



COVID 19

FREQUENTLY ASKED QUESTIONS AND VACCINE CHECKLIST

ADAPTED FROM CDC GUIDELINES

CAN I GET COVID FROM ANY COVID-19 VACCINE?

No !

COVID vaccines cannot give someone COVID-19 or other infections.

DO COVID-19 VACCINES AFFECT OUR DNA?

NO!

They do not affect or interact with our DNA in any way.

WHAT ARE THESE NEW VACCINES? WHAT IS MRNA?

All currently authorized and recommended COVID-19 vaccines are safe and effective, and CDC does not recommend one vaccine over another.

Pfizer and Moderna vaccines use mRNA technology.

mRNA vaccines teach our cells how to make a protein—or even just a piece of a protein—that triggers an immune response inside our bodies.

Researchers have been studying and working with mRNA vaccines for decades.

mRNA vaccines have been held to the same rigorous safety and effectiveness standards as all other types of vaccines in the United States.

Both vaccines have been shown through multiphase trials to be 94.1-95% effective in preventing symptomatic infection.

WHAT IS A VIRAL VECTOR VACCINE?

Johnson & Johnson Janssen vaccine is a viral vector vaccine.

Viral vector vaccines use a modified version of a different virus (the vector) to deliver important instructions to our cells.

The benefit of viral vector vaccines, like all vaccines, is those vaccinated gain protection without ever having to risk the serious consequences of getting sick with COVID-19.

AFTER I GET VACCINE HOW LONG DOES IT TAKE TO BE “IMMUNE”

Approximately 2 weeks after final vaccination.

Pfizer and Moderna require second dose;

Janssen (J&J) is one dose

ONCE I AM IMMUNE, DO I HAVE TO CONTINUE WEARING A MASK? (UPDATED INFORMATION DAILY)

Recent guidance from the CDC (May 13, 2021) is based on the available science, and over the past few weeks, cases have continued falling dramatically, and a growing number of studies have shown three big things:

1. Our vaccines are working in the real world. Studies show them to be >90% effective in the real world settings in preventing mild and severe disease, hospitalization, and death;
2. Our vaccines have proven to be effective against the SARS-Cov-2 variants currently circulating in the country;
3. If you are vaccinated, you are less likely to spread the virus. A growing body of evidence suggests that fully vaccinated people are less likely to have asymptomatic infection and to be able to transmit SARS-CoV-2 to others.

CAN I MIX THE VACCINES? AM I REQUIRED TO GET THE SAME VACCINE?

The current research and recommendations are to stay with the same brand for two dose vaccinations (they are not interchangeable)

COVID 19 PRE-VACCINATION CHECKLIST

[HTTPS://WWW.CDC.GOV/V
ACCINES/COVID-
19/DOWNLOADS/PRE-
VACCINATION-SCREENING-
FORM.PDF](https://www.cdc.gov/vaccines/COVID-19/downloads/pre-vaccination-screening-form.pdf)

Prevaccination Checklist for COVID-19 Vaccines



For vaccine recipients:

The following questions will help us determine if there is any reason you should not get the COVID-19 vaccine today.

If you answer "yes" to any question, it does not necessarily mean you should not be vaccinated. It just means additional questions may be asked. If a question is not clear, please ask your healthcare provider to explain it.

Name _____

Age _____

	Yes	No	Don't know
1. Are you feeling sick today?			
2. Have you ever received a dose of COVID-19 vaccine?			
<ul style="list-style-type: none"> If yes, which vaccine product did you receive? <input type="checkbox"/> Pfizer <input type="checkbox"/> Moderna <input type="checkbox"/> Janssen (Johnson & Johnson) <input type="checkbox"/> Another product _____ 			
3. Have you ever had an allergic reaction to: (This would include a severe allergic reaction [e.g., anaphylaxis] that required treatment with epinephrine or EpiPen® or that caused you to go to the hospital. It would also include an allergic reaction that occurred within 4 hours that caused hives, swelling, or respiratory distress, including wheezing.)			
<ul style="list-style-type: none"> A component of a COVID-19 vaccine including either of the following: <ul style="list-style-type: none"> <input type="radio"/> Polyethylene glycol (PEG), which is found in some medications, such as laxatives and preparations for colonoscopy procedures <input type="radio"/> Polysorbate, which is found in some vaccines, film coated tablets, and intravenous steroids. A previous dose of COVID-19 vaccine. A vaccine or injectable therapy that contains multiple components, one of which is a COVID-19 vaccine component, but it is not known which component elicited the immediate reaction. 			
4. Have you ever had an allergic reaction to another vaccine (other than COVID-19 vaccine) or an injectable medication? (This would include a severe allergic reaction [e.g., anaphylaxis] that required treatment with epinephrine or EpiPen® or that caused you to go to the hospital. It would also include an allergic reaction that occurred within 4 hours that caused hives, swelling, or respiratory distress, including wheezing.)			
5. Have you ever had a severe allergic reaction (e.g., anaphylaxis) to something other than a component of COVID-19 vaccine, or any vaccine or injectable medication? This would include food, pet, venom, environmental, or oral medication allergies.			
6. Have you received any vaccine in the last 14 days?			
7. Have you ever had a positive test for COVID-19 or has a doctor ever told you that you had COVID-19?			
8. Have you received passive antibody therapy (monoclonal antibodies or convalescent serum) as treatment for COVID-19?			
9. Do you have a weakened immune system caused by something such as HIV infection or cancer or do you take immunosuppressive drugs or therapies?			
10. Do you have a bleeding disorder or are you taking a blood thinner?			
11. Do you have a history of or a risk factor for a blood clotting disorder?			
12. Are you pregnant or breastfeeding?			
13. Do you have dermal fillers?			

