The science of coronavirus/COVID-19

#15: Vaccine updates, building confidence, and best practices

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What we’ll be covering

- Building confidence
- COVID-19 vaccine updates
- Best practices: Before and after vaccination
General COVID-19 Updates

Photo credit: Alissa Eckert, MSMD; Dan Higgins, MAMS
Building confidence

Photo credit: Alissa Eckert, MSMI; Dan Higgins, MAMS
The Biden Administration’s national COVID-19 strategy

7 main goals

• Restore trust with the American people
• Mount a safe, effective, comprehensive vaccination campaign
• Mitigate spread through expanding masking, testing, treatment, data, workforce, and clear public health standards
• Immediately expand emergency relief and exercise the Defense Production Act
• Safely reopen schools, businesses, and travel, while protecting workers
• Protect those most at risk and advance equity, including across racial, ethnic and rural/urban lines
• Restore U.S. leadership globally and build better preparedness for future threats
COVID-19 vaccine updates

Photo credit: Alissa Eckert, MSMI; Dan Higgins, MAMS
# Vaccines: Current status and new developments

<table>
<thead>
<tr>
<th>Approved</th>
<th>In Development</th>
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<tbody>
<tr>
<td><strong>Moderna and Pfizer</strong></td>
<td><strong>Johnson &amp; Johnson</strong>(^4)</td>
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<tr>
<td>• mRNA vaccines</td>
<td>• Viral vector vaccine</td>
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<tr>
<td>• Effective against current variants(^1,2)</td>
<td>• Effective in preventing severe disease</td>
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<td>• 59.1 million doses administered in the United States(^3)</td>
<td>• Single shot required</td>
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<td></td>
<td>• Basic refrigeration requirements</td>
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<td></td>
<td>• EUA anticipated</td>
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<tr>
<td><strong>AstraZeneca</strong></td>
<td><strong>Merck</strong></td>
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<tr>
<td>• Unlikely to be available until late spring(^5)</td>
<td>• Development discontinued for two vaccine candidates(^6)</td>
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\(^1\)NPR.org, \(^2\)Biopharma-reporter.com, \(^3\)Bloomberg.com, \(^4\)JnJ.com, \(^5\)Biospace.com, \(^6\)NPR.org
Best practices: Before and after vaccination

Photo credit: Alissa Eckert, MSMI; Dan Higgins, MAMS
Before getting the vaccine: Prioritization and eligibility

• Prioritization phases are established by the CDC.
  o State governments can refine prioritization based on supply and state demographics
  o As vaccine providers receive more supply, they’ll continue to move through higher priority groups more quickly

• Eligible individuals can get the vaccine, at no cost, from any provider that has been approved as a COVID-19 vaccine distributor by their state’s department of health

• To find out when you or your employees might be able to get the vaccine, see your state’s guidelines
What it takes to get Emergency Use Authorization

During phase 3 clinical trials, companies release primary efficacy analysis, demonstrating that the vaccine works.

In order to apply for EUA, companies must¹:

• Enroll 30K+ participants in phase 3 clinical trial
  o Pfizer enrolled more than 43K²
  o Moderna enrolled 30K³
• Share adequate preliminary safety data

Before granting EUA, the FDA will:¹

• Review safety data from phase 1 and 2 clinical trials
• Review preliminary safety data from phase 3
• Evaluate the chemistry, manufacturing, and controls information to ensure quality and consistency

¹FDA.gov, ²Pfizer.com, ³NPR.org
Building confidence: How you can lead

Lead by example
• Show how leaders are participating
• Share success stories

Encourage active roles in vaccination and continuing prevention
• Authorize mentors and leaders
• Strike a caring and empathetic tone
• Provide channels for safe discussion

Consider social and cultural factors
• Understand that cultural experiences are diverse and unique
• Make it easy to get the vaccine by providing time off or transportation access

Vaccine hesitancy isn’t new
Adult vaccination rates were consistently low even before the coronavirus.

47% of U.S. adults got a flu shot during the 2018–2019 flu season (between July 2018 and May 2019).

Source: APA.org
Getting vaccinated: Second doses, side effects, and records

• For Pfizer and Moderna vaccines, the second dose is the same as the first
• It’s best to get second vaccines from the same location as the first
• Data will eventually show up in Kaiser Permanente medical records
  ○ You must keep a record of your vaccine as well
• Timing is important, but not critical
• Side effects are typically mild to moderate, and more common with second doses
“What happens if I contract the virus between the first and second dose?”

- It’s possible to show symptoms after the first vaccination
- Most people should still get the second vaccination as scheduled
- Check with your doctor if you have questions
After vaccination: Prevention and protection

• Vaccine effectiveness builds over time
• Asymptomatic spreading may be possible after vaccination
• To be safe, you should act as if you can still pass the virus
  o Continue to wear a mask over your nose and mouth
  o Wash your hands thoroughly and often
  o Stay at least 6 feet away from others
“Should I wear two masks?”

- “Double-masking” may provide extra protection
- Layering a fabric mask over a high-quality surgical mask is recommended
Long-term vaccination considerations: Don’t delay care

- Work with your doctor to manage chronic conditions
- Connect with your doctor to schedule delayed preventive screenings or care
- You have options for getting care safely

For non-emergency issues: Email your care team, schedule a telehealth appointment or call the 24/7 advice line

For emergency issues: Call 911 or go to the nearest hospital
Where to find answers

**Kaiser Permanente’s Better Way employer site – kp.org/choosebetter**
- Information about COVID-19 vaccines, including safety and effectiveness
- Kaiser Permanente’s role as a vaccine provider
- Vaccine availability and distribution
- Employer FAQ

**Kaiser Permanente’s member site – kp.org/covidvaccine**
- What your employees need to know about the COVID-19 vaccine
- Timely updates and instructions on eligibility and making appointments
Protect your employees, your community and yourself against COVID-19

Everyone can play a role in slowing the spread of COVID-19. Encourage — and model — these healthy behaviors to help keep your employees safe.

- Wear a mask
- Wash your hands
- Stay 6 apart
- Avoid Crowds
- Get a flu shot

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Kaiser Permanente
Survey

• Two easy options:
  • Open your smartphone camera and focus it on the QR code and then click on the notification that pops up
  • Open your internet browser and type in https://tinyurl.com/KPCA224