



# Coronavirus 2019 (COVID-19)

# Prevention and Guidance

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# Presentation Overview

1. COVID-19 Basics
2. COVID-19 Prevention & Guidance
3. COVID-19 Vaccine
4. Resources



# COVID-19 Updates

Information is changing constantly. For updated information, including the numbers of cases, visit:

- **Los Angeles County** @LAPublicHealth  
[publichealth.lacounty.gov/Coronavirus](http://publichealth.lacounty.gov/Coronavirus)
  - **CDC - National, international, and travel**  
[cdc.gov/coronavirus/2019-ncov/index.html](http://cdc.gov/coronavirus/2019-ncov/index.html)
    - 800-CDC-INFO (800-232-4636) TTY: (888) 232-6348
  - **WHO – Global**  
[who.int/emergencies/diseases/novel-coronavirus-2019](http://who.int/emergencies/diseases/novel-coronavirus-2019)
-  **Be Aware of False Reports** - See Public Health website, press releases, and social media accounts for official information.



# What are coronaviruses?

- Named for the spikes on the cells (they look like crowns)
- Most coronaviruses infect animals, but not people.
- Rarely, these coronaviruses evolve and infect humans, typically causing mild to moderate illness in people.





# How do coronaviruses spread?

- Spread through close personal contact with an infected person
  
- Coughing or sneezing
  
- Touching a surface and then touching their own mouth, nose, or eyes.



# Protect yourself and others from getting COVID-19





# Practice healthy habits daily



- Practice social (physical) distancing
- Avoid close contact, like kissing and sharing cups or utensils, with people who are sick.



# Cloth Face Coverings must be used to avoid spreading COVID-19 to others

Prevent Spreading to Others



When in contact or likely to come into contact with others...





# How is COVID-19 treated?

- No cure for the virus
- Many symptoms can be treated
  - Treatment is based on the patient's condition or symptoms
  - For mild cases, similar to treatment for colds and flu
- Vaccines



Be aware of scam “treatments”

Visit: [ph.lacounty.gov/hccp/covidscams](http://ph.lacounty.gov/hccp/covidscams)



# COVID-19 Vaccine

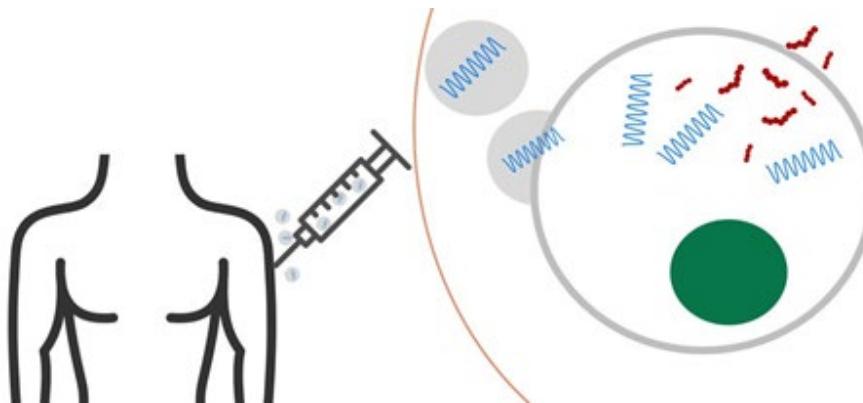


# How vaccines work

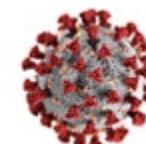
- Vaccines prepare the body's natural immune system to recognize and fight off germs such as viruses or bacteria
  - Some vaccines contain dead or weakened versions of the germ
  - Others contain substances made to look like part of the germ
  - New mRNA vaccines teach the body to make proteins that mimic the germ
- When someone gets a vaccine, the immune system responds:
  - It makes antibodies
  - It prepares cells to respond to future infection
- After getting the vaccine, if you are exposed to the germ, your immune system remembers how to destroy it, so you don't become sick

