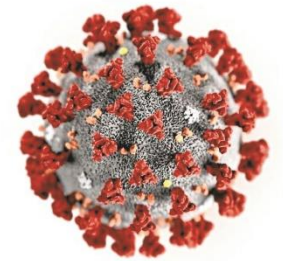


# WEBINAR ON COVID-19 FOR THE MONTREAL FILIPINO DIASPORA

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Presented by:

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# 4 Points of Discussion

- COVID-19
- Vaccination
- Discussion
- Resources



# What is COVID-19?

- Virus SRAS-COV-2
- When the virus is contracted, up to 14 days without symptoms
- Symptoms similar to viral infections:
  - Fever
  - Cough
  - shortness of breath
  - fatigue
  - loss of taste/smell
- Variable side effects: dyspnea, pneumonia, death



# How is COVID-19 Spread?

- Transmission:
  - Close contact (under 2 meters distance), longer than 15 minute
- Elevated risk:
  - Restrained spaces
  - Inadequate ventilation
  - High density of occupants with prolonged exposure
- No proof of airborne transmission
  - Transmission caused by proximity and variable sizes of respiratory particles



# How do we prevent COVID-19 spread?

- Limitation of contacts, physical distancing
- Hygiene and respiratory etiquette
- Hand hygiene
- Adequate ventilation
- Mask
- Cleaning and disinfection of the environment
- Additional precautions (depending on environment)



# How is COVID-19 Diagnosed?

	MOLECULAR TEST	ANTIGEN TEST	ANTIBODY TEST
<b>Also known as...</b>	Diagnostic test, viral test, molecular test, nucleic acid amplification test (NAAT), RT-PCR test, LAMP test	Diagnostic test, viral test, rapid test	Serological test, serology, blood test, serology test
<b>How the sample is taken...</b>	Nasal swabs, either shallow or deep (most tests). Saliva (some tests)	Nasal or nasopharyngeal swab (most tests)	Blood from a fingerstick or vein
<b>How long it takes to get results...</b>	Less than an hour (at-home tests and some point-of-care locations), same day (some point-of-care locations) or 1-3 days (tests sent to a lab for processing). Some tests may take longer in some locations, depending on testing capacity.	Some may be very fast (15-30 minutes), depending on the test	Same day (some point-of-care locations) or 1-3 days (tests sent to a laboratory for processing)
<b>Is another test needed...</b>	Not usually. This type of test is typically highly accurate and usually does not need to be repeated. Some may indicate the need to re-test in certain circumstances.	Maybe. Positive results are usually highly accurate, but false positives can happen, especially in areas where very few people have the virus. Negative results may need to be confirmed with a molecular test.	Sometimes a second antibody test is needed for accurate results.
<b>What it shows...</b>	Diagnoses active COVID-19 infection. (Some tests may also diagnose influenza or other respiratory viruses)	Diagnoses active COVID-19 infection. (Some tests may also diagnose influenza or other respiratory viruses)	Shows if you've been infected by the virus that causes COVID-19 in the past
<b>What it can't do...</b>	It cannot show if you ever had COVID-19 or were infected with the virus that causes COVID-19 in the past	It may not detect an early COVID-19 infection. Your health care provider may order a molecular test if your antigen test shows a negative result, but you have symptoms of COVID-19. It also cannot show if you ever had COVID-19 or were	It cannot diagnose COVID-19 at the time of the test or show that you do not have COVID-19

# What are Variants?

## How do they Form?

- Variants form once the virus replicates in the host, when it recopies it can create mutations
- Several mutations that constitute a homogenous group, results in a new variant or virus
- These changes are a normal evolution of the virus.
- COVID-19 has 4 variants (December 2020).

# What is long COVID?

- Symptoms that persist beyond 2 weeks
- Common Symptoms include:
  - Shortness of breath
  - Cognitive dysfunction (brain fog)
  - Fatigue
  - Loss of smell
- Average duration is 3-6- months, but some cases last up to 9 months





# How might COVID-19 evolve? Endemic?

- Mutations to virus as it spreads through unvaccinated populations
- Endemic: persistent (not necessarily benign)
- Can still cause outbreaks in populations where vaccination rates are low vs. behave like seasonal respiratory disease like influenza
- Mutations in the virus will result in requiring boosters

