



14th Medical Group



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COVID-19 Vaccine Education Brief

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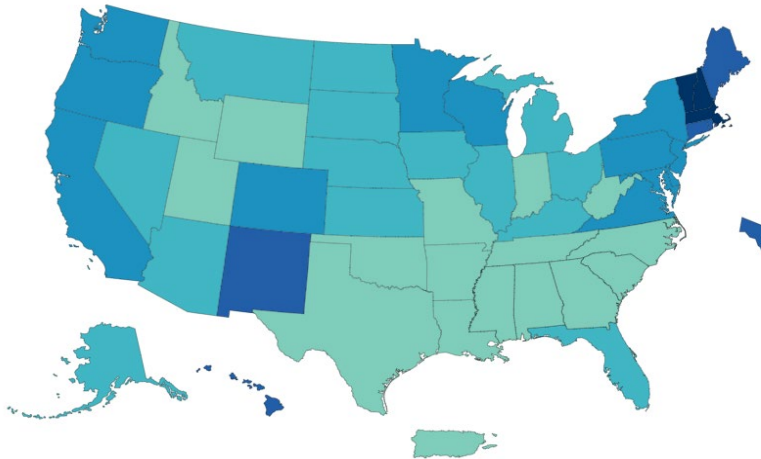
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Current State

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Total Doses Administered Reported to the CDC by State/Territory and for Select Federal Entities per 100,000 of the Total Population



Total Doses Administered per 100,000

○ No Data ● 0 ● 1 - 75,000 ● 75,001 - 85,000 ● 85,001 - 95,000 ● 95,001 - 105,000 ● 105,001+



STATE PROFILE REPORT
05.14.2021

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STATE SYNOPSIS

	LAST WEEK	CHANGE FROM PREVIOUS WEEK
RATE OF NEW COVID-19 CASES PER 100,000	41	+7%
VIRAL (RT-PCR) LAB TEST POSITIVITY RATE	4.0%	-0.2%
NEW CONFIRMED COVID-19 HOSPITAL ADMISSIONS / 100 BEDS	2	-23%
RATE OF NEW COVID-19 DEATHS PER 100,000	0.5	+23%
COMMUNITY TRANSMISSION LEVEL	MODERATE TRANSMISSION	

- Current status of vaccination across the US:
 - 37% fully vaccinated
 - 47.3% at least one dose
- Current status of vaccination in Lowndes County:
 - 27% fully vaccinated
 - 30% at least one dose
- Per state CDC rankings, MS is #52/52 for vaccination rate
- As shown, we live and work in an area that has lower vaccination administration despite COVID-19 infections largely remaining steady

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as of 17 May 2021

Reference: <https://covid.cdc.gov/covid-data-tracker/#vaccinations>

<https://healthdata.gov/Community/COVID-19-State-Profile-Report-Mississippi/epqx-kmvs>



COVID-19 Vaccine Snapshot



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COVID-19 Vaccine	Injection Timeline	Age Range	Efficacy	Side Effects
Pfizer-BioNTech	2 Shots 21 Days Apart	12 years old and over	95% effective	Injection Site: <ul style="list-style-type: none">- Pain- Redness- Swelling
Moderna **current vaccine available at Columbus AFB**	2 Shots 28 Days Apart	18 years old and over	94.1% effective	Systemic: <ul style="list-style-type: none">- Tiredness- Headache- Muscle pain- Chills- Fever- Nausea
Johnson and Johnson's Janssen	1 Shot	18 years old and over	66.3% effective	**Rare anaphylaxis or severe allergic reaction has been seen. Rate is similar to other types of vaccines**

there is a 48 hour DNIF upon receipt of a COVID-19 vaccine

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Reference: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines.html>



What to Expect After a COVID-19 Vaccine



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Common Side Effects

On the arm where you got the shot:



- Pain
- Redness
- Swelling

Throughout the rest of your body:



- Tiredness
- Headache
- Muscle pain
- Chills
- Fever
- Nausea

Helpful Tips

To reduce pain and discomfort where you got the shot



- Apply a clean, cool, wet washcloth over the area.
- Use or exercise your arm.

To reduce discomfort from fever



- Drink plenty of fluids.
- Dress lightly.

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What You Can Do After Receiving a COVID-19 Vaccine



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Choosing Safer Activities

Accessible link: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/participate-in-activities.html>

		Unvaccinated People	Examples of Activities	Fully Vaccinated People
		Outdoor		
Safest			Walk, run, wheelchair roll, or bike outdoors with members of your household	
			Attend a small, outdoor gathering with fully vaccinated family and friends	
			Attend a small, outdoor gathering with fully vaccinated and unvaccinated people	
Less Safe			Dine at an outdoor restaurant with friends from multiple households	
			Attend a crowded, outdoor event, like a live performance, parade, or sports event	
		Indoor		
Less Safe			Visit a barber or hair salon	
			Go to an uncrowded, indoor shopping center or museum	
			Attend a small, indoor gathering of fully vaccinated and unvaccinated people from multiple households	
Least Safe			Go to an indoor movie theater	
			Attend a full-capacity worship service	
			Sing in an indoor chorus	
			Eat at an indoor restaurant or bar	
			Participate in an indoor, high intensity exercise class	



Get a COVID-19 vaccine

- Prevention measures not needed**
- Take prevention measures**
Wear a mask, stay 6 feet apart, and wash your hands.
- Safety levels assume the recommended prevention measures are followed, both by the individual and the venue (if applicable).
 - CDC cannot provide the specific risk level for every activity in every community. It is important to consider your own personal situation and the risk to you, your family, and your community before venturing out.

