Protect Yourself and Others!

COVID-19 Vaccine Info for Workers

COVID-19 infection threatens everyone's health and wellbeing. COVID-19, the disease caused by the SARS-CoV-2 virus, was the leading cause of death in the U.S. in 2020. To defeat this virus, we need to use several approaches. Vaccines are an important part of effective control against spread in your workplace and community. Testing, quarantine or isolation, physical distancing, avoiding gatherings, sanitation, hand washing, mask wearing (which mostly protects the wearer from infecting others), the use of N95 or better respirators with proper fit to reduce aerosol transmission, and use of other safety measures such as ventilation at your worksite must continue, even after you have been vaccinated to mitigate risks. These control measures are important to protect yourself and others.

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TOP 5 REASONS TO GET VACCINATED

1 To curb the spread of the virus and help stop the pandemic

2 To prevent your family, friends, and coworkers from getting sick

3 To develop personal immunity and establish herd immunity

4 To help make sure there are enough medical therapies and hospital beds for those who need them

5 To avoid shutdowns and social isolation

According to the Director of the National Institute for Allergy and Infectious Diseases, Anthony Fauci, M.D., vaccinating 70% to 90% of the population can halt the spread of the COVID-19 virus by establishing immunity within our communities. This is sometimes called **herd immunity.**

Widespread education about and participation in the vaccination program is needed for it to be fully effective. It is estimated that it will be mid- to late-2021 before we reach the desired level of vaccination for herd immunity.

ARE THE VACCINES EFFECTIVE?

Health care professionals and vaccine researchers are confident that the vaccine will provide protection from serious COVID-19 disease.

- The vaccines **DO NOT** contain live virus and **CANNOT** give you COVID-19 disease.
- The Pfizer and Moderna vaccines are more than 95% effective in preventing COVID-19 after getting both shots in the series (if two are required). These vaccines require that the two shots be given many days apart
- The Janssen (Johnson & Johnson) vaccine was 66.3% effective in clinical trials.
- For Moderna and Pfizer vaccines, both shots are necessary for full protection. However, experts do not currently know how long it will protect you from getting the disease after vaccination.
- The vaccine works across age groups, genders, races, and ethnicities.

POTENTIAL VACCINE SIDE EFFECTS:

Some people may experience mild discomfort after getting the COVID-19 vaccine, but this only lasts a few days. **Most common is soreness at the site of injection, headache, fatigue, aches, chills, joint pain, nausea, fever, allergic reaction (rare).** To date, no one has gotten sick or died from getting the vaccine. However, millions of people have gotten sick from the virus and hundreds of thousands have died in the United States alone.

POTENTIAL COVID-19 INFECTION SIDE EFFECTS:

Death, headache, fatigue, shortness of breath, cough, chest pain, joint pain, nausea, fever, heart palpitations, brain fog, depression, anxiety, PTSD, inflammation of the heart, difficulty breathing, acute kidney injury, rash, hair loss, loss of smell and taste, sleep issues, difficulty with concentration, memory loss

WHO COULD GET THE VACCINE?

The FDA has authorized the emergency use (EUA) of the Pfizer vaccine in individuals 16 years of age and older, and the Moderna and Janssen (Johnson & Johnson) vaccines in individuals 18 years and older.

WHAT IF I HAVE ALREADY HAD COVID-19?

Workers who have already had COVID-19 can still be vaccinated. Individuals do not need to be tested for the virus before getting the vaccine. People who are currently infected may wait approximately 90 days after they were diagnosed or after they first showed symptoms before getting vaccinated.

HOW DO I DECIDE IF THE VACCINE IS RIGHT FOR ME?

You should discuss your options with your healthcare provider to decide about receiving the vaccine. You can also research websites from the Centers for Disease Control and Prevention (CDC), The Food and Drug Administration (FDA) or your state or local health department.

CAN PREGNANT OR BREAST-FEEDING WOMEN BE VACCINATED?

If you are pregnant or breastfeeding, discuss your options with your health care provider.