CALIFORNIA INDIAN MANPOWER CONSORTIUM

COVID-19 COMMUNITY HEALTH PROJECT

July 2022 Newsletter: Summer Plans

Summer has arrived! We understand summer is a time where a lot of families are able to spend time together. Traveling, camping, or staying at home and enjoying each other's company. As a reminder, it's important to know that while guidelines are changing about COVID-19, there are necessary precautions still needing to be followed!

There has been an increase in new COVID-19 cases and many areas are currently having surges. BA.4 and BA.5 are new Omicron variants, BA.5 being the more dominant strain in the United States making up around 60% of cases. Lab studies suggesting that the antibodies triggered by vaccination are less effective at blocking BA.4 and BA.5 than against earlier Omicron strains. It is theorized that this could leave vaccinated and boosted people vulnerable to Omicron infections. According to a study completed by the Washington University School of Medicine and the Veterans Affairs St. Louis Healthcare System, reinfection (shown in both unvaccinated and vaccinated people) is associated with additional risk of death, hospitalization, and adverse health outcomes. Furthermore, the infection was not only present in the acute phase of illnesses but persisted in months after. It can affect things such as cardiovascular, gastrointestinal, neurological, and kidney systems; and increase risk of diabetes, fatigue, and mental health disorders.

TRAVELING SAFELY

COVID-19 advisories have become a part of our "new normal" throughout urban and rural Native communities, unwittingly restraining many of us from our pre-pandemic patterns of activities. Summer 2022 has arrived amid a new phase of the COVID-19 pandemic, one with a lower risk of severe disease and death across the United States, and its most recent array of health recommendations. Families who travel plans, whether it be local, regional, or overseas, cannot avoid taking into consideration these new sets of data. Here are some of the most recent COVID-19 advisories to support safe travel experiences for you and your loved ones.

Get vaccinated. Wait two weeks after getting your completed vaccine dose (for one-dose or two-dose vaccine) to travel. Your body needs that time to build protection after any vaccination.

If you have had close contact with someone with COVID-19, get tested after at least five days and wait to travel until you have a negative test. Wear a mask if you travel up to ten days after your close contact with someone with COVID-19.

For vaccinated people…

- traveling in the US, they DO NOT NEED to get tested before/after their trip or to stay home (quarantine) at the end of their trip.
- traveling internationally, they NEED to follow the requirements of their destination country – in turn, the order requiring persons to show a negative COVID-19 test result or documentation of recovery from COVID-19 before boarding a flight to the United States was rescinded, effective on June 12, 2022.

For unvaccinated people…

- they are recommended to get a viral test within three days before their trip (and to keep the results with them during travel) and three to five days after their trip's end.

If an individual is in close contact with someone who has COVID-19, then they must **QUARANTINE**.

- For at least five days, avoid being around others and wear a well-fitting mask when near them – especially stay away from people who are at higher risk for getting sick from COVID-19.
- At the end of the five-days period, get tested.
- For at least ten days after the close contact, avoid travel.

If an individual develops symptoms or tests positive for the virus that causes COVID-19, then they should **ISOLATE**.

- For five days, monitor symptoms – if fever-free for 24 hours and other symptoms improve, they can end isolation.
- For at least ten days, wear a well-fitting mask around others and follow public health recommendations.

CHILD VACCINATIONS

Children receive multiple vaccinations from birth until adulthood. The COVID-19 vaccines are a recent addition to that list. On June 18, 2022, the Centers for Disease Control and Prevention (CDC) approved mRNA vaccines by Pfizer BioNTech and Moderna for children who are at least six months old.

When a child is infected with a virus, their body's immune system produces antibodies that help them fight infection. Unfortunately, your child may get sick during this process. However, these specific antibodies will help them fight the infection next time and avoid future illnesses. **It is imperative that parents take the time to research and better understand the benefits of COVID-19 vaccines for their young children and teens.**

How does the COVID-19 vaccine work for my young child? Children who receive COVID-19 vaccines develop virus-fighting antibodies that protect them against coronavirus. Vaccines are effective at preventing severe illness and hospitalization. COVID-19 vaccines also prevent multisystem inflammatory syndrome in children (MIS-C) and may prevent long COVID, which

can be debilitating for young children. Vaccines protect children, which reduces the risk of transmission to others.

Children don't frequently experience severe illness with COVID-19. So, why should they get a COVID-19 vaccine? A COVID-19 vaccine prevents your child from getting COVID-19 and spreading it at home and school. If your child gets COVID-19, a COVID-19 vaccine could prevent severe illness. Getting a COVID-19 vaccine can help keep your child not miss school and have safer playdates and participation in sports and other group activities.

