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Genesis Behavioral Services, Inc. and Matt Talbot Recovery Services, Inc.

Psychoeducation Series

## Topic: COVID-19 BASICS

(A "Stay Safe" Presentation prepared for and presented to clients)

Presenter:

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# The Science of Viruses- Virology

## Research Builds on Knowledge Gained From Previous Pandemics

- Spanish Flu 1918-1919
- Polio
- Measles
- Chicken Pox- Herpes
- Other Corona viruses SARS, MERS
- Human Immunodeficiency Virus (HIV)

## Development of Different Viral Vaccines

- Yearly influenza vaccine based on trending of specific yearly/seasonal variants of influenza types
- The ability to develop a vaccine without certain/all of the original viral characteristics
- Reverse transcriptase RNA vaccine



## Different types of immune response

- Cellular immunity- T cells
- Plasma immunity- Antibody
- Natural Killer Cells- the body's constant internal surveillance system
- Body chemicals called cytokines- neuro regulating substances produced in the brain.
- Cytokines turn on and off the inflammatory response
- Some patients with Covid develop Cytokine storm, a hyper inflammatory reaction



## The Effect of Stress-from different causes, Poor Sleep, Rest, Nutrition, Environmental factors

- Down regulates, reduces the efficient response of T cells, antibody, and neuro endocrine immune function.
- Can put a person at greater risk of developing covid if exposed to a carrier



## WHAT IS COVID-19?

- Coronavirus disease (COVID-19) - an infectious disease.
- Caused by a newly discovered coronavirus.
- Most people experience mild to moderate respiratory illness.
- Most people will recover without requiring special treatment.
- People with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, HIV, hepatitis C, and cancer -
- Persons with compromised immune systems and multi system pathology more likely to develop serious illness, require extended periods of rehabilitation, or may die.
- The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes.



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## **COVID-19 vaccines are safe and work.**

- **Vaccines prevent diseases.**
- **COVID-19 vaccines tell your body how to recognize and fight the COVID-19 virus.**
- **The COVID-19 vaccines cannot give you COVID-19.**
- **The COVID-19 vaccines are very good at protecting you from COVID-19 disease.**



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# COVID-19 vaccines are safe and work.

If you do get sick with COVID-19 after being vaccinated, perhaps from a different genetic variant of Covid such as the Delta-found originally in India

- You will be less likely to get very sick, have complications or have to go to the hospital.
- COVID-19 vaccines were carefully tested with diverse ethnic group before being authorized by the FDA.
- Tens of thousands of Black, Latinx, American Indian, and Asian people participated in the Clinical Trials.



## Epidemiology-The Science of Communities and Disease **COVID-19 vaccines are safe and work.**

### **COVID -19 Effects on Minorities**

Community factors such as Poverty, Limited Education, Stress, Poor Nutrition, Environmental Toxins -Pollution, Lead -result in populations with reduced health outcomes, reduced quality of life. Can be measured by low birth weight births, fetal death, literacy, high school graduations etc...

- These factors worsen the impact of COVID-19 for these communities.
- ***It is important for you to protect yourself and those you love by being vaccinated.***
- Do not listen to uninformed people and conspiracy theorists. Listen to scientists, doctors, the Wisconsin Dept. of Health Services and the CDC.





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## What to expect when you get the vaccine

- Trained staff will walk you through the process.
- They will discuss any potential risks or side effects, and answer questions.
- For some COVID-19 vaccines, you need to get two doses to be protected.
- The person who gives you the vaccine will tell you if you need a second dose and when to get it.



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# What to expect when you get the vaccine

- Both doses must be the same kind of vaccine.
- With the Johnson & Johnson vaccine, you only need one dose.
- You will be monitored after you get the vaccine for any serious side effects.
- You will receive a vaccine card when you get your vaccine. Be sure to keep it for your records.
- This will tell which kind of vaccine you received.





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## The Vaccine does NOT have:

- Preservatives.
- Pork products or gelatin.
- Egg.
- Covid-19 live virus.
- A microchip





## SIDE EFFECTS

- Some people have side effects after getting the vaccine.
- Side effects usually last one or two days.
- Usually do not prevent you from daily activities.
- You may have:
  - A sore arm
  - Muscle aches
  - Tiredness
  - Headache
  - Fever
  - Chills
- If you have serious side effects (such as high fever, shortness of breath, or dizziness) call your doctor immediately.





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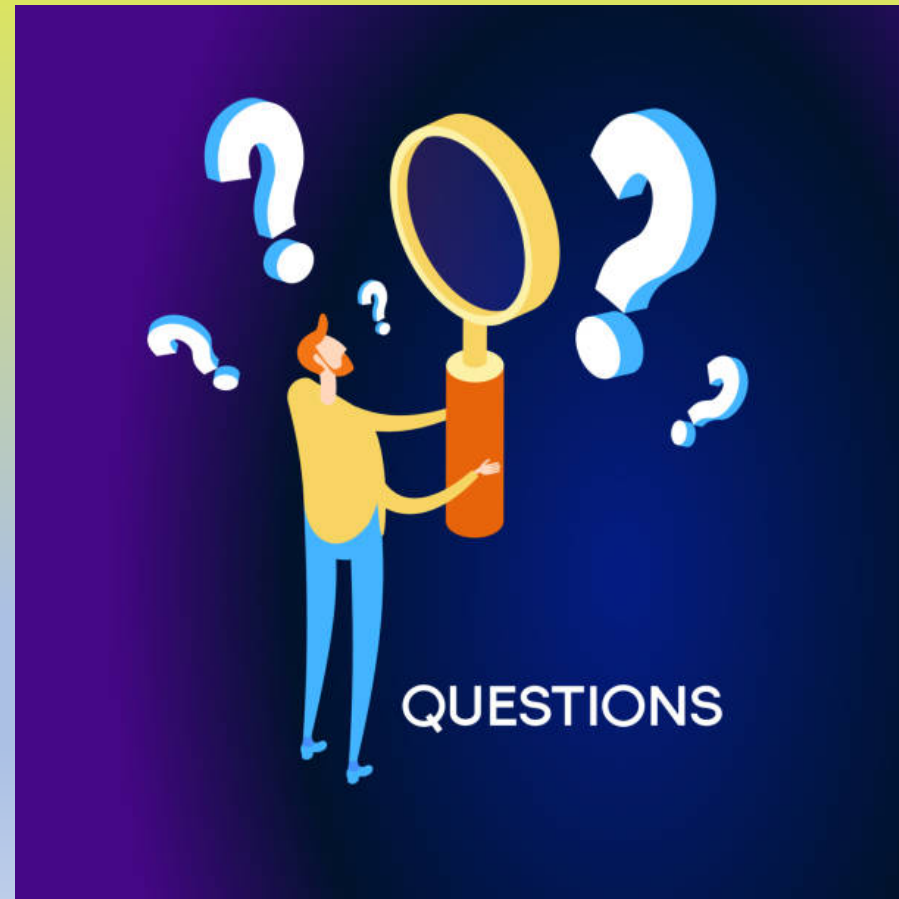
## Keep yourself and others safe

- Two weeks after your final dose of vaccine you are considered fully vaccinated.
- To reduce the spread of COVID-19, until you are fully vaccinated:
  - Wear a mask
  - Wash your hands
  - Stay 6 feet from others
  - Stay at home if you are sick



## Do you have any:

- Questions?
- Comments?



At



We want you vaccinated!! If you get vaccinated, we will give you a \$10 gift card at Walgreens, Target or Walmart; and we will provide transportation to and from the vaccination site!!



= \$10!

