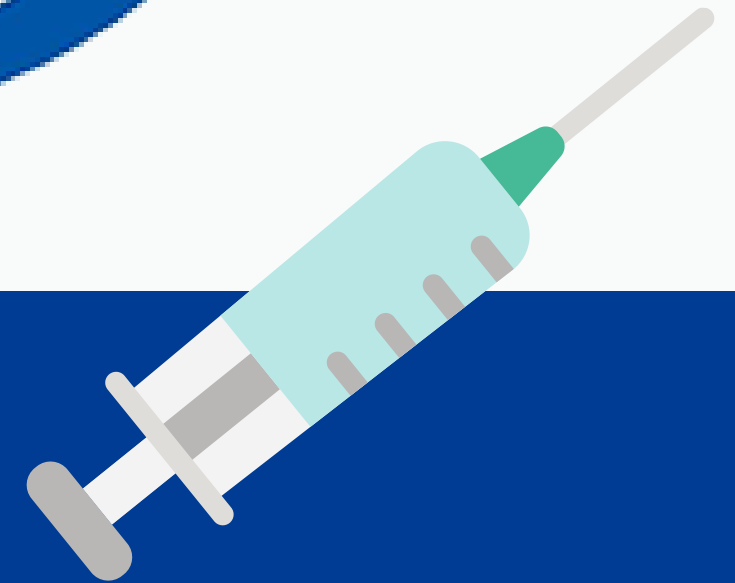


COVID-19 and Vaccination



Doctors of the World UK

Last reviewed: 11th August 2021

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1

COVID-19

2

Vaccination

3

Accessing the Vaccine

4

What next?

5

Questions & Answers

TODAY



Section 1: About COVID-19



COVID-19: The disease



- **Coronavirus Disease from 2019**

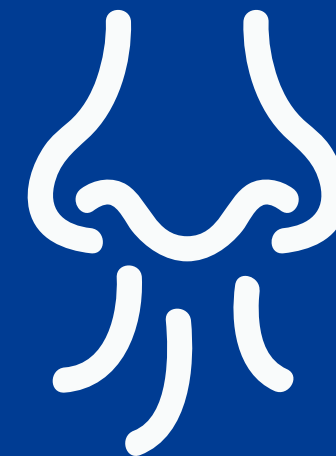
- **What are the main symptoms?**



high temperature



new persistent cough

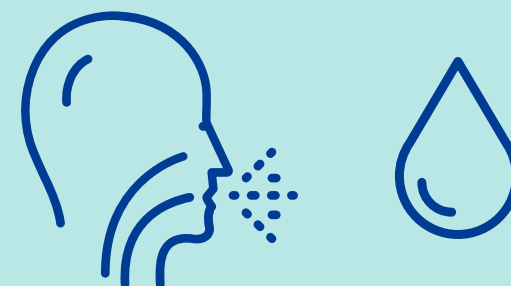


loss of smell



loss of taste

- **How does it spread?**

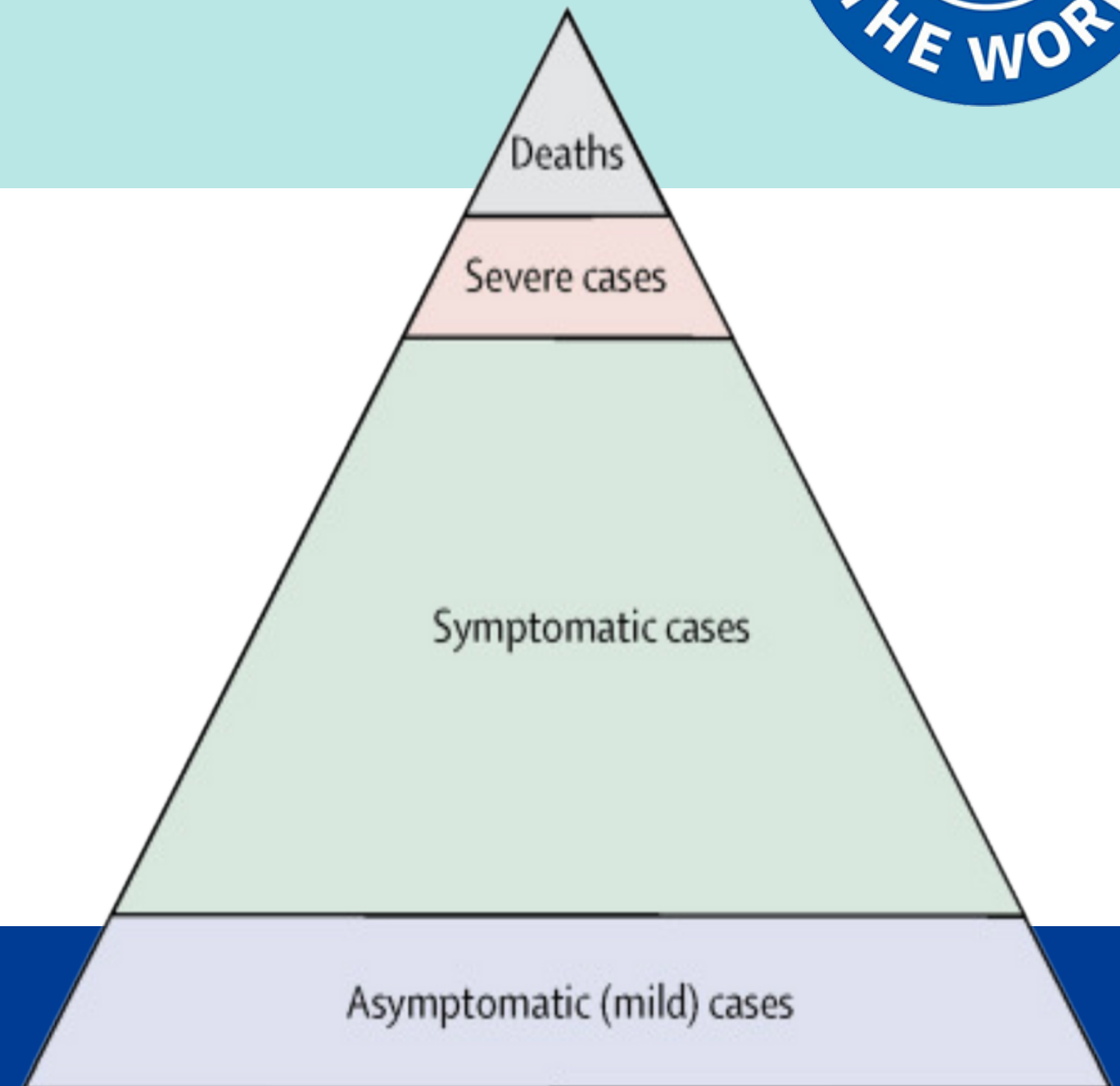


COVID-19: The disease



Will it affect me?

