



About the COVID-19 Vaccine

MYTH: If you have already contracted COVID-19, you do not need to be vaccinated.

FACT: People who have tested positive for COVID-19 can still benefit from receiving the vaccine. Considering the serious health risks linked to COVID-19 combined with the chance of re-infection, the CDC strongly advises people to get a COVID-19 vaccine even if they have contracted the virus previously (7).

Research participants in the Pfizer trial who received the vaccine and had contracted the virus before the trial did not experience adverse side effects. Experts trust the COVID-19 vaccine provides greater protection for coronavirus than natural infection (2).

MYTH: The COVID-19 vaccine gives you COVID-19.

FACT: The COVID-19 vaccine cannot and will not give you COVID-19. The two FDA authorized mRNA vaccines teaches cells within the body to duplicate the protein contained in the SARS-CoV-2 coronavirus. This process enables your body to recognize and attack the virus if/when exposed. The COVID-19 vaccine does not contain live SARS-Co-2 virus, so it is therefore impossible to contract COVID-19 from the vaccine (8).

MYTH: The COVID-19 vaccine has unsafe side effects.

FACT: Some individuals may have some side effects from the COVID-19 vaccine. However, the majority of side effects reported are very short term and not life threatening. The most common side effects reported include pain at the injection site, body aches, headaches and/or fever, lasting up to 48 hours. These possible side effects indicate the vaccine is working to stimulate your body's immune response system. If symptoms persist longer than 48 hours, please consult your primary care provider (PCP).

If an individual has a history of prior allergic reactions, which require the use of an EpiPen, consult with the individual's PCP to obtain their advice and recommendation regarding the COVID-19 vaccine. The PCP will consider the individual's risk and will provide guidance on whether or not the individual should receive the vaccine, which vaccine they should receive, and may provide instructions on how the individual may be able to obtain the vaccine safely (3).

MYTH: After receiving the COVID-19 vaccine you can stop wearing a mask and practicing precautions.

FACT: CDC recommends fully vaccinated people should continue to:

- Take precautions in indoor public settings by wearing a well-fitted mask.
- Wear well-fitted masks when visiting indoors with unvaccinated people who are at increased risk for severe COVID-19 disease or who have an unvaccinated household member and/or unvaccinated people from multiple households.
- Avoid indoor large-sized in-person gatherings. Social distance whenever possible (5).

MYTH: The COVID-19 vaccine can alter your DNA.

FACT: COVID-19 vaccines were developed to enable your body's immune response system to fight the SARS-Co-2 coronavirus. The messenger RNA contained within the Moderna and Pfizer COVID-19 vaccines enters the body, but does not enter the nucleus of the body's cells where DNA lives (6). The mRNA creates the protein to stimulate the body's immune response, and then rapidly dissolves without changing your DNA (9).

MYTH: The COVID-19 vaccine can cause infertility.

FACT: Fertility is not affected by the COVID-19 vaccine (9). The COVID-19 vaccine stimulates the body to produce the spike protein found on the exterior of the corona virus. This process triggers communication with the body's immune response system and tells it to fight the virus (9).

False reporting on social media contributed to people believing the spike protein on the coronavirus was similar to another spike protein called syncytin-1 that is included in the process of growth and attachment of the placenta during pregnancy. The report implied getting the COVID-19 vaccine would make a female's body fight the syncytin-1 spike protein and cause infertility. Receiving the COVID-19 vaccine will not cause infertility. The American College of Obstetricians and Gynecologists (ACOG) currently recommends the COVID-19 vaccine to all pregnant patients who meet the criteria for vaccination (1).

