

# The COVID-19 Vaccine

## Frequently Asked Questions

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***We are very optimistic about all three COVID-19 vaccines that are currently available. Widespread immunization will help us eradicate the COVID-19 pandemic and get our lives back to normal more quickly. We are on our way, but we need everyone to do their part by getting vaccinated so this crisis can end.***

***We are part of a large network of quality-driven dermatology practices. Together with our 66 physician colleagues across 9 states, we have closely followed the vaccine development, clinical trials and early success of the ongoing vaccine campaign. Below are the answers we compiled to address our patients' most common questions about the vaccines, and we thought they might be helpful to you.***

### ***How effective is the COVID-19 Vaccine?***

On December 10, 2020 the vaccine developed by Pfizer/BioNTech was reviewed by a panel of experts who recommended that the FDA issue an Emergency Use Authorization (EUA) for people age 16 and older. The FDA approved this EUA, allowing immediate distribution throughout the US and vaccinations began on Monday December 14, 2020. This novel vaccine prevented the virus in 95% of clinical trial participants.

Data for the similar Moderna vaccine shows an effectiveness of 94.5% in preventing coronavirus infection, and has been approved for distribution as well. These results are promising because those levels of protection would put these vaccines on par with highly-effective childhood vaccines for diseases such as measles.

Johnson & Johnson's vaccine has also been approved and although it is not quite as effective in preventing symptomatic infection (70%), the Johnson & Johnson vaccine does not require a second dose. All 3 vaccines are >99% effective at preventing serious disease, hospitalization and death. No serious safety concerns have been observed for the Pfizer or Moderna vaccines. Use of the Johnson & Johnson vaccine has recently been paused due to rare, yet serious, complications in 6 vaccine recipients (the Johnson & Johnson vaccine has been administered to 6.8 million people in the U.S. to date). More information about the recent Johnson & Johnson vaccination pause can be found at the end of this document.

### ***Should I be concerned about the side effects of the vaccine?***

A small number of clinical trial participants experienced mild, short-term side effects such as fatigue, soreness at the injection site, and headaches. These side effects are similar to those that are experienced with other long-used vaccines such as MMR.

A reaction to the vaccine is typically not an allergy or a sickness. It is caused by your immune system working to pump out antibodies in response to the vaccine. These mild side effects show that your body is working hard to protect you from the virus. Many people experience no side effects from vaccines.

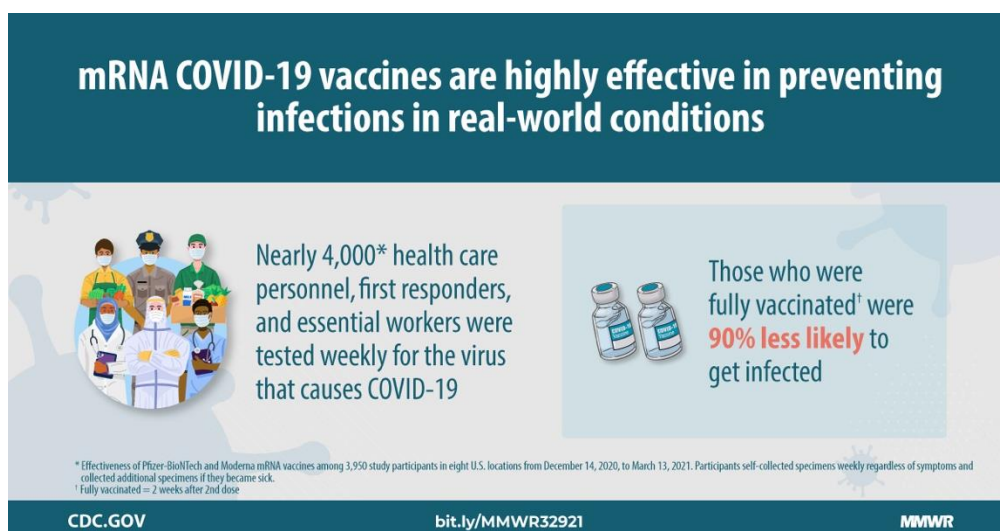
Recently, 6 recipients of the Johnson & Johnson vaccine experienced a rare, but serious blood clotting issue. More in-depth information about this can be found at the end of this document.

