

Join the Vaccination Discussion - Dr. Gary Richwald & Dr. Natalie Ourishian

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John Grant: Good evening again I'm John Grant President local 770 welcome to 770s town hall around membership vaccination, it seems like a long time since we've had a membership meeting, where the sun hadn't yet set so.

John Grant: tonight's a special meeting called to discuss something that's affording us a possibility to survive even longer through this horrific pandemic, which began over a year ago, and I think all of us should in one sense, congratulate ourselves.

John Grant: Being able to survive this and the steps that you all have taken to ensure that you and your co workers.

John Grant: were able to survive, we seen how this disease as rabbit start communities, and one thing has been true almost up till now is that we that heretofore we weren't necessarily in control of who lives and who dies.

John Grant: That was largely up to the company and how they regulated, who came into stores and what protocols were for were afforded.

John Grant: To us now with the vaccination, we no longer receiving our control over our lives to the company.

John Grant: protocols are still vitally important Dr Gary ritual, I will explain that, but we, this is an opportunity that is the minimum of what we and your co workers deserve as we continue to be.

John Grant: On the front lines, ensuring that our communities, in fact, our whole and our be able to sustain with valuable foodstuffs and medicines.

John Grant: So we want to discuss the question of vaccination what that means what's behind it, in order that.

John Grant: We can all encourage each other and ourselves to be vaccinated because this virus and we'll be talking a little bit about another virus at the end of this today.

John Grant: viruses can be controlled, and this is our opportunity to infect take control of our life so with us tonight is our epic epidemiologists and first Dr Gary ritual.

John Grant: Who is 770s own scientific and health advisor no one else in the country has their own epidemiologist but you do and we're so fortunate Gary is an epidemiologist it's say that fast three times.

John Grant: He is a communicable and infectious disease expert with experience in internal medicine laboratory testing and virology he is the former.

John Grant: director and chief position of the La county Department of Health services, public health and programs.

John Grant: And he lectures at epidemiology and infectious disease at university of southern California, who probably not fair, as well as UCLA.

John Grant: In the march madness basketball to ignore nearly as well as University of California Santa Barbara who should make it to the final four with also is.

John Grant: natalie aeration an epidemiologist who also works with Gary uncovered 19 and figuring out helping us with prevention strategies that include testing and vaccination.

John Grant: The agenda tonight will be a short discussion, but with Gary and natalie around the various vaccines available for safety and efficacy what it means to be vaccinated.

John Grant: With some polling and then taking place and then we'll have questions and answers for the bulk of the meeting tonight so.

John Grant: I don't have Kathy if you have anything else you wanted to add to this, and now I it's my privilege honor and I think the membership of 770 are really owe you a debt of gratitude and we're so grateful, you know for this this time Gary and natalie Thank you.

Dr. Gary Richwald: Well, thank you for inviting us, I know that natalie is in traffic in the car so.

Natalie : I mean at home.

Natalie : I made it.

Dr. Gary Richwald: natalie and I will.

Dr. Gary Richwald: start the discussion by talking a little bit about the vaccines that are available about the safety issues and and about how well they work and also what does it mean to be vaccinated in terms of.

Dr. Gary Richwald: living with our families living in the Community.

Dr. Gary Richwald: cetera et cetera i'm going to leave the what does it mean to be vaccinated issue to.

Dr. Gary Richwald: To natalie if that's okay natalie and i'm going to focus on just saying this is a very short introduction, but we're going to have an extensive Q amp a.

Dr. Gary Richwald: period and we've set aside time for that and in between this discussion and the Q amp a we're going to actually ask you about.

Dr. Gary Richwald: Your vaccine behavior you know, have you accepted getting a vaccine, if not.

Dr. Gary Richwald: Why would, why are you unsure and so we're very excited natalie and I have spoken to literally thousands of people about vaccine and we also work with a company that's partnering with the Union, and we have a site operating in.

Dr. Gary Richwald: San Fernando and we hope to have others as well as more vaccine becomes available so first of all, there are three vaccines that are available here in the United States.

Dr. Gary Richwald: The Madonna vaccine and the Pfizer vaccine each require two shots the first shot.

Dr. Gary Richwald: You obtain and then somewhere between three and four weeks depending if it's the Pfizer it's three weeks if it's the Madonna it's four weeks.

Dr. Gary Richwald: You then get your second shot, two weeks after that you are felt to be fully immunized and i'll leave that to natalie to explain what that means.

Dr. Gary Richwald: In terms of how well these vaccines work, let me say that these vaccines entirely changed the landscape of how sick, you can get I know we all have all, we all know, have family, friends colleagues co workers who have either spent.

Dr. Gary Richwald: A lot of time in the hospital, some of whom passed away, and this is certainly true of the members of this Union, who have been at particularly high risk because of their exposures in the workplace.

Dr. Gary Richwald: And particularly I mean, obviously we have exposures in the Community as well, but both of the first two vaccines have very high rates of protection.

Dr. Gary Richwald: The third vaccine, which is the new vaccine the J and J at the youngson vaccine has a slightly lower rate, but it is still extremely effective it prevents you from having any type of serious infection and hospitalization and.

