Chabot Health Town Hall

COVID-19

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TIBURCIO VASQUEZ
Health Center

Alameda County COVID-19 Data Dashboard

Total Cases and Deaths

Alameda County Total Cases	Alameda County Total Deaths
64760	**755**

Alameda County Total Cases by Age Group

Age Group	Cases
<18	7579
18-30	16635
31-40	12456
41-50	10305
51-60	8159
61-70	5084
71-80	2508
81+	1988
Unknown	39
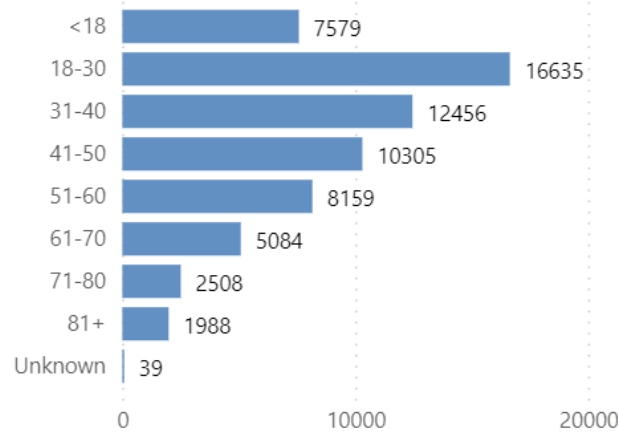
Alameda County Total Cases by Race/Ethnicity

Race/Ethnicity	Cases
Hispanic/La...	25876
Asian	7349
African Ame...	4555
White	8490
Pacific Islan...	444
Native Ame...	121
Multirace	1705
Unknown	16220

Testing Data

Tests	Tests per 1000 persons
1494550	**906.4**

Positives	Percentage Positive
74090	**5.0%**
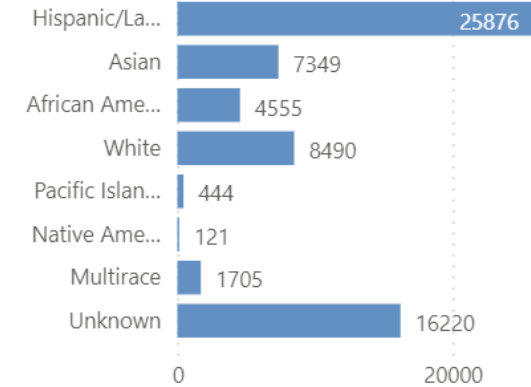
Alameda County Total Case Rates per 100,000 Population by Age Group

Age Group	Rate
<18	2126.5
18-30	5491.5
31-40	5221.3
41-50	4692.7
51-60	3810.9
61-70	2967.3
71-80	2614.6
81+	3965.8
Overall	3927.3
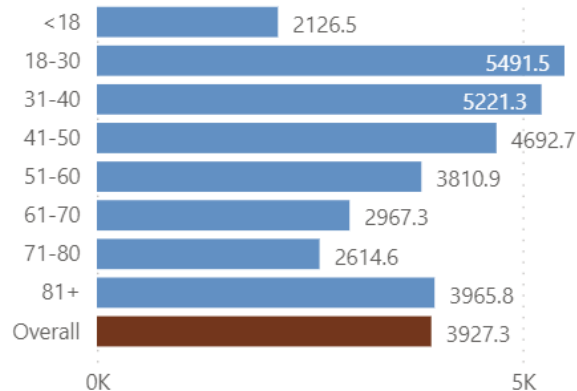
Alameda County Total Case Rates per 100,000 Population by Race/Ethnicity

Race/Ethnicity	Rate
Hispanic/La...	7063.6
Asian	1416.7
African Ame...	2821.6
White	1663.7
Pacific Islan...	3546.9
Native Ame...	2978.1
Multirace	2403.0
Overall Kno...	2976.6
Overall	3927.3

