



5/21/2021

Social Posts for Command and PH Review

Theme	Post	Graphic Idea
Help us get to low risk	<p>Multnomah and Washington Counties have moved to low risk because they've reached 65% of their eligible residents vaccinated, but we are not there yet in ClackCo, with 58.2% vaccinated.</p> <p>If you are feeling impatient to get back to "normal," encourage your family and friends who have not yet been vaccinated to speak with their health care provider about their concerns.</p> <p>When more of us get vaccinated, we can get back to business and protect our most vulnerable who cannot receive vaccinations (children under 12 and the medically fragile).</p>	
Help a neighbor get their vaccination	<p>Want to help ClackCo get more people vaccinated so we can move to low risk and be able to move back into more capacity at indoor venues?</p> <p>Help your neighbor, relative or friend get a vaccination. Visit our vaccine website to find a clinic near you or call our Public Inquiry Center from Monday to Friday, 8:00 a.m.-5:00 p.m. to get help with scheduling: 503-655-8224 (English or Spanish available).</p>	
COVID shot like polio, smallpox	<p>COVID-19 is not our first pandemic:</p> <ul style="list-style-type: none"> In the 1940s, more than 35,000 people were paralyzed by polio each year, especially kids. Parents were frightened to let their children go outside, and public health officials quarantined affected homes and towns. In 2018, it was found in only 2 countries, in 33 cases. Smallpox devastated humanity for 3,000 years, killing 3 out of every 10 people who contracted it. Smallpox killed 300 million people in the 20th century alone. Although it was eradicated in North America and Europe in the '50s, the world was not declared free of it until 1980. <p>The polio vaccine has saved over 18 million cases of paralysis, and scientists estimate the smallpox vaccine saves around 5 million lives per year, or 150 to 200 million lives between 1980 and 2018.</p> <p>The COVID vaccine could save millions of lives each year, similar to the polio and smallpox vaccines.</p>	

Commented [MG1]: [Polio Elimination in the U.S. | CDC](#)






Commented [MG2]: [Polio Elimination in the U.S. | CDC](#)

Commented [MG3]: [Commemorating Smallpox Eradication – a legacy of hope, for COVID-19 and other diseases \(who.int\)](#)

Commented [MG4]: [Why It Matters \(cdc.gov\)](#)

Commented [MG5]: [Smallpox - Our World in Data](#)

5/21/2021

Business resource roundup	<p>ClackCo loves our businesses! Visit our website to find COVID-19 resources, find out about our free PPE and learn how the latest regulations affect you:</p> <p>https://www.clackamas.us/coronavirus/business</p>	 <p>Getting Back to Business</p>
Vacation travel	<p>Summer's coming! Is it safe to fly on an airplane, domestically or overseas? What about unvaccinated kids?</p> <p>Each person should evaluate their comfort level with risk. The CDC recommends delaying travel until you are vaccinated or have unvaccinated family members. As of May 13, 35.8% of the total U.S. population have been fully vaccinated, so you face a good chance of COVID-19 existing on an airplane or in an airport. If you can postpone your trip until more people are vaccinated, do so. If you are not vaccinated, make sure you read the CDC's recommendations for domestic travel.</p> <p>If you plan to travel overseas, check your destination's country-specific requirements and review the CDC's recommendations and requirements for re-entry into the United States.</p>	 <p>Preparing to Travel</p>
Can eating well, exercising keep you from contracting COVID-19? Banishing these myths.	<p>"I eat well, exercise regularly, and take supplements so I won't get COVID-19."</p> <p>Although eating well, exercising and taking vitamins and minerals help you stay healthy, they do not prevent you from contracting COVID-19 and they do not cure it.</p>	 <p>Science Bulletin</p>
Will the COVID-19 vaccine cause infertility in my daughter or alter her DNA?	<p>"I'm worried about my daughter becoming infertile or altering her DNA if she gets vaccinated."</p> <p>There's zero evidence that the vaccine causes infertility, and it also does not do anything to your DNA. This false information has been spread online by a former scientist known to hold anti-vaccine news.</p> <p>"These postings are not scientifically plausible, as COVID-19 infection has not been linked to infertility. Also, no other viral infection or vaccination-inducing immunity by similar mechanisms has been shown to cause infertility," as noted by the Mayo Clinic.</p> <p>Pregnant women should get vaccinated because they are at higher risk of hospitalization if they become infected with the virus.</p>	 <p>How Safe Are Vaccines?</p>
Mental health, reducing stress	<p>Just imagine: as more people get vaccinated, we'll be able to leave our homes without worrying about COVID. No more Zoom birthday parties and holidays!</p> <p>Getting the vaccine gives you peace of mind, which is a great thing after a year of extreme precaution and uncertainty. Having 95% immunity from the COVID-19 vaccines is a terrific feeling.</p>	 <p>Moving Closer to Reopening</p>

