Vaccine 101 Part 2
The COVID Vaccine

Why should I be vaccinated?

- It will protect you and your family, safeguard co-workers, and stop the community spread of the virus.

What do I need to know about the vaccines?

- Currently, only two vaccines are approved for use in the United States: Pfizer and Moderna. Each requires two doses: an initial dose followed by a booster.
- It is imperative that the booster be given at the prescribed time and from the same company as the first dose, because each is slightly different.

How long does it take for the vaccine to take effect and how long does it last?

- Full protection happens about a week after the second dose. One week after the first dose, the protection level is about 50%.
- Because the vaccines are new, it is not yet known how long protection will last. Other vaccines (e.g., Ebola) which used similar technology, have not required boosters. However, since this is new territory for scientists, it will take time to determine.

Is it still possible to get COVID after being vaccinated?

- If you have been exposed to COVID and receive the first vaccination within 14 days of your exposure, it is possible to get COVID.
- After the booster, the chances of getting COVID are less because you have developed the intended immunity. Overall, the vaccines are about 95% effective. You cannot get COVID from the vaccine.
- If you have had COVID, it is recommended that you be vaccinated because the immunity you got from the disease is short lived.

What are the side effects?

- In the clinical trials (the testing phase), about 20-30% of people had side effects. These are mild, similar to what is seen with the flu vaccine, and last 24-48 hours.
- These side effects include:
  - arm redness, swelling or soreness
  - fatigue
  - body aches
  - low grade fever
- Side effects can be treated with Tylenol (acetaminophen). **Do not use** aspirin, Advil (ibuprophen) or Aleve (naprosyn). These are anti-inflammatories and may interfere with the production of antibodies that the vaccines are trying to produce.

More information:

www.webmd.com/vaccines/covid-19-vaccine/news/20201216/covid-19-vaccines-101-faq