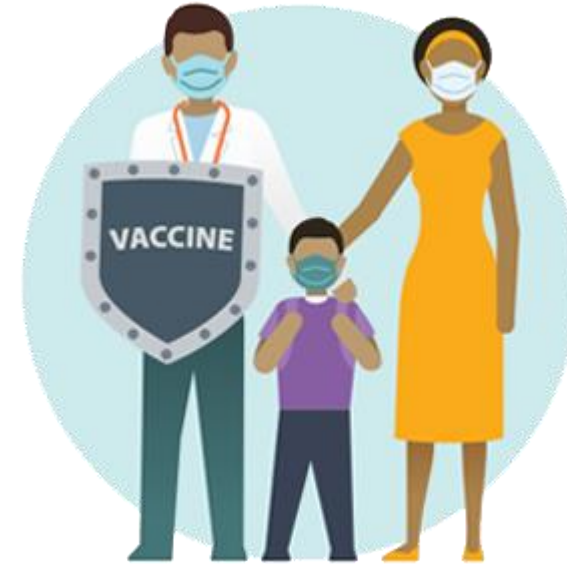


## ENDEMIC DISEASE

is constantly present in a certain population or region, with relatively low spread (or there may be periods when it doesn't affect people at all, if it is only present in the environment).

# Objectives of Vaccine

- To protect yourself and avoid the risks and complications of illnesses
- To protect the people around you
- To prevent the resurgence of vaccine-preventable infectious diseases



# COVID-19 Vaccines available in Quebec

## mRNA vaccines

- Pfizer-BioNtech Comirnaty
- Moderna Spikevax

## Vector vaccines

- Janssen (Johnson & Johnson)
- AstraZeneca Vaxzevria (COVISHIELD)

# How mRNA COVID-19 vaccines work?

## Understanding the virus that causes COVID-19.

Coronaviruses, like the one that causes COVID-19, are named for the crown-like spikes on their surface, called **spike proteins**. These **spike proteins** are ideal targets for vaccines.

## What is mRNA?

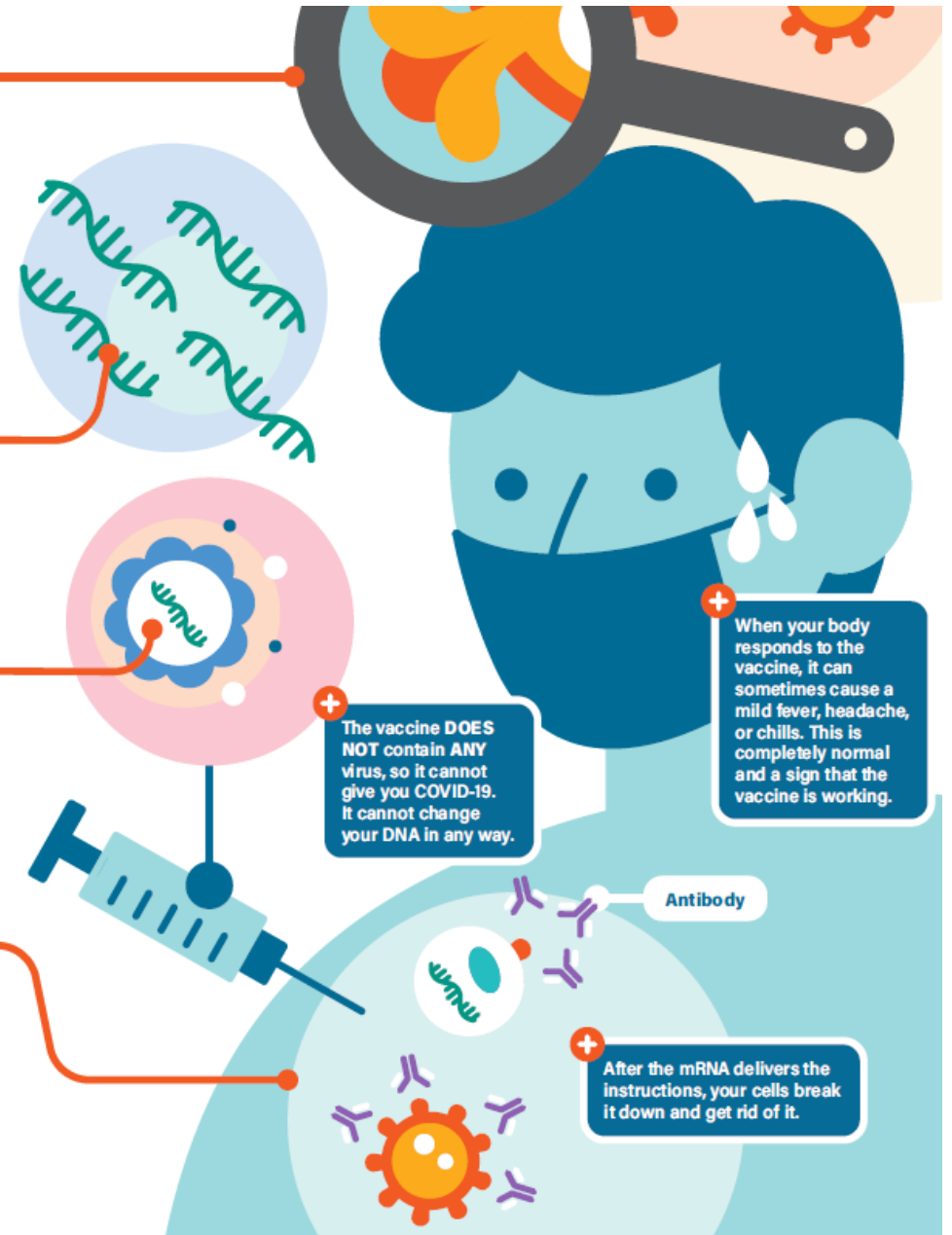
Messenger RNA, or mRNA, is genetic material that tells your body how to make proteins.

