

# COVID-19 Vaccine Information

People across our region are currently being vaccinated against COVID-19.

Here is some helpful information about the COVID-19 Vaccine



**The vaccine is free for everyone.** You may be asked to provide insurance information when registering, but insurance is not required to receive the vaccine.

The vaccine does not treat COVID-19, it helps your body protect itself from COVID-19.

You cannot get COVID-19 from the vaccine.

If you have already had COVID-19 you should still receive the vaccine.

The vaccine is not being mandated by federal or state government.

## Distribution

Distribution is managed through state health departments. For more information visit:

- [healthvermont.gov](http://healthvermont.gov)
- [health.ny.gov](http://health.ny.gov)

## Vaccine Companies

As of March 1 there are three vaccines available due to Emergency Authorization: Pfizer, Moderna, and Johnson & Johnson. Both Pfizer and Moderna require two shots.

- Pfizer: 21 days between doses, Moderna: 28 days between doses
- Both doses you receive will be from the same vaccine manufacturer.

Additional vaccines may become available.

## Effectiveness

For the vaccine to be effective, you need to receive both doses.

Effectiveness of the vaccine against the new variants is still being studied, and the results are promising. This is still being closely monitored and studied.

## Side Effects

Mild side effects from the vaccine are common and do not mean you have COVID. Symptoms may include:

- Flu-like symptoms for 24-36 hours
- Fatigue
- Sore arm
- Headache

These side effects are more likely after the second dose.



### Allergies

Having allergies does not disqualify you from getting the vaccine.

If you have had a severe allergic reaction to a vaccine or a medication (requiring you to seek immediate medical care) in the past, it is important to discuss with your doctor before getting the vaccine.

### Eligibility

Immune compromised people are still able to get the vaccine. This includes people with HIV, heart disease, diabetes, asthma, irritable bowel syndrome, and sickle cell.

Ages: The Moderna vaccine is approved for ages 18+ and the Pfizer vaccine is approved for ages 16+

Pregnancy & Breastfeeding: The vaccine is appropriate for people who are pregnant or breastfeeding. Those who are pregnant are able to receive the vaccine when the 'high risk conditions' category becomes eligible.

### Immunity

Precautions will need to remain in place until enough people have received the vaccine, which will be many months from now.

You will still need to:

- Wear a mask
- Wash hands
- 6 feet apart from people outside your household
- No group gatherings

### Culturally Specific Information

The vaccine is Kosher.

The vaccine is Halal.

There is no human or animal material in the vaccine.

If you have any additional questions or concerns regarding the COVID-19 vaccination, we encourage you to reach out to your doctor.

**If you need help with vaccine registration due to a language barrier, please contact AALV, USCRI or VT LEND.**

This information was developed in collaboration with AALV, USCRI Vermont, and VT LEND.

**For more information visit:  
[UVMHealth.org/Coronavirus](https://UVMHealth.org/Coronavirus)**