LAU Medical Center

المركز الطبّي للجامعة اللبنانية الأميركية - مستشفى رزق

Lebanese American University Medical Center-Rizk Hospital

Healing with Compassion

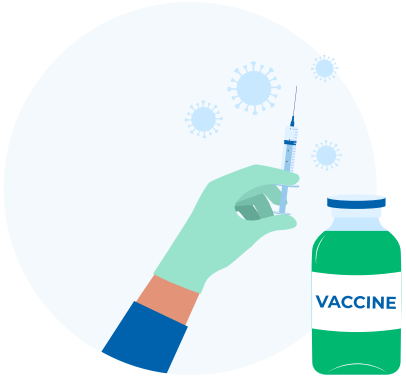
COVID-19
VACCINATION GUIDE

As part of our mission to heal with compassion, and being an active member of the community, LAU Medical Center-Rizk Hospital has put together this covid-19 vaccination guide including everything you need to know about the vaccine.

WHAT IS VACCINATION?

Vaccination is a simple, safe, and effective way of protecting people against transmissible diseases. It uses your body's natural defenses to build immunity to specific infections and makes your immune system stronger.

Most vaccines are given by an injection, but some are given orally (by mouth) or sprayed into the nose.



WHY IS VACCINATION IMPORTANT?

Today there are vaccines available to protect against at least 20 diseases, such as diphtheria, tetanus, pertussis, influenza and measles. Together, these vaccines save the lives of millions of people every year.

And, now more than ever, and because of the burden on the community of the COVID-19 pandemic, the vaccine has been created to help fight this disease.

COVID- 19
VACCINATION GUIDE

WHAT TYPE OF COVID-19 VACCINES ARE BEING DEVELOPED?

HOW WOULD THEY WORK?

Scientists around the world are developing several potential vaccines for COVID-19. These vaccines are all designed to teach the body's immune system to safely recognize and block the virus that causes COVID-19.

Several different types of potential vaccines for COVID-19 are in development, including:

- Inactivated or weakened virus vaccines, which use a form of the virus that has been inactivated or weakened so it doesn't cause disease, but still generates an immune response.
- Protein-based vaccines, which use harmless fragments of proteins or protein shells that mimic the COVID-19 virus to safely generate an immune response.
- Viral vector vaccines, which use a virus that has been genetically engineered so that it can't cause the disease but produces coronavirus proteins to safely generate an immune response.
- RNA and DNA vaccines, a cutting-edge approach that uses genetically engineered RNA or DNA to generate a protein that itself safely prompts an immune response.

IS THE COVID-19 VACCINE SAFE? WHAT DO WE KNOW ABOUT ITS SAFETY?

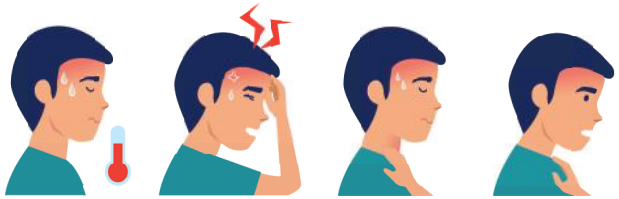
Covid-19 vaccines have been tested to ensure their safety in the short term, and till date minimal side effects have been reported.

CAN I GET SICK WITH COVID-19 FROM THE VACCINE?

WHAT ARE THE SIDE EFFECTS?

No. None of the current vaccines contain the live virus that causes COVID-19. This means that a COVID-19 vaccine cannot make you sick with COVID-19.

However, as with all other vaccines, you may have some side effects, which are normal signs that your body is building immune protection. Common side effects observed with the COVID-19 vaccines may include: On the arm where you receive the vaccine: pain and swelling.Throughout the rest of your body: fever, chills, tiredness, headache.



IS IT SAFE TO GET A COVID-19 VACCINE IF I HAVE AN UNDERLYING MEDICAL CONDITION?

COVID-19 vaccination is especially important for people with underlying health problems (e.g. heart disease, lung disease, diabetes, hypertension, cancers, poor immunity and obesity). Such individuals are more likely to develop a severe form of COVID-19.

You should always consult with your health care provider if you have specific questions about the COVID-19 vaccine and your health. On very rare occasions, allergic reactions can occur. If you have had allergic reactions to any vaccines, drugs, medical products, foods etc. in the past, you should discuss the vaccination with your doctor.

