

COMMUNITY MEDICINE IN LOS ANGELES

What to
Know About
COVID-19

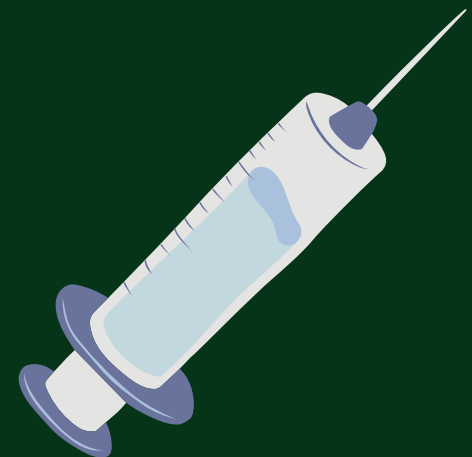
The Vaccine

- Vaccines have the same germs that induce disease but these germs have been weakened or killed.
- A vaccine triggers an individual's immune system to create antibodies the same way it would if one was exposed to the disease. Once vaccinated, you develop immunity to the disease without needing to get it.
- Getting vaccinated can protect individuals, prevent and deter epidemics, and eliminate diseases and their grave consequences.



Vaccines Available

- Pfizer-BioNTech
 - Number of shots: 2 shots, 21 days apart
 - How it is given: Shot in the muscle of the upper arm
- Moderna
 - Number of shots: 2 shots, one month (28 days) apart
 - How it is given: Shot in the muscle of the upper arm
- Vaccination Percentages
 - CA: 2.0% fully vaccinated
 - USA: about 2.74% fully vaccinated



After The Second Dose

Common Side Effects

On the arm where you get the shot:

- Pain
- Swelling

Throughout the rest of your body:

- Fever
- Chills
- Tiredness
- Headache

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.

Who gets vaccinated first?

1. Phase 1A

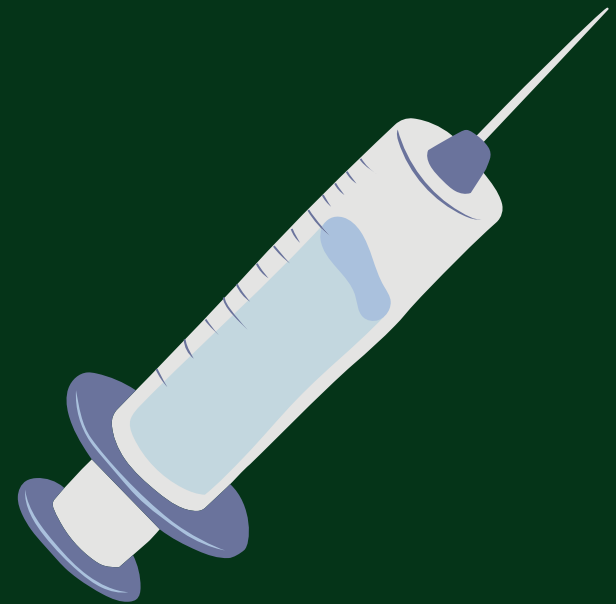
- Healthcare personnel
- Residents of long-term care facilities

