



COVID-19 VACCINE

Vaccination against COVID-19 is one of the best ways to help stop the coronavirus pandemic. Supplies will increase over time, and the vaccine should be available to the general public later in 2021. As soon as we have more information to proceed, we will partner with public health to contact eligible community members regarding next steps for vaccination.

(Please note that the COVID-19 vaccine may not be available for young children until more studies are completed.)

In the meantime, we ask that you continue to wear your mask, limit indoor gatherings, practice social distancing, wash your hands for at least 20 seconds and stay home when you're sick.

If you have questions about the COVID-19 vaccine, we recommend visiting our website at the below link, contacting your healthcare provider and relying on other fact-based sources like the CDC and FDA.

unitypoint.org/covid-19-vaccine



UnityPoint Health



COVID-19 VACCINE FAQs

What are some of the potential side effects of the COVID-19 vaccine?

Side effects are common, but generally mild to moderate and occur within the first few days of getting the vaccine. For more information on vaccine safety, speed of development and potential side effects of vaccination, we recommend reading the [Pfizer Fact Sheet](#) and [Moderna Fact Sheet](#). Both materials were created by the FDA and include the latest information.

What are the ingredients in the COVID-19 vaccine?

There are currently two COVID-19 vaccines with Emergency Use Authorization (EUA) approval by the FDA: Pfizer and Moderna. Ingredients for the Pfizer Vaccine may be found on the [Fact Sheet](#). Ingredients for the Moderna Vaccine can be found on the [Fact Sheet](#).

How do I know the COVID-19 vaccine is safe, since it was just developed?

Since COVID-19 is a new virus, we understand you may have questions about COVID-19 vaccine safety. It's important to note that the FDA established rigorous safety requirements for these vaccines, and more than 70,000 individuals participated in the clinical trials. Even though the virus itself is new, the science behind the vaccines is not new—it is rooted in years of research, and every step of the vaccine process went through the same safety assessments as all other vaccines. Finally, we want our community to know that our clinical leaders and vaccine and infectious disease experts thoroughly reviewed all data surrounding the clinical trials of these vaccines, and they support vaccination to help stop the pandemic. For more information on vaccine safety, we recommend visiting the [CDC website](#).

Should I get the vaccine if I've already had COVID-19?

Yes. If you've already had COVID-19, your body may have built up antibodies to fight future infection. We know that natural infection results in immunity lasting at least 90 days, but we do not yet know how long that immunity lasts. Because of natural immunity, individuals who have had COVID-19 can consider deferring vaccination for 90 days, particularly in times of vaccine shortage. However, it is safe and effective to get the vaccine sooner, as long as your active infection and isolation period has ended.

When should I get my second dose of the COVID-19 vaccine?

Both vaccines currently available have two doses. The Pfizer vaccine requires a second dose at least 21 days after your first dose, and the Moderna vaccine requires a second dose at least 28 days after your first dose. Once vaccines

become available to the public, it will be optimal to remain consistent within these time frames. However, the CDC says if the second vaccine dose is given late, the series does not need to be restarted. (Please note the second dose will be the same brand as the initial dose, because there is not data to support interchanging brands. Because of limited supply, it is unlikely that community members will be able to select which COVID vaccine they'd like to receive.)

Should someone with allergies get the COVID-19 vaccine?

If you have severe anaphylaxis or an allergy to one of the ingredients of the COVID-19 vaccine, please talk to your health care provider. For most people, even those with seasonal allergies or minor food allergies, it is safe, and we highly recommend getting the vaccine.

Can pregnant or nursing individuals receive the COVID-19 vaccine?

Yes. Even though pregnant and nursing individuals were excluded from clinical trials, and no information has been collected regarding the safety of the vaccine during pregnancy, they are eligible to receive the vaccine. That's because pregnant and nursing individuals are at increased risk of more severe COVID-19, with an increase in ICU admission and ventilator use when compared to non-pregnant individuals in the same age group. The Advisory Committee on Immunization Practices, the American Academy of Pediatrics and the American College of Obstetricians and Gynecologists recommend offering the COVID-19 vaccine to pregnant and lactating individuals, and our Women's Service Line supports this position.

Since vaccination is a personal decision, we recommend pregnant individuals contact their provider to discuss their individual situation.

Will people need to wear a mask after receiving the COVID-19 vaccine?

After receiving the COVID-19 vaccine, it's still important to follow the same guidelines: wear a mask, social distance, wash your hands and stay home when you're sick. We recognize our communities are eager to return to "normal." However, we don't yet know how long immunity from the vaccine will last, and it will take time to vaccinate a large percentage of our communities to help slow the spread of COVID-19.

Contact your health care provider if you are experiencing symptoms of COVID-19.



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