KEY TALKING POINTS FOR THE COVID-19 VACCINE

Sharing the information your community wants and needs to know.

FACTS ABOUT THE COVID-19 VACCINE

When people turn to you to guide them on the COVID-19 vaccine, turn to these FAQs to help you ensure they make informed decisions to best protect themselves and the community you serve.
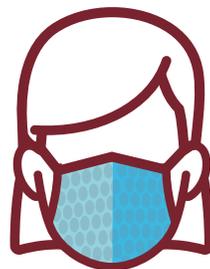
Main message

The Delaware Division of Public Health (DPH) encourages adults to get the COVID-19 vaccine.

- Every person who gets the vaccine represents another step closer to all of us getting back to normal.

- It is the best way to protect yourself from becoming infected with the virus, and becoming severely ill if you are diagnosed with COVID-19.

- **Learn more about when, where, and how to get the COVID-19 vaccine at de.gov/covidvaccine**

- To protect those you love and spend time with — at home, work, and elsewhere — from getting COVID-19, it is important that, even after getting the vaccine, you continue to:

6 FEET APART

Maintain social distancing by keeping 6 feet or more apart.

Wear a face covering over your mouth and nose, and don't share masks.

Wash or sanitize your hands frequently.
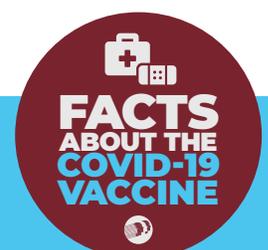
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Who is eligible to get the vaccine?

- Delaware is working to get the COVID-19 vaccine to as many adults as quickly as possible.

- Delaware's plan also ensures the vaccine is distributed as safely and equitably as possible, and in ways that protect the most at-risk people first.

- If you work in health care and have direct patient contact — or if you live in a long-term care facility — you are eligible to get the vaccine now, if you haven't already.

- As of mid-January, vaccines were made available to people age 65 and older, and certain groups of frontline essential workers, including fire, police, correctional officers, and teachers/education staff, as well as postal, food manufacturing, agriculture, transportation, and grocery store workers.

- The vaccine is free of charge to all Delawareans (the facility providing it may charge a fee, which should be covered by your insurance — if you are uninsured, it should be covered by the federal government).

- You should only get the vaccine in the state in which you live or work (if a vaccine event is held by your employer).
  - » This is the best way for Delaware and all states to keep track of vaccine supply, reporting, and monitoring.

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How to know when and where to get the vaccine

- Delaware is using a variety of resources to let people know when they are eligible to get the vaccine.

- We suggest you stay on top of all the information out there, by:
  - » Visiting de.gov/covidvaccine for news as soon as new groups are able to get the vaccine
  - » Following DPH on Facebook, Twitter, and Instagram
  - » Watching, listening, and reading the news for frequent updates from the state of Delaware
  - » Paying attention to emails, mail, our website, advertising, and public service announcements
  - » Talking with your health care provider or your employer

- Nearly every day, more health care providers, pharmacies, and others are enrolling with the state in order to distribute the vaccine. Plus, new strategies are being developed to create more opportunities to get the vaccine at locations convenient to where you live and work.
  - » Use all the resources listed above — especially **de.gov/covidvaccine** and your health care provider — to find places you can get the vaccine once you are eligible.

- Delawareans 65 and older can find locations for vaccine appointments by going to **de.gov/getmyvaccine**. This option allows you to request a vaccine through the state registration system. If you use this option, please note:
  - » Once you submit your request, you will be placed on a waiting list.
  - » When a slot opens up, **you will receive an email invitation from the CDC,** followed by an email confirming your appointment, and a second email the day before or day of your appointment. The second confirmation email will have a link to complete a prescreening questionnaire. You must click on the link and complete all questions before going to your appointment.
  - » **Do not go to a state-run vaccination site unless you have a scheduled appointment.**
  - » If you or a loved one is 65 or older and would like to request a vaccine appointment, go to **de.gov/getmyvaccine.** If you do not have computer access, you can call 1-833-643-1715 for assistance.
  - » **This option should not replace the opportunity to get the vaccine elsewhere. If you submit a request and then get an opportunity to get the vaccine from your health care provider, pharmacy, or employer, it is recommended you take that opportunity.**

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FACTS ABOUT THE COVID-19 VACCINE

Second dose information

- The current vaccines available require a person to get a first and second dose (two shots at different times).