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Reference: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/participate-in-activities.html>



COVID-19 Vaccine Myths



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- Myth #1 – COVID-19 Vaccines can give you COVID-19
 - These vaccines do not contain live COVID-19 virus – therefore you cannot get the virus from these vaccines
 - For full immunity and efficacy from the vaccine, it takes 2 weeks following your final dose
 - 2 weeks after your second dose (Pfizer and Moderna), or your first dose (Johnson & Johnson)
 - There is a small risk of being exposed and/or contracting COVID-19 prior to this full immune response during that 2 week period
 - Vaccines are not 100% effective, however they are still valuable
 - If you do become infected with COVID-19 post vaccination, you will have a shorter and less severe course of the disease as a result of the vaccine

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COVID-19 Vaccine Myths



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- Myth #2 – Since the vaccine is voluntary, I won't be covered if I develop a vaccine side effect
 - False – treatment is determined based on your TRICARE plan or VA benefits – not on whether or not you have received a vaccine
 - TRICARE covers treatment relative to COVID-19 in accordance with your insurance plan or your VA benefits package
 - Whether you have been vaccinated or not
 - Any side effects experienced are also treated in accordance with medical guidelines and covered according to TRICARE and VA benefits package
 - COVID-19 vaccines are also offered free of charge throughout the US – not just at MTFs

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Reference:

<https://www.tricare.mil/coronavirus>

<https://www.va.gov/coronavirus-veteran-frequently-asked-questions/>



COVID-19 Vaccine Myths



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- Myth #3 – COVID-19 Vaccines can alter your DNA
 - False – there is no way for these vaccines to change your DNA
 - Some vaccines utilize mRNA technology to teach your cells how to fight the virus
 - New technology in vaccines – not new technique
 - Research has been ongoing in mRNA vaccines (and other treatments) for decades
 - mRNA is messenger RNA, which is created by DNA and sent outside of the nucleus of the cell to be read and create proteins
 - It is degraded when it is done creating the protein it was designed to create
 - This is a normal process in your body that is used by this vaccine to train your body how to fight the COVID-19 virus

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Reference:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/mrna.html>



How do mRNA vaccines work?

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How mRNA COVID-19 Vaccines Work

Understanding the virus that causes COVID-19.

Coronaviruses, like the one that causes COVID-19, are named for the crown-like spikes on their surface, called **spike proteins**. These **spike proteins** are ideal targets for vaccines.

What is mRNA?

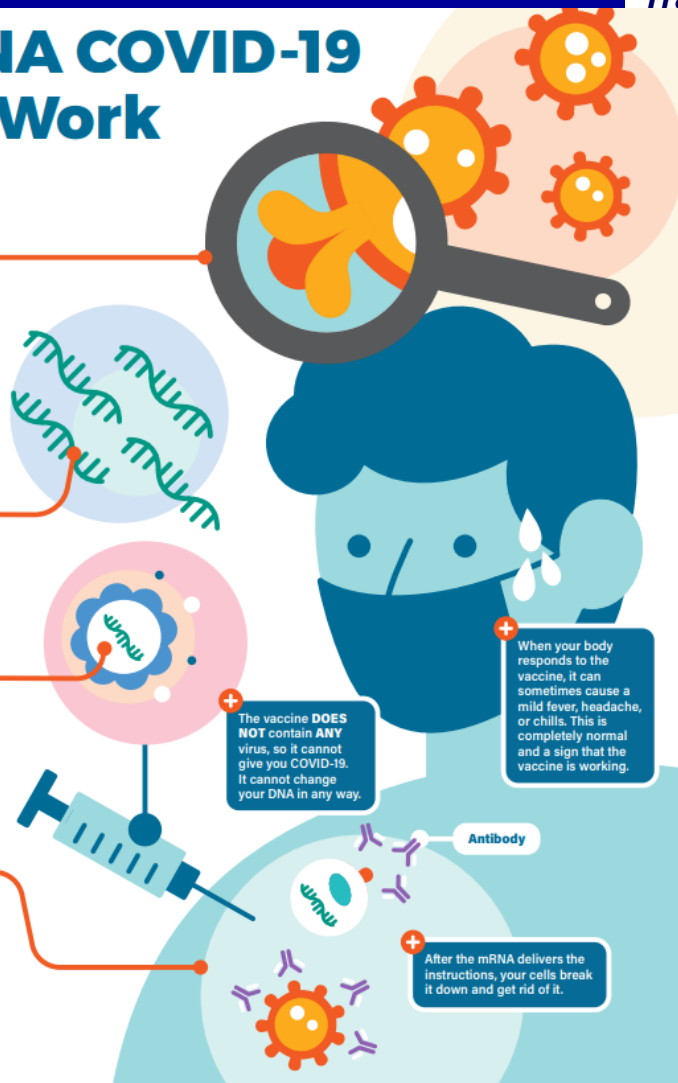
Messenger RNA, or mRNA, is genetic material that tells your body how to make proteins.

What is in the vaccine?

The vaccine is made of mRNA wrapped in a coating that makes delivery easy and keeps the body from damaging it.

How does the vaccine work?

The mRNA in the vaccine teaches your cells how to make copies of the **spike protein**. If you are exposed to the real virus later, your body will recognize it and know how to fight it off.



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Ready to Get Your Shot?



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Schedule your MTF COVID-19 Vaccine 24/7 here:

<https://informatics-stage.health.mil/ColumbusCOVIDApp/COVID.aspx>

Call the Appointment Line during 14 MDG clinic hours:

0730 – 1630

Monday – Friday

662-434-2273

Schedule a vaccination appointment through MS State Dept of Health:

https://msdh.ms.gov/msdhsite/_static/14,0,420,976.html

****To ensure your medical record is up to date, please email proof of vaccination from off-base locations to usaf.columbus-ms.14-mdg.mbx.covidvaccine@mail.mil ****

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