Data taken from https://covid-19.acgov.org/data.page on 1/15/2021
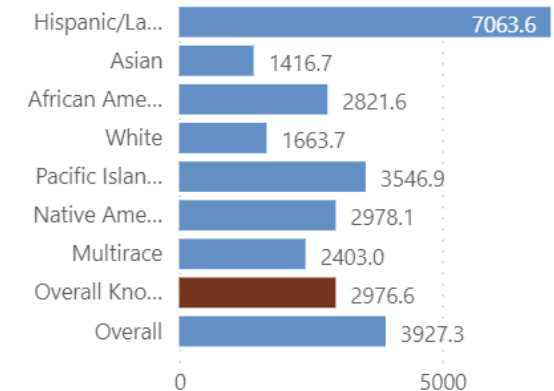
Alameda County COVID-19 Dashboard

- Where are people most affected?

  - HPI (Healthy Places Index) is a composite measure of different indicators that reflect geographic socioeconomic disadvantage

  - Generally, neighborhoods with lowest quartile HPI correspond with highest COVID-19 rates

HPI Quartile 1
HPI Quartile 2
HPI Quartile 3
HPI Quartile 4
NA (households few in # or proportion)
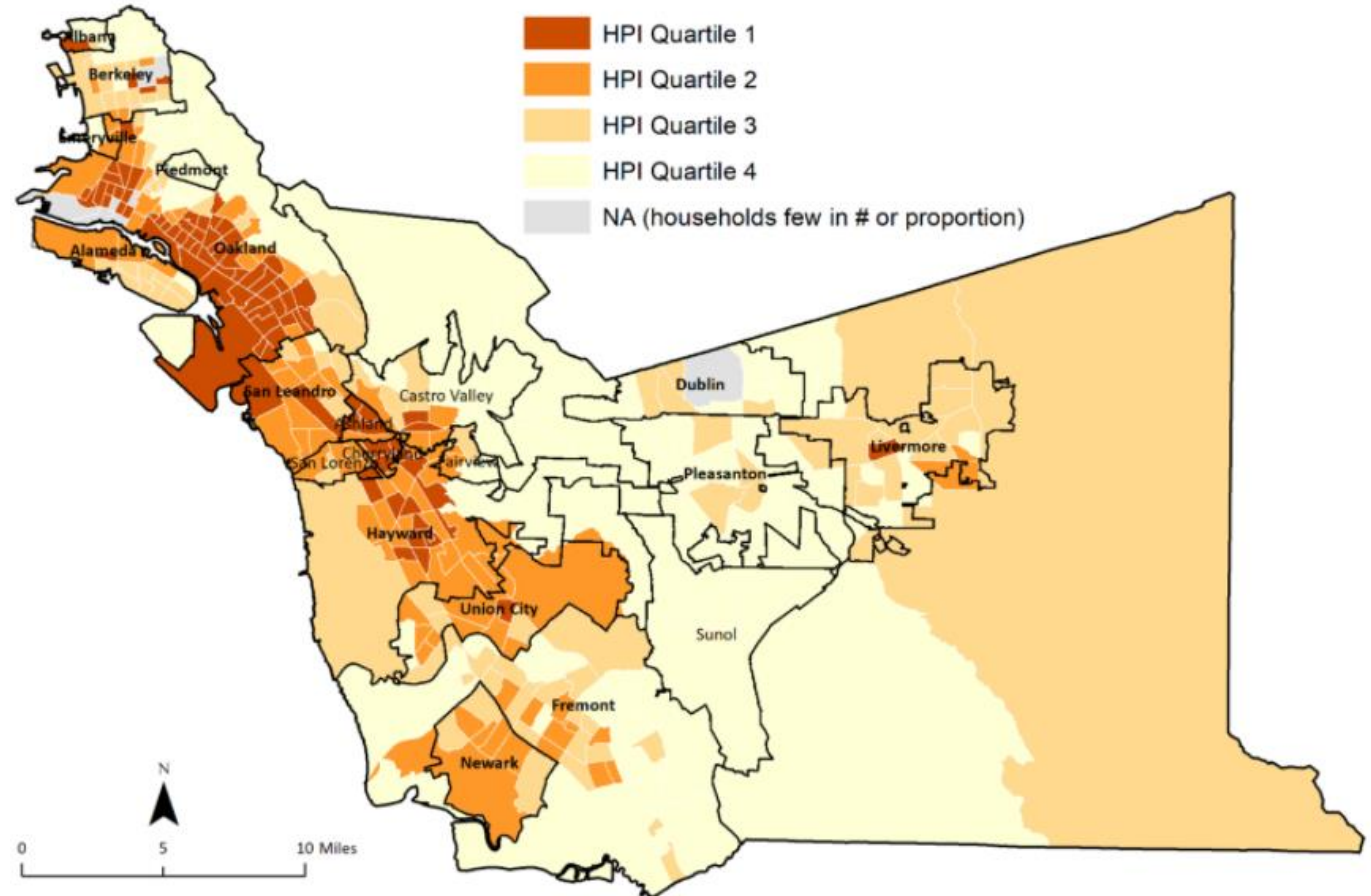
Response to the Spread