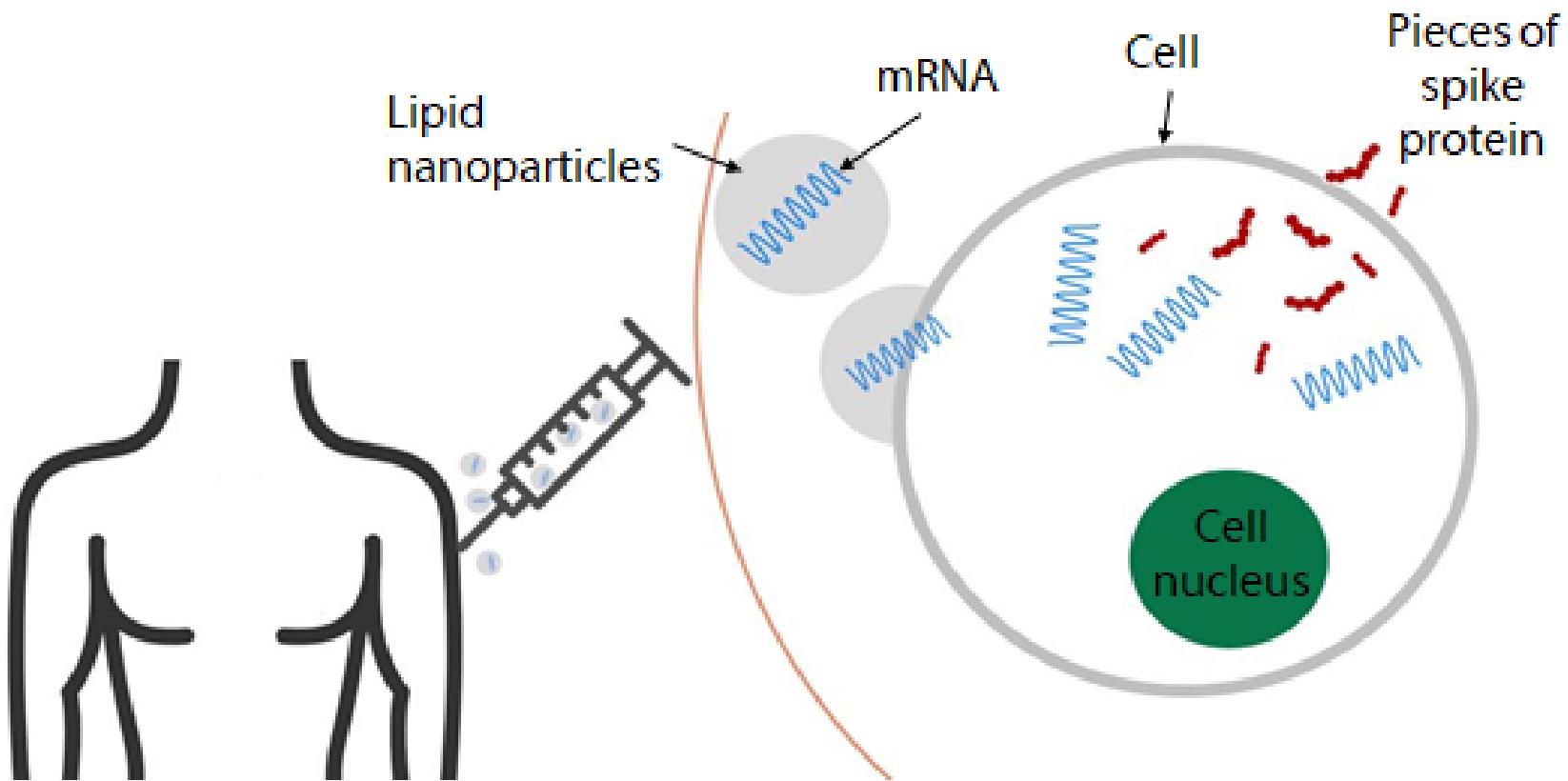
# mRNA Vaccine

- Our bodies use messenger RNA (mRNA) to make proteins
- The mRNA in the vaccine is packaged inside tiny oily bubbles known as lipid nanoparticles (LNPs)
- The mRNA enters our cells and teaches them how to make harmless pieces of “spike protein”
- Our immune system sees the spike protein pieces on the surfaces of our cells and knows that they don’t belong there



- Our bodies react by building an immune response—this includes making antibodies and preparing immune cells
- This will protect us if we are exposed to the COVID-19 virus







## You can't get COVID-19 from the vaccine

None of the vaccines being developed in the US contain the virus that causes COVID-19





# The vaccine will not cause you to test positive on a COVID-19 PCR or antigen test

Viral test (PCR, antigen, swab test)

*Look for current infection*

- Vaccines won't cause you to test positive

Antibody (blood) test

*Look for past infection*

- You may test positive after getting a vaccine , because the vaccine teaches your immune system to make antibodies



# Two Vaccines for COVID-19 are available in the US

## Pfizer vaccine

- 94-95% effective at preventing COVID-19 disease
- Age 16 and older
- 2 doses taken 21 days apart



## Moderna vaccine

- 94-95% effective at preventing COVID-19 disease
- Age 18 and over
- 2 doses taken 28 days apart



It is important to get the same kind of vaccine for both doses.



