Benefits of Getting a COVID-19 Vaccine

It is understandable that some people may be concerned about getting vaccinated now that COVID-19 vaccines are available. While more COVID-19 vaccines are being developed as quickly as possible, routine processes and procedures remain in place to ensure the safety of any vaccine that is authorized or approved for use. Safety is a top priority, and there are many reasons to get vaccinated.

Here are some of the benefits of COVID-19 vaccination:

COVID-19 vaccination will help keep you from getting COVID-19

- All COVID-19 vaccines that are in development or are being distributed are being carefully evaluated in clinical trials and will be authorized or approved only if they make it substantially less likely you'll get COVID-19.
- Based on what we know about vaccines for other diseases and early data from clinical trials, experts believe that getting a COVID-19 vaccine may also help keep you from getting seriously ill even if you do get COVID-19.
- Getting vaccinated yourself may also protect people around you, particularly people at increased risk for severe illness from COVID-19.
- Experts continue to conduct more studies about the effect of COVID-19 vaccination on severity of illness from COVID-19, as well as its ability to keep people from spreading the virus that causes COVID-19.

COVID-19 vaccination is a safer way to help build protection

- COVID-19 can have serious, life-threatening complications, and there is no way to know how COVID-19 will affect you. And if you get sick, you could spread the disease to friends, family and others around you.
- Clinical trials of all vaccines, including COVID-19 vaccines, must first show the vaccines are safe and effective before they can be authorized or approved for use. The known and potential benefits of a COVID-19 vaccine must outweigh the known and potential risks of the vaccine for use under what is known as an Emergency Use Authorization (EUA).
- Getting COVID-19 may offer some natural protection, known as immunity. But experts don't know how long this protection lasts, and the risk of severe illness and death from COVID-19 far outweighs any benefits of natural immunity. COVID-19 vaccination will help protect you by creating an antibody (immune system) response without having to experience sickness.
- Both natural immunity and immunity produced by a vaccine are important parts of COVID-19 disease that experts are trying to learn more about, and the CDC will keep the public informed as new evidence becomes available.

COVID-19 vaccination will be an important tool to help stop the pandemic

- Wearing masks and social distancing help reduce your chance of being exposed to the virus or spreading it to others, but these measures are not enough. Vaccines will work with your immune system so it will be ready to fight the virus if you are exposed.
- The combination of getting vaccinated and following the CDC's recommendations to protect yourself and others will offer the best protection from COVID-19.
- Stopping a pandemic requires using all the tools we have available. As experts learn more about how COVID-19 vaccination may help reduce spread of the disease in communities, the CDC will continue to update the recommendations to protect communities using the latest science.

Source

- Centers for Disease Control: www.cdc.gov

Contact us anytime for confidential assistance.

Things to Know about the U.S. COVID-19 Vaccination Program

Now that there are authorized and recommended vaccines to prevent COVID-19 in the United States, here are seven things you need to know about the new COVID-19 Vaccination Program and COVID-19 vaccines.

The safety of COVID-19 vaccines is a top priority

The U.S. vaccine safety system ensures that all vaccines are as safe as possible. The CDC has developed a new tool, v-safe, as an additional layer of safety monitoring to increase our ability to rapidly detect any safety issues with COVID-19 vaccines. V-safe is a new smartphone-based, after-vaccination health checker for people who receive COVID-19 vaccines.

COVID-19 vaccination will help protect you from getting COVID-19

Depending on the specific vaccine you get, a second shot 3-4 weeks after your first shot is needed to get the most protection the vaccine has to offer against this serious disease.

Right now, the CDC recommends COVID-19 vaccines be offered to health care personnel and residents of long-term care facilities

Because the current supply of COVID-19 vaccine in the United States is limited, the CDC recommends that initial supplies of COVID-19 vaccine be offered to health care personnel and long-term care facility residents.

There is currently a limited supply of COVID-19 vaccine in the United States, but supply will increase in the weeks and months to come

The goal is for everyone to be able to easily get vaccinated against COVID-19 as soon as large enough quantities are available. Once vaccine is widely available, the plan is to have several thousand vaccination providers offering COVID-19 vaccines in doctors' offices, retail pharmacies, hospitals and federally qualified health centers.

After COVID-19 vaccination, you may have some side effects. This is a normal sign that your body is building protection

The side effects from COVID-19 vaccination may feel like flu and might even affect your ability to do daily activities, but they should go away in a few days.

Cost is not an obstacle to getting vaccinated against COVID-19

Vaccine doses purchased with U.S. taxpayer dollars will be given to the American people at no cost. However, vaccination providers may be able to charge administration fees for giving the shot. Vaccination providers can get this fee reimbursed by the patient's public or private insurance company or, for uninsured patients, by the Health Resources and Services Administration's Provider Relief Fund.

COVID-19 vaccines are one of many important tools to help us stop this pandemic

It's important for everyone to continue using all the tools available to help stop this pandemic as we learn more about how COVID-19 vaccines work in real-world conditions. Cover your mouth and nose with a mask when around others, stay at least 6 feet away from others, avoid crowds, and wash your hands often.

