COVID-19 AND OUR COMMUNITY
Better safe than sorry!

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WHAT IS A PANDEMIC?
WHAT ARE INFECTIOUS DISEASES?

Bacteria, viruses or parasites

- Tuberculosis
- Mumps
- COVID-19
- Cold or flu
- Mites
- HIV
WHAT’S COVID-19 AND THE VIRUS THAT CAUSES IT?

COVID-19 is caused by a virus:

- The virus is called SaR-CoV-2 and the disease is COVID-19.
- It is a virus in the CORONAVIRUS family that causes respiratory disease.
- Emerged in 2020. There is no cure, for the moment, but there is treatment.
- We transmit it when speaking, breathing, shouting, or sneezing.
HOW IS THE CORONAVIRUS TRANSMITTED?
WHAT ARE COVID-19 SYMPTOMS?

We can expect:
- Nausea or vomiting
- Congestion or runny nose
- Recent loss of smell or taste
- Cough
- Fever or chills
- Difficulty breathing (feeling short of breath)
- Headache
- Sore throat
- Fatigue
- Muscular and body aches
- Diarrhea

We must go to the hospital if there is:
- Confusion
- Difficulty breathing
- Persistent pain or pressure in the chest
- Pale, gray, or bluish skin, lips, or nails
- Unable to wake up or to stay awake
WHO SHOULD TAKE EXTRA CARE?
HOW DO WE PROTECT OURSELVES?

- Keep 6 feet (2 meters) apart.
- Wear a mask if you need to go out.
- Clean and disinfect frequently touched objects.
- Avoid touching your face.
- Cover your mouth and nose when you cough or sneeze.
- Wash your hands often with soap and water.
WHAT ARE VACCINES
AND HOW DO THEY PROTECT US?

SINCE I WAS A CHILD, I HAVE BEEN VACCINATED AGAINST:

- Tetanus
- Smallpox
- Chickenpox
- Polio
- Tuberculosis
- Whooping Cough
THE IMMUNE SYSTEM AND VACCINES

It’s the defense system that protects us from diseases like COVID-19. People with a weak immune system get sick easily. Vaccines activate the defense system against diseases.
WHAT TYPES OF COVID-19 VACCINES ARE AVAILABLE?

There are two types of vaccines and they work differently:

**RNA messenger**

- **COVID-19 vaccine**
- They alert the defense system to activate it

**WEAKENED VIRUS**

- **COVID-19 vaccine**
- They send a weakened virus to trigger a defense reaction
WHAT DO THE mRNA COVID-19 VACCINES CONTAIN?

mRNA (Messenger Ribonucleic Acid)

A fatty coating layer to protect the mRNA

A combination of water, sugars, salts, and PEG (polyethylene glycol) a substance that transports other ingredients

THE VACCINES DO NOT HAVE:

Preservatives, blood products, fetal cells, pork or egg products

The mRNA cannot change DNA in any way or form
In April 2023, the government authorized the use of bivalent vaccines for people older than 6 months, the current recommendations are...

<table>
<thead>
<tr>
<th>VACCINES AND DOSES</th>
<th>THE UPDATED COVID-19 VACCINE CAN BE GIVEN TO</th>
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<tbody>
<tr>
<td>People 65 and older</td>
<td>1 dose of the updated vaccine 4 months after first dose, optional</td>
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<tr>
<td>+ 1 bivalent booster</td>
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<tr>
<td>People with weakened immune systems</td>
<td>1 dose of the updated vaccine 2 months after first dose, optional</td>
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<tr>
<td>+ 1 bivalent booster</td>
<td>Additional updated doses as needed</td>
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<tr>
<td>Unvaccinated</td>
<td>1 dose of the updated vaccine</td>
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<tr>
<td>Primary Series</td>
<td>1 dose of the updated vaccine</td>
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<tr>
<td>+ No Bivalent Booster</td>
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<tr>
<td>Primary Series</td>
<td>Not eligible for an additional dose</td>
</tr>
<tr>
<td>+ 1 Bivalent Booster</td>
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<tr>
<td>Unvaccinated Children</td>
<td>2 doses of the Moderna updated vaccine or 3 doses of the Pfizer-BioNTech updated vaccine</td>
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<tr>
<td>6 months – 5 years</td>
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<tr>
<td>Vaccinated Children</td>
<td>The number of doses of the updated vaccine depends on the brand and the child’s vaccination history</td>
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<td>6 months – 5 years</td>
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VACCINES IN CHILDREN UNDER 5 YEARS

