

ABOUT COVID-19 VACCINES IN OLDER ADULTS

Updated March 19, 2021



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**BALTIMORE
CITY HEALTH
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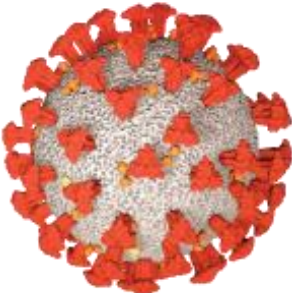


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VACCINES

How does a vaccine work?

Vaccines work by teaching the body to recognize and fight invaders



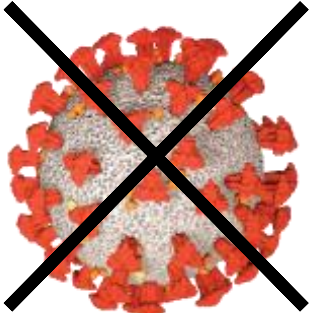
Body recognizes COVID-19 virus



Body sounds alarm



Fighter cells & antibodies go into action



GOAL: COVID-19 virus is blocked or controlled

SPECIAL POPULATIONS AND RISK

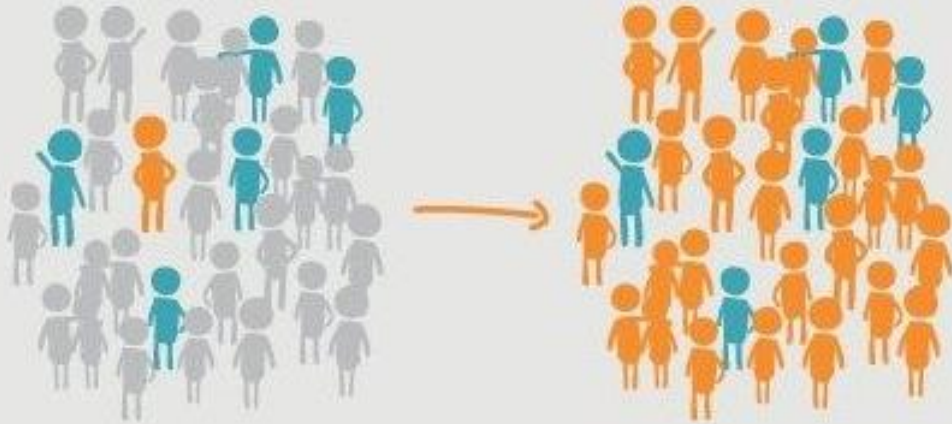
Why is vaccination against COVID-19 so important?

VALUE Communities and Risk of COVID-19

- Some people are at higher risk for severe illness from COVID-19 including older adults, pregnant people and those with underlying medical conditions. Others including people experiencing homelessness, people with disabilities and people that have experienced health system or social inequities also need extra precautions to protect themselves from COVID-19 and other illnesses
- Vaccines will help, but other public health measures are still needed (social distancing, masks, hand hygiene, etc.)
- We encourage two doses of available mRNA vaccines to ensure maximum protection (one dose is sufficient for J&J vaccine)

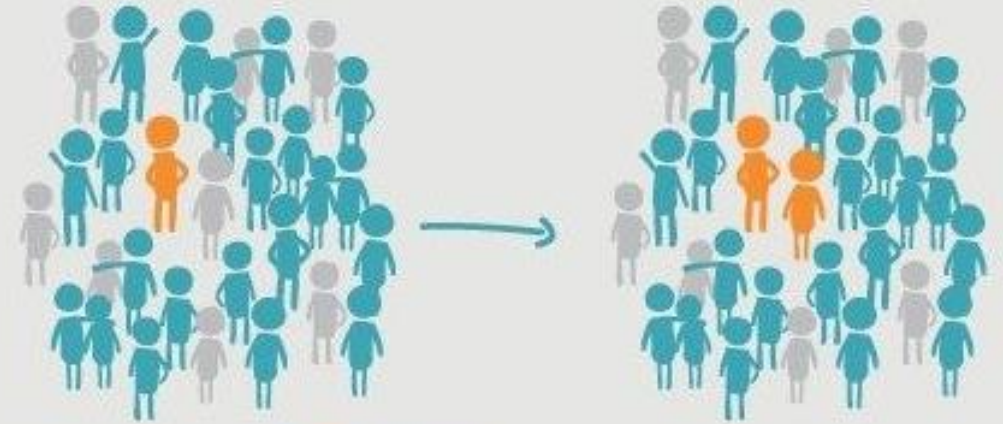
GETTING YOURSELF VACCINATED HELPS TO PROTECT OTHER PEOPLE IN THE COMMUNITY

If only a few people are **vaccinated** ...



...then the **disease** spreads very fast

But if lots of people are **vaccinated** ...



...then the **disease** can't spread very far,
so the whole community stays safe.

This is 'herd immunity'

About the COVID-19 vaccines

What can we say about the vaccines that are available right now?

