




Information for protecting our
communities and keeping
everyone healthy

Better For It

众志成城
Unity is Strength

 American
Lung
Association.

CONTENTS

- 1 HOW TO USE THIS GUIDE
- 2 WHY COVID-19 VACCINATION IS IMPORTANT
- 3 QUOTES FROM EXPERTS
(DR. ZHONG NANSHAN, DR. ZHANG WENHONG, AND DR. ANTHONY FAUCI)
- 6 FAMILY AND COMMUNITY RESPONSIBILITY
- 7 VACCINE CONFIDENCE
- 8 HOW THE BODY FIGHTS DISEASE AND HOW VACCINES WORK
- 9 COVID-19 VACCINES
- 11 EMERGENCY USE AUTHORIZATION
- 12 CLINICAL TRIALS
- 13 WHERE AND HOW TO GET A COVID-19 VACCINE
- 14 COMMON SIDE EFFECTS
- 15 UPDATED GUIDELINES
- 16 SOCIAL MEDIA
- 17 DISCUSSION QUESTIONS
- 19 FINAL THOUGHTS
- 20 REFERENCES

Better For It

An informational guide for understanding immunization and the COVID-19 vaccination.

HOW TO USE THIS GUIDE

National vaccination initiatives in the United States support the critical work of achieving health equity for Asian and Pacific Islanders (API), including Chinese, and other people of color. This guide includes information to address concerns and answer questions about general immunization and the COVID-19 vaccine.

Most of this information is from the Centers for Disease Control and Prevention (CDC), the United States Food and Drug Administration (FDA), and other credible sources. This guide also features trusted Chinese leaders.

USE THIS GUIDE:

- to supplement your own research on the vaccines.
- to start a dialogue with your family, friends, physician, traditional healer, and community members.
- to share accurate information on social media; and
- to learn about the contributions of scientists and public health advocates.

The most influential voices are often closest to us. Use this guide to help unify your community as you seek out the best information for making personal and community health decisions. Finally, if you have more questions or need help finding a vaccine near you, please call 1-800-232-0233. Help is available in Mandarin and other languages.⁴³

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WHY COVID-19 VACCINATION IS IMPORTANT

WHY COVID-19 VACCINATION IS IMPORTANT

The novel coronavirus initially started out as a single strain affecting people across the globe, but other strains have emerged, such as the Delta variant. Masking up and social distancing help, but vaccination is the best way to protect yourself and those around you, especially adults 65 and older. Vaccination drastically reduces the chances you will catch or spread COVID-19 and prevents severe illness and death.¹

There are 5.4 million Chinese living in the United States, making up 23% of the entire Asian population. According to the United States Census Bureau, the Asian American population is projected to be the largest immigrant group in the United States by 2055.³

Only 44% of foreign-born Chinese are proficient English speakers, who speak only English at home, or if they speak a non-English language at home, they indicate they can speak English at least “very well.” English proficiency can be a barrier to accessing telehealth appointments, testing sites, vaccination sites and government relief.³

CURRENT ASIAN VACCINATION DATA:⁴

- As of June 28, 2021, CDC reported that race/ethnicity was reported for 57% of all people in the United States who had received at least one dose of the vaccine.
- 39 out of 50 states report vaccination data by ethnicity to the federal government.

- At least half of the Asian population has received one or more doses in 29 out of the 39 states.
- As of June 28, 2021, the overall Asian vaccination rate across the 39 states was at 62%. The overall white vaccination rate was 47%.
- The Asian population had lower vaccination rates than White people in six states (Colorado, Virginia, Utah, North Dakota, Pennsylvania, and South Dakota).

WHY VACCINATION IS IMPORTANT:^{4,45,46}

- During the pandemic, Asians, including Chinese Americans, had disproportionately high mortality rates due to poverty, lack of health insurance, high percentage of multi-generational households, and limited English proficiency. In fact, at the beginning of the pandemic, the fatality rate of Asian health care workers with COVID-19 was three times higher than white health care workers.
- Our community has experienced tremendous health disparities for diseases such as cancer, especially stomach and liver, tuberculosis, and viral hepatitis (hepatitis B).^{6,7} These health disparities put our community at high risk for developing health complications from COVID-19.