Dr. Gary Richwald: and death, of course, so these vaccines are all very effective, none of them are perfect, so I want to make that clear.

Dr. Gary Richwald: Now we don't have a magic bullet we just have an incredibly good vaccine that got developed in relatively short order by some very smart people so.

Dr. Gary Richwald: We are very blessed that we have these available in terms of the safety issues, I want to say the following, there have been over 110,000 people.

Dr. Gary Richwald: Who were randomized between getting the vaccine about 55,000 for these three vaccines together and 55,000 people got placebo.

Dr. Gary Richwald: In other words, they got a shot in research and people followed them very carefully and we found that there were very, very few significant side effects.

Dr. Gary Richwald: Most of the side effects are well predicted when I got my shot, I had a redness and some swelling and I had a sore arm at the side of the injection so I got the Madonna vaccine and then a month later, I got a second shot and, in addition to.

Dr. Gary Richwald: A sore arm usually the second shots have a little a little worse, although it everybody is different, I also had a very low grade fever for a few hours.

Dr. Gary Richwald: And I had a headache which I don't normally get so i'm lucky in that regard, but I had a headache which lasted for small number of hours, I remember taking a.

Dr. Gary Richwald: moment motrin or ibuprofen and I also had a little bit of fatigue, the next day, and I also had some ache enos and.

Dr. Gary Richwald: And within another day I was feeling just fine.

Dr. Gary Richwald: So you know I didn't feel terrific this, the day after my second shot, but I felt pretty good, so the this the side effects are largely local effects on your arm.

Dr. Gary Richwald: and also some what we call system effects like fever aching is fatigue more generalized symptoms these usually go away pretty quickly and.

Dr. Gary Richwald: So, other than that there have been really there's been the occasional allergic reaction, these are pretty rare and I think natalie and I will.

Dr. Gary Richwald: Take questions about allergies during the Q amp a because I think we'd rather answer your questions, then come up with things out of our own our own heads so you'd rather serve serve you on the phone.

Dr. Gary Richwald: So and i'm going to say one last thing before I turn it over to natalie about what does it feel like what does it mean to be a vaccinated person.

Dr. Gary Richwald: Is there can be a lot of misunderstandings circulating about this vaccine about vaccines in general.

Dr. Gary Richwald: first thing I want to say when you get this vaccine these vaccines, they do not change your DNA these vaccines, stimulate your immune system to provide protection against this coronavirus that's number one number two.

Dr. Gary Richwald: This is not an experiment, the study of these vaccines and giving them out, now that we found them to be effective and safe is not some type of experiment I use that word negatively a negative experiment on communities of color.

Dr. Gary Richwald: So Brown and black communities have been don't have a good history in the United States of being an experiments and sometimes they have been taken advantage of there are a number of famous ones, this is not one of them, and I can tell you that the.

Dr. Gary Richwald: ethics of these research studies were absolutely clear and.

Dr. Gary Richwald: The representation of members of the black and brown Community I think was always at the highest order.

Dr. Gary Richwald: In addition, these vaccines do not cause infertility they don't affect your reproductive life, these are all I don't like to use the word crazy, but these are all pretty far out things that have been circulating on the Internet, and so you know.

Dr. Gary Richwald: The fact that both natalie and I, and most of the leadership here on the call have been vaccinated or intending to in the very near future.

Dr. Gary Richwald: You know, is a statement about how important this is so we're here to answer the hard questions, but let me pass it to natalie about what does it mean to be vaccinated and how will that change your life.

Natalie : Thank you, Dr Richard and just just like Dr ritual, just like Gary I also received the modern a vaccine I got my second dose about a month ago now it's been almost a month and.

Natalie : Just so you guys.

Natalie : hear another person's experience after my second dose after my first dose I was almost perfectly fine just a sore arm.

Natalie : After the Second dose no headache but I did definitely have some chills and fatigue for just the day after, and then everything kind of results so that's just another perspective on that.

Natalie : And what does it mean to be fully vaccinated for coven 19 so with the Madonna and Pfizer vaccines that means two weeks have passed since your second dose of the vaccine so greater than 14 days about 14 days.

Natalie : And then, for the Johnson and Johnson Johnson vaccine two weeks have passed since you're one dose.

Natalie : So what does this mean after you're vaccinated you should still be following the regular.

Natalie : clothes at 19 guidance, is that are available, while you're out in public, so this means continue to wear a mask This is especially while you're at work, continue to practice physical distancing.

Natalie : and continue to practice good hygiene hand washing have your hand sanitizer available is important to note that.

Natalie : Even though the vaccines are preventing clinical illness so actual getting sick with COVID at 19.

Natalie : They there are no studies, yet that show if you if it prevents asymptomatic illness, so there is always that chance, although more studies are coming out so will we know more about that as time goes on, of course.

Natalie : Additionally, nothing has really changed as far as travel guidance, is unfortunately so testing before and after travel is still something that's very important.

Natalie : There are now guidance is from the CDC that say that you could visit with other boxing needed people without having to wear a mask as well as unvaccinated people who are at low risk for severe COVID disease.

Natalie : As far as I think that's about it at this point I don't think there's any additional guidance going on now, but of course we'll keep you updated the more that we hear.

Dr. Gary Richwald: Thank you natalie.

