

A
neighbor's
guide to
the COVID
vaccine



The following is a collection of community resources compiled from the **Centers for Disease Control and Prevention** (CDC) and the **Genesee County Health Department**. Content was also developed to highlight Genesee County residents and the reasons behind their decision to become vaccinated. We hope you find the information presented useful. It is our goal to empower both individuals and communities with the necessary knowledge to take action against COVID19 and protect the health and wellbeing of all Michiganders.

Please note that the information provided is accurate as of the time of printing. Information is subject to change following new information and changes in protocols. For further information, we direct you to the following resources:

Call **(810) 257-3612** for **Genesee Health Department** or visit <https://www.gchd.us>

Call **(800) 232-4636** for **Center for Disease Control** or visit <https://www.cdc.gov>

Call **2-1-1 (Central Michigan 211)** to get connected to help from non profit and government agencies statewide or access <https://www.michigan.gov/coronavirus/>

Each agency is independently operated. We cannot guarantee the availability of these resources and we are not responsible for the operations at these locations.

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Now that you have been Vaccinated-

Dos and Don'ts

Reminders:

Wash your hands

Wear your mask

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Credits










“This is a chance for all of us to be heroes – for every single one of us to step up to get that tiny little shot in the arm – to protect not only ourselves, our family, our loved ones and our greater community.”

Dr. Mona
Hanna-Attisha



COVID VACCINE COMPARISON



Features	Pfizer	Moderna	Johnson and Johnson
Age approved for	16 years and older	18 years and older	18 years and older
 Number of doses	 2 doses, given 3 weeks apart	 2 doses, given 4 weeks apart	 1 dose
 Type of Vaccine	mRNA	mRNA	Viral vector
 Advantages	Highly effective at preventing infection.	Highly effective at preventing infection.	Less likely to develop severe disease or to be hospitalized due to COVID.
 Potential side effects	<ul style="list-style-type: none"> • Injection site pain • Tiredness • Headache • Muscle pain • Chills • Joint pain • Fever • Injection site swelling • Injection site redness • Nausea • Feeling unwell • Swollen lymph nodes (lymphadenopathy) • Non-severe allergic reactions such as rash, itching, hives, or swelling of the face • Severe allergic reaction. 	<ul style="list-style-type: none"> • Injection site reactions: pain, tenderness and swelling of the lymph nodes in the same arm of the injection, swelling (hardness), and redness • General side effects: fatigue, head ache, muscle pain, joint pain, chills, nausea and vomiting, and fever. • Severe allergic reactions: difficulty breathing, swelling of throat or face, fast heart beat, bad rash over body, dizziness/ weakness. 	<ul style="list-style-type: none"> • Injection site reactions: pain, redness of the skin and swelling. • General side effects: headache, feeling very tired, muscle aches,nausea, and fever.

Features	Pfizer	Moderna	Johnson and Johnson
<p>When are side effects most commonly seen?</p>	<ul style="list-style-type: none"> • Side effects are typically seen within the first 1-2 days of receiving the vaccine. • Side effects were common in up to 7 days post vaccination, but most were mild to moderate in severity. • Side effects are more common after the second dose of the vaccine. 	<ul style="list-style-type: none"> • Side effects are typically seen within the first 1-2 days of receiving the vaccine. • Side effects were common in up to 7 days post vaccination, but most were mild to moderate in severity. • Side effects are more common after the second dose of the vaccine. 	<ul style="list-style-type: none"> • Side effects are typically seen within the first 1-2 days of receiving the vaccine • Side effects were common in up to 7 days post vaccination, but most were mild to moderate in severity. • Side effects were more common in people 18–59 years old compared to people 60 years and older.
<p>Demographic that volunteered to be vaccinated</p> 	<ul style="list-style-type: none"> • 81.9% White • 26.2% Hispanic/Latino • 9.8% African American • 4.4% Asian • <3% other races/ethnicities <p>Age:</p> <ul style="list-style-type: none"> • 21.4% of people were 65 years and older <p>Phase 3 Trial Sample size: ~44,000</p>	<ul style="list-style-type: none"> • 79.4% White • 20% Hispanic/Latino • 9.7% African American • 4.7% Asian • <3% other races/ethnicities <p>Age:</p> <ul style="list-style-type: none"> • 25.3% of people were 65 years and older <p>Phase 3 Trial Sample Size: 30,418</p>	<ul style="list-style-type: none"> • 58.7% White • 45.3% Hispanic / Latino • 19.4% African American • 9.5% Amerindian or Alaska Native • 5.6% Multiple races • <3.5% other races/ethnicities <p>Age:</p> <ul style="list-style-type: none"> • 33.5% of people were 60 years and older <p>Phase 3 Trial Sample size: ~40,000</p>



How to get the COVID-19 VACCINE

VACCINE SCHEDULING TIPS

1 Make Contact: The first step to strategic scheduling is to contact multiple vaccination sites and get your name on their waiting list. Here are some places you can reach out to:

- Your doctor's office
- Pharmacies (such as Rite Aid, Meijer, Walgreens, CVS, etc)
- Health centers
- State and local health departments
- Find options near you at: vaccinefinder.org/search/

2 Check Your Phone and Email Regularly: The second step is to consistently check for their response. When the vaccination site reaches back out to confirm your appointment, you need to answer.