QUOTES FROM EXPERTS

3

DR. ZHONG NANSHAN

Dr. Zhong Nanshan and Dr. Fauci discussed global cooperation during a meeting:¹⁰

“ COVID-19 is an enemy for all human beings. If it is spreading in some individual countries, it cannot be controlled all over the world. This means we need to fight the virus together. Thus, we need unity all over the world. ”

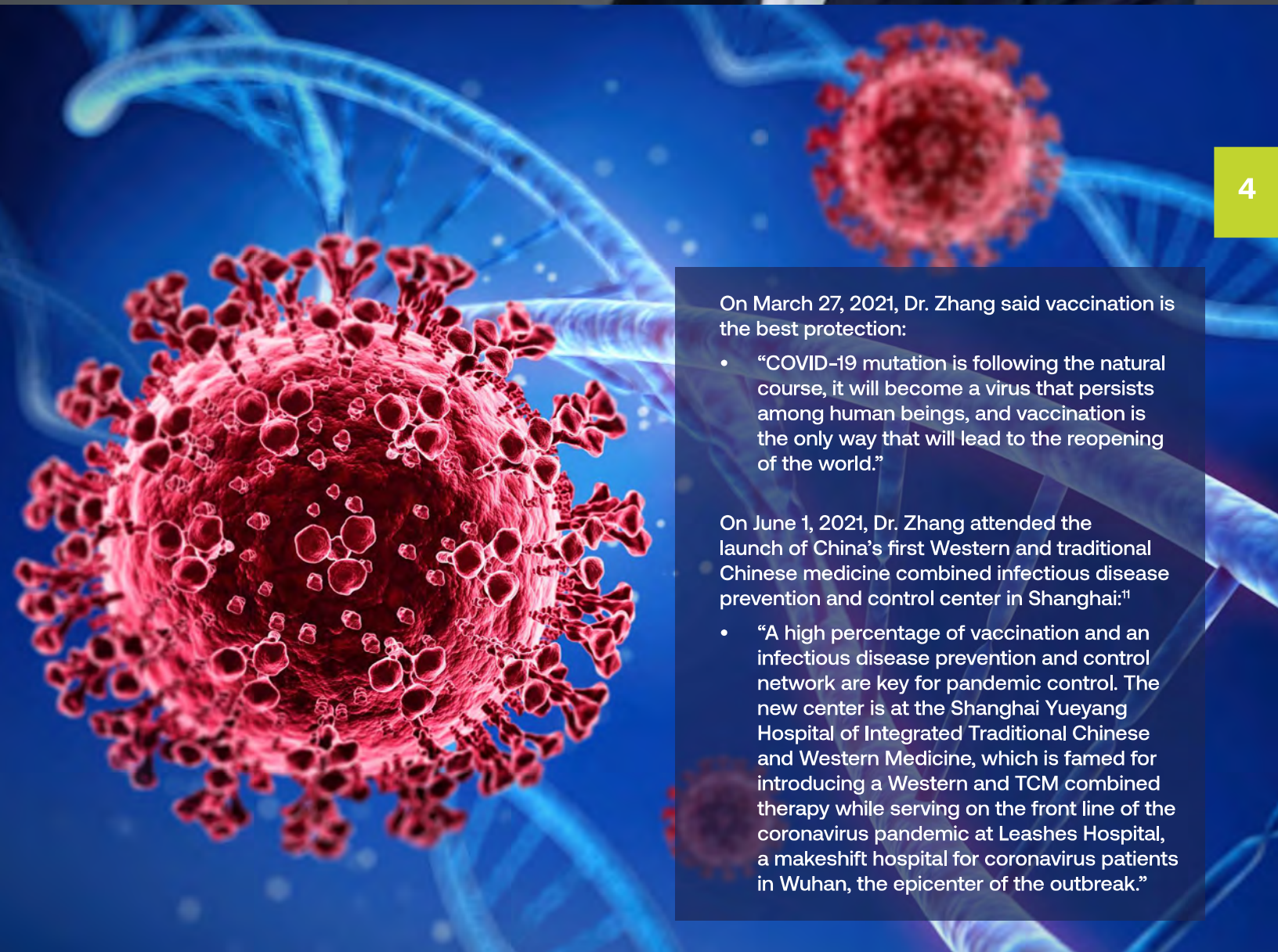
Dr. Zhong Nanshan is a well-known epidemiologist, physician, and a member of the Chinese Engineering Academy in China. In 2003, he became a national icon during the SARS outbreak in China.⁸ Because of his experience, the Chinese government selected Dr. Zhong to lead China's National Health Commission to investigate the COVID-19 outbreak. Since January 2020, Dr. Zhong has focused on containing the novel coronavirus and being China's most influential spokesperson.

At the 20th Science Council of Asia (SCA) Conference on May 13, 2021, the 80 year old doctor told his personal experience getting the vaccine.⁹ “I didn't have any uncomfortableness after the vaccination. Based on recent data, there are several hundred thousand people older than 60 that have received this vaccine. Owing to the susceptibility of elder people to be infected by COVID-19, I recommend elder people receive vaccination earlier.”



