

# Getting 'Back to Normal' is going to take **ALL OF OUR TOOLS**

Get vaccinated. Wear a mask. Avoid crowds. Wash hands often.



## COMMON COVID-19 VACCINE QUESTIONS

### WHY SHOULD I GET A COVID-19 VACCINE?

To protect yourself, protect your family, protect your co-workers, protect your community.

### ARE COVID-19 VACCINES SAFE?

COVID-19 vaccines were tested in large studies with thousands of adults of all ages, including those 65 and older. The vaccines were found to be safe and provided very strong protection in older adults.

**The risk of catching the virus and having a bad outcome is much higher than any risk from the vaccine.**

### CAN THE COVID-19 VACCINE CAUSE COVID-19 DISEASE?

The **vaccine cannot give you COVID-19**; there is no live virus in it!

**Thank you for your efforts to ensure the best protection possible against COVID-19.**

**VISIT [VACCINENM.ORG](https://www.vaccinenm.org) OR CALL 1-855-600-3453**

### WHAT ARE POSSIBLE SIDE EFFECTS ?

The most common side effects are:

- pain where the shot was given
- tiredness or fatigue
- headache
- fever
- chills
- muscles aches
- joint pain
- nausea

Side effects were usually mild to moderate and went away quickly. Serious side effects were very rare.

### WHAT CAN I DO IF I HAVE SIDE EFFECTS FROM THE VACCINE?

- Talk to your doctor about over-the-counter pain relievers, such as ibuprofen or acetaminophen.
- For pain in the area where you got the shot, apply a cool wet washcloth and move the arm.
- For fever, drink plenty of fluids and dress lightly.

# COMMON COVID-19 VACCINE QUESTIONS

## HOW MANY SHOTS WILL I NEED?

The vaccines currently available require that you receive 2 shots

- Pfizer - 21 days apart
- Moderna - 28 days apart

## ARE COVID VACCINES REQUIRED?

The state and federal governments does not require people to be vaccinated for COVID-19. Some private entities may require their employees to get vaccinated.

## WILL WE STILL NEED TO WEAR A MASK?

Yes, vaccines will help slow the spread of COVID-19 but even after vaccination, everyone should continue to take recommended steps to protect themselves and others including wearing masks.

## WHAT IF EMPLOYEES GET A FEVER AFTER THEIR VACCINATION?

Employees who have a fever after vaccination should stay home and get tested for COVID-19. If the virus is not the likely cause of the fever, they may return to work based on their employer's policy.

## SHOULD I REPORT SIDE EFFECTS?

People who have unpleasant side effects after receiving this or any other vaccine should submit a report to the **Vaccine Adverse Event Reporting System (VAERS)**. **V-safe** is a new phone app to report side effects.

## IS EVERYONE ELIGIBLE?

Everyone who meets age criteria will be eligible to receive a vaccine, but because there are so many who need it, we are going by phases. In general, the first phase is health care workers, emergency responders and long-term care residents and staff to keep certain essential services working. Next will come elderly and those with chronic health conditions to protect those at highest risk of bad outcomes. As more vaccine becomes available, phases will expand to include more people.

Register to request an appointment for your vaccine at **vaccinenm.org** or call 1-855-600-3453.

People who have already had the COVID-19 virus, with or without obvious symptoms, should be vaccinated. If a person currently has COVID-19, that person should not receive the vaccine until they have recovered from illness. Once the person does not have symptoms and is no longer required to isolate, they should get the vaccination.

Testing to determine prior infection is not recommended.

## HOW MUCH WILL IT COST?

There is **no cost to receive the vaccine and you will not be billed directly**. The pharmacy providing your vaccine may bill your insurance company.

To register for your COVID-19 vaccine visit: [vaccinenm.org](https://vaccinenm.org)

For more information on the COVID-19 vaccine visit: [cv.nmhealth.org/covid-vaccine](https://cv.nmhealth.org/covid-vaccine)