THERE ARE CURRENTLY 2 mRNA VACCINES WITH EMERGENCY USE AUTHORIZATION* AVAILABLE IN THE US



- The Pfizer mRNA vaccine requires 2 doses, 21 days apart
- The Moderna mRNA vaccine requires 2 doses, 28 days apart
- Both vaccines are more than 94% effective and show mild to moderate side effects

** Emergency Use Authorization (EUA) is the Food and Drug Administration's (FDA) way to streamline timely access to vaccines, medicines and diagnostics during a public health emergency like the COVID-19 pandemic*

A THIRD VACCINE THE J&J VACCINE, A VIRAL VECTOR VACCINE, HAS NOW RECEIVED EMERGENCY USE AUTHORIZATION



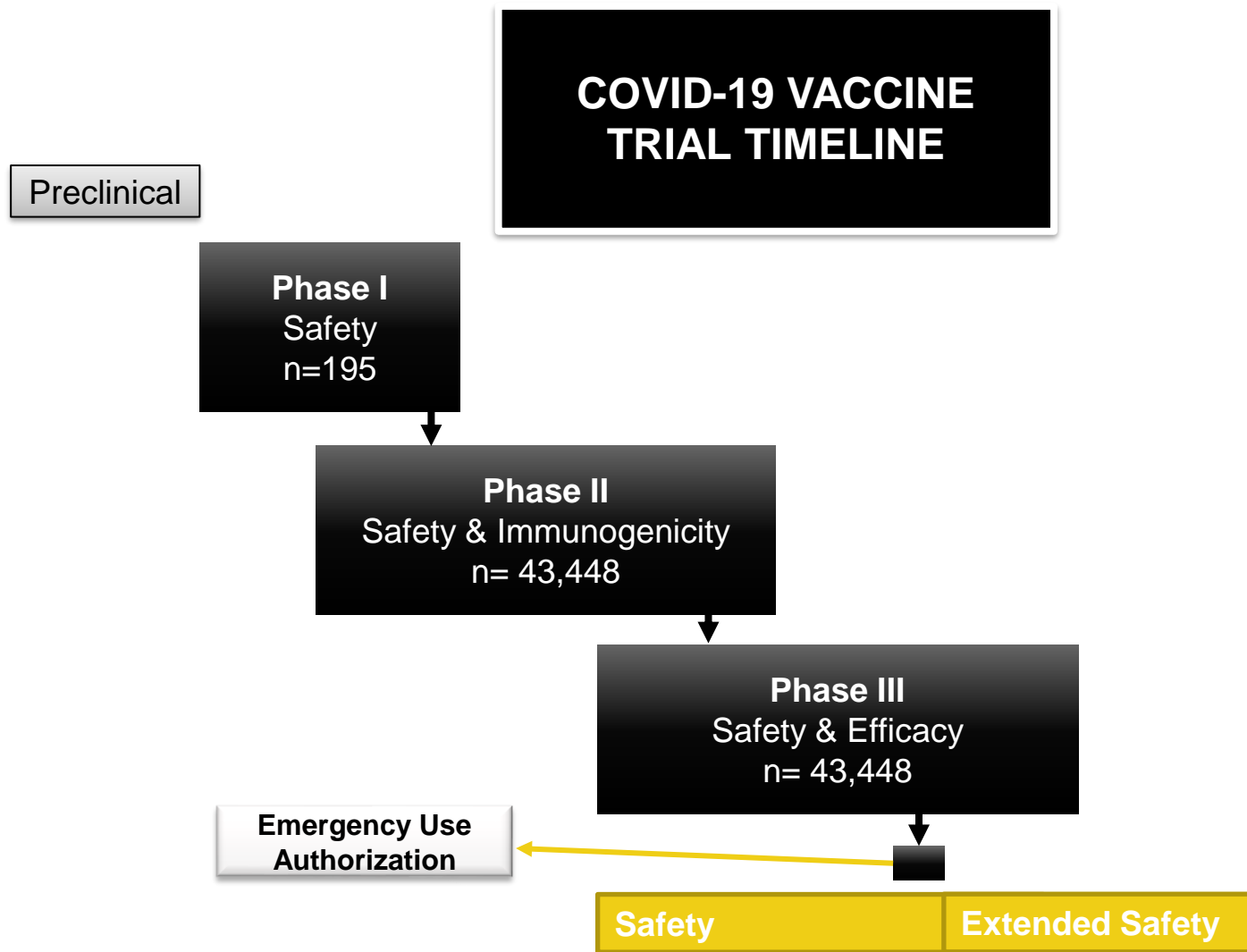
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- The Johnson and Johnson (J&J) vaccine requires only a **single dose**
- The vaccine showed:
 - 72% effectiveness in the US (against moderate to severe/critical disease)
 - 85% effectiveness against severe disease.
 - There were no hospitalizations or death from COVID-19 among vaccine recipients
- Side effects similar to other vaccines

VACCINE DEVELOPMENT

How was the vaccine developed so quickly? Who was included in the vaccine study trials?