Source

- Centers for Disease Control: www.cdc.gov

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Frequently Asked Questions about COVID-19 Vaccination

The federal government, has been working since the pandemic started to make one or more COVID-19 vaccines available as soon as possible. Although the CDC does not have a role in developing COVID-19 vaccines, the CDC has been working closely with health departments and partners to develop vaccination plans for when a vaccine is available. The CDC is working with partners at all levels, including health care associations, on flexible COVID-19 vaccination programs that can accommodate different vaccines and scenarios. Below are answers to commonly asked questions.

If I have already had COVID-19 and recovered, do I still need to get vaccinated with a COVID-19 vaccine when it's available?

There is not enough information currently available to say if or for how long after infection someone is protected from getting COVID-19 again; this is called natural immunity. Early evidence suggests natural immunity from COVID-19 may not last very long, but more studies are needed to better understand this.

Why would a vaccine be needed if we can do other things, like social distancing and wearing masks, to prevent the virus that causes COVID-19 from spreading?

Stopping a pandemic requires using all the tools available. Vaccines work with your immune system so your body will be ready to fight the virus if you are exposed. Other steps, like covering your mouth and nose with a mask and staying at least 6 feet away from others, help reduce your chance of being exposed to the virus or spreading it to others.

Do I need to wear a mask and avoid close contact with others if I have received 2 doses of the vaccine?

Yes. While experts learn more about the protection that COVID-19 vaccines provide under real-life conditions, it will be important for everyone to continue using all the tools available to us to help stop this pandemic, like covering your mouth and nose with a mask, washing hands often, and staying at least 6 feet away from others. Together, COVID-19 vaccination and following the CDC's recommendations for how to protect yourself and others will offer the best protection from getting and spreading COVID-19. Experts need to understand more about the protection that COVID-19 vaccines provide before deciding to change recommendations on steps everyone should take to slow the spread of the virus that causes COVID-19. Other factors, including how many people get vaccinated and how the virus is spreading in communities, will also affect this decision.

When can I stop wearing a mask and avoiding close contact with others after I have been vaccinated?

There is not enough information currently available to say if or when the CDC will stop recommending that people wear masks and avoid close contact with others to help prevent the spread of the virus that causes COVID-19. Experts need to understand more about the protection that COVID-19 vaccines provide before making that decision. Other factors, including how many people get vaccinated and how the virus is spreading in communities, will also affect this decision.

Does immunity after getting COVID-19 last longer than protection from COVID-19 vaccines?

The protection someone gains from having an infection (called natural immunity) varies depending on the disease, and it varies from person to person. Since this virus is new, we don't know how long natural immunity might last. Some early evidence—based on some people— seems to suggest that natural immunity may not last very long.

Regarding vaccination, we won't know how long immunity lasts until we have a vaccine and more data on how well it works.

Both natural immunity and vaccine-induced immunity are important aspects of COVID-19 that experts are trying to learn more about, and the CDC will keep the public informed as new evidence becomes available.

What percentage of the population needs to get vaccinated to have herd immunity to COVID-19?

Experts do not know what percentage of people would need to get vaccinated to achieve herd immunity to COVID-19. Herd immunity is a term used to describe when enough people have protection—either from previous infection or vaccination—that it is unlikely a virus or bacteria can spread and cause disease. As a result, everyone within the community is protected even if some people don't have any protection themselves. The percentage of people who need to have protection in order to achieve herd immunity varies by disease.

Source
• Centers for Disease Control: www.cdc.gov

Ensuring COVID-19 Vaccine Safety

The U.S. vaccine safety system insures that all vaccines, including the recently FDA-authorized Pfizer-BioNTech and Moderna COVID-19 vaccines, are as safe as possible. Safety is a top priority while federal partners work to make this and other COVID-19 vaccines available.

Safety of the COVID-19 Vaccines

The U.S. Food and Drug Administration (FDA) has granted an Emergency Use Authorization (EUA) for the Pfizer-BioNTech and Moderna COVID-19 vaccines, which have been shown to be safe and effective for use in people ages 16 years and older as determined by data from the manufacturer and findings from large clinical trials. These data demonstrate that the known and potential benefits of this vaccine outweigh the known and potential harms of becoming infected with COVID 19.

Clinical Trials

Clinical trials have been and continue to be conducted to evaluate additional COVID-19 vaccines in many thousands of study participants. These trials generate scientific data and other information that is used by the FDA to determine vaccine safety and effectiveness. Clinical trials on all COVID-19 vaccine candidates are conducted according to the rigorous standards set forth by the FDA in their June 2020 guidance document, Development and Licensure of Vaccines to Prevent COVID-19. When the FDA determines that a vaccine meets its safety and effectiveness standards, it makes these vaccines available for use in the United States by approval or through an EUA.

After the FDA determines that a COVID-19 vaccine candidate is safe and effective, the Advisory Committee on Immunization Practices (ACIP), a committee comprising medical and public health experts, reviews available data before making vaccine recommendations to the CDC.