References

- (1) American College of Obstetrics and Gynecology (ACOG) (2021, April). Vaccinating pregnant and lactating patients against COVID-19. <https://www.acog.org/clinical/clinical-guidance/practice-advisor/articles/2020/12/vaccinating-pregnant-and-lactating-patients-against-covid-19>
- (2) Johns Hopkins Medicine (2021, April). COVID-19 Vaccines: Myth versus Fact <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/covid-19-vaccines-myth-versus-fact>
- (3) Mayo Clinic Health System (2020, December). COVID-19 vaccine myths debunked. <https://www.mayoclinichealthsystem.org/hometown-health/featured-topic/covid-19-vaccine-myths-debunked>
- (4) The Center for Disease Control and Prevention (CDC) (2021b, April) Interim Public Health Recommendations for Fully Vaccinated People. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>
- (5) The Center for Disease Control and Prevention (CDC) (2021c, April) Myths and Facts about COVID-19 Vaccines. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>
- (6) The Center for Disease Control and Prevention (CDC) (2021d, April) Science Brief: Background Rationale and Evidence for Public Health Recommendations for Fully Vaccinated People. <https://www.cdc.gov/coronavirus/2019-ncov/science/science-briefs/fully-vaccinated-people.html>
- (7) The Center for Disease Control and Prevention (CDC) (2021e, March) Understanding mRNA COVID-19 Vaccines <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/mrna.html>
- (8) The University of Alabama at Birmingham (UAB) (2021, February) Addressing fertility questions and concerns with the COVID-19 vaccine. <https://www.uab.edu/news/youcanuse/item/11864-addressing-fertility-questions-and-concerns-with-the-covid-19-vaccine>

June 2021

Office of Integrated Health



ABA Snippets ...

Updates to DD Waiver Regulations, re: Therapeutic Consultation Behavioral Services

In place of the typical brief literature review and resource article, the behavior analysis team at DBHDS is using this month's ABA Snippet to ensure readers are aware of updated regulations, which govern therapeutic consultation behavioral services. Behaviorists and the community that supports individuals that receive this service will need to understand and adhere to regulatory changes, including but not limited to minimum requirements for the content of behavior support plans, changes to authorization types and requirements for associated documentation, and the inclusion of telehealth for consulting related to person centered therapeutic outcomes (excluding direct therapy). The regulations which govern this service (along with regulations for numerous other DD waiver services) can be found at the following link. DBHDS will be providing training specific to the regulations and will also be offering additional training on behavioral services in the future. Training announcements and associated registration information will be sent out via Constant Contact and readers are encouraged to sign up to be a part of this email distribution list. Additionally, if you require any support related to this service in the future, please contact our team at nathan.habel@dbhds.virginia.gov or sharon.bonaventura@dbhds.virginia.gov

New Adult Dental Coverage

WHO QUALIFIES?

All adults over the age of 21 years old who have health insurance through Medicaid are eligible to see a dentist.

WHEN DOES IT BEGIN?



WHAT IS COVERED?

Going to the dentist!
Teeth cleanings, filling cavities,
dentures, and more!

QUESTIONS?

Call DentaQuest at 888.912.3456,
or visit
www.vahealthcatalyst.org/AdultDentalBenefit/



App of the Month



V-safe is a smartphone-based tool that uses text messaging and web surveys to provide personalized health check-ins after you receive a COVID-19 vaccine. Through v-safe, you can quickly tell CDC if you have any side effects after getting a COVID-19 vaccine. Depending on your answers to the web surveys, someone from CDC may call to check on you and get more information. V-safe will also remind you to get your second COVID-19 vaccine dose if you need one. (App of the Month is not endorsed by DBHDS Office of Integrated Health. User accepts full responsibility for utilization of app).

Up - Coming OIH Caregiver Training Sessions

Wheelchair Transitioning - Tuesday May 25, 2021 between 10:00 a.m. – 12:00 p.m.

Register in advance for this training: <https://dbhds.zoomgov.com/meeting/register/vJIsde6rqzgjGgJneK3dbDhB2QBSZin2F2M>

Sepsis - Friday June 4, 2021 between 10:00 a.m. – 12:00 p.m.

Register in advance for this training: https://dbhds.zoomgov.com/meeting/register/vJIsdeiorz0oG4Czi5ipCh_mMJ8C0jsLass

The Fatal Seven - Thursday July 15, 2021 between 10:00 p.m. – 1:00 p.m.

Register in advance for this training session: <https://dbhds.zoomgov.com/meeting/register/vJltd--przoqHh980QThJCbZVPTaSOSVpSw>

VDH Special Needs Oral Health - Tuesday July 20, 2021 between 10:00 a.m. – 12:30 p.m.

Register in advance for this training at: https://zoom.us/meeting/register/tJ0ocOCopj0qH9dANPILKZh4QpMlaKnY_KQZ

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