Form reviewed by _____

Date _____

ARE YOU FEELING SICK TODAY?

Mild illness is not contraindication to getting the vaccine.

If current COVID + and in isolation: Delay vaccination until person has recovered from acute illness and isolation has been discontinued

It is ok to administer vaccine if on antibiotics.

HAVE YOU EVER RECEIVED A DOSE OF COVID 19 VACCINE?

Vaccines are not interchangeable.

Check Vaccination cards/records.

Safety and efficacy of mixing different types of vaccines has not been studied as of yet.

If 2 doses of different mRNA vaccine products are inadvertently administered, no additional doses of either vaccine are recommended at this time.

HAVE YOU HAD A SEVERE ALLERGIC REACTION TO COVID 19 VACCINE?

Really, this is the only true CONTRAINDICATION.

History of severe allergic reaction (anaphylaxis) to a previous dose or component of the COVID 19 vaccine is a contraindication

- At this time, consider Polyethylene Glycol (Go Lytely, Miralax for colonoscopy) a component of the mRNA vaccines: if history of anaphylaxis to one of these = No mRNA (Pfizer/Moderna) vaccine
- Polysorbate, which is found in some vaccines, film coated tablets, and intravenous steroids.
- A vaccine or injectable therapy that contains multiple components, one of which is a COVID-19 vaccine component, but it is not known which component elicited the immediate reaction.

HAVE YOU HAD SEVERE ALLERGIC REACTION TO ANOTHER VACCINE OR INJECTABLE MEDICATION?

COVID-19 vaccine may be given.

Be aware that additional research and safety reporting evolves daily.

Polyethylene Glycol (PEG) may play a role here.

Recommend: 30 minute observation (vs standard 15 minutes)

HAVE YOU EVER HAD A SEVERE ALLERGIC REACTION TO SOMETHING? (I.E. HAD TO USE AN EPI PEN)

This is not a contraindication to receiving vaccine.

Treatment precautions (ability to treat severe allergic reaction with Epi Pen/Benadryl)

Recommendation: observe for minimum of 30 minutes if history of anaphylaxis (i.e. to peanuts, bees, seafood etc.)

Signs of Severe Allergic Reaction

- Diffuse rash/hives
- Swelling of lips/face/tongue
- Itching
- Shortness of breath

HAVE YOU RECEIVED ANOTHER VACCINE IN THE LAST 14 DAYS?

COVID 19 vaccine should be administered alone.

Minimum interval of 14 days between vaccines.

There is lack of safety and efficacy data.

HAVE YOU HAD A POSITIVE TEST FOR COVID 19 OR HAS A DOCTOR EVER TOLD YOU THAT YOU HAD COVID 19?

Vaccine is recommended regardless of prior symptomatic or asymptomatic infection.

If infection within the last 90 days: may delay vaccination until end of this period “if desired” (re-infection is uncommon within the first 90 days after initial infection).

Viral testing is not recommended to determine active infection.

If known active COVID 19 and still in isolation: defer vaccination at this time.

WHAT IF I HAD A RECENT EXPOSURE TO SOMEONE WITH COVID 19?

Community Setting: Defer vaccination until quarantine period has ended to avoid exposing healthcare workers or others during vaccination visit.

Residents of Congregate Healthcare settings: Proceed with vaccination, as likely to not result in additional exposures.

Residents of other congregate settings (correctional facilities, shelters): Proceed with vaccination in order to avoid delays or missed opportunities.

HAVE YOU RECEIVED PASSIVE ANTIBODY THERAPY (MONOCLONAL ANTIBODIES OR CONVALESCENT SERUM) AS TREATMENT FOR COVID 19?

After antibody therapy: illness uncommon within 90 day period.

No current data on safety/efficacy.

Recommendation: Defer vaccination for at least 90 days.

This is a precautionary measure.

DO YOU HAVE A WEAKENED IMMUNE SYSTEM (SUCH AS HIV OR CANCER OR TAKE IMMUNOSUPPRESSIVE MEDICATIONS)?

May be at increased risk for infection/worse outcome from COVID 19.

