

Thank you so much for getting vaccinated!
You've taken an important step to protect yourself, your family, and your community.
Please join us in encouraging others to receive the vaccine.

What Should I Know?

You May Have Some Side Effects

- The most common side effect is swelling, redness, and pain in the arm that received the injection.
- After people got vaccinated, more than half said they had at least one symptom after their first dose.
- Symptoms often last less than 24 hours; sometimes they continue the next day.

It's Important to Receive a Second Dose

- The Moderna COVID-19 vaccine is given in two doses, four weeks apart. The Pfizer vaccine is also two doses, three weeks apart.
- The vaccine protects 80% of people vaccinated after the first dose and 95% after the second dose.
- The second dose stimulates an even greater immune response than the first dose. You won't receive the full benefits of the vaccine unless you get both doses.
- You'll receive a phone call or text message when it's time for your second dose. Please make sure we have your current contact information. The vaccine appears to work just as well on new variants of the COVID-19 virus as it does on the original strain. We will continue to watch this issue. We expect that new variants of COVID-19 will continue to appear.

You Cannot Get COVID-19 from the Vaccine

- There is no live virus in this vaccine, so you cannot get COVID-19 from it.
- The vaccine works by stimulating your body's protective immune responses. Any symptoms you may have are a sign that your body is building antibodies against the virus so it can fight off the COVID-19 virus if exposed to it in the future.

What Do I Need to Do?

Report Any Symptoms You Develop

- We encourage you to report any vaccine reaction, including symptoms if you have them.
- You can report your symptoms to Moderna by calling 1-866-MODERNA or to Pfizer at 1-800-438-1985.
- You may write the CDC at www.cdc.gov/vsafe to report your symptoms after a shot.
- When reporting symptoms, refer to the information on the CDC immunization card you received the day you were vaccinated. Describe what the symptoms are and when they began.

Address Symptoms and Seek Care if Needed

- After being vaccinated, fever is common. It is most common after the 2nd vaccine and in people 55 years and older.
- If the fevers are associated with shortness of breath and/or coughing, or if they persist more than 2 days, you should seek immediate attention from your primary healthcare provider for evaluation and treatment.
- If any symptoms begin that are COVID-like symptoms, please call the clinic to get evaluated for other illnesses.

Stay Home if You Are Not Feeling Well

- Please stay home and take care of yourself if you are not feeling well—even if your symptoms are mild.
- The list below includes common COVID-like symptoms.

Stay home and call your primary care provider if you have:

- | | |
|---|---------------------------------------|
| ○ Fever OR headache | ○ Cough OR breathing problems |
| ○ Chills OR body aches | ○ Sore throat, congestion, runny nose |
| ○ Diarrhea or vomiting, or abdominal pain | ○ Loss of taste or smell |

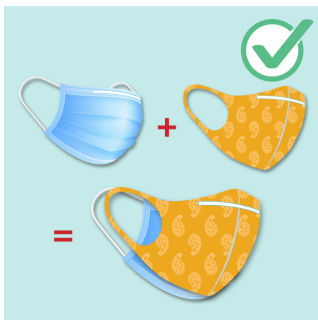
Some Treatments for Common Vaccine Reactions

- If you have a sore arm, put an icepack on it for 5-10 minutes.
- If you have a headache, muscle pain, a fever, and to treat body aches, use acetaminophen (known as Tylenol), paracetamol, or ibuprofen (known as Advil or Motrin) as prescribed by your provider or as written on the label of the bottle. If you are allergic to these medications, please consult your primary care provider for advice.
- If you have body aches, take a hot bath to soak.

Should I Keep Wearing a Mask?

Keep Wearing Your Mask

- We encourage you to continue to wear a mask when outside of your home, stay 6 or more feet away from people who don't live with, and wash your hands frequently.
- We all still need to do this because many people do not have protection YET from COVID-19 even if you are vaccinated.
- Also, we don't know if the vaccine prevents you from making other people sick with COVID-19 even though the vaccine protects you from getting COVID-19.



Thank you again for taking this important step to help protect yourself against COVID-19 and setting a healthy