- **Answer your phone:** Unknown numbers may be from your vaccination clinic. Until your appointment is set, pick up all of your phone calls.
- **Check your email:** Some sites will ask for your email. If they do, check your inbox and spam folder to be sure that you see their reply.
- **Check your texts:** If a site uses text alerts



AYUK TAMBE, FLINT RESIDENT &
FLINT CITY BUCKS SOCCER PLAYER

3 THE APPOINTMENT PROCESS

Check-in

While checking in, you will be asked several questions:

- Name
- Date of birth
- Is this your 1st dose?
- Do you have any medication, latex, or food allergies?
- Have you ever had a serious reaction to a vaccine?
- Have you ever had an allergic reaction to anything before? Medication, food, bee stings?
- Have you had any other vaccines in the last 14 days?

Vaccination

- After checking in, you will be directed to a person who will give you your vaccine
- The person giving you your vaccine may ask you the same questions you answered when you checked in
- The person giving you your vaccine will clean your arm with an alcohol swab and then give you your vaccine
- After you receive your vaccine, you will receive a vaccine card and be asked to wait in the area for a period of time

Observation

Since this is a new vaccine, you will be asked to wait in the area for 15 or 30 minutes after your vaccine so you can be monitored for serious side effects.

- You will be asked to wait for 15 minutes if you have never had an allergic reaction to something
- You will be asked to wait for 30 minutes if you have had an allergic reaction to anything before (bee stings, shellfish, medication, or other things)

“Many of my relatives and friends are surprised when I share with them that I received the COVID-19 vaccine during pregnancy.”

My physician strongly recommends the vaccine. While clinical trials for testing the vaccine in pregnant women have not ended,* the [CDC] recommend[s] the vaccine in pregnant women because COVID-19 can cause serious complications during pregnancy [... and one] benefit of the vaccine is the potential transfer of antibodies from mother to baby.

I am so glad that I received the vaccine [... and] I am grateful to be able to share my experience. I think it is vital for each of us to encourage others around us to vaccinate.”

Gergana Kodjebacheva, Ph.D.
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4 NEXT STEPS

Where do I schedule my second appointment?

You will schedule your second appointment at the same location as your first dose appointment. If this becomes a problem for any reason, call the location that you got your first shot and ask them how to get your second shot at a different location. (place.)

What do I need to bring to the second appointment?

Every place will have different rules around vaccination. Before your appointment, it is important to call and ask what to bring. Some common things to bring are:

- Your paper vaccination card from the first dose
- The same items that you brought to your first appointment

How long do I wait for my second dose?

The time between doses depends on the location that you visit and the vaccine that you get. When you get the first shot, they will schedule your second visit. In general though, the timing for each vaccine is:

- Pfizer: Two doses, 21 days apart
- Moderna: Two doses, 28 days apart
- Johnson & Johnson: Single dose (no second appointment)
- The CDC has recently extended the time to receive a second dose of Pfizer or Moderna to 6 weeks (42 days).



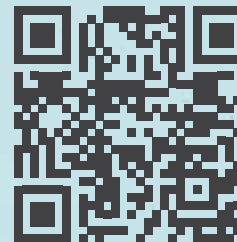
"It has been wonderful to work with experts and other professionals... To be able to come together as a group to inform Senior Citizens of their options, opportunities, and some facts regarding the vaccines has been a valuable experience."

Andrea Lewis,
Program Coordinator,
Saline Area Senior Center

"I decided to take the COVID-19 vaccine for different reasons:

- 1) I personally work serving the community and is important to be protected by the vaccine not only to protect those whom I love and serve, but also to set the example for others to follow.
- 2) I chose to get vaccinated to honor the lives of those 550,000+ COVID-19 victims who never got a chance to be vaccinated.
- 3) I chose to get vaccinated because I trust the science and those whom have dedicated their lives to public health service. COVID-19 danger is real, and so is the vaccines' ability to significantly reduced the risk of dying from it."

Eduardo Calzada
Flint Resident



SCAN ME to hear from more folks about their vaccine experiences.



VACCINE FAQ



More Questions?
This Q&A video
offers answers!

ALAN HAGENSTEIN, FLINT RESIDENT

Where do I go to sign-up for vaccination at?

You can sign up for the vaccination through several different locations. It is important to sign-up at multiple locations to ensure a greater response in regards to accessing a vaccination.

What is the age minimum for receiving the vaccine?