- *Contact Tracing*

- *Vaccine*

Contact Tracing
Mitigating Spread

How answering the call stops the spread

You are confirmed COVID Positive

C+

You will receive a text and then a call from the MA COVID team or your local health department

Look for area code (833) or (857)

A care resource coordinator will get you the support you need to isolate

You are asked for information on your recent contacts

Your identity protected

Reach out to your contacts

Through contact tracing, the spread of COVID 19 is slowed

Your contacts get the help they need to quarantine

Community Tracing Collaborative

Partners In Health

Case investigation and contact tracing is part of the process of supporting patients and warning contacts of exposure in order to stop chains of transmission.

Contacts are provided with education and encouraged to stay home for 10 days if they believe they were exposed to someone who has COVID-19.
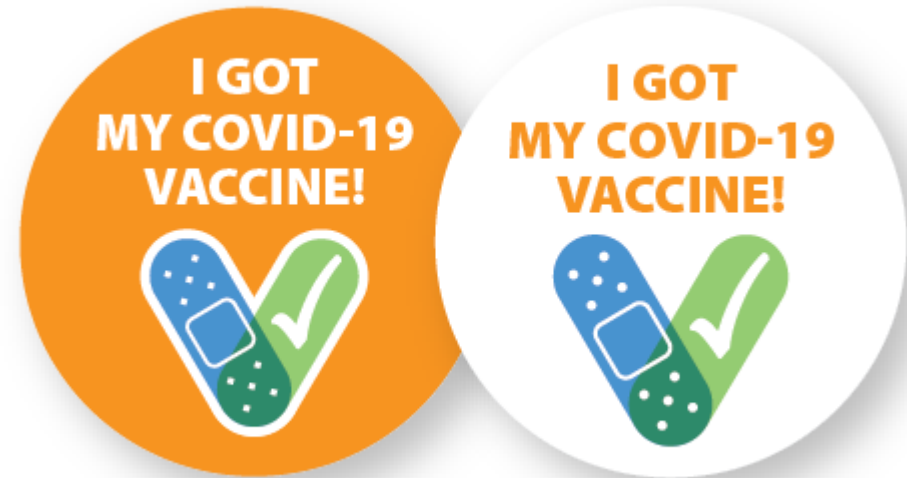
Resources provided to both cases and contacts to promote successful isolation and quarantine.
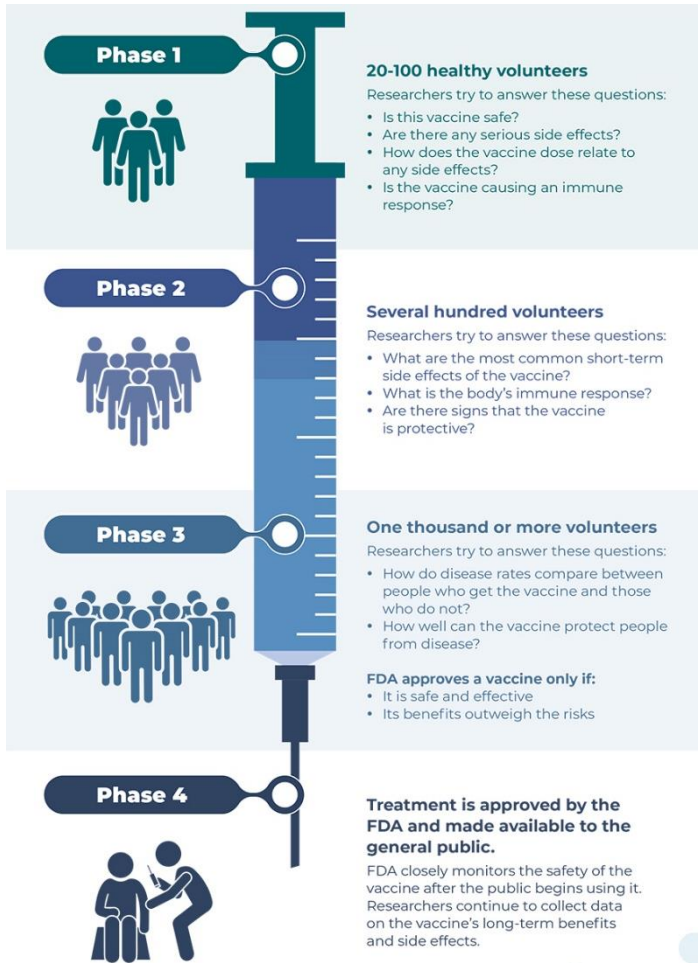
https://www.cdc.gov/coronavirus/2019-ncov/php/principles-contact-tracing.html

