

# COVID-19 Vaccine: Learn the Facts to Stay Safe and Protect Others

COVID-19 Vaccine Community Workshop Leader Guide





# Arkansas Department of Health

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Governor Asa Hutchinson  
José R. Romero, MD, Secretary of Health

Dear community leader,

Thank you for hosting a community learning session to promote the COVID-19 vaccines. As you know, the people of our state have suffered greatly due to the new coronavirus that arrived in Arkansas in early 2020. Our lives and our communities have been disrupted in ways many of us have never seen before. You likely have many friends, family members, and neighbors who have gotten COVID-19. Sadly, you also probably know at least one story of how COVID-19 has led to severe illness or death.

We have all been wearing masks, practicing social distancing, and washing our hands (a lot!) for many months now. It has helped, but it has not been enough. To get some relief from COVID-19, we must put together many pieces of a "solution puzzle." The COVID-19 vaccine has been a huge missing piece, until now. As we write this, health care workers are lining up to get their vaccines. When it is time, it will be very important for community members to get their vaccines, too.

As you know, there are a lot of questions about the COVID-19 vaccines. This toolkit was made for people like you who want to help your community by educating them about the vaccine. It will help you answer your own questions and the questions you may get from your community. Your role as a leader in your community is more important than ever. Your encouragement is another piece of the "solution puzzle." Thank you for taking the time to host a community learning session and be part of the solution.

Sincerely,



*José R. Romero, MD*

**José R. Romero, MD, FAAP,  
FIDSA, FPIDS, FAAAS**  
Arkansas Secretary of Health



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## Table of Contents

What is the purpose of hosting a COVID-19 vaccine workshop?.....	3
Orientation to Leader Guide .....	4
Purpose of this guide.....	4
How these materials were developed.....	4
How and when to reach us.....	4
How should I plan for a COVID-19 vaccine workshop? .....	5
Decide whether your workshop will be virtual or in-person .....	5
Start preparing (2 weeks or more before the workshop) .....	5
Continue preparing (1 week before the workshop).....	7
Do final preparations (1 day before the workshop).....	8
What should I do and say during the COVID-19 vaccine workshop?.....	9
Sample Script.....	9
Frequently Asked Questions .....	26
How the COVID-19 vaccine works .....	26
About vaccines and safety .....	26
Getting the COVID-19 vaccine.....	27
Can I get the COVID-19 vaccine if...? .....	28

## What is the purpose of hosting a COVID-19 vaccine workshop?

A COVID-19 vaccine workshop is an interactive discussion between you and a community group of any size. The workshop should last between 30 and 60 minutes. Using this toolkit, you will share some information with your community members about the COVID-19 vaccine. The goal is to share information that is:

- **Accurate.** This information was approved by public health experts including doctors. The information in the community guide (*COVID-19 Vaccine: Learn the Facts to Stay Safe and Protect Others*) and this Leader Guide comes from official sources such as the Centers for Disease Control and Prevention (CDC) and the U.S. Food and Drug Administration (FDA).
- **Population-specific.** We talked with many people in Arkansas as we developed this material. This included health care workers, public health experts, community leaders, and other residents. We provide this toolkit in 3 languages:
  - English
  - Spanish
  - Marshallese
- **Empowering.** This material should answer many questions community members have about the COVID-19 vaccine. Participants should leave your workshop with new knowledge and prepared to:
  - Make a decision about getting the COVID-19 vaccine; or
  - Have a conversation with their doctor to get more information

## Orientation to Leader Guide

### Purpose of this guide

The goal of this Leader Guide is to give you all the information and tips you need to host community COVID-19 vaccine workshops. It will explain how you can:

- Invite people to a workshop
- Discuss the vaccine using talking points, printed Community Booklets (*COVID-19 Vaccine: Learn the Facts to Stay Safe and Protect Others*), and an optional slide presentation
- Answer questions that are not covered in the Community Booklet

### How these materials were developed

Materials for COVID-19 vaccine workshops, including this guide, were first created in January 2021. We may update it based on what we continue to learn about COVID-19 and the vaccine. Please visit <https://www.immunizear.org/let-s-talk-about-covid-vaccine> to download the most current version of these materials each time you host a workshop. This will help ensure that you provide the most current information to your community members.

### How and when to reach us

We want to hear from you! You are a valuable member of the team working to control COVID-19 in Arkansas. Please contact us if:

- After reading this material, you still have questions about hosting a COVID-19 vaccine workshop.
- Community participants ask you questions that we should add to the FAQ section of this Leader Guide.
- You have other ideas to improve these materials.

You can contact the Arkansas Department of Health by emailing: [Immunization.Section@arkansas.gov](mailto:Immunization.Section@arkansas.gov).

# How should I plan for a COVID-19 vaccine workshop?

## Decide whether your workshop will be virtual or in-person

### In-person workshop

If your workshop will be in-person, choose a location where you can follow all current public health guidelines. Give participants information to help them follow these guidelines:

- Allow at least 6 feet between people.
- Encourage hand washing and provide supplies.
- Label doors with signs reminding people to wear masks and stay away if they are sick.
- Check with the Arkansas Department of Health to make sure you follow any current directives: <https://www.healthy.arkansas.gov/programs-services/topics/covid-19-health-guidances>.

### Virtual workshop

If your workshop will be virtual, choose the platform that works best for your group. If you already have regular virtual meetings with your group, continue with what you normally do. Here are a few virtual platform options and links to tutorials. Be sure to choose one that meets the needs of your workshop. Compare features like time limits, maximum number of participants, and whether they allow you to share your screen if you plan on using the slide presentation.

- [Zoom](#)
- [Google Meets](#)
- [Facebook Live](#)

## Start preparing (2 weeks or more before the workshop)

- Finalize a date and time for the workshop.
- Recruit participants.
  - It is best if you can find a group of people who are already planning to meet. Examples are church meetings and community education sessions. This way, you will not need to advertise a lot to get people to the workshop.
  - If you need to advertise:
    - Use this sample wording for your church or organization's social media page and add your event's details:

*"You are all invited to a special virtual gathering this Wednesday night at 7:00 p.m. We will meet on Zoom for a group discussion about the COVID-19 vaccine. This workshop is for everyone. Come get accurate information and answers to your questions. If you are interested, comment below or message me and I will send you the link."*

- You can also make flyers to post in churches and other places of worship, grocery stores, or other places people may go. Make sure to include these details about your workshop: date, time, location (or virtual platform), and how to contact you to sign up.
  
- Review all workshop materials.
  - Read through this Leader Guide and the Community Booklet.
  - Practice the script. You will feel more comfortable if you do.
  - Ask any questions you may have. Try to think about possible questions your participants may have and be prepared to answer as many as you can. Our contact information is at the beginning of this Leader Guide.
  
- Gather local resources. Type this information ahead of time and be prepared to share it during the workshop. Helpful local resources include:
  - Testimonials from local residents who have gotten the vaccine. This will help make the message relatable to the public.
  - Locations where the participants can get the vaccine. These could include local pharmacies, hospitals, and your Arkansas Department of Health local health unit. For each location, provide the name, address, and phone number.
    - To find a local pharmacy, visit <https://www.arrx.org/>.
    - To find your local health unit, visit <https://www.healthy.arkansas.gov/local-health-units>.
  
