



Town of New Castle, NH
Settled 1623
Incorporated 1693

COVID19 Update January 8, 2021

Numbers of cases and deaths around the country are high. ICU beds are full in many parts of the country. Recently, this has been intermittently true in New Hampshire. January 6 saw the highest daily death toll in the US with over 3,900 deaths. Please, please continue to do the amazing job you have already been doing and to follow the social distancing guidelines described in previous updates to keep our community and others safer. It might save a life.

Some of the information this week is similar to last week in terms of vaccine side effects, etc., but it bears repeating.

1. Current NH COVID19 Vaccine Timeline:

The timeline for New Hampshire is per the state. This is slightly different than the CDC guidelines published last week.

Phase 1A is underway now and will last through January. It's focused on vaccinating high-risk health workers, long-term care residents and first responders.

Phase 1B will run from **late January to March** and include anyone age 75 and older, along with people with medical conditions that put them at a significantly higher risk. Staff and residents of facilities for adults with intellectual and developmental disabilities will be part of this phase, along with corrections officers and staff members.

Phase 2A, running from **March to May**, will include anyone from 65 to 74 years old, along with K-12 teachers and school staff, and child care workers.

Phase 2B is also slated to run from **March to May** and will include people ages 50 to 65.

Phase 3A should **begin in May** and will include medically vulnerable people at moderate risk age 50 and younger. **Phase 3B is set to begin at the same time** and will include everyone else.

There was some discussion of changing vaccine dosing. Currently there is NOT a plan to cut the dose of the Moderna vaccine in half to vaccinate more people, nor is there a plan to vaccinate household members of people in high risk categories. Both the Moderna vaccine and the Pfizer vaccine are two dose regimens.

Currently there are trials underway to determine safety of the vaccines in people under age 18.

The two vaccines (Pfizer and Moderna) mRNA vaccines CANNOT cause COVID 19.

2. Vaccine Distribution:

Currently distribution is through the National Guard and Hospitals (and a few health centers) for Phase 1A. There has not been an official roll out of how vaccines will be distributed to Phase 1B and beyond. There are 19 pharmacies (including CVS and Walgreens) that have signed up to distribute vaccine as well as some medical practices. The National Guard has been asked to help out in an ongoing fashion in some states. Timing, brand, and volume of vaccine all depend on ongoing supply. As I learn more I will pass on this information to you. In general, questions about when and how to get the vaccine should be asked of your primary care provider.

3. Allergies to the vaccine:

Allergies and side effects are different. An allergy to a vaccine almost always occurs within the first hours after being given the jab and can be life threatening. Anaphylaxis is the most severe type of allergic reaction and it can be life threatening. Side effects tend to occur after 1-2 days rather than minutes to hours.

Some Common signs of an allergic reaction:

Shortness of breath

wheezing

dizziness

hives

swelling of the face

Allergic reactions (including severe allergic reactions) NOT related to vaccines, injectable therapies, components of mRNA COVID-19 vaccines (including PEG), or polysorbates, such as food, pet, venom, or environmental allergies, or allergies to oral medications (including the oral equivalents of injectable medications) are not a contraindication or precaution to vaccination with either mRNA COVID-19 vaccine- which are currently Moderna and Pfizer. The vial stoppers of these mRNA vaccines are not made with natural rubber latex, and there is no contraindication or precaution to vaccination for persons with a latex allergy. In addition, as the mRNA COVID-19 vaccines do not contain eggs or gelatin, persons with allergies to these substances do not have a contraindication or precaution to vaccination.

Anaphylaxis-

The CDC recommends that people with a history of anaphylaxis from any cause stay on site for observation for 30 minutes after vaccination. Those with no history of anaphylaxis should stay for 15 minutes.

The CDC advises people who have ever had a severe allergic reaction to any ingredient in a COVID-19 vaccine to abstain from getting the vaccination.

It is also recommended you not have a second dose if you have a severe allergic reaction (not side effects) to the first dose.



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What are the ingredients that are in the Pfizer vaccine?

mRNA, lipids ((4-hydroxybutyl)azanediyl)bis(hexane-6,1-diyl)bis(2-hexyldecanoate), 2 [(polyethylene glycol)-2000]-N,N-ditetradecylacetamide, 1,2-Distearoyl-sn-glycero-3-phosphocholine, and cholesterol), potassium chloride, monobasic potassium phosphate, sodium chloride, dibasic sodium phosphate dihydrate, and sucrose.

What are the ingredients that are in the Moderna vaccine?

messenger ribonucleic acid (mRNA), lipids (SM-102, polyethylene glycol [PEG] 2000 dimyristoyl glycerol [DMG], cholesterol, and 1,2-distearoyl-sn-glycero-3-phosphocholine [DSPC]), tromethamine, tromethamine hydrochloride, acetic acid, sodium acetate, and sucrose.

Side effects: Systemic side effect tend to start within 1-2 days of dosing, resolve in 1-2 days, occur more frequently in younger vs. older people, and are more frequent after the 2nd dose than the first dose.

The most common side effects that are related to the vaccine with approximate percentages, in order of highest to lower are:

Injection site reactions, for example pain, redness, swelling 84.1%

Fatigue 62.9%

Headache 55.1%

Muscle Pain 38.3%

Chills 31.9%

Joint Pain 23.6%

Fever 14.2%

4. Where to get tested in New Hampshire:

For PCR testing, [visit this link \(.PDF\)](#) to see a map showing all of the current testing sites. This test is offered for people with or without symptoms.

For those looking for a rapid antigen test, [visit this link \(.PDF\)](#) to see a map to see where testing locations are. Anyone seeking this test needs to have symptoms of COVID-19.

To see a full range of testing sites and contact information for each location, [visit this link \(.PDF\)](#).

An [at-home coronavirus test](#) is available on Amazon.

Some good news about household contacts: While SARS-CoV-2 is highly contagious, only 59 percent of household contacts were found to become infected during the 14-day period (excluding those who tested positive within the first two days of the study to tease out the possibility that two people came down with the virus from an outside source at the same time). Brief 19 Friday 1/1/21

5. Updated DHHS guidance for business owners and employees:

NH Department of Health and Human Services (DHHS)-published a new guidance document called: ["5 Steps: When Your Employee Tests Positive for COVID-19"](#) on January 6th.

This document outlines the process for how employers should respond to a report of a positive case within the place of employment, including identification of close contacts, quarantine and isolation requirements, and return to work procedures. Please click on the link above for any desired details.

6. Links for more information:

Updated FAQ from the State of New Hampshire regarding COVID:

<https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/covid-19-faq.pdf>

COVID dashboard website- for daily positivity rate, school infections, graphics, etc.

<https://www.nh.gov/covid19/dashboard/overview.htm>

COVID numbers update by town:

https://www.wmur.com/article/new-hampshire-town-by-town-covid-cases/34879297?utm_source=Sailthru&utm_medium=email&utm_campaign=Coronavirus%20Newsletter%202020-12-10&utm_term=wmur-coronavirus_COMBINED

Yours In Health,

Kathy Hollister, MD

healthofficer@newcastlenh.org