Who is at risk of severe disease?



COVID-19: Long COVID

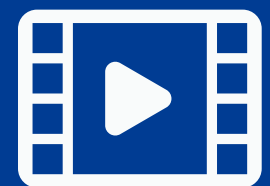


Symptoms persisting beyond 12 weeks after first being infected with the coronavirus

May include:

- **breathlessness**
- **tiredness**
- **'brain fog' (difficulty focusing/concentrating)**

VIDEO LINK



COVID-19: Testing



Lateral Flow Test



WITHOUT symptoms

PCR Test



WITH symptoms

Antibody Test



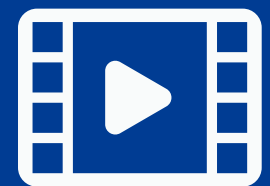
COVID-19: Variants



- **When a virus makes copies it can change a bit**
- **Some copies may be weaker**
- **Some copies may be stronger**
- **The changed virus is a 'variant'**

- **'Variant of concern' may:**
 - **spread more easily**
 - **cause more severe disease**
 - **escape the vaccines**

**VIDEO LINK
(to be added)**



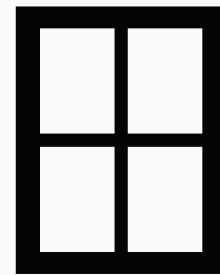
We can work to prevent infection of ourselves and the people around us by:



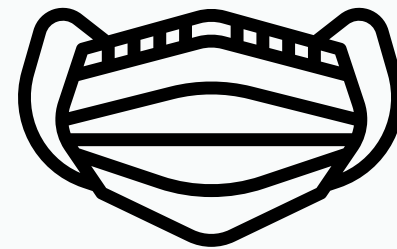
Handwashing



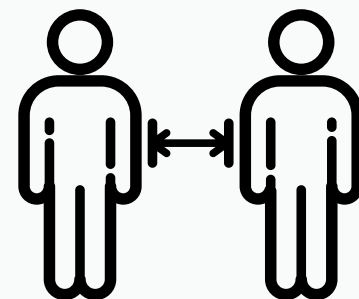
Ventilation



Wearing face-masks



**Social distancing &
Reducing contacts**



Vaccination



**WHAT
CAN WE
DO**

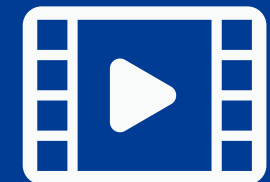
WHAT CAN WE DO



Ventilation

- Letting fresh air indoors can help remove air that contains virus particles
- Open windows and doors to allow a good flow of fresh air

**VIDEO LINK
(to be added)**



WHY SHOULD WE?



Intervention



Face masks

Chance of infection or transmission

Without intervention

With intervention

Without masks or respirators

With masks or respirators



17.4%



3.1%

Certainty of evidence: **Low***

* See the paper below for full explanations of certainty and why these categories are used. Moderate certainty: we are moderately confident in the effect estimate; the true effect is probably close to the estimate, but it is possibly substantially different. Low certainty: our confidence in the effect estimate is limited; the true effect could be substantially different from the estimate of the effect.

Even when properly used and combined, none of these interventions offers complete protection and other basic protective measures (such as hand hygiene) are essential to reduce transmission

Chu DK, Akl EA, Duda S, et al. Physical distancing, face masks, and eye protection to prevent person-to-person transmission of SARS-CoV-2 and COVID-19: a systematic review and meta-analysis. *Lancet* 2020. Published online June 1.

WHY SHOULD WE?



Intervention



Physical distancing

For every metre further away in distancing, the relative effect might increase

* See the paper below for full explanations of certainty and why these categories are used. Moderate certainty: we are moderately confident in the effect estimate; the true effect is probably close to the estimate, but it is possibly substantially different. Low certainty: our confidence in the effect estimate is limited; the true effect could be substantially different from the estimate of the effect.