Vaccines can be administered.

Unknown safety profile (no concerns as of yet), unknown effectiveness (i.e. reduced immune response to vaccine).

Important for this population to continue being very careful with distancing/masking/hand hygiene.

DO YOU HAVE A BLEEDING DISORDER OR TAKE A BLOOD THINNER?

Hemophilia: Patient should consult with PCP/Hematologist

- PCP or patient can contact Hemophilia treatment center (HTC).

Von Willebrand: 1% of population. OK to proceed with below recommendation.

Medications:

- Aspirin/Plavix
- Coumadin
- Eliquis/Xarelto/Pradaxa

Recommendations:

- Fine gauge needle (23g or smaller)
- Firm pressure without rubbing for at least 2 minutes (possibly longer).
- Consider 30 minute observation

DO YOU HAVE A HISTORY OF OR A RISK FACTOR FOR A BLOOD CLOTTING DISORDER?

Currently, experts advise that persons with a history of an immune-mediated syndrome characterized by thrombosis and thrombocytopenia, such as heparin-induced thrombocytopenia (HIT), should be offered an mRNA vaccine if they are at least 90-180 days after resolution of their illness.

FDA has added a warning to the EUA and fact sheet for recipients for Janssen COVID-19 vaccine. <https://www.fda.gov/media/146305/download>

Additional recipient education materials for Johnson & Johnson's Janssen vaccine can be found at <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/JJUpdate.html>

Venous thromboembolism (VTE), deep vein thrombosis, pulmonary embolism, or both, differ from HIT. Persons with a history of VTE or with a prior history of other types of clotting disorders as well as persons with risk factors for clotting disorders such as pregnancy, postpartum, certain hormonal contraceptives (e.g., combined oral contraceptives, patch, and ring) can be vaccinated with any FDA-authorized vaccine, including the Janssen COVID-19 vaccine.

ARE YOU PREGNANT OR BREASTFEEDING?

Pregnancy/Breastfeeding is not a contraindication, but individual needs to make informed decision weighing risks and benefits.

No current data on safety.

Patient *MAY CHOOSE* to be vaccinated.

If individual feels more comfortable: have them consult with their PCP or OBGYN to help make an informed decision.

Breastfeeding

- No data on safety in lactating women
- Vaccines likely safe
- Vaccine should be offered

DO YOU HAVE DERMAL FILLERS?

Persons who have received dermal fillers may develop temporary swelling at or near the filler injection site, usually face or lips, after a dose of an COVID-19 vaccine.

Vaccine can be administered.

POST VACCINATION PERIOD

Expected Symptoms/Side effects:

- Fatigue, Myalgias, Arthralgias, Headache, Injection site soreness, Fever

Not typical:

- Cough, Shortness of Breath, Rhinorrhea, Sore throat, Loss of taste/smell.
- These should be considered COVID 19 symptoms (secondary to previous exposure prior to vaccination).

Medication:

- Analgesic or Antipyretic medications may be taken to help with symptoms.
- Avoid prophylactic use of these medications to “prevent” side effects (no information on how they impact antibody production).

Characteristic	Immediate allergic reactions (including anaphylaxis)	Vasovagal reactions	Vaccine side effects (local and systemic)
Timing after vaccination	Most occur within 15-30 minutes of vaccination	Most occur within 15 minutes	Median of 1 to 3 days after vaccination (with most occurring day after vaccination)
Signs and symptoms			
Constitutional	Feeling of impending doom	Feeling warm or cold	Fever, chills, fatigue
Cutaneous	Skin symptoms present in ~90% of people with anaphylaxis, including pruritus, urticaria, flushing, angioedema	Pallor, diaphoresis, clammy skin, sensation of facial warmth	Pain, erythema or swelling at injection site, lymphadenopathy in same arm as vaccination
Neurologic	Confusion, disorientation, dizziness, lightheadedness, weakness, loss of consciousness	Dizziness, lightheadedness, syncope (often after prodromal symptoms for a few seconds or minutes), weakness, changes in vision (such as spots of flickering lights, tunnel vision), changes in hearing	Headache
Respiratory	Shortness of breath, wheezing, bronchospasm, stridor, hypoxia	Variable; if accompanied by anxiety, may have an elevated respiratory rate	N/A
Cardiovascular	Hypotension, tachycardia	Variable; may have hypotension or bradycardia during syncopal event	N/A
Gastrointestinal	Nausea, vomiting, abdominal cramps, diarrhea	Nausea, vomiting	Vomiting or diarrhea may occur
Musculoskeletal	N/A	N/A	Myalgia, arthralgia
Vaccine recommendations			
If vaccinated with mRNA COVID-19 vaccine as first dose, recommended to receive second mRNA vaccine dose?	No	Yes	Yes

POST VACCINATION PERIOD

Continue current COVID 19 Public Health
Recommendations:

- Mask as directed
- Social Distancing
- Good hand hygiene