COVID-19 Update

Public Health Committee
January 9, 2020

COVID-19 Update

01 COVID-19 Vaccine

02 Testing Sites

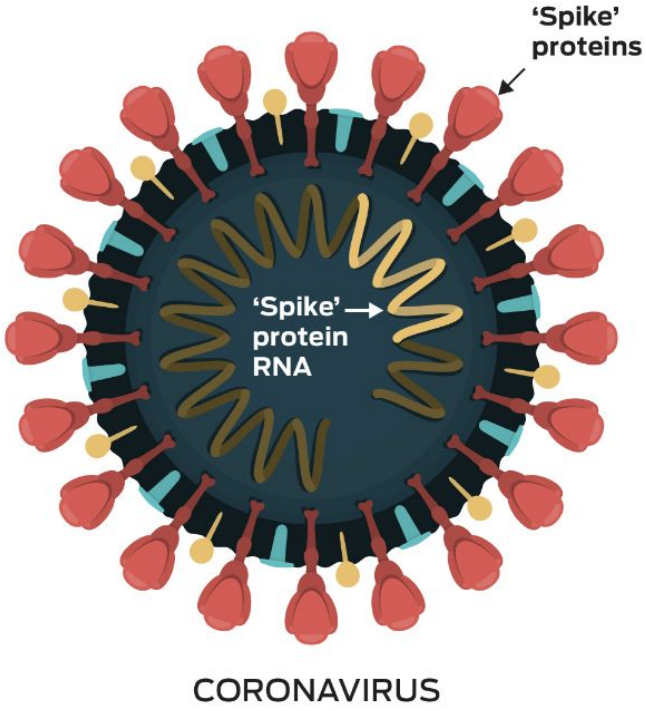
03 Updated Guidelines

COVID-19 Vaccine

- COVID-19 Vaccines authorized for emergency use
  - Pfizer COVID-19 Vaccine
  - Moderna COVID-19 Vaccine

- Pfizer and Moderna COVID-19 vaccines
  - **mRNA vaccines**
  - **Require 2 shots**
    - Pfizer - 21 days apart
    - Moderna - 28 days apart
  - **>94% effective at preventing COVID-19** - 7 days after the 2nd dose!

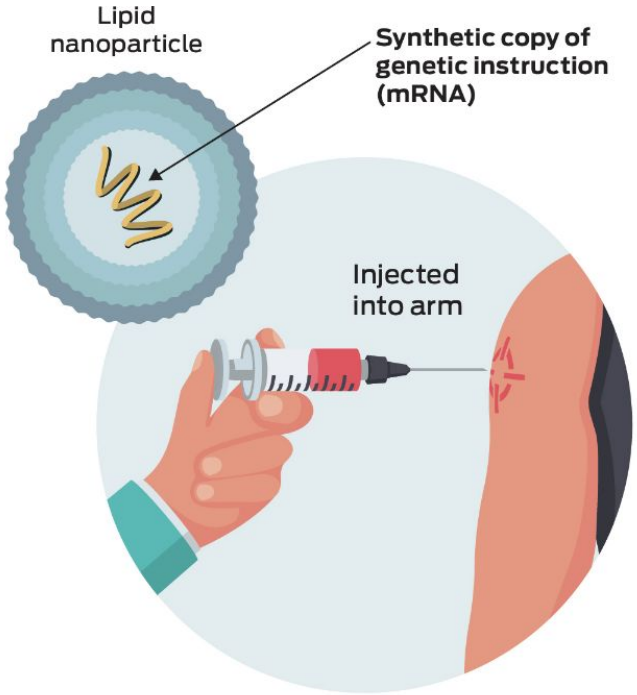
COVID-19 Vaccine - How does it work?



Scientists discovered the genetic sequence of the spike protein

"Spike" protein - Helps the coronavirus attach to and enter our cells

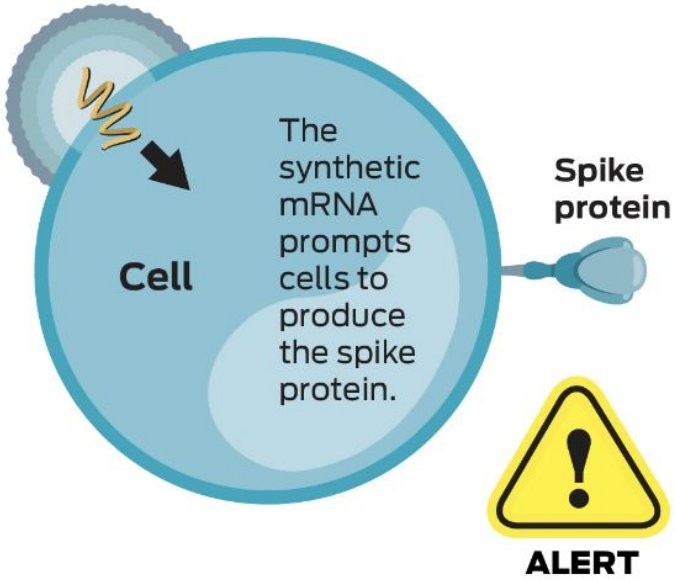
COVID-19 Vaccine - How does it work?