DR. ZHANG WENHONG

Dr. Zhang is the leader of the Shanghai COVID-19 medical expert team and director of the Fudan University affiliated hospital infectious disease.



On March 27, 2021, Dr. Zhang said vaccination is the best protection:

- “COVID-19 mutation is following the natural course, it will become a virus that persists among human beings, and vaccination is the only way that will lead to the reopening of the world.”

On June 1, 2021, Dr. Zhang attended the launch of China’s first Western and traditional Chinese medicine combined infectious disease prevention and control center in Shanghai.”

- “A high percentage of vaccination and an infectious disease prevention and control network are key for pandemic control. The new center is at the Shanghai Yueyang Hospital of Integrated Traditional Chinese and Western Medicine, which is famed for introducing a Western and TCM combined therapy while serving on the front line of the coronavirus pandemic at Leashes Hospital, a makeshift hospital for coronavirus patients in Wuhan, the epicenter of the outbreak.”

A close-up, black and white portrait of Dr. Anthony Fauci, looking directly at the camera with a slight smile. He is wearing a dark suit jacket, a white shirt, and a dark patterned tie. The background is dark and out of focus.

DR. ANTHONY FAUCI

Director of the National Institute of Allergy and Infectious Diseases, National Institutes of Health

5

During a conversation with Dr. Nanshan Zhong, Dr. Fauci reiterated the importance of global unity and collaboration:

“One thing obvious is that we need to keep the spirit of unity and collaboration, and use this spirit to push the work of global health network, must have every country participate in this process, and every country will learn from the lessons and experiences during the process, after ten years, twenty years, we will not forget these lessons.”

“

I feel extreme confidence in the safety and the efficacy of this vaccine, and I want to encourage everyone who has the opportunity to get vaccinated so that we can have a veil of protection that will end this pandemic.

”

“

Viruses don't mutate if they can't replicate, and you can prevent them from replicating by vaccinating enough people so that the virus has nowhere to go.

”

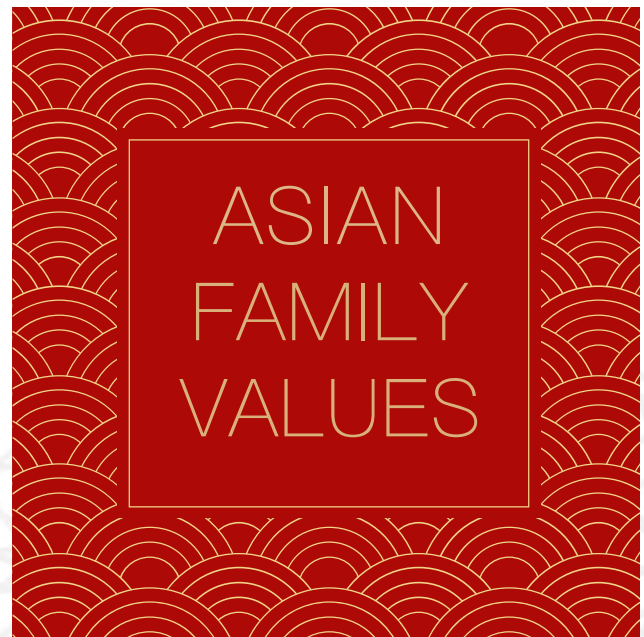


FAMILY AND COMMUNITY RESPONSIBILITY

FAMILY AND COMMUNITY RESPONSIBILITY

The concept of family is the most central value to our people. The term “family” provides a sense of identity and unity.¹² Through Confucian philosophy, family is considered the foundation for social organizations. In fact, 29% of Asian Americans lived in multigenerational family households in 2016; a higher percentage than Black, Latino and White Americans.⁴⁷ In our culture, we respect elders and value their lives because they provide wisdom and spirituality; people 65 and older are one of the most vulnerable populations for severe complications of COVID-19.¹³

Similarly, the concept of collectivism is a belief that we are more than an individual and instead part of a large group.¹⁴ In China, there are preventive measures that ensure food supply and prescriptions are available for people during the COVID-19 pandemic lockdown.¹⁵ In Shanghai, the community health service centers, in collaboration with local towns and neighborhood committees, promote and guide health management for residents in their jurisdictions.¹⁶



The term “family” provides a sense of identity and unity



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VACCINE CONFIDENCE



VACCINE CONFIDENCE

As of July 13, 2021, over 334 million doses of COVID-19 vaccine have been administered and 67.7% of the adult population in the United States has had at least one dose.²

According to a study published in July 2021 by The Commonwealth Fund and the Yale School of Public Health, COVID-19 vaccines have saved about 279,000 lives and have prevented 1.25 million hospitalizations in the United States.⁵⁰

Researchers first compiled COVID-19 trends such as hospitalizations and deaths throughout the United States from October 1, 2020, to July 1, 2021. They then compared the data to a model that analyzed trends assuming vaccines were unavailable.