- Decide how you will share materials with participants before the workshop. This includes the Community Booklets and your printed local resources page, if you made one. Some options are:
  - Pickup: Designate a central location and time for participants to pick up materials.
  - Mail: Send materials far enough in advance that participants will have them before the workshop.
  - Participant Download: Encourage people to download their own Community Booklets at <https://www.immunizear.org/let-s-talk-about-covid-vaccine>.
  - Download and Post: Download the Booklet and post it and your local resources page to your social media site or in the chat box within your virtual workshop.

## Continue preparing (1 week before the workshop)

- Prepare your virtual space.
  - Get comfortable with the virtual platform you will be using and its settings. Decide how you want to interact with participants during the workshop. For example, do you want them to unmute themselves to ask questions as they come up, or would you rather they send questions to the chat box? Set up practice meetings with friends and family if you would like.
  - These are example settings in Zoom that are often appropriate for group meetings. If you are using another virtual platform, decide which settings to use. In Zoom, go to Settings and scroll through the options:
    - Waiting room: ON. Participants will not be allowed to join before you.
    - All video and audio: ON.
    - Mute all participants when they join a meeting: ON. They can unmute themselves and speak when they need to.
    - Chat ON. You may want to turn private chat OFF.
    - Sound notification when someone joins or leaves: OFF.
    - Disable desktop/screen share for users: ON. It should not be necessary for participants to share their screens with the group.
    - Non-verbal feedback and meeting reactions: ON. Participants can use these to communicate with you during the workshop without interrupting.
  - Recruit a volunteer to serve as tech support during your workshop. It is difficult to lead the group and deal with technical problems that may come up.
- Prepare participants.
  - Tell or remind them how to access workshop materials.
  - Offer to set up a “tech-check” to make sure their workshop link, microphone, camera, and other features are working correctly. Do this far enough in advance so they have a few days to troubleshoot if needed.
- Gather these supplies if you are having an in-person workshop.
  - Extra copies of materials
  - Physical distance and mask reminder signs
  - Hand sanitizer
  - Tape or other material to mark appropriate distance between seats
  - Pens or pencils (one for each participant)

## **Do final preparations (1 day before the workshop)**

- Review all materials one last time (Leader Guide script, slide presentation, FAQ's, and Community Booklet).
- Practice using your virtual platform to make sure your microphone and camera are working well. Even if you did this earlier, keep in mind that new versions of software do come out and you may need to update yours.
- Remind your participants about the workshop. Be sure to provide the link to the virtual event and instructions for accessing materials.

# What should I do and say during the COVID-19 vaccine workshop?

As participants are arriving or joining the virtual meeting, if you are using the slide presentation, show the opening picture slide. Start sharing this “Welcome” slide about 10 minutes before you begin the workshop.

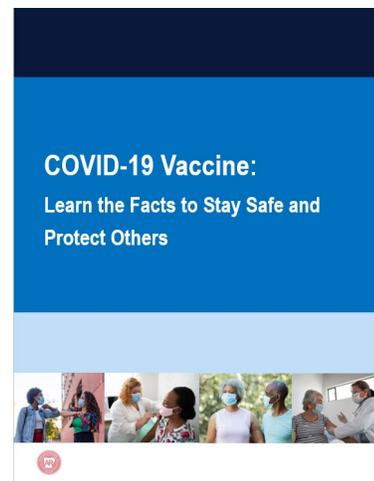
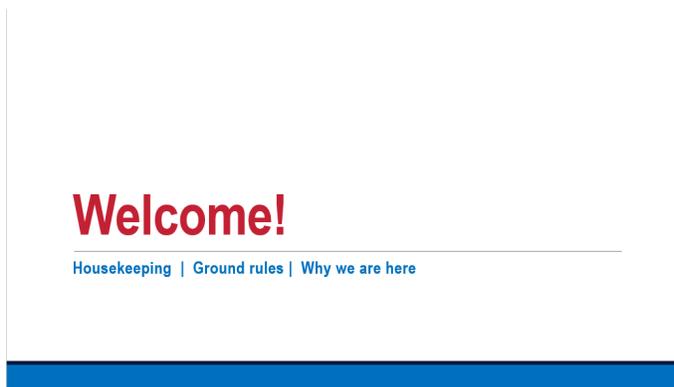
When it is time to begin, use the script below. For each section, we provide a screen shot of the slide on the left and a screen shot of the page from the Community Booklet on the right. You may use the same script whether you are using the slide presentation or not.

## Sample Script

Note:

Do not read words in *italics*. These are for your information only. Read **bold** words with emphasis.

[Welcome]



Hi, my name is \_\_\_\_\_. Welcome to the COVID-19 vaccine workshop. I’m so glad you were able to make time to be part of this meeting. We will probably spend about 30 minutes to an hour together. My goal today is to share some information about the COVID-19 vaccine that is relevant to you and your loved ones. I will be sharing facts that are approved by the Arkansas Department of Health in hopes that you will leave our meeting today with enough information to make an **informed** choice about getting the COVID-19 vaccine. There are a few other things I need to tell you before we get started.

- First, I am a **volunteer facilitator** for this group. I am not a health professional, so I will not have all the answers to your questions. Anything that I cannot answer, please be sure to ask your doctor or other health care provider. Write those questions down as we go, so you won’t forget.

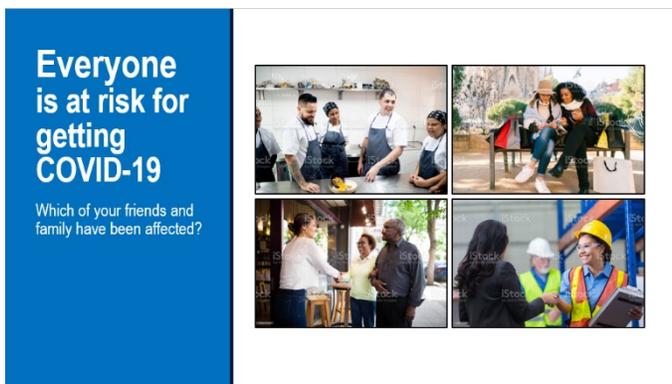
- Next, you may not agree with what others choose to do with the information shared today. Whether you choose to get the COVID-19 vaccine or not, please remember to be **respectful** of what others say and the choices other people make about their health.
- Let's talk about privacy. Some of you may share some personal things today. It is very important that we all agree to **not repeat** anyone else's personal information they may share.
- Before we dig in, if you have your Community Booklet, go ahead and put it out in front of you. Get a pen or pencil, too. You'll want to write some things down as we talk.

*[For virtual workshop, remind them one more time where to download the materials.]*

*[Orient participants to the virtual workshop depending on the platform you are using. Topics you might want to cover:*

- *How to set their screen to view the speaker.*
- *How to mute their microphone when not speaking.*
- *How to ask a question. You may want them to unmute themselves and talk to you, use a hand raise feature, or use the chat box.*
- *How to interact with you in any other way you choose.]*

*[Everyone is at risk for getting COVID-19: page 2 in booklet]*



**About COVID-19**

**What is COVID-19?**  
 COVID-19 is an illness caused by a new virus.

**Who is at risk for getting COVID-19?**  
**Everyone is at risk for getting COVID-19.** This is because the virus passes easily from person to person. Even if you already had the virus, you could get it again.