Commented [MG6]: <https://www.clackamas.us/coronavirus/business>

Commented [MG7]: [When NOT to Travel: Avoid Spreading COVID-19 | CDC](#)

Commented [MG8]: [COVID Data Tracker Weekly Review | CDC](#)

Commented [MG9]: [Domestic Travel During COVID-19 | CDC](#)

Commented [MG10]: [COVID-19 Country Specific Information \(state.gov\)](#)

Commented [MG11]: [Requirement for Proof of Negative COVID-19 Test or Recovery from COVID-19 for All Air Passengers Arriving in the United States | CDC](#)





Commented [MG12]: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

Or <https://www.bda.uk.com/resource/covid-19-coronavirus-advice-for-the-general-public.html>

Commented [MG13]: <https://www.mayoclinichealthsystem.org/hometown-health/featured-topic/covid-19-vaccine-myths-debunked>

Commented [MG14]: <https://www.mayoclinichealthsystem.org/hometown-health/featured-topic/covid-19-vaccine-myths-debunked>

5/21/2021

Vaccine side effects	<p>If you're concerned about side effects, we hear you. Everyone knows someone who felt miserable after their vaccinations. But the good news is the side effects are normal signs that your body is building protection. These side effects may affect your ability to do daily activities, but they should go away in a few days. Some people have no side effects.</p> <p><u>The likelihood of a severe side effect is less than 0.5%.</u></p> <p>Hundreds of millions of vaccine doses have been administered, with very few serious side effects. <u>None of the approved vaccines contain the live virus that causes COVID-19,</u> which means that COVID-19 vaccines cannot make you sick with COVID-19.</p> <p>If you have questions, consult with your health care provider.</p>	
Bring our economy back	<p>COVID-19 has been devastating to Oregon businesses. We're all getting tired of wearing masks, not being able to attend major entertainment events and missing out on fun activities.</p> <p>Help us move back into a healthy economy by:</p> <ul style="list-style-type: none"> • Getting vaccinated • Supporting ClackCo local businesses • Being kind and respectful when business owners ask you to follow COVID-19 guidelines 	
How to talk to a loved one who doesn't want to get vaccinated	<p>Do you have a loved one who is not yet vaccinated?</p> <p>It's an individual choice to get vaccinated, and some people have not experienced a friend or family member getting hospitalized or dying, or perhaps they fear the vaccines more than COVID-19 itself. What can you do?</p> <ul style="list-style-type: none"> • Tell them why you care • Listen with empathy to their concerns. • Ask open-ended questions to hear their concerns. • Ask permission to share information • Help them find a reason to get vaccinated • Suggest they speak to their health care provider about their concerns • Help them find a way to get vaccinated 	
How were the COVID vaccines developed?	<p>Vaccinations have saved millions from death from smallpox, rubella and other diseases. Thanks to the wonders of modern medicine and science, the COVID-19 vaccines were rapidly developed to help fight the pandemic. All steps have been taken to ensure their safety and effectiveness. <u>Over 272 million doses of COVID-19 vaccine have been given in the United States from December 14, 2020, through May 17, 2021,</u> under the most intense safety monitoring in U.S. history. Safety problems are extremely rare.</p>	

Commented [MG15]: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect/after.html>

Commented [MG16]: <https://www.who.int/news-room/feature-stories/detail/side-effects-of-covid-19-vaccines>

Commented [MG17]: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/safety-of-vaccines.html>




