

COVID-19 VACCINES ARE SAFE AND EFFECTIVE



Types of vaccines available in the US:

- Pfizer
- Moderna
- Johnson & Johnson (J&J)
- Novavax



Get your primary series doses. 2 months later, get one bivalent booster.

RECOMMENDATIONS

- + Get vaccinated. Get boosted.
- + Get your family vaccinated and boosted.
- + Pfizer or Moderna are recommended when there is a choice.
- + Wear a mask when indoors even when you are up to date on your vaccines. Wear a mask in crowded outdoor settings.
- + If you are up to date on your vaccines and are exposed to COVID-19:
 - If you have symptoms: Test immediately. If you have a negative test, test again in 48 hours.
 - If you do not have symptoms: Test at least 5 days after exposure. If you have a negative test, test again after 48 hours, and then again after another 48 hours if your second results are negative. Get medical advice if you think you are ill.

For women:

- + For women who are pregnant, breastfeeding, or trying to get pregnant, vaccines are critical for keeping moms and their babies healthy.



- + For women between 18-60 years old, we recommend getting Pfizer or Moderna.

HOW DO I GET A COVID-19 VACCINE?

- ✓ **Contact your local health department to make an appointment** or ask them where mobile vaccine clinics are located.
- ✓ **Check with your local pharmacy.** They will likely offer vaccines.
- ✓ **Contact your local community health center to make an appointment.**
- ✓ **Speak with your employer** about getting a COVID-19 vaccine. They may be helpful in making arrangements to get a vaccine.
- ✓ **Check to see whether vaccines are offered for free** at your state or local health department or local pharmacy. Check to see if fees can be waived.

FOR MORE INFORMATION

For answers to Frequently Asked Questions, visit **Migrant Clinicians Network (MCN)**:
<https://bit.ly/3ki1xAI>



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Protect Yourself Against COVID-19

- ✓ **GET VACCINATED!**
- ✓ **Wear a mask**
- ✓ **Social distancing**
- ✓ **Wash your hands**

COVID-19 Vaccine Awareness Campaign



BENEFITS OF VACCINATION

- ✓ Vaccination protects you, your family, and your co-workers from becoming seriously ill and being hospitalized.
- ✓ Vaccination decreases the number of severe and deadly COVID-19 cases in your community.
- ✓ Vaccination protects hospitals and clinicians from being overwhelmed with patients severely ill with COVID-19.
- ✓ The more vaccinated individuals in our community, the less we need to worry about new variants.
- ✓ We can return to normal activities sooner if more people get vaccinated.

RISKS FOR UNVACCINATED

- ✗ Higher risk of COVID-19 infection.
- ✗ Higher risk of serious infection, hospitalization, and death.
- ✗ If a majority of individuals **DO NOT** get vaccinated against COVID-19, then there is a larger risk of serious illness and risk of new mutations that are more contagious and dangerous.

WHAT TO KNOW WHEN GETTING THE COVID VACCINE



It is important to get vaccinated, even if you have had COVID-19.



It does NOT require any form of identification.



There are various types of vaccines. All vaccines against COVID-19 are safe and effective.



After vaccination you may experience: arm pain, headache, fever, or chills.



You will feel better a few days after your injection.



You are considered fully vaccinated two weeks after your final dose.



Continue to wear a mask in crowded spaces and wash your hands.



You did your part to protect yourself and others from COVID-19!

HOW DO I KNOW WHEN OR IF I NEED ANOTHER DOSE OF THE VACCINE?

- + Immunocompromised individuals need additional doses of the vaccine.
- + A bivalent booster is needed at least 2 months after completing your last vaccine if you have not already received a bivalent booster.
- + Check for latest updates about boosters.

WHAT SHOULD I DO IF I RECEIVED MY FIRST DOSE IN A DIFFERENT COUNTRY AND IT IS NOT AVAILABLE IN THE U.S?

- + Not all countries have approved the same COVID-19 vaccines as the United States.
- + Some vaccines aren't available in the US but are recognized. If your vaccine is recognized by the CDC, and you have documentation of your vaccination, then you don't have to start over. You can get a shot of Pfizer or Moderna vaccine (mRNA) to become fully vaccinated. If you do not have documentation you will need to start over. Seek medical advice on the recommended timing between doses.

WHERE DO I GET MORE INFORMATION?

Visit Centers for Disease Control and Prevention:
www.cdc.gov/coronavirus/2019-ncov/index.html