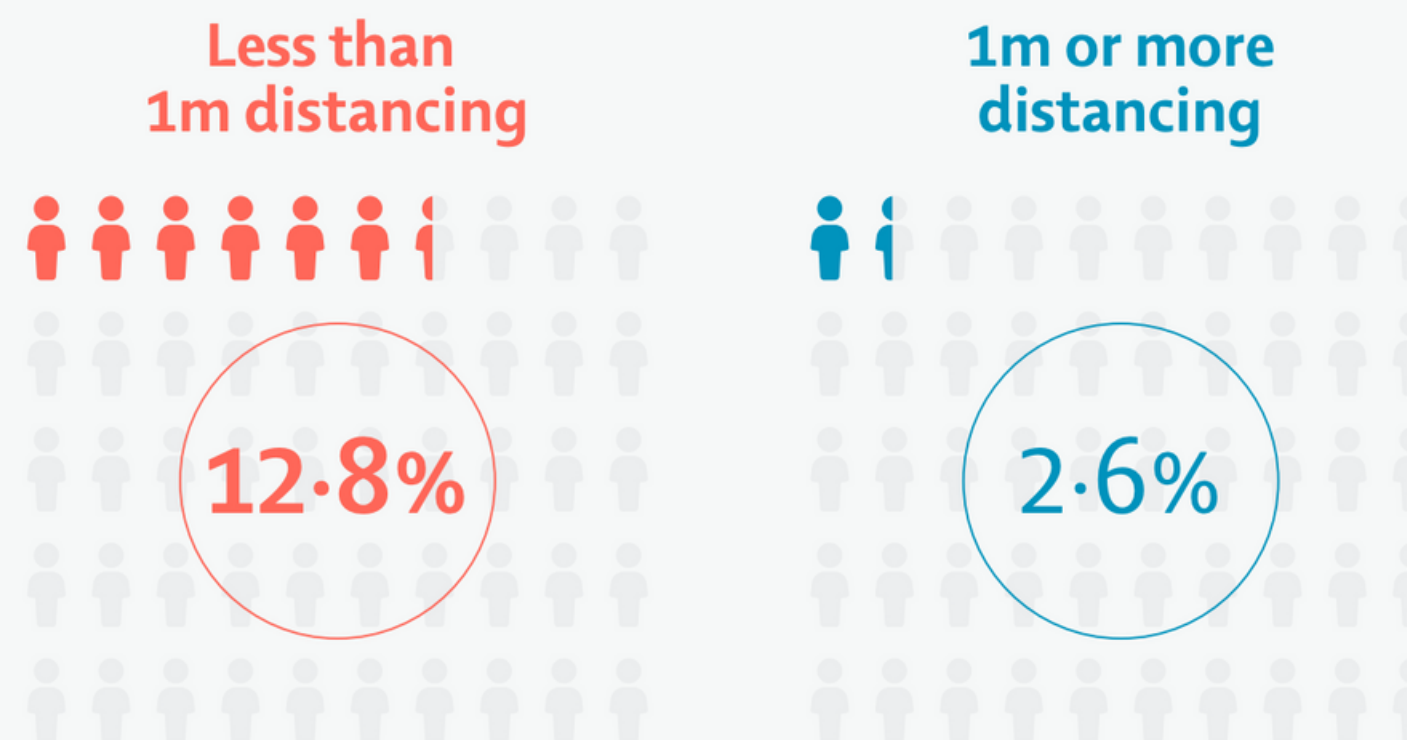
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Chance of infection or transmission

Without intervention

With intervention



Certainty of evidence: **Moderate***

Questions about COVID-19?





Section 2: About Vaccination



COVID-19 vaccination



- Vaccination reduces infection risk by stimulating the body's natural defence system to **safely** develop **immunity** to disease

- COVID-19 vaccination **reduces your risk**:
 - of getting and spreading the virus AND
 - of getting seriously ill from the virus



- You **cannot** catch COVID-19 from the vaccine

COVID-19 vaccination: how do vaccines work?

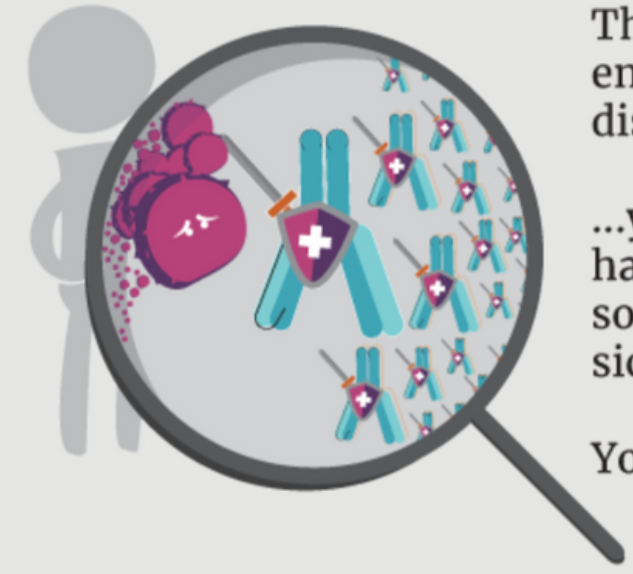


How do vaccines work?

You are given a small amount of a harmless form of a disease...



...Then your body makes **antibodies** to fight it off



Then if you encounter the disease again...

...your body already has the antibodies, so you don't get sick.

You are **immune.**

#CelebrateVaccines

British Society for
immunology
www.immunology.org

VIDEO LINK (to be added)





How have vaccines for COVID-19 been developed so fast?

British Society for
immunology

www.immunology.org

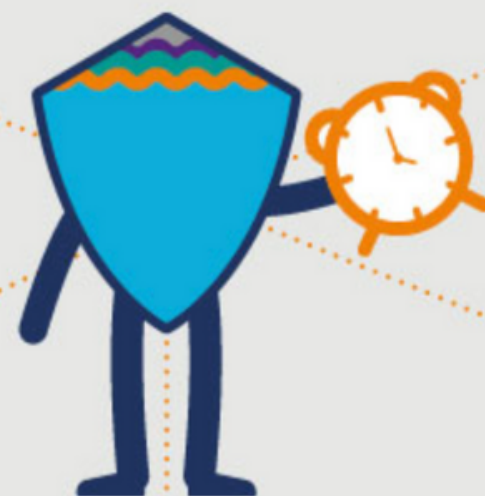
Priority & collaboration

Scientists, doctors, ethics approval boards, manufacturers and regulatory agencies have all come together to work harder and faster



Science

Advances in vaccine technology that are built on the back of many years of research



Funding

Governments and funding bodies have joined forces to remove financial obstacles



Manufacture

Large-scale manufacturing of the vaccines occurred in parallel with the clinical trials, to scale-up production quickly



Volunteers

10,000s of keen volunteers for clinical trials so recruiting enough has not been an issue



