



CHAP Weekly Update



September 25, 2020

Influenza and Influenza Vaccine



Influenza is not one virus, but a group of closely related viruses. The viruses are not stable; every year they mix up their genes a little, sometimes during the same season! The influenza vaccine changes every year, targeting the virus that is in circulation. That's why we need to be immunized every year. Even when the vaccine match isn't perfect, being vaccinated reduces the severity of disease.

There are two big categories of influenza virus: **Influenza A** and **Influenza B**. The vaccine targets both.



Flu and COVID – What Can We Expect?

Will we have less flu because of social distancing? **Unknown.**
Will having flu and COVID at the same time make each worse? **Perhaps.**

It will be very difficult to tell the difference between Flu and COVID without testing. Therefore, immunize to prevent flu, decrease clinic visits, hospitalizations and ICU admissions.

Egg Allergy and Allergy to Flu Vaccine

- ❖ If reaction to egg is hives – OK to give any flu vaccine.
- ❖ If reaction to egg is severe allergy (anaphylaxis) – Use egg-free vaccine or give in clinic where severe allergic reaction can be cared for.
- ❖ If someone has severe allergic reaction to vaccine – Do **not** give.

Why Get Vaccinated?

- ❖ To stop the spread. Influenza passes from person to person 24 hours before any symptoms appear.
- ❖ Health care workers and caregivers can spread the virus unknowingly if they are not vaccinated. Outbreaks in clinics and hospitals have been linked to healthcare providers not being immunized.
- ❖ To prevent the flu or decrease the severity of the illness in yourself.

Who is most at risk for severe flu illness?

- ❖ Alaska Natives/American Indians
- ❖ Pregnant Women
- ❖ Elders
- ❖ Newborns

Immunize both the people at risk and their close contacts. Immunize pregnant women to protect their newborns.

When to Vaccinate?

As soon as you get vaccine. The goal is to have everyone vaccinated before the end of October. Keep vaccinating until everyone in the village has been vaccinated or you run out of vaccine.

How to Decide if Children Need 2 Doses:

Any child who is less than 8 years old and hasn't already gotten two doses of influenza vaccine, needs two doses this year.

COVID-19 By The Numbers



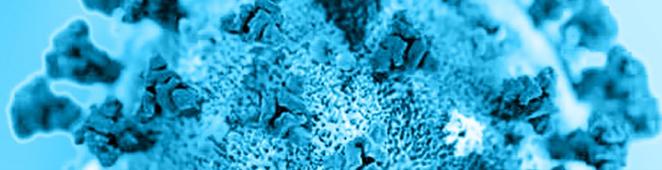
Alaska total cases:	7,875
US total cases:	6.97 Million 202,000 Deaths
World total cases:	32 Million 978,000 Deaths



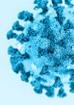
Thanks to Dr. Rosalyn Singleton and Gina Carpenter, PHN for their talk about the upcoming Flu season, *Changes in Flu Immunization and How to Increase Vaccinations.*



Let us know what you think! aka-CHAPCOVID-19weeklyupdates@anthc.org
Send questions for presenters and each other, and suggest topics for discussion.



“Vaccination is the single most important step people can take to protect themselves from influenza.”
 ~ Tom Frieden, former director, CDC



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Increase Flu Vaccination Rates in Your Community

- 1. Be vaccinated yourself:** set a good example – post a picture of yourself getting vaccinated.
- 2. Address patient concerns:** *Will the Flu shot make me sick?* Acknowledge side effects: fever, achiness and sore arm. These are signs that the vaccine is stimulating a response in the body which provides protection. Side effects usually don't last more than one or two days.

Killed (inactivated) vaccine does not give you the flu. Live attenuated has never been shown to cause flu either.