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COVID-19 Vaccine
Preventing Infection and Severe Disease

- Two current vaccines made by Pfizer and Moderna received Emergency Use Authorization from FDA in December 2020

- Let's clarify some of the COVID-19 vaccine myths

Phase 1

20-100 healthy volunteers

Researchers try to answer these questions:
- Is this vaccine safe?
- Are there any serious side effects?
- How does the vaccine dose relate to any side effects?
- Is the vaccine causing an immune response?

Phase 2

Several hundred volunteers

Researchers try to answer these questions:
- What are the most common short-term side effects of the vaccine?
- What is the body's immune response?
- Are there signs that the vaccine is protective?

Phase 3

One thousand or more volunteers

Researchers try to answer these questions:
- How do disease rates compare between people who get the vaccine and those who do not?
- How well can the vaccine protect people from disease?

FDA approves a vaccine only if:
- It is safe and effective
- Its benefits outweigh the risks

Phase 4

Treatment is approved by the FDA and made available to the general public.

FDA closely monitors the safety of the vaccine after the public begins using it. Researchers continue to collect data on the vaccine's long-term benefits and side effects.

Vaccine Adverse Event Reporting System (VAERS)

VAERS, a national monitoring program run by the FDA and the Centers for Disease Control and Prevention, collects and reviews reports of any health problems that develop after a person gets a vaccine. Anyone can submit a report, including patients and healthcare professionals.

Medical recommendations for taking the vaccine may change if safety monitoring reveals new information about its risks. **vaers.hhs.gov**

FACT

- The technology for these types of vaccines (mRNA vaccines) has been in development for other viruses for over 10 years.

- Vaccines usually take much longer to develop, mostly because vaccines are not a big money-maker for pharmaceutical companies, and there is no guaranteed market. In this case, they had millions of people waiting for a vaccine.

- Vaccines undergo four phases of trials to be approved by the FDA. In this case, the testing did NOT skip any steps for assessing safety.