HOW WERE THE COVID-19 VACCINES DEVELOPED SO FAST

COVID-19 vaccination: contents



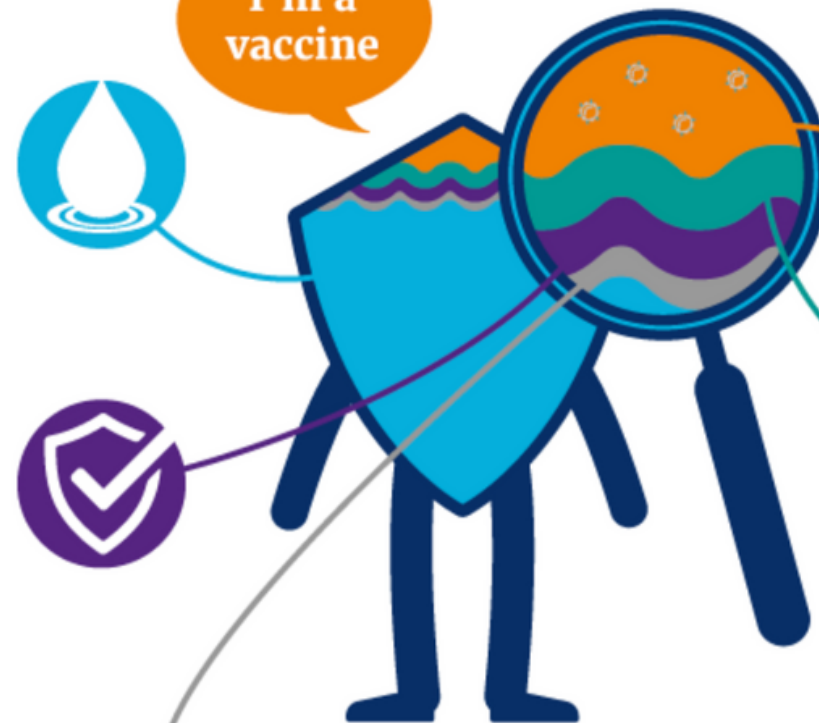
What's in a vaccine?

British Society for
immunology
www.immunology.org

Water
The main ingredient.



I'm a vaccine



Active ingredient

A very small amount of a harmless form of the bacteria or virus you are immunising against.



Preservatives and stabilisers

Maintain vaccine quality, safe storage and prevent contamination.
Example: Sorbitol; naturally found in fruit in larger amounts.



Adjuvants

Create a stronger immune response to the vaccine. Pose no significant risk to health in the very small quantities used.
Example: Aluminium; naturally found in drinking water at higher levels.



Residual traces of substances that have been used during vaccine manufacture, measured as parts per million or billion in the final vaccine.
Example: Formaldehyde; naturally found in human body.



VIDEO LINK
(to be added)



COVID-19 vaccines



Pfizer

mRNA technology
efficacy: 95%



Moderna

mRNA technology
efficacy: 94.1%



AstraZeneca

viral vector
efficacy: 80%



Protection starts around 14 days after vaccination

COVID-19 vaccination: safety



- More than 3 billion vaccine doses given worldwide (as of 11th August 2021)
 - vaccines are safe
 - serious side effects are extremely rare

- The risk from COVID-19 is far greater than from the vaccine

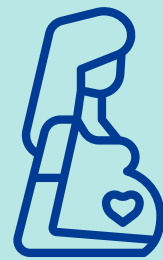


- How can we understand risk?

COVID-19 vaccination: safety

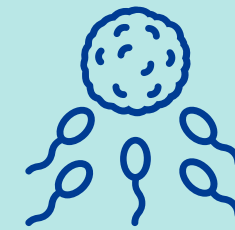


Pregnancy



- The Royal College of Obstetrics and Gynaecology recommends having the vaccine in pregnancy
- > 130,000 women in USA vaccinated: no safety concerns
- Pfizer or Moderna recommended

Fertility



No effect on fertility

Breastfeeding



Can have the vaccine

COVID-19 vaccination: what happens?



- **Vaccine given in your upper arm**
- **After Pfizer or Moderna, you will be observed for 15 minutes to make sure no allergic reaction develops**
- **Make sure to arrange your second dose**

**VIDEO LINK
(to be added)**



COVID-19 vaccination: side effects



- Most side effects mild and usually last less than 1 week

- May include:



sore arm from the injection



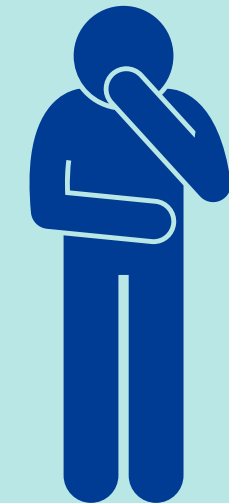
tiredness



headache



feeling achy



feeling/being sick

- More serious side effects, such as allergic reactions, blood clots or heart inflammation are very rare

Get medical help if, between 4 days and 4 weeks after AstraZeneca vaccine you develop any of these:



- Severe headache or headache unusual for you or worse when lying/bending over
- Headache with any of:
 - blurred vision
 - feeling/being sick
 - problem speaking
 - weakness
 - drowsiness
 - fits
- Rash that looks like small bruises or bleeding under the skin
- shortness of breath, chest pain, leg swelling or persistent abdominal (tummy) pain