Dr. Gary Richwald: What does this mean if you're a worker at a store in terms of.

Dr. Gary Richwald: natalie's mentioned that we're still going to retain masking.

Dr. Gary Richwald: and social distancing and washing etc, but what does the future look like, and I think natalie and I both hope and X and expect we're optimists in this regard that come.

Dr. Gary Richwald: Come May, June, July, we will get to the point where some of these.

Dr. Gary Richwald: COVID 19 prevention tools that we've been using and and some of them uncomfortably so like masking.

Dr. Gary Richwald: That that we will be able to be at a in a situation where we can reduce their use.

Dr. Gary Richwald: I think if you listen to the CDC Dr landscape was the new director who speaks her mind and doesn't have to worry about who's President can to tell the truth.

Dr. Gary Richwald: She definitely is a truth Teller she's very concerned the last week week and a half, because we have these variants that is this virus loves to mutate and change it likes to develop new skills it likes to hide out from our immune system.

Dr. Gary Richwald: it's a tough.

Dr. Gary Richwald: Tough fires in terms of how we are dealing with it, Dr. Wollensky at CDC is worried that if we give up too many of these COVID prevention things too quickly.

Dr. Gary Richwald: And if we don't get vaccinated quickly enough that we could end up with some of these variants that you've heard about the ones from the United Kingdom, South Africa, Brazil.

Dr. Gary Richwald: That these could become much more common in the United States than they are today, we have an opportunity right now to get vaccinated.

Dr. Gary Richwald: So that this virus has nowhere to go if the virus has nowhere to go it can mutate, it can change into a variant of a different proportion to us so.

Dr. Gary Richwald: I think what the CDC is saying is, at least for the next few months don't just throw everything to the wind, you know go to Miami beach.

Dr. Gary Richwald: Party, you know for spring break or you know, whatever the equivalent is that that's going to get us in trouble, and if we all get vaccinated we're going to be out of this in a much, much sooner fashion so natalie you want to add anything to that are.

Dr. Gary Richwald: and

Dr. Gary Richwald: So we're going to now go to the Poll and we have an exciting poll so I'll turn that over to Kathy is it.

Kathy Finn, Secretary-Treasurer: yep Thank you, thank you, Dr. Richard Alan Thank you natalie such it's always great to have you on these calls because you're give such.

Kathy Finn, Secretary-Treasurer: such great in depth information so we're going to now ask folks so For those of you who are on the zoom you can you can vote.

Kathy Finn, Secretary-Treasurer: you'll see the poll come up if you're on the phone will let you know how people are voting but you're not gonna be able to vote yourself zoom does not provide that So the first question is.

Kathy Finn, Secretary-Treasurer: Have you already been vaccinated so just yes or no, about whether you've been vaccinated so we'll give folks just a few more seconds to vote not everybody's voted so.

Kathy Finn, Secretary-Treasurer: Some may not want to vote, I guess, but I'll just a few more seconds anybody else want to vote Have you already been vaccinated.

Kathy Finn, Secretary-Treasurer: Okay, it looks like 15, I guess, those who are on the on the zoom can see it but i'll let the people on the phone know 59% of the people on the call have been vaccinated and 49 I mean 41% have not so 59% have 41% of not.

Kathy Finn, Secretary-Treasurer: Thanks The next question is so For those of you who have not been vaccinated.

Kathy Finn, Secretary-Treasurer: Do you want to be vaccinated.

Kathy Finn, Secretary-Treasurer: So that's question number two can we is question number two up we put up question number two, which is, if you have not been vaccinated do you want to be vaccinated.

Kathy Finn, Secretary-Treasurer: So, for those of you who answered know that you have not been yet been vaccinated to the earlier question or even if you didn't respond to the earlier question, but you want to.

Kathy Finn, Secretary-Treasurer: respond now and you've not yet been vaccinated would you like to be would you like to be vaccinated it looks like most everyone who has not been vaccinated at least wants to be 85%.

Kathy Finn, Secretary-Treasurer: It looks like want to be vaccinated 15% of those who haven't do not which brings us to the third question so we're not going to have a whole lot of people to answer this question, but for those of you who are feeling unsure about being vaccinated can you just.

Kathy Finn, Secretary-Treasurer: click on here, what is it that's keeping you from getting vaccinated what is the reason that you are not vaccinated and and we're we listed some reasons up there.

Kathy Finn, Secretary-Treasurer: vaccine side effects.

Kathy Finn, Secretary-Treasurer: The vaccine studies were too rushed the vaccine may not work on the new strains mistrust of the government process religious reasons I have underlying health conditions.

Kathy Finn, Secretary-Treasurer: I prefer to wait.

Kathy Finn, Secretary-Treasurer: And I don't believe in vaccination at all and it's not the last one, because I can't even really see on my screen.

Kathy Finn, Secretary-Treasurer: Oh, and then there's other I don't know why I don't know if everyone can see that, on my screen I can't see below that so I don't know why that is, but anyway, so at the bottom, it says other.

Natalie : If you scroll down, you can see it.

Kathy Finn, Secretary-Treasurer: Well, mine doesn't let me on my some on the host thing it looks different, I think, to me, but anyway so.

