COVID19 Vaccine 201 Workshop

Created by Multnomah County Public Health Division, 9/27/2001. For questions, please contact Beth Poteet at beth.poteet@multco.us or 503-314-3136.

Time: 2 hrs

Learning Objectives: By the end of the workshop, participants will be able to:

- Explain the basics of the COVID19 vaccines: how they work, the vaccine approval process, breakthrough cases, and booster shots
- Know how to navigate COVID19 testing and when to isolate or quarantine
- Identify community-specific vaccine outreach strategies and messaging to address community concerns about the COVID19 vaccines
- Make a plan for how they will share this information

Topic & *Method*	**Process**	**Materials**	**Facilitator & Time**
Informal Welcome	• *Open the workshop 10 minutes early. Allow people to join and greet each other informally.*		10 min before workshop starts
Welcome & Introduction *Large group discussion*	• *Welcome participants to the COVID19 Vaccine 201 workshop.* • *Facilitators introduce themselves.* • *Begin with a land and labor acknowledgment on PPT Slide 2. For guidance, see Territory Acknowledgment.* ○ The United States of America was built by stolen African people on stolen Indigenous land. This theft and enslavement was performed by white settlers with government support. Multnomah County rests	• PPT: Workshop title • PPT: Land & Labor Acknowledgment • PPT: Objectives • PPT: Agenda • PPT: Code of	15 min

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	on the stolen lands of the Tualatin Kalapuya; the Molalla; the Chinookan-speaking bands Multnomah, Kathlamet, and Clackamas; and many others who settled along the Columbia River. Many of these People and their cultures still survive and resist despite intentional and ongoing attempts to destroy them. People from these bands have become part of the Confederated Tribes of Grand Ronde, the Confederated Tribes of Siletz Indians, as well as the Chinook Nation and the Cowlitz Nation in Washington State. We honor these tribal nations and the members of over 400 tribal communities who currently live in Multnomah County. ● *Orient participants to the technology platform you are using. For example, using mute, video, chat and reactions functions.* ● **Say**: We'd love to know who is in the workshop. I will be inviting you to share your name, your gender pronoun (if you use one), and where you work. ○ *Facilitator will call on participants in alphabetical order by first name (use the Participants tab to see the list).* ● *Review objectives and agenda on PPT Slides 3-4.* ● In our workshops, we use an approach called popular education. Popular education honors the wisdom and experience of the people in the group. We invite your voices into this workshop. ● In order to help us work together effectively over the next few hours, we would like to present our Code of Care. *Review Code of Care on PPT Slide 5.* ○ Are there any agreements that are missing that we should add? ○ Does anyone have a concern about any of the agreements? If so, please send a private message to the facilitator. *[Wait for a minute to see if anyone has a concern].*	Care	

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	○ If you agree with the Code of Care, please use the "thumbs up" reaction button. ● Are there any questions before we move to our next activity? ● You will likely have a lot of questions. Please put them in the Chat. We will do our best to answer your questions at the end. If we run out of time, we will follow up with the answer and/or if we don't know. We are not healthcare professionals.		
Dinamica/Icebreaker *Think, Pair & Share*	● *Facilitator - set up breakout rooms with pairs.* ● **Say**: Today, we will be doing a deep dive into COVID19 and the COVID19 vaccine. We'd like to begin with focusing on the strengths we have as a community. We will break you into pairs in breakout rooms for about 3-4 minutes to discuss this question: ○ **What do you do in your community to take care of each other?** ● *Beth will open up breakout rooms. Allow 3-4 minutes for discussion. Bring everyone back to the large group.* ● **Say**: We'd love to learn about what you shared. Please share out in the Chat. ○ *Read through Chat outloud.* ● **Say**: Thank you all for your participation.		10 min
COVID19 Vaccine Myths & Concerns *Polling*	● **Say**: Before we go deeper into the COVID19 vaccine, we wanted to share some of the myths and concerns that we've heard from Community Health Workers to see if you are also hearing this in your community. ● *Conduct a Zoom poll. After everyone has filled out the poll, share back the voting results with the group.*	● Poll: COVID19 Vaccine Myths & Concerns	15 min