Researchers also considered “prevalence and transmissibility of new variants, vaccine efficacy rates, mobility patterns driving daily contacts and age-specific risks of severe health outcomes due to COVID-19.” If vaccination progressed at half the rate during this period, about 120,000 more people may have died and more than 450,000 more would have been hospitalized.⁵⁰

Lead author Alison Galvani, the Burnett and Stender Families Professor of Epidemiology and the director of the Center for Infectious Disease Modeling and Analysis at the Yale School of Public Health explained, “The vaccines have been strikingly successful in reducing the spread of the

virus and saving hundreds of thousands of lives in the United States alone. Yet until a greater majority of Americans are vaccinated, many more people could still die from this virus. The danger is not over. Now is not the time to let down our guard.”⁵⁰

In the 2021 COMPASS study conducted by University of California San Francisco, 1,646 participants who live in the United States responded to an online survey. 611 of these participants identified themselves as Ethnic Chinese.¹⁸

- Over one third (35.2%) of Ethnic Chinese think COVID-19 vaccine is unsafe.
- More than two thirds (68.4%) of Ethnic Chinese think COVID-19 vaccines have side effects.
- A little over one third (34.4%) of Ethnic Chinese have two or more concerns, and nearly half (44.8%) of Ethnic Chinese have one concern about COVID-19 vaccine, such as vaccine safety, vaccine effectiveness, anti-vaccine beliefs and attitudes, being worried about getting COVID-19 from the vaccine, lack of trust, and perceived lack of testing.

** Ethnic Chinese includes mainland Chinese, Hongkonger, Taiwanese, and Huaren*

This toolkit was created to help clarify confusion about COVID-19 vaccines.



HOW THE BODY FIGHTS DISEASE AND HOW VACCINES WORK

Our immune system defends us against disease and infection. Whenever we are infected with germs like the novel coronavirus, our body's immune system will use white blood cells and antibodies to protect us.¹⁹

How Vaccines Work¹⁹

Several types of vaccines have been developed over time. Vaccines for smallpox, mumps, measles, rubella (MMR), and chickenpox (varicella) are similar to the natural infection that they help prevent. These vaccines create a strong and long-lasting immune response. When exposed to the novel coronavirus, our immune system produces antibodies. A vaccine helps our body learn to recognize and fight germs.

Familiar Vaccines¹⁹

Our families and community may have already received some of the commonly accepted vaccines in the United States. Vaccination is the best health prevention measure against infectious disease.¹

- Seasonal Flu
- Pneumonia
- Measles, Mumps & Rubella (MMR)
- Tetanus

- Smallpox
- Polio
- Tuberculosis (TB)
- Whooping Cough
- Rabies

- Chickenpox
- Hepatitis A & B
- Meningitis
- Human papillomavirus (HPV)



COVID-19 VACCINES

COVID-19 VACCINES

The chart on the following page describes three types of vaccines that are either being researched or distributed throughout the United States. Currently, the Pfizer vaccine is approved by the FDA and all three COVID-19 vaccines are recommended by the FDA: Pfizer-BioNTech (Comirnaty), Moderna, and Johnson & Johnson. These three vaccines do not contain live or weakened virus and they do not interact with our body's DNA (genetic material). Also, the vaccines do not contain preservatives, eggs, or latex. The inactive ingredients are oil, sugar, and salt.^{20,21}

9

PFIZER-BIONTECH AND MODERNA^{20,27,39}




- Both vaccines are made with messenger RNA (mRNA) instead of weakened or inactivated virus. The mRNA provides our immune system cells with a map or instructions on how to make a “spike protein.” This harmless protein is found on the surface of COVID-19 viruses, but it does not cause disease. In short, the vaccine teaches our immune system to make the “spike protein,” which in turn triggers the response to produce antibodies against the COVID-19 virus.
- These vaccines require two shots: the first shot starts to build protection, and the second shot is given 3–4 weeks later provides full immunity.

JOHNSON & JOHNSON²¹

- This vaccine uses a harmless modified version of a different virus, also known as a viral vector. A small piece of the genetic instructions with coronavirus genes for the SARS-CoV-2 spike protein is added to the vector. After vaccination, the modified virus enters a person's cells which read and follow the genetic instructions needed to make the spike protein on their own surface. The immune system takes notice of these foreign proteins and makes antibodies against them that will protect you if they are exposed to SARS-CoV-2 in the future.
- This vaccine requires one shot.

