

INSPIRING HEALTHY LIVES

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SPRING 2021

The COVID-19 Vaccine is Our Best Shot at Getting Back to Normal

It Works and It's the Safest Way to Build Immunity for Our Community

Vaccines are our hope for bringing the pandemic to an end. Getting vaccinated keeps you, your family, and our community healthy and safe. Every vaccine we give gets us closer to spending time with friends and family, reopening businesses, attending school, playing sports and traveling. And getting our economy back on track. All while preventing more illnesses and deaths in our community.

The more quickly we get people vaccinated, the quicker we'll drive down rates of infection and achieve herd immunity. So when you have a chance, take your shot with any of the vaccines.

If you're concerned about side effects or skeptical about the COVID-19 vaccines, we hear you. At Natividad, we looked at the data. We know that every study and every trial phase was carefully reviewed by the Food and Drug Administration (FDA) and a safety board. The process was transparent and rigorous throughout, with continual expert oversight.

In trials with tens of thousands of people, the COVID-19 vaccines have proven safe and very effective. In fact, the current COVID-19 vaccines are some of the most effective vaccines ever made. So far, hundreds of millions of people across the world have safely received their shot, including our frontline health care workers at Natividad. Within weeks of vaccination, your body knows how to

fight the virus, which prevents you from getting sick or reduces sickness severity if exposed to COVID-19.

You can help defeat this pandemic. When it's your turn, step right up and roll up your sleeve.



Dr. Cristian Carrillo got vaccinated to protect his family.

Your shot won't mean an immediate end to the restrictions but is a first step on the road back to normal. We should still wear masks, wash our hands frequently, avoid large gatherings, and follow social distancing guidelines until most people are vaccinated.

When you get vaccinated, you're helping us all move one step closer to reconnecting with all the people and activities we love and need.





Ask a Doctor

**DR. ANA ABRIL ARIAS, Natividad Faculty & Family Medicine Doctor,
Answers Your Questions About the COVID-19 Vaccine**

Q: How safe are the COVID-19 vaccines?

A: Very safe. Every study, every phase, and every trial was reviewed by the Food and Drug Administration (FDA) and a safety board. Vaccines were studied in tens of thousands of people to ensure safety and millions have safely received the shot since December. They were tested in many races, ethnicities, ages and in those with chronic medical conditions.

Q: How does the vaccine work?

A: The vaccine works by helping our bodies develop immunity to the virus, without getting us sick. It prevents the disease or can reduce the severity of the disease without giving you the actual virus.

Q: Is the COVID-19 vaccine effective?

A: Yes. Pfizer-BioNTech, Moderna and Johnson & Johnson are very effective at preventing and decreasing severity of illness. They are also extremely effective at preventing hospitalizations and deaths. At the time of publication, other COVID-19 vaccines had not yet been authorized by the FDA. For the latest information on effectiveness and approved vaccines, visit [cdc.gov](https://www.cdc.gov)

Q: Can I get the vaccine if I'm pregnant?

A: Pregnancy puts women at higher risk of severe COVID-19, but there is limited data about the COVID-19 vaccine for people who are pregnant. The World Health Organization (WHO) notes there is not any reason to believe there will be a specific risk for pregnant patients. The Centers for Disease Control and Prevention (CDC) and Natividad recommend that pregnant patients who are part of a recommended priority group should consult with their health care provider.

Visit natividad.com/covid-19 for more vaccine information and videos.

Q: Can I still get COVID-19 even if I've been vaccinated?

A: Some people may still catch the virus after being vaccinated, but for those who do, the illness will likely be much milder than if they were not vaccinated. So the vaccines not only prevent the disease in most people, but also drastically reduce severe illness that can result in hospitalizations and death.

Q: Will I have side effects from the vaccine?

A: You may experience some physical effects for a few days after getting the vaccine. These are a good sign that your body is working to build immunity. You may have stronger side effects after the second dose. Side effects could include:

- Sore arm (most)
- Muscle aches (some)
- Headaches (some)
- Fatigue/tiredness (some)
- Joint aches (rare)
- Fever (rare)

Q: Who should get the vaccine?

