

# A Healthy Dose of Hope is Here

Winning the fight against COVID-19 requires a multi-layered defense. And now we have a promising new defense in that fight: COVID-19 vaccines. Widespread vaccination is one of the most effective tactics to combat the virus. However, it will take time to manufacture, distribute and administer enough vaccines to achieve broad immunity. Social distancing, masks, good ventilation, and hygiene are still important to this pandemic fight.



## CONSIDER VACCINATION

COVID-19 can have serious and life-threatening complications, which is why it's important for everyone who's eligible to get vaccinated. If you're not sure, ask your doctor if you should be immunized against COVID-19.

Protecting yourself also protects the people around you, like those at increased risk of severe illness from COVID-19 or those who can't get vaccinated — such as children, or people with weakened immune systems.

Data suggest the vaccines will be more protective against future infections than the natural immunity after having recovered from COVID-19.



## SAFETY

It is normal to be cautious when something new comes along. Wanting to know more is a good thing — it means you want to be informed. Many are asking about the safety of the vaccines. While consumer confidence is growing, 50-70% of Americans, including those in at-risk segments, have expressed uncertainty toward COVID-19 vaccination. \*

Despite these concerns, the consensus among the medical community is that the vaccine is safe based on clinical trials and the FDA approval process.



## COVID-19 VACCINES - HOW THEY WORK

Vaccines are the best protection we have against many serious illnesses. They protect us from diseases by teaching our immune systems how to fight viruses and infections — without getting sick from the disease.

Approved COVID-19 vaccines have been shown to be very effective, 72-95% effective, in preventing COVID-19 and its symptoms. Experts also think that getting a COVID-19 vaccine may help keep you from getting seriously ill even if you do get COVID-19.

Some COVID-19 vaccines use messenger RNA, or mRNA. mRNA vaccines do not contain a live virus — they give our bodies “instructions” for how to make the harmless spike-shaped proteins that will protect against a COVID-19 infection. While these vaccines use new technology, researchers have been studying them for decades.

## WHEN CAN I GET VACCINATED?

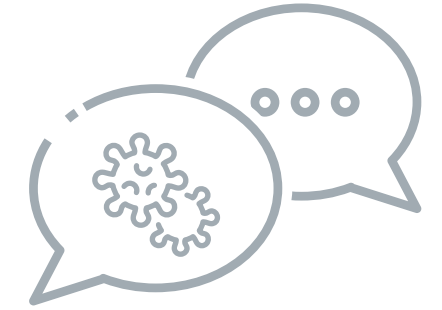
Vaccine supply varies by state and will continue to increase over the coming weeks and months as manufacturing ramps up. Once large quantities are available, the plan is for everyone to have access through thousands of providers across the country.

Each state is distributing vaccines differently. Check with your doctor and local health department to see when the vaccine will be available to you.



\*According to a survey by McKinsey & Company.

# COVID-19 Vaccine FAQ



There is a lot of information circling around about the COVID-19 vaccine — as well as some misinformation. Below are answers to frequently asked questions to make the most educated decision for you and your family.

## WHEN CAN I GET THE VACCINE?

The rollout of the vaccine is in phases and varies by state.

The CDC has provided guidance, but which individuals fall into each phase and the timing of each phase will vary by state and in some cases by county and city.

Individuals need to visit their location-specific public health department to learn who is eligible. The National Academy for State Health Policy (NASHP) has provided a [state-by-state list](#) of resources to the state's public health sites. It is important to check frequently as the phases are rapidly changing.

Another resource is [VaccineFinder](#), which helps the public find vaccine providers in their area.

## IS THE VACCINE SAFE?

Yes, [clinical trials](#) and the FDA approval process have shown the vaccine is safe. More than 100,000 individuals participated in vaccine trials for the vaccines that are currently approved by the FDA for Early Use Authorization. Consult your doctor if you have any known food allergies, have had a serious reaction to a vaccine before, or if you're taking any medications that might interfere with the vaccine.

## WILL THE VACCINE MAKE ME SICK?

As with any vaccine, the COVID-19 vaccine has a risk of minor reactions, including pain and swelling at injection site, fever, chills, fatigue, and headache. Symptoms from the vaccine are generally considered to be mild, such as soreness in the arm or one day flu. Most symptoms are generally felt after the second vaccination.

## I'VE ALREADY HAD COVID-19. DO I STILL NEED THE VACCINE?

Yes! People who have had COVID-19 may still benefit from the vaccine.

## I AM FULLY VACCINATED. DO I STILL NEED TO CONTINUE WITH CURRENT COVID-19 PRECAUTIONS?

The CDC issued its first set of [recommendations](#) on activities that people who are fully vaccinated against COVID-19 can safely resume. While the new guidance is a positive step, the majority of people need to be fully vaccinated before COVID-19 precautions can be lifted broadly. Until then, it is important that everyone continues to adhere to public health mitigation measures to protect the large number of people who remain unvaccinated. The CDC recommends that fully vaccinated people continue to take these COVID-19 precautions when in public, when visiting with unvaccinated people from other households, and when around unvaccinated people who are at high risk of getting severely ill from COVID-19:

## WILL THIS VACCINE ALTER MY DNA?

No, the COVID-19 vaccine will not alter your DNA. In reality, it is giving your body the instructions to produce an immune response to the COVID-19 virus. It is telling your body how to recognize a part of the virus called the spike protein so that your body can defend itself. In this way, it is protecting you from getting COVID-19 in case you are exposed to the coronavirus in the future. Generally, it takes approximately 14 days after the vaccination for your body to begin to be protected.

## HOW MUCH WILL THIS COST ME?

The cost of the vaccine itself is free to you via the federal government and/or insurance plan. The cost to administer the vaccine is also covered by most plans. Additionally, U.S. citizens without health insurance can receive the vaccine at no cost as well since the provider can file a claim to the federal government.

## IS THIS A ONE-AND-DONE VACCINE?

We do not yet know if this will become an annual vaccine like the flu shot. Continued trials will determine the durability of the vaccine.

