

YOUNG VAXXED

& Back to  School

A student guide to in-person
learning & the COVID-19 vaccine!

prepared by | The Urban League of Metropolitan Seattle



This past year and a half has been ... a lot!



Everyone's life changed in one way or another. For youth, it meant adjusting to a whole new way of learning. It meant not getting to hang out with friends and family regularly. For many, it meant seeing loved ones struggle with housing, work, health, and more. All those changes caused many students to have a hard time keeping their grades up last school year, and even experience feelings of loneliness, anxiety, and confusion. *If this is how you feel, you are not alone.*



But, guess what? There is finally some good news! *Now, everyone 12 years and older can get vaccinated against COVID-19!* This means life can start feeling more "normal" and things may begin to change again. Of course, this transition will bring its own challenges, *like learning all kinds of things about the vaccine, how to be safe around each other, and figuring out what to expect this upcoming school year.*



At the Urban League of Metropolitan Seattle, we want to say this: We see you. We want you to feel confident, comfortable, and supported! So, we created this guide just for you! Our goal is to give you the information you need to understand the vaccine and what going back to in-person learning will look like. *Living through a global pandemic is no joke, but you made it this far!* Keep staying safe and informed. Let's stop the spread together!



Zyna

Public Health Liason



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Here are the #VAXXED FACTS




When it comes to the COVID vaccines, there is a LOT to learn. It can be difficult trying to decide where to begin. The best way to start is by understanding the basics! To help you get going, here are our Top 10 #VaxxedFacts every student should know!



#1 Overview

COVID-19 is a disease caused by a virus called SARS-CoV-2. Most people with COVID-19 have mild symptoms, but some people become severely ill.



#2 Effects

Although most people with COVID-19 get better within weeks, some experience "long-haul" conditions that can affect anything from the heart, kidney, immune system, and more.

#3 Youth Cases




As of July 22nd, 2021, nearly 413,000,000 youth under 18 have tested positive for COVID-19.

#4 Variant Strains

Different variations of COVID-19 are spreading around the world, especially in places where vaccinations are low. The main variant of concern is the delta variant. It spreads 2 to 3 times faster than the original version.

#5 Safety Guidelines

You can protect yourself and others by getting vaccinated. If you are not vaccinated, you can keep yourself and the community safe by wearing a mask and standing 6 feet apart.





#6

Defense

The vaccines are safe, effective, and will protect you from getting severely ill from COVID-19.

#7

Rising Cases

Cases are rising in Washington State. As of August 2021, more than 95% of all new COVID-19 cases are among unvaccinated people.

#8

Ineligible Groups

Many people can't get vaccinated. This includes kids under the age of 12 and those with immune systems that may not be able to handle the vaccine due certain medical conditions. By doing your part to stop the spread of COVID-19, you can help keep them safe.



#9

Fully Vaccinated

You are considered fully vaccinated 2 weeks after your second dose of Pfizer, which should be taken 21 days after your first dose (or 42 days when a delay is unavoidable).

#10

Trusted Resources

There is a lot of information floating around. It's important to take your time going through resources you can trust to make the decision that is ultimately right for you.



Want to learn more
#VAXXEDFACTS?



[urbanleague.com/
black-health-matters](https://urbanleague.com/black-health-matters)



#Overview

VACCINE CHART

Currently, there is only **one** COVID-19 vaccine approved for youth ages 12-18.

That's the **Pfizer** vaccine!

However, there are two additional options available for your parents to take -- or anyone over the age of 18 for that matter. Those vaccines are the **Moderna** and **Johnson and Johnson** vaccines.

Here is a quick break down of each vaccine, including what makes them different and additional information that can help you determine which vaccine is the best option for you.

Moderna

2 doses required

28 days in between doses (or up to 42 days)

Approved for ages 18+

Type: mRNA

teaches cells how to make a special protein that will alert your immune system & immediately release the antibodies needed to fight off the virus as soon as it is detected in your body.

Common side effects:

pain, swelling, redness at injection site, chills, fatigue, headache

Risks:

severe allergic reaction, rare heart inflammation

Pfizer

2 doses required

21 days in between doses (or up to 42 days)

Approved for ages 12+

Type: mRNA

teaches cells how to make a special protein that will alert your immune system & immediately release the antibodies needed to fight off the virus as soon as it is detected in your body.

