

## Black Doctors say COVID-19 Vaccines are Good and Safe for Black People



The National Medical Association (NMA) has installed Leon McDougle, M.D., M.P.H., associate dean for Diversity and Inclusion and the chief officer at The Ohio State University Wexner Medical Center, as its 121st president.



Dr. McCoy receiving second shot Pfizer COVID-19 vaccine. Chairman of NBCI National Clinical Strategy Taskforce



Dr. Ala Stanford, Founder of The Black Doctors COVID-19 Consortium.

### What is COVID-19 and how did it start?

COVID-19 is a virus. Unlike bacteria, which are complete cells and can live on their own, viruses are not complete cells and cannot live on their own. They must live inside hosts (like birds, animals, or human beings) to survive.

The amount of time a virus can live outside a host varies widely. The virus that causes colds can live up to three hours and you can get it from touching surfaces a person with a cold has touched. COVID-19 can last three hours in the air, four hours on copper, 24 hours on cardboard, and two to three days on plastic and stainless steel, so keep your mask on and wash your hands!

Like all living things, viruses are grouped into families. COVID-19 is part of the coronavirus family. Under a microscope, coronaviruses look like balls with spikes all over them that form a corona. Think of the sun. It is a ball with a corona of flames shooting out from its surface. There are several kinds of coronaviruses, and they all attack the lungs and make it hard to breathe.

Scientists think the COVID-19 virus developed in bats near Wuhan, China, spread from bats to humans, and spread to the rest of the world as people travelled to and from China. The fact that COVID-19 started in animals and spread to humans is common. For example, the HIV virus started in chimpanzees in only one area in Africa, spread to humans, and then spread all around the world. We will always have to be alert and catch new viruses early so we can stop them from spreading and keep them in one place; but we have already done that successfully with the Ebola virus in Africa and the Zika virus in South America.

## 150,000 Black Churches Support

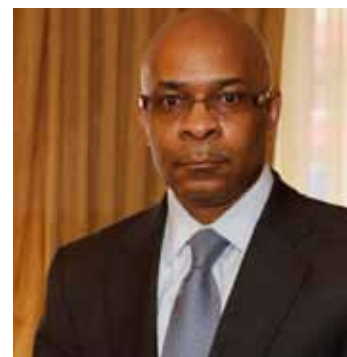
### What Black Doctors are saying about the COVID-19 Vaccines



Rev. Anthony Evans  
President of National Black Church Initiative



Rev. Dr. William J. Barber, II  
President & Lecturer  
Repairers of the Breach



Rev. Sheldon E. Williams  
Pastor, Co-Op City Baptist Church  
President of National Black Religious Broadcasters



Dr. Joseph Webster, MD  
Internist and Gastroenterologist  
Institute for African American Health, Inc.  
Tallahassee, Florida

**\*Ministers are not Doctors.**

### How does it spread?

COVID-19 lives in your lungs and nose. It spreads when you breathe out, sneeze, talk, or sing, and small liquid droplets that contain the virus go from your nose or mouth into the air. If they fall on a surface and someone touches it, if they fall on someone else, or if someone else breathes them in, that person gets the virus.

### Why do we wear masks?

We wear masks so that droplets that contain the virus cannot get into the air, and so we do not breathe in droplets that contain the virus from other people.

### Why do we have to wash our hands so often?

Virus-containing droplets from our noses and mouths can get onto our hands, or can fall onto surfaces like tables or clothing that we touch without thinking about it. We need to wash our hands to wash the virus off and keep it from getting into our lungs.

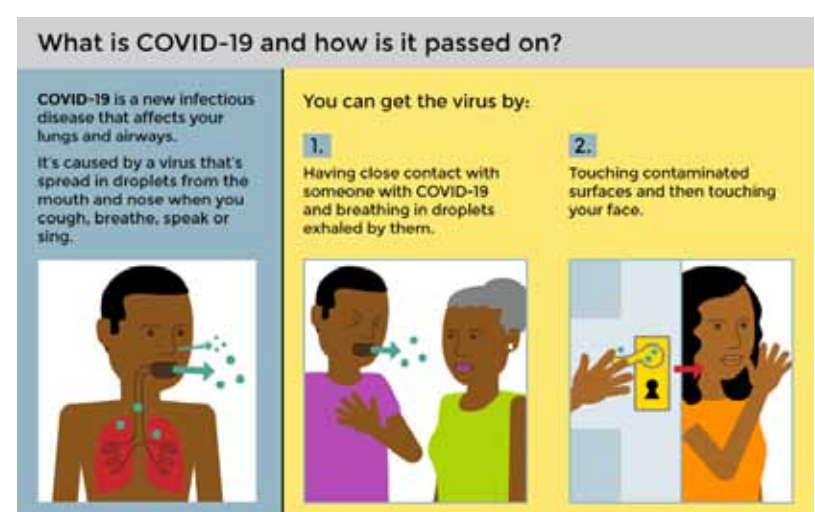
### Why do we have to stand six feet apart?