All three vaccines are safe and available for the public.⁴¹ You can find a vaccine location anywhere in the U.S. through the Centers for Disease Control and Prevention's [VaccineFinder](#), a free, online service where users can search for pharmacies and providers that offer vaccination for COVID-19.



Types of vaccines	 DNA and RNA	 Subunit	 Viral vector
How it works	This vaccine uses DNA or RNA molecules to teach the immune system to target key viral proteins.	This vaccine uses a piece of virus' surface to focus your immune system on a single target.	This approach takes a harmless virus and uses it to deliver viral genes to build immunity.
Advantages	Easy and to quick design.	Focuses the immune response on the most important part of the virus for protection and cannot cause infection.	Live viruses tend to elicit stronger immune responses than dead viruses or subunit vaccines.
Disadvantages	Never been done before. There are no licensed DNA or RNA vaccines currently in use.	May not stimulate a strong response, other chemicals may need to be added to boost long-term immunity.	Important to pick a viral vector that is truly safe. An immune response to the viral vector could make the vaccine less effective.
Existing examples	None	Pertussis Hepatitis B Human papillomavirus (HPV)	Ebola Veterinary medicine
Group testing this approach for COVID-19	Moderna (RNA) Inovio (DNA) Pfizer (RNA)	Novavax AdaptVac	University of Oxford & AstraZeneca CanSino Biologics Johnson & Johnson

Source: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/mrna.html>

WARP SPEED VACCINE

Some people have concerns about how quickly the COVID-19 vaccine was developed. Before COVID-19, the fastest vaccine authorized in the United States was for mumps, which took four years. While the COVID-19 EUA timeline has caused vaccine hesitancy, each step has been scientific and ethical. Here are reasons why the COVID-19 vaccine was developed and authorized so rapidly.

STRONG HEAD START

Because COVID-19 is a member of the coronavirus family, scientists benefited from existing data and years of research into SARS (2002) and MERS (2012). Additionally, using mRNA technology, which has been studied for decades, expedited vaccine development since it does not involve a live virus and is easier to manufacture.

GLOBAL COOPERATION

After Chinese researchers shared the viral genome sequence with 20 international institutions in January of 2020, researchers, scientists, and governments started vaccine development. At the same time, the World Health Organization combined the work of 300 scientists to assess the virus. Using mRNA technology, scientists were able to start testing within months. During the pandemic, the Chinese government allocated resources for vaccine production. China believes that the COVID-19 vaccine is considered a “global public good” and donated the CoronaVAc (produced by Sinovac) and Convidicea (manufactured by CanSino Biologics) to the global market. According to Zheng Zongwei, Director of the Development Center for Medical Science and Technology of the National Health Commission, “China will continue to do more for global contributions to vaccine supply.”

UNPRECEDENTED INVESTMENT

Developing a vaccine under normal circumstances requires researchers to raise millions of dollars. The United States government passed the CARES Act, which invested \$10 billion for research and development. This expedited vaccine development by years.

WORKING IN PARALLEL

Vaccine development is normally done in a step-by-step order. For the COVID-19 pandemic, the United States worked on many of these steps simultaneously. For example, the manufacturing process began before vaccines were proven to work knowing that the product would have been tossed if ineffective. Likewise, instead of waiting for the final vaccine, the Advisory Committee on Immunization Practices discussed distribution plans well ahead of development.

EFFICIENT CLINICAL TRIAL PROCESSES

While experts agree that rigorous safety testing, patient enrollment and clinical trial phases were not fast-tracked, approval was accelerated. The United States Food and Drug Administration shortened its approval timeline from 10 months to 3 weeks and offered emergency use authorization. In addition, because of large testing sites and an organized volunteer network, trial participation quickly reached tens of thousands. Phase 2 and 3 of clinical trials were combined (a common practice), which helped to ethically speed the process along.

CLINICAL TRIALS



ABOUT CLINICAL TRIALS

PRECLINICAL STAGE:

Scientists test a new vaccine on cells and then on animals to see if the vaccine triggers an immune response.

PHASE 1 SAFETY TRIALS:

Scientists give the vaccine to 30-100 people to test for safety, dosage, and confirm immune response.

PHASE 2 EXPANDED TRIALS:

Scientists give the vaccine to several hundred people who are divided into target populations and demographics to test if the vaccine acts differently in them.