Scientists used the sequence of the spike protein to make mRNA, or genetic instructions, which tells the cell how to make the spike protein.

The spike protein mRNA is injected into our arm

COVID-19 Vaccine - How does it work?



The mRNA enters your cells.

↓

Your cells use the mRNA instructions to make the spike protein.

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The spike protein is displayed on the surface of your cells.

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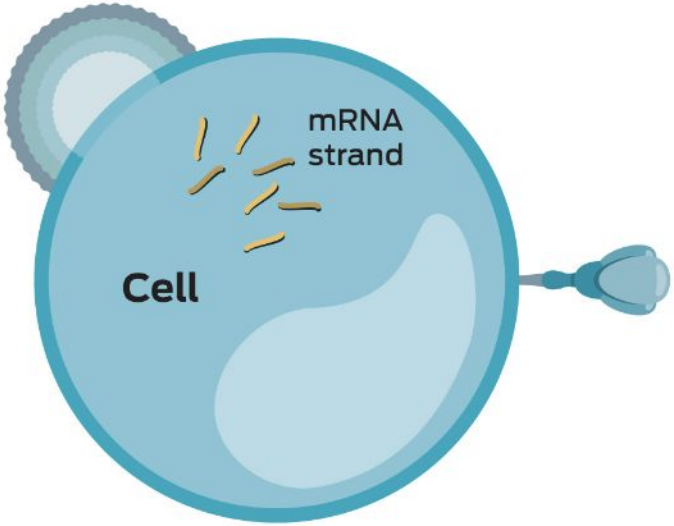
Immune cells recognize the spike protein as foreign

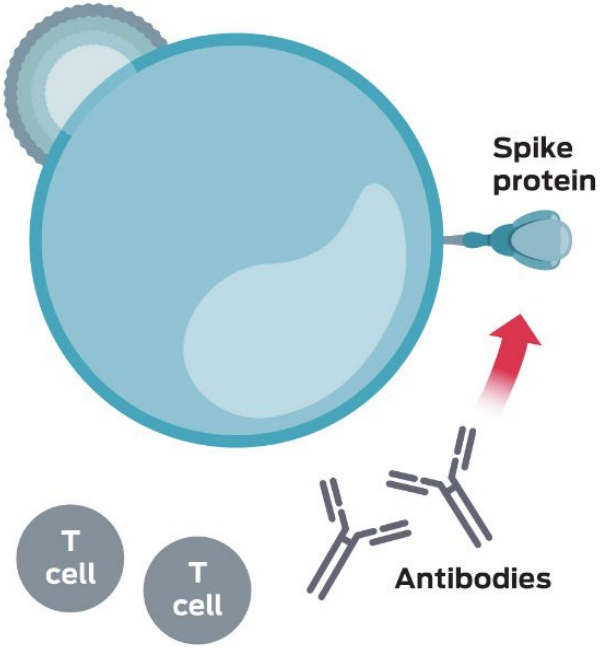
COVID-19 Vaccine - How does it work?



After the spike protein is made, the cell breaks down the mRNA.

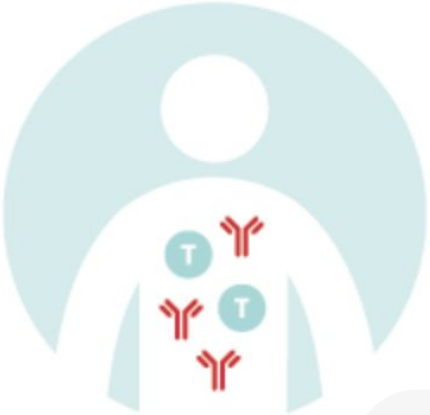
The mRNA does not affect your DNA!

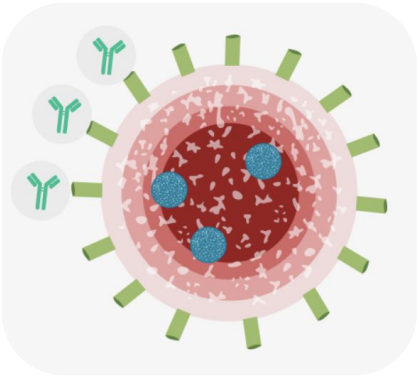
COVID-19 Vaccine - How does it work?



The immune system produces antibodies and activates T-cells to fight the viral protein.

COVID-19 Vaccine - How does it work?



