

Q&A GETTING VACCINATED

Q: Could the vaccine give me a COVID-19 infection?

A: No, the vaccine does not contain the virus.

Q: If I contracted and recovered from COVID-19, do I still need to get the COVID-19 vaccine?

A: Yes. Since we do not know how long a person has immunity after a COVID-19 infection, anyone who had a previous infection should get the COVID-19 vaccine after their acute symptoms have resolved and they are out of isolation. Since we know that a natural infection provides immunity for at least 90 days, you can wait until then to get the vaccine if the supply is limited.

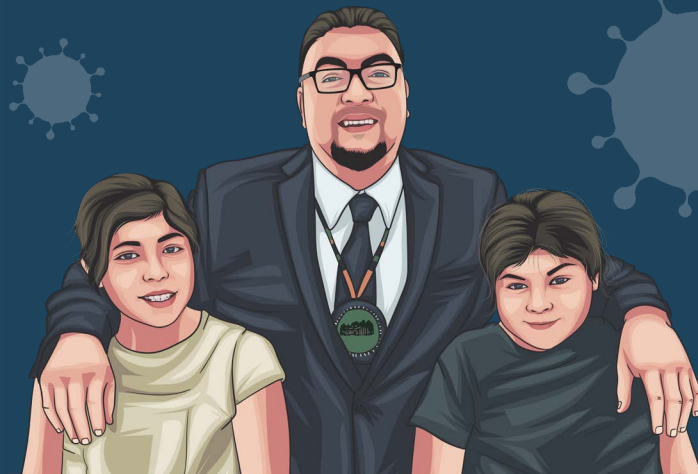
Q: How many COVID-19 vaccinations will I need?

A: The Moderna and Pfizer vaccines need two doses to be effective. It is important to get the same vaccine for both vaccinations. The Janssen vaccine requires only one dose to be effective.

For example: if you get the Moderna vaccine for the 1st dose, you must get the Moderna vaccine for the 2nd dose.

Q: Why do I need to get a COVID-19 vaccine if I can take other precautions to spreading the virus, like physical distancing and wearing face coverings?

A: Vaccines work with your immune system so your body will be ready to fight the virus if you are exposed to it. If you get infected, the vaccine will help lessen or prevent symptoms of disease. This is especially important if you are elderly or have certain chronic conditions. Wearing a face covering and physical distancing still help reduce your chance of being exposed to the virus or spreading it to others.



The Moderna, Pfizer, and Janssen vaccines have mild and temporary side effects, including pain at the injection site, headache, fever, fatigue, chills, and muscle and joint pain. Individuals with severe allergic reactions to other vaccines should consult their doctor in case they may be allergic to a component of the vaccine. They should be observed for 30 minutes following injection rather than the usual 15 minutes. Individuals who carry an EpiPen for their allergies should bring it to their appointment. CDC notes that women who are pregnant or breastfeeding can be presented the option to vaccinate, but first talk to your health care practitioner if you have any concerns about whether you should receive it.



**#CovidVaccineSavesLives
#EndThePandemic**

California Rural Indian Health Board, Inc.
COVID-19 Resources:

<https://crihb.org/prevention-and-education/public-health/>

For more information, go to: <https://covid19.ca.gov/vaccines/>