# Studies of Pfizer and Moderna COVID-19 Vaccines

- The Pfizer and Moderna vaccines were studied in over 70,000 volunteers
- Half got vaccine and half got placebo (salt water)
- Both vaccines were tested in diverse mix of people, including older adults and communities of color
- Both vaccines were over 94% effective at preventing COVID-19 disease
- The vaccines were found to work very well and be equally safe for all

**Top Article: An mRNA Vaccine against SARS-CoV-2 — Preliminary Report**

**Abstract:** The severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) emerged in late 2019 and spread globally, prompting an international effort to accelerate development of an effective vaccine. The candidate vaccine mRNA-1273 encodes the stabilized protein Spike (S), which is the primary target of neutralizing antibodies. We report results from a phase 1 trial of mRNA-1273.

**Bottom Article: Safety and Efficacy of the BNT162b2 mRNA Covid-19 Vaccine**

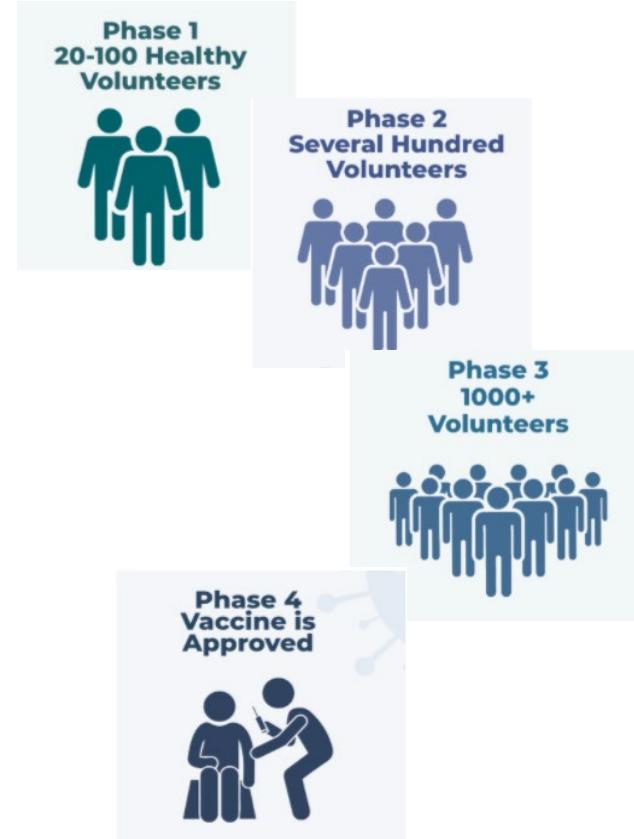
**Abstract:** Large-scale respiratory syndrome coronavirus 2 (SARS-CoV-2) infections and the resulting coronavirus disease 2019 (Covid-19) have affected tens of millions of people worldwide. Safe and effective vaccines are needed urgently.

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# Fast-tracking development while ensuring safety

- Developing a new vaccine usually takes years
- (1) Scientists had a head start because they had studied similar viruses and mRNA vaccines
- (2) The government spent a lot of money to pay companies and scientists to work around the clock
- (3) Researchers used existing networks to conduct COVID-19 vaccine trials
- Every step that is required to make sure a vaccine is safe and effective was followed
  - some of the steps were done at the same time instead of one after another





# Reasons for feeling unwell after vaccine

- Some may get side effects, such as fever, after vaccination. These are normal and are signs that the body is building immunity
- Immunity takes a few weeks





## Allergies and severe allergic reaction (anaphylaxis)

- There is a small risk of severe allergic reaction with any vaccine
- The COVID-19 vaccines contain mRNA, lipids, salts, sugars and buffers
  - Neither vaccine contain eggs, gelatin, latex, or preservatives
- People who are allergic to other things (e.g. food, pets, venom, pollen) or a family history of allergies can be vaccinated
- People who have had an allergic reaction to a vaccine, injectable therapy, polyethylene glycol (PEG), or polysorbate should talk to their doctor

Information may change - check the latest guidance and talk to your doctor

[cdc.gov/coronavirus/2019-ncov/vaccines/safety/allergic-reaction.html](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/allergic-reaction.html)



# Natural immunity vs COVID-19 vaccination

- Both this disease and the vaccine are new
  - We don't know how long protection from a vaccine or from a past infection will last
- What we do know is that:
  - It is possible to get COVID-19 more than once
  - If you get COVID-19, you could get very ill
  - Even if you feel OK, you could give it to other people who could get very ill

**COVID-19 vaccination is a safer way to build protection  
than natural immunity**



# If you have already had COVID-19, it is recommended that you get the vaccine

- We don't yet know how long you are protected after you have had COVID-19, but we do know that you can get COVID-19 more than once. It is important to have the vaccine to strengthen your immunity
- It is safe to get the vaccine after getting COVID-19
- Wait until your isolation period is over to protect healthcare workers and other people who are getting their vaccines.





