

COVID-19 Vaccine FAQ: Moderna

The COVID-19 pandemic has been a stressful time for many of us, causing many changes in our everyday lives. **The good news is there is now a vaccine (shot) that can help protect you and others from getting COVID-19.** It is perfectly normal if you have some questions about this new vaccine, and we are here to help answer them! Use this handout to learn more about the vaccine. Talk with your CHN doctor if you have questions or concerns.

How the COVID-19 vaccine protects you:

Experts are learning new information every day about why it will be important to get the vaccine. From what we know so far:

- **It will help keep you from getting COVID-19.** Experts believe that getting this vaccine may help keep you from getting really sick even if you do get COVID-19. By getting the vaccine, you may also be protecting the people around you.
- **It will offer you safer protection.** Getting COVID-19 may offer some natural immunity (protection against disease), but experts don't know how long that immunity lasts. The vaccine helps your body to create antibodies, which help fight off the virus and protect you from getting sick.
- **It will be an important step to help stop the pandemic.** The vaccine will work to help your body fight off COVID-19 if you are exposed. Getting the vaccine, social distancing, wearing masks and washing your hands often are all important actions to take to help end this pandemic.



How does the vaccine work?

COVID-19 messenger RNA (mRNA) vaccines work by teaching our body how to make a protein that helps our body fight off disease. It does not use the live virus that causes COVID-19.

- It tells our cells how to make a small, harmless protein called a "spike protein". When our body sees that this spike protein doesn't belong, it begins to form an immune response so that your body can learn how to protect itself from COVID-19 infections.

Is the vaccine safe?

Safety is the number one priority when developing new vaccines. From what we know so far, studies are showing that the COVID-19 vaccine is safe and works well.

- The Food and Drug Administration (FDA) reviews all safety information before allowing a vaccine to be given to patients. Experts will continue to study the vaccine, gather information about any possible long-term side effects, and take action to address any safety concerns.



Who should get the vaccine?

Anyone 18 years or older can (and should) get the COVID-19 vaccine as it becomes available.

- It is important for as many people as possible to get the vaccine in order to reach **herd immunity**. Herd immunity is when a large part of the community becomes immune (protected from) the disease. This means the disease is less likely to spread and the community as a whole is protected.

Can I get the vaccine if I am pregnant, trying to get pregnant or breastfeeding?

Yes, you can get the vaccine. At this time, we don't have any reason to believe that it would affect your breastmilk, pregnancy, or ability to get pregnant.

- Talk with your CHN doctor if you have questions.

Can I get the vaccine if I already had COVID-19?

Yes, you can get the vaccine.

- Because it is possible that you can get COVID-19 more than once, it is important to the vaccine protect you, regardless of whether you already had it.

How many shots will I need to get?

You will need to get 2 shots in order to be fully protected.

- After you get your first shot, you will need to come back **in 28 days** for your second shot.

Can I get infected with COVID-19 in between doses?

There may be a chance you could get COVID-19 in between doses, but we don't have enough information at this time to know how likely this is.

- It is important for you to continue wearing masks and staying at least 6 feet apart from others to protect yourself.

If I want the vaccine, when can I get it?

Certain groups of people will be given the vaccine first.

- As the vaccine becomes more available, we will let you know when you are able to get it.

How much will the vaccine cost?

The vaccine will be free for anyone who want it as it becomes available.

At CHN, we are here to help answer your questions and address any concerns you may have about this vaccine. Talk with a CHN doctor or nurse today!