<u>COVID-19 – WHY TO GET THE VACCINE & HOW</u>

The COVID-19 vaccines are safe for adults. Getting COVID-19 can kill you.

Getting the COVID-19 vaccine is a lot like getting the flu vaccine. It works in a similar way by teaching your immune system to recognize and fight the virus. The vaccines are very effective for most people. Even if you still get COVID, the vaccine may help keep you from getting seriously ill. It takes your body a few weeks after vaccination doses to build up immunity so it is important to continue to take precautions. Most health professionals recommend continuing to use a facemask when out in public even after you are fully vaccinated.

Most people have few side effects from COVID vaccines.

Before COVID vaccines could be given to people in the U.S., they were carefully tested, first in the lab, then in animals, and finally in people who signed up to try the vaccine in clinical trials. Tens of thousands of people, including senior citizens, African Americans, Latinos, and Asians registered and participated in the trials. Clinic trials are performed by organizations that are independent from the biomedical companies that make the vaccines. Rigorous scientific standards for safety, effectiveness, and manufacturing quality have to be met before the U.S. FDA approves their use. Many public figures from all ages, races, and ethnicities have been safely vaccinated.

Speak with your trusted health professional or visit these sites for more information:
https://www.cdc.gov/coronavirus/2019-ncov/vaccines/keythingstoknow.html
https://www.lhiinfo.org/es/saludybienestar/

Many people are now eligible to pre-register for the COVID vaccine.

Maryland provides vaccine doses to Montgomery County vaccine sites each week. Available vaccine amounts are increasing. Preregister so when you are eligible, you receive an invitation for vaccine.

Pre-registration is opening quickly for everyone. 60+ and essential workers now, those 16-64 with health issues on March 30, 55+ on April 13, and everyone 16 and over at the end of April.

Find information/pre-register here:
https://www.montgomerycountymd.gov/covid19/vaccine/
240-777-2982

Maryland Mass Vaccine Sites/State of Maryland Info:
https://onestop.md.gov/preregistration
1-855-MDGOVAX (1-855-634-6829)

Vaccines are also available at some hospitals and pharmacies in Montgomery County. To schedule appointments at those locations, you must register separately. See the back for information about those locations.

Other Locations to Register for a Vaccine in Montgomery County:

HOSPITALS

Adventist HealthCare
https://www.adventisthealthcare.com/coronavirus-covid-19/vaccine/

Holy Cross
https://www.holycrosshealth.org/health-and-wellness/covid-19-vaccine/schedule-appointment

Kaiser Permanente – recorded message at 1-855-550-0951
https://healthy.kaiserpermanente.org/maryland-virginia-washington-dc/health-wellness/coronavirus-information/covid-vaccine

MedStar Health
https://www.medstarhealth.org/mhs/about-medstar/covid-19-vaccine-information/

Suburban/Johns Hopkins
https://www.hopkinsmedicine.org/coronavirus/covid-19-vaccine/

PHARMACIES

CVS locations
https://www.cvs.com/immunizations/covid-19-vaccine

Giant Food Store locations
https://giantfood.com/pages/covid-info

Safeway locations
https://mhealthcheckin.com/covidvaccine?clientId=1600101788886%C2%AEion=Maryland

Walgreens locations
https://www.walgreens.com/findcare/vaccination/covid-19

FOR VETERANS ONLY
https://www.washingtondc.va.gov/services/covid-19-vaccines.asp 202-745-4342
https://www.martinsburg.va.gov/services/covid-19-vaccines.asp 1-800-817-3807

You can register at many locations. There is no penalty to do so.
If you receive a vaccine that requires 2 doses, your second appointment will be made through the same provider when you schedule/receive your first dose or soon after.

Getting multiple vaccines does not offer more protection.
It could hurt you and takes away from what is available for others.

Salud y Bienestar Spanish Hotline: 301-270-8432