COVID-19 VACCINES ARE SAFE AND EFFECTIVE

- Everyone ages six months and older should get an updated COVID-19 vaccine!

- People who were vaccinated before or have never been vaccinated get just one shot.

- **Some people get more than one shot:** children six months to 5 years, immunocompromised, and people 65 and older should talk to their doctor.

RECOMMENDATIONS

+ Get your updated vaccine.

+ Get your family updated vaccines.

+ Pfizer or Moderna are recommended.

+ Wear a mask in crowded indoor or outdoor spaces, even when you are up to date on your vaccine.

+ If you were exposed to COVID-19, follow these steps, even if you are vaccinated:

  - Wear a mask or respirator for 10 days.

  - If you get sick: Test immediately. If you have a negative test, test again in 48 hours.

  - If you don't get sick: Test at least 5 full days after exposure. If you test negative, test again after 48 hours, and then again after another 48 hours if your second results are negative. If you are positive, isolate!

  - If you have a positive test, see CDC guidelines for how to isolate.

  - If you get very sick, go to the doctor!

For women:

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

HOW DO I GET A COVID-19 VACCINE?

The vaccine is free for most people, including those without insurance.

Check to see where to access the COVID vaccine for free:

✓ **Ask about mobile clinics and health fairs**

✓ **Health department**

✓ **Community health center**

✓ **Pharmacies near you**

✓ **Speak with your employer** about getting the COVID-19 vaccine. They may be helpful in making arrangements to get a vaccine.

✓ Find vaccines: https://www.vaccines.gov/search/

FOR MORE INFORMATION

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

MIGRANT CLINICIANS NETWORK
MCN

Updated: September 19, 2023

Protect Yourself Against COVID-19

Get An Updated COVID Vaccine

COVID-19 Vaccine Awareness Campaign

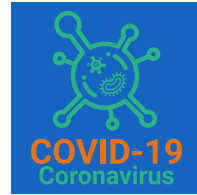## BENEFITS OF VACCINATION

✓ 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.

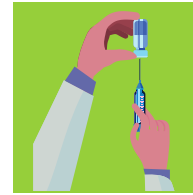✓ The more vaccinated individuals in our community, the less we need to worry about new variants.

RISKS FOR UNVACCINATED

X Higher risk of COVID-19 infection.

X Higher risk of serious infection, hospitalization, and death.

X 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

COVID-19 Coronavirus

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

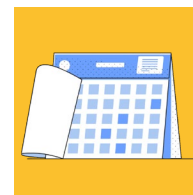**All vaccines against COVID-19 are safe and effective.**

Check where vaccines are offered for free at your state or local health department, pharmacy, or health center.
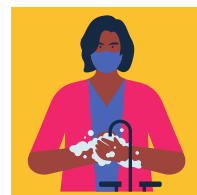
After vaccination you may experience: arm pain, headache, fever, or chills.

You will feel better a few days after your injection.

You are considered up to date once you receive your needed dose or doses.

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 THE COVID VACCINE?

+ Immunocompromised individuals may need additional doses of the vaccine.

+ Those who are 5 years or older need an updated covid vaccine at least 2 months after completing their last vaccine if they received previous doses of the COVID vaccine.

+ Check for latest updates about vaccines.

WHAT SHOULD I DO IF I RECEIVED DIFFERENT COVID VACCINES IN A DIFFERENT COUNTRY AND THE SAME KIND 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:
https://www.cdc.gov/coronavirus/2019-ncov/

CDC CENTERS FOR DISEASE CONTROL AND PREVENTION