Vaccine Safety Monitoring

After a vaccine is authorized or approved for use, many vaccine safety monitoring systems watch for adverse events (possible side effects). This continued monitoring can pick up on adverse events that may not have been seen in clinical trials. If an unexpected adverse event is seen, experts quickly study it further to assess whether it is a true safety concern. Experts then decide whether changes are needed in U.S. vaccine recommendations. This monitoring is critical to help ensure that the benefits continue to outweigh the risks for people who receive vaccines.

The FDA's June 2020 guidance document also includes important recommendations for ongoing safety evaluation after any COVID-19 vaccine is made available in the United States.

Expanded Safety Monitoring Systems

The CDC has expanded safety surveillance through new systems and additional information sources, as well as by scaling up existing safety monitoring systems.

The following systems and information sources add an additional layer of safety monitoring, giving the CDC and the FDA the ability to evaluate COVID-19 vaccine safety in real time and to make sure COVID-19 vaccines are as safe as possible:

- **V-safe:** A new smartphone-based, after-vaccination health checker for people who receive COVID-19 vaccines. V-safe uses text messaging and web surveys from the CDC to check in with vaccine recipients following COVID-19 vaccination. V-safe also provides second vaccine dose reminders if needed, and telephone follow-up to anyone who reports medically significant (important) adverse events.

- **National Healthcare Safety Network (NHSN):** An acute and long-term care facility monitoring system with reporting to the Vaccine Adverse Event Reporting System (VAERS) that will allow for determination of COVID-19 vaccine adverse event reporting rates.

- **Other large insurer/payer databases:** A system of administrative and claims-based data for surveillance and research.

Existing Safety Monitoring Systems

As people get vaccinated, the CDC, FDA, and other federal partners will use the following existing, robust systems and data sources to conduct ongoing safety monitoring among the general public:

General public

- **V-safe:** A new smartphone-based, after-vaccination health checker for people who receive COVID-19 vaccines. V-safe uses text messaging and web surveys from the CDC to check in with vaccine recipients following COVID-19 vaccination. V-safe also provides second vaccine dose reminders if needed, and telephone follow-up to anyone who reports medically significant (important) adverse events.

- **Vaccine Adverse Event Reporting System (VAERS):** The national system that collects reports from health care professionals, vaccine manufacturers, and the public of adverse events that happen after vaccination; reports of adverse events that are unexpected, appear to happen more often than expected, or have unusual patterns are followed up with specific studies

- **Vaccine Safety Datalink (VSD):** A network of nine integrated health care organizations across the United States that conducts active surveillance and research; the system is also used to help determine whether possible side effects identified using VAERS are actually related to vaccination

- **Clinical Immunization Safety Assessment (CISA) Project:** A collaboration between the CDC and 7 medical research centers to provide expert consultation on individual cases and conduct clinical research studies about vaccine safety

- **Medicare data:** A claims-based system for active surveillance and research

- **Biologics Effectiveness and Safety System (BEST):** A system of electronic health record, administrative, and claims-based data for active surveillance and research

- **Sentinel Initiative:** A system of electronic health record, administrative, and claims-based data for active surveillance and research

Source

- Centers for Disease Control: www.cdc.gov

What to Expect after Getting a COVID-19 Vaccine

COVID-19 vaccination will help protect you from getting COVID-19. You may have some side effects, which are normal signs that your body is building protection. These side effects may affect your ability to do daily activities, but they should go away in a few days.

Common Side Effects

On the arm where you got the shot:

- Pain
- Swelling

Throughout the rest of your body:

- Fever
- Chills
- Tiredness
- Headache

Helpful Tips

If you have pain or discomfort, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen or acetaminophen.

To reduce pain and discomfort where you got the shot:

- Apply a clean, cool, wet washcloth over the area
- Use or exercise your arm

To reduce discomfort from fever:

- Drink plenty of fluids
- Dress lightly

When to Call the Doctor

In most cases, discomfort from fever or pain is normal. Contact your doctor or health care provider:

- If the redness or tenderness where you got the shot increases after 24 hours
- If your side effects are worrying you or do not seem to be going away after a few days
- If you get a COVID-19 vaccine and you think you might be having a severe allergic reaction after leaving the vaccination site, seek immediate medical care by calling 911.

Remember

Side effects may feel like flu and even affect your ability to do daily activities, but they should go away in a few days.

With most COVID-19 vaccines, you will need 2 shots in order for them to work. Get the second shot even if you have side effects after the first shot, unless a vaccination provider or your doctor tells you not to get a second shot.

It takes time for your body to build protection after any vaccination. COVID-19 vaccines that require 2 shots may not protect you until a week or two after your second shot.

It's important for everyone to continue using all the tools available to help stop this pandemic as we learn more about how COVID-19 vaccines work in real-world conditions. Cover your mouth and nose with a mask when around others, stay at least 6 feet away from others, avoid crowds, and wash your hands often.

Source

- Centers for Disease Control: www.cdc.gov

Here when you need us.

Call:
TTY: 800.697.0353
Online: guidanceresources.com
App: GuidanceNow℠
Web ID:

Contact us anytime for confidential assistance.