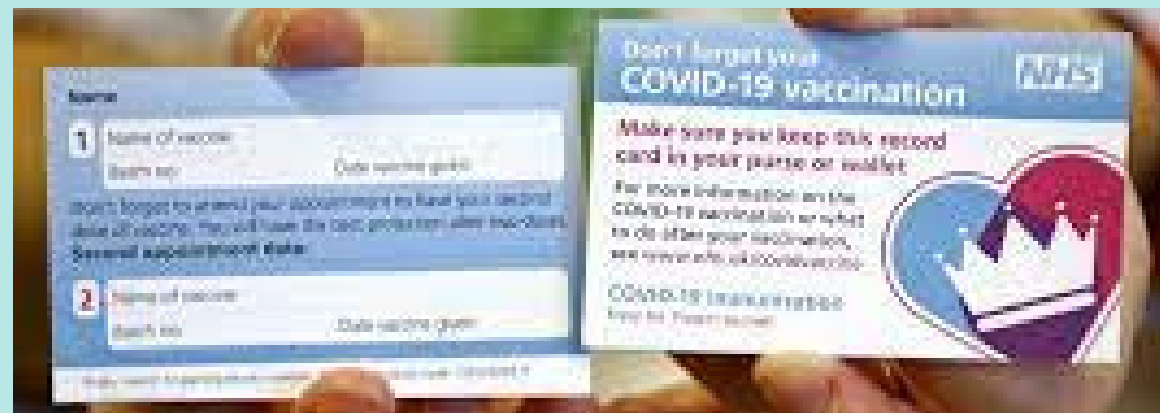
**WHEN
TO GET
HELP**

COVID-19 vaccination: intervals and proof



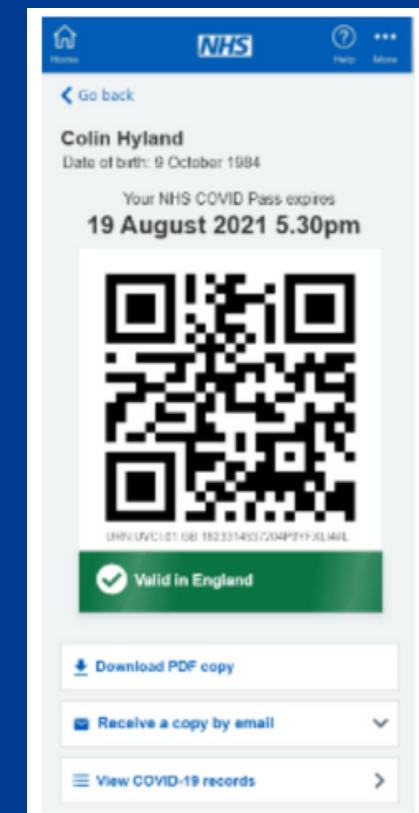
- **Second** vaccine doses are given **4 - 12 weeks** after the first

- **RECORD:** You will be given a record card (tip: take a photo)



- **PROOF: Covid Pass Letter**
- If you have an NHS number, you can access this via:

- the NHS app or
- your GP or
- online



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Questions about vaccination?





Section 3: Access to COVID-19 Vaccines



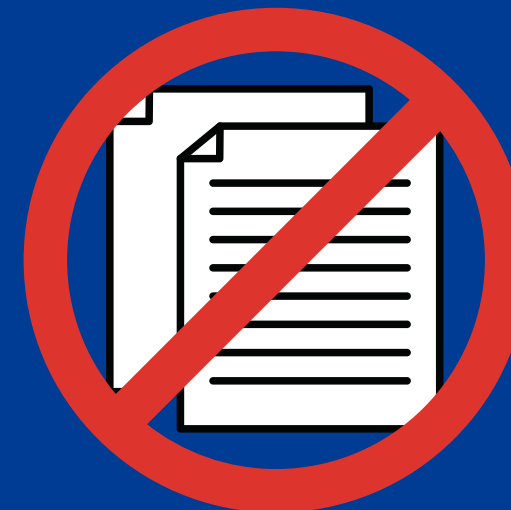
COVID-19 vaccination: entitlement



- All adults and young people aged **16 years and over** in the UK can get vaccinated (correct as of 11th August 2021)

- To access the vaccine, you **DO NOT NEED:**

- ✗ an NHS number
- ✗ a home address
- ✗ to be registered with a GP



Access to the COVID-19 vaccine: entitlement



- **Everyone** in England can register with a GP surgery
 - It's **free** to register
 - You **do not** need proof of address or immigration status, ID or an NHS number
-
- You **will not** be charged for:
 - **Testing** for COVID-19 (even if the test shows you do not have COVID-19)
 - **Treatment** for COVID-19
 - **Vaccination** against COVID-19





