications)
  - Are obese
  - Have diabetes
  - Have chronic kidney disease or are undergoing dialysis
  - Have liver disease

- Ref: https://www.dallascounty.org/covid-19/covid-19-vaccination.php, JM 1-13-21

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World Health Organization (n.d.). Coronavirus. https://www.who.int/health-topics/coronavirus

Center for Disease Control and Prevention (2020). Coronavirus Disease 2019. https://www.cdc.gov/coronavirus/2019-ncov/cdcresponse/about-COVID-19.html

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