**Some groups are at higher risk than others.** You may be more likely to get COVID-19 based on your:

**Job:** If you work in places where you are around a lot of people, your risk is higher. These places could include:

- Health care facilities
- Factories
- Schools
- Restaurants

**Race:** People from all races get COVID-19. But people of color are at higher risk for getting COVID-19. We do not know all the reasons for this, but it is happening. For example, in Arkansas in 2021:

African Americans made up <b>16</b> of every 100 people	But, they accounted for <b>17</b> of every 100 COVID-19 cases
Hispanics made up <b>8</b> of every 100 people	But, they accounted for <b>11</b> of every 100 COVID-19 cases
Native Hawaiians and Pacific Islanders made up <b>2</b> of every 500 people	But, they accounted for <b>5</b> of every 500 COVID-19 cases

We are going to begin our time together by going over a few basics about the virus. First, **everyone** is at risk for getting COVID-19. This is because it passes so easily from one person to another. Every time we breathe, speak, sing, cough, or sneeze, tiny particles leave us and get into the air. Other people breathe those in. It is **so easy** to spread it.

And COVID-19 doesn't spare anyone. People from all races and backgrounds have gotten COVID-19. People with every kind of job have gotten COVID-19. Even if you have had it already, you could get it again.

Let's face it. We all know someone who's had it. Think for a moment about the people you know who have had it.

[Some groups are at higher risk of getting COVID-19: page 2 in booklet]

### Some groups are at higher risk of getting COVID-19

• People who work in crowded places:

Restaurants

Factories

Schools

Health care facilities

• People of color :

African Americans

Hispanics

Marshallese

**About COVID-19**

**What is COVID-19?**  
COVID-19 is a disease caused by a new virus.

**Who is at risk for getting COVID-19?**  
Everyone is at risk for getting COVID-19. It is because the virus spreads easily from person to person. Even if you already had the virus, you could get it again.

**Some groups are at higher risk than others.** You may be more likely to get COVID-19 based on your:

**Job:** If you work in places where you are around a lot of people, your risk is higher. These places could include:

Health care facilities

Factories

Schools

Restaurants

**Race:** People from all races can get COVID-19. However, if you are all groups for getting COVID-19, the conditions of the disease is high, but it is increasing. The number is higher than in 2019.

<p><b>African Americans make up 16 of every 100 people. But, they accounted for 17 of every 100 COVID-19 cases.</b></p>	<p><b>Hispanics make up 8 of every 100 people. But, they accounted for 11 of every 100 COVID-19 cases.</b></p>
<p><b>Native Hawaiians and Pacific Islanders make up 2 of every 500 people. But, they accounted for 5 of every 500 COVID-19 cases.</b></p>	<p><b>Marshallese make up 2 of every 500 people. But, they accounted for 5 of every 500 COVID-19 cases.</b></p>

So yes, any of us can get it. But, some groups are at a higher risk than others. Let's look at **page 2** in your booklet. If you **work** in places where you are around a lot of people, your risk is higher. These places include health care facilities, factories, schools, and restaurants. You may work in other places where you are in a crowd of people. Or, you may live somewhere with several other people, and this could increase your risk, too.

But our race could affect our risk, too. As I said before, people of all races get COVID-19 but statistics show that **people of color are at higher risk**. For example, here in Arkansas:

[Share the statistics that are meaningful for your group]

- African Americans make up 16 out of every 100 people. But they account for 17 out of every 100 COVID-19 cases.
- Hispanics make up 8 in 100 Arkansans, but they account for 11 of every 100 cases of COVID-19.
- Native Hawaiians and Pacific Islanders make up only 2 out of every 500 people in Arkansas, but they account for 5 out of every 500 cases of COVID-19.

Again, I'm going to ask you to pause. Pause, and think about who you know in these groups. How many have had COVID-19 already? For me, that number is a lot. And they could get it again.

[You cannot predict how COVID-19 will affect you: page 3 in booklet]

**You cannot predict how COVID-19 will affect you**

**How serious is COVID-19?**  
If you get COVID-19, you could have no symptoms at all. Or, you could have mild symptoms such as those you have with a cold. But, the virus can also cause major damage to your lungs. It could also cause you to have serious health problems like heart failure, kidney failure, blood clots, or stroke. You could even die from COVID-19.

**You do not know how COVID-19 will affect you.**

Even if you get a mild case of COVID-19 at first, we do not know how having COVID-19 could affect you later. You could have chronic (long-lasting) side effects from COVID-19. We are still learning what those long-lasting effects may be, but some include:

- Tiredness that does not go away
- Trouble thinking clearly, which may make it hard for you to work

So, what happens when people get COVID-19? Well, the short answer is that we cannot know that in advance. If you get COVID-19, **there is no way to tell how it will affect you**. You could have no symptoms at all. You could have minor symptoms and feel like you just have a cold. Or, you could have **severe** illness from it. COVID-19 can cause major damage to your lungs. It could cause you to have other **serious** health problems like heart failure, blood clots, or stroke. . The new variants of the virus seem to spread more easily and quickly and cause more severe symptoms. If you get a new variant, you may be more likely to need to be in the hospital or need life-saving measures.

Some of you may start out doing pretty well, with little to no symptoms. But even if you get a mild case of it at first, **you do not know how it can affect you later on**. Down the road, you could have health problems because you had COVID-19. They could be serious or last a long time. This virus is still fairly new. Think about this: We don't know anyone who had the virus 2 years ago – yet – so we can't know all the ways the virus might affect people in the future. But we have seen people who still have problems several months down the road. As if that's not enough, we have to face the fact that you or someone you love could even **die** from COVID-19. Let's pause for a moment and remember those we have already lost.

[You cannot predict how COVID-19 will affect you: page 4 in booklet]

## You may be more at risk of getting severe COVID-19 if ...

 You are a person of color

 You are 65 or older

 You have certain health problems

 You smoke



Some groups of people have more risk of getting more **severe** COVID-19.

 If you are a part of one of the groups below, check the box next to it.

African Americans

Almost **2** African Americans die from COVID-19 for every **1** white person.

Hispanics

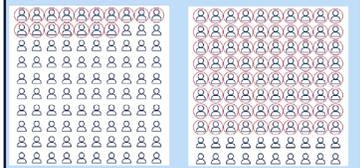
More than **2** Hispanics die from COVID-19 for every **1** white person.

American Indians and Alaskan Natives

Almost **3** American Indians and Alaskan Natives die from COVID-19 for every **1** white person.

Adults 65 years and older

Only **17** in 100 people in the U.S. are adults 65 years and older. But, adults 65 years and older account for **80** in 100 deaths from COVID-19.



As we discussed, we don't know how COVID will affect any one person until it's happening. But, we do know there are certain risk factors that put you at a higher risk for severe illness. If you have your booklet in front of you, look at **page 4**. As we go through these, put a check mark next to any of these that apply to you.

