COVID-19 Vaccine 2022 Common Questions

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1. **When and where do I get the next booster? Besides testing. How can I tell the difference between COVID-19 and cold or flu?**
   - **You can get your vaccines and Boosters at your pharmacy, hospitals, and vaccine clinics**
   - COVID-19 and the flu are both contagious respiratory diseases caused by viruses. They have some common symptoms. They can affect people differently. Also, since the flu has been around much longer, doctors know more about how to treat and prevent it, while they continue to learn more about COVID-19.
   - The signs and symptoms of both diseases can range from no symptoms to mild or severe symptoms. Because COVID-19 and the flu have similar symptoms, it can be hard to diagnose which condition you have based on your symptoms alone. Testing may be done to see if you have COVID-19 or the flu. You can also have both diseases at the same time.

   To review:

   COVID-19 and the flu have many signs and symptoms in common, including:

   - Fever
   - Cough
   - Shortness of breath or difficulty breathing
   - Tiredness
   - Sore throat
   - Runny or stuffy nose
   - Muscle aches
   - Headache
   - Nausea or vomiting, but this is more common in children than in adults

   - Symptoms of COVID-19 and the flu appear at different times and have some differences.
   - COVID-19 symptoms generally appear 2-14 days after exposure.
   - Flu symptoms usually appear about 1-4 days after exposure

   https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/coronavirus-vs-flu/art-20490339

2. **How long does it take to catch Covid if you are near someone who has it and you have no mask on for a person that is Vaccinated? Unvaccinated?**

Close Contact through proximity and duration of exposure:

- Someone who was less than 6 feet away from an infected person (laboratory-confirmed or a clinical diagnosis) for a total of 15 minutes or more over a 24-hour period (for example, three separate 5-minute exposures for a total of 15 minutes).

- An infected person can spread the virus that causes COVID-19 starting 2 days before they have any symptoms (or, for people without symptoms, 2 days before the positive specimen collection date).

  https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html#contact

- It is believed that wearing a mask decreases the transmission of COVID-19 in unvaccinated and vaccinated.

- CDC reports Infections with the **Delta variant** in vaccinated persons potentially have reduced transmissibility than infections in unvaccinated persons, although additional studies are needed.

- However, the **Omnicron variant** was highly transmissible so even those who had been vaccinated showed a higher rate of contracting COVID than the other variants.

- **On average**, symptoms showed up in the newly infected person about **5.6** days after contact.

- Rarely, symptoms appeared as soon as 2 days after exposure.

- Most people with symptoms had them by **day 12**.

- And most of the other ill people were sick by day 14. In rare cases, symptoms can show up after 14 days. Researchers think this happens with about 1 out of every 100 people.

  Some people may have the coronavirus and never show symptoms. Others may not know that they have it because their symptoms are very mild. Current studies might not include the mildest cases, and the incubation period could be different for these.

  Omicron is now the **most dominant** strain of coronavirus in the U.S., and its incubation period may be shorter than those of previous variants. Research is just beginning. But some scientists who've studied Omicron and doctors who've treated patients with it suggest the right number might be around 3 days.

3. **Lately it seems as though more people who are fully vaccinated are catching COVID. Is there a problem with the vaccine in terms of it not being effective for the length of time**

- However, since vaccines are not 100% effective at preventing infection, some people who are up to date with the recommended vaccines will still get COVID-19.
- This is called a breakthrough infection.
- When people who are vaccinated develop symptoms of COVID-19, they tend to experience less severe symptoms than people who are unvaccinated.
  COVID-19 vaccines help protect against severe illness, hospitalization, and death.
- COVID-19 vaccines also help protect against infection.
- People who are vaccinated may still get COVID-19.
- When people who have been vaccinated get COVID-19, they are much less likely to experience severe symptoms than people who are unvaccinated.
- You must remember that vaccines are not 100% effective at preventing you from getting the disease.
- There are some that it appears that it has prevented them from contracting the disease.
- As I said before, the Omnicron variant is highly transmissible and even those who have had vaccines and boosters have contracted Covid.
- The mutations of Omnicron also allowed for it to evade the immunity from the vaccines that had been given.
- This prompted the development of a vaccine specifically for Omnicron.
- The **new "bivalent" booster** — meaning it's a mix of two versions of the vaccine — will target both the original coronavirus strain and the **BA.4 and BA.5** omicron subvariants. COVID-19 vaccines are effective at preventing severe disease, hospitalization, and death.

  https://www.cdc.gov/coronavirus/2019-ncov/vaccines/effectiveness/why-measure-effectiveness/breakthrough-cases.html

4. **Are there any known side effects? Once you've had the vaccine do you have to get vaccinated every year?**

  - Benefits of Vaccination Outweigh the Risks Serious side effects that could cause long-term health problems are extremely unusual following any vaccination, including COVID-19 vaccination. With anything, there are potential side effects, but the benefits outweigh the side effects
  - COVID-19 vaccines help our bodies develop immunity to the virus that causes COVID-19 without us having to get the illness.