## What is in the vaccine?

The vaccine is made of mRNA wrapped in a coating that makes delivery easy and keeps the body from damaging it.

## How does the vaccine work?

The mRNA in the vaccine teaches your cells how to make copies of the **spike protein**. If you are exposed to the real virus later, your body will recognize it and know how to fight it off.



# How Viral Vector COVID-19 vaccines work?

## Understanding the virus that causes COVID-19.

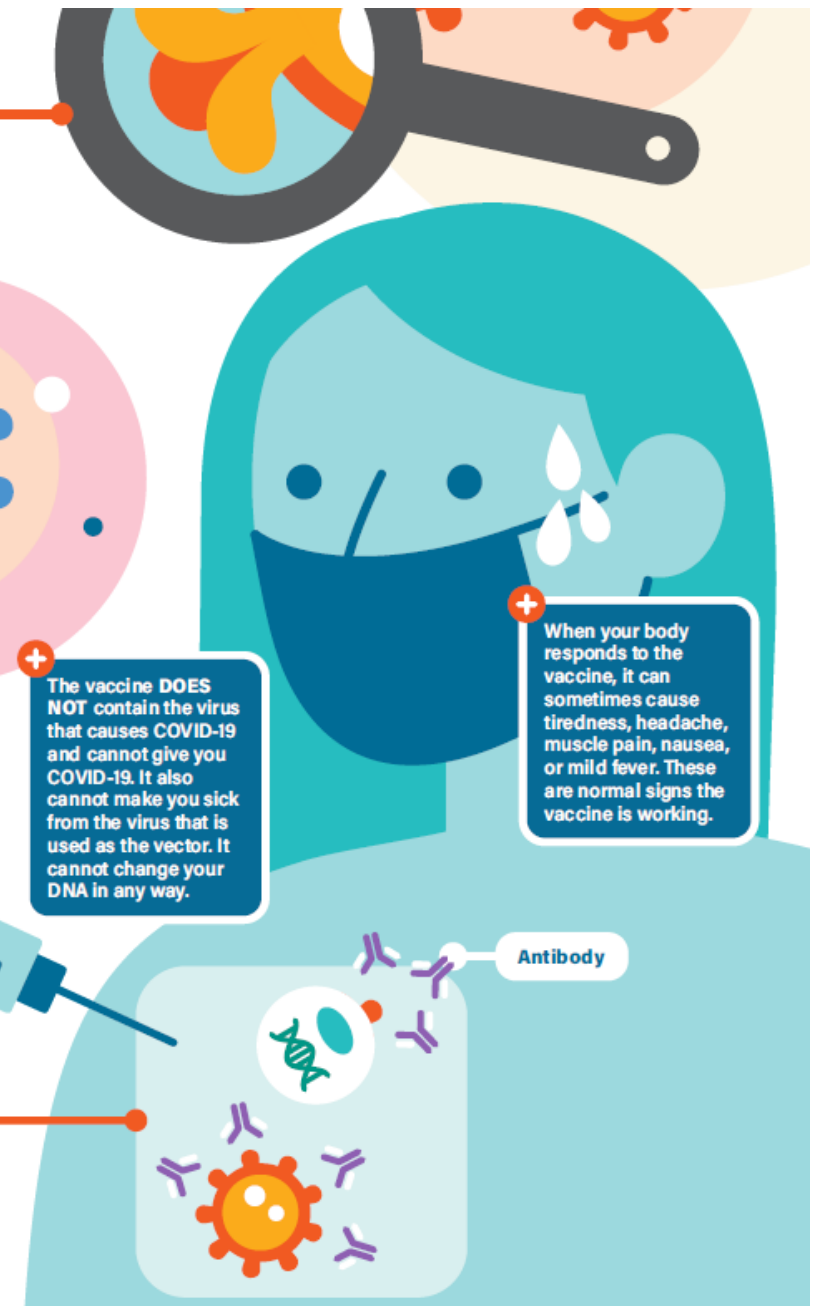
Coronaviruses, like the one that causes COVID-19, are named for the crown-like spikes on their surface, called **spike proteins**. These **spike proteins** are ideal targets for vaccines.