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	○ 1. The COVID19 vaccine changes your DNA. Have you heard this in your community? ■ Answer: Yes/no ○ 2. Once you get vaccinated, you can't get COVID19. Have you heard this in your community? ■ Answer: Yes/no ○ 3. I have natural immunity so I don't need the vaccine. Have you heard this in your community? ■ Answer: Yes/no ○ 4. Only old people are dying from COVID - I'm young and healthy so I don't need to get vaccinated. Have you heard this in your community? ■ Answer: Yes/no ○ 5. You can vaccinate an 11 year old child who is the size/weight of a 12 year old. Have you heard this in your community? ■ Answer: Yes/no ○ 6. The vaccine was rushed and it is not safe. Have you heard this in your community? ■ Answer: Yes/no ○ 7. The vaccine makes it so that you can't get pregnant. Have you heard this in your community? ■ Answer: Yes/no ○ 8. Once you get the vaccine, you don't have to wear a mask anymore. Have you heard this in your community? ■ Answer: Yes/no ○ 9. I can spread the virus anyway even if I'm vaccinated so it doesn't matter if I'm vaccinated or not. Have you heard this in your community?		

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	■ Answer: Yes/no ○ 10. The vaccine is causing the variants. Have you heard this in your community? ■ Answer: Yes/no • **What else are you hearing from the community about their concerns regarding getting vaccinated?** • *Thank everyone for their participation. Explain that we will address these myths in our next activity.*		
COVID19 Vaccine 201 *Jeopardy Game*	• **Say**: In order to review some of the latest information regarding COVID19 and the COVID19 vaccine, we're going to play Jeopardy! • Assign participants to teams alphabetically by name (5-6 participants per team). Ask each team to choose a category and question. They will have 30 seconds to answer the question. When it is their team's turn, have them take themselves off mute. • *Play Jeopardy. [See separate COVID19 Jeopardy PowerPoint for game board. Questions and answers can also be found below. You may need to update the information.]* • **Say**: Thank you for your participation.	• PPT: Jeopardy Game	40 min
Addressing Community Concerns *Small Groups*	• *Facilitator sets up breakout rooms by population group.* • **Say**: We know that we are all in this together. The enemy that we want to defeat is the virus, not to get into a vaccinated vs unvaccinated mindset. • We also know that addressing community member's concerns about the virus is more than just sharing information. It takes the ability to listen and communicate in ways that are respectful and culturally appropriate.		35 min

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	• *JerMichael shares the example of his conversation with his aunt.* • **Say:** You will now have about 20 minutes to work together by population group to talk through **what kinds of outreach strategies and messages will be most helpful to address vaccine concerns by people from your community/people you work with.** You will be able to self-select which group you would like to join. You can join your breakout rooms now. We will bring you back to the large group in 20 minutes. If there is any breakout room that only has 1 participant, we will move you to the Multicultural breakout room. • You might want to think about what has worked well and what hasn't when you've had conversations with community members about the vaccine. You might also talk about what kind of educational approaches work the best in your community - i.e. community leader sharing information, workshops, info sessions with medical professionals, etc. • *If any group has only 1 participant, facilitators will join that group.* • *Break into groups for 20 minutes.* • *Bring back participants to the large group. Ask participants to share any helpful tips or practices for having these conversations.* • Vaccination is a personal decision. Regardless of the decision that is made, we're in this together. We thank you for all that you do to educate and support the community through these difficult times.		

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Next Steps *Individual Work*	• **Say**: We will provide everyone with a copy of the lesson plan and slides that we used today. • As we wrap up, please take a few minutes to reflect on these questions. If you want, feel free to write down some notes for yourself. You will have about 5 minutes. • *Share prompts in Chat:* ○ **What is your plan for how you will share this information in your community? Think about specific people you want to reach out to or educational events that you want to host.** • *If time allows, ask for 2-3 people to report out.* • Thank you all for your participation today!		5 min

COVID19 Jeopardy

The Illness

- 10: People with chronic conditions like diabetes or lung disease are at _____ risk for more severe illness if they get the COVID19 virus itself.
  - a. no risk
  - b. much lower risk
  - **c. much higher**
  - Info: Serious heart conditions, chronic kidney disease, cancer, sickle cell disease, Type 2 diabetes, lung disease, current or former smokers, and having an immunocompromised state all make it more likely for someone to get severely ill from COVID19. See full list.
- 20: If you've had COVID19 once, you can't get it again.
  - A. True
  - **B. False**Info: Current evidence suggests that reinfection with the COVID19 virus is uncommon for 6-8 months after the initial infection. However, experts don't know for sure how long this protection lasts and it is possible to get COVID more than once. The likelihood for reinfection increases for those who are unvaccinated.
- 30: COVID19 symptoms can last weeks and even months.
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    - **A. True**
    - B. False
    - Info: Long COVID includes a range of symptoms that can last weeks or months after the initial COVID infection. Symptoms can include fatigue, brain fog, loss of smell, mood changes, and joint or muscle pain.
- 40: Monoclonal antibodies may become available as a COVID19 treatment to people who have tested positive for COVID19 and:
    - A. Are over 12 years old and over 88lbs
    - B. Have mild or moderate symptoms of COVID
    - C. Are considered high risk for being hospitalized with COVID
    - **D. All of the above**
    - Info: Monoclonal antibody treatments mimic our immune system's response to the virus that causes COVID19. In addition to being used for people who have tested positive for COVID, monoclonal antibodies can also be used with people who are 12 and older and who are exposed or at high risk for exposure (such as in congregate settings) and are: unvaccinated or partially vaccinated OR who are fully vaccinated but expected to not have as strong an immune response because of immunocompromising illness or being on immunosuppressive medications.