A: The CDC recommends that everyone over 16 consider getting the vaccine when it's their turn. High-risk groups are the most important to get vaccinated first. You may have heard this referred to as "phases" or "tiers." Visit montereycounty covid19.com for more information and to sign up to get an alert when it's your turn to get vaccinated.



Is It Allergies or Side Effects?

Are you hesitant to get the COVID-19 vaccine? If so, chances are you are concerned about side effects or allergies. Rest assured, it's very unlikely that you'll have a severe reaction to the COVID-19 vaccine. However, it is possible to have a reaction typical to other vaccines, such as redness or soreness in your arm where you got the shot. In some people, muscle aches, joint aches, headaches, fever and fatigue can also occur. Sometimes they are intense but brief. All side effects go away within a few days and do not mean that you are sick with COVID-19. These are actually a good sign that your body is working to build immunity and not an allergic reaction to be concerned about. Side effects of the vaccine tend to be more significant after the second dose of the Moderna or Pfizer-BioNTech vaccines and are more common in young people than older people. Some people may need to take a day off work the day after getting the vaccine if they are fatigued or get a fever.

Allergic reactions are very rare. If a patient has a history of a severe allergic reaction to a COVID-19 vaccine or its components, they cannot receive the vaccine and should alert their provider. People with a history of severe allergic reactions to other medications or causes should alert their provider but can still be eligible for the COVID-19 vaccine. They will be monitored for 30 minutes after their shot for their safety.

DOCTOR'S ADVICE: Up to a few days of mild side effects are a small price to pay to prevent COVID-19 and help end the pandemic.

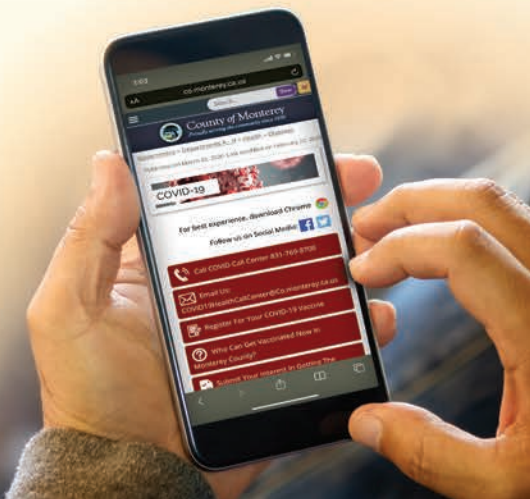
When Can My Kids Get the COVID-19 Vaccine?

Kids as young as 16 can get vaccinated against COVID-19 when they're eligible. Since the virus and the vaccines are new, safety studies are being done on younger kids now. Once those studies are reviewed by the Food and Drug Administration (FDA), vaccines will be available to younger children.

DOCTOR'S ADVICE: Because we won't be vaccinating kids immediately, it's especially important that all adults get vaccinated so we can protect them. In fact, a huge majority of adults need to get vaccinated for herd immunity to work.

The COVID-19 Vaccine is Safe, Effective and FREE

There's no charge for the vaccine if you get it at one of Monterey County's Health Department vaccine clinics. If you choose to get the vaccine at your doctor's office, you will not be charged for the vaccine itself, but you may be charged for an office visit. Visit montereycountycovid19.com for more info.



QUIZ

Can You Tell Fact From Fiction?

Test your COVID-19 vaccine knowledge. Are these statements true or false? Circle your answer:

True False

1. The COVID-19 vaccine will not make me sick with COVID-19

True False

2. I won't test positive for COVID-19 on a viral test if I get the COVID-19 vaccine

True False

3. I should get the COVID-19 vaccine even if I've already had COVID-19

True False

4. The COVID-19 vaccine protects me from getting sick with COVID-19

True False

5. The COVID-19 vaccine won't alter my DNA

True False

6. The COVID-19 vaccine does not treat COVID-19

True False

7. If I have severe allergies I can still get the vaccine

Turn to page 6 to find out the answers!

I GOT MY COVID-19 VACCINE!



