

The COVID-19 vaccine is here.



Here's what you should know.

We are working hard to vaccinate all individuals eligible for the COVID-19 vaccine. Not eligible yet? Check institute.org/covid19vaccine for updates.

Here's what you should know about the COVID-19 vaccine:

- Vaccine supplies are currently limited. Please keep checking for available appointments and updates on eligible individuals at our webpage, institute.org/covid19vaccine.
- It's important that health care workers and people at very high risk for COVID-19 (such as people who live in nursing homes) get vaccinated first.
- The Institute is following guidelines from New York State and New York City government about who should get vaccinated first. Eventually, everyone will be able to get vaccinated.
- Researchers have studied these vaccines and proven they are safe for most people age 16 or older. The studies included men, women, Black people, Latinx people, Asian people, and White people of different ages.
- We do not yet know how long the protection from the vaccine lasts. The safest choice is to get vaccinated now.
- We know many people are worried about whether the COVID-19 vaccine is safe. Both the disease and the vaccine are new, but remember: COVID-19 is a very serious disease and can be deadly.

Even if you have concerns about the COVID-19 vaccine, getting vaccinated is the safest choice.

We are getting more information about the COVID-19 vaccine every day. If you are a current patient, sign up for [MyChart](#) to be notified when the COVID-19 vaccine is available for you. For other up-to-date information, visit institute.org/covid19vaccine or talk to your provider.

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Questions and Answers about the COVID-19 Vaccine

1. Is the vaccine safe? Has it been tested enough? Because COVID-19 is so serious, scientists from all over the world have worked together to create safe vaccines. COVID-19 vaccines were tested in large research studies to make sure they are safe. People of different ages, races, and ethnicities, as well as those with different medical conditions, volunteered to participate in these studies, which have shown the vaccines are safe. The U.S. government, New York State, and many countries around the world have set up special committees to make sure the vaccines are safe.

2. How many shots do I need? Will they hurt? We are currently offering the Moderna vaccine. You will need one shot, and then a second shot 28 days later. When you come in for your first shot, we will schedule your second appointment.

Shots often feel like a quick pinch. After, your arm might feel sore or warm, or look red. You might get a headache or a fever. These side effects are a sign that the vaccine is working.

3. Will the vaccine give me COVID-19 or make me feel sick? The vaccine cannot give you COVID-19. You may feel some side effects from the vaccine, like a headache or fever. Your arm might feel sore or warm, or look red. These side effects should go away on their own within a week. If you have more serious side effects, please call us so we can help.

4. What will the vaccine cost? Everyone will be able to get vaccinated regardless of insurance or ability to pay. If you have insurance, your insurance may pay. Otherwise, you will be able to get the vaccine for free from us or from New York State or New York City.

5. If I had COVID-19, do I still need to get vaccinated? Yes. Some people who had COVID-19 can get it again. Even if you had COVID-19 and you think you might be immune, getting the vaccine is the safest choice. However, you should not get vaccinated if you are currently sick with COVID-19. If you have COVID-19 now, talk to your provider about when to get vaccinated.

6. If I recently received another vaccine, can I get the COVID-19 vaccine? You should not get the COVID-19 vaccine if you have recently received other vaccines in the last 14 days. You can get the COVID-19 vaccine after 14 days have passed.

7. Can children get the vaccine? To start, young children will not be able to receive the vaccine. Children ages 16 and older can receive one version of the vaccine. We will find out more soon about whether the other vaccines are ok for children. Most children who get COVID-19 don't get very sick, so it was important to work on a vaccine for adults first.

8. Can people who are pregnant get the vaccine? If you are pregnant, talk with your provider about whether you should get vaccinated. There is less information about whether the COVID-19 vaccines are ok for people who are pregnant.

9. Do I still have to wear a face covering and avoid close contact with people after I'm vaccinated? Yes. The vaccine is not a perfect fix. We will still need to practice other precautions like wearing a face covering that covers your nose and mouth, social distancing, handwashing and other hygiene measures until public health officials say otherwise. It's important for everybody to continue to practice these precautions to help stop this pandemic.