Everyone is welcome in
general practice



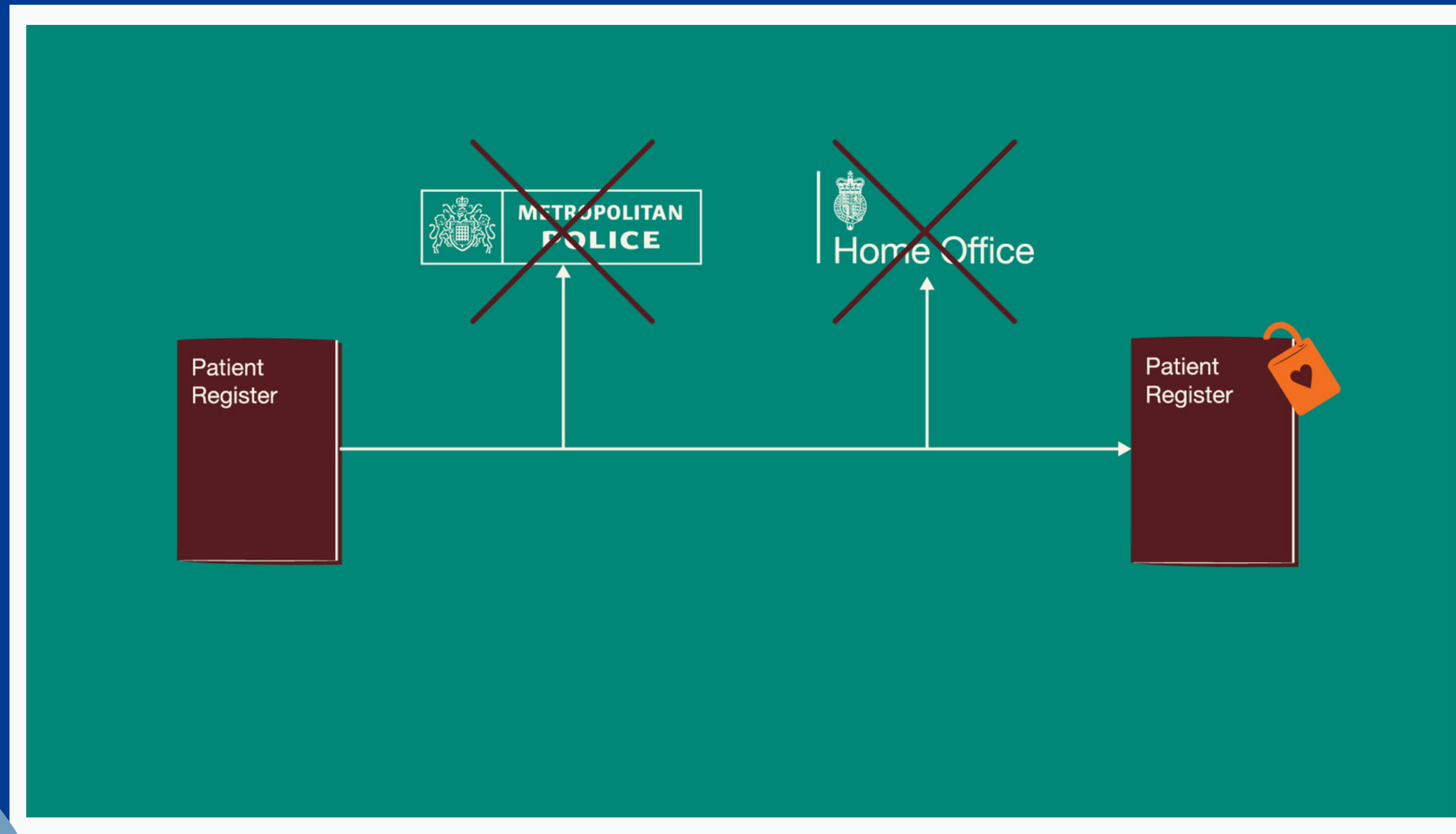
Find out more
www.nhs.uk/register



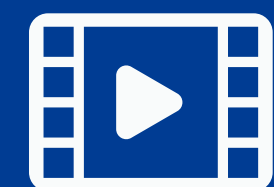
Doctors of the World: 0808 1647 686

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Your data will NOT be shared



**VIDEO LINK
(to be added)**

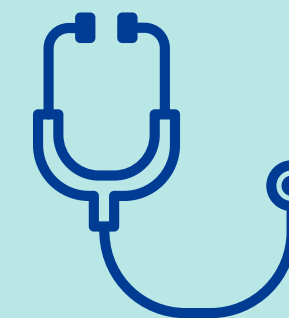


Access to the COVID-19 vaccine: how to get it?



1. Register with a **GP**

and/or



2. Book an appointment for the vaccine **online**
or by **calling 119** free of charge

or



3. Go to a vaccination **walk-in** centre or **pop-up** clinic



Questions about access to the vaccine?





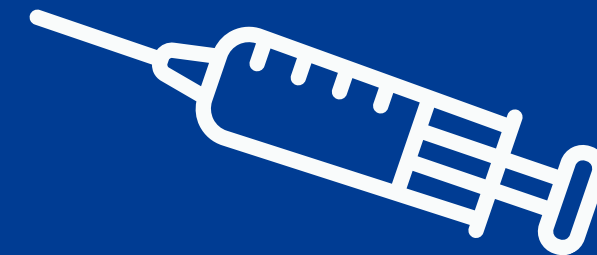
Section 4: What could we expect next?





- **The entire world is affected**
- **We will see more variants**
- **Possible we will need booster vaccinations in the near future**
- **Possible children will become eligible for COVID-19 vaccination**

- **Keep updated here:**



- **www.doctorsoftheworld.org.uk/translated-health-information**
- **www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination**
- **www.gov.uk/coronavirus**



You can help increase **confidence** in your **community**

Use information from **reliable** sources, or signpost people with questions to the right **sources**

Share your **experiences** - people want to hear from people they **trust**

CAN I HELP?

yes!



Section 5: Questions and Answers





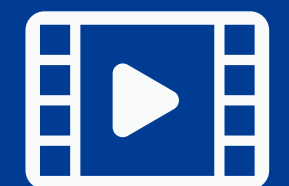
Frequently Asked Questions

Introduction to FAQs



Dr Claire van Nispen tot Pannerden
and Dr Fatima Sheik

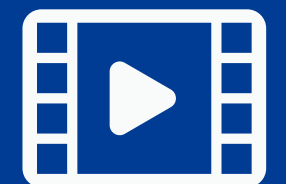
VIDEO LINK
(to be added)



Why is it important to get vaccinated against COVID-19?



VIDEO LINK
(to be added)



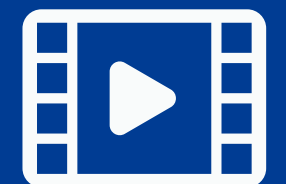
FAQ

Dr Claire van Nispen tot Pannerden
and Dr Fatima Sheik

What is Long COVID?



VIDEO LINK
(to be added)



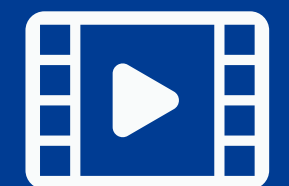
FAQ

Dr Claire van Nispen tot Pannerden
and Dr Fatima Sheik

What are variants and 'variants of concern'?