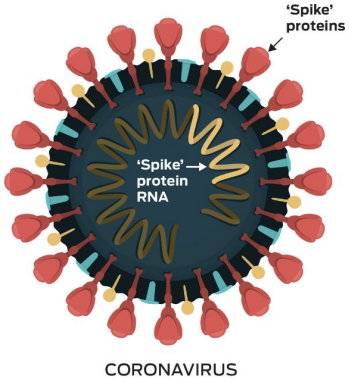


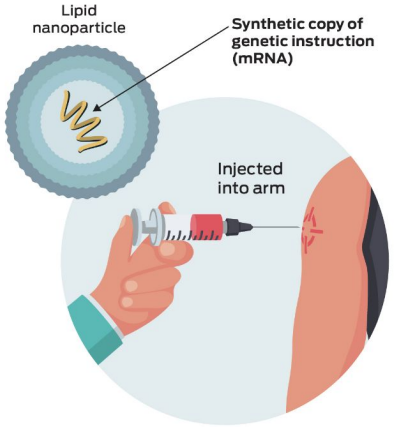
If the real coronavirus enters your body, your body will be able to recognize and attack the virus

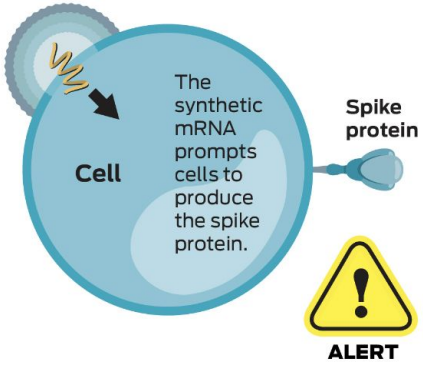
Antibodies - bind to the virus and prevent it from entering your cells

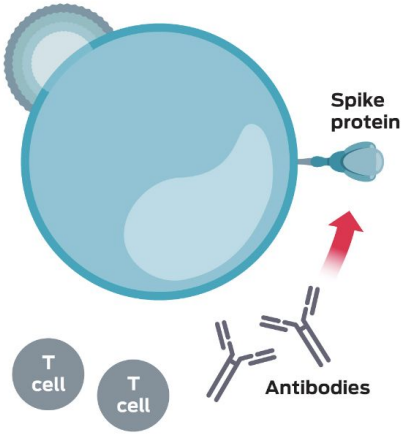
T-cells - recognize and kill infected cells

COVID-19 Vaccine - How does it work?









What are the side effects of the vaccine?

- Most common side effects
  - Sore arm - pain and swelling in the arm where you got shot
  - Fever
  - Chills
  - Tiredness
  - Headache

- Most side effects were mild to moderate

- Side effects may feel like the flu and even affect your ability to do daily activities, but they should go away in a few days

Common questions:

- Why should I get the vaccine?
  - The COVID-19 vaccine might prevent you from getting COVID-19 or if you get COVID-19, the vaccine will prevent you from becoming seriously ill

- Can I get COVID-19 from the vaccine?
  - No. There is no live virus in the vaccine.

- Can I stop wearing a mask if I get the vaccine?
  - Not yet! Continue to social distance, wear a mask, and wash hands frequently!

When can I get the COVID-19 vaccine?

The COVID-19 vaccine will be given in phases:

Phase 1A: Frontline healthcare workers and long-term care facility residents

Phase 1B: Tier 1 and Tier 2

- **People 75 years and older, 65-74 years old**
- **Essential workers** (education, childcare, emergency services, food, agriculture, transportation and logistics, facilities, critical manufacturing)
- **Incarcerated and homeless individuals**

Phase 1C:

- **People 50-64 years old**
- **People 16-49 years old with underlying medical conditions**
- **Other essential workers** (water; energy; defense; chemical and hazardous materials; communications and IT; financial services; government operations; community-based essential functions)

COVID-19 Testing

- You should get tested if you:
  - Have symptoms
  - Were in close contact with someone who was COVID-19 positive
  - Are an essential worker
- If you have insurance, contact your doctor or health provider first!

Testing Sites

- **CityTestSF at Embarcadero**
  - Schedule appointment online, NO drop-ins
- **CityTestSF at Alemany Farmer's Market**
  - Schedule appointment online, limited number of drop-ins
- **Optum at City College**
  - Schedule appointment online
- **Curative - many test sites available!**
  - Schedule appointment online at curative.com

Links to COVID-19 testing sites and resources!

linktr.ee/MHC_PH

COVID-19 Guidelines

- Stay Safer at Home Order
  - Only gather with members of your household
  - You can meet with 1 person who doesn't live with you, outside
  - If you go out, stay 6 feet away from others and wear a face covering.
  - You can go out to exercise with members of your household.

- Those coming back to San Francisco from outside the Bay Area must quarantine for 10 days.

Question: What is in the Pfizer and Moderna COVID-19 vaccines?

A. Live coronavirus
B. Dead coronavirus
C. Spike protein mRNA
D. Spike protein DNA

Any Questions?