5/21/2021

	If you have concerns about vaccine safety, consult your health care provider.	
What are the REAL safety data about the vaccines?	<p><u>Serious side effects are extremely unlikely after any vaccination, including COVID-19 vaccination.</u> Side effects generally happen within 6 weeks of receiving a vaccine dose. For this reason, the FDA required each of the authorized COVID-19 vaccines to be studied for at least 8 weeks after the final dose. Millions of people have received COVID-19 vaccines, and no long-term side effects have been detected.</p> <p>CDC continues to closely monitor the safety of COVID-19 vaccines. If scientists find a connection between a safety issue and a vaccine, FDA and the vaccine manufacturer work toward an appropriate solution to address the specific safety concern.</p>	
Public health benefits of the vaccine	<p>If you're not individually worried about getting COVID-19, think about getting a vaccine for someone else:</p> <ul style="list-style-type: none"> • Children under 12, who cannot yet be vaccinated • People in many countries who do not have access to vaccines yet and where COVID-19 is killing people quickly (e.g., India, Brazil, Colombia) • Anyone who has a severe allergic reaction to any ingredient of this vaccine • 15 to 80 percent of people with certain medical conditions, such as specific blood cancers or organ transplants, who are generating few antibodies after receiving coronavirus vaccines <p>If enough people are vaccinated, we can prevent 100,000 deaths or more.</p>	
Want to return to inside restaurant dining, greater access to gyms, concerts, and sports events?	<p>Imagine the day when you no longer have to wear a mask in public, can gather in your favorite restaurant, or attend a concert, play or sporting event!</p> <p>That day is coming, but only if we do what needs to be done today to keep ourselves, our families, our communities and our country healthy and safe.</p> <p>By getting vaccinated, you can help end the damage to the economy, prevent more illnesses and deaths in America, and eliminate and eradicate COVID-19.</p>	
Why people who have contracted COVID-19 should still get vaccinated	<p>Did you have COVID-19? Here's why you should still get vaccinated:</p> <ul style="list-style-type: none"> • <u>Some "long haulers" (people who had COVID-19 and still have lingering health problems) report an improvement in their symptoms after getting vaccinated.</u> • Scientists do not know how long you are protected from getting sick again after recovering from COVID- 	

Commented [MG18]: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/safety-of-vaccines.html>

Commented [MG19]: <https://www.cbsnews.com/news/long-haul-covid-patients-vaccines-symptoms/>

5/21/2021

	<p>19. You could get infected again. <u>Getting vaccinated is a safer way to build protection than getting infected.</u></p> <p>If you were treated 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 questions.</p>	
Getting kids back to school full time	<p>Parents everywhere are anxious to get their kids back into school full-time. Teachers look forward to the day when they don't have to teach remotely, as well. And many kids are chomping at the bit to get back to real-life school. The #1 way we can help our kids get back to school is to get vaccinated, and get your older kids vaccinated, to stop the spread of COVID-19. Let's get back to school!</p>	
Combating the myth that 99.97% of COVID-19 patients recover fully	<p>How many people recover from COVID-19?</p> <p><u>We actually don't know the answer to this question.</u> An estimated one-third of COVID-19 survivors experience long-haul symptoms such as fatigue, headaches, loss of smell and taste, muscle pain, a hoarse voice and difficulty breathing.</p> <p>Another reason to get vaccinated to stay healthy!</p>	
What do I do if I have an autoimmune disease? Are vaccines safe?	<p>I have an autoimmune disease. Are vaccines safe for me?</p> <p>Adults of any age with certain underlying medical conditions are at increased risk for severe illness from COVID-19. COVID-19 vaccines are recommended for and can be administered to most people with underlying medical conditions. It's a matter of weighing the risks. It's best to discuss with your health care provider.</p> <p><u>The list of high-risk medical conditions that put people at increased risk for severe COVID-19-associated illness is updated routinely as new data become available.</u></p>	
Key influencers campaign (series of medical professionals, nurses, teachers, teens, athletes getting shots)		

Commented [MG20]: https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html?s_cid=10482:covid%20vaccine%20after%20having%20covid:sem.ga:p:RG:GM:gen:PTN:FY21

Commented [MG21]: <https://www.theatlantic.com/health/archive/2021/01/how-many-have-recovered-covid-19-we-dont-know/617679/>

Commented [MG22]: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/underlying-conditions.html>

- How were the COVID vaccines developed? (addressing skepticism about the speed of development) (The speed of the vaccines' development was due to reducing administrative bureaucracy, not bypassing any safety precautions. We didn't cut corners on safety. We cut red tape.) "The groundbreaking cooperation

5/21/2021

between leading medical experts here in America and pharmaceutical companies globally has made a return to normal possible thanks to the COVID-19 vaccine. The speed of development was due to the sharing of research on a scale never attempted before – and every study, and every phase of every trial, was carefully reviewed and approved by a safety board and the FDA. The process was transparent and rigorous throughout, with continual oversight and expert approval. Data will continue to be collected two years after each vaccine is first administered to ensure that the long-term effects are safe.

- What are the REAL safety data about the vaccines? (sharing real-time data instead of sensationalized news about rare cases of infection after vaccination) Nearly all doctors who have been offered the vaccine have taken it. The phase 3 trials for the three authorized vaccines enrolled tens of thousands of people. Among those who received a COVID-19 vaccine, no one was hospitalized or died due to COVID-19 after the vaccine's protection set in.
- Social media or 3 Things call to actions:
 - Why did you get vaccinated? Ask people to respond.
 - What are some of the benefits you've received from getting vaccinated?
 - How was your vaccination experience?
 - What are you most looking forward to when it's safer to be out in public again?
 - Did you convince your loved one to get vaccinated? What worked and what didn't?