2. Phase 1B

- Frontline essential workers
- Individuals aged 75+

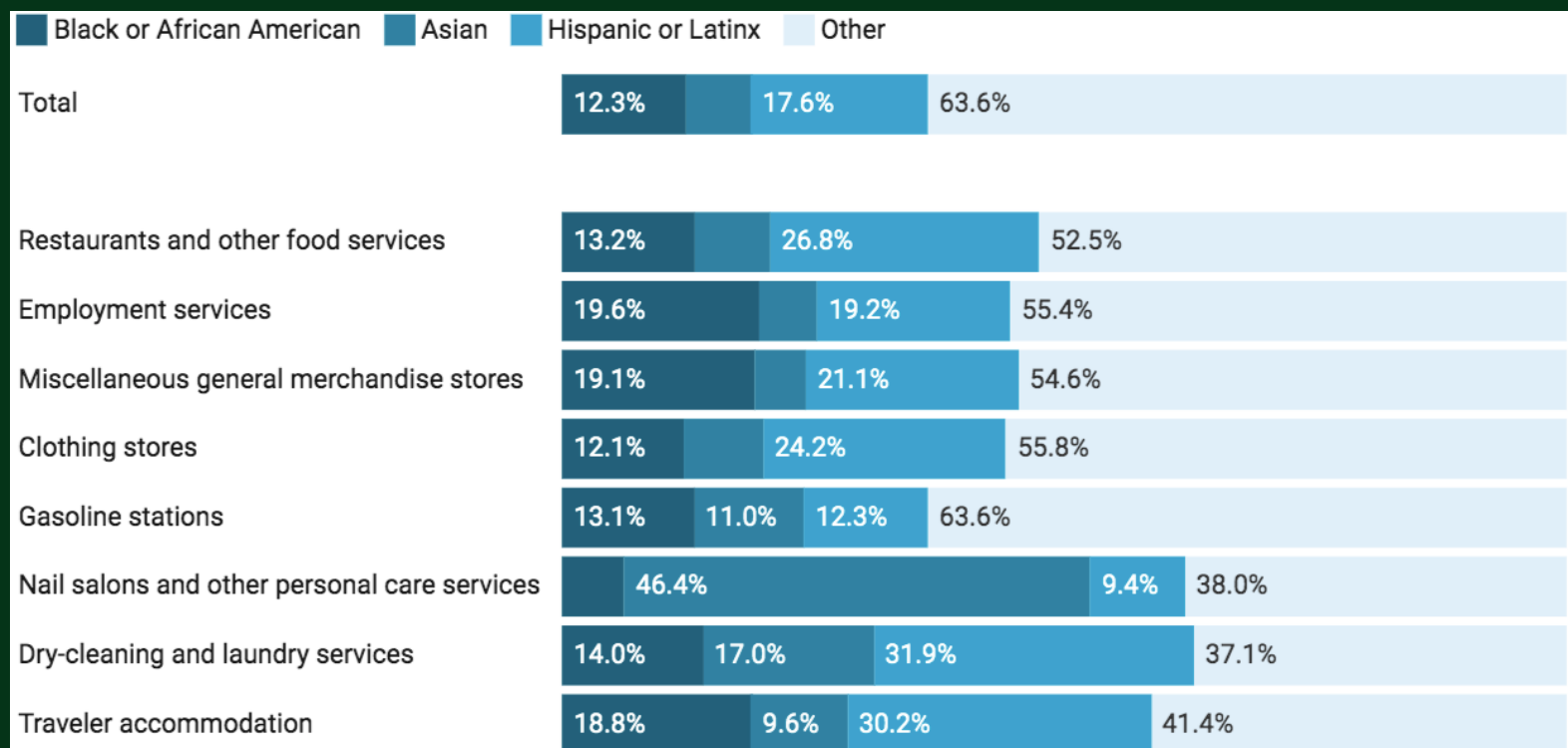
3. Phase 1C

- Individuals aged 65-74
- Individuals aged 16-64 with underlying health conditions
- Essential workers



Disparity of Impact

- People of color are overrepresented in low-wage jobs that are at risk of layoff during the pandemic
- In April, 61% of Hispanics and 44% of African Americans said that either they or someone in their household faced job or wage cuts caused by the pandemic compared to 38% of White adults
- 48% of Black adults and 44% of Hispanic adults said that they would not be able to pay some bills or that they will only be able to pay a portion of the bills for the month of April 2020, compared to 26% of White adults



Disparity of Impact

- Factors involved in disparity:
 - Cramped housing, poor health outcomes, early lack of testing resources, workplace COVID cases, lack of quality health care
- What's being done:
 - Workplace councils are being formed in order to allow workers to correct or report violations without fear of being fired



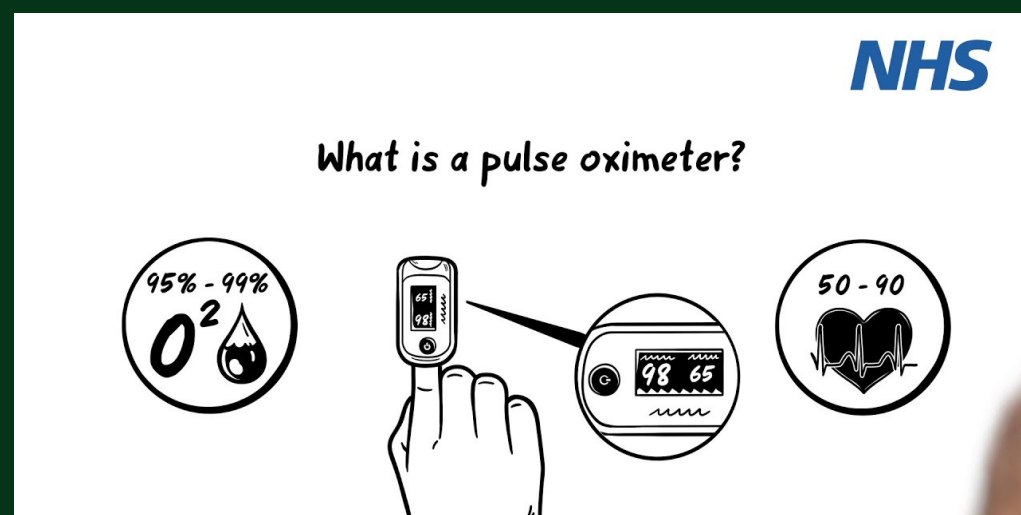
How to Stay Safe

- Basic Sanitary Practices:
 - Wash your hands (20 seconds)!
 - Avoid touching your face!
 - Clean surfaces and your phone often
- More Sanitary Practices:
 - Wash your clothes after being in a public space
 - Take food out of takeout containers and disinfect groceries (wash your fruit and vegetables!)
- Avoid:
 - Large public gatherings
 - Poorly ventilated places



Early Symptoms

- Early symptoms include:
 - Fever, Cough, Tiredness
 - Shortness of breath or difficulty breathing
- Other symptoms may include:
 - Muscle aches, Chills, Sore throat, Runny nose
 - Headache, Chest pain, Pink eye, Loss of taste
- Additional note: Pulse Oximeter
 - If you can't get a COVID-19 test, these \$15-30 FDA-approved devices tell you your blood oxygen level!
 - Oxygen levels regularly under 90% are a cause for concern.



Citations

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