Droplets that contain the virus and get into the air usually sink down before they have gone six feet from our bodies. Standing at least six feet apart means we have less chance of getting viruses from other people, especially if they have no signs of sickness and don't know they have the infection.

### Why were the vaccines made so fast?

The vaccines were made so fast because scientists found a new way to make vaccines that works really well. It's called the mRNA method. Many vaccines in the future will use this method and will be made just as fast. That's very good news!

Several other things helped speed up the process as well. In January of 2020, the Chinese put the genetic blueprint of the COVID-19 virus on the Internet so every scientist in the world could work on a vaccine at the same time, and because the virus spread everywhere so quickly, many people and governments donated a lot of money and laboratory time to the project.



# VACCNEWS

## Facts and Good News About COVID-19 Vaccines

### What Is COVID-19 and How Did It Start?

• COVID-19 is a virus. Unlike bacteria, which are complete cells and can live on their own, viruses are not complete cells and cannot live on their own. They must live inside hosts (like birds, animals, or human beings) to survive.

• The amount of time a virus can live outside a host is very different. The virus that causes colds can live up to three hours and you can get it from touching surfaces a person with a cold has touched.

• COVID-19 can last three hours in the air, four hours on copper, 24 hours on cardboard, and two to three days on plastic and stainless steel, so keep your mask on and wash your hands!

• Like all living things, viruses are grouped into families. COVID-19 is part of the coronavirus family. Under a microscope, coronaviruses look like balls with spikes all over them that form a corona. Think of the sun. It is a ball with a corona of flames shooting out from its surface.

• There are several kinds of coronaviruses, and they all attack the lungs and make it hard to breathe.

• Scientists think the COVID-19 virus developed in bats near Wuhan, China, spread from bats to humans, and spread to the rest of the world as people travelled to and from China.

• The fact that COVID-19 started in animals and spread to humans is common. For example, the HIV virus started in chimpanzees in only one area in Africa, spread to humans, and then spread all around the world.

• We will always have to be alert and catch new viruses early so we can stop them from spreading and keep them in one place; but **we have already done that successfully with the Ebola virus in Africa and the Zika virus in South America.**

### How Does It Spread?

• COVID-19 lives in your lungs and nose. It spreads when you breathe out, sneeze, talk, or sing, and small liquid droplets that contain the virus go from your nose or mouth into the air.

• If they fall on a surface and someone touches it, if they fall on someone else, or if someone else breathes them in, that person gets the virus.

### Why Do We Wear Masks?

• We wear masks so that droplets from our noses and mouths that contain the virus cannot get into the air, and so we do not breathe in droplets that contain the virus from other people.

### How Do We Get Vaccinated and Why Is It Taking So Long?

• Once the vaccines arrive at vaccination centers, they can be given to us in shots that go into our arms.

• We need to make an appointment to receive a vaccine, we can't just walk in.

• The easiest way to do this is online at Plan Your Vaccine or by calling your local health department.

• If you don't have a computer, or don't know how to use one, call your local health department and they will help you.

• A group called Vaccine Angels helps people who don't use computers make appointments. Their phone number is different in every state.

• It is taking vaccine manufacturers longer than they thought it would to produce the vaccines in large quantities because everything has to be germ-free in a vaccine factory and must be sterilized over and over again.

• It is also taking longer to figure out how to get the vaccines where they need to go. People need to organize planes, trucks, and trains to transport the vaccines and determine how much to send to each place that asks for it. This is proving harder than anyone thought it would be.

### Why Do People Die From COVID-19?

• The virus can destroy lung tissue and heart tissue so people can't breathe and their hearts can't beat well.

### Is This a Conspiracy Against Black People?

• No. Everyone in the world is affected by COVID-19: White people, Latino people, Asian people, South American people, African people, European people, and people in the Pacific Islands get COVID-19. Everyone gets it and that's why everyone needs to get vaccinated against it.

### What Happens If I Decide Not To Take the Vaccine?

• The way you stop a virus is to vaccinate so many people that the virus doesn't have hosts and can't survive. This is called "herd immunity."

• When enough people get the vaccine and the virus can't grow, it will stop spreading and we can go back to our normal lives. This was what happened with polio and smallpox. They no longer trouble us because so many people got vaccinated.

• If people don't get vaccinated, the virus will continue to spread and we will need to wear masks and keep away from each other for a very long time.

### Why Should We Wash Our Hands Often?

• Virus-containing droplets from our noses and mouths can get onto our hands, or can fall onto surfaces like tables or clothing that we touch without thinking about it.

• We need to wash our hands to wash the virus off and keep it from getting into our lungs.

