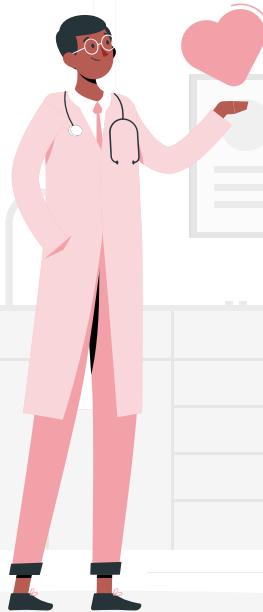




# Vaccines: Annual Flu and COVID-19





# AGENDA

Annual Flu

Testing Sites



What are vaccines?

COVID-19

Closing and Resources





# Vaccines

## Vaccines (Bakuna):

- Prepares one's immune system to fight against a disease more efficiently and effectively
  - Protects an individual from getting sick
- Vaccines can be administered through injections, nasal spray and by mouth
  - Most common way is through injections or shots (e.g. Annual Flu Shots)



# HOW DO VACCINES WORK?

And how does it protect you?



## FIRST

Body detects something foreign (vaccines give you the foreign substance but it is non-functional, dead or very weak)



## SECOND

Body fights against vaccines by making antibodies

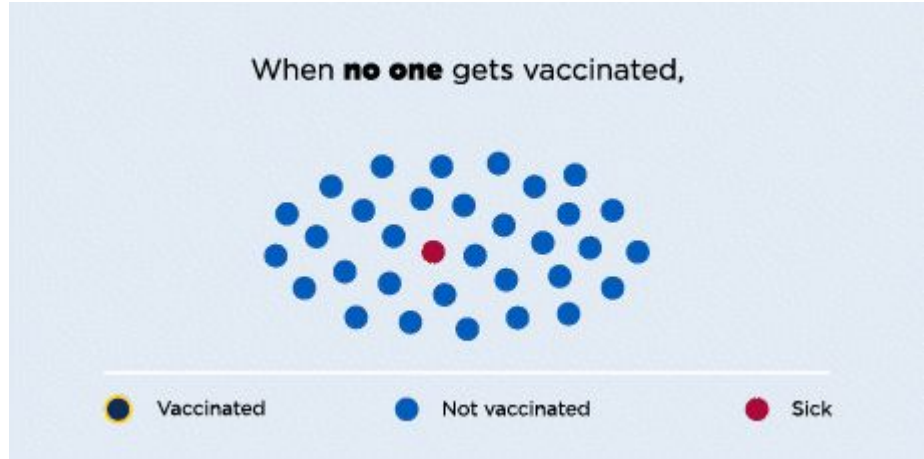


## THIRD

The body keeps antibodies to fight against infections for the next time

# How vaccines protect our community: Herd Immunity

- **When no one gets vaccinated:**
  - disease can spread easily
- **When some get vaccinated:**
  - disease spreads a little slower
- **When most people get vaccinated:**
  - disease can't spread





# Vaccine Myths (Mga kasabihan tungkol sa bakuna)

## **Myth #1 (hindi totoo ito): Vaccines cause autism.**

The research pertaining to this paper has been discredited

## **Myth #2 (hindi totoo ito): Vaccines contain unsafe toxins.**

Vaccines go through many stages and trials so it is safe! They also must be approved by the Food and Drug Administration (FDA)

## **Myth #3 (hindi totoo ito): Vaccines can infect me with the disease it's trying to prevent.**

You may get symptoms of a disease but symptoms  $\neq$  disease

An illustration of three healthcare professionals standing in a clinical setting. On the left is a woman in pink scrubs with a stethoscope. In the center is a man in a white lab coat over a black shirt and tie, also with a stethoscope. On the right is a woman in a white lab coat over a black top and pink pants. They are standing in front of a white door and a reception desk. The background is light gray with some faint text on a board.

# Annual Flu

*(Trangkaso)*

What role do vaccines play in it?