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- Different types of vaccines work in different ways to offer protection. But with all types of vaccines, the body is left with a supply of "memory" T-lymphocytes as well as B-lymphocytes that will remember how to fight that virus in the future.
- It typically takes a few weeks after vaccination for the body to produce T-lymphocytes and B-lymphocytes. Therefore, it is possible that a person could be infected with the virus that causes COVID-19 just before or just after vaccination and then get sick because the vaccine did not have enough time to provide protection.
- Sometimes after vaccination, the process of building immunity can cause symptoms, such as fever. These symptoms are normal signs the body is building immunity.
- **Types of Vaccines: mRNA, Viral Vector, and Pro**
- https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/how-they-work.html#:~:text=COVID%2D19%20vaccines%20help,to%20get%20the%20illness.
- A booster shot is like getting a **tetanus** shot every **10 years**. As time goes on you can lose some of the strength the vaccines give you. At this time, we do not know if the FDA will be recommending yearly boosters and how often that would occur.
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5. **Where do you feel we are now with COVID relative to masking indoors, gathering size, necessary precautions, etc.?**

- CDC recommends that public health officials monitor COVID-19 Community Levels.
- **COVID-19 Community Level Indicators**
- CDC recommends the use of three indicators to measure COVID-19 Community Levels: (1) *new COVID-19 hospital admissions per 100,000 population in the last 7 days;* (2) *percent of staffed inpatient beds occupied by patients with confirmed COVID-19 (7-day average);* and (3) *new COVID-19 cases per 100,000 population in the last 7 days* (Table 1).
- **The COVID-19 community level is determined by the higher the *new admissions* and *inpatient beds occupied* metrics, based on the current level of *new cases per 100,000 population in the past 7 days*.**

TABLE 1. COVID-19 Community Levels, Indicators, and Thresholds

New COVID-19 Cases Per 100,000 people in the past 7 days	Indicators	Low	Medium	High
Fewer than 200	New COVID-19 admissions per 100,000 population (7-day total)	<10.0	10.0-19.9	≥20.0
	Percent of staffed inpatient beds occupied by COVID-19 patients (7-day average)	<10.0%	10.0-14.9%	≥15.0%
200 or more	New COVID-19 admissions per 100,000 population (7-day total)	NA	<10.0	≥10.0
	Percent of staffed inpatient beds occupied by COVID-19 patients (7-day average)	NA	<10.0%	≥10.0%

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- [1] Number of new cases in the county in the past 7 days divided by the population in the county (or other administrative levels) multiplied by 100,000.
- [2] Total number of new admissions of patients with confirmed COVID-19 in the past 7 days divided by the total population in the Health Service Area, multiplied by 100,000.
- [3] Percent of staffed inpatient beds that are occupied by patients with confirmed COVID-19 within the entire Health Service Area (7-day average).
- While we are low it would be safe to unmask inside with the option to wear a mask for those who are immunocompromised and feel comfortable with just wearing a mask (just because)
- Secondly, in the private sector you have the right to dictate if your gathering is required to wear a mask or not.
- It is only mandated when your local government states wearing masks inside and outside is necessary as we had at the beginning of the initial pandemic.
- CDC recommends at a certain point when one should wear mask
- Ohio Department of Health and Columbus Public Health look at the COVID health page

Franklin County, Ohio
6. **Are we on a downward trend for new cases and what is the prediction for the winter?**

1. State Health Department
   - If we can have Franklin County get their COVID-19 Vaccines
   - If Franklin County can get their Bivalent Boosters (Moderna or Pfizer), then we can keep this virus at a low rate
   - For the United States, most flu activity starts in **October** and ends in May. Peak flu activity happens between December and March, which is why flu season and winter are often linked together. The Centers for Disease Control and Prevention (CDC) has been tracking flu activity in the United States since 1982.

COVID-19 Community Level	
	Low
Recommended actions based on the current level	
Stay up to date with COVID-19 vaccines. Get tested if you have symptoms. Wear a mask if you have symptoms, a positive test, or exposure to someone with COVID-19. Wear a mask on public transportation. You may choose to wear a mask at any time as an additional precaution to protect yourself and others.	
Weekly Metrics Used to Determine the COVID-19 Community Level	
Case Rate per 100,000 population	106.17
New COVID-19 admissions per 100,000 population	9.4
% Staffed inpatient beds in use by patients with confirmed COVID-19	2.9%

- https://covid.cdc.gov/covid-data-tracker/#county-view?list_select_state=Ohio&data-type=CommunityLevels&null=CommunityLevels&list_select_map_data_metro=metro&list_select_county=390
- With giving all these indications before you now I will say we are on a temporary downswing until the flu season comes on an upswing with COVID standing by its side.