[Share the statistics that are meaningful for your group]

- Almost 2 African Americans die from COVID-19 for everyone 1 white person.
- Almost 2 Hispanics die from COVID-19 for everyone 1 white person.
- Almost 3 American Indians and Alaskan Natives die from COVID-19 for everyone 1 white person.
- Only 1 in every 250 people in Arkansas are native Hawaiians and Pacific Islanders. But they account for 4 in 250 deaths from COVID-19.

Older adults are also at risk for more serious problems from COVID-19. Think about this: Out of 100 people in this country, 17 are 65 years and older. But out of 100 people who die from COVID-19, 80 of them are age 65 and older. This means that older people are much more likely to pass away as a result of COVID-19 than younger people are.

People who have certain health problems also seem to be at a higher risk of severe disease. You can see those on the screen. They include **diabetes**, **obesity**, high blood pressure, lung problems, and heart disease. And lastly, if you **smoke**, your risk of severe disease goes up.

[COVID-19 could have an impact on your life and others you care about: pages 5 and 6 in booklet]

**COVID-19 could have an impact on your life and others you care about**

-  If you get COVID-19, you could give it to others who could get very sick.
-  You and others could have problems earning money.
-  It may be hard to get health care.
-  You may struggle in your ability to care for others.

**People with certain health problems.** We are still learning about this, but we know this includes people with:

- Lung problems (like asthma and COPD)
- Heart problems
- High blood pressure
- Kidney problems
- People who smoke.
- Cancer
- Obesity (very overweight)
- Diabetes
- Stroke (cell disease)
- Clostridium syndrome

How else could COVID-19 impact my life and the lives of my loved ones?

**If you get COVID-19, you could give it to others.** Even if you do not get very sick, you could still give COVID-19 to someone else who may suffer more. In fact, you can pass COVID-19 to others even if you do not have any symptoms at all. Remember, there is no way to know who will become very sick from COVID-19 or have long-term effects.

Who are the people you want to protect? List them in the space below.

Parents and other adults	My children or other children I care for
Friends and family	Other people

**You and others could have problems earning money.** If you or other people you care about get COVID-19 and have to miss work, it could impact your paycheck. You may not be able to work if:

- You have COVID-19 or **been exposed** to someone who has it
- Your job must close because too many people are sick or have **been exposed** to COVID-19
- Your child **has to** stay home from school or day care, and you have to stay with them because:
  - They have COVID-19 or **been exposed** to someone who does
  - School or day care closes in-person care because too many people are sick or have been exposed

**It may be hard to get health care.** You or others you care about may not be able to get the health care you need if the health care system is overwhelmed taking care of patients with COVID-19. For example, let's say your aunt is scheduled for a hip replacement. If the hospital has a large number of COVID-19 patients, they may have to cancel or reschedule her surgery. Waiting could mean more pain and more days of missing out on the things your aunt enjoys.

Everyone who has gotten COVID-19 has gotten it from someone else. I know that seems like common sense, but think about it. Who may get it from you if **you** have it? Remember, you can spread it to others easily, even if you have mild symptoms or no symptoms at all. And you just don't know if they will be one of those people who gets really sick, or worse.

If you're following along in the booklet, we're on **page 5**. Take a minute to think about the **people you care about**. The ones you live with or take care of. The ones you work with. Who are the people **you** want to protect? On page 5, fill in those boxes. Write down the names of those people you want to protect by getting the vaccine. If you're following along with us and don't have the booklet in front of you, you can get a piece of paper or a notebook and write those names down. I'm going to pause and give you a moment to do that.

*[Pause for about one minute to allow participants to write. Depending on your setting, you may want to allow participants to share.]*

Okay, let's look at some **other** ways COVID-19 can impact your life and the people you care about, besides getting sick. Let's talk about missed work. There are several reasons you may not be able to work. If you are sick with COVID-19, clearly you can't work. If you are well but you have been exposed to someone else who has COVID-19, you will not be allowed to work for a week or 2. Some work places have had to close for days or weeks when too many of their employees were sick or had been exposed. So, if the spread of disease hits your workplace, that's a problem that **impacts you and your paycheck**.

Another thing that can impact your paycheck is if a child or other family member has to stay home and you have to stay home to take care of them. Just like you, your child would have to stay home from school or day care if they got sick, or if they were exposed to someone with COVID-19. This means you can't go to work because you have to stay home with them. Working and **providing for our families** is very important to all of us, so we have to think about this as we look for ways to stop the spread of this virus.

And last, our hospitals are overwhelmed right now. Yes, those are always busy places, but right now they are busy in a way that is **stretching them too much**. This is having a big impact on people like you and me. They are using so much of their space and staff to take care of COVID-19 patients, that there may not be help for **you or your loved ones** if you get sick. Imagine needing to have a procedure done to relieve joint pain, and having to wait because they had to cancel your surgery. Imagine needing to take your loved one to the emergency room and because it's so full of COVID-19 patients, they have to wait longer to get help. And, you may not even be able to go in with them, depending on how bad COVID-19 is in your area.

These are **real** scenarios. They are impacting people all over the country, here in Arkansas, and right here in **this community**. So, what do we do about it?

*[The COVID-19 vaccine is the best way to protect yourself and others: page 7 in booklet]*



**The Vaccine Can Protect You from COVID-19**

**How does the COVID-19 vaccine help protect me from the virus?**  
The COVID-19 vaccine will teach your immune system what the COVID-19 virus looks like. This allows your immune system to build a defense against it so you can fight the virus if you come in contact with it.

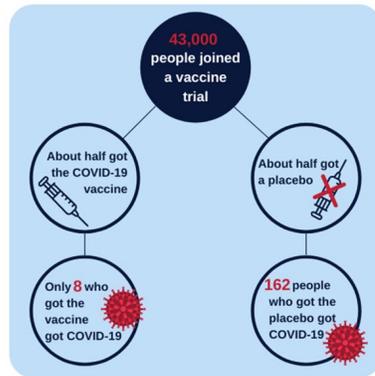
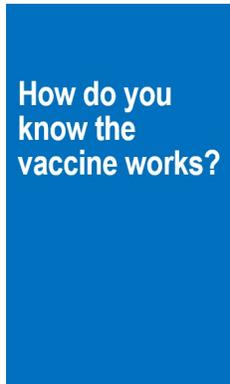
**How do we know the vaccine helps protect people from COVID-19?**  
Clinical trials show the vaccine works to protect many people from getting COVID-19. In one of the big trials, about 43,000 people joined. About half got the actual vaccine and about half got a placebo (a shot with no medicine in it). The people who got the real vaccine were much less likely to get COVID-19.

**Does the vaccine cause COVID-19?**  
No. The vaccine does not cause COVID-19. It does not have the COVID-19 virus in it, so it cannot give you COVID-19.

We've been staying home when we can and keeping our distance from others. We've been washing our hands and wearing our masks. These things have helped stop the spread of this virus, but we have to do more. We have to do more to help ourselves, the people we care about, and our communities. The COVID-19 vaccine is the **number one** way we can **do more** at this time. We simply won't be able to protect ourselves and others from the virus without it.