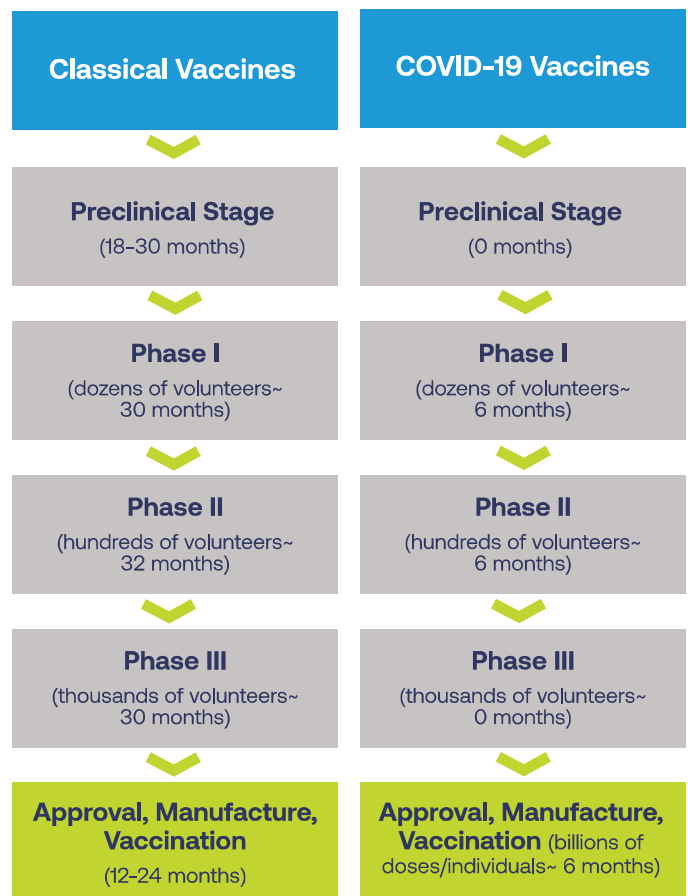
PHASE 3 EFFICACY TRIALS:

Scientists give the vaccine to 20,000 to 30,000 people and wait to see how many become infected compared to participants who receive a placebo. This phase is large enough to reveal evidence of rare side effects.

PHASE 4 POST MARKETING SURVEILLANCE:

Scientists observe the vaccine in the general population with attention to long-term effects.

Human clinical trials are tests done in a clinical research setting to observe the safety and effectiveness of a vaccine. All clinical trials include a series of mandatory phases that must be completed before a vaccine can be approved. Learn how previous trials stack up against the COVID-19 trials in the graphic below.



WHERE AND HOW TO GET A COVID-19 VACCINE

WHERE AND HOW TO GET A COVID-19 VACCINE



Getting a COVID-19 vaccine is free.

Here are three ways to find a COVID-19 vaccine.

1. Visit the website, vaccines.gov/search. To show all three vaccines, type in your **5-digit Zip Code** with Search Radius and then click **“Search for Vaccines.”** Since most of the locations do not accept walk-ins, call the location to make an appointment.

2. Text your ZIP code to **438829**.

3. Call **1-800-232-0233** to find locations near you. For the Disability Information and Access Line (DIAL), please call **1-888-677-1199** or email DIAL@n4a.org.⁴³

National organizations and companies provide incentives such as free child care and free rides to and from vaccine locations. Visit vaccines.gov/incentives.html for more information on how to qualify.

COMMON SIDE EFFECTS



COMMON SIDE EFFECTS

After getting vaccinated, the most common side effects include:^{23,27}

- Pain and swelling in the arm you got vaccinated.
- Fever, chills, tiredness, and headache.

Although these side effects may affect your ability to do daily activities, they should go away within a few days. Talk to your doctor about taking over-the-counter medicine, such as ibuprofen, aspirin, acetaminophen, or antihistamines, for pain relief. It is not recommended you take these medicines before vaccination because it may impact the vaccine's effectiveness.⁴²

To reduce pain and discomfort where you got the shot:^{23,27}

- Apply a clean, cool, wet washcloth over the area.
- Use or exercise your arm.

To reduce discomfort from fever:^{23,27}

- Drink plenty of fluids.
- Dress lightly.

In most cases, discomfort from fever or pain is normal. Contact your doctor or healthcare provider if:^{23,27}

- The redness or tenderness where you got the shot increases after 24 hours.
- If your side effects are worrying you or do not seem to be going away after a few days.



UPDATED GUIDELINES



UPDATED GUIDELINES

You are fully vaccinated two weeks after your second dose of the Pfizer or Moderna vaccines, or two weeks after a single dose of the Johnson & Johnson vaccine. When fully vaccinated, you can resume activities that you did before the pandemic. To maximize protection, wear a mask indoors in public if you are in an area with substantial or high transmission. You will still need to wear a mask as required by laws, rules and regulations.⁴¹

COVID-19 vaccination is now available to everyone 12 years of age and older. Although there have been fewer children infected with COVID-19 when compared to adults, children can:

- Be infected with the virus that causes COVID-19.
- Get sick from COVID-19.