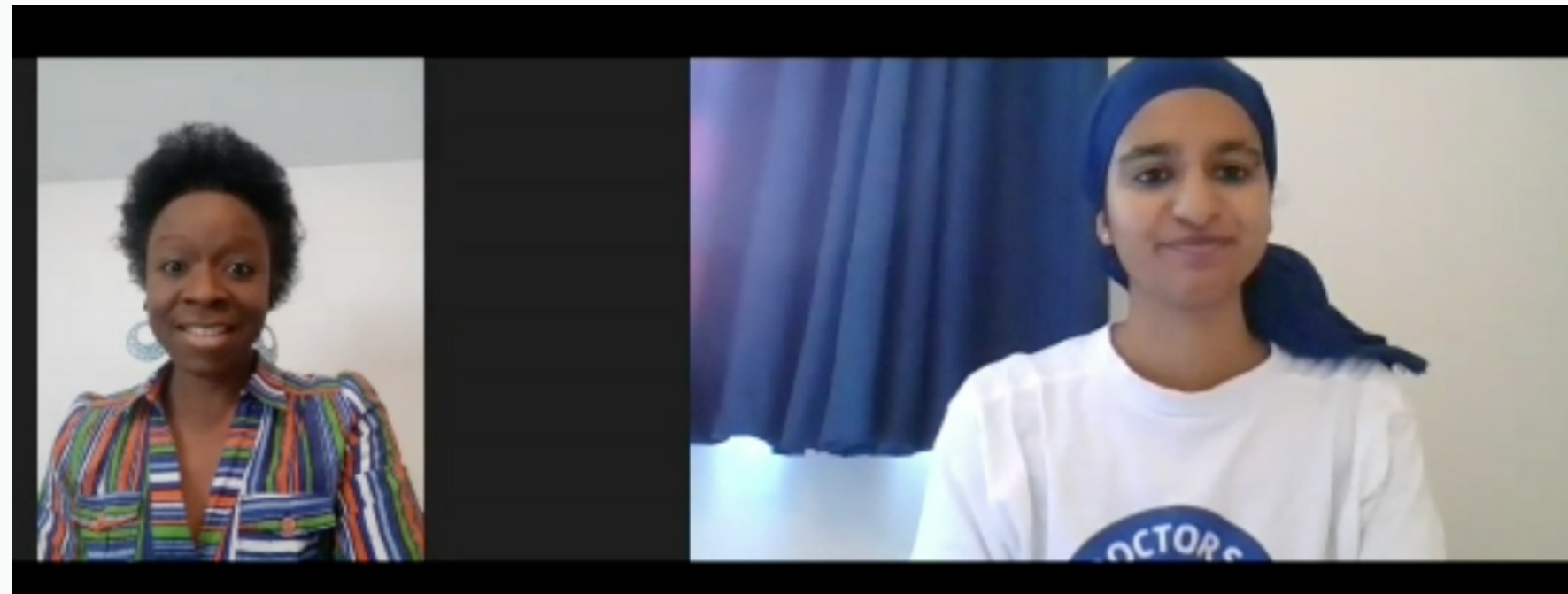


VIDEO LINK
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FAQ Dr Claire van Nispen tot Pannerden
and Dr Fatima Sheik

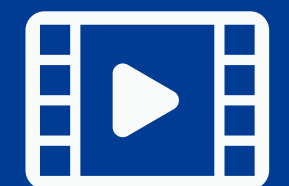
If I have had COVID-19 already, do I still need the vaccine?



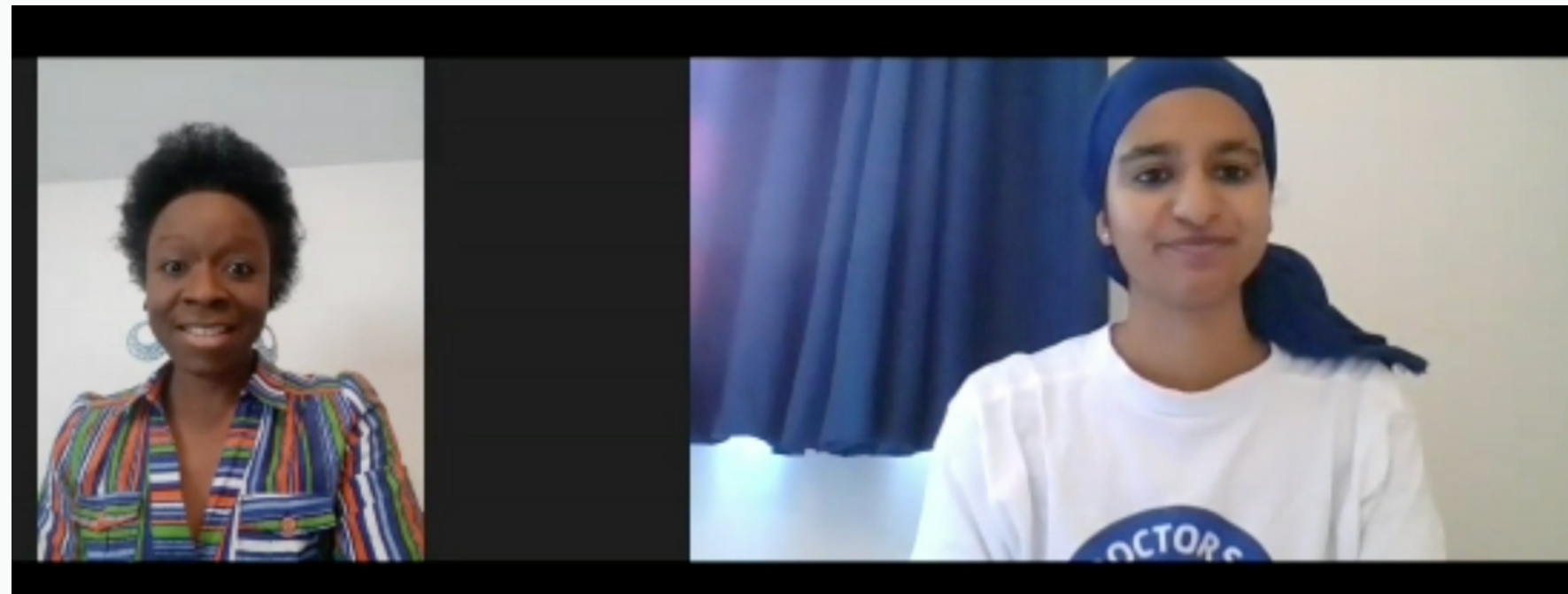
FAQ

Dr Funmi Bajomo
and Dr Fatima Sheik

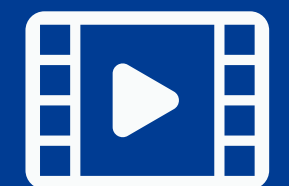
**VIDEO LINK
(to be added)**



I have had one dose of the vaccine, do I need a second dose?