Pfizer
From 6 months to 4 years old
3 Doses

Modern
From 6 months to 5 years old
2 Doses

1st dose

2nd dose
3 weeks after

3rd dose
8 weeks after

CALENDAR

Remember, that it is very important to protect children.
Many things are said about the vaccine.
What can we expect when we get vaccinated?

You can have pain in your arm, a headache, fever, or chills.

After a few days, the symptoms will disappear, and you will feel better.
WHAT DOES THE END OF THE COVID-19 HEALTH EMERGENCY MEAN?

The national Covid-19 emergency ended on May 11. This means that programs and aid related to the pandemic also ended.

And Covid-19 vaccines, tests, and treatments are no longer free.

But vaccines are still necessary and vital.

How to prepare?
If you have NOT been vaccinated or got the bivalent, booster, GET VACCINATED!

Stay informed of what´s happening
To prevent misinformation and myths, verify the information you receive before resharing it.
WHAT SHOULD WE DO?

CONTINUE TO PROTECT OURSELVES

Wear a mask in closed spaces
Maintain social distance
Wash your hands

Improve ventilation
Avoid contact with infected people
Take a COVID-19 test at home if you have symptoms or were exposed
Know your rights in relation to COVID-19 at work
WE HAVE ALREADY BEEN VACCINATED, DO WE STILL NEED TO PROTECT OURSELVES?

Yes, you still have to protect yourself. When we protect ourselves, we take care of others. The virus keeps changing and we need booster doses. Even if we are vaccinated, there are still risks.
WHAT OTHER RISKS SHOULD WE CONSIDER?

Ask yourself:

- What is the level of transmission in the area where I live?
- Is it ventilated?
- Am I sick or do I have a condition that would make it easier for me to get sick?
- Which vaccines do I have?
- Will I be inside or outside?
- How many people will be gathered?
- Is there a person who is sick in the group?
- What kind of work do I do?
VENTILATION IS VERY IMPORTANT

NATURAL VENTILATION
Open doors and windows. Use fans directed at windows.

INSTALLATION OR IMPROVEMENT OF FILTERS
Filters capture more contaminated particles.

USE AIR PURIFIERS
High-efficiency filters (HEPA) capture contaminated particles.

ADJUST
Air conditioners (AC), heating and cooling systems.
HOW DO WE USE FACE MASKS CORRECTLY?
HOW CAN WE FIGHT AGAINST THE VIRUS?

- Protecting Others
- Having Reliable Sources of Information
- Sharing Only Verified Information
- Checking the Accuracy of Information
- Vaccinate Everyone
WHAT IS PERSISTENT OR LONG COVID-19?

- LUNGS
- PANCREAS
- DIGESTIVE SYSTEM
- SPLEEN
- BRAIN
- LIVER
- KIDNEYS
- BLOOD VESSELS
- HEART
CAN WE STILL BECOME SICK WITH COVID-19 ONCE WE ARE VACCINATED?

YES, WE CAN ALL GET SICK EVEN IF WE ARE VACCINATED.

THE VACCINE PROTECT US FROM:
- BECOMING SERIOUSLY ILL
- BEING HOSPITALIZED
- DYING FROM COVID-19
- HAVING LONG COVID-19

WE HAVE TO LEARN TO LIVE WITH THIS VIRUS. ALTHOUGH IT IS NO LONGER AN EMERGENCY, THE VIRUS IS STILL WITH US.
COVID-19: HOW HAS IT AFFECTED US?

The COVID-19 situation changes continuously. Stay informed!