INGRID M., RN
Operating Room Nurse

"I did it to protect my kids, family and community. I got vaccinated because I believe it's a step in a hopeful direction to fight COVID-19."



JOE Y.
Engineering

"I took the shot not because of what COVID can do to me, but rather what it might do to those I love."



JOHN M.
**Emergency Department
Nursing Assistant**

"I got vaccinated to protect the people around me and to bring back in-person social events."

DR. BURKE
**Emergency Department
Medical Director**

"It's the best way to protect ourselves and our loved ones by stopping the spread of the virus. And the safest way to return to normalcy."



DR. DAHLFRED
Family Medicine/Obstetrics

"I believe in science, and for my family and patients that haven't had the opportunity or can't due to medical contraindications."

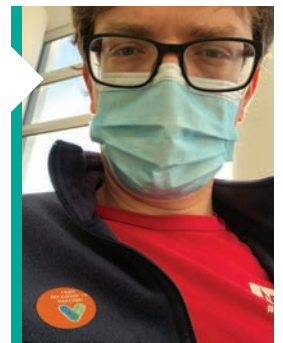


MIRABEL V.
Nursing Assistant

"I want to be a part of putting an end to this virus. In the Hispanic community we have the tendency of being scared when it comes to new things, especially something serious like getting vaccinated with a vaccine that hasn't been out there for a while yet. So I wanted to show them that there is nothing to be scared of, and I want to encourage people in the Hispanic community to get vaccinated and put an end to this virus once and for all."

DR. MUSSELMAN, MPH
Family Medicine Resident

"I got vaccinated because I want to survive and tell my grandkids about the coronavirus pandemic some day."





MARIA M.
Quality Nurse Supervisor

ELVIRA G., RN
Operating Room Nurse

"I want to help save lives and I want to help stop the spread of COVID-19."



ANDREA E., RN
Clinical Nurse Specialist

"I want to do anything I can to protect my patients, my community, myself and my family from COVID-19."

JAVIER G.
Lab

"I have family members that I come home to, and I wanted to protect them."

DR. REDDY
Orthopaedic Surgeon

"I got vaccinated because I believe in science!"

PEDRO T.
Health Information Management Assistant

"I got vaccinated because we all need to be vaccinated if we want to conquer this virus and save ourselves."



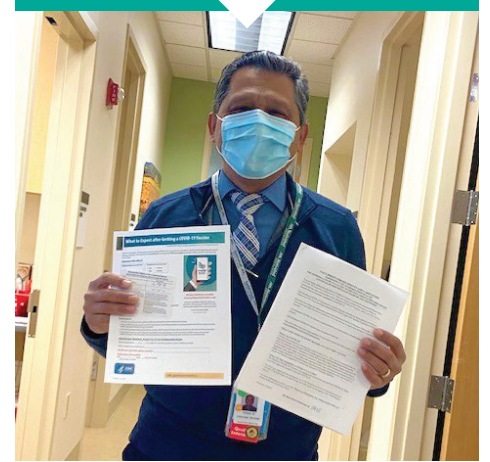
BRENDA D., RN NICU
Interim Supervisor NICU

"I got my vaccine because it's the responsible thing to do!"



VICTOR S.
Interpreter Services Manager

"I got vaccinated to protect the health of my family, friends and co-workers."



DR. NOTHNAGLE
Chief of Family Medicine

"I got my vaccine because I've seen how terrible COVID-19 illness is while taking care of patients at the hospital. And I want to continue to be there for my patients."

JESUSA B., RN
Maternal Infant Unit Nurse

"I got vaccinated to set an example for my friends and family. And to get protected so I can continue to care for my patients."





Healthy Day-Starter: Blueberry Coconut Overnight Oats



This simple but satisfying breakfast with antioxidant-rich blueberries, coconut and oats is a fabulous way to kick off your day with a nutrient-dense blast.