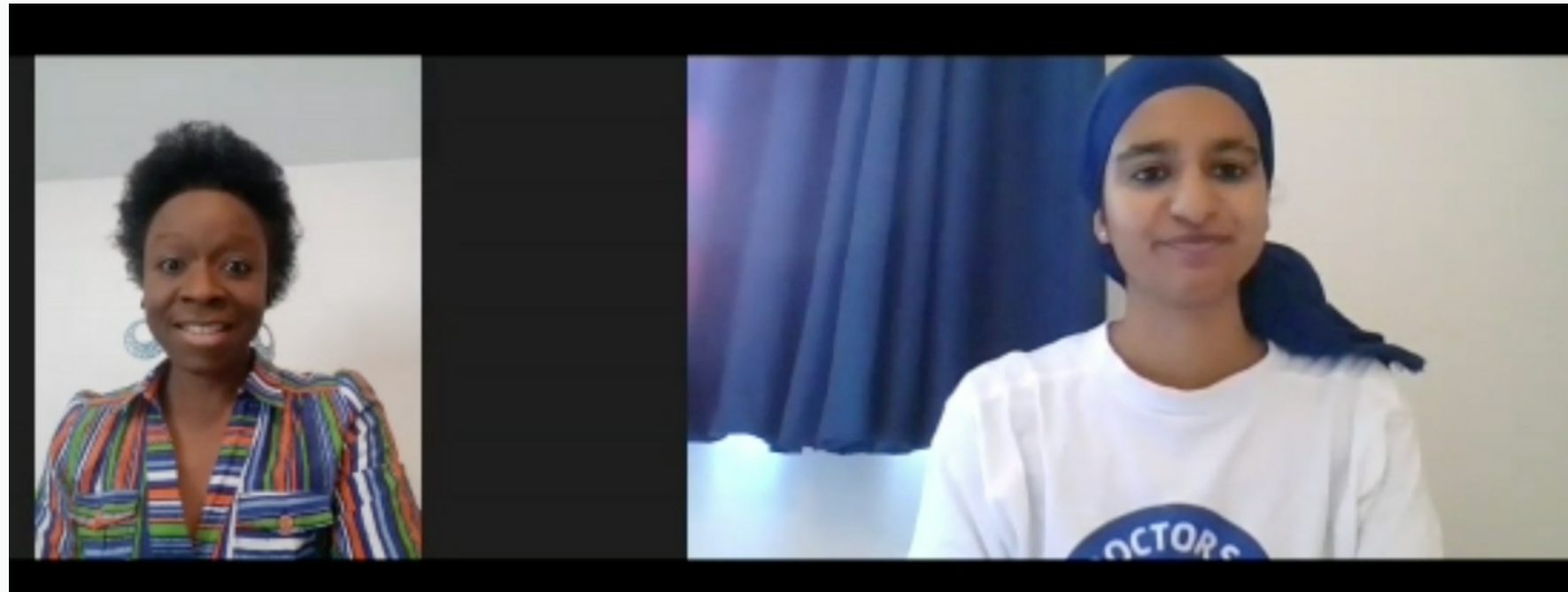
VIDEO LINK
(to be added)



FAQ

Dr Funmi Bajomo
and Dr Fatima Sheik

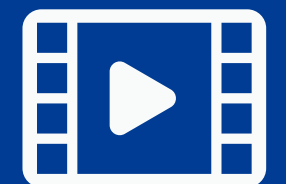
Can I catch COVID-19 from the vaccine?



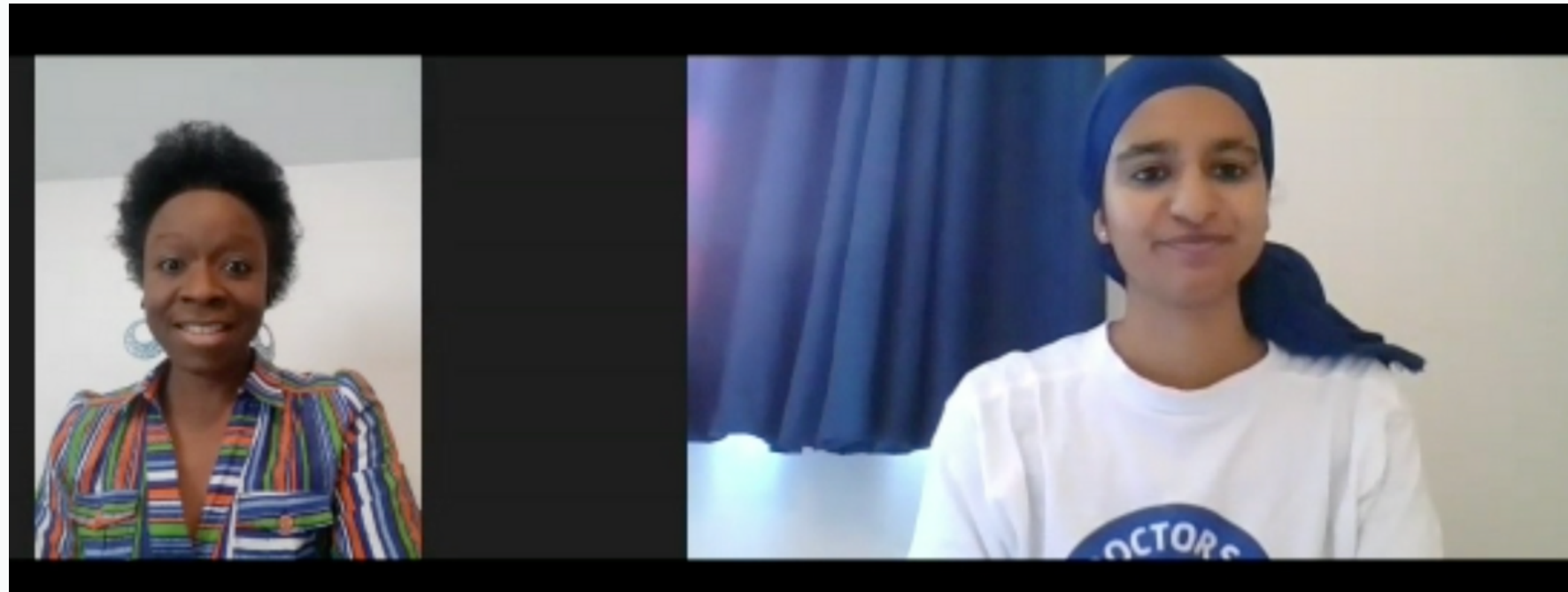
FAQ

Dr Funmi Bajomo
and Dr Fatima Sheik

VIDEO LINK
(to be added)



Can I still get COVID-19 if I have had the vaccine?



FAQ

Dr Funmi Bajomo
and Dr Fatima Sheik

VIDEO LINK
(to be added)