7. **Hearing all the different variants how often should you receive a booster?**

What You Need to Know

- CDC recommends everyone stay up to date with COVID-19 vaccination, including all primary series doses and boosters for their age group:
  - People ages **6 months through 4 years** should get all COVID-19 primary series doses.
  - People ages **5 years and older** should get all primary series doses, and the booster dose recommended for them by CDC, if eligible.
    - People ages **5 years to 11 years** are currently recommended to get the **original (monovalent) booster.**
    - People ages **12 years and older** are recommended to receive one **updated Pfizer or Moderna (bivalent) booster.**
      - This includes people who have received all primary series doses and people who have previously received one or more original (monovalent) boosters.
      - At this time, people aged **12 years to 17 years** can only receive the **updated Pfizer bivalent booster.**
- Getting a COVID-19 vaccine after you recover from COVID-19 infection provides added protection against COVID-19.
- People who are moderately or severely immunocompromised have different recommendations for COVID-19 vaccines, including boosters.
- COVID-19 vaccine and booster recommendations may be updated as CDC continues to monitor the latest data.
- https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html

8. With President Biden saying Covid is over, what does that truly mean?

- First this has been very political issue which we are not here to discuss. We believe that what he **meant is that it is at a more manageable state**.
- It is still a concern and something we must live with.
- It can mutate again and have another resurgence.
- Last week the World Health Organization declared the end of the pandemic was "in sight", after revealing that weekly deaths were at the lowest level since March 2020.
- However, it cautioned that coronavirus still posed an "acute global emergency" and highlighted that during the first eight months of 2022 more than 1 million people died from Covid-19.

In the US, the toll of the pandemic has diminished significantly since early in Biden's term when more than **3,000 Americans** a day were dying, as enhanced care, medications and vaccinations have become more widely available.

But nearly **400 people a day** continue to die from Covid in the US, according to the US Centers for Disease Control and Prevention.

https://www.theguardian.com/us-news/2022/sep/19/biden-says-covid-pandemic-is-over-despite-us-daily-death-toll-in-the-hundreds

- A White House spokesperson on Monday pointed to the administration's previously released fall Covid plan, which encouraged the use of vaccination and treatments to "manage fluctuations in COVID-19 and move forward safely."
- When properly used, the tools we now have can prevent nearly all COVID-19 deaths," the plan said.

https://www.politico.com/news/2022/09/19/biden-pandemic-over-covid-team-response-00057649

9. **I have concerns about receiving Pfizer's vaccine first and then the new vaccine by Moderna. Please explain why it does not matter if you get Moderna (latest) vaccine after receiving original vaccine from Pfizer.**

- U.S. Individuals are eligible for their updated vaccine shot at least two months after completing at least their primary vaccination series (two doses of Pfizer-BioNTech, Moderna, or Novavax, or one dose of Johnson & Johnson)—regardless of how many monovalent COVID-19 boosters they have received to date.

https://www.cms.gov/newsroom/news-alert/updated-covid-19-vaccines-providing-protection-against-omicron-variant-available-no-cost

- The CDC states that whenever possible individuals should receive the same product in the vaccine.
- So far, there have been no concerns about serious side effects with this option.
- Some side effects may be more common if you get a different vaccine from the one you got previously.
- **For example, pain, fever, headache, and fatigue. These side effects do not last long**.

- **Studies have found that the immune response after getting different vaccines may be as good as getting the same vaccine. In some cases, it can be better.**

  Several ongoing studies are investigating the effects of mixing coronavirus shots. Data has been released from mixed trials in Spain and the United Kingdom, which suggest that mixing vaccines leads to a strong immune response and sometimes outperforms two doses of the same vaccine.

  Subtle variations in immune responses to the (Moderna) and (Pfizer-BioNTech) COVID-19 vaccines suggest that each may confer somewhat different protection, according to a study in *Science Translational Medicine*. This could mean that a mix-and-match booster strategy might increase protection against future variants and could have implications for future therapy development.

  https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(21)01115-6/fulltext

  https://www.npr.org/sections/health-shots/2022/08/22/1118788439/vaccine-maker-asks-fda-to-greenlight-updated-omicron-booster-shot

Key Points:

- People who are infected but asymptomatic or people with mild COVID-19 should isolate through at least day 5 (day 0 is the day symptoms appeared or the date the specimen was collected for the positive test for people who are asymptomatic). They should wear a mask through day 10. A test-based strategy may be used to remove a mask sooner.
- People with moderate or severe COVID-19 should isolate through at least day 10. Those with severe COVID-19 may remain infectious beyond 10 days and may need to extend isolation for up to 20 days.
- People who are moderately or severely immunocompromised should isolate through at least day 20. Use of serial testing and consultation with an infectious disease specialist is recommended in these patients prior to ending isolation.

ARTICLES

Are people coming back to church or are we plateauing during the Pandemic

Come and Fellowship with us here at Friendship Missionary Baptist Church, 1775 W. Broad Street, Columbus, Ohio, 43223

https://www.christianitytoday.com/news/2022/march/return-to-church-plateau-in-person-virtual-pew-research.html

https://www.christianitytoday.com/ct/2022/january-web-only/attendance-decline-covid-pandemic-church.html

https://influencemagazine.com/Practice/Six-Reasons-People-Aren-t-Coming-Back-to-Church

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