

COVID-19 Customizable Newsletter

How-to Get Vaccinated

Since last year, we have sacrificed being with our loved ones in order to keep family and friends safe from COVID-19.

Many beautiful moments such as weddings, baptisms, family gatherings, and even hugs have been missed. We all want and need to reconnect with our friends and family and each of us holds the power to make that happen by getting a COVID-19 vaccine.

We at _____ (fill in your organization's name) would like to provide important information about how to get your questions answered but also help you find out where you and your loved ones can get vaccinated in Orange County.

[In Orange County, the COVID-19 vaccine is being distributed through various healthcare channels](#), including hospitals, clinics, pharmacies, and the County of Orange's mobile vaccination clinics.

Most Orange County community members are eligible to receive a COVID-19 vaccine. Anyone who has not yet received a vaccine is encouraged to protect their families and loved ones by getting vaccinated. The COVID-19 vaccine is safe, free, and effective.

If you need help scheduling a vaccine appointment or have an Othena-related question, call the OC COVID-19 Hotline at (714) 834-2000. Language assistance in English, Spanish and Vietnamese is available by calling the OC COVID-19 Hotline at **(714) 834-2000** seven days a week from 8 a.m. to 5 p.m. or going to www.Othena.com.

Answers to frequently asked questions about Othena are available at OCCOVID19.OCHHealthInfo.com/Othena-FAQS. This webpage will be continually updated as new information becomes available.

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How to Get Tested for COVID-19

While vaccinations have been underway since earlier this year, residents of Orange County should continue to regularly get tested for COVID-19.

We at _____ (*fill in your organization's name*) fully support the County of Orange and Orange County Health Care Agency's (HCA) vaccination efforts and for providing residents and workers with a variety of COVID-19 testing options.

Many facets of life now involve testing; youth sports, schools, airlines, and some employers require a negative test result. It's important to know where you need to go for a COVID-19 test when you need one.

On the HCA's website – www.covidvaccinefacts.com – you can find the most up-to-date list of COVID-19 testing options and locations.

You can either make an appointment to visit a testing site near you or order a saliva or nostril swab test to be delivered directly to your home!

Let's continue to do our part by keeping socially distanced, washing our hands regularly, and wearing a mask around others to beat this pandemic.

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COVID-19 Myths vs Facts

Are you having some second thoughts about getting a COVID-19 vaccine?

You may have come across some misconceptions about the vaccine online or heard them from your friends or family.

To dispel some of the most common myths, the Orange County Health Care Agency (HCA) has put together a list of myths surrounding the vaccine and the corrected facts. You can also find these on their website: <https://occovid19.ochealthinfo.com/article/trust-truth-not-myths>.

MYTH: Messenger RNA (mRNA) is an untested vaccine methodology

TRUTH: The COVID-19 messenger RNA (mRNA) vaccines may be the first commercially available human vaccines to use mRNA technology, but it has been used in vaccine studies for 30 years.

Read more:

Pardi N, Hogan MJ, Porter FW, Weissman D. mRNA vaccines - a new era in vaccinology. Nat Rev Drug Discov. 2018 Apr; 17(4):261-279. doi:10.1038/nrd.2017.243. Epub 2018 Jan 12. PMID: 29326426; PMCID: PMC5906799. <https://pubmed.ncbi.nlm.nih.gov/29326426/>

MYTH: mRNA vaccines change your DNA

TRUTH: There is no risk of the mRNA changing your DNA, because it never enters the part of the cell (the nucleus) where the DNA is.

MYTH: Microchips are injected into your arm along with the vaccine

TRUTH: Microchips are not injected along with the vaccine. One of the syringes planned for COVID vaccinations has a microchip on the outside of the pre-filled syringes that can be scanned for tracking of administered vaccines. The microchip stays on the outside of the syringe and does NOT get injected.

MYTH: Racial/ethnic groups or the elderly are not being singled out as "guinea pigs" to get the first vaccine

TRUTH: The groups being offered vaccines are those at higher risk of acquiring or transmitting infection or having severe complications. Neither race nor ethnicity is being used for prioritization.

MYTH: The Pfizer and the Moderna mRNA vaccines cause sterilization in women.

TRUTH: The spike proteins coded for by the COVID-19 mRNA vaccines are different than the placental protein syncytin-1, and there is no reason to believe that the vaccines will induce an immune response to this unrelated protein. As of 2/28/21, CDC reported numerous births following COVID-19 vaccination with no increase in pregnancy or birth complications.

Read more:

[CDC ACIP COVID Vaccine Safety Update 3/1/21](#)

MYTH: You can get COVID-19 from a COVID-19 vaccine.

TRUTH: None of the COVID-19 vaccines currently used or expected soon include the actual coronavirus in it, so they cannot give you COVID-19.

Read more:

Kwon, D. The Promise of mRNA Vaccines. *The Scientist*, Nov 25, 2020. <https://www.the-scientist.com/news-opinion/the-promise-of-mrna-vaccines-68202>

MYTH: The Risk of death from the COVID-19 vaccines is greater than the risk of death from the virus itself.

TRUTH: This is not true.

Pfizer and Moderna Vaccines: While some instances of severe allergic reaction and anaphylaxis have been reported, mainly in people with a history of allergic reactions, no deaths have been clearly related to vaccination. Death rates in the days following vaccination are lower than would be expected based on normal death rates over that period of time for persons of the ages getting vaccinated (Advisory Committee on Immunization Practices, CDC).

Johnson and Johnson (Janssen) Vaccine: On April 13, 2021, the FDA recommended a pause in the administration of the Janssen vaccine due to a report of 6 cases of a syndrome, known as thrombosis plus thrombocytopenia syndrome or TTS. All six cases occurred in women age 18-48 and 1 person had died. On April 23, 2021, after a 10-day pause of examination of all evidence related to those cases as well as 9 additional cases, which included 2 additional deaths, the CDC and FDA found that the vaccine's known and potential benefits outweigh its known and potential risks in individuals 18 years of age and older. The TTS was shown to have a risk of 7 cases per 1 million doses of the Janssen vaccine administered to women ages 18 to 49. The risk for women older than 50 was .9 per 1 million doses. Compared to the risks for hospitalization and death from COVID-19, these risks were less than the risks from not being vaccinated for COVID-19. Both agencies recommended a resumption of administration of the Janssen vaccine, along with a revision of the Fact Sheets for providers and recipients to include information

about the risk of this syndrome, which has occurred in a very small number of people who have received the Janssen COVID-19 Vaccine.

Read more:

[FDA and CDC Lift Recommended Pause on Johnson & Johnson \(Janssen\) COVID-19 Vaccine Use Following Thorough Safety Review.](#)

MYTH: COVID-19 is no worse than the seasonal flu

TRUTH: Compared with seasonal flu, COVID-19 was associated with a much higher risk of death, organ failure, intensive care unit admission, and prolonged length of stay in hospitalized patients. COVID can be a much more serious and lethal disease than seasonal influenza.

Read more:

[Comparative evaluation of clinical manifestations and risk of death in patients admitted to hospital with covid-19 and seasonal influenza. British Medical Journal](#)

We at _____ (*fill in your organization's name*) want you to be informed and empowered to make the right choices. We support the County of Orange and HCA in their efforts to vaccinate the people of Orange County against COVID-19.

More information is available in English, Spanish, Korean, and Vietnamese by calling the OC COVID-19 Hotline at 714-834-2000. The hotline offers automated responses to frequently asked questions 24 hours a day, and live, trained operators seven days a week from 8 am – 5 pm. If you ever need more information, visit covidvaccinefacts.com.

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