I want to pause right here for a minute to remind you that as I go through some of this information with you, you may have questions. Please don't forget to write these down. Some may be answered as we go, and I will try to answer as many as I can in our remaining time during the question and answer session. *[Adjust this depending on how you prefer to take questions from participants.]*

*[How do you know the vaccine works?: page 7 in the booklet]*



**The Vaccine Can Protect You from COVID-19**

How does the COVID-19 vaccine help protect me from the virus?  
The COVID-19 vaccine will teach your immune system what the COVID-19 virus looks like. This allows your immune system to build a defense against it so you can fight the virus if you come in contact with it.

How do we know the vaccine helps protect people from COVID-19?  
Clinical trials show the vaccine works to protect many people from getting COVID-19. In one of the big trials, about 43,000 people joined. About half got the actual vaccine and about half got a placebo (a shot with no medicine in it). The people who got the real vaccine were much less likely to get COVID-19.

**Does the vaccine cause COVID-19?**  
No. The vaccine does not cause COVID-19. It does not have the COVID-19 virus in it, so it cannot give you COVID-19.

7

There is a lot of information out there about this vaccine and it's not all true. The main points the researchers and the public health officials want you to know are that the vaccines are **safe** and they **work**. On **page 7** of your booklet, you will probably see some answers to questions you have.

You may be wondering how the vaccines work, so let's start there and review some science. Your immune system is the part of your body that helps fight off illness. If your immune system is doing its job, and a threat of some kind – like a virus – enters your body, your immune system kicks in. It starts to try to kill that virus or stop it from making copies of itself inside of you and making you sick. But for each new threat, our immune system has to teach itself how to fight back. A COVID-19 vaccine will teach your immune system what the COVID-19 virus looks like. This allows your immune system to build a defense against it now, so you can fight the virus if you come in contact with it later.

*[If time allows, show this video: <https://www.youtube.com/watch?v=k7E88xEGOaE>. Or, you may wait and see if participants have more questions about this after your remarks, and play the video if needed to provide more information.]*

That’s how many vaccines work, but have you thought to yourself, “How do researchers know if this **new** vaccine will protect us from **COVID-19**?” There have been some large clinical trials to test the vaccines. In one of the trials, about 43,000 people joined. About half got the vaccine and about half got the placebo. A placebo is a shot with no vaccine in it. So, about 20,000 people got the real vaccine and about 20,000 people got the placebo. Out of those 20,000 people who got the real vaccine, **only 8** got COVID-19. Many more – **162** – in the placebo group ended up getting COVID. This tell us that it works. The vaccine **can** protect you from COVID-19.

You might want to know if you can get COVID-19 **from** the vaccine. The answer is **no**. None of the vaccines authorized for use have the COVID-19 virus in it, so they **cannot** give you COVID-19.

*[How the COVID-19 vaccine was developed and authorized for use: page 8 in booklet]*

## How the COVID-19 vaccine was developed and authorized for use



All usual steps were followed. No steps were skipped.



Billions of dollars were donated.



Researchers and others worked around the clock.

How the COVID-19 Vaccine was Developed and Authorized for Use		
<p>Before a vaccine is ever given to people, it goes through a lot of testing to make sure it works and is safe. The usual steps were followed. <b>No steps were skipped.</b> See below to learn how the process was sped up for COVID-19 but still focused on safety.</p>		
Steps	How are vaccines normally developed and authorized for use?	How is the process for the COVID-19 vaccine different?
Idea for a vaccine and lab testing	<p>Researchers come up with an idea for a vaccine to treat or cure a disease. To figure out how to make a vaccine that is likely to work, they have to do lots of tests. This costs a lot of money. To get the money to do their testing, they apply for grants. This can take a long time.</p>	<p>Because of the public health emergency, the U.S. government gave billions of dollars in funding to support this effort. This allowed researchers to start and continue this process without waiting for grants.</p>
Clinical trials	<p>Researchers use clinical trials to make sure vaccines work and are safe. There are 3 phases of clinical trials for vaccines.</p> <ul style="list-style-type: none"> <li>Phase 1: Tests safety on a small number of people.</li> <li>Phase 2: Tests safety on a larger group of people.</li> <li>Phase 3: Tests safety on a larger group of people, including special populations such as minority groups.</li> </ul>	<p>The government funding helped researchers do some of the steps in the process at the same time, or back-to-back, rather than over time with delays between steps. They did not skip steps. As usual, lots of thousands of people participated in these trials.</p>
Review of safety data, and authorization for use	<p>The U.S. Food and Drug Administration (FDA) reviews all the data from the clinical trials. This helps them decide if the vaccine works and if it is safe. If the FDA feels that the vaccine does work and is safe, then they will authorize it to be given to the public.</p>	<p>FDA made sure there were people working on reviewing safety information from the clinical trials around the clock. They assigned people to cover shifts 24 hours per day, 7 days per week.</p>
Manufacturing and delivery	<p>After the FDA approves the vaccine for use, the drug companies and their partners start making the vaccine. It gets ordered and delivered to clinics and other places who will give vaccines to patients.</p>	<p>Government funding allowed companies who make the vaccine to go ahead and produce millions of doses while they were doing the clinical trials.</p>

And what about the process researchers used to make the vaccines? I know a lot of you have questions about this. We know the COVID-19 vaccines have been developed and authorized a lot faster than others in the past. It may seem like it was rushed, but a key takeaway today is that when it comes to making sure the vaccines work and they are safe, **no steps were skipped**.

COVID-19 is a public health emergency. It is unlike anything we have seen in our lifetimes. As we discussed, it is spreading easily from person to person. It is causing major problems for everyone beyond just health. So, the federal government made the vaccine a **priority**.

On **page 8** of your booklet, there is a table that explains how this process compares to the usual process vaccines go through to be developed and authorized. Let’s start at the upper left. Usually, researchers rely on **grant money** to turn their idea into actual research. This can take **years**. Grants are very competitive, so they tend to apply for several and get a lot of “no’s” before they get a “yes”. For this vaccine, public

health officials knew how important it was for it to be available as quickly as possible. The U.S. government and other agencies gave **billions of dollars** to make sure researchers didn't have to wait on grants.

Next, a vaccine has to go through **clinical trials**. Again, this usually takes **years**. Because of the **extra funding** for COVID, they were able to do this faster. They still had tens of thousands of people in the trials like they usually do.

The other thing that went faster was the review of **safety** data from those clinical trials. The U.S. Food and Drug Administration, or FDA, is responsible for this. They reviewed COVID-19 vaccine safety data just like they review for other vaccines. But because this was a priority, they were given extra resources. They scheduled their workers **around the clock**. Teams worked 24 hours a day, 7 days a week.