IF YOU ARE FULLY VACCINATED⁴¹

You can resume participating in many activities including:

Outdoor:

- Walk, run, wheelchair roll, or bike outdoors with members of your household.
- Attend a small, outdoor gathering with fully vaccinated family and friends.
- Attend a small, outdoor gathering with fully vaccinated and unvaccinated people, particularly in areas of substantial to high transmission.
- Dine at an outdoor restaurant with friends from multiple households.
- Attend a crowded, outdoor event, like a live performance, parade, or sports event.

Indoor:

- Visit a barber or hair/nail salon.
- Go to an uncrowded, indoor shopping center or museum.
- Attend a small, indoor gathering of fully vaccinated and unvaccinated people. from multiple households.
- Go to an indoor movie theater.
- Attend a full-capacity worship service.
- Sing in an indoor chorus.
- Eat at an indoor restaurant or bar.
- Participate in an indoor, high intensity exercise class.



IF YOU ARE NOT FULLY VACCINATED YET⁴¹

You should maintain social distance and wear a mask for all indoor activities around other unvaccinated individuals outside your household. You do not need to wear a mask in outdoor settings but are encouraged to do so in areas with high numbers of COVID-19 cases, crowded outdoor areas or when in close contact with others who are not fully vaccinated.

SOCIAL MEDIA

SOCIAL MEDIA

Social media is a place of inspiration and community but can also be an environment for misinformation. It is our responsibility to report content with false information and facts that misleads our community. Let us unite in strength and inspire each other to make healthcare decisions based on science and in the best interest of our families.

USE THESE SOCIAL MEDIA MESSAGES TO ENCOURAGE OUR PEOPLE TO GET VACCINATED.

- I got the shot to do my part in stopping #COVID19. Learn how and where you can get your COVID-19 vaccine, too. [Vaccines.gov](https://www.vaccines.gov)
- Have you scheduled your COVID-19 vaccine appointment? Vaccination works better when we do it together. #SleeveUp for a future safe from #COVID19. Find your vaccine site at [Vaccines.gov](https://www.vaccines.gov)
- Get answers to your question or help finding a vaccine near you. Call 1-800-232-0233 for assistance in Chinese and other languages.
- Vaccines save lives. Protect yourself and your loved ones by getting the COVID-19 vaccine. Learn more to build your vaccine confidence here: [lung.org/covid19](https://www.lung.org/covid19)
- Spread hope, not COVID-19. #SleeveUp and learn how to get vaccinated today. Find your #COVID19 vaccine site: [Vaccines.gov](https://www.vaccines.gov)
- Are you ready to get back to the people and activities you love? Your vaccination brings us one day closer to controlling the pandemic. Find your COVID-19 vaccination site: [Vaccines.gov](https://www.vaccines.gov)

[lung.org/covid19](https://www.lung.org/covid19)

[Vaccines.gov](https://www.vaccines.gov)

#COVID19

1-800-232-0233

#SleeveUp

16



OTHER RESOURCES

We Can Do This is an initiative to increase confidence in COVID-19 vaccines and reinforce basic prevention measures: <https://wecandothis.hhs.gov>

Search for COVID-19 information in Chinese: <https://chinese.cdc.gov/coronavirus/2019-ncov/index.html>.

DISCUSSION QUESTIONS

Discussion Q&A

Do COVID-19 vaccinations cost money?⁴⁸

You will not be charged for any of the vaccines. Providers **CANNOT**:

- Charge you for the vaccine.
- Charge you any administration fees, copays, coinsurance, or the balance of the bill after reimbursement from the government.
- Charge an office visit or other fee to the recipient if the only service provided is a COVID-19 vaccination.
- Require additional services for a person to receive a COVID-19 vaccine; however, additional healthcare services can be provided at the same time and billed as appropriate.

However, COVID-19 vaccination providers can:

- Seek appropriate reimbursement from the recipient's plan or program (private health insurance, Medicare, Medicaid) for a vaccine administration fee. However, they cannot charge you for the balance of that reimbursement.

Should you receive a booster vaccine?

At this time, the CDC and the FDA say those who are fully vaccinated don't need a booster shot. This recommendation could change as more data and information becomes available.

Do COVID-19 vaccines affect fertility?²⁴

There is no evidence that any of the vaccines recommended for use by the FDA can affect fertility. According to Dr. Paul Offit, the director of the Vaccine Education Center at the Children's Hospital of Philadelphia, a professor in the pediatrics unit at the Perelman School of Medicine at the University of Pennsylvania, and a voting member of the FDA's Vaccine Advisory Committee:

"These authorized vaccines processed nearby the injection site, which does not affiliate with any abnormal of hormonal or other biological changes that can impact the fertility for both males and females. Likewise, in the phase 3 vaccine trials, pregnancies occurred equally among vaccinated and unvaccinated females. As a result, there is currently no evidence that the COVID vaccine can cause both female and male fertility issues."