There are two vaccines available for children under 5.
The three-dose Pfizer COVID-19 vaccine, which can be given to children age 6 months to 4 years at a 3-microgram dosage. The two-dose Moderna CoVID-19 vaccine, which is recommended for children age 6 months to 5 years at a dose of 25 micrograms.

How long does it take for the shots to take full effect? A child is considered fully immunized two weeks after the third dose of the Pfizer mRNA vaccine or two weeks after the second dose of the Moderna vaccine. Children who are moderately or severely immunocompromised may need additional doses because their immune response to vaccines may not be as strong as in healthy people.

For children who already got COVID-19 (in its most recent variant), is it still worth it for them to get the vaccine? Yes, it is still worthwhile for these children to be vaccinated. Even though natural immunity protects them, levels of durability and protection are unpredictable and varies for each person. The primary vaccine series offers additional and reliable protection against severe illness and death.

What are some side effects from the vaccines?
For children, the most common effects are a sore arm, headache, fever, and fatigue. Children age 6 to 23 months may be fussy or sleepy.
Symptoms usually occur one to two days after vaccination and are mostly mild and resolve after a few days.

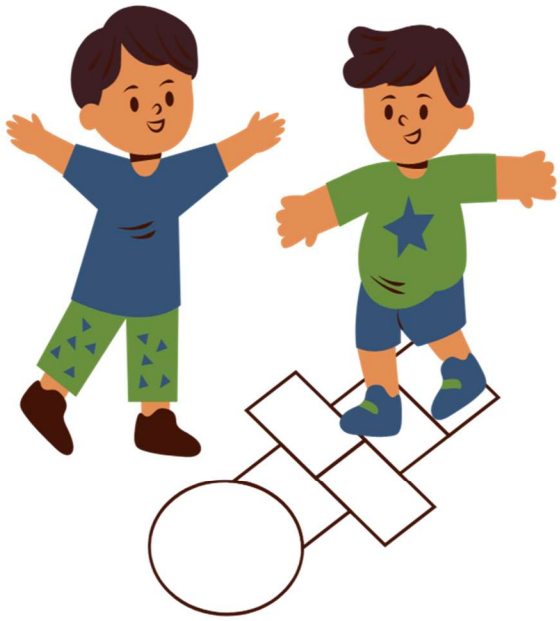
If the young child is feeling fine, are COVID-19 vaccine boosters really necessary?
COVID-19 vaccine boosters can enhance or restore protection that might have decreased over time after the primary series vaccination.
1 Booster - Everyone age five years and older should get one booster after completing their COVID-19 vaccine primary series, if eligible.
2 Boosters - Some people age 12 years and older who are moderately or severely immunocompromised; adults age 50 years and older.

COVID-19 primary series vaccination for children and teens

Child's Age	Pfizer	Moderna
6 months - 4 years old	3-dose primary series	2-dose primary series
5 - 17 years old	2-dose primary series	2-dose primary series

Source: cdc.gov: COVID-19 Vaccines for Children and Teens

Symptoms include a loud barking cough, fever, hoarse voice and noisy breathing sometimes accompanied by a whistling sound. Omicron appears to more often affect the upper respiratory tract vs. the lungs and this accounts for the croup-like, bronchiolitis-like illness that is seen.



Source: Lurie Children's Blog: Omicron Variant and Children and What to Do if Your Child Tests Positive

F.A.Q.: NOVAVAX

It's great news to have another option for people who may be allergic to certain ingredients to the current vaccine options!

How is Novavax different than the other COVID-19 vaccines in the U.S.?

Though COVID vaccines may utilize different delivery mechanisms, the end result is the same: cells in the body recognize that a spike protein (the spikes you see sticking out of the coronavirus in pictures) doesn't belong, and the immune system reacts by activating immune cells and producing antibodies to attack the real virus if you get exposed.

But, unlike the other vaccines, Novavax directly injects a version of the spike protein, along with another ingredient that also stimulates the immune system, into the body, leading to the production of antibodies and T-cells. (It injects a version of the spike protein that has been formulated in a laboratory as a nanoparticulate that does not have genetic material inside and cannot cause disease.)

The Novavax vaccine is a traditional one compared to the other vaccines. Its technology has been used before in vaccines to prevent such conditions as shingles, human papillomavirus, and DTaP (diphtheria, tetanus, and pertussis), among others.

Has the Novavax vaccine been authorized outside of the U.S.?

Yes. The Novavax coronavirus vaccine (brand names: Nuvaxovid and Covovax) is already being used to prevent the coronavirus in 40 other countries, including Canada.

