



[INFORM] COVID-19 and the Vaccine: Facts / Risks / Benefits

Purpose: Educate Soldiers and Families on the Risks of COVID 19 and encourage maximum participation in voluntary COVID 19 vaccine campaign. GO ARMY—BEAT THE VIRUS!

INFECTION FACTS/RISKS

- >153M Cases / 3.2M deaths worldwide from COVID19
 - >32.4M cases / >577K deaths in US
 - **22.5%** of all reported US cases have been in those **18-29 years old**; >42% of all US cases in those 18-49 years old
 - **Military Age Americans are SPREADING COVID19!**
- **You might be fine after COVID 19 infection—others may not be as fortunate**
- In JAN2021, COVID19 became the leading cause of death in the United States
- In the first half of 2020, total US life expectancy DROPPED by 1 year, the largest drop since WWII; and life expectancy of African Americans DROPPED 2.7 years
 - **CAUSE?---COVID19**
- Acute effects: While less common in the young, may include severe lung infections leading to respiratory failure, injury to heart muscle, blood clots in the lungs or brain, and may also cause multisystem inflammatory syndrome in children.
- Long term effects of COVID infection are still emerging
 - Recent peer reviewed study of over 21,000 people with asymptomatic COVID infections found **47% had ABNORMALITIES ON LUNG IMAGING**.
 - Another study found ~30% of non-hospitalized patients had persistent symptoms 9+ months after infection; 27% of whom were ages 18-39
 - Persistent Symptoms may include:
 - Fatigue: 15-87% experience, may take 3+ months to resolve
 - Difficulty Breathing: 10-71% report, may take 2+ months to resolve
 - Chest pain: 12-44% experience, may take 2+ months to resolve
 - Post-Traumatic Stress Disorder: 24% experience, may take 6 weeks-3 months to resolve
 - Reduced Quality of Life: >50% report



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VACCINE FACTS/BENEFITS

- Currently **three** authorized vaccines in the US [Moderna, Pfizer, J&J]—Moderna & Pfizer based on mRNA technology, both require 2 doses spaced apart, both **VERY SAFE & EFFECTIVE**. J&J is a single dose adenovirus based vaccine recently authorized by FDA
 - **FTCKY/BACH HAVE Pfizer VACCINE: APPROVED FOR ≥16 YRS OLD**
- **>246M doses of COVID vaccine administered in the US; >7.1M in TN/KY combined**
 - FDA/CDC committed to continued monitoring safety & efficacy
 - [vsafe.cdc.gov](https://vaers.hhs.gov/data.html) from smartphone or <https://vaers.hhs.gov/data.html>
- **YOU CAN'T GET OR TRANSMIT COVID FROM THE VACCINES**
- **Vaccine contains NO live virus, preservatives, antibiotics, or latex**
- **NOT RUSHED**: Both vaccines went through efficacy and safety trials supervised by the US Food and Drug Administration (>30,000 patients received vaccine in the trials)
- **Vaccine DOES NOT alter your genetic material**: mRNA vaccine technology has been in development for >10 yrs and numerous manufactures have trialed mRNA vaccines for other diseases. Specifics about the SARS-COV2 virus, the world's attention, and the speed of the pandemic made the mRNA COVID vaccine the ideal choice.
- **Pregnant/Breastfeeding Women**: Should be offered vaccination
- **Benefits of COVID19 Vaccine**:
 - Protect YOU: **Pfizer** vaccine ~95% effective at preventing symptomatic COVID19
 - Protect YOUR family: Until enough people are vaccinated **MOST** remain vulnerable Protect YOUR community: Reduce your chance of spreading COVID
 - GO1 relief: COVID restrictions are likely to be lifted as appropriate in the near future.
 - End the pandemic: Vital tool towards economic recovery and return to normalcy
- **Why NOT Wait?** 1) You're not protected 2) Pandemic will continue 3) There is enough vaccine to go around 4) The longer/more the SARS-COV-2 virus circulates, the chances increase the virus will change (variants) and become more infectious and/or evade vaccines
 - **Available vaccines ARE EFFECTIVE against KNOWN variants**



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RISK OF VACCINATION

- **RISKS OF SERIOUS ADVERSE EVENTS ARE LOW**

- As of 18JAN21: 45 serious adverse events reported per 1M doses [both vaccines] per Vaccine Adverse Event Reporting System (VAERS)
- **Rare Severe Allergic Reaction:** ~2.5 events per 1 million doses of Pfizer vaccine administered; these rare reactions responsive to medications used to treat anaphylaxis.
- **Short term:** 84% report injection site pain, 63% fatigue, 55% headache, 38% muscle pain, 23% joint pain, 32% chills—effects typically last 24-48 hours
- **Long Term:** No known long term risks associated with COVID Vaccination

BENEFITS OF COVID INFECTION

- **NONE**



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- **NONE**