Kathy Finn, Secretary-Treasurer: i'll give you another another moment a lot of people are voting on this one, so I think people who didn't vote previously are coming back and voting now so So if you don't want to get vaccinated or you're feeling unsure about it.

Kathy Finn, Secretary-Treasurer: The choices are you don't want to do it or you're feeling unsure about the side effects the studies were too rushed.

Kathy Finn, Secretary-Treasurer: you're worried about the new strains mistrust of government.

Kathy Finn, Secretary-Treasurer: religious reasons I have underlying health conditions, I prefer to wait I don't believe in vaccination and other.

Kathy Finn, Secretary-Treasurer: Okay, I think it looks like everybody who wanted to vote has voted so i'll just go down and say.

Kathy Finn, Secretary-Treasurer: let's see oh just about half the people are worried mostly about the side effects, and then the next.

Kathy Finn, Secretary-Treasurer: Most common answer well there's two mistrust of government and I prefer to wait we're tied for second place.

Kathy Finn, Secretary-Treasurer: Then the next most popular answer were that the vaccine studies were too rushed, and then there was just a couple people who have underlying health conditions or don't want to do it for.

Kathy Finn, Secretary-Treasurer: religious reasons, and I cannot see the other, so I don't know and I can't can I scroll down I can't scroll down, can I.

Lisa, IT Support: I don't know 27% for other.

Kathy Finn, Secretary-Treasurer: Okay, so I guess a few people said other so that's the results.

Kathy Finn, Secretary-Treasurer: Results of the poll.

Kathy Finn, Secretary-Treasurer: Let me close that.

Kathy Finn, Secretary-Treasurer: um and so Those are all the polling questions so now we're going to go to the question and answer.

Kathy Finn, Secretary-Treasurer: portion so if anybody has questions Oh, we have some questions submitted in advance which I guess we're going to take those first, although some of those have already been answered, I think that one about the side effects have already been answered.

Kathy Finn, Secretary-Treasurer: But there's the second question of how long How long does the vaccine protect people and will we will be far away.

Dr. Gary Richwald: right before that actually the first question, the part that we haven't answered yet is, what are the long term side effects.

Kathy Finn, Secretary-Treasurer: trail and.

Dr. Gary Richwald: First of all, let me say that the first two vaccines, we discussed the Pfizer and Moderna our messenger RNA vaccines So these are vaccines that although.

Dr. Gary Richwald: It, this is a very innovative and new approach, the fact of the matter is this has already been used in flu vaccines vaccines vaccine for herpes virus called psycho mag low virus.

Dr. Gary Richwald: zico virus rabies virus We know, for the first two vaccines that after years of us, we are not aware of any long term effects, just so you know, the way the vaccine trials are designed.

Dr. Gary Richwald: they're going to go on for another few years at least and where so people who are in the original vaccine trials to show if the vaccines work they're not they're being followed.

Dr. Gary Richwald: For a number of years to look at long term side effects we don't expect any in terms of the Johnson Johnson and Johnson vaccine.

Dr. Gary Richwald: This is a more traditionally designed vaccine and we also know from having years and years of multiple vaccines that have a similar way that they're designed that there haven't been any long term side effects and.

Dr. Gary Richwald: Vaccines are different than taking medication when you take medication lots of things could happen.

Dr. Gary Richwald: Some of the side effects might not show up with some pills or or injections or infusions that you're taking until months to years go by.

Dr. Gary Richwald: Vaccines are not trying to make a pun, but vaccines are one shot affairs, they affect your immune system and that goes on to protect you but from the actual vaccine.

Dr. Gary Richwald: it's it's a one one shot and long term effects are very, very rare so natalie do you want to take the next question.

Dr. Gary Richwald: Kathy do it.

Kathy Finn, Secretary-Treasurer: yeah so we also have some folks that are typing questions into the chat, so I think we'll go back and forth and do some previous questions and some live.

Kathy Finn, Secretary-Treasurer: So we do have one question which would be appropriate, I think, for you to answer, so this question is from from Stephen and he says i'm over 65 when is it safe to return to work.

Dr. Gary Richwald: So Stephen i'm assuming that you're asking in the context, if I get vaccinated.

When is it safe to return to work.

Dr. Gary Richwald: Okay, I want to just looking at another question I don't want to get get off this question so two weeks after the second dose of the Madonna or Pfizer or the first and only dose of the Johnson Johnson and Johnson vaccine you're considered to be fully immune.

Dr. Gary Richwald: At that point it's safe to return to work.

Dr. Gary Richwald: Unless you know I just say we recommend.

Dr. Gary Richwald: That immuno compromised individual so some people have illnesses, or they take medications that reduce their immunity and.

Dr. Gary Richwald: it's now recommended that those individuals get the vaccine and that they're going to have a very good proportion of the protection.

Dr. Gary Richwald: So Stephen I don't know your particular medical background and we're certainly not going to discuss it on the phone, of course.

Dr. Gary Richwald: But I think, generally speaking, it's pretty safe to go back now we want to make sure that people going to let's let's i'm going to assume you're in a grocery store.

Dr. Gary Richwald: position let's say that people are wearing masks that there is, you know attempts of social distancing and handwashing etc, but I don't see any particular reason why someone who's fully vaccinated couldn't return to work natalie, what do you think that's a interesting question.