## What is a viral vector vaccine?

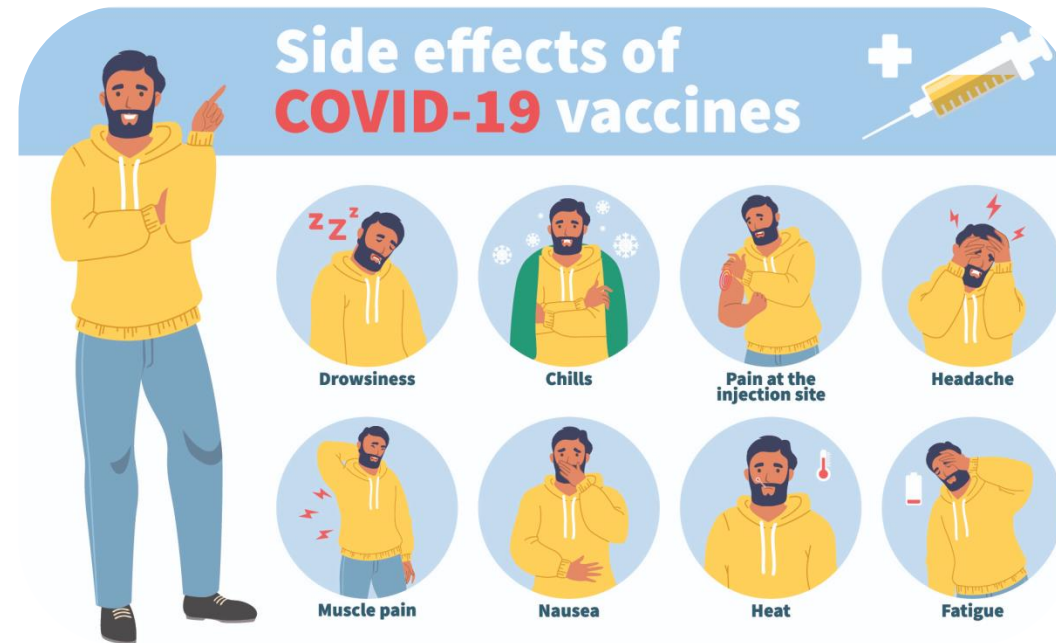
A viral vector vaccine uses a harmless version of a different virus, called a "vector," to deliver information to the body that helps it protect you.

## How does the vaccine work?

The vaccine teaches your body how to make copies of the **spike proteins**. If you are exposed to the real virus later, your body will recognize it and know how to fight it off.



# What are the possible side effects of the COVID-19 Vaccines?



# Are the COVID-19 vaccines safe given their rapid development?

The COVID-19 vaccines approved by Health Canada are safe. The vaccines were tested on a large number of people and have met all the requirements for approval.

# COVID-19 Vaccine Booster Shots

- Are booster shots the same formulation as existing vaccines?
- If we need a booster shot, are the vaccines working?
- What are the risks to getting a booster shot?
- Am I still considered 'fully vaccinated' if I don't get a booster shot?





# COVID-19 Vaccine for Children and Teens

- Young people from 5 to 17 years of age are eligible for COVID-19 vaccination. They must have reached the age of 5 when the appointment is made.
- Health Canada has authorized the [Pfizer Messenger RNA vaccine](#) for this age group. A pediatric formulation is available for children age 5 to 11.



# Resources

- World Health Organization

<https://www.who.int/>

- Public Health Agency of Canada

<https://www.canada.ca/en/public-health.html>

- Institut National de Sante Publique du Quebec (INSPQ)

<https://www.inspq.qc.ca/>

- Sante Montreal

<https://santemontreal.qc.ca/en/public/coronavirus-covid-19/>

- Info Sante (phone number #811)

<https://www.quebec.ca/en/health/finding-a-resource/info-sante-811>

- Local Pharmacies, Local CLSCs

Salamat Po!