Common side effects:

pain, swelling, redness at injection site, chills, fatigue, headache

Risks:

severe allergic reaction, rare heart inflammation

Johnson & Johnson

1 dose required

Approved for ages 18+

Type: Viral Vector

introduces the DNA of a different virus (vector) to help your immune system identify spike protein found on the surface of the COVID virus & produce antibodies to fight it off once detected.

Common side effects:

pain at injection site, chills, fatigue, headache, flu-like fever

Risks:

rare blood clots

VACCINE AFTERCARE



What happens after
you get the vaccine?

Expected Symptoms:

Right after you get your shot, you'll be asked to stick around for 15 - 30 minutes to make sure you don't have any allergic reaction. Don't worry! If you do have an allergic reaction, there is treatment ready to help you right away! While some people experience no symptoms after receiving the shot, others may feel:

- Soreness, redness, or itching at the injection site
- Tiredness or headache
- Fever or chills
- Muscle tension

When to Call the Doctor

It's time to call or visit your doctor if the redness or tenderness where you got the shot gets worse **after 24 hours**, or if your side effects are worrying you and **do not seem to be going away** after a few days.

Tips for Easing Symptom Discomfort at Home

- Dress lightly (avoid constricting clothing)
- Get plenty of rest & drink lots of fluids
- Talk to your doctor about taking **over-the-counter medicine**, such as ibuprofen or acetaminophen
- In areas with pain, apply a **cold compress** with a damp cloth or ice pack

Side Effects of Concern

The following are rare, but serious vaccine side effects:

- Severe allergic reaction
- Rare blood clots
- Rare heart inflammation

If you experience any of these side effects, **please notify your healthcare provider immediately.**

Don't forget!



If this is your first dose (of Pfizer or Moderna), **follow-up with the agency/location where you received it** and make sure you have your second dose scheduled.



For more information:
urbanleague.org/black-health-matters

BOOSTER SHOTS



Do you eventually need another dose of the vaccine?

What is a Booster Shot?

A booster shot is an extra administration of a vaccine after an earlier dose. Booster shots are sometimes needed to provide a 'boost' of support for your immune system as it fights off and protects you against the virus. How often you'll need a booster shot depends largely on the type of virus.

Will You Need a COVID Vaccine Booster Shot?

You may be hearing some buzz about getting a booster shot for the COVID-19 vaccines. While information is still being released about the booster shots, here's what we can tell you now:

- Medical professionals recommend receiving a COVID-19 vaccine booster shot 8 months after getting your 2nd shot of Pfizer (or Moderna if you're over 18)
- You can get your COVID-19 vaccine booster shot as soon as September 20, 2021.



For more information:
[cdc.gov/media](https://www.cdc.gov/media)





BACK TO SCHOOL



After more than a year of online learning at home, Seattle Public Schools (SPS) will be returning to **in-person classes** for the 2021-2022 school year. With COVID-19 still being a very big concern, you're probably wondering what changes you can expect to see and how things will be different from before? While some decisions are still being made (*and some may change if the pandemic gets worse*), here are some important things to know as you prepare to go back to school this fall!



Hello, parents and guardians!

It is that time of year again. Our brilliant and resilient young people are heading back to school – in person!

Last school year was unprecedented. Students adapted to virtual learning; parents balanced being caretakers and stand-in teachers, all while dealing with the social, emotional, and economic consequences of living through a pandemic. We leaned on each other as a community more than ever. Now, we must continue to lift one another up as we heal, recover, and adjust to the ever-changing landscape of this pandemic.

ULMS is thrilled to partner with Seattle Public Schools to ensure that as students and staff transition back into their classrooms this school year, they can do so in an environment that is safe and equipped with resources to protect their health.

We also look forward to working with the new SPS Superintendent, Dr. Brent Jones. Dr. Jones grew up in Seattle and is a strong voice for what the students in our district need to have successful academic futures. Many don't know Dr. Brent testified in front of the SPS School Board at age 7 to rename his elementary school after Rev. Martin Luther King Jr. He has been a change-maker ever since and we look forward to what's to come under his tenure.

I wish you all the best this school year. If you are in need of additional support, please take a look at the programs and services for youth and adults at the end of this guide, or visit urbanleague.org to learn more.

Take care and stay safe!



Michelle Merriweather
President & CEO



Urban League of
Metropolitan Seattle

GENERAL UPDATES



Seattle Public Schools is planning for **5** full days of in-person instruction at all 104 schools beginning on **Sept 1, 2021**.