Natalie : yeah I thought that was exactly what I was gonna say as well, like we do.

Dr. Gary Richwald: So you'll take the next one.

Natalie : yeah I actually see one in the Q amp a that says, I received the first Madonna shot.

Natalie : And I it looks like their work schedule might conflict with their second shot so for the Madonna show, and I think for the Pfizer as well.

Natalie : They do say 28 days, but there is a four day grace period, both before and after and then even up to six weeks after your first shot, you could get your second dose so as long as it's within that six week period and you should be totally fine, and this is based on CDC guidelines.

Kathy Finn, Secretary-Treasurer: And, and I would just like to say to this one as well, I mean i've had some conversations with lawyers.

Kathy Finn, Secretary-Treasurer: About this, and allowing people to be scheduled off to get their shot, I would say, if your employer is not being reasonable about scheduling.

Kathy Finn, Secretary-Treasurer: You know you you I mean, I think this is a reason why you should, at some point, if you can't find a time to get vaccinated.

Kathy Finn, Secretary-Treasurer: Because of your work schedule your employer should allow you time off to get to get the shot, so you know you can talk to your to your Union representative to get to get help with that if, if necessary, so.

Dr. Gary Richwald: So I see a question, do you recommend taking the vaccine if you're allergic to penicillin.

Dr. Gary Richwald: All families have penicillin, so this is someone who was allergic to penicillin and ampicillin and amoxicillin and all the cylinders in the penicillin family and, in fact, people who have drug drug or medication allergies.

Dr. Gary Richwald: don't appear to have any greater allergic reaction potential than people who know people who have penicillin allergy and people who don't seem to have very, very low levels of allergic reaction to the vaccine, so this is, you can go ahead and get vaccinated and.

Dr. Gary Richwald: Just so all of you know that once you're vaccinated and you're at the vaccine side For those of you in vaccine, you know this already.

Dr. Gary Richwald: there's a 15 minute observation period and if you've had any allergic serious allergic reactions, most of the sites will ask you to stay for an extra 15 minutes for 30 minutes.

Dr. Gary Richwald: Most allergic reactions occur relatively soon after injection and i'd say from having visited the sides and looked at the data vaccine sites for our work.

Dr. Gary Richwald: That you know we were looking very good and there's been relatively few allergic reactions, you can have a very serious reaction, but this is very rare.

Dr. Gary Richwald: Somewhere and one or two per hundred thousand and even in those cases we have medication at the vaccine site to give you epinephrine and it often.

Dr. Gary Richwald: You know, it takes care of the situation, almost always so I want to reassure people, because I, for instance, have seasonal allergies, I have had a fever and none of those type of problems will affect the safety of taking the backseat.

Kathy Finn, Secretary-Treasurer: So can we go to the the previously submitted question, which is the one How long are folks protected and will they need a yearly follow up shot.

Natalie : I can take that one So the answer to how long people are protected, there are there is evidence now for up to three months so 90 days.

Natalie : The further out we get, of course, the more we'll know, based on the studies that are being done, we don't know yet if a booster shot is going to be needed, so a lot of this is is.

Natalie : We learn as we go so i'm not sure about a booster shot yet and for now at least three months and we'll see about further than that.

Kathy Finn, Secretary-Treasurer: So, are they just I just have a follow up question is that are they continuing to follow the subjects who are the subjects in the original phase three.

Kathy Finn, Secretary-Treasurer: trials and they're continuing to follow them and if they at some point start getting coven again then we'll know you need a booster so those people are just basically.

Dr. Gary Richwald: You know I think the way so it's a complicated, so the question because remember we get an influenza shot every year and.

Dr. Gary Richwald: Those are complicated questions with influenza we're almost guessing what the next strains of influenza going to look like when we start producing the vaccine, almost a year before we administer it what's really good about the coronavirus vaccine is, we will be looking at antibody levels.

Dr. Gary Richwald: antibodies that killed the vaccine that kill the virus.

Dr. Gary Richwald: And we will be able to tell by looking at the people who are being followed like you mentioned.

Dr. Gary Richwald: Whether we continue to maintain enough antibodies to kill the virus and and if we do then it's unlikely that they'll be a need for a booster if the amount of antibodies go down.

Dr. Gary Richwald: there's a good chance that we will be that each of the vaccines will use a booster to boost up our protection that you know it's at this point, you know, without a crystal ball.

Dr. Gary Richwald: there's no way to know what what that future is going to hold.

Kathy Finn, Secretary-Treasurer: And then there's a question from Michael yo vino about how does the vaccine affect the germ line, if at all, and maybe you can first even just explain what the question, what does that mean.

Kathy Finn, Secretary-Treasurer: That means.

Dr. Gary Richwald: Well, the germline is.

Dr. Gary Richwald: chromosomal makeup that is passed on to future generations.

Dr. Gary Richwald: So it has to do with.

Dr. Gary Richwald: Members of the call who are of reproductive age and who, in that combination of egg and sperm coming together we end up with the you know the miracle of.

Dr. Gary Richwald: Of childbirth and and more future members of the Union right and.

Dr. Gary Richwald: So the question is, what does this does either.