Do COVID-19 vaccines affect pregnancy?²⁵

Pregnant women are at high risk for severe illness, health complications, and hospitalization from COVID-19. Although the existing data is limited, both the Centers for Disease Control and Prevention and the American College of Obstetricians and Gynecologists (ACOG) recommend that pregnant women get vaccinated.

Do COVID-19 vaccines have long-term side effects?²⁶

According to the CDC, long-term negative health outcomes are unlikely following any vaccination. However, delayed side effects may occur. This must be weighed against unknown long-term side effects from getting infected with COVID-19.

Will the vaccine give you COVID-19?

No. According to Dr. Dean A Blumberg, an associate professor at the University of California Davis, and the Chief of Pediatric Infectious Diseases at UC Davis Children's Hospital:

"None of the vaccines being developed use the live virus. There is nothing in the vaccine that could cause COVID-19. In regard to the Moderna and Pfizer vaccine, the mRNA does not stay around long. The body breaks it down and gets rid of it naturally...the vaccines have been scientifically proven to be very safe. No safeguards were sacrificed."

Can traditional Chinese medicine (TCM) help reduce COVID-19 symptoms?

Traditional Chinese Medicine involves healing practices from 200 BCE. These practices include herbalism, acupuncture, qigong, and taichi.²⁸

Research in China indicates that traditional Chinese medicine (TCM), especially herbal medicine, helps reduce COVID-19 symptoms.

^{29, 30, 31, 32} As of March 13, 2020, more than 70,000 people in China who used TCM as a complementary therapy were discharged from the hospital.³⁴

The combination of western medicine and TCM can help reduce COVID-19 symptoms. Although TCM has become an effective complementary therapy, more research needs to be done to demonstrate higher efficacy and safety on COVID patients.

Are the vaccines in China the same vaccines in the United States?¹⁹

No. Many of us have family and friends in China. If you discuss vaccination with anyone living in China, keep in mind that there are three types of vaccines available in China.³⁴

Inactivated vaccine

An inactivated vaccine consists of a virus that has been lab-grown and then killed so that it cannot reproduce or infect people. When used in a vaccine, this dead virus stimulates the immune system and causes it to start producing antibodies.

Attenuated vaccine

Attenuated vaccines rely on live viruses that have been scientifically changed to become harmless. This type of vaccine generally produces a stronger and longer-lasting immune response compared to a similar inactivated vaccine.

Recombinant protein vaccines

This is a three-dose vaccine and contains purified pieces of the virus that scientists purposely select to stimulate immune cells. The vaccine relies on the capacity of one or more antigens to induce immunity against the virus.



UNITY IS OUR STRENGTH GET VACCINATED

Remember

- If you have additional questions or need help finding a vaccine near you, please call **1-800-232-0233**. Help is available in Mandarin and other languages.⁴³
- **Unity is our strength.** Get vaccinated to protect our family, communities and everyone around us.
- If anyone asks you to pay to get vaccinated, it is a scam. Do not share your personal or financial information if someone calls, texts or emails you promising access to the vaccine in exchange for money.
- All three COVID-19 vaccines available in the United States are effective, and the CDC recommends people get the vaccine most accessible and available to them.
- Vaccine trials for the Pfizer, Moderna, and Johnson & Johnson vaccine included Asians.^{35,36,37}
- Everyone 12 years and older is eligible for the vaccine regardless of insurance or immigration status.³⁸
- Some people experience side effects which can affect daily activities, but they should go away in a few days.
- Traditional Chinese medicine (TCM) can be used as a complimentary therapy to western medicine when treating COVID-19 symptoms.³⁴
- People are considered fully vaccinated:^{39, 40}
 - Two weeks after receiving a second dose of the Pfizer or Moderna vaccines, or
 - Two weeks after receiving a single dose of the Johnson & Johnson vaccine.

Continue to follow local public health recommendations until everyone eligible has been vaccinated and protected.



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The Better For It Series began as a collaboration between the American Lung Association and the Center for Black Health & Equity. Contributors include Ni (Jennie) Zhang, PhD, MPH, MA, BM, Assistant Professor and Hsin Yi (Cindy) Tseng, Research Assistant, Department of Public Health and Recreation, San Jose State University.

All information in this document is accurate and science based as of its publishing in August 2021. We acknowledge that the public health situation around COVID-19 is fluid and rapidly changing.

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