How Vaccines Work

- 10: The COVID19 vaccine contains:
    - A. the virus
    - b. Pork and pork products
    - c. Microchips
    - D. A, B & C
    - **E. None of the above**
    - Info: The vaccine does not have pork, animal products, microchips, fetal cells or a live virus. It does not give you COVID19 or change your DNA.
- 20: Which brand requires only one shot to be vaccinated?
    - **A. J & J**
    - b. Pfizer
    - c. Moderna
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    - Info: J&J requires only one dose. Pfizer/Comirnaty and Moderna require a second dose 3 or 4 weeks and up to 6 weeks after the first dose.
- 30: It is unusual for the COVID19 virus to have so many different variants coming out.
    - a. True
    - **B. False**
    - Info: Viruses constantly change through mutation. Sometimes new variants emerge and then disappear. Other times, new variants persist. The best way to slow the emergence of new variants is to reduce the spread of infection, including getting vaccinated.
- 40: Like other vaccines, the COVID19 vaccine teaches our bodies how to_____ and _____ the coronavirus that causes COVID19.
    - a. create/grow
    - b. recognize/increase
    - **c. recognize/fight**
    - Info: The vaccines teach your body to make a harmless protein that looks like the protein in the COVID19 virus. Your body responds to the protein and creates disease-fighting cells and antibodies that can recognize and fight the COVID19 virus.

Development

- 10: The Johnson & Johnson vaccine is based on decades of research on _____ based vaccines.
    - **A. adenovirus**
    - b. mRNA
    - c. reproduction
    - Info: The J&J vaccine is based on adenovirus research, while the Pfizer/Comirnaty and Moderna vaccines are based on mRNA research.
- 20: The COVID19 vaccines went through all of the steps to test them and check for safety, and no steps were skipped.
    - **A. True**
    - b. False
    - Info: Past research, federal funding, and the high rates of COVID19 in the community allowed the vaccines to be developed quickly. Once the vaccines passed the clinical trials, they were sent to the Food & Drug Administration (FDA) for authorization. No corners were cut in the development, safety review, or authorization process of the vaccines.

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- 30: There was a conscious effort to recruit _____ to participate in these clinical trials.
  - **A. people of color**
  - b. Government employers
  - c. health care workers
  - Info: For the Pfizer/Comirnaty, Moderna and J&J vaccines, about ⅓ of the study participants in the US were people of color.
- 40: The FDA gave something called _____ to use for each vaccine.
  - A. Fast Paced Authorization
  - b. Fair Use Authorization
  - **c. Emergency Use Authorization**
  - Info: Pfizer/Comirnaty now has full authorization from the FDA for people ages 16 and older. It still has Emergency Use Authorization for youth ages 12-15 and for 3rd doses for people who are immunocompromised.

When To Get the Vaccine

- 10: You can get the COVID19 vaccine while you are sick with COVID19.
  - a. True
  - **b. False**
  - Info: If you have COVID, you should wait until you have recovered from your illness and no longer need to be isolated before getting vaccinated. You cannot receive the vaccine while you are hospitalized with COVID19. If you are in quarantine because of a known COVID19 exposure, you should wait until your quarantine ends before getting vaccinated.
- 20: For people who are pregnant and breastfeeding, you should not be vaccinated.
  - a. True
  - **b. False**
  - Info: The CDC has strongly recommended that pregnant people be vaccinated. Currently no evidence shows that any vaccines, including COVID-19 vaccines, cause fertility problems (problems trying to get pregnant) in women or men. We encourage everyone to consult with their medical provider to talk through any questions or concerns they may have.
- 30: Right now, there is no vaccine for children under 12 years old.
  - **a. True**
  - b. False
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    - Info: While no timeline is certain, OHA is planning for the possibility of FDA and CDC emergency use authorization (EUA) of COVID vaccine for children ages 5-11 in October and EUA for ages 6 months to 4 years in November or December.
- 40: Anyone who wants to can get a vaccine booster shot.
    - A. True
    - **B. False**
    - Info: A booster shot of the Pfizer vaccine is recommended six months after the second dose for people who initially received the Pfizer vaccine and are either (a) 65 and older, (b) living in long-term care facilities, (c) are 18+ and have underlying medical conditions, (d) are ages 50-64 and at increased risk due to social inequities, or (e) who are at increased risk because of their jobs (teachers, grocery store workers, health care workers, etc.). Please contact your healthcare provider, pharmacy or call 2-1-1 to book a booster shot appointment.

