

COVAX to send
AstraZeneca,
Pfizer COVID-19
vaccine doses
in May

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“ISANG TINIG, ISANG LAHI” RESCUE CONCERT FOR RP SHAPES UP”

By ABNER GALINO

A VIRTUAL conference of Filipino and Filipino American leaders was held on Wednesday (May 5) to organize a humanitarian response to the crisis besetting the Philippines due to the COVID 19 pandemic.

The virtual conference was titled: Call to action and unity for Filipinos abroad: Humanitarian Response to the Philippine COVID crisis.

On the same venue, television personality Cory Quirino, who is also the president of the Volunteers Against Crime and Corruption (VACC), talked about the build up efforts to launch a virtual world concert titled: Isang Tinig, Isang Lahi to generate awareness and support for the Filipinos who have been socially

and economically hurt by the pandemic.

“We have to use our lives to help our fellow Filipinos. The government cannot do it alone,” Quirino said.

The meaningful concert, patterned after the 1985’s well remembered concert “Live Aid,” is projected to involve the biggest Filipino entertainers and as well as famous artists from other countries who have Filipino ancestry.

Conference participants did not discount American pop star

“ISANG TINIG >>4



Cory Quirino, president of the Volunteers Against Crime and Corruption (VACC)

LA County approves motion to address anti-Asian hate

The Los Angeles County Board of Supervisors has unanimously approved a motion authored by Chair Hilda L. Solis and co-authored by Supervisor Barger that will continue to address anti-Asian hate in honor of Asian America Pacific Islander Heritage Month.

The motion seeks to explore the feasibility of making accessible bystander intervention training for LA County employees.

“In Los Angeles County, we recognize that education is a key part of our ongoing work to address racism, which is why this Asian American Pacific Islander Heritage Month, we are directing resources to explore an opportunity to provide bystander intervention trainings that are accessible to all County employees,” shared Chair Solis.

“Equipped with the appropriate tools, County employees can safely and effectively intervene in hate acts that they may encounter in the public sphere.”

Over the course of the pandemic,

LA COUNTY >>4

AARP

Got your 1st shot?

Here are 8 things to know before your second COVID-19 vaccine shot



1

Side effects will likely be stronger

While many people report the second shot packs a punch, the good news is that older adults are less likely to experience vaccine reactions.

2

Avoid taking pain relievers before your shot

Pain relievers taken preemptively ahead of a shot could dampen the effectiveness of the vaccine.

3

Timing between doses doesn't need to be exact

The second dose of the Pfizer shot is recommended to be given 21 days after the first; for Moderna, 28 days. But if you miss it, the second dose can be given up to 6 weeks after the first.

4

The second dose should be from the same manufacturer as the first

Moderna and Pfizer vaccines are not interchangeable with each other or with other COVID-19 vaccine products.

5

A rash at the injection site isn't a reason to skip your second dose

A rash at the injection site after getting the first shot should not deter from getting the second shot.

6

Temporarily avoid all other vaccines

Avoid other immunizations in the two weeks before and after both doses.

7

Full immunity is not immediate

It takes 2 weeks after the second dose to build full protection to the virus.

8

Continue preventative measures

Continue to wear a mask and practice social distancing after vaccination. It's still possible to carry the virus and silently transmit it to others.

AARP is fighting to protect the health of Asian Americans & Pacific Islanders 50+ and their families by providing trusted information and resources surrounding COVID-19.



Learn more about COVID-19 vaccination at
aarp.org/vaccineinfo