COVID- 19
VACCINATION GUIDE

IS THE VACCINE SAFE FOR PREGNANT WOMEN?

The theoretical risk of fetal harm from mRNA vaccines is very low. However, pregnant women will be excluded for the time being as vaccine studies did not include them.

WHO SHOULD NOT GET COVID VACCINE?

People with a severe allergic reaction (anaphylaxis) to any component of the COVID-19 vaccine should NOT receive the vaccine.

People with a severe allergic reaction (anaphylaxis) to any vaccine or injectable (intramuscular or intravenous) medication should consult with their health provider to assess risk prior to receiving the COVID-19 vaccine.

CAN I RETURN TO LIFE AS NORMAL AFTER I'VE BEEN VACCINATED?

This is the aim!

If a maximum number of people is vaccinated, then yes. However, for the time being, even after receiving the vaccine, you should continue to stay vigilant until the vast majority of the population is immune.

Experts need to understand more about the protection that COVID-19 vaccines provide in real-world conditions before making that decision. Other factors, including how many people get vaccinated and how the virus is spreading in communities, will also affect this decision. We also don't yet know whether getting a COVID-19 vaccine will prevent you from spreading the virus that causes COVID-19 to other people, even if you don't get sick yourself. While experts learn more about the protection that COVID-19 vaccines provide under real-life conditions, it will be important for everyone to continue using all the tools available to help stop this pandemic.

To protect yourself and others, follow these recommendations:

- Wear a mask over your nose and mouth
- Stay at least 3 meters away from others
- Avoid crowds
- Avoid poorly ventilated spaces
- Wash your hands often

Together, COVID-19 vaccination and the above recommendations will offer the best protection from getting and spreading COVID-19.

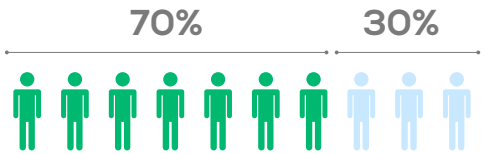
IF I ALREADY HAD COVID-19 AND RECOVERED, DO I STILL NEED TO GET VACCINATED?

Yes. Due to the severe health risks associated with COVID-19 and the fact that re-infection with COVID-19 is possible, you should be vaccinated regardless of whether you already had COVID-19 infection. If you were treated for COVID-19 symptoms with monoclonal antibodies or convalescent plasma, you should wait 90 days before getting a COVID-19 vaccine. Talk to your doctor if you are unsure what treatments you received or if you have more questions about getting a COVID-19 vaccine.

Experts do not yet know how long someone is protected from getting sick again after recovering from COVID-19. The immunity someone gains from having an infection, called "natural immunity," varies from person to person. It is rare for someone who has had COVID-19 to get infected again. It is also uncommon for people who do get COVID-19 again to get it within 90 days of when they recovered from their first infection. We won't know how long immunity produced by vaccination lasts until we have more data on how well the vaccines work.

Both natural immunity and vaccine-induced immunity are important aspects of COVID-19 that experts are working to learn more about.

WHAT PERCENTAGE OF THE POPULATION NEEDS TO GET VACCINATED TO HAVE HERD IMMUNITY TO COVID-19?



An average of 70 percent of people would need to get vaccinated to achieve herd immunity to COVID-19.

Herd immunity means that enough people in a community are protected from getting a disease because they've already had the disease or they've been vaccinated. Herd immunity makes it hard for the disease to spread from person to person, and it even protects those who cannot be vaccinated, like newborns. The percentage of people who need to have protection in order to achieve herd immunity varies by disease.

WILL VACCINES BE EFFECTIVE AGAINST THE NEW COVID-19 VARIANTS?

So far, studies suggest that antibodies generated through vaccination with currently authorized vaccines recognize these variants. This is being closely investigated and more studies are underway.

WHO WILL BE VACCINATED FIRST?

The first phase of the vaccination plan is expected to cover health care workers in the public and private sector , as well as citizens and residents who are 75 and older, irrespective of any chronic diseases they may suffer from, to be followed by younger groups in the next phases.

LAU Medical Center

المركز الطبّي للجامعة اللبنانية الأميركية - مستشفى رزق

Lebanese American University Medical Center-Rizk Hospital

LAU Medical Center – Rizk Hospital
Zahar Street, Achrafieh, Beirut, Lebanon
P.O. Box 11-3288
T +961 1 200800
F +961 1 200816
Email info@laumcrh.com