

## VACCINATION — FREQUENTLY ASKED QUESTIONS

### Should I get the COVID-19 vaccine?

Yes. It's easy and has many benefits! Getting vaccinated means you are less likely to become seriously ill or die from COVID-19. Getting vaccinated yourself protects people around you, including children under age 5, who are not eligible for vaccination, and people who are more vulnerable to the virus, such as elders or individuals with immunocompromising conditions like diabetes.

### Should I get a COVID-19 booster shot?

Yes. It has been discovered that the protection offered by the original COVID-19 vaccine is reduced over time, which is why 1 or 2 booster shots are highly recommended for continued protection against the virus and its variants. A booster shot significantly reduces the risk a vaccinated person will catch COVID-19, including its many variants, if exposed, and is strongly recommended for all eligible people. Everyone ages 12 or older who received their second dose of the Pfizer or Moderna vaccine at least five months ago or received the Johnson & Johnson vaccine at least two months ago is eligible for a booster shot.

A second booster is now available for individuals with a weakened immune system or who are 50 years or older, as long as they received their booster at least four months ago. This second dose will maintain an individual's protection against the virus and its variants.

### Can children get the vaccine?

The COVID-19 vaccine is currently recommended for people ages 5 and older. The vaccine is safe and reduces the chance the child will become ill or transmit the virus to others. This will mean there is less virus in the community, making it safer for our children.

### Is it safe to get the vaccine?

Yes, the vaccine has been tested extensively and proven to be safe for everyone ages 5 and older. More than 3 billion people around the world, including more than 17,000 people in the YK Delta, have been vaccinated and there have been only a very small

number of complications. The FDA and CDC continue to carefully monitor each of the authorized COVID-19 vaccines for safety concerns.

### What are the side effects of the vaccine?

The most common side effects people reported are soreness at the injection site, fever, fatigue and muscle aches. These typically resolve after about 48 hours, are signs your body is learning to fight COVID-19, and can be treated with ibuprofen or Tylenol. Infection with COVID-19 increases your risk of heart attack, stroke, and blood clots. The vaccine is safe and highly effective against preventing severe COVID-19.

### What are the risks of a serious allergic reaction to the COVID-19 vaccine?

The risk of a serious allergic reaction is very low, but YKHC health providers will monitor individuals for 15 minutes following vaccination, to ensure timely care is provided under the extremely rare circumstance of an allergic reaction.

### Does the vaccine protect me against variants of COVID-19, like the delta variant?

Yes, current data suggest that COVID-19 vaccines offer protection against variants currently spreading in the United States. To receive the most protection, people should receive all recommended doses of the vaccine and a booster when eligible.

### When am I considered fully vaccinated?

The U.S. Centers for Disease Control states that people are considered fully protected two weeks after their second dose of the Pfizer-BioNTech or Moderna COVID-19 vaccine, or two weeks after the single-dose Johnson & Johnson's Janssen COVID-19 vaccine.

### Can I get COVID-19 from the vaccine?

No, it is not possible to catch COVID-19 from the vaccine. There is no live virus in COVID-19 vaccines.

### Should I get the vaccine if I am pregnant or breastfeeding?

The COVID-19 vaccine protects the mother and baby. The American College of Obstetricians and

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Gynecologists have recommended that pregnant and breastfeeding mothers be vaccinated. There have been no reported adverse effects in pregnant or breastfeeding mothers or their babies, and no adverse effects on fertility.

### Should I get vaccinated if I already had COVID-19?

Yes, the vaccination helps protect you, even if you have recovered from COVID-19. Some studies have shown that people get stronger protection from being fully vaccinated as compared to having had the virus. If you are diagnosed with COVID-19 and unvaccinated, you can receive your first dose of the vaccine as soon as you are cleared from quarantine.

### Can I get a COVID-19 vaccine at the same time as the flu vaccine?

You can get a COVID-19 vaccine and other vaccines, including a flu vaccine, at the same visit.

### Where can I learn more about the COVID-19 vaccine?

Your YKHC healthcare provider is happy to speak with you about the vaccine. They can answer any questions you have and address your personal health situation.

YKHC also recommends using trusted sources of information to gather more information on the COVID-19 vaccine, including the Centers for Disease Control (CDC) and YKHC.

Resource: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>

Resource: <https://www.ykhc.org/covid-19/vaccine/>