# During Fall and Winter of every year... (Tuwing taglamig at tuwing taglagas)



## Flu

A **contagious** respiratory illness caused by viruses that infects your nose, throat and sometimes your lungs



## Symptoms

Mild to severe disease with some or all presenting with **fever, cough, sore throat, runny/stuffy nose, body aches, headaches, tiredness**, vomiting and diarrhea (more commonly in children)



## Transmission

Spread through **tiny droplets** made when infected individuals **cough, sneeze, talk or touch a surface** that has the flu virus



# Importance of Flu Vaccines

## (Bakit mahalaga ang bakuna sa Trangkaso?)



### For you

It protects **you** from getting sick and affecting your daily life.



### For others

It **protects** not only **you**, but others in your community from getting sick, especially individuals who are at high risk of developing serious flu-related complications.

# When should you get your flu shot? (Kailan ka dapat magpabakuna?)

- Your body develops antibodies after 2 weeks of flu shot.
- Flu shot by the end of October
- You must need a flu shot each year because:
  - Immunity declines over time
  - Flu viruses change



# Where can I get my Flu Shots (Saan ako pwedeng magpaFlu Shot?)

- Flu shots are offered in:
  - Doctor's offices
  - Clinics
  - Health department
  - Pharmacies
  - College health centers
  - Some employers and schools



# Flu shot locations

## Safeway Pharmacy

1335 Webster St  
Phone: 415-921-5502  
Walk-ins welcome  
Free with most insurances

## Zuckerberg SF General

1001 Potrero Ave Building 3, Room 101 (22nd St  
and San Bruno Ave)  
Phone: 415-682-1740  
M-F 9 AM- 5 PM  
Call to schedule appt.; Walk-ins accepted  
Free for uninsured SF residents and SFNH pts.

## San Francisco Free Clinic

4900 California Street  
Phone: 415-750-9894  
M- F 9:30- 10 AM and 4-4:30 PM  
Appt. only  
Free to uninsured

## Maxine Hall Health Center

1181 Golden Gate Ave  
Phone: 415-682-1740  
M- F 9 AM- 5 PM  
Call to schedule appt.; Walk-ins  
accepted  
Free for uninsured SF residents and  
SFNH pts.



# COVID-19

**What role do vaccines play in it?**



# Benefits of getting vaccinated (Ang mga benepisyo ng pagbabakuna)



COVID-19 vaccination will help keep you from getting infected



COVID-19 vaccination will be safer way to help build protection and herd immunity