Dr. Gary Richwald: Either the first two vaccines, or the third vaccine affect the germline so first of all, the messenger RNA vaccines, the Madonna and the Pfizer do not go into our nucleus, they operate in this cell what we call the cytoplasm the liquid around the nucleus, and they.

Dr. Gary Richwald: Are message they produce a message that produces a spike protein of the virus is programmed.

Dr. Gary Richwald: That goes out of our cells and we produce antibodies to the spike protein and that's the neutralizing antibody that fights the virus the Spikes are the Spikes on the surface of the protein of the virus.

Dr. Gary Richwald: The virus uses to attach to ourselves when we have an infection so in the first two.

Dr. Gary Richwald: viruses, the Madonna and the Pfizer no effect on the germ line doesn't even go near the nucleus.

Dr. Gary Richwald: In the case of the.

Dr. Gary Richwald: Johnson and Johnson vaccine the vaccine doesn't have anything really to do with the nucleus of ourselves at all it's basically a vaccine that.

Dr. Gary Richwald: stimulates the production of antibodies by delivering antibodies directly to the body, so it works differently than the first two and again it has nothing to do with the germ line we know from probably 3040 vaccines, like the.

Dr. Gary Richwald: Johnson and Johnson vaccine that there has never been demonstrated ever an effect on vaccines on the germ line today, I went to a Russian website.

Dr. Gary Richwald: That talks about the American vaccines and their effect on the germ line.

Dr. Gary Richwald: This is propaganda, these are lies and it's very sad that our Internet is polluted with fears that are completely on based and it's more about.

Dr. Gary Richwald: The United States and Russia than it is about vaccines anyway, this is really about some kind of international politics, so I just want to state again no effect on the germline.

Dr. Gary Richwald: natalie do you want to do this next one from Laura from lori to us, can you read it.

Natalie : yeah, of course, what has happened to folks who received the vaccine and contracted covert before full immunity is achieved, would it be more detrimental if your immune system is already addressing the virus so.

Natalie : From my understanding and from I don't think i've heard about anybody getting worse covert if they got them if they got infected in between.

Natalie : Either the first vaccine and the second vaccine, in the case of Moderna and Pfizer or before the two week period your immune system is likely going to fight the virus I don't hear me i'm not really.

Natalie : I mean it's if, like let's say you get you contract covert in between your first and second dose all you really have to do is wait until you've recovered from the infection so 10 days if you're asymptomatic since your test.

Natalie : or 10 days since your symptoms appeared if you're symptomatic and then you could go through your second choice.

Dr. Gary Richwald: Exactly, so the second part of the question, would it be more detrimental if your immune systems or already addressing the vaccine well exit actually be the opposite.

Dr. Gary Richwald: You know, immunity is not like it's either a full container of milk or it's empty and you're you know about the toss it in the trash.

Dr. Gary Richwald: Immunity is usually about gradation you know about more more more than you have full protection, and so, if you're in the process of producing.

Dr. Gary Richwald: neutralizing antibodies that are going to kill the virus, you may not have produced enough to kill all the virus so you'll probably have either an asymptomatic infection, so you won't have any symptoms or you'll have a very mild infection.

Dr. Gary Richwald: If you're fully immunized then you're more push towards either no infection, or perhaps at a symptomatic infections, but more likely no infection with these three vaccines.

Dr. Gary Richwald: that's a very good question and a complicated question.

Dr. Gary Richwald: To what's our next anymore.

Kathy Finn, Secretary-Treasurer: i'm so so yeah I think I think that last one you sort of answered the number three in the previously submitted questions, but why don't we do this, one which is, can I get vaccinated if I am immuno compromised.

Dr. Gary Richwald: Well, the short answer is, you have the most at risk because you have an immune system let's say you have.

Dr. Gary Richwald: HIV infection AIDS.

Dr. Gary Richwald: You know, even though you're taking medication and it's largely reconstitute see your immune system.

Dr. Gary Richwald: The fact of the matter is your immune system might just be a little bit less effective than someone who doesn't have HIV, AIDS, in that case we especially want you to be immunized so it gives you further protection.

Dr. Gary Richwald: People who have HIV, AIDS or people who have.

Dr. Gary Richwald: very limited immune systems because of other diseases, maybe they're on very significant chemotherapy and that's affecting their immunity.

Dr. Gary Richwald: Those individuals are going to have a harder time getting coven, which is why getting the vaccine is even more important, and you will hear stated because we're very concerned that people have the truth that if I have HIV, AIDS and I get my immunization and natalie doesn't then.

Dr. Gary Richwald: The vaccine will work very well in her and a little less well in me because of my immune system but i'm the one.

Dr. Gary Richwald: You know if that if I had HIV, AIDS i'm really the one that most needs that immunization if I could say that, I mean we all need it.

Dr. Gary Richwald: But i'm the one who's most at risk for being hospitalized for getting more severe infection and.

Dr. Gary Richwald: And those kinds of problems so, although the vaccine may work just a little less effective in immunocompromised people they have a greater need for it.

Dr. Gary Richwald: Then than any of us, and I think older adults largely the reason that they've had so much problems with covert especially people over 75.