- The second dose is very important in order for the vaccine to be fully effective. The first dose is between 52% to 80% effective.

- When you get the second dose depends on the type of vaccine you get. The recommended intervals are as follows:

  » Pfizer vaccine: three weeks/21 days after your first dose

  » Moderna vaccine: one month/28 days after your first dose

- It is OK if you get the second dose after the recommended interval as long as you receive it within 42 days of getting the first. Because there is no expiration on the first dose, you don't need to go back and get it again.

  » Limited supply may cause a delay in the state or its partners being able to offer you the second dose.

- You should not get the second dose more than four days before the recommended interval listed above.

- Please note that not all vaccine providers will automatically register you for your second dose at the time you get your first.

- You do not have to get the second dose at the same place you got the first, but you do need to make sure you are getting the same type of vaccine (Pfizer or Moderna).

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de.gov/covidvaccine | 1-833-643-1715 | vaccine@delaware.gov
Follow the Delaware Division of Public Health (DPH) on social media.

FACTS ABOUT THE COVID-19 VACCINE

Vaccine effectiveness, safety, and considerations for people with special health conditions

- The vaccine is effective and safe for most adults.

- Thorough evaluation has shown the current vaccines (Pfizer and Moderna) to be up to 94% effective.

- Evaluation has also shown the current vaccines to be safe across a wide diversity of racial and ethnic groups.

- Even though the vaccines were developed quickly, no corners were cut — you can be confident they are safe and effective.
  - » Years of research laid the groundwork for the advanced science that was used to develop the COVID-19 vaccine.
  - » COVID-19 vaccine development was strictly monitored by the FDA.
  - » The number of people tested exceeded the standard number of volunteers for trials, to speed up the testing process.

- The vaccine helps your body develop immunity to COVID-19, but it does not give you the virus.

- You should **not get the Pfizer vaccine if you are under age 16, or the Moderna vaccine if you are under age 18** — or if you **had a serious allergic reaction** after getting the first dose of the COVID-19 vaccine, or are allergic to any ingredient in the vaccine (listed at **de.gov/covidvaccine** under the heading Vaccine Safety and Monitoring).

- You should talk with your health care provider first to determine if the vaccine is right for you, if you are **pregnant or breastfeeding,** or if you **have a compromised immune system** from a condition such as HIV.

- You should get the vaccine even if you've had COVID-19. There is no recommended interval to wait between having COVID-19 and getting the vaccine; however, you should not get the vaccine if you are sick or in quarantine.

- If you recently received any other vaccine — such as a flu vaccine — you should wait two weeks before getting the COVID-19 vaccine.

- Even if you tested negative for COVID-19, it's important that you get the vaccine.
  - » You can still get COVID-19 even if you tested negative.
  - » If you do get COVID-19, it could cause serious, life-threatening health complications. You could also spread the virus to others.
  - » We do not know how getting COVID-19 may impact your short-term and long-term health.
  - » However, we do know that getting the vaccine is the best way to protect yourself becoming infected with the virus, and becoming severely ill if you are diagnosed with COVID-19.

FACTS ABOUT THE COVID-19 VACCINE

Short-term side effects and what to expect after getting the vaccine

- Every person's body can respond differently to the COVID-19 vaccine.

- Approximately one in every four people experiences mild side effects.

- Mild side effects are a sign that your body is protecting itself from the virus.