## Pregnancy and breastfeeding

- The studies did not include women who were pregnant or breastfeeding
- We do know that pregnant women are more likely to get sick if they get COVID-19
- Some pregnant women work in jobs that put them at high risk of getting COVID-19
- Women are advised to discuss the risks and benefits of being vaccinated with their doctor



## People with weak immune systems

- The studies did not include people with weak immune systems
- We don't know how well the vaccine will work in people with weak immune systems.
  - They are at higher risk of getting COVID-19 and more likely to become very ill
  - They are advised to talk to their doctor
- The studies did include people with stable HIV and found that the vaccine was as safe and effective as for everyone else





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# How are vaccines distributed?

- Los Angeles County works on the distribution of vaccine
- The vaccine is being given to different groups of people in phases.
  - Priorities are based on risk of becoming ill and need to keep health care system and society functioning as much as possible
  - Decided in a fair, ethical, and transparent way
- There won't be enough vaccine for everyone until late Spring or Summer 2021
- Vaccine will be free for everyone





Visit [VaccinateLACounty.com](https://VaccinateLACounty.com) for details and updates

<b>Phase 1</b> Began: <b>Mid-December</b> Estimated everyone will have been offered at least one dose : <b>Late January/Early Feb*</b>		<ul style="list-style-type: none"><li>Healthcare workers (who have the potential for direct or indirect exposure to patients or infectious materials)</li><li>Long-term care residents</li></ul>
<b>Phase 1B</b> Estimated to begin: <b>Early Feb.</b>  Estimated everyone will have been offered at least one dose : <b>Late March*</b>	<b>Tier 1</b>	<ul style="list-style-type: none"><li>Persons 65 years and older</li><li>Those at risk of exposure at working the following sectors:<ul style="list-style-type: none"><li>Education and Childcare</li><li>Food and agriculture</li><li>Emergency services</li></ul></li></ul>
	<b>Tier 2</b>	<ul style="list-style-type: none"><li>Those at risk of exposure at work in the following sectors:<ul style="list-style-type: none"><li>Transportation and logistics</li><li>Industrial, commercial, residential, &amp; sheltering facilities &amp; services</li><li>Critical manufacturing</li></ul></li><li>Congregate settings with outbreak risk:<ul style="list-style-type: none"><li>Incarcerated</li><li>Homeless</li></ul></li></ul>
<b>Phase 1C</b> Estimated to begin: <b>March</b>  Estimated everyone will have been offered at least one dose: <b>Late April/Early May*</b>		<ul style="list-style-type: none"><li>Persons 50-64 years old</li><li>People 16-49 years of age and have an underlying health condition or disability which increases their risk of severe COVID-19</li><li>Those at risk of exposure at work in the following sectors:<ul style="list-style-type: none"><li>Water and wastewater</li><li>Chemical and hazardous materials</li><li>Communications and IT</li><li>Government operations / community-based essential functions</li><li>Defense</li><li>Energy</li><li>Financial services</li></ul></li></ul>
<b>Phase 2 (Proposed)</b> Estimated to begin: <b>Mid-May/Early June*</b>		<ul style="list-style-type: none"><li>Persons 16-49 years old without high-risk medical conditions</li></ul>

\*Timings are estimates and may change.  
The phases and tiers will overlap



# Look out for scams



If someone says they can...

- Get you a special low-cost deal or get you the vaccine under the table
- Get you a place on a waiting list
- Sell you a vaccine or “miracle cures”

.....it's a scam!

## Report a possible COVID-19 scam

Contact the LA County Department of Consumer and Business Affairs (DCBA): [dcba.lacounty.gov](http://dcba.lacounty.gov) or 800-593-8222

They can also help you try to get your money back

## Protect your personal or financial information

If you get calls, texts, or emails, be careful what you share.

**Be a smart health care consumer**

### COVID-19 Vaccine Scams

Whenever there is a health crisis, scammers will find ways to cheat people out of their money. During the coronavirus pandemic, scammers are using fake emails, social media posts, and emails to take advantage of fear, anxiety, and confusion about COVID-19. They sell things that don't work, charge for things that are free, and steal personal information. Now that the [COVID-19 vaccine](#) is in Los Angeles County, scammers are targeting local residents with new, sophisticated schemes. Beware!

COVID-19 vaccine is being distributed in Los Angeles County in a fair and transparent way. If someone offers to sell you a chance to get vaccinated before it is your turn, it's a scam.

