



UNIVERSITY of MARYLAND  
SCHOOL OF PHARMACY  
THE PETER LAMY CENTER  
ON DRUG THERAPY AND AGING

# Medicine and Vaccine Safety During the Pandemic: Putting your plan into action

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By the end of the program you should be able to:

01

Give 2 reasons why the Covid-19 vaccine is a good choice for older adults

02

Choose 2 trusted sources information for advice about vaccines and medicines

03

Create a medicine and vaccine action plan

# Covid Vax Facts

**What you need to know**



# What is Coronavirus and Covid- 19?

## What is Coronavirus?

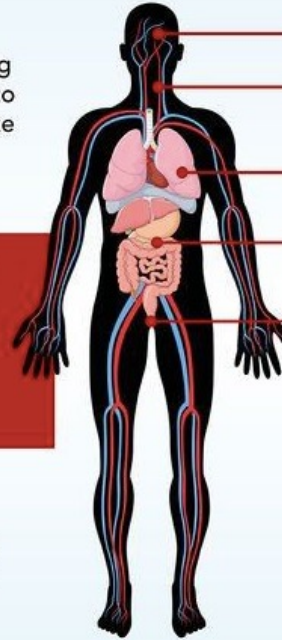
Coronaviruses are a large family of viruses that cause illness ranging from the common cold to more severe diseases like pneumonia, MERS and SARS

### SEVERE SYMPTOMS

- High Fever (100.4°F or higher)
- Pneumonia
- Kidney failure
- Death

### TRANSMISSION

Coughs or sneezes from infected person or touching contaminated objects



### COMMON SYMPTOMS

- Fever
- After 2 to 7 days develop a dry cough
- Mild breathing difficulties at the outset
- Gastrointestinal issues
- Diarrhea
- General body aches

\* Source: Centers for Disease Control and Prevention/ USA Today

EXPRESS

# Who is at risk for a serious Covid-19 Infection?

**65** ↑  
Age 65 years and older

Chronic lung disease or asthma

Serious heart conditions like congestive heart failure (CHF)

Immunocompromised (including people with AIDS)

Cancer survivors

Diabetes

Obesity

Seek care quickly if you start experiencing COVID-19 symptoms like cough, fever or shortness of breath. COVID-19 symptoms appear 2 to 14 days after exposure to the coronavirus.

The infographic features a light blue background with stylized virus particles in red, blue, and orange. On the left, there are four stylized human figures of diverse ages and ethnicities, all wearing white face masks. The risk factors are presented in white circles with corresponding icons: an upward arrow for age, lungs for lung disease, a heart rate line for heart conditions, virus particles for immunocompromised, a yellow ribbon for cancer survivors, two pills for diabetes, and a scale for obesity.

Older adults are at highest risk of serious or life-threatening Covid—19 infections.

**8** out of **10** COVID-19 deaths reported in the U.S. have been in adults 65 years old and older. Visit [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus) for steps to reduce your risk of getting sick.

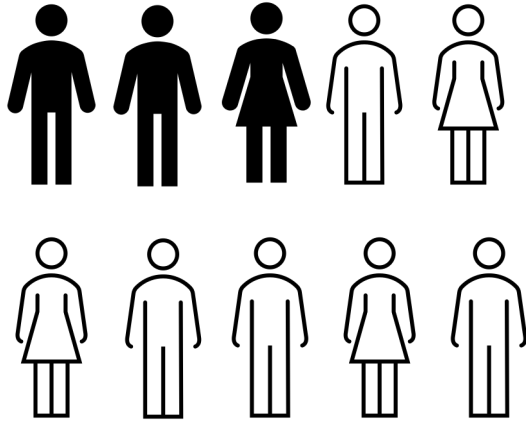


[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

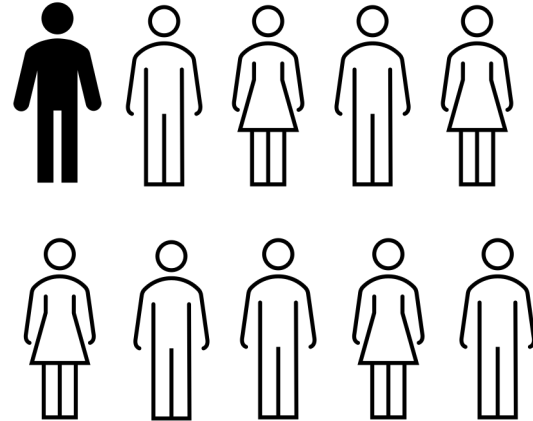


# Covid – 19 Vaccines Save Lives

What we know from large studies of thousands of different people who took the Covid-19 vaccine:



**Only 2 to 3 people out of 10 contracted a new case of Covid-19**



**Only 1 out of 10 people were hospitalized or died from a new Covid-19 infection**

Mild Vaccine  
Reactions  
are normal

## Common COVID-19 Vaccine Side Effects

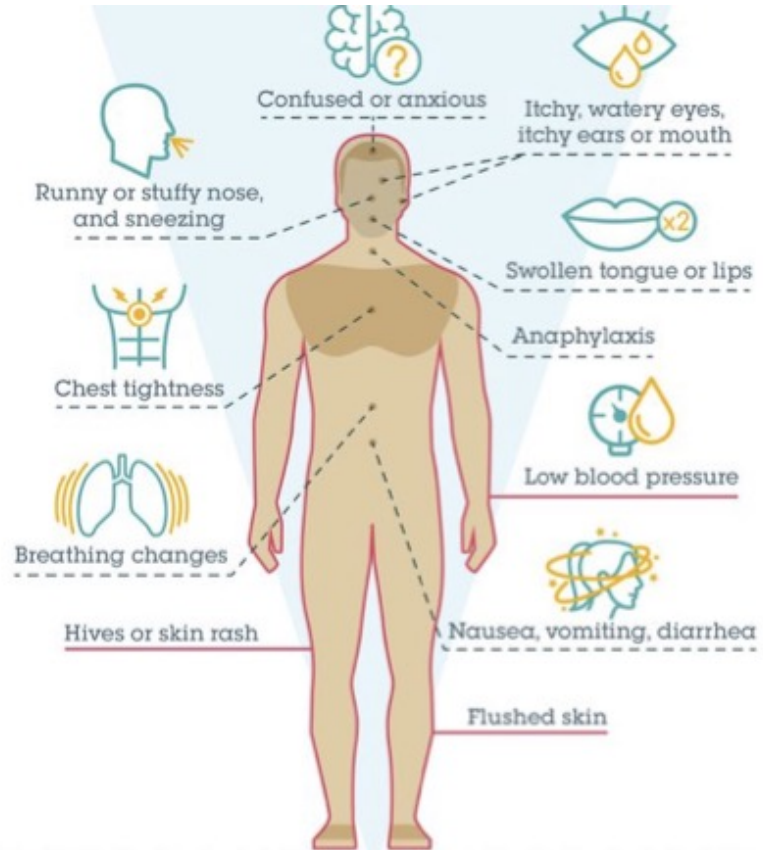
These side effects of the COVID-19 vaccine may affect your ability to do daily activities, but they should go away in a few days.



In most cases, discomfort from fever or pain is normal. Contact your doctor or healthcare provider:

- If the redness or tenderness where you got the shot increases after 24 hours
- If your side effects are worrying you or do not seem to be going away after a few days

Serious  
Vaccine  
Reactions  
are rare



Sources: American College of Allergy, Asthma, and Immunology; Mayo Clinic; Food Allergy Research & Education; American Academy of Allergy, Asthma, and Immunology; National Health Service.

# Got Covid-19 Vaccine Questions? Call for advice

Call to speak to a health professional  
24/7 if you experience a reaction



Call or visit 24/7 for correct, up-to-  
date information about vaccines



800-CDC-INFO (800-232-4636)



Questions?



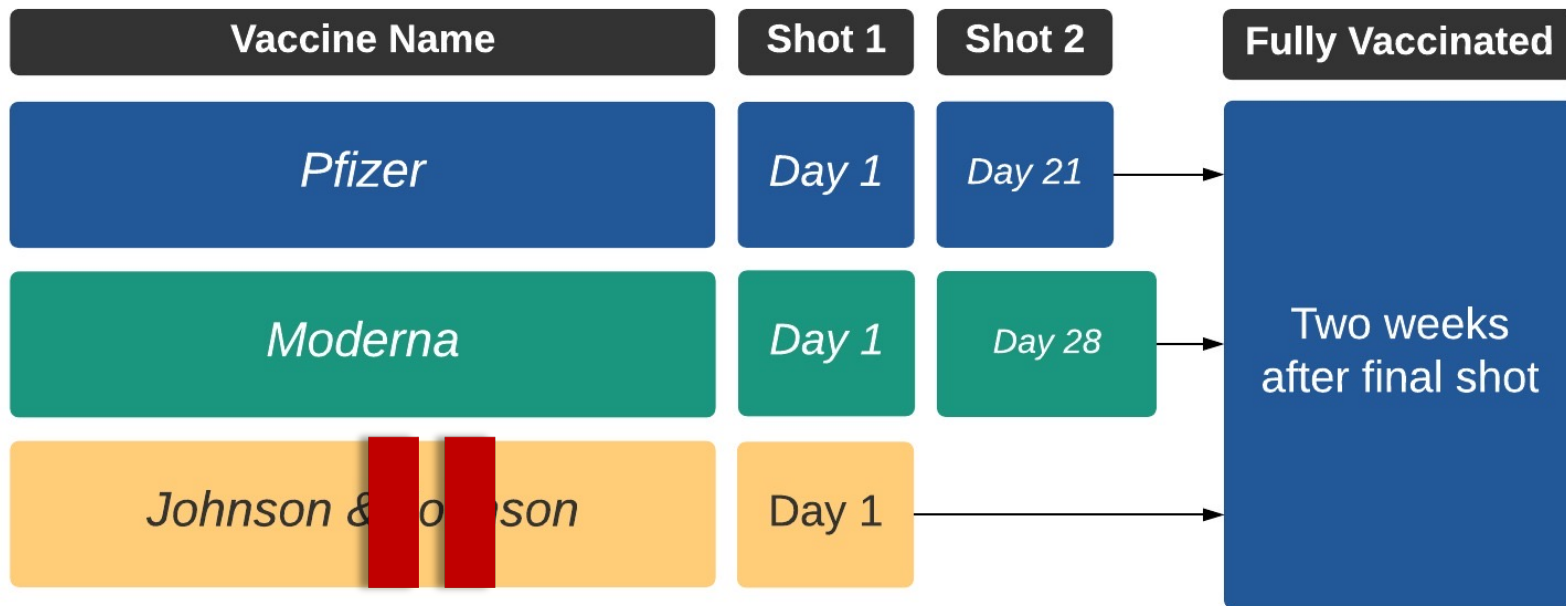


# Getting the Covid-19 Vaccine

**What to expect**

# Getting a Covid—19 Vaccine is Simple

All vaccines work very well to fight off serious Covid-19 infections.



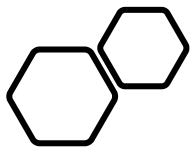
Paused for safety review

# How do I sign up for the vaccine

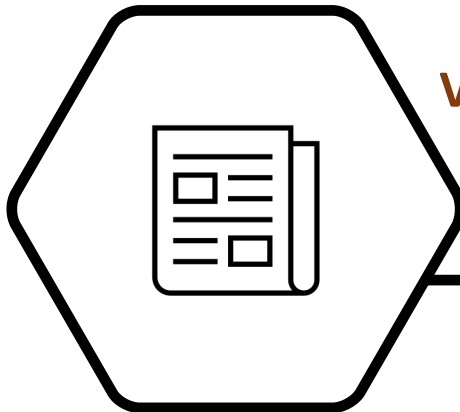
## CALL or Visit

- In Maryland: 1-855-MD-GoVAX (855-634-6829)
- Local library
- Local health department
- Community Pharmacy

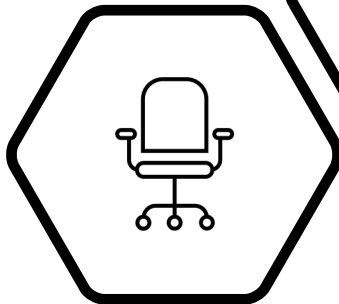




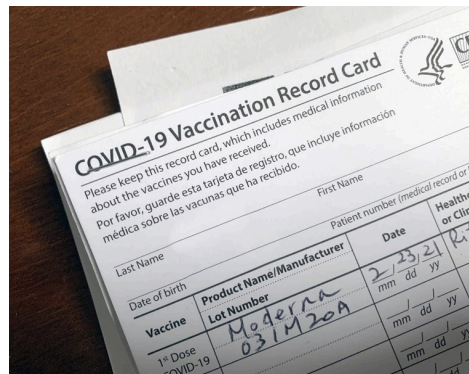
What to expect at the vaccine appointment:



**Vaccine information sheet**



**Sit for 15 – 30 minutes**

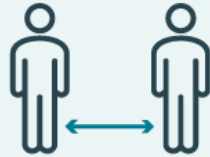


**Vaccine Record Card**

# Do I still need to wear a mask?



WEAR A MASK



STAY 6 FEET APART



AVOID CROWDS



GET A VACCINE

**Yes. The vaccine lowers your chances of getting sick with Covid-19 but does not guarantee it.**

# Helpful Information



[COVIDvax.maryland.gov](https://COVIDvax.maryland.gov)

Enter an Address, ZIP Code, or Place Name

Find a Vaccination Site

Take me to the search

**CDC-INFO**  
You have questions? **We** have answers.

## Covid Vax Facts for Older Adults and Caregivers

### Covid Vax Facts for Older Adults and Caregivers

#### Why Should I get the Covid-19 Shot?

Older adults are at high risk for a serious Covid-19 infection that can lead to hospitalization, long-term health problems or death. Older adults who live in long-term care facilities are at the highest risk of having a life-threatening illness.



8 out of 10 of Covid-19 deaths in the United States have been in adults over the age of 65

#### Who is at risk for a serious Covid-19 infection?



Adults over 65



Overweight



Lung Disease



Heart disease



Diabetes



Kidney Disease

Getting fully vaccinated is the best way to protect yourself from a serious or life-threatening COVID-19 infection.

Covid-19  
vaccines are safe,  
simple and they  
save lives

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VP Kamala Harris



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# Medicine Safety Action Plan

Beyond the pandemic



# Medicine Safety Matters



**KNOW**

your medicines



**CHOOSE**

medicines wisely



**KEEP**

Your medicines out of sight



**ASK**

for advice

# KNOW your medicines



**Prescription**



**Over-the-Counter  
(OTC)**



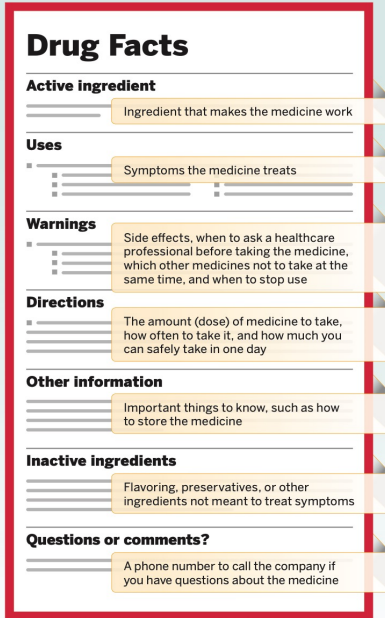
**Vitamins  
Supplements**



**Vaccines**

# CHOOSE medicines wisely

**Drug Facts** help you understand how to choose and use your medicines safely



**Drug Facts**

**Active ingredient**  
Ingredient that makes the medicine work

**Uses**  
Symptoms the medicine treats

**Warnings**  
Side effects, when to ask a healthcare professional before taking the medicine, which other medicines not to take at the same time, and when to stop use

**Directions**  
The amount (dose) of medicine to take, how often to take it, and how much you can safely take in one day

**Other information**  
Important things to know, such as how to store the medicine

**Inactive ingredients**  
Flavoring, preservatives, or other ingredients not meant to treat symptoms

**Questions or comments?**  
A phone number to call the company if you have questions about the medicine

Keep your cartons

**Why?**

- The **Drug Facts** label on over-the-counter (OTC) medicine cartons, or the pull-out label on some bottles, contains **complete warnings and product information**



Read and follow the entire **Drug Facts** label

**Why?**

- The **Drug Facts** label contains **more than directions**. It includes other important information that could matter to your health

What else you can do

- If provided, use only the dosing device that comes with your medicine
- Take **ONLY 1** medicine that contains the **same kind of active ingredient** at a time

**Why?**

- If you take more than 1 medicine with the same kind of active ingredient, it can increase your chance of harmful side effects

<https://www.getreliefresponsibly.com/>

## ACTIVE INGREDIENT

Does this medicine treat what I have now?

## USES

Is it safe to take this medicine with my other medical conditions?

## WARNING

Can I take this with my other medicines?  
What are the side effects of this medicine?

## DIRECTIONS

How should I take this medicine?

## OTHER INFORMATION

How long should I use this medicine?

Put your medicines  
**up** **AND** **away**  
and out of sight

**KEEP** medicines out of sight



# Safe Medicine Disposal

Follow these simple steps to dispose of medicines in the household trash

## MIX

Mix medicines (do not crush tablets or capsules) **with an unpalatable substance** such as dirt, cat litter, or used coffee grounds;



## PLACE

Place the mixture **in a container** such as a sealed plastic bag;



## THROW

Throw the container **in your household trash**;



## SCRATCH OUT

Scratch out **all personal information** on the prescription label of your empty pill bottle or empty medicine packaging to make it unreadable, then dispose of the container.



# ASK for advice



**Schedule provider  
appointment**



**Visit Trusted  
Internet Sites**



**Call the Poison  
Center**

# Trusted Internet Sites, Reliable Medicine Information

[Up and Away.org](http://UpandAway.org)

- General medicine safety

[Get Relief  
Responsibly.com](http://GetReliefResponsibly.com)

- OTC Medicine safety

[DailyMed.nlm.nih.gov](http://DailyMed.nlm.nih.gov)

- find specific medicine  
information

[Consumer Med  
Safety.org](http://ConsumerMedSafety.org)

- Medicine safety tips



Put your  
plan into  
action  
today!

## KNOW

- When is the last time I had my medicine list AND vaccine records reviewed?

## CHOOSE

- Is this over-the-counter medicine right for me?
- Should I get advice before using this medicine?

## KEEP

- Are my medicines out of sight? Can I throw any medicines away?

## ASK

- Do I need to make an appointment?
- Who can I call for advice about....



# Additional Resources



Get Connected. Get Help.™

NEED HELP?  
CALL 2-1-1

Your link to community resources.



## Safe Medicine Use

A GUIDE FOR OLDER ADULTS  
AND CAREGIVERS



UNIVERSITY of MARYLAND  
SCHOOL OF PHARMACY  
THE PETER LAMY CENTER  
ON DRUG THERAPY AND AGING

CONTACT US

410-706-2434

[lamycenter@rx.umaryland.edu](mailto:lamycenter@rx.umaryland.edu)

By now you should be able to:

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Questions?