- If you experience side effects, they most likely will occur after you get the second dose, will be mild to moderate, and will go away after a few days.

- Only a *very* small group of people — less than one half of 1% — have experienced severe side effects.

- Side effects may include soreness near the injection point, fatigue (tiredness), headaches, chills, fever, and joint or muscle pain.

- You should experience a sense of pride after getting the vaccine, because you've taken an important step to protect yourself.

Long-term side effects

- Because of the relative speed at which COVID-19 vaccines were developed, possible long-term side effects cannot be identified — however, medical experts remain confident in the safety and effectiveness of the vaccine.

- The FDA and CDC have extensive monitoring processes in place so that any long-term side effects, if present, can be identified as quickly as possible.

- V-safe is a volunteer initiative being managed by the CDC to help ensure continual monitoring of vaccine safety and side effects — as well as to enable quick response and reporting if new side effects arise in people who have received the vaccine.

  » V-safe uses your smartphone to connect with the CDC.

  » You can use v-safe to report any side effects you experience to the CDC.

  » V-safe can also provide you with personal health check-ins after you receive the vaccine.

  » Learn more and register for v-safe at **cdc.gov/vsafe.**

- As more people get the vaccine and time passes, more information can be learned about potential long-term side effects.

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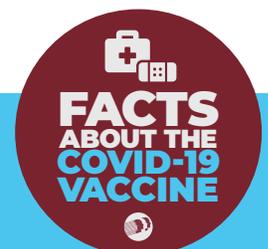
Considerations for pregnancy and fertility

- If you are pregnant or breastfeeding, you should talk with your health care provider first to determine if the vaccine is right for you.

- If you are trying to become pregnant, you do not need to avoid pregnancy after receiving the vaccine.

- Based on the science of how the vaccine works, experts believe getting the vaccine does not pose a specific risk to people who are pregnant.

- In animal testing, the vaccine did not have any impact on fertility.

- Several women who participated in COVID-19 vaccine trials got pregnant after receiving the vaccine.

- The CDC and FDA will continue to monitor human fertility in people who get the vaccine — but for now, it's important to keep in mind that many other kinds of vaccines are generally safe, and recommended, for women who are pregnant.

Miscellaneous concerns

- Conspiracy theories, like microchips
  - » COVID-19 vaccines do not contain microchips.
  - » It is a myth that the vaccines inject microchips into the body so that an individual can be tracked or monitored.
  - » You can learn about all the ingredients contained in the different types of vaccines currently available by visiting **de.gov/covidvaccine**

- The vaccines do not change a person's DNA.

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de.gov/covidvaccine | 1-833-643-1715 | vaccine@delaware.gov
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FACTS ABOUT THE COVID-19 VACCINE

It's very important to continue protection protocols even after getting the vaccine

• Medical experts feel very confident that the COVID-19 vaccine can protect you from the virus and help get us all back to normal — but not before a large number of people get the vaccine.

• Getting the vaccine does not give you the all-clear to stop masking up and practicing social distancing.

• It is very important to continue to protect yourself and loved ones, and prevent the spread of COVID-19 — even after you get the vaccine — by continuing these activities:

Wear a mask or face covering — properly over your nose and mouth — whenever you are in public.

Practice social distancing of at least 6 feet.

Wash or sanitize your hands frequently, especially after touching surfaces frequently contacted by others.

Stay home if you are sick, experience symptoms, or think you have been exposed to COVID-19.

• The state of Delaware will announce when it is safe to relax on prevention protocols — until then, keep up the practices listed above.

Best sources for COVID-19 information

COVID-19 vaccine: de.gov/covidvaccine

Updates: Governor Carney's weekly press updates, available at coronavirus.delaware.gov/coronavirus-video

COVID-19 general: de.gov/coronavirus

Request an appointment for an upcoming vaccine event if you are age 65 or older: de.gov/getmyvaccine

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