Dr. Gary Richwald: Over 90 years of age is because, as we get older our immune systems suffer we become less we have less strong immune systems and that's one of the reasons.

Dr. Gary Richwald: No right out of the box immunizing people in nursing homes immunizing people initially over 75 over 65 was a you know principal goal now we've been able to open this up to the rest of us, and of course to I think food nag workers, and I want to have a particular.

Dr. Gary Richwald: positive statement to me to to Kathy and John and.

Dr. Gary Richwald: Linda.

Dr. Gary Richwald: Linda right I would order forget Linda Linda because the Union has partnered with curative, who is a testing company, but is now one of the major vaccine companies and was really addressing what's called the health equity.

Dr. Gary Richwald: And i'm their medical director for health equity and we are trying our best to make sure that individuals who have not had a fair shake in the healthcare system.

Dr. Gary Richwald: In their occupation by being a grocery store worker and not had management, step up in all the months before vaccination and you know.

Dr. Gary Richwald: consistently do the right thing you know, we want to make sure those people are first in line and we're trying very hard, the San Fernando site is especially set up this is on the website.

Dr. Gary Richwald: For food nag workers you don't have to have you can self a test which basically means you can sign a sheet saying that you have.

Dr. Gary Richwald: You know you work in that industry or your work in the restaurant industry or your work in the food production industry.

Dr. Gary Richwald: And you can be vaccinated so we're very excited and we're doing said I don't know 678 hundred vaccines, a day there so.

Dr. Gary Richwald: And you know we're going to continue to pressure the county to give us the vaccines to do our job and and to make sure.

Dr. Gary Richwald: Those of you on the phone who want to be vaccinated We hope that will be hopefully almost everyone that those of you on the phone.

Dr. Gary Richwald: can get your vaccine as soon as possible, the sooner we get the vaccine, the sooner we cut this virus off from having a playground in us to make.

Dr. Gary Richwald: mutations and copies that can even be more dangerous to us, so I don't want to over stress this and sound too negative but we're on a real battle of time.

Dr. Gary Richwald: Between getting vaccinated versus the virus having you know getting completely out of control and so i'm I just want to say the UFC w seven seven day and the other UFC who have really stepped up to and the Labor in general has stepped up to this battle, so great partner.

Kathy Finn, Secretary-Treasurer: Another question came in on the Q amp a.

Kathy Finn, Secretary-Treasurer: chat which is if I previously tested positive for coven is there a wait time for vaccination.

Dr. Gary Richwald: Great question.

Natalie : natalie yeah.

Natalie : Mary as long as you have recovered from your illness, so what that means is, if you had symptomatic club at 19 infection.

Natalie : it's been 10 days since you first started experiencing symptoms your symptoms are improving and you've gone at least 24 hours without a fever without using any fever, reducing medication.

Natalie : If you had a symptomatic illness it's 10 days since your positive test result this is for.

Natalie : A typical corporate 19 infection, if someone has had a significant illness, they were really sick with COPD 19 or if they have an immuno compromising condition.

Natalie : Then it's up to 20 days in isolation, so up to 20 days and then possibly needing a test to get out of isolation so essentially whenever you recovered from covert is when you could.

Natalie : receive your vaccine book, I believe, before there was some there was some.

Natalie : There was some indication that for 90 days you shouldn't get vaccinated, but that was only because of limited vaccines applying wanting to get when.

Natalie : There was, of course, the understanding that after you have covered, you have some immunity some natural immunity for some time, but you could really get vaccinated have any point after your recovery and.

Dr. Gary Richwald: Let me just say what does it mean to be recovered so natalie gave the definition, but we had a very exciting study published this week.

Dr. Gary Richwald: Looking at about one in 20 people one in 10 to one in 20 continue to have symptoms so they've recovered from their acute infection they've gone the 10 days the 20 days, etc, but they find that they're still fatigued.

Dr. Gary Richwald: They still have some shortness of breath, and this is a major concern, these are people are sometimes called long haulers.

Dr. Gary Richwald: Recently we had this week we had a study published that recognize that, by giving the vaccine in these small number of individuals that.

Dr. Gary Richwald: Well, I say small number it's of those infected and with symptoms it's maybe one in 10 or one in 20 that have this number of people, many of them have improved, that is their long haul coven 19 symptoms have gotten significantly better.

Dr. Gary Richwald: Just from being vaccinated.

Dr. Gary Richwald: That was very excited exciting because we don't really have any treatment yet for these long haul symptoms.

Dr. Gary Richwald: And the idea that we can give someone a vaccination and that will help address these lingering symptoms, is very exciting so.

Dr. Gary Richwald: I just wanted to throw that in I realized that doesn't apply to most people, but you know we all over time will probably come to know people who have had symptoms on a longer term basis and.

Dr. Gary Richwald: I can tell you from having met some of these people and seeing them medically that you know it's.

Dr. Gary Richwald: bad enough to get covert it doesn't help to have lingering symptoms so anyway login so to a short question.

Kathy Finn, Secretary-Treasurer: The final question is about family members and can family members, get vaccinated.

Dr. Gary Richwald: We natalie or Linda or both.

Dr. Gary Richwald: that'll you want to take a shot.

Dr. Gary Richwald: at that.