Meals

Breakfast and lunch will be provided **for free** for all students all school year. Students will practice social distancing during lunch at a minimum of (3) feet. Other common areas for lunch such as hallways, gyms, outdoor areas, and classrooms will be used as well.



Shared Supplies

Because the risk of **spreading the virus through surfaces is low**, students can share class materials, equipment, and books. However, students and staff will be encouraged to wash their hands between classes.



Transportation

Regular **transportation services will resume** for all students that qualify for SPS district transportation.



Athletics

Both high school and middle school students will be **allowed** to participate in athletics programs and physical education. However, (6) feet physical distancing to the degree possible is required.

Online Exceptions

Some students may not be able to get the vaccine due to serious existing health conditions. Students who are **medically fragile** will have the option to enroll 100% virtually.



After School

After school gatherings such as curriculum nights, concerts, and plays **are permitted**, but schools must still follow Department of Health guidance.



For more detailed information, please visit **seattleschools.org/resources**

NEW SAFETY GUIDELINES



Many are wondering how the concerns of the pandemic will impact in-person learning? Here are some of the most important COVID-19 related safety guidelines that students and staff will be expected to follow (at every SPS district school) to make sure everyone is safe, healthy, and at the lowest risk of spreading the virus.



Masks

Masks and cloth face coverings (when used and worn correctly) can help prevent the spread of COVID-19.

Even if you're vaccinated, **masks will continue to be required** in classrooms, common areas, and on school buses, except when eating. Masks will also be required to be worn outdoors on SP properties.

Enhanced PPE will be provided to staff who have contact with students who are unable to wear masks.



For more detailed information, please visit seattleschools.org/resources



Social Distancing

To the extent possible, students and staff will be encouraged to always **practice physical distancing** of at least:

- (3) feet in classrooms
- (6) feet in common areas

When possible, students will face the same direction in class if less than (3) feet physically distanced. At lunch, when students have their masks removed, they will sit so that they don't face each other directly.



Sanitation

Classrooms and common spaces will be cleaned and disinfected **each day**.

Students and staff should wash their hands with soap and water or use hand sanitizer if soap and water are not available. **Hand washing will be encouraged throughout the day**, especially when students are changing classrooms, prior to lunch, and after using the restroom. However, hand washing will no longer be scheduled into the instructional day.

Daily health screenings will no longer be used and are no longer required by the Department of Health.



COVID-19 Testing

SPS will provide **free in-school COVID-19 testing** for students and staff who have been exposed to COVID or have COVID-like symptoms. If there is a positive COVID-19 case, all families with students in the same classroom will be notified.

SPS will also implement Protected Health Care Rooms on each campus so that any student or staff who report COVID-19 symptoms can immediately isolate from others and be sent home as soon as possible. Staff who monitor the room will also be provided with enhanced PPE.



For more detailed information, please visit seattleschools.org/resources



Staff Vaccinations & Training

As of August 12, 2021, all SPS non-represented staff are **required** to receive a COVID-19 vaccine as a condition of employment. There are limited exemptions from this requirement for documented medical reasons and sincerely held religious beliefs.

In addition, all in-person staff must take **mandatory COVID-19 protocol training** to help reduce the transmission of COVID-19 in school communities.





TOP TEN YOUTH FAQ



How do the vaccines work? What are the side effects? Why are vaccinated people still able to catch COVID-19? If you've got questions that need answers, look no further! Check out these **super important questions** students have been asking about the vaccine!





Questions that have answers...



1. Can youth under age 18 get COVID-19?

Yes! **Don't believe the hype. Everyone can catch COVID-19 and spread the virus - including teens, children, and even babies.** As of July 2021, 413,000,000 children in the U.S. have tested positive for COVID-19. This is why it's as important for youth to get vaccinated as it is for adults to stop the spread of the virus. While the symptoms and likelihood of getting seriously ill may not "be as bad" for kids, no one is 100% immune! Plus, even if you don't get sick, you could pass it on to someone who might - like family, friends, and people at school.

2. How do the COVID-19 vaccines work?

Vaccines teach our immune system how to fight future infections!

You can think of them as a **"training session"** for your immune system. Your body will learn everything it needs to know about fighting off the virus before it can turn into illness! And don't worry; **COVID-19 vaccines do not contain the coronavirus, so they can't give you COVID-19.** Once the vaccine completes its mission, the material from the injection is destroyed and leaves your body.

