

# The COVID-19 vaccines are here.

Here's what you should know.



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

- COVID-19 vaccines are available at New York State or New York City vaccination sites. In NYC, call 877-VAX-4NYC or visit <https://vaccinefinder.nyc.gov/>. Outside of NYC, call 833-NYS-4-VAX or visit <https://ami-eligible.covid19vaccine.health.ny.gov/>.
- The Institute for Family Health is currently offering the Moderna vaccine, which is for people age 18 and older.
- People 18 and older can also get Johnson & Johnson's Janssen vaccine. People age 12 and older can get the Pfizer vaccine.
- Researchers have studied these vaccines and proven they are safe for most people age 12 or older. The studies included men, women, Black people, Latinx people, Asian people, and White people of different ages.
- The COVID-19 vaccines are readily available now. We do not yet know how long protection from the vaccine lasts, but the safest choice is to get vaccinated now.
- Don't delay other vaccines or your COVID-19 vaccine. You can get the COVID-19 vaccine on the same day as other vaccines.
- We know people are worried about whether the COVID-19 vaccines are safe. Both the disease and the vaccine are new, but remember: COVID-19 is a very serious disease and can be deadly.
- As of now, we know that a person who is fully vaccinated is protected against all known variants of COVID-19. Being protected and vaccinated prevents new variants of COVID-19. Getting vaccinated now is the safest choice.

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

For the most up to date information, visit [institute.org/covid19vaccine](https://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. Some people have worse side effects after their second shot. These side effects are a sign that your immune system 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 can 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. People who have 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 received infusion or treatment for COVID-19 or 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 can get your COVID-19 vaccine on the same day as other vaccines. You do not need to delay your regular vaccines or COVID-19 vaccine.

**7. Can children get the vaccine?** To start, young children will not be able to receive the vaccine. Children ages 12 and older can receive one version of the vaccine. We will find out soon about vaccinating younger children.

**8. Can people who are pregnant or breastfeeding get the vaccine?** If you are pregnant or breastfeeding, talk with your provider. Medical professionals are encouraging people who are pregnant and breastfeeding to get the COVID-19 vaccine.

**9. Do I still have to wear a face covering and avoid close contact with people after I'm vaccinated?** Even after you are vaccinated, you must still wear face coverings and practice other precautions like social distancing in healthcare settings, subways and buses, or wherever else required. Children and other individuals who cannot get vaccinated are most protected when the people around them are wearing face coverings, especially indoors.

Continue to follow New York State guidelines on preventing the spread of COVID-19.