Novavax is based in Maryland, and the vaccine was developed in the U.S. in 2020 with support from the federal government program Operation Warp Speed, but its progress was slowed by manufacturing difficulties. Finally, in November 2021, countries around the world, starting with Indonesia and the Philippines, later followed by the United Kingdom, began granting authorizations for the vaccine.

Novavax applied to the FDA for authorization in January of this year.

What are the side effects of the Novavax COVID-19 vaccine?

The most commonly reported side effects by vaccine recipients in the clinical trial were pain/tenderness, redness and swelling at the injection site, fatigue, muscle pain, headache, joint pain, nausea/vomiting, and fever.

Approximately 21,000 vaccine recipients had at least two months of safety follow-up after their second dose, [according a FDA statement](#).

Is Novavax effective against Omicron and its subvariants?

The Novavax clinical trial was conducted before the Omicron and Delta variants were circulating, so data doesn't show how well the vaccine works against BA.5, a subvariant of Omicron that is now the predominant variant in the U.S.

Scientists are working to learn more and this past May, the company started a Phase 3 clinical trial to test a booster that targets the Omicron variant. It plans to speed up its research on shots tailored for BA.5 and BA.4, another circulating variant.

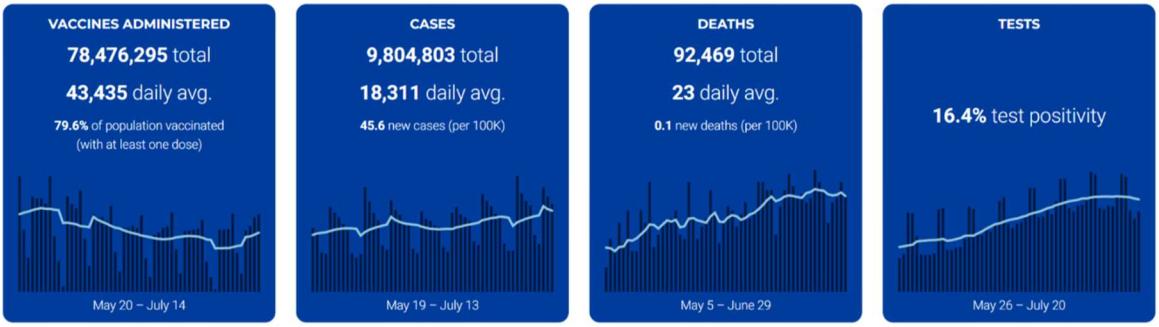
Is there a Novavax booster?

There is no Novavax booster available in the U.S. at this time. But the company has been studying how well its vaccine will work as a booster, and the vaccine has been included in studies assessing mixing and matching different vaccines.