NO STEPS WERE SKIPPED IN DEVELOPING VACCINES

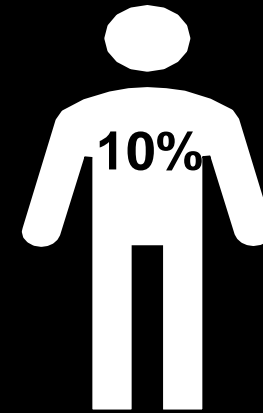


*numbers from Pfizer Phase 1 and Phase 2/3 trials

- The mRNA technology has been studied for over a decade
- J&J's adenovirus vector vaccine is the same platform as their Ebola vaccine
- More resources, funding and commitment have led to shorter timelines and greater efficiency
- Results seen quickly due to high number of cases of disease

COVID-19 VACCINES IN MINORITY POPULATIONS

- Companies have gone to great lengths to achieve diversity in their vaccine trial populations.
- This has been a challenge due to historical mistreatments in minority communities.
- Older populations were also represented in the vaccine trials. These vaccines have been shown to be safe and effective in older adults.



At least 10% of Pfizer and Moderna study participants in the US were Black



20% of Moderna (US) and 28% of Pfizer (US and Latin America) participants were Hispanic/Latino



14% of J&J were Hispanic/Latino (US) and 19.4% were Black (worldwide)

SAFETY

Can the COVID-19 vaccines give me COVID-19?

Or make me suffer from unpleasant side effects?

THE COVID-19 VACCINES **CANNOT** GIVE YOU COVID-19!

The available COVID-19 vaccines work by giving your body “instructions” to create antibodies to fight the virus.

They do **NOT** introduce the actual virus into your body.

The vaccines **CANNOT** cause infection or cause you to get COVID-19 illness.



THERE ARE SEVERAL WAYS THE US MONITORS VACCINE SAFETY

- Large clinical trials
- Safety monitoring in vaccine study participants
- Health provider reporting – all serious safety concerns are reported to CDC by providers

The screenshot shows the v-safe app interface. At the top, the logo reads "v-safeSM after vaccination health checker" next to a stylized arrow graphic. Below the logo is a progress bar showing "0%". The main text says "Hi Olivia," followed by "Let's start today's health check-in." and "How are you feeling today? *". There are three buttons with smiley faces: a green "Good" button, a yellow neutral button, and a red "Poor" button. A large blue arrow points downwards from the neutral button area, containing the text "Follow instructions to complete check-in." Below this arrow is a blue "Next >" button. At the bottom, a small disclaimer reads: "Your information in v-safe is protected by administrative, technical, and physical measures that safeguard the..."

V-SAFE, a new opt-in, SMART phone-based app from CDC checks up on those receiving vaccine by sending text messages, web-based surveys, and reminders for the second vaccine dose.

COVID-19 VACCINES AND SIDE EFFECTS

- If you have side effects, it can be sign that your immune system is responding to the vaccine.
- Most side effects are mild to moderate and go away in 1-2 days.
- The side effects are similar across all the vaccines
- Side effects are increased after the 2nd dose of mRNA vaccines.
- Side effects are more frequent in younger people.

The most common side effects are:

- Injection site pain or redness
- Fatigue
- Muscle pain
- Joint pain
- Headache
- Chills
- Fever

HOW TO MANAGE SIDE EFFECTS

To reduce injection site pain and discomfort

- Apply a clean, cool, wet washcloth over the area
- Use or exercise your arm
- Take a pain reliever, like Tylenol or Advil (*if you are able to*)

To reduce discomfort from fever

- Drink plenty of fluids
- Take medicine to reduce fever, like Tylenol or Advil (*if you are able to*)

When to contact your doctor or healthcare provider

- If the redness or tenderness at the injection site increases or becomes very tender
- If your side effects are worrying you or do not seem to be going away after a few days.
- If you have severe or unexpected side effects

COVID-19 VARIANTS

Will the COVID-19 vaccine protect me from new variants?

COVID-19 VARIANTS AND VACCINATION

- Some spread of new variants in Baltimore has occurred
- Vaccination may work against some strains but not all. The best way to reduce more variants from occurring is to stop the spread through vaccination and social distancing
- We are still gathering evidence on current vaccines' ability to protect against new variants - continuing with our current precautions (masks, distancing, and vaccination) is important in the meantime

VACCINE DISTRIBUTION

When are where can I get vaccinated?

HOW VALUE COMMUNITIES ACCESS VACCINES

- **Supply is still very limited and BCHD is working to bring vaccine directly to underserved adults**
- Some adults are vaccinated in senior housing buildings
- Large community clinics in churches, mosques and synagogues are planned in various communities
- Adults can sign up online for appointments



KEY TAKEAWAYS

And other resources

RESOURCES

- Baltimore City Health Department: [Baltimore City Health Department COVID-19 Vaccine Information](#)
- [Maryland Access Point \(MAP\)](#), for Clients 60+ years old, 18-59 years old with a disability, **410-396-CARE (2273)** or call **211, (available 24/7)**
- Maryland's COVID Distribution: [COVIDLINK](#)
- [Centers for Disease Control and Prevention Older Adults COVID-19 extra precautions](#)



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