

## COVID-19 VACCINES ARE SAFE AND EFFECTIVE



- Everyone ages six months and older should get a dose(s) of the 2024-2025 COVID-19 vaccine!
- People who have stayed up-to-date on their vaccinations get just one shot of a 2024-2025 Pfizer, Moderna, or Novavax COVID-19 vaccine.
- Some people get more than one shot: children six months to 5 years, those 12yrs+ who were not up-to-date on vaccines, immunocompromised, and people 65 and older should talk to their doctor.

## RECOMMENDATIONS

- + Get your 2024-2025 vaccine(s).
- + Get your family updated vaccines.
- + It's not 2020 anymore – but COVID is still making people very sick and we need to take steps to be safe and not spread it!.
- + If you get sick:
  - Testing is recommended but not required.
  - Stay home and away from others until you have been fever-free for 24 hours and you are improving
  - Then, wear a mask or respirator for 5 days after you have been fever-free for 24 hours
  - See CDC guidelines for more information.
  - If you get very sick, go to the doctor!

### For women:

- + For women who are pregnant, breastfeeding, or trying to get pregnant, vaccines are critical for keeping moms and their babies healthy.



## HOW DO I GET A COVID-19 VACCINE?

**The vaccine is free for most people, including those without insurance.**

**Check to see where to access COVID vaccines for free:**

- ✓ Ask about mobile clinics and health fairs
- ✓ Health department
- ✓ Community health center
- ✓ Pharmacies near you
- ✓ **Speak with your employer** about getting the COVID-19 vaccine. They may be helpful in making arrangements to get a vaccine.
- ✓ **Find vaccines:**  
<https://www.vaccines.gov/search/>

## FOR MORE INFORMATION

For answers to Frequently Asked Questions, visit **Migrant Clinicians Network (MCN)**:  
<https://bit.ly/3ki1xAI>



**Updated:** August 5, 2024



# Protect Yourself Against COVID-19

## Get An Updated COVID Vaccine

COVID-19 Vaccine Awareness Campaign



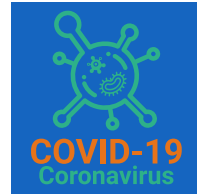
## BENEFITS OF VACCINATION

- ✓ Vaccination protects you, your family, and your co-workers from becoming seriously ill and being hospitalized.
- ✓ Vaccination decreases the number of severe and deadly COVID-19 cases in your community.
- ✓ Vaccination protects hospitals and clinicians from being overwhelmed with patients severely ill with COVID-19.
- ✓ The more vaccinated individuals in our community, the less we need to worry about new variants.

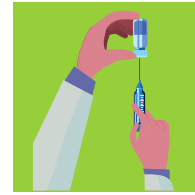
## RISKS FOR UNVACCINATED

- ✗ Higher risk of COVID-19 infection.
- ✗ Higher risk of serious infection, hospitalization, and death.
- ✗ If a majority of individuals **DO NOT** get vaccinated against COVID-19, then there is a larger risk of serious illness and risk of new mutations that are more contagious and dangerous.

## WHAT TO KNOW WHEN GETTING THE COVID VACCINE



It is important to get vaccinated, even if you have had COVID-19.



All vaccines against COVID-19 are safe and effective.



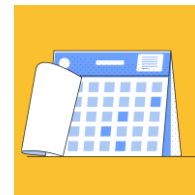
Check where vaccines are offered for free at your state or local health department, pharmacy, or health center.



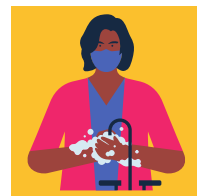
After vaccination you may experience: arm pain, headache, fever, or chills.



You will feel better a few days after your injection.



You are considered up to date once you receive your needed dose or doses.



Wash your hands and take steps not to spread COVID-19.



You did your part to protect yourself and others from COVID-19!

## HOW DO I KNOW WHEN OR IF I NEED THE COVID VACCINE?

- + Immunocompromised individuals may need additional doses of the vaccine.
- + If you have not yet been vaccinated, ask your healthcare provider for recommendations on doses.
- + Check for latest updates about vaccines.

## WHAT SHOULD I DO IF I RECEIVED DIFFERENT COVID VACCINES IN A DIFFERENT COUNTRY AND THE SAME KIND IS NOT AVAILABLE IN THE U.S.?

- + Not all countries have approved the same COVID-19 vaccines as the United States.
- + Some vaccines aren't available in the US but are recognized. If your vaccine is recognized by the CDC, and you have documentation of your vaccination, then you don't have to start over. You can get the updated vaccine(s) to become fully vaccinated. If you do not have documentation you will need to start over. Seek medical advice on the recommended timing between doses.

## WHERE DO I GET MORE INFORMATION?

Visit Centers for Disease Control and Prevention:  
<https://www.cdc.gov/coronavirus/2019-ncov/>