- Vaccine is only being offered to healthcare workers and people who live in long-term care facilities (for example: nursing homes).
- Essential workers who cannot work from home are likely to be offered the vaccine next because they are at high risk of being exposed to the COVID-19 virus. Older adults, and adults with medical conditions might also be next because they are more likely to have serious complications if they get the virus.
- Children under 18 years of age will not be offered vaccine in the near future. The vaccines are not allowed to be given to this age group.
- Age 18 and older, vaccine will be offered to everyone. This will likely take months. Vaccine may not be offered to the general public until Spring/Summer 2021.
- Information about how to get the vaccine will be posted on the Public Health [COVID-19 website](#).
- If you have questions, talk to your doctor, call 2-1-1 or visit the [LA 2-1-1 website](#). If you need help finding a doctor.

COVID-19 vaccine will be given to Los Angeles County residents at no cost and regardless of immigration status. If someone tells they can get you a special, low cost deal, or get you the vaccine under the table, it's a scam.

- You will not be charged a fee or co-pay to receive a COVID-19 vaccine. The doctor or pharmacy may charge a fee for giving the vaccine, but it should be covered by public and private insurance companies. People without health insurance can still get the vaccine.
- You will NOT be asked about your immigration status when you get a COVID vaccine. Your medical information is private. Your doctor is not allowed to share it with immigration officials.
- Visit the Los Angeles County Office of Immigrant Affairs [COVID-19 page](#) for updates on COVID-19 for immigrant residents.

A RED FLAG is a warning sign or signal that something might be a scam. Look out for these COVID-19 vaccine red flags:

- Someone offers to get you into an earlier group to get the vaccine for a fee.
- Someone tries to sell you a place on a COVID vaccine waiting list. There is no “vaccine waiting list”.
- Someone on the street, online, on social media, or knocking on your door tries to sell you a shot or vaccine.

In one local COVID vaccine scam, a man reported that he was offered vaccines for his entire family at \$49 per person. Luckily, the man's credit card company declined the payment. Vaccines can only be given by licensed medical providers.

Los Angeles County Department of Public Health  
[ph.lacounty.gov/covid19/](http://ph.lacounty.gov/covid19/)  
COVID-19 Scams 11.18.20





# Questions?





# Additional Resources and Information



## More Resources - [covid19.lacounty.gov](https://covid19.lacounty.gov)

Please visit the LA County website for more information on the following:

- Paid sick leave and disability benefits, and pandemic unemployment assistance
- Testing for COVID-19
- Reporting price gouging
- Information for small business loans
- Food resources



## Get reliable information

County of Los Angeles  
Public Health

COVID-19 Home    About COVID-19    Guidances    Protection    News Updates    Help

# COVID-19 VACCINE

Sign up for the **VACCINE NEWSLETTER** to receive updates on vaccine rollout.

\*Email Address

Submit

[General Information](#)

[Getting the Vaccine](#)

[Vaccine Safety](#)

[Authorized Vaccines](#)

[Data](#)

[Information for Providers](#)

[COVID-19 Vaccine Related Donations](#)

**ACTIVELY VACCINATING**

**PHASE 1A**

- Frontline Healthcare Workers
- Staff & Residents at Skilled Nursing Facilities
- Staff & Residents at Long-Term Care Facilities

**ESTIMATED TIMELINE FOR**

**PHASE 1B**

Early February

Check back often for updates.

**HEALTHCARE WORKER APPOINTMENT SIGNUP.**

FIND OUT WHEN YOU CAN RECEIVE A VACCINE.



# Coping with Stress

1. Stay informed with information from credible sources.
2. Stay connected with friends, family, and community groups through social networking or phone calls.
3. Keep a positive attitude and outlook.

If you are feeling stressed, anxious, or depressed,



1-800-854-7771



"LA" to 741741

#SaferAtHome  
[covid19.lacounty.gov](http://covid19.lacounty.gov)



For more resources, visit Department of Mental Health at [dmh.lacounty.gov](http://dmh.lacounty.gov)



# More information from DPH



- **Dial 2-1-1**
  - Links you to health and human services
  - Available 24/7 in many different languages



- **Visit our website** [publichealth.lacounty.gov](http://publichealth.lacounty.gov)



- **Send an email** [phinfo@ph.lacounty.gov](mailto:phinfo@ph.lacounty.gov)
- **Follow us on social media:**



- [www.facebook.com/lapublichealth](https://www.facebook.com/lapublichealth)
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- [www.youtube.com/lapublichealth](https://www.youtube.com/lapublichealth)
- @lapublichealth





# Thank you!

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