

## A Year Later - What You Need to Know Now About COVID-19

### Numbers

As of June 1, 2021, over 170,865,698 million cases of COVID-19 have been reported worldwide, with over 3,552,788 million deaths. In the United States, 33,093,238 million cases and over 591,539 deaths have been reported.

### Symptoms & Complications

People may show symptoms 2-14 days after they are exposed to the virus. COVID-19 can cause a wide range of symptoms, including:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

COVID-19 may also cause more serious complications, which may require hospitalization or death.

- Older adults and those with serious underlying medical conditions (e.g., heart disease or diabetes) are at higher risk of developing serious complications, but *anyone* can have mild to severe symptoms. Young and healthy people can also experience long-term complications and death.
- People experiencing homelessness have a 30% greater chance of dying if infected than the housed population.
- Youth experiencing homelessness have a higher risk of having conditions that put them at risk for negative outcomes from COVID-19, like hospitalization or death, than housed youth.

### Variants

- Variants are slightly different types of the virus that have the chance to develop every time a new person is infected, i.e., each time virus is copied.
- Variants that are more effective at making new people sick are more likely to be successful
- Variants are generally more infectious (i.e., people who have those variants are more contagious to others); some variants are more likely to make you very sick or die.

*What do variants mean for vaccination?*

- So far, vaccines protect against hospitalizations and deaths due to variants
- Possible that a variant will be able to be resistant to vaccine
- Best way to prevent that is to prevent new infections, since each person infected is a chance for a new virus with a new mutation to develop→ i.e., vaccinations and standard precautions (masks and physical distancing)

## Vaccines

- We are quickly learning more information about the COVID-19 vaccines
- As of June 1, vaccines made by Moderna, Pfizer-BioNTech, and Johnson & Johnson have been approved for use in the U.S. by the FDA

Moderna	Pfizer-BioNTech	Johnson & Johnson
<ul style="list-style-type: none"> <li>• 2 shots in the upper arm, 28 days apart</li> <li>• Recommended for ages 18+</li> </ul>	<ul style="list-style-type: none"> <li>• 2 shots in the upper arm, 21 days apart</li> <li>• Recommended for ages 12+</li> </ul>	<ul style="list-style-type: none"> <li>• 1 shot in the upper arm</li> <li>• Recommended for ages 18+</li> </ul>

- These three vaccines do *not* contain eggs, preservatives, or latex
- COVID-19 vaccines are currently available for all people 16 and older in the United States
- As of June 1 2021, the youngest recommended age for vaccination is 12. Vaccines are being tested in younger age groups and may soon be available.

### *Vaccine Effectiveness:*

- Clinical trials and data collected since the vaccines were approved have shown that all three currently available vaccines prevent the vast majority of people from getting COVID-19.
- No vaccine is 100% effective, so it is possible for some vaccinated people to be infected.
- Vaccines protect these people from serious illness leading to hospitalization or death.
- Vaccines are most effective 2 weeks after the last (or single) dose.
- Research indicates that vaccinated people are less likely to spread COVID-19, however, as we learn more about the vaccines, it's important to continue taking precautions such as wearing a mask, staying 6 feet apart from others, and avoiding crowds and poorly ventilated spaces.

### *Vaccine Side Effects:*

#### **Common side effects from the vaccine include:**

##### In the arm where you got the shot:

- Redness
- Pain
- Swelling

##### In the rest of your body:

- Tiredness
- Headache
- Muscle pain
- Fever, chills
- Nausea

You can take an over-the-counter medicine such as ibuprofen or acetaminophen after you get the vaccine if you do not have medical reasons that prevent you from taking these medicines normally. It is *not recommended* that you take these medicines before you get the vaccine.

**Vaccine Safety:**

- As of June 1, 2021, over 1.9 billion doses of COVID-19 vaccines have been administered globally. In the US, at least 168 million people have received at least one vaccine in the U.S. as of June 1, 2021.
- A very small number of people have experienced severe allergic reactions to the vaccine. As a result, you will be asked to wait at the vaccination site for 15-20 minutes after you receive the vaccine to be sure you don't have an allergic reaction.
- The Johnson & Johnson vaccine was put on hold from April 13 to April 23, 2021 to review a very rare blood clotting disease possibly associated with the vaccine. *(TBD) This disease is incredibly rare, however, those who received the Johnson & Johnson vaccine in the past three weeks and who have severe headache, abdominal pain, leg pain, or shortness of breath should seek medical care.*

**Resources about the COVID-19:**

[CDC: About COVID-19](#)

[CDC: How COVID-19 Spreads](#)

[CDC: About the Variants of the Virus that Causes COVID-19](#)

**Resources about COVID-19 Vaccine:**

[CDC: Benefits of Getting a COVID-19 Vaccine](#)

[CDC: Different COVID-19 Vaccines](#)

[CDC: Ensuring Vaccine Safety in the U.S.](#)

Here is a link to a video created by the CDC about vaccine safety: [Vaccines: How Do We Know They Are Safe?](#)

**Find a COVID-19 Vaccine:**

[Vaccine Finder](#)