For more comparison see [pages 4-5](#)

What are some common side effects to the vaccination?

For More information see [pages 4-7](#)

Does it cost money to get the vaccine?

No. It is free, even if you don't have health insurance. Individuals without health insurance may still receive the vaccine. However, health care providers may request reimbursement from the government for the cost of giving the vaccine which is why insurance information is still being asked for if someone has them.

How to manage side effects:

Talk to your doctor or pharmacist about over-the-counter (OTCs) such as Tylenol, Advil, or aspirin after your shot if you experience discomfort such as pain. The CDC does not

recommend taking these OTCs before the shot to prevent side effects. Drink plenty of fluids if you experience fever.

Should I get the vaccine if I have allergies?

Yes. The FDA is advising people to avoid the vaccine only if they are allergic to an ingredient of the vaccine.

What can I do after receiving the vaccine?

You CAN:

Stop wearing a mask if you are around all vaccinated people, if all of these people are not at increased risk of severe COVID-19 illness

Keep following COVID protocols at your place of work

Avoid isolating yourself if you have been exposed to someone with COVID if you do not experience symptoms

You should not:

Stop wearing a mask and social distance in public places (staying 6 weeks apart)

Travel unnecessarily, internationally *or* domestically

Participate in large size gatherings

Ignore COVID symptoms if you experience them such as fever, cough, shortness of breath, and fatigue



AUDREY, FLINT RESIDENT

Safety Guidelines After Getting The COVID-19 VACCINE

Safety Guidelines

Although you have now received the COVID vaccination there are still protocols that need to be adhered to in order to slow the spread of COVID-19 within the community.

Always remember to:

- Practice social distancing
- Wash your hands frequently
- Wear a mask that covers both your nose and mouth
- Avoid large gatherings / crowds



Can I choose which vaccine I receive?

No, individuals will receive whichever shot is available at the clinic.

When am I considered fully vaccinated?

- 2 weeks after receiving the second dose of Pfizer or Moderna vaccine
- 2 weeks after receiving the single dose of Johnson & Johnson vaccine
- If you have been vaccinated but it is still less than 2 weeks, you should still take all COVID precautions as you are not fully protected

Resources for finding vaccines in your area, here are some resources that may help:



<https://www.gchd.us/covid19vaccine/VaccineMI.com>

“Our community was lucky enough to have a clinic right in our building which made it much easier for us who do not drive to get vaccinated. This is just one more step towards us being able to be with our loved ones.”

Barbara Seneski
Resident of
McFarlan Villages



What to Expect When Getting The COVID-19 VACCINE

I'm over 55. How Safe is it for My Age Group?

The vaccine is extremely safe and well tolerated in this age group, even for those who have multiple chronic conditions, who may be frail, or live in a nursing home are more in need of the vaccine.

Side Effects for Those with Prior Health Issues?

People with underlying health conditions are encouraged to get the vaccine when it becomes available to them.

What Should I Avoid Before Getting Vaccinated?

The CDC is telling people not to take pain medications like Motrin, Advil or Tylenol before getting their COVID-19 vaccines.

For questions regarding over the counter or prescribed medications, please contact personal healthcare physician.

How Effective is the Vaccine?

Moderna vaccines were shown to be 94.1% effective at preventing illness caused by the coronavirus.

Pfizer vaccines were shown to be 95% effective at preventing illness cause by the corononavirus.

The Johnson and Johnson/Janssen vaccines were shown to be 66.3% effective at preventing illness by the coronavirus in clinical

ALTHEA & SIMON BARBEE, FLINT RESIDENTS



What to Expect After Getting The **COVID-19 VACCINE**

What are the Known Side Effects After Getting

Most people did not have serious problems after being vaccinated. Some people reported getting a headache or fever when getting a vaccine. More people experienced side effects after getting the second dose rather than the first one.

How Can I Protect Myself and Others After

Although you are fully vaccinated, for the safety of others, continue following COVID safety guideline in public settings (wearing a mask, staying 6 feet apart).

However, fully vaccinated individuals can gather in small groups with other fully vaccinated individuals.

MINOR SIDE EFFECTS

(COMMON SIDE EFFECTS OCCURRING 1 DAY AFTER INJECTION AND LASTING 1-2 DAYS)

- Swelling, redness and pain at injection site
- Muscle pain
- Fever
- Headache
- Tiredness
- Chills
- Nausea (vomiting and diarrhea)

MAJOR SIDE EFFECTS

(REQUIRING IMMEDIATE EMERGENCY ATTENTION)

- Swelling in your throat causing suffocation (Anaphylaxis)
- Appendicitis
- Heart Attack (Acute myocardial infarction)
- Stroke (Cerebrovascular accident)
- Swollen lymph nodes (Lymphadenopathy)
- Vaccine Efficacy



FLINT RESIDENTS AT MCFARLIN

Credits

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