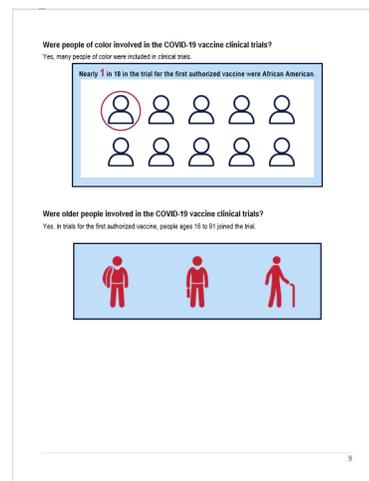
And the last thing that has been sped up is the **production and distribution** of vaccines. Remember, in a normal situation, a company has spent a lot of time and money to develop and test a vaccine. They don't want to spend more money to have millions of doses of the vaccine made until they had a final approval from the FDA. But in this case, again, the funding made a difference. This took the risk **away** from the manufacturers and allowed them to **go ahead** and make the doses before the FDA completed their safety review. Then, when the review was complete, the doses were ready to be shipped out.

*[Clinical trial participants were diverse: page 9]*

## Clinical trial participants were diverse

  
African Americans,  
Hispanics, Native  
Americans, and Asians

  
Ages 16 to 91



I hope this helped answer a lot of your questions about the vaccine's safety. But, you may still have questions about **who** was involved in those clinical trials. The short answer is that all kinds of people were involved. This includes people of color **and** older people.

In the trials for the first authorized vaccine: *[Share the statistics that are meaningful for your group]*

- People from adolescence through older age participated, from 16 to 91.
- About 1 out of 10 people were African American.
- About 28 out of every 100 were Hispanic.
- A small number of Pacific Islanders participated.

*[Why others are getting the COVID-19 vaccine: pages 10 and 11 in booklet]*

What others are saying about the COVID-19 vaccine



**Why Others are Getting the COVID-19 Vaccine**

The COVID-19 pandemic has shown the disproportionate health burden that so many underserved communities face. The Arkansas Black Hall of Fame Foundation has been working since the beginning of the pandemic to bring relief to Black, Marshallese, and Latinx communities impacted by COVID-19. This is the fight of our lifetime and it requires all of us working together to win. I am making a pledge to get the COVID-19 vaccine. I ask you to join me and do your part by getting the vaccine when it's your turn. This will help bring us closer to ending the health, economic, social, and emotional impact of this pandemic.

- Charles Stewart, Executive Director of the Arkansas Black Hall of Fame

I received my first dose of the COVID-19 vaccine in December 2020, on the same day that I also lost my aunt to COVID-19. My mother's baby sister was just 53 years old. This is just not ok. Today was for Aunt Charlotte, the countless number of families saying painful goodbyes, and our nation's selfless and exhausted health care workers on the frontlines. I'll do my part to armor up and help fight!!!

- Sheyssa Brown

I eagerly await my opportunity to get the COVID-19 vaccine, to both protect myself and to stop the spread to others in my community. What I don't know is how sick I could get from COVID-19 or how sick I could make others. What I do know are the facts from clinical trials which tell me the vaccine can protect us and that it's safe. I'm making my decision with facts.

- Nancy Leonhart, Executive Director, Arkansas Adult Learning Alliance

I feel fortunate to have been one of the first people in the state to get the COVID-19 vaccine in December 2020 and do my part to overcome the virus. Just as with any other medicine I take, I fully trust the science used to develop it and the process to make sure it is safe and it works. I have not had any side effects whatsoever. Our team has worked tirelessly treating COVID patients, and the vaccine is like a light at the end of the tunnel for us. It will take everyone working together to fully defeat this virus. I encourage you to do your part. And, I look forward to the vaccine being widely available, adopted by everyone, so we can get back to a pre-COVID lifestyle.

- David Chacon, Director of Patient Services, Jefferson Regional Medical Center

You may still be gathering information to make your decision about getting the COVID-19 vaccine. I have more to share with you and encourage you to get all of your questions answered. The next couple of pages are the thoughts of **real people from Arkansas**. These are people who have already gotten their questions answered and have made up their minds to **get** the COVID-19 vaccine.

*[Encourage participants to read the testimonials in the booklet. Depending on how much time you have, you can:*

- Read one of the testimonials from the booklet aloud.
- Read a testimonial from someone closer to your community, if you were able to get one
- Play one of the testimonials below available on YouTube, if you are able.
  - Judge-Elect Byrd: <https://youtu.be/gGuUMEOJH2M>
  - Broadway Joe: <https://youtu.be/2lsru4mTtKQ>
  - Representative Vivian Flowers: <https://youtu.be/oUvZyjUo5Y0>
  - Representative Reggie Murdock: <https://youtu.be/dYlrt57En74>
  - Mayor Washington: [https://youtu.be/R5Nqp9Za\\_wE](https://youtu.be/R5Nqp9Za_wE)
  - Mayor Lott: <https://youtu.be/Fv2DHeQZe34>
  - Charles Stewart: [https://youtu.be/Sk7k2k\\_zgWc](https://youtu.be/Sk7k2k_zgWc)

*Review these before your workshop and pick one that will be the most meaningful to your participants. Have the one you pick open on your computer and ready to play.]*

[You should get the COVID-19 vaccine: page 12 in booklet]

**You should get the COVID-19 vaccine**

 If you are 12 or older

 Even if you have had COVID-19

If you are pregnant or have a health problem, talk to your doctor to see if the vaccine is right for you.

**Getting the COVID-19 Vaccine**

**Who should get the COVID-19 vaccine?**  
Most people 12 and older need to get the COVID-19 vaccine. You should get the vaccine even if you have already had COVID-19. If you are pregnant or are worried about a health problem you have, talk with your doctor to see if you should get the vaccine.

**When can I get the COVID-19 vaccine?**  
You can get it now!

**How many doses of the COVID-19 vaccine do I need?**  
More than 1 drug company makes COVID-19 vaccines. Each one is a bit different. The number of shots you need depends on your health and how long it has been since your last shot. Talk to your doctor or pharmacist to find out when you need your next shot.

When you get your vaccine, ask if you need another dose and when you should get it.

 Write down on your calendar when you will need to get the next dose.

**Where do I go to get the COVID-19 vaccine?**  
You may be able to get the vaccine from your:

- Pharmacist
- Doctor
- Arkansas Department of Health local health unit (Find yours at <https://www.healthy.arkansas.gov/local-health-units>)
- Some other place: \_\_\_\_\_

 Check the box above to note where you plan to get your vaccine.

To learn where to go to get the vaccine:

- Check the Arkansas Department of Health website: <https://www.healthy.arkansas.gov/programs-services/topics/novel-coronavirus>
- Call: 1-800-985-6030

You can also ask your friends and family who have already gotten the vaccine where they went.

Keep on turning in your booklet until you get to **page 12**. It says “Getting the COVID-19 Vaccine” at the top of the page. We can work through these last few pages together. If you don’t have a booklet in front of you, you can write this information down on a piece of paper or in a notebook.

Let’s talk about **who** should get the COVID-19 vaccine. Most people age 12 and older should get it, even if you have already had COVID-19. If you are pregnant or worried about a health problem you have, please talk with your provider to see if you should get the vaccine. As with **any** vaccine or medicine, there are always exceptions in terms of people who should not get it. But **do not assume** that you cannot get it for some reason. Talk with your provider.

