

Speakers from Fred Hutch: COVID-19: Variants, vaccines, and everything in between

Community Chats- January 2022

We recognize that our community's health is interconnected with all aspects of life, and we hope Community Chats help to provide a look at the bigger picture and how all of our work is connected. Prior to each chat we've sent out resources for attendees to review.

Topic Resources:

- **Big questions about COVID booster shot, answered. 8 minute video**
 - VOX presents a video examining the timeline of the booster shot conversation and recommendations. It then explains how Omicron has reframed the booster debate with interviews with different scientists. This video walks through the science of booster shots and answers questions on why we should get boosted.
- **Why so many COVID-19 Variants are shows up now 6 minute video**
 - VOX presents a video examining the science behind how new variants are created while asking why there are new variants showing up now and what does that mean for the pandemic.
- **mRNA Vaccines, Explained 7 minute video**
 - VOX presents a video explaining the development of the COVID-19 vaccination, and why some COVID-19 vaccines were developed faster than any vaccine ever. Explains the history of vaccine development, the science behind vaccinations, and how the COVID-19 vaccines were developed.
- **What A 'Mild-to-Moderate' Omicron Case Feels Like 7 minute read**
 - This article gives a first-person point of view on what having Omicron felt like. The writer describes their symptoms, the process they went to get tested and receive medical support while recovering from Omicron in December.
- **Are You Okay? Parenting in the time of COVID-19 36 minute Podcast**
 - This podcast asks the question... are parents okay? You'll hear from parents on where they're at, and they offer some practical ideas for staying resilient in this herky-jerky time.