INGREDIENTS

- 1/3 cup rolled oats
- 2/3 cup canned light coconut milk (or substitute any kind of your favorite milk)
- 1/3 cup nonfat plain Greek yogurt
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 3/4 cup fresh or thawed frozen blueberries, separated in half

DIRECTIONS

Puree or mash half of the blueberries. Mix together the oats, coconut milk, Greek yogurt, vanilla extract, pureed blueberries, and cinnamon. For a thicker consistency, add less coconut milk. Cover and store in the fridge overnight or for at least 2 hours. Remove from fridge, garnish with remaining blueberries, and enjoy cold.

QUIZ Results

Give yourself an A+ if you chose TRUE for all!

1. The COVID-19 vaccine will not make me sick with COVID-19

True None of the current COVID-19 vaccines contain the live virus that causes COVID-19. This means that a COVID-19 vaccine cannot make you sick with COVID-19. You may, however, experience mild side effects for up to a few days including:

- Sore arm (most)
- Muscle aches (some)
- Headaches (some)
- Fatigue/tiredness (some)
- Joint aches (rare)
- Fever (rare)

2. I won't test positive for COVID-19 on a viral test if I get the COVID-19 vaccine

True The vaccines will not cause you to test positive on viral tests, which are used to see if you have a current infection. It is possible that you will test positive on an antibody test since your body has developed an immune response.

3. I should get the COVID-19 vaccine even if I've already had COVID-19

True Due to the severe health risks associated with COVID-19 and the fact that re-infection with COVID-19 is possible, the vaccine should be offered to you regardless of whether you already had a COVID-19 infection. You can get vaccinated after you've fully recovered, and at least 10 days after the start of your symptoms. If you've been hospitalized with COVID-19, be sure to check with your doctor first.

4. The COVID-19 vaccine protects me from getting sick with COVID-19

True COVID-19 vaccines work by teaching your immune system how

to recognize and fight the virus that causes COVID-19, and this protects you from getting sick with COVID-19. Being protected from getting sick is important because even though many people with COVID-19 have only a mild illness, others may get a severe illness, have long-term health effects, or even die. There is no way to know how COVID-19 will affect you, even if you don't have an increased risk of developing severe complications.

5. The COVID-19 vaccine won't alter my DNA

True COVID-19 mRNA vaccines from Moderna and Pfizer-BioNTech do not change or interact with your DNA in any way. Vaccines teach our cells how to make a protein that triggers an immune response. It never enters the nucleus of the cell, which is where our DNA is kept. All COVID-19 vaccines work with the body's natural defenses to safely develop immunity to disease.

6. The COVID-19 vaccine does not treat COVID-19

True Vaccines are not a treatment. They prevent and/or reduce the severity of the disease.

7. If I have severe allergies I can still get the vaccine

True Even if you're allergic to other vaccines, you can get the COVID-19 vaccine. Only people who have had a severe allergic reaction to this vaccine or the ingredients in the vaccine should not get it. You can find that list at [cdc.gov](https://www.cdc.gov)

DOCTOR'S ADVICE: Everyone over 16 should get the COVID-19 vaccine, unless they are allergic to the ingredients in the vaccine.

A Healthy Body Helps

Simple Steps to Spark Your Immunity

Are you avoiding exercise? Or have COVID-19 restrictions set you back? We all know that maintaining our fitness helps us maintain overall health — which is especially important when we're trying to fend off a pandemic.

Starting a fitness routine doesn't have to be time consuming or expensive. You can do quite a lot at home, at no cost. Of course, if you're just getting back into an exercise program, you should check with your doctor to be sure it's safe. And don't go from 0 to 60 week one. Ease yourself into your new routine, increasing intensity slowly.

Here's an 11-minute bodyweight workout (includes warm up and cool down) that was the subject of a study at McMaster University. Study participants demonstrated improved fitness after just six weeks.



1 Minute Each

- ☐ Warm up with easy jumping jacks
- ☐ Modified burpees (without push-ups; see right)
- ☐ Walking in place
- ☐ High-knee running in place
- ☐ Walking in place
- ☐ Split squat jumps (starting and ending in the lunge position, while alternating which leg lands forward)
- ☐ Walking in place
- ☐ High-knee running in place
- ☐ Walking in place
- ☐ Squat jumps
- ☐ Cool down with walking in place



STEP 1: Start standing with your feet hip-width apart. Bend your legs and squat down, putting your hands on the ground slightly in front of your feet.