3. Which vaccine is safest for youth under 18?

All the COVID-19 vaccines have gone through (and will continue to go through) the most intensive vaccine safety monitoring in U.S. history. Currently, **if you are under 18, you can get the Pfizer vaccine**, which is safe and effective for youth. The safety concerns you may have heard about (i.e., heart inflammation) are extremely rare - and **the benefits of the vaccine outweigh the risks.** In addition to being safe for youth, the vaccine is also extremely effective! If you have specific questions about the safeness of the vaccine, contact your doctor.





4. What are the vaccine side effects?

Some adolescents feel no symptoms and some experience one or more the following:

(1) Pain, redness, and swelling where the injection was given , (2) Fever, (3) Chills, (4) Headache, (5) Fatigue, (6) Nausea, and (7) Pain in the muscles

These side effects are harmless and typically go away within a few days. Don't forget to go back to the '**Vaccine Aftercare**' section of this guide for more information on vaccine side effects!

5. What do I need to know about the delta variant?

Viruses are constantly making copies of themselves to help them spread. Sometimes when they replicate, they become smarter and find a way to spread faster. That's how delta variant (**the most contagious variant of coronavirus in the world**), formed. When someone gets infected with the delta variant, they have a much stronger version of the virus than those infected with the original. **It is especially bad in areas of the country where people are not getting vaccinated.** Getting a vaccine will not only help stop the spread of this variant but also stop the possibility of creating another one as well!

6. Why are some vaccinated people still getting COVID-19?

Do not be alarmed that some people are getting COVID-19 even though they are vaccinated. **This is normal with any vaccine because they are not 100% effective.** There will be a small percentage of fully vaccinated people that get sick from COVID-19; but the good news is they are likely to have mild symptoms! **You can think of the vaccine like a seatbelt.** Seatbelts don't prevent you from being in a car accident, but they significantly reduce the risk of getting seriously injured in one!

More questions that have answers... 

7. If I am not worried about getting COVID-19, why should I get the vaccine?

Many people who get COVID-19 experience no symptoms or very mild symptoms. However, many others get severely ill or end up in the hospital. **The scary part is, there is no way to know who will be in which group.** That's why it's important to get vaccinated: **even if you don't get very sick, you could still pass it on to others who may end up seriously ill - like your family, friends, and people at school.**

8. Does the vaccine affect developing teen bodies? Could it cause future health issues as adults?

Although there is no long-term research on this mRNA vaccine in youth, **experts say they are confident that the vaccines are safe for growing bodies.** One reason for that is the mRNA vaccine mimics our body's safe, natural process of developing immunity - and as soon as the material has done its job, it breaks down completely. We know some people have specific concerns about whether the vaccine could affect puberty or fertility - but **there is no biologically plausible explanation for why the vaccine would have any effect in those areas.**

9. If I decide not to get vaccinated, how can I still stay safe and help others stay safe too?

We know not everyone will (or can) get vaccinated. **If you choose not to, you can keep yourself and those around you safe by following COVID-19 safety protocols:**

- (1) Stand 6 feet apart from others
- (2) Wear a mask indoors and outdoors
- (3) Wash your hands frequently
- (4) Stay away from others if you feel ill.
- (5) Get tested for COVID-19 if you've been exposed or feel ill



One more question....



10. What should I do if my parents don't feel comfortable with me getting the vaccine?

A lot of people are still thinking about whether the vaccine is the right choice for them and their family.

Some are sure they do not want to get it. This could be for any number of reasons, including horrific events that happened in the past where Black, Brown, and Indigenous people of color were experimented on in medical settings. It could also be because they have experienced discrimination at the doctor's office themselves. There are religious and spiritual reasons; concerns about side effects; not trusting how the shot was made, and so much more.

No matter what someone's reason is, their experience is valid, and they should be treated with respect and understanding. When you consider racism as a factor in someone's medical trauma, it is easy to understand why many are uncomfortable. If your parents fall into this category and you want to talk to them about it, we suggest: **1)** Listen to their concerns without judgement; **2)** State the facts and share vaccine education resources via credible sources you've learned from; **3)** Be honest and share your personal perspective/feelings about the vaccine; **4)** Remember to treat everyone with respect!



For more questions
asked by teens...



For more information:
urbanleague.org/black-health-matters



VACCINE DICTIONARY



One of the reasons why talking about the vaccine can be so difficult is because we aren't used to some of the terms used by medical professionals to explain the virus. This next page will help you learn some of the **most common vaccine related words and terms** so that you feel more confident about your understanding of the vaccine and how it works!