How the Pfizer-BioNTech vaccine works

mRNA vaccines give the immune system genetic instructions to recognise the virus

'Spike' protein | mRNA lipid nanoparticle | Cell | Antibodies | T cells
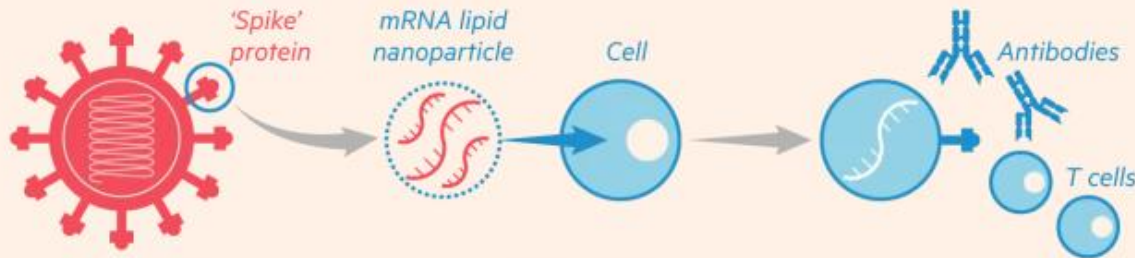
Scientists focus on the genetic sequence for the virus's 'spike' protein. This is used to synthesise an mRNA sequence – instructions that cells can use to make the 'spike' protein

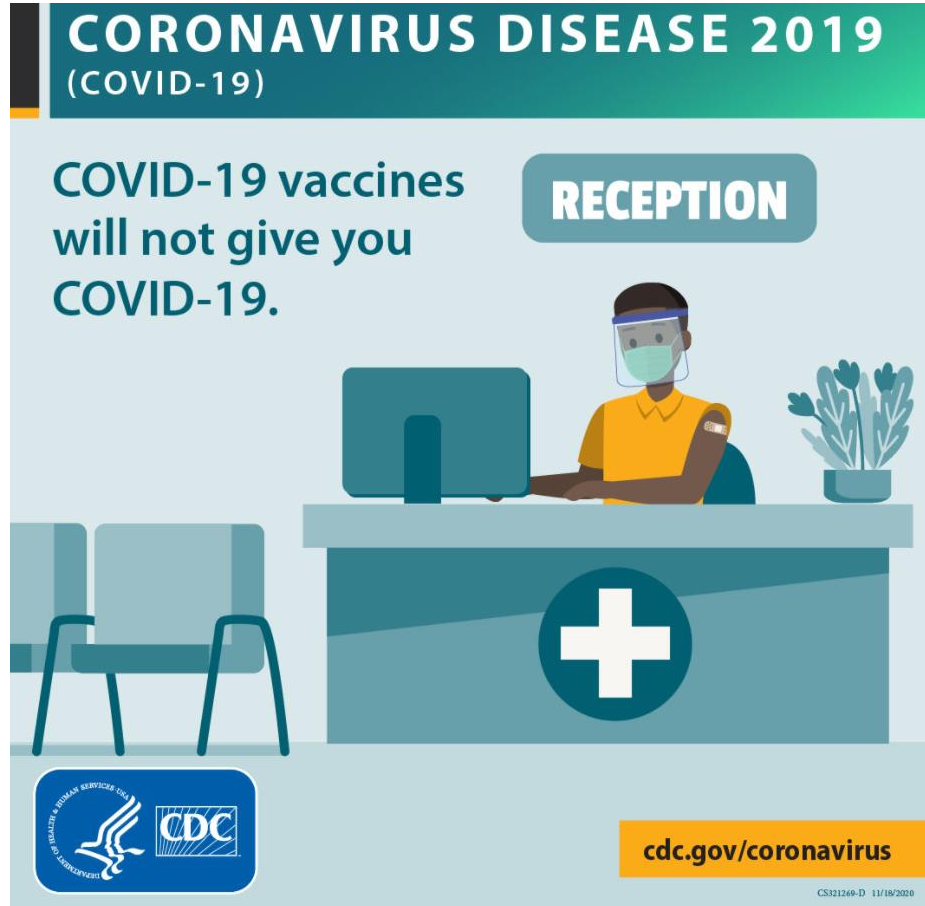The synthetic mRNA is packaged in a lipid nanoparticle that delivers the instructions to a cell

Once inside the cell, its cellular machinery follows the mRNA instructions to produce the viral protein. This is displayed on the surface of the cell and stimulates an immune system response

Source: Pfizer
© FT

FACT

- The 2 current vaccines are manufactured using something called mRNA technology.