Source: https://www.yalemedicine.org/news/novavax-covid-vaccine

CALIFORNIA COVID-19 STATISTICS

Update for July 25, 2022

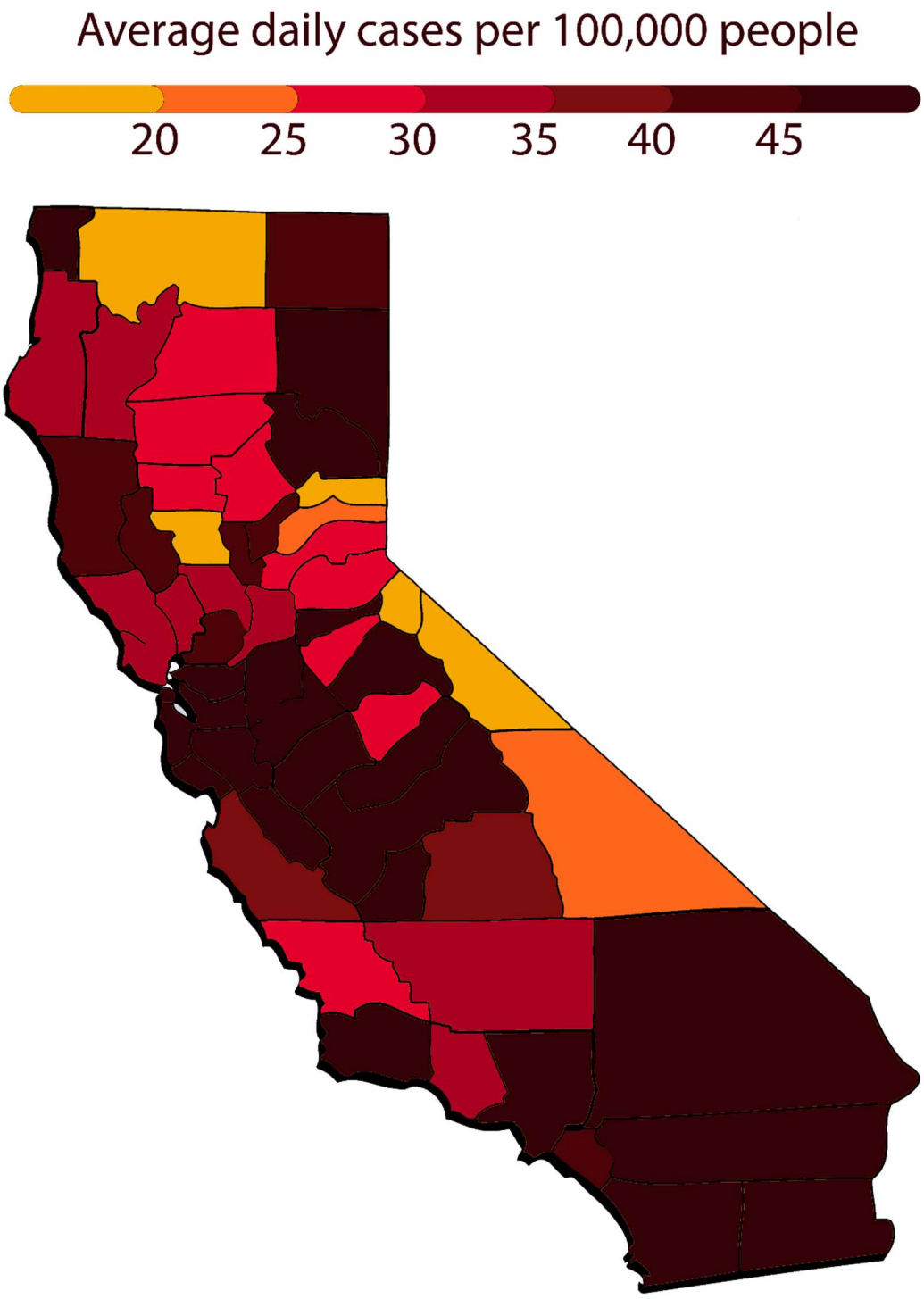


Updated July 22, 2022 at 9:36 AM, with data from July 21, 2022. Data is updated on Tuesdays and Fridays.

Source: https://covid19.ca.gov/state-dashboard/

CALIFORNIA HOTSPOTS

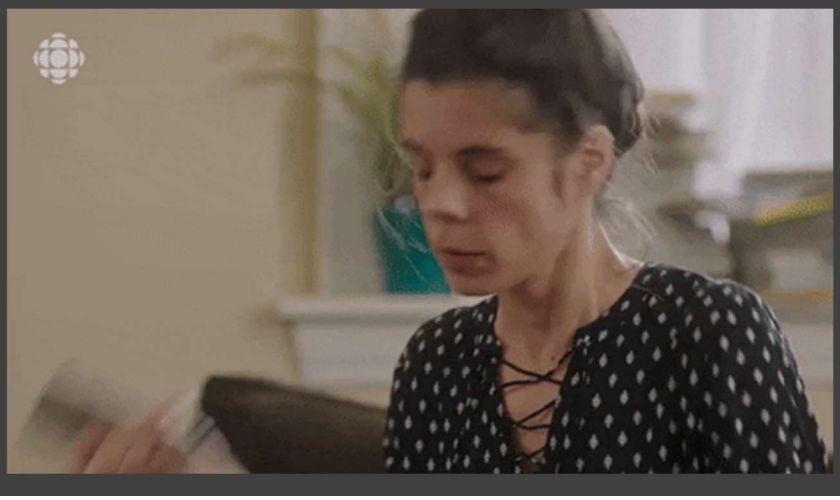
Data collected July 23, 2022



I hope you are having a good day. ☺

#ProtectNativeFutures #VaccinateToday #VaccinateAll58 #VA58

Take the CIMC Survey! Click here: CIMC Survey



Residential households in the U.S. are now eligible for another order of free at-home tests. Each order now includes 8 rapid antigen COVID-19 tests. Your order of 8 tests will come in 2 separate packages (4 tests in each package), each with its own tracking number. Packages will ship free.

Scan the QR code to be directed to the website.

Order Newsletter Hard Copies! Share your vaccine story!

California Indian Manpower Consortium, Inc.
COVID-19 Community Health Project
738 North Market Boulevard
Sacramento, California 95834
(916) 920-0285 | (800) 640-2462
info@cimcinc.com