TERMS TO KNOW

CDC

The United States **Centers for Disease Control** and Prevention (CDC) is the national public health agency of the United States.

FDA

The **Food and Drug Administration** (FDA) is a federal agency that protects public health by regulating the safety of our food supply, medications, vaccines, and more.

Immunity

Protection from an infectious disease; so that if you are exposed to it, you will not become infected.

Spike Protein

The spike protein is found on the surface of the virus that causes COVID-19. Its **crown-like appearance** is what gives the virus the name "corona," which is Latin for "crown."

Vaccine

A product that teaches a person's immune system **how to fight off a specific disease.**

Vaccine Effectiveness

How well a vaccine prevents a specific disease and its transmission **outside of clinical trials.**

Vaccine Efficacy

How well a vaccine prevents a specific disease, and its transmission, **in a clinical trial.**

Vaccine Hesitancy

Being **unsure** if you want to get vaccinated or do not want to receive the vaccine.

Variants

Viruses are constantly making copies of themselves. Sometimes in the process of making copies, the virus changes slightly. These **new versions of the virus** are called variants, and they can sometimes be much smarter or more contagious than the original.



WANT MORE?!

Whew! That was **A LOT** of information and if you've made it this far, I hope you feel even **more confident** about the vaccine than before you read this guide!

While my team and I tried to fit all of the most important things into these pages, there is still so much more you can learn about the vaccine and how to adjust to the upcoming school year! For more information about the COVID-19 vaccines, below are a few great places to start.

Stay safe!

Zyna

Public Health Liason

<https://www.greaterthancovid.org/theconversation/>

<https://www.cdc.gov>

<https://www.doh.wa.gov>

<https://www.urbanleague.org/black-health-matters>

<https://www.seattleschools.org/resources>

To receive COVID-19/vaccine updates from ULMS, text **ULMS COVID** to **52886**



ABOUT US

The Urban League of Metropolitan Seattle

With a vision of equity for all, the Urban League of Metropolitan Seattle (ULMS) empowers those we serve by providing programming and services designed to support and encourage self-sufficiency in all aspects of life. Our five areas of focus include **public health**, **civic engagement**, **education**, **housing**, and **workforce development**. To learn more about ULMS or to find out how to get involved in our efforts, please visit: <https://www.urbanleague.org>

To donate to ULMS health programming & services, text **@ULMS** to **520-14**

Additional Contact Info:

Urban League of Metropolitan Seattle
105 14th Ave, Suite 200
Seattle, WA 98122

P | 206.461.3792

E | Zyna, via zbakari@urbanleague.org



@SeaUrbanLeague

Youth Programming

Youth Web Design - This initiative provides an opportunity for Black youth to learn website design – at no cost – by connecting with local minority-owned businesses to establish and/or improve web presence.

G.R.O.O.M - The G.R.O.O.M. Credible Messenger Mentorship program is a transformational process in which trained community leaders from diverse backgrounds work to engage both pre- and post adjudicated young adults in positive, structured and intentional relationships.

Summer University - is a 6 week long course that prepares current and incoming high school students keys to success from high school to beyond. There are fun activities or field trips every Friday, with education on business, web design and more!

Adult Services

Career Bridge - The Career Bridge program is designed to help individuals with multiple barriers access education, employment, and economic career pathway opportunities in order to improve their quality of life.

Home Ownership - Our Housing department provides programs and resources for individuals and families seeking knowledge, understanding and access to pertinent homeownership education.

+More!



Urban League of
Metropolitan Seattle

YOUTH PROGRAMS AND SERVICES



Don't forget to check out the Urban League of Metropolitan Seattle's current **programs and services for youth and parents!** For a more extensive list of ULMS programs and services information, please visit urbanleague.org.

CITED REFERENCES

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/myocarditis.html>

https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/mRNA.html?s_cid=11344

<https://www.npr.org/sections/health-shots/2021/06/17/1007447098/pfizer-covid-vaccine-teens-symptoms-myocarditis>

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/adolescents.html>

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children/symptoms.html#higher-risk>

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<https://www.yalemedicine.org/news/5-things-to-know-delta-variant-covid>

<https://seattleschools.org/resources>

<https://www.cdc.gov/media/releases/2021/s0818-covid-19-booster-shots.html>

<https://www.seattleschools.org/news/staff-vaccination-requirement/>