STEP 2: Step your feet back one at a time into a plank position.

STEP 3: Then, step your feet forward one at a time. Repeat.

You can probably come up with other things you enjoy doing. A healthy body — along with healthy living habits like eating lots of fruits and vegetables and getting plenty of sleep — helps boost your immune system!

COMMUNITY RESOURCES

Call 211 to Get Help With:

- Information about the vaccine or to make an appointment to get vaccinated if you don't have access to the internet
- Supplemental food and nutrition programs
- Shelter and housing options and utilities assistance
- Health care and vaccination locations
- Addiction prevention and rehabilitation programs
- A safe, confidential path out of physical and/or emotional abuse

CHILDCARE

(831) 757-0775 or
montereycountychildcare.org/covid-19-info

FOOD BANK FOR MONTEREY COUNTY

(831) 758-1523 or
foodbankformontereycounty.org

CALFRESH FOOD STAMPS

(877) 410-8823 or getcalfresh.org

MONTEREY COUNTY OFFICE OF EDUCATION

Breakfast & lunch for kids
montereycoe.org

DOROTHY'S PLACE

Free meals
(831) 757-3838

MEALS ON WHEELS

Delivers to seniors
(831) 758-6325





Awarded “A” Grade for Patient Safety

The Leapfrog Group Hospital Safety Award recognizes how safe Natividad keeps patients from errors, injuries, accidents and infections — a twice-annual survey of more than 2,600 hospitals across the nation.

★ Awarded Special Recognition for Heroism During the Pandemic ★

Our Heroes

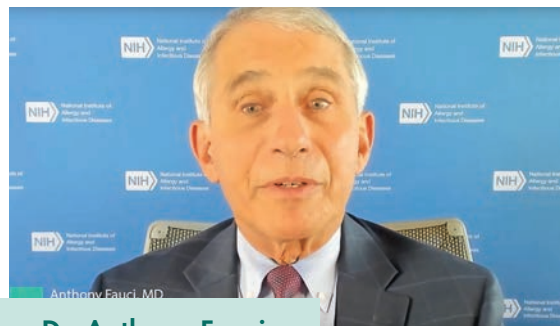
Earlier this winter, Natividad Foundation purchased an ultra-cold freezer (required for the Pfizer-BioNTech vaccine) for the hospital, to be delivered in January. But that wasn't going to be in time for the first shipments. Luckily, Monterey Bay Aquarium had one and loaned it to us. Thanks to each of these local nonprofit heroes for caring about our community and helping us get beyond the pandemic.



Natividad “Family” Recognized as Heroes of the Pandemic

Natividad Foundation has recognized the Natividad family of essential health care workers as its 2020 Heroes. In addition to local celebrities, the 2020 Heroes received personal messages of gratitude from Dr. Anthony Fauci, Director of the National Institute of Allergy and Infectious Diseases, and Dr. Tedros Adhanom Ghebreyesus, Director-General of the World Health Organization (WHO).

“As we continue to contend with this historic pandemic that has upended so many facets of our lives, I am delighted to have this opportunity to thank the special frontline health care workers at Natividad hospital. At great risk to your own health, you bravely do your job day after day, caring for patients with COVID-19. It has been an extraordinary demonstration of selflessness and compassion.”



Dr. Anthony Fauci

“The COVID-19 pandemic affects us all, but some communities are particularly vulnerable, including indigenous populations and migrants. That's why it's so important that Natividad provides care for all, regardless of anyone's ability to pay, as well as offering health advice in languages like Triqui and Mixteco. Natividad is an example of how to provide equity in health care.”



Dr. Tedros Adhanom Ghebreyesus

Content and source information updated March 23, 2021. As COVID-19 continues to be studied and understood, medical advice may change. Please check [cdc.gov](https://www.cdc.gov) for the latest information.

It can be hard to tell fact from fiction. Don't trust everything you read on social media. Here are some of our favorite resources for accurate information:

montereycountycovid19.com
cdc.gov

who.int
211

natividad.com



Natividad[®]
Inspiring healthy lives