- The vaccine contains an mRNA "message" that tells our bodies to make a harmless part of the virus.

- The body then builds immunity to that part of the virus. The mRNA is then broken down. It does not go anywhere near our DNA .

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MYTH #3: I can get COVID from the vaccine.

CORONAVIRUS DISEASE 2019 (COVID-19)

COVID-19 vaccines will not give you COVID-19.

RECEPTION

cdc.gov/coronavirus

CS321269-D 11/18/2020

FACT

- It is not possible for the COVID vaccine to cause COVID disease. There are no viral particles in the vaccine.

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MYTH #4: There have been a lot of side-effects from the COVID-19 vaccine.

What to Expect after Getting a COVID-19 Vaccine

Accessible version: https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect/after.html

COVID-19 vaccination will help protect you from getting COVID-19. You may have some side effects, which are normal signs that your body is building protection. These side effects **may feel like flu** and **may even affect your ability** to do daily activities, but they should go away in a few days.

Common side effects

On the arm where you got the shot:	Throughout the rest of your body:	
• Pain	• Fever	• Tiredness
• Swelling	• Chills	• Headache

Helpful tips

If you have pain or discomfort, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen or acetaminophen.

To reduce pain and discomfort where you got the shot:
- Apply a clean, cool, wet washcloth over the area.
- Use or exercise your arm.

To reduce discomfort from fever:
- Drink plenty of fluids.
- Dress lightly.

When to call the doctor

In most cases, discomfort from fever or pain is normal. Contact your doctor or healthcare provider:
- If the redness or tenderness where you got the shot increases after 24 hours
- If your side effects are worrying you or do not seem to be going away after a few days

Remember

- Side effects may feel like flu and even affect your ability to do daily activities, but they should go away in a few days.
- With most COVID-19 vaccines, you will need 2 shots in order for them to work. Get the second shot even if you have side effects after the first one, unless a vaccination provider or your doctor tells you not to get a second shot.
- It takes time for your body to build protection after any vaccination. COVID-19 vaccines that require 2 shots may not protect you until a week or two after your second shot.
- 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.

v-safe
after vaccination health checker

Ask your healthcare provider about getting started with v-safe

Use your smartphone to tell CDC about any side effects after getting the COVID-19 vaccine. You'll also get reminders if you need a second dose

Learn more about **v-safe**.
www.cdc.gov/vsafe

https://www.cdc.gov/coronavirus/2019-ncov/vaccines/pdfs/321466-A_FS_What_Expect_COVID-19_Vax_Final_12.13.20.pdf

FACT

- In the major clinical trials done for approval, over 43,000 volunteers were enrolled, half of which received the vaccine, and half of which received the placebo. The number of severe adverse effects were equal in the 2 groups. No deaths related to the vaccine have been recorded to date.

No, there are no microchips in coronavirus vaccines.

Dec. 17, 2020, 1:35 p.m. ET
By Katherine J. Wu

FACT

- There is not.

FACT

- Even if you have had Covid, it is still recommended to get the vaccine. Reinfections are possible, and it is important to get as much protection as possible.

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Why Get Vaccinated?

It all starts with you.

- Building defenses against COVID-19 in your community is a team effort. And you are a key part of that defense.

- Getting the COVID-19 vaccine adds one more layer of protection for you, your coworkers and classmates, patients, and family

- To learn more, go to www.cdc.gov/coronavirus/vaccines

Use all the tools that you have to keep your community safe during this pandemic

Get vaccinated.

Stay 6 feet from others, and avoid crowds.

>6 feet

Wear a mask.

Wash hands often.

https://www.cdc.gov/vaccines/covid-19/downloads/all-of-our-tools.pdf

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