After Vaccination

- 10: What are some common symptoms after receiving the vaccination?
    a. Coughing and sneezing
    b. Runny nose
    c. soreness and fatigue
    Info: People may experience soreness at the injection site or fatigue after getting vaccinated. Coughing, sneezing, and a runny nose are common symptoms of a COVID19 infection.
- 20: What are you asked to do after being vaccinated?
    a. Drink plenty of water
    b. Remain for 15 min after vaccination shot
    c. exercise for 10 min
    Info: The 15 minute observation period after vaccination allows medical staff to make sure that you do not have an allergic reaction to the vaccine.
- 30: Whether vaccinated or unvaccinated, everyone should practice:
    a. Staying inside during the day
    b. washing hands, wearing masks, and physical distancing
    c. continue as normal because the pandemic has ended
    Info: The Delta variant is highly contagious. Some data suggests that the Delta variant may cause more severe illness in unvaccinated people. Fully vaccinated people with a breakthrough infection caused by the Delta variant can spread the
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virus to others, but for a shorter amount of time than unvaccinated people. Ways to stop the spread include wearing masks, physically distancing, washing hands, and getting vaccinated.

- 40: If you have been vaccinated, there is no chance that you will get COVID19.
  - A. True
  - **B. False**
  - Info: Breakthrough cases occur when people who are vaccinated are infected with COVID19. The vaccine is very effective in preventing severe illness, hospitalization and death, but no vaccine is 100% effective.

Testing & Quarantine

- 10: Which of the following tests should be used to diagnose a current COVID19 infection?
  - A. Antibody test
  - B. Diagnostic test
  - C. At home self-test
  - **D. B & C**
  - Info: Diagnostic tests can show if you have an active COVID19 infection and need to isolate or quarantine. The BinaxNOW at home self-test kits are diagnostic tests. Antibody tests look for antibodies that your immune system produced in response to the virus that causes COVID19. Antibody tests should not be used to diagnose active COVID19 infection.
- 20: What should you do if you have been vaccinated and were exposed to COVID19 at work/faith house/family member, etc?
  - A. Get tested 3-5 days after you were exposed
  - B. Stay home, even if you don't have symptoms
  - C. Wear a mask indoors in public for 14 days after you were exposed or until you have a negative test result
  - **D. A & C**
  - Info: If you are unvaccinated and were exposed to COVID19, you should quarantine for 14 days at home after your last contact with the person who has COVID19 and monitor any symptoms that might come up. If possible, stay away from people you live with, especially if they are at higher risk for getting very sick from COVID19. You can get tested 5 days after your last exposure.
- 30: If you're vaccinated and have tested positive for COVID19, you need to isolate at home even if you don't have any symptoms.
  - **A. True**
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- B. False
- Info: Regardless of whether you have symptoms or not, if you are vaccinated and test positive for COVID19, you should isolate youself for 10 days at home. For those who are not vaccinated, they should isolate for 10 days since their symptoms first started or since their positive COVID19 test.

- 40: What should you do if your child has a runny nose and a cough?
  - A. Have the child stay at home if they had close contact with someone with COVID19 in the last 14 days and seek medical evaluation and/or get tested
  - B. Have the child stay at home if they have not had close contact with someone with COVID19 in the past 14 days and get tested. If they test negative, they can return to school even if they still have symptoms.
  - C. If they test positive, they should isolate at home for 10 days after symptoms started and symptoms improve and fever-free for 24 hours without medication
  - **D. A & C**
  - Info: If the child has not had contact with someone with COVID-19 in the last 14 days: stay home from school and seek testing
    - If negative: return to school after symptoms improve and fever-free for 24 hours without medication
    - If positive: isolate at home for 10 days after symptoms started and symptoms improve and fever-free for 24 hours without medication
  - If the child has had contact with someone with COVID-19 in the last 14 days
    - Continue staying at home; seek medical evaluation and/or testing
  - If you don't have a doctor or clinic, you can call 2-1-1 or Multnomah County Primary Care clinics at 503-988-5558
  - More information

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