

# The COVID-19 Vaccine and You

**Childcare providers are now eligible for the COVID-19 vaccine!** While this is exciting news, it's also normal to be nervous.



Scientists have been working hard on vaccines in the coronavirus family for years, so they didn't need to start from scratch with the COVID-19 vaccine.

The vaccine was tested on thousands of volunteers, including people from different races, ethnicities and age groups. Scientists all over the world shared data and held public meetings to hear concerns about the COVID-19 vaccine before it was public.

Though vaccines have saved countless lives over the last two centuries, there is misinformation out there about how they work. The COVID-19 vaccine **safely** teaches your body how to *recognize* and *defend* against the virus.

**Childcare providers play a big role in children's lives. When you get the vaccine, you help:**

- ✓ **PROTECT** yourself and your loved ones
- ✓ **PROTECT** children in your care who are too young for the vaccine
- ✓ **PROTECT** the parents, siblings and elders of children in your care
- ✓ **DEFEAT** the virus, so children in your care can enjoy more activities sooner

**In scientific studies,**

**95%** of people who got the vaccine were protected from getting sick from COVID-19.

## **EVERYONE DESERVES TO BE HEALTHY**

Systemic racism has kept Black, LatinX, and other people of color from educational and job opportunities that lead to better pay, safer workplaces, and quality health care. As a result, communities of color have gotten sicker and taken the biggest financial hit from COVID-19.

When you get the vaccine, you not only help defeat the virus, you help protect the lives and jobs of people of color who have been harmed more by COVID-19.

# Common Questions about the COVID-19 Vaccine



**How Can I Get the Vaccine?** The vaccine will be in short supply initially and it will take months before it is widely available. Healthcare workers, nursing home staff and residents, seniors and frontline essential workers will be the first vaccinated. Older adults, people with high-risk medical conditions, and other essential workers will be vaccinated next.

**What Do I Need to Bring with Me to the Appointment?** Please bring photo ID and your health insurance card to your appointment. You do not need to have health insurance to receive this no-cost vaccine. If you do not have an ID, please bring a document that will allow us to verify your age.

**Do I Need to Pay for the Vaccine? No.** The vaccine is free, but if you have insurance, bring your insurance card just in case.

**Is it One Shot or Two? Two.** Currently, you will need to get two shots, spaced either three or four weeks apart. Usually, you can schedule your second shot at the time you get your first.

**Can I Trust the Vaccine if I'm a Person of Color? Yes.** There is understandable distrust of new medical treatments by people of color due to a long history of medical racism in the U.S. The COVID-19 vaccine was tested on thousands of volunteers, including people from different races, ethnicities

and age groups. Scientists of color worked on the vaccines, and the scientists shared data and held public meetings to hear concerns about the vaccine before it was public.

**What if I Have a Bad Reaction to the Shot?** Allergic reactions are rare. After your shot, you will wait for 15 minutes with a health professional, who will make sure you are safe to leave.

Many people have no side effects. If you do have any, they are temporary and usually mild. They may include a sore arm for a couple of days, tiredness, and a headache. Side effects are a signal your body is building defenses against the virus.

**Can You Get COVID-19 From the Vaccine? No.** The vaccine doesn't contain the virus, and you cannot get COVID-19 from the vaccine. There is a lot of wrong information about the vaccines out there. Make sure the information you use comes from a trusted medical provider or a trusted source like the CDC.

**Should I Get the Vaccine If I Already Had COVID-19? Yes.** You should get the vaccine even if you have already had COVID-19 and recovered. Having COVID-19 once may not protect you from getting it again.

**For more info about the COVID-19 vaccines, go to [www.coronavirus.cchealth.org](http://www.coronavirus.cchealth.org)**