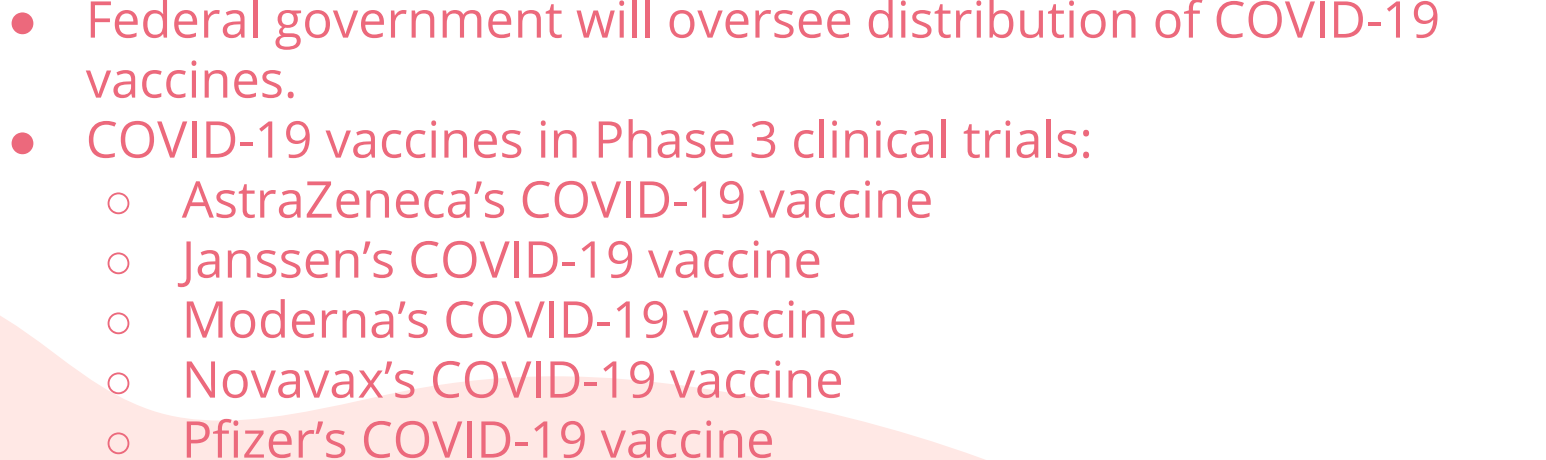


COVID-19 vaccination will be an an important tool to help stop the pandemic



# Upcoming Vaccine information

## (Impormasyon sa mga darating na bakuna)

- The Department of Health and Human Services (HHS) and the Department of the Defense is working to develop, make, and distribute the vaccine as quickly and safely as possible
    - Goal: end of 2020
  - Federal government will oversee distribution of COVID-19 vaccines.
  - COVID-19 vaccines in Phase 3 clinical trials:
    - AstraZeneca's COVID-19 vaccine
    - Janssen's COVID-19 vaccine
    - Moderna's COVID-19 vaccine
    - Novavax's COVID-19 vaccine
    - Pfizer's COVID-19 vaccine
- 

# Should I get tested for COVID-19? (Dapat ba akong magpaCOVID-19 test?)

- + ○ You should get tested if:
  - You show symptoms of COVID-19
  - You have been in contact with someone who has tested positive
  - Frequently get tested if you are an essential worker
































# COVID-19, flu or cold

## Check your symptoms to find out



## Symptoms Overlap

Symptoms	 Coronavirus	 Flu	
 Fever	 Common	 Common	
 Fatigue	 Sometimes	 Sometimes	<input checked="" type="checkbox"/>
 Cough	 Common (usually dry)	 Common (usually dry)	
 Sneezing	No	No	<input checked="" type="checkbox"/>
 Aches & pains	 Sometimes	 Common	<input checked="" type="checkbox"/>
 Runny/ stuffy nose	Rarely	 Sometimes	<input checked="" type="checkbox"/>
 Sore throat	 Sometimes	 Sometimes	<input checked="" type="checkbox"/>
 Diarrhea	No	 Sometimes (for children)	
 Headache	 Sometimes	 Common	
 Shortness of breath	 Sometimes	No	

# Where can I get tested? (Saan ako pwedeng magpaCOVID-19 test?)

- COVID-19 testing may be offered in:
  - Doctor's offices
  - Urgent care site (for tests with no symptoms or known exposure)
  - Government operated (if you show symptoms or known exposure)
  - Neighborhood testing sites
  - Pop-up community testing sites

# COVID-19 Testing locations

## CityTest SF— SOMA

600 7th St  
Phone: 415-682-1740  
Appointment required  
Testing for all patients

## Zuckerberg SF General

1001 Potrero Ave Building  
Phone: 415-682-1740  
M-F 9 AM- 5 PM  
Call to schedule a test

## Mission Neighborhood Health Center

Shot well Parking Lot | 240 Shotwell St.  
Phone: 415-552-3870  
M- F 8 AM- 5 PM  
Call to schedule a test

## Castro Mission

3850 17th Street  
Phone: 415-682-1740  
M-F 8 AM to 5 PM or S-S 12 PM - 4 PM  
Call to a schedule a test

# Reference

- <https://www.vaccines.gov/basics>
- <https://www.cdc.gov/flu/about/index.html>
- <https://www.sfcDCP.org/immunizations/where-to-get-immunized/>
- <https://www.cdc.gov/flu/prevent/keyfacts>
- <https://www.publichealth.org/public-awareness/understanding-vaccines/vaccine-myths-debunked/>

