



# COVID-19 Vaccine

## BASIC INFO

Pine County Public Health is signed up as a provider to receive COVID-19 vaccines. We are currently anticipating the Moderna vaccine to be the first vaccine administered by our agency. This can change based on state and federal prioritization and supply availability.

## Side Effects

### Immune Response

- Mild to moderate, self-limited side effects were common lasting 1-2 days.
- More common after second dose.
- Side effects less common for older adults (over 55).

### Details of mild to moderate (1st dose/2nd dose)

\*Pain at the injection site (75%/84%)

only 2% severe

\*Fatigue (39%/68%)

only 6% severe

\*Headache (35%/63%)

only 3% severe

\*Chills (9.2%/48.3%)

only <1% severe

\*Other effects seen include joint pain and body aches.

- Severe side effects were those that prevented daily activity. Ex: staying home in bed because of a headache.

### Severe Adverse Reactions

- Extremely Rare. A handful of cases across trial and placebo groups - and everything looks balanced between groups and in line with what we'd expect to normally see in the general public.

## Moderna Vaccine

### 2 doses needed-28 days apart

#### SOME WIGGLE ROOM FOR AFTER 28 DAYS

- Approved under an Emergency Use Authorization; government cannot mandate under EUA
- All clinical trials completed, just some overlapped and done at the same time. With political will and funding (private and public) it was ready sooner.
- mRNA vaccine type, meaning only a small piece of the germ is in the vaccine versus the whole germ like the MMR or Hepatitis vaccine.
- Cannot interchange vaccines, need to get the same brand for both doses.

### Ingredients

- mRNA
- Fat Bubble to hold the mRNA
- Salt to balance pH
- Sugar

## Effectiveness & Immunity

### Moderna - 95% effective

Normal vaccines take about 2 weeks to build immunity, so needing 2 doses would mean that full effectiveness will take about 6 weeks.

### How long does it last?

Good question! At this time it is not known how long immunity lasts, whether a yearly booster is needed, booster every 3-5 years or lifelong immunity. Still waiting for more data on immunity currently.

## Eligibility

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- Based on being identified as a priority group after healthcare and long term care staff and residents; some groups will receive the vaccine before it is available to other groups and the general public.
- Family members cannot receive the vaccine based on workers eligibility status.

## Myths

### Will it change my DNA? NO

If DNA is your cookbook, mRNA is like a flimsy copy of one recipe from another cookbook - it will not change your cookbook. DNA to RNA is unidirectional, it doesn't go back and forth between both.

### Will it give me COVID? NO

Because the vaccine only contains information to form the spike protein (recipe) and not the entire virus, you will not get COVID from the vaccine.

### Is there a tracker in the vaccine?

NO. The only things in the vaccine are mRNA, a fat bubble holding the mRNA, salts (to balance the pH), and sugar. Your cell phone already has that ability.

### Does it contain fetal cells? NO

The mRNA comes straight from the coronavirus and is stuck in a tiny fat cell. Nothing from fetal cells is found in the vaccine.

### Do you get a COVID card?

Yes, but it is like the reminder cards you get at the dentist. It tells you when you should return, when and what vaccine you received that day. The card does not give you any special privileges though, sorry!

## Questions - Can I get the vaccine if...?

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### I already had a COVID-19 infection?

YES

At this time we are unsure how long immunity lasts from a COVID-19 infection. Reinfections can occur, so a person could still benefit from vaccine immunity.

### I am immunocompromised or have underlying health conditions?

MAYBE

Talk with your provider on the risks and benefits of having a COVID-19 infection and if the vaccine would be right for you.

### I am pregnant and/or breastfeeding?

YES

The FDA did not exclude pregnant/or breastfeeding people from the vaccine. Talk with your provider to determine if it's the right option for you!

### I got my flu shot last week?

WAIT AT LEAST 14 DAYS

They need more information when receiving other vaccinations at the same time. So wait 14 days after administration of another vaccination.

## Public Health Info

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- Public Health staff and nurses will be administering the vaccine at various sites.
- Will be utilizing an online scheduling, consent and administration system called PrepMod.
- It will be provided to people at no cost.

### Questions?

- Email our Public Health inbox at [public.health@co.pine.mn.us](mailto:public.health@co.pine.mn.us)
- Follow us on Facebook
- Pine County Public Health