### Why Should We Stand Six Feet Apart?

• Droplets that contain the virus and get into the air usually sink down before they have gone six feet from our bodies.

• Standing at least six feet apart means we have less chance of getting viruses from other people, especially if they have no signs of sickness and don't know they have the infection.

### Why Were the Vaccines Made So Fast?

• The vaccines were made so fast because scientists found a new way to make vaccines that works really well. It's called the mRNA method. Many vaccines in the future will use this method and will be made just as fast. That's very good news!

• Several other things helped speed up the process as well.

- In January of 2020, the Chinese put the genetic blueprint of the COVID-19 virus on the Internet so every scientist in the world could work on a vaccine at the same time.

- Because the virus spread everywhere so quickly, many people and governments donated a lot of money and laboratory time to the project.

### A Statement from *Johnson & Johnson*

Following a thorough safety review, including two meetings of the Advisory Committee on Immunization Practices, the U.S. Food and Drug Administration and the U.S. Centers for Disease Control and Prevention, the pause regarding the use of the Johnson & Johnson (Janssen) COVID-19 Vaccine in the U.S. was lifted on April 23, 2021 for adults aged 18 years and older in the United States.

The CDC, FDA and American Society of Hematology **have made information available** about proper recognition, management and treatment required for this type of rare blood clot. The health authorities **advise** that people who have received the J&J COVID-19 vaccine and develop severe headache, shortness of breath, chest pain, swelling in the leg, persistent abdominal pain, tiny blood spots under the skin or excessive bruising within approximately two weeks after vaccination should immediately contact their doctor.

### If the Vaccines Were Made Quickly, Are They Safe and Effective?

• Yes, the vaccines are both safe and effective.

• The Food and Drug Administration (FDA) insisted that the vaccines be tested thoroughly for both safety and effectiveness.

• There were about 100,000 adults of all ages, races, and ethnicities in the vaccine studies. Everyone was protected equally well and no one had serious side effects.

• The vaccines have not yet been tested in people under 16 or pregnant women.

### What Is the Difference Between the Vaccines?

• **The Pfizer vaccine** needs to be kept very cold and can only be used in places that have special freezers. You get two doses of the Pfizer vaccines 21 days apart. Ninety-five percent of the people who receive it don't get COVID-19 at all, and the other 5% only get a mild case. You are completely protected two weeks after your second dose.

• **The Moderna vaccine** can be stored in a normal freezer for six months. You get two doses of the Moderna vaccine 28 days apart and it is 94% effective two weeks after the second dose.

• **The Johnson & Johnson vaccine** can be stored at room temperature and can be used anywhere. You only need one dose. It is 66% effective at preventing mild to moderate COVID-19 about a week after you get your shot and, like the other vaccines, is 100% effective at preventing severe cases of COVID-19 that can kill you.

**Even if YOU can't get COVID-19 after you get your shots, you can still carry it and infect someone else, so you need to keep wearing your mask and staying six feet away from others until we achieve herd immunity.**

### If I Have Heart Disease, Cancer, Diabetes, or High Blood Pressure, Should I Take the Vaccine?

• Yes. If you do not have an active infection in your body, it is safe to get vaccinated. Being protected against COVID-19 will help you live a longer life.

The **CDC recommends** that the following groups of people be offered the vaccine first:

• Healthcare personnel like doctors, nurses, and hospital cleaning staffs,

• People who live in nursing homes,

• Essential workers like police officers, fire fighters, and teachers,

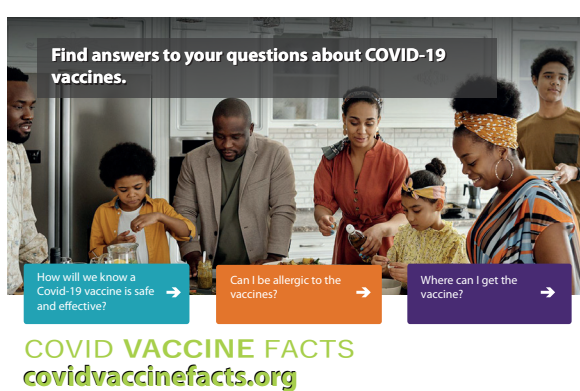
• Other essential workers in industries such as food service, construction, garbage collection, and store clerks who are in constant contact with the public,

• People 75 years of age or older,

• People age 65-74, and

• People between the ages of 16-64 who have underlying medical conditions.

**Note:** Keep in mind that **guidelines may vary by state.**



**Join the Fight Against Vaccine Misinformation**  
<https://stronger.org>

**How would you rate this newspaper?**  
1 2 3 4 5 6 7 8 9 10-Excellent  
**Email your answer to**  
[office.of.nbc@gmail.com](mailto:office.of.nbc@gmail.com)