3. Promote vaccination:

- Create a flyer
- Hold a health fair
- Hold a competition between villages
- Hold a flu clinic at community centers (school, or store)
Be sure to follow regional guidelines and wear PPE
- Have a drive-by flu clinic
- Start talking about flu vaccine now at every visit

- 4. Share your stories:** We would like to embrace the traditional way of sharing knowledge through story telling. We are inviting you to share your stories and the stories of elders for the purpose of informing other Health Aides about influenza, past influenza pandemics and influenza vaccinations. *Directions on next page.*



What vaccines are supplied this year by the State of Alaska?

For most people:

- IIV – Inactivated quadrivalent (2A and 2 B) – Given IM: **Fluarix, Fluzone, or FluLaval**

For people who are over 65 years old and need more of a jump start to their immune system:

- HD IIV4 – High dose quadrivalent: **Fluzone HD**
- aIIV3, aIIV4 – Adjuvant inactivated Trivalent or Quadrivalent vaccine for people older than 65 years: **Fluad**

For people who don't want an injection:

- LAIV4 – Live attenuated quadrivalent, sprayed up each nostril: **Flumist**
- 2 – 49 years without medical issues such as asthma, taking aspirin, pregnant, or have immune problems: **Look them up!**

For people who need egg-free products:

- RIV4 – Recombinant quadrivalent – Egg free vaccine, given IM: **Flublok, Flucelvax**
- ccIIV4 – Cell cultured quadrivalent – Also egg free: **Flucelvax**

For people who need a vaccine without preservative:

- Use a single dose syringe or vial

Suggestion: Print out list of what is available from the state and highlight the ones your THO receives.

Save the Date



Next session: September 29, 2020

Terri Bramel and Lisa Rea will talk about HIV and COVID-19.

Let us know what you think! aka-CHAPCOVID-19weeklyupdates@anthc.org
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"I have a bird named Enza. I opened the window and In flew Enza."
~ Anonymous 5th grade joke

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Instructions for Video / Digital Stories

COVID 19 Vaccine (updated 9/23/20)

Video Settings: Record your video in 1080 or HD resolution with your phone oriented horizontally (long ways/sideways).

Recording Your Video: Find a quiet place because clear audio is just as important as the video. Record yourself near a light source (window or lamp) so that we can see your face. It is best to set your phone down and not touch it while recording. If your video needs to be trimmed at the beginning or end, we can take care of that.

Uploading Options

Facebook Alaska Community Health Aides/Practitioners Group

From the FB page, use the "Write something," click the photo icon and upload a video from your library. Write a description of your video. To post your video, you will need to have a Facebook account and be a member of the group.

Google You can upload your video to our shared Google photo site. You will need a Google account. Visit the following URL in your browser:
<https://drive.google.com/drive/folders/15aCMds1wSxUFWvB8aGZENvfSyXmoXqjD?usp=sharing>

Once you are at the folder "+" and then "upload file." Then select the video from your library and confirm your upload.

Zoom If you prefer to record an interview with Zoom, email us to schedule a zoom interview. aka-CHAPCOVID-19weeklyupdates@anthc.org

Have other ideas for promoting influenza vaccination?
Share them on Facebook (CHAP Facebook)!



Keep an eye out for CHAM changes and updates to high risk health conditions coming in October.

This information will change.

There are multiple vaccines in final trials for effectiveness and safety.

- ❖ It is possible a small amount of vaccine will be available in November 2020 for specific populations.
- ❖ The vaccine(s) will likely be a 2-dose vaccine.
- ❖ So far, all vaccines need to be kept cold.
- ❖ The vaccine distribution channels will likely look like influenza vaccine distribution channels.
- ❖ The order of who gets vaccine first will be guided by the CDC, the federal government and the state.



Definition

Herd Immunity – Enough people in a community are immune and the disease cannot easily spread. Immunity can come from prior infection or from immunization. This is what it will take to stop both Influenza outbreaks and the COVID-19 pandemic.

Resources

[Alaska Immunization Program](#)
Immunization Helpline

Phone: (907) 269-8088
Toll-free: (888) 430-4321
Email: immune@alaska.gov



[Website Resources for Questions](#)

www.cdc.gov/vaccines
www.immunize.org/askexperts

[ANTHC Immunization Program](#)

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