[When to get the COVID-19 vaccine: page 12 in booklet]

## When to get the COVID-19 vaccine

### When



ASAP! Everyone 12 and older is eligible to get the vaccine.

### A possible 2<sup>nd</sup> dose



Some vaccines may have 2 doses



Put the date of the second dose on your calendar



### Getting the COVID-19 Vaccine

#### Who should get the COVID-19 vaccine?

Most people 12 and older need to get the COVID-19 vaccine. You should get the vaccine even if you have already had COVID-19. If you are pregnant or are worried about a health problem you have, talk with your doctor to see if you should get the vaccine.

#### When can I get the COVID-19 vaccine?

You can get it now!

#### How many doses of the COVID-19 vaccine do I need?

More than 1 drug company makes COVID-19 vaccines. Each one is a bit different. The number of shots you need depends on your health and how long it has been since your last shot. Talk to your doctor or pharmacist to find out when you need your next shot.

When you get your vaccine, ask if you need another dose and when you should get it.



Write down on your calendar when you will need to get the next dose.

#### Where do I go to get the COVID-19 vaccine?

You may be able to get the vaccine from your:

- Pharmacist
- Doctor
- Arkansas Department of Health local health unit (Find yours at <https://www.healthv.arkansas.gov/local-health-units>)
- Some other place: \_\_\_\_\_



Check the box above to note where you plan to get your vaccine.

To learn where to go to get the vaccine:

- Check the Arkansas Department of Health website: <https://www.healthv.arkansas.gov/programs-services/topics/novel-coronavirus>
- Call: 1-800-985-6030

You can also ask your friends and family who have already gotten the vaccine where they went.

Everyone 12 and older is eligible to get the vaccine now! You may need **2 doses** of the vaccine a few weeks apart. Whether you need 1 or 2 depends on which vaccine you get. Several drug companies are making it, and each is a bit different. When you get your first dose, be sure to ask if you need a second dose. If you do, be sure to write that on your calendar also.

[Where to get the COVID-19 vaccine: page13 in booklet]

## Where to get the COVID-19 vaccine

Where	Cost
 Pharmacist	 You will not have to pay for the vaccine
 Doctor	
 Local health unit	

**Where do I go to get the COVID-19 vaccine?**

When do you plan to get the vaccine, you may be able to get it from your:

- Pharmacist
- Doctor
- Arkansas Department of Health local health unit (Find yours at <https://www.health.arkansas.gov/locations/locations.aspx>)
- Some other place: \_\_\_\_\_

 Check the box above to note where you plan to get your vaccine.

Check the Arkansas Department of Health website: <https://www.health.arkansas.gov/2020/05/20/covid-19-vaccine-locations/> to learn where to go to get the vaccine.

You can also ask your friends and family that have already gotten the vaccine where they went.

**How much will it cost for me to get the COVID-19 vaccine?**

**The vaccine will not cost you anything.**

If you have health insurance, the clinic may bill your insurance to pay for their costs of giving you the vaccine and storing it. But you will not pay anything.

If you do not have health insurance, you will not pay anything for the vaccine.

**What can I expect after I get the COVID-19 vaccine?**

After you get the vaccine, you may have mild side effects symptoms for a few days. This is your body's response to the vaccine as it works to learn how to fight off the virus.

When you get your vaccine, ask if you need a second dose.

 Write down on your calendar when you will need to get your second dose.

13

Now look at **page 13**. We need to talk about **where** you can go to get your COVID-19 vaccine. You may get yours from your local pharmacy, from your doctor, or from your local health department unit. There are other places such as your work place that may offer the vaccine. If you know where you will go, check that box. If you're not sure where to get the COVID-19 vaccine, check the Arkansas Department of Health website or even someone you know who has already gotten theirs.

A lot of people are wondering about cost. If that's a concern for you, I have **good news**. When you get your COVID-19 vaccine, it will not cost you anything. Even if you don't have health insurance. You may be hearing that a clinic can bill for their time to give you the vaccine, but they will not bill you. If you have insurance, they could bill your insurance. Either way, you will not get a bill.

[What to expect after you get the COVID-19 vaccine: pages 13 and 14 in booklet]

**What to expect after you get the COVID-19 vaccine**

Side effects

- Sore arm where you got the shot
- Mild cold-like symptoms

Remember to put the date of the second dose on your calendar

**Where do I go to get the COVID-19 vaccine?**

When it is your turn to get the vaccine, you may be able to get it from your

- Pharmacist
- Doctor
- Arkansas Department of Health local health unit (Find yours at <https://www.health.arkansas.gov/local-health-units/>)
- Some other place \_\_\_\_\_

Check the box above to note where you plan to get your vaccine.

Check the Arkansas Department of Health website: <https://www.health.arkansas.gov/programs-services/topics/how-to-get-vaccine/>, to learn where to go to get the vaccine.

You can also ask your friends and family that have already gotten the vaccine where they went.

**How much will it cost for me to get the COVID-19 vaccine?**

The vaccine will not cost you anything.

If you have health insurance, the clinic may bill your insurance to pay for their costs of giving you the vaccine and storing it. But you will not pay anything.

If you do not have health insurance, you will not pay anything for the vaccine.

**What can I expect after I get the COVID-19 vaccine?**

After you get the vaccine, you may have mild cold-like symptoms for a few days. This is your body's response to the vaccine as it works to learn how to fight off the virus.

When you get your vaccine, ask if you need a second dose.

Write down on your calendar when you will need to get your second dose.

**What should I do if I have questions?**

- When you go to the clinic or pharmacy to get your vaccine, staff will give you a fact sheet. Because there are different vaccines, the fact sheet will be about the exact vaccine you will get. The sheet will tell you:
  - If there are certain people who should not take the vaccine
  - What ingredients are in the vaccine
  - What side effects you should expect

You may still have questions about the COVID-19 vaccine. You should get all your questions answered before you make plans to get the vaccine.

- If you have questions about the vaccine, you can:
  - Talk to your doctor
  - Talk to your pharmacist
  - Contact the Arkansas Department of Health:
    - Visit <https://www.health.arkansas.gov/programs-services/topics/how-to-get-vaccine/>
    - Call: 1-800-803-7347
    - Email: [ADH.Covid19@arkansas.gov](mailto:ADH.Covid19@arkansas.gov)

Write down your questions here

Some people are worried about **side effects**. After you get the vaccine, you may have mild symptoms like a cold or a sore arm. Some people will have a fever and feel tired afterward. For most people in the trials, this just lasted for a few days. This is your body's response to the vaccine as it works to learn how to fight off the virus. If this happens, it does not mean the vaccine made you sick. And as we discussed earlier, the vaccine **cannot** give you COVID-19.

After you get your vaccine, remember to schedule your second dose if you need one, and write it on your calendar.

On **page 14**, you will find some space to write down any questions you still have about the COVID-19 vaccine. In a few minutes we will have time to answer some of them.

[Other ways to prevent COVID-19 and its problems: page 15 in booklet]

## Other ways to prevent COVID-19 and its problems

 Get the COVID-19 vaccine, even if you have already had COVID-19.	 Avoid large gatherings.
 Wear a mask when you are in public or in a place where you cannot stay 6 feet away from others.	 Wash your hands often. If you can, use warm water and soap. Rub your hands together for at least 20 seconds.
 Stay at home if you are sick.	 Stay at least 6 feet away from others in public.