## ***These vaccines were developed quickly. How do I know they are safe?***

From what we have learned, no corners were cut in the development of these vaccines, which have shown high levels of both protection and safety. The mRNA technology used in these new vaccines had been available for years and allowed companies a head start in the process. Additionally, the US government's Operation Warp Speed provided funding for companies to begin mass production of the vaccines at the same time they enrolled patients in clinical trials. Before a vaccine is approved for the US, it must undergo rigorous clinical trials, the final of which is Phase 3.

Phase 3 clinical trials for the COVID-19 vaccines involved *tens of thousands of volunteers* who were randomized to either receive the vaccine or a placebo, and then monitored for both side effects and for infection with SARS-CoV-2 (coronavirus). Study volunteers were closely monitored for any signs or symptoms that would indicate a problem with the vaccines. Fortunately, when the data showed great results the vaccine was ready to ship out immediately.

For a vaccine to be approved for the US, a vaccine must reduce infection by at least 50%, and must not cause significant adverse events in those who receive it. After several months and more than 100 million doses administered, these three vaccines have all shown excellent safety profiles. New studies also show in real life scenarios, the Pfizer and Moderna vaccines show 90% effectiveness in preventing infection in high-risk healthcare workers.



## ***I'm not in a high-risk group. Why should I take the vaccine?***

This virus is highly contagious; therefore, even people who are not considered high risk should strongly consider being vaccinated. Furthermore, new variants have emerged that are even more highly transmitted, and some may cause more serious infection even in healthier people. A vaccine is not the cure for COVID-19, widespread immunization is, and all the vaccines are showing effectiveness against these newer variant strains. Success in eradicating the pandemic and shortening the time it takes to return to 'normal' is completely dependent upon the acceptance of the science and data and a widespread willingness to be vaccinated. For many of us it is an opportunity to help keep our clinics fully staffed, our patients safer, and enable us to protect our communities, our families, including our grandparents, and those at high risk due to predisposing conditions, estimated to include as many as 1 out of 3 Americans.

## ***I have other health conditions. Is it safe for me to take the vaccine?***

Individual health decisions are best made in conjunction with the advice of your physician. As with some other vaccines, some people are not good candidates for the COVID vaccine.

As a precautionary measure, it is advised that people with a history of severe allergies receive the vaccine under guidance of their physician. There were two instances of allergic reactions during the first day of the vaccine rollout in the United

Kingdom. These individuals were National Health Services workers who had known significant allergies and were equipped with adrenaline auto-injectors to deal with their allergies.

Anaphylaxis after COVID vaccines is rare and occurred in approximately 2 to 5 people per million vaccinated in the U.S. This kind of allergic reaction almost always occurs within 30 minutes after vaccination, therefore, all vaccination sites monitor patients before leaving for any allergic reaction.

Women who are pregnant, lactating or plan to soon become pregnant should discuss vaccination options with their OB/Gyn but the Obstetric specialty societies are recommending vaccination to pregnant women and those who may be planning a pregnancy. Furthermore, new studies show that **protective antibodies from both a prior infection AND a vaccination are transferred to the baby** in utero and in breast milk, providing additional protection to the newborn.

***There are several versions of the vaccine from different manufacturers. Which one is right for me?***

Each FDA-approved vaccine will work well across all populations. At this point in the early stages of vaccine availability, individuals will not be able to choose which vaccine they receive. Some vaccines, like Pfizer and Moderna, will require a booster dose 3-4 weeks after the initial dose, while the Johnson & Johnson does not. Whichever vaccine you get, please follow the recommendations for boosters, if applicable, and any other directions provided by your medical provider.