Natalie : um I mean, I believe, if your family member is a now it's opened up to people between the ages of 16 and 64 who have underlying health conditions so.

Natalie : That is an option if one of your family members falls into that category of course people 65 plus have have been eligible for some time now, but otherwise if they don't fall into those categories and my understanding is not at this time, but I think.

Dr. Gary Richwald: That if they other medical problems include.

Dr. Gary Richwald: being overweight.

Dr. Gary Richwald: Being a cancer survivor.

Dr. Gary Richwald: Having had you know recent radiation treatment for cancer being on special medications that lower your immunity.

Dr. Gary Richwald: there's always ads on TV and cable for medications treating psoriasis and inflammatory bowel disease you're on those medications you're more.

Dr. Gary Richwald: likely to get cove at 19 and someone who is not so I think what's important to remember is that if you go to a site in the San Fernando Valley.

Dr. Gary Richwald: And you, you can attest, you can sign a form saying that you have other medical problems, and that will you don't have to go to your doctor if if you do, you can get a note from the doctor.

Dr. Gary Richwald: But you know.

Dr. Gary Richwald: Our purposes in general are to make sure, as many people are vaccinated as possible and.

Dr. Gary Richwald: So as natalie said there may be, you know, some people may just have no risk factors, and we know that by May 1 President Biden has said, all vaccines centers will be open to all people.

Dr. Gary Richwald: and

Dr. Gary Richwald: So you know that's good news, but I think that in the next six weeks, we have a site in San Fernando.

Dr. Gary Richwald: and, hopefully, as many.

Dr. Gary Richwald: Food and Agriculture workers.

Dr. Gary Richwald: And UFC w workers and their families can get vaccinated that would be our wish.

Linda Nguyen, Chief of Staff: To i'll just add to that that we're working with a county and to see if we can expand, so you know when you do register the San Fernando valley site.

Linda Nguyen, Chief of Staff: Through curative or vaccination clinic.

Linda Nguyen, Chief of Staff: That there's a drop down added to be able to allow you and your family members, if you know they have a health condition to be able to qualify, to be able to come in and register for an appointment, so we are working with the county to try and figure that out.

Dr. Gary Richwald: Thank you, Linda been a very great success story and.

Dr. Gary Richwald: I really appreciate the type of pressure that the Union has placed on the county health department, you know there's a lot of pushing poll here, and I think having effective partners in a strong Union is very important.

Kathy Finn, Secretary-Treasurer: All right, it looks like that's all the questions so let's go to the go back to John.

John Grant: Oh, thank you, Dr Gary natalie one thing that I think hit home for me was how it's important to understand this virus and to give it nowhere to go, and I want to take a moment just to raise another issue about another virus which is hate.

John Grant: And since this pandemic began there have been over 10 cases, a day of anti Asian American violence against.

John Grant: folks just within this.

John Grant: Within this country over 11% of those that have been seriously involved serious violence, as well as the murders that took place just yesterday in Atlanta.

John Grant: And if we've learned anything, instead, we have to call this out, we have to inform each other, we have to denounce this violence and take steps to ensure that it has nowhere to go.

John Grant: It is destructive as destructive, if not more destructive for our communities in this pandemic just another example of an ill that we have to address and.

John Grant: I wanted to take this opportunity, because this is something that weakens the fabric of our Community, just as a medical virus does as well, so it's important that at work or in our Community in our homes that we address it when it comes up.

John Grant: And because by addressing these issues by denouncing them by calling them out we're going to be able to stop them that's the way we vaccinate ourselves against this this kind of virus.

John Grant: it's been a long year and many of us have lost.

John Grant: Friends co workers families.

John Grant: To this virus, as well as being seriously ill is disrupted our lives, a roof pattern is provided the opportunities for some to exploit.

John Grant: and take advantage and gain windfall profits, but for the rest of us working folks it's not it's been something that we've carried the you all the frontline have carried on heroically.

John Grant: I want to thank Gary and natalie once again, but I would also like to adults to take a few moments for us to remember and recollect the struggles.

John Grant: The tragedies that have been associated with this and how our communities have been ravaged and as we take these few moments to silo remember that.

John Grant: develop our own resolve to, in fact, be clear about what's the path necessary to make sure our communities are safe again so if we could give ourselves a few moments, please.

John Grant: All right, thank you all, this is the first, this is actually not the first it's a continuing series that we're having about informing ourselves, so we can fact be better next Tuesday.

John Grant: I believe.

John Grant: Dr Florence Gardner will be on to talk about trauma that trump the be a collateral detriment an associate of this virus is the trauma.

John Grant: That you all, we all have in fact in the ground undergone whether it's vicarious or direct trauma be just experiencing it the apprehensive around it, the witnessing of it, and in fact suffering through it so that's next Tuesday at 6pm or 7pm six 6pm 6pm that's like this.

Kathy Finn, Secretary-Treasurer: comes up.

Kathy Finn, Secretary-Treasurer: from the east coast so so she's.

John Grant: On East, we had to start a little bit earlier to so she's it'll be 9pm for her, so thank you once again be safe out there and stay healthy.

Kathy Finn, Secretary-Treasurer: Thanks thanks Gary and natalie.

Natalie : Thank you everyone.