**Other Ways to Prevent COVID-19 and its Problems**

There is no way to know how severe your COVID-19 will be, so it is important that you do what you can to prevent it. You should:

-  Get the COVID-19 vaccine, even if you have already had COVID-19.
-  Avoid large gatherings.
-  Stay at least 6 feet away from others in public.
-  Wear a mask when you are in public or in a place where you cannot stay 6 feet away from others.
-  Wash your hands often. If you can, use warm water and soap. Rub your hands together for at least 20 seconds.
-  Stay at home if you are sick.

To wrap up our workshop, I want to go back over a few of the main points we have talked about today. There is no way to know how severe your COVID-19 will be, so it is important that you do what you can to prevent it. The vaccine is the best way, but there are several other things you can do also. Stay at least 6 feet away from others. Wear a mask while you are in public or in a place where you cannot stay 6 feet away from others. Wash your hands often. If you can, use warm water and soap. Rub your hands together for at least 20 seconds. And last, stay at home if you are sick.

[Question and Answer session]

**Questions?**

You may still have questions about the COVID-19 vaccine. You should get all your questions answered before you make plans to get the vaccine.

If you have questions, you can:

- ✓ Talk to your doctor
- ✓ Talk to your pharmacist
- ✓ Contact the Arkansas Department of Health
  - ✓ Call: 1-800-803-7847
  - ✓ Email: ADH.CovidVirus@arkansas.gov



“Now that we have gone through all of the information about the COVID-19 vaccine, does anyone have any questions? You may raise your hand to be called on [if you are using an interactive platform], or you may type your question in the chat box.”

Remember your role as a volunteer. Participants may ask questions you cannot answer. Refer to the FAQ section of this guide. If the answer to their question cannot be found there, be honest and tell them you do not know the answer. Remind them to take questions to their doctors.

*[Closing]*

I hope this has given you the information you need to help you decide to **get** the COVID-19 vaccine. It is a powerful way to protect yourself and others. Thank you for being here. Stay well.

## Frequently Asked Questions

The Community Booklet has a lot of information, but it may not address every question that your learners have during the workshop. Below is a list of frequently asked questions about COVID-19 and the vaccine that you may be asked.

### **How the COVID-19 vaccine works**

**Q: Once I get the vaccine, how long does it take for me to be fully protected from COVID-19?**

**A:** This depends on which vaccine you get. Ask your doctor or the person who gave you the vaccine. And remember, the vaccines authorized so far show that they can protect most people. A few people in the trials still got COVID-19, but they did not have severe disease.

**Q: How long will the vaccine protect me from COVID-19?**

**A:** We do not know how long the protection from the vaccine lasts.

### **About vaccines and safety**

**Q: What is in the vaccine?**

**A:** Vaccine ingredients depend on which vaccine you get. You can ask your doctor about the different ingredients in each vaccine. They can give you a fact sheet that lists these.

**Q: What are mRNA vaccines?**

**A:** mRNA vaccines trigger your immune system a little differently than other vaccines. Most other vaccines put a weak or inactive germ into our bodies. Not mRNA vaccines. Instead, mRNA vaccines teach our cells how to make a protein, or even just a piece of a protein, that triggers our immune system to respond. That immune response, which makes antibodies, is what protects us from getting sick from the real virus.

**Q: Why do the mRNA vaccines have to be stored in such cold temperatures?**

**A:** mRNA vaccines are fragile and can easily fall apart. Keeping them frozen helps protect them from breaking down. If they break down, the vaccine will not work.

**Q: I keep hearing people talk about “adverse event reporting” or say that CDC and FDA will keep doing safety studies. Does this mean they are not sure about the safety yet?**

**A:** The CDC and FDA collect information about adverse events and safety for all vaccines. This is because even though the clinical trials included tens of thousands of people, there could be rare side effects that are not known until a vaccine has been given to more people. This is similar to other vaccines. The FDA has said this vaccine is safe, that it works, and that it is time for people in communities to get it.

**Q: Some vaccines have 2 doses. What if I do not get my 2<sup>nd</sup> dose?**

**A:** If you get a vaccine that has 2 doses but only get 1, then you will not be as protected from COVID-19.

**Q: If I get a vaccine that is 2 doses, when should I get the second dose? What if I cannot get it in that timeframe?**

**A:** Timing for your second dose depends on which vaccine you get. You will likely have to get the second dose 3 to 4 weeks after your first dose. If you miss the second dose, you should get it as soon as you can. You will not need to start over.

**Q: If I get Pfizer vaccine first, can I get Moderna vaccine for the second dose and vice versa?**

**A:** No. If you get a vaccine that has 2 doses then you need to get the same vaccine each time.

**Q: Which brand of vaccine is best? What are most people getting?**

**A:** The first vaccines authorized by the FDA have similar data in terms of how well they work and how safe they are. The place you go for your vaccine may only have one kind. You may not be able to choose.

**Q: What side effects I should expect from the COVID-19 vaccine?**

**A:** For people who do report side effects, the most common ones are:

- Pain or swelling where they got the vaccine
- Low fever
- Feeling tired
- Headache

These normally last 1 to 2 days.

**Q: If the vaccine works then why do I need to keep following public health guidelines (such as wearing a mask and social distancing)?**

A: We know that the vaccine has a high likelihood of keeping you from getting COVID-19. But public health officials are encouraging us to keep using all the tools to prevent COVID-19 for now. So, we should keep washing our hands, wearing a mask in public, and avoiding large groups as long as they tell us to.

**Can I get the COVID-19 vaccine if...?**

**Q: I had COVID-19 already. Can I get the COVID-19 vaccine?**

A: Yes. Clinical trials suggest vaccines are safe even if you already had COVID-19. But, you cannot get the vaccine if you have symptoms or if you are in isolation or quarantine.

**Q: I have a health problem. Can I get the COVID-19 vaccine?**

A: The clinical trials showed that the vaccine is safe and works for people with many different health problems. But there is not enough data for us to know how it may affect you and your health problem. **Talk to your doctor about if the vaccine is safe for you.** If you do decide to get the vaccine, be sure to tell the person who gives it to you about your health problems.

**Q: I am pregnant. Can I get the COVID-19 vaccine?**

A: If you are pregnant and get COVID-19, you may be at risk for severe disease. CDC encourages all pregnant people or people who are thinking about becoming pregnant and those breastfeeding to get vaccinated to protect themselves from COVID-19. **Talk to your doctor about if the vaccine is safe for you.**

**Q: I had an allergic reaction to another vaccine. Can I get the COVID-19 vaccine?**

A: **Talk with your doctor about if the vaccine is safe for you.** If you do decide to get the vaccine, be sure to tell the person who gives it to you about your reactions to other vaccines.

**Q: I have been exposed to COVID-19 and am in quarantine. Can I get the COVID-19 vaccine?**

A: You can get the vaccine, but you need to wait until your quarantine is over. This is different for people who live in group settings like nursing homes and prisons. But if you live in a typical household, wait.