**COVID-19 vaccines: What you need to know**

The U.S. now has three vaccines in its arsenal against the coronavirus. Here's how they compare.

	Johnson & Johnson	Pfizer	Moderna
<b>Type of vaccine</b>	Viral vector	RNA	RNA
<b>How it works</b>	Teaches the immune system to attack the protein the virus uses to infect other cells. The instructions are carried by a non-dangerous virus.	Uses RNA to teach the immune system to target the virus's surface, preventing infection.	Uses RNA to teach the immune system to target the virus's surface, preventing infection.
<b>Effectiveness*</b>	<b>66%</b>	<b>95%</b>	<b>94.5%</b>
<b>Storage conditions</b>	At least three months at refrigerator temperatures	Two weeks at freezer temperatures (-4°F), five days in the refrigerator (36° to 46°F)	One month at refrigerator temperatures
<b>Doses needed per person</b>	One shot	2 shots, three weeks apart	2 shots, four weeks apart
<b>Status of availability</b>	FDA authorized	FDA authorized	FDA authorized

\*Note: The Johnson & Johnson vaccine was tested at a time when faster-spreading viral variants were common and in countries where these strains are known to exist.

Sources: Pfizer; Moderna; Johnson & Johnson; U.S. Food and Drug Administration; World Health Organization

***When will I be able to get the vaccine?***

Right now, each state will be provided allotments of a vaccine and will make independent decisions regarding prioritization for distribution. President Biden has recently announced a **90/90 Goal** wherein **90% of adults will have a vaccine available by April 19 and 90% of our US population will live within 5 miles of a vaccine site**. Many states have already made the vaccine available to anyone over age 16.

### ***Will I get COVID if I take the vaccine? Will the vaccine alter my DNA?***

No. None of the vaccines currently available in the US have active viruses in them. Therefore, there is no possibility of getting infected with COVID-19 by taking the vaccine.

COVID vaccines will not alter your DNA, which is found in your chromosomes inside the cell nucleus. The new COVID vaccines are based on RNA technology, which has no impact on your DNA. The human body is already full of messenger RNA (mRNA), which translates the genes from your DNA to build proteins that our bodies need. These proteins stimulate antibodies to the virus to protect the recipient against contracting the disease.

### ***There is a lot of conflicting information about the vaccine. How do I know what to trust?***

There is no shortage of information and opinions about the COVID vaccines. To ensure you are getting the most accurate information, we recommend that you rely on licensed medical professionals as well as local, state and federal healthcare agencies and other resources that are experienced in evidenced-based science and medicine.

The CDC keeps a regularly updated COVID vaccine FAQ on their website. You can access that information here:

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

### ***Your Safety is Our Priority***

Even as the COVID vaccine becomes available, we will remain vigilant about safety, and recommend that our patients do the same. According to the CDC, transmission risk for COVID-19 is extremely low in the health care setting under proper protective conditions like we provide:

- Continuing to recommend our staff get vaccinated to join the majority of staff who have already been immunized
- Screening all staff, patients and visitors
- Rescheduling patients who have been exposed to or are experiencing COVID-19 symptoms
- Requiring staff to wear face masks and asking patients to do the same
- Thoroughly and frequently sanitizing the entire office and exam rooms
- Limiting visitors according to the most recent local and federal guidelines
- Promoting physical distancing in waiting areas and minimizing in-office wait times
- Offering telehealth appointments to high-risk patients and others, as needed

Here are some ways you can reduce your risk and avoid exposing others if you have been exposed or contracted COVID-19:

- Get vaccinated
- Talk to your primary care physician about getting a COVID-19 vaccine if you have questions or concerns
- Stay at home if you have tested positive for COVID-19, have been exposed to the virus or exhibit symptoms
- Frequently wash your hands
- Wear a mask
- Follow appropriate physical distancing protocols

***Thank you for trusting us with your care.***

For more information about the recent Johnson & Johnson vaccine side effects, please click [HERE](#).