

COVID-19 / Mental Health Questions & Answers: Calgary Zone

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General themes covered by this document:

- Youth suicide
- COVID-19:
 - Clinical management
 - Vaccination rollout process / policy
 - Testing
 - Vaccine specific information (eg. effectiveness)

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Question	Answer
Theme: Youth suicide	
1. Are there any stats on indigenous youth suicide?	Very geographically-specific so must look at what are the factors going on specifically in that geographic population. There can be clusters in communities- there can be variations with low risk in some communities and higher in others. – i.e. difficult to generalize
2. Any resources for teens in Calgary? counselling and psych referral. Family counselling resources?	Teenmentalhealth.org is a good resource
3. Would it be better to ensure that there are adequate resources in the community for all the fall out (mental health, fatigue, etc.)	I think fixing some of the mental health issues due to COVID-19 will be the most important thing for society to address

that may also occur in patients without COVID infection?	
Theme: COVID-19 clinical management	
4. Should we be treating Long COVID more like a Chronic disease? we know how to engage resources for mental health, sleep, fatigue, diet, exercise, and specifically respiratory or MSK symptoms	It may be early to tell, there may be challenges due to associated co morbidities, need to have awareness that there may be new problems that may not be related to COVID-19.
5. Which specific allergy would be a contraindication to get the vaccine?	The only real contraindication is anaphylaxis to prior component of vaccine (real anaphylaxis, not just hives) and/or anaphylaxis to first dose
6. How about those renal transplant with anti rejection meds - are they OK for COVID vaccine?	It may be less effective in someone with anti-rejection meds or aggressive immunosuppression but this group is more likely to die from COVID-19
7. There's rumours to avoid NSAIDs +/- Tylenol after covid vaccine for symptoms control, is there any evidence for that?	Go for it - the Tylenol/NSAIDs should be ok
Theme: COVID-19 vaccination rollout process / policy	
8. How did they make the decision that family doctors are getting vaccine in phase 2C? Especially when PCN clinics have been seeing COVID positive patients all along	Most provinces (including ours) uses a risk-based prioritization (risk of getting COVID, and more importantly right now risk of severe outcomes / dying if you get it)
9. In terms of getting back to normal, what needs to happen before elementary school aged children can be vaccinated?	This is potentially a supply issue, as in school transmission is relatively low. In any case, studies in this population are also under clinical trials and not yet approved.
10. So does quarantine rule change if you already got vaccinated and your family member got covid?	The vaccine hasn't changed anything yet

Theme: COVID-19 testing	
11. What is the difference between variant vs non-variant	People are more infectious and virus possibly more aggressive (to be determined). Isolation guidelines are also different.
12. Are we testing for variants?	All positive cases get tested for variants
Theme: COVID-19 vaccine info	
13. Are there any vaccines that have been approved in Canada for those under 18 years of age?	Pfizer is pending approval for 12-15 year olds
14. When it becomes available, will the Astra Zeneca vaccine still be offered as first choice to ages 65 and over - I understand may be less effective in this age group.	AZ won't be given in 65+ for now
15. One concern from patients is if they get sick with the vaccine, can they infect their family or partner.	No, they're not live vaccines.
16. Not sure if I'm understanding, I thought we aren't able to compare overall % effectiveness between Pfizer/Moderna/AK/J&J	<p>Think of Pfizer/Moderna as being super good like ~95%, they are very similar /same</p> <p>Vaccine efficacy is assessed in different ways -</p> <ol style="list-style-type: none"> 1 symptomatic infection 2 asymptomatic infection 3 sever infection 4 hospitalization 5 death <p>The trials look at different outcomes - they often look at a few, but they aren't all the same, so when we compare vaccine to vaccine, we need to look at what outcome we're comparing against and then we have to look at the population that outcome is assessed.</p>

	<p>AZ not as effective to prevent symptomatic covid - not approved for 65 + - not clear who is the best population for this vaccine.</p> <p>Real world experience shows the delay in the vaccine schedule is ok - the evidence continues to evolve - difficult to interpret the information at this point.</p> <p>We may need to be pragmatic with regard to recommending vaccines - ie better to get a good vaccine now vs a great one 6 months later.</p>
<p>17. So is AstraZeneca's effectiveness still 62%? Their website posted in Feb saying 82% What do we say to our patients who say AZ is not as effective?</p>	<p>Yes, still 62% - there are other trials ongoing - We are trying to figure out which populations would be best for this vaccine. Note that the vaccine is 62% effective at preventing <i>symptomatic</i> COVID-19, but 90%+ effective in preventing <i>severe</i> COVID-19</p>
<p>18. How extensive do you expect the "list of underlying health conditions" to be for patients 18-64?</p>	<p>I (Jia Hu) saw the first draft and it's pretty extensive.</p>
<p>19. Curious when we will learn what chronic diseases qualify for 2b -> would be helpful to help organize panels for vaccination</p>	<p>All chronic diseases</p>
<p>20. How will they determine which medical conditions qualify for phase 2B</p>	<p>It's a bunch of modelling using all the data we have in our province + literature based on RR of death</p>
<p>21. Can you confirm spacing of COVID-19 vaccines from Shingrix? Do you have to wait before and after other vaccines with covid vaccines? eg. Shingrix, PRevnar, pneumovax-23, dT, hep B vaccines</p>	<p>We recommend waiting 2 weeks after administration of another vaccine before starting a COVID-19 vaccine. It is prudent to wait for a period of at least 28 days between the administration of the complete two-dose schedule of COVID-19 vaccine and the administration of another vaccine.</p>
<p>22. What to do if a pt asks for a doctor's note for vaccine exemption?</p>	<p>Not clear the legality of employer mandated immunization yet. It's better to try to understand the vaccine hesitancy – the worries, perceptions of the patient.</p>

	<p>While the legality is still unclear, there still